



St Margaret Mary's School

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Newsletter No 35

Update

Wednesday, 13th November 2019

Diary Dates

Thursday, 14th November

- Principals Morning Tea
- Marist Orientation Day for Yr 7 2020

Friday, 15th November

- Catherine McAuley Orientation Day for Yr 7 2020

Monday, 18th November

- Whole School Assembly and Prayer.

Tuesday, 19th November

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Wednesday, 20th November

- Kinder 2020 Orientation Morning 9:00 - 10:40am.
- Kinder 2020 Parent Information Session - Religious Education 9:00 - 10:40am.

Administration

Leaving

If you know your child/ren will not be returning to this school in 2020, please let the office know as soon as possible, in writing. We have a number of families on our waiting list for all grades.

School Hours

Students arriving at school before 8:15am are reminded that they are to sit and wait on the silver seats. No student should be running around. There will be consequences for students found breaking this rule. It may mean they will miss out on play at recess or lunch time.

There is no supervision in the mornings before 8:15am. From 8:15am until 8:30am, it is a walk and talk time only. Students are reminded that there is to be NO running or ball games in the playground in the mornings.

Classes begin at 8:40am and finish at 3:00pm. Children should be at school by 8:30am.

Parents are also reminded that they need to collect their child/ren from school at 3:00pm. If you are running late please contact the school office.

Attendance

CEDP has asked the school to reinforce the importance of attending school during the school term. Please be aware of your child's attendance at school and to take into consideration when booking holidays, this is to be done during the school holidays.

Principal's Morning Tea

Our Principal's morning tea will be held tomorrow morning. If your child has received a principals award and not attended a morning tea with Mr Mills, please contact the school office.

Summer Uniform

At St Margaret Mary's we have one official supplier of school uniforms. Uniforms can be purchased from Lowes in Merrylands.

All students are expected to wear the correct summer uniform. All uniforms must be worn neatly and correctly, including the correct **socks**. It is expected that children have suitable hairstyles appropriate for their age and school expectations. Long hair must be tied back. Our Sun Safe program—**No Hat No Play** - requires students to wear our school cap or school hat when outside. These hats and caps are available to purchase at the school office.

Colour Run

Congratulations to everyone involved in making the 2019 Colour Fun Run Day a great success. Thank you to our wonderful parents and friends for their hard work organising the day, squirting colour on the day and distributing the student prizes. All students that raised \$10 or more, have now received their prizes.

As a community our school raised \$9185.52. Thank you once again.

Year Six

Next Monday, 18th November, Year Six students will be wearing mufti to school. This day is to celebrate their creativity, this may be shown through the clothes they wear. (Hats are still necessary)

Thank you
Year Six Teachers

Road Safety

Parents are reminded to obey all road rules when driving around the school. This includes No U-turns in school zones, No Double Parking, and obeying the rules at a pedestrian crossing. By doing this it helps to keep our community safe.

Head Lice Alert

We have had a number of reported cases of head lice in different grades across the school. We ask that parents check and treat your child/ren's hair and wash bed linen & school hats accordingly. Head lice are an ongoing problem within schools, which can only be solved with parental support.



Change of Details

If you have moved house or changed your contact details, please notify the school office as soon as possible to update your details in case of an emergency.

Skoolbag App

All parents are encouraged to have the Skoolbag App, as this will be the main preference for communication to all parents. Our **School Name** for Skoolbag App is **SMMPM**.



Monday Morning Assembly

Week 5 is another busy week but we started by praying for those who have been affected by the bushfires in NSW. Miss Essey and Miss Swanson then awarded some students in Yr 6 for participating in the Basketball Gala Day. They also announced that the Yr 6 and Yr 5's who have been involved in the Confirmation preparation sessions will be celebrating their Confirmation this Wednesday night. We thank all those in the choir who have volunteered to sing during the Confirmation Mass. Mrs Attard reminded us that we would also be having a short Remembrance Day ceremony for all of the soldiers that died in the war.

By Rhos Shi Wang and Isabella Tilbrook



Faith Community

Remembrance Day Service

On Monday, 11th November, our school leaders along with Miss McFarlane went to the Remembrance Day Ceremony at Treves Street Park. It was on the 11th day of the 11th month at the 11th hour that the soldiers put down their weapons in war. This event was organised by Cerdon College. The ceremony started with a beautiful song sung by Cerdon's choir followed by a speech from their School Captain and then, the Principal. Groups were called up from different schools and committees to lay a wreath on the memorial. We then had a moment of silence to remember those who had passed away during war. We faced the west, symbolising the fields and battles and then the east which was back to watch the flag being raised. To finish of the ceremony the Cerdon choir sang the National Anthem and then we headed back to school. It was a beautiful experience for our captains.



Lest we forget.

By Mayullah Lamin and Janessa Georges

Teaching and Learning

Reflection

Eyes closed, they open, as you blink. The first thought is 'What will they think?'

It gets even more challenging everyday, perfection - you're not sculpted by clay.

What are looks, does my reflection matter? Is it me or are they just better?

Does it matter what people think of me on the outside? Even if we act like we don't care, we all have feelings on the inside.

If paintings say a thousand words, why can't I paint someone as unique as you?

The people who say the little things in life don't matter, they have not seen a spark turn into a wildfire.

The deeper your self love, the greater your self protection. In the end we all go in a different direction.

Everything on the outside is an illusion to the inside.

Everyone can be good on the inside, that's all to be clarified.

One layer of faux; I know this isn't me, but why does covering it up make me feel so free?

We are all different, but our imperfections make us beautiful.

By Celine Oncu

Year 5 CPR Training

Resuscitation is the action taken to keep a person alive after their breathing and heartbeat has stopped. CPR is one of the processes you could use to save someone's life.

Last Thursday in Week 4, 20 students from Year 5 were chosen to participate in a CPR class with Tanya from Royal Lifesaving NSW. Before the lesson, we each received a box with a mannequin for us to use to gain practical experience in the lifesaving techniques of CPR and associated emergency care. In small groups we learnt how to get a person into the recovery position when they are on their back or on their stomach. She taught us to remember the steps with the acronym - DRSABCD.



D is for Danger - for you and for everyone around you.

R is for Response - asking questions including, can you hear me? Open your eyes! What is your name? Squeeze my hand!

S stands for Send for help - tell someone around you to get a defibrillator and to call the ambulance.

A stands for Airways - if there is something in their mouth roll them onto their side and use their hand to get it out.

B is for Breathing - tilt their head back to open up their airway and check if they are breathing by putting your cheek near their mouth and your hand on their chest to feel them breathing.

C stands for CPR - if they did not respond to anything then start CPR which is 30 compressions and 2 breaths in their mouth. Continue this until help arrives or they start breathing again.

D stands for Defibrillator - attach a defibrillator for an electric shock to start their heart and then wait for the ambulance and put the patient into recovery position.

The compressions were really challenging as we had to press firmly onto the chest of the mannequin, however, after some practice we were able to hear the click which means we were doing it correctly. The next day, we worked in small groups in the hall to teach all of Year 5 how to resuscitate someone using CPR. It is a fantastic skill to learn and one day it might help us save someone's life!

By Charlie Tilbrook and Yak Majock

