Dear Parents,

When trying to make sense of the world and recent events the following thoughts ring so true:

‘When I was a boy and I would see scary things in the news, my mother would say to me, ‘Look for the helpers. You will always find people who are helping.’ To this day, especially in times of ‘disaster,’ I remember my mother’s words and I am always comforted by realizing that there are still so many helpers – so many caring people in this world.’ Fred Rogers

I encourage you to read Mrs Dillon’s wellbeing section of the newsletter. As children get tired at the end of the year friendship and behaviour issues can surface. It is helpful if adults are prepared with some strategies and tips to help children navigate through trying times.

Andrew Chinn joined us this week in a delightful concert with songs based on our faith and love of God. Georgia L from Year 2 wrote the following after the concert:

Andrew Chinn Concert

Bang! Crash! The drums are playing
All the grades are dancing and singing
Feels so good to be with my friends
I wish this fun would never end.

Great music is filling the hall
better than going to the Hornsby Mall
Andrew Chinn has a sunny face
and Veritas Hall is a lovely place.

An email was sent to all Prouille fathers this week with an invitation to attend menAlive which will be taking place on 28th November. We would like to encourage all fathers of Prouille children to attend this event to hear and talk about issues that fathers face with their children. Robert Falzon – acclaimed author and founder of “menALIVE” will give a talk on his research and experience as a father. Bishop Peter is keen to have as many fathers from our schools attend this event.

Further information can be found within Parish News section of the newsletter.

Regards,

Julie Caldwell

UPCOMING DIARY DATES

Term 4 2015

Week 7
20 Nov Year 3 Social Event
22 Nov Kindergarten Social Event

Week 8
24 Nov Piano & String End of Year Concert in Hall (5.45pm-7.45pm)
25 Nov Year 3 and 4 Reconciliation
27 Nov Assembly
28 Nov Gingerbread House making at Holy Name Church
29 Nov Holy Name Family Mass – Kindergarten and Year Six

Week 9
2 Dec Year 3 and 4 Reconciliation
3 Dec Hamper Packing for St Vincent de Paul
4 Dec Advent Liturgy Celebration (9am)
4 Dec Assembly
4 Dec School Disco (K-2 lollies, Yrs 3-4 refreshments, Yrs 5-6 glo products & decorations)
6 Dec  Annual Wahroonga Street Fair
Week 10
7 Dec  Graduation Mass at Holy Name Church (6pm)
7 Dec  Year 6 Graduation Dinner at Prouille
8 Dec  Opening Mass and Event for Year of Mercy
9 Dec  Lunch Time Violin Recital in Hall (12.45-1.15pm)
9 Dec  Year 1 Social Event
10 Dec  Year 5 Social Event
11 Dec  Band Pancake Breakfast (8am)
11 Dec  Band Performance for Grange residents and seniors
11 Dec  Assembly
Week 11
15 Dec  Orientation morning for new students in Years 1-6 (9-10am)
15 Dec  End of Year Mass at Holy Name Church (11am)
16 Dec  Last Day for Students
16 Dec  Year 6 Social Event
17-18 Dec  Staff Development Days

Link to School Calendar on school website for further information and dates

Link to Term Dates

POSITIVE BEHAVIOUR FOR LEARNING

During Week 8 Term 4 our PBL (Positive Behaviour for Learning) focus at school (and home) is:

❖ At Prouille responsible when we are truthful (Truth)

RELIGIOUS NEWS

Invitation to Kindergarten and Year 6 Family Mass – Sunday 29th November  On Sunday 29th November we have a Family Mass at Holy Name Parish. Kindergarten and Year 6 families are invited to attend the 9.15am mass. We would like to invite all our Prouille families to join us on this special day.

St Vincent de Paul Hamper Appeal Prouille will once again this year support this special outreach initiative that our Holy Name parishioners coordinate each year so as to assist the community of Whalan. We have 15 families this year to support.

I am seeking the help of parents who are able to generously give up their time on the morning of Thursday 3rd of December 9:00 am in order to assist in the final packing of these hampers. If you can assist can you please let Carol White or myself know. A detailed note outlining how you can assist your class regarding the hampers has been sent home. This will detail exactly what is required for each family to contribute.

Many thanks in advance for your kind generosity towards this worthwhile endeavour.

Wishing you every peace and blessing for the week ahead,

Tanya Lorimer (Acting REC)

Term 4 Dates For Your Diary

Week 8  Family Mass Sunday 29th November Kindergarten & Year 6/ whole school 9.15am
Week 11  End of Year Mass 16 December 11:00am

SLUSHIES
$2.00
Each Friday during Term 4
Wellbeing Week This week we have all enjoyed the opportunity to take a break from the busy-ness of life and focus on ourselves and our relationships. The children have really enjoyed the little activities that have been provided for them both within class and out on the playground. Lots of the children commented on how they loved the guided meditation sessions that were provided throughout the week after lunch by their teachers; as well, the Year 1 children loved their opportunity to do some free movement after lunch on Tuesday as they moved to some well-chosen music. Many of the older students enjoyed the introduction of a gratitude journal, and the younger ones enjoyed the visual art focus that was used by their teachers as a therapeutic way to unwind and re-focus.

Thank you to all the staff who provided these wellbeing week activities for their students! They truly appreciated it!

Reconnecting in our Relationships As part of Wellbeing Week, some of the activities the children focused on was positive connections with peers. Often at this time of the year, we see an increase in issues surrounding social interactions between students. These issues are often attributed to factors such as tiredness and exhaustion, however it is also an opportunity to remind the children about how they can look to reconnect with those that they care about, whilst at school.

Children’s friendships often have their ups and downs. When friendships are going well, they support children’s emotional wellbeing and confidence, as well as providing someone to play with. Positive friendships help children to have fun, and also help them cope during times of stress and change.

There are four core friendship skills for children: cooperation (sharing, taking turns, working together), communication (positive body language, respectful conversation, active listening), understanding and managing feelings (expressive language, recognising and responding to others’ feelings, empathy) and accepting and including others (thinking beyond self, being inclusive and respectful of each other’s uniqueness).

If you find your child is talking with you about a friendship worry or concern they have, it is important not to blame children but to show them how to find a solution. The KidsMatter website suggests a problem-solving approach that is often useful:

1. Encourage the child to describe what has happened.
2. Ask about how they felt.
3. Ask them how they think the other person might see it and how they might be feeling.
4. Get them to think of ways they could do things differently next time.
5. Encourage them to try the new approach – get them to practise with you so they feel more confident.
6. Check back in with your child to see how things turned out.

Evidently, all children go through friendship conflicts. When this happens their confidence may be affected, and they will look to their parents and teachers for guidance and support. Try to remember those times in your own life when you experienced such conflicts and share those with your child. This will help to ‘normalise’ the situation as well as to coach them through ways in which they can get through it and focus on those positive social skills (ie the four core friendship skills) which will assist them throughout their lifetime.

PBL Awards A huge thank you to Tammie Dooling for her expertise and guidance in creating and developing our new PBL Awards! The new awards have been designed to include our PBL Matrix and a descriptor outlining the way in which your child has attained the award. Thank you to the SRC for their input and feedback in finalising the new Awards, as well as for their determination to introduce our new level of award that will be made available next year – Platinum! The SRC will inform the community more regarding this new PBL Award early next year, but this will enable Gold Award recipients to work towards that next level of PBL, which is very exciting!

Playground Items We are always grateful for continued donations regarding our playground items. Things such as fake food, tea sets, dress ups, toy cars/trucks/dinosaurs/animals, fairy garden inspired items (eg fake flowers, coloured materials, fake mushroom/toadstools) are always welcome!

A special thank you to Beau and Boston for their recent donation of some beyblades and stadium for the children to use. This came about through a simple observation they had made on what the Year 4 and Kindy students were enjoying at lunchtime – a very selfless response! Thanks boys!

Wishing you peace and blessings!

Vanessa Dillon
**LEARNING AND TEACHING NEWS**

**EMU Express**  This week’s challenge can be found on the last page of the newsletter.

Congratulations to the following students for their wonderful solutions to the last challenge and activities:

<table>
<thead>
<tr>
<th>Class</th>
<th>Students</th>
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<tbody>
<tr>
<td>K</td>
<td>Harry C KR; Charli M KS; Kevin W KR; Mia P KR</td>
</tr>
<tr>
<td>1</td>
<td>Talia N 1LS; Joshua M 1E</td>
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<tr>
<td>2</td>
<td>Jonah L 2G</td>
</tr>
<tr>
<td>3</td>
<td>Siena M 3B; Adrina 3P; Audrey S 3B; Sophie M 3B</td>
</tr>
<tr>
<td>5</td>
<td>Mattia C 5BDL; Toby W 5BDL</td>
</tr>
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**PARISH NEWS**

**MUSIC PRACTICE FOR FAMILY MASS 29TH NOVEMBER**

If your children would like to be involved in the music for the FAMILY MASS at 9.15am on Sunday 29th November, please bring them to a rehearsal in the Music Room and **Friday 27th November 3.15pm to 4.15pm** with Natalie Oong.

For further details, please contact Sally Oong 0433 817 114. All welcome to come along.
**SPORT NEWS**

**Broken Bay Sport Trials** On the 18th of November, Annabel M (5L) and Ethan M (5L) went to the Diocesan trials for Tennis and Softball. They were both selected to represent the Broken Bay Diocese; Annabel for Tennis, and Ethan for Softball. Thomas D (5L) tried out for the Tennis also but sadly was not selected this year. He was up against over 40 boys and only 5 could be selected! What an amazing effort!

**OFFICE NEWS**

**Book Club** A reminder to return your book club order. Please remember we cannot accept cash. Also parents are now able to download an app on their smart phone and place orders! For any help please check out this link: [https://www.youtube.com/watch?v=DmQYkpIsi0c&feature=youtu.be](https://www.youtube.com/watch?v=DmQYkpIsi0c&feature=youtu.be)

Looking forward to your orders.

Cheers,

Nicole Mulders 0400327262 prouillebookclub@gmail.com

**Family Registration Form 2016** Thank you to those who have already returned the Family Registration Form 2016. Forms have been sent home again this week to those who are yet to return a completed form. The information provided is required so correct fees for 2016 school year can be determined for your family.

Link to [Family Registration Form 2016](#)

**Student Transport 2016, new school Opal Cards** Most students or parents won’t need to apply for the School Opal Card. The School Opal Card will be sent to a student’s school automatically at the beginning of the new school year in 2016.

- New students to the school will need to apply online.
- Students progressing from Year 2 to Year 3 or Year 6 to Year 7 need to complete a new application online.

Link to [Important information about the School Opal Card](#)

Link to [Online Application](#)

**School Fees** A reminder to all families paying school fees on termly instalments, BPay, etc. Please check your statement and ensure all payments are up to date.

**BANKING NEWS**

**Rewards** Wrist bands are no longer available. Please click on link to view current rewards.

If you have outstanding rewards remember to get them in so you can receive your reward before the end of the year.

**The last day for Term 4 school banking is Wednesday 9th December**
**MUSIC NEWS**

**Lunchtime Recital** Our next Lunchtime Recital will be held on Wednesday 9th December at 12:45 in Veritas Hall. You will be able to enjoy a wonderful range of Christmas Carols. Please join us.

Term 4 Piano and Violin End of Year Concert

**Our Prouille End of Year Concerts** will be held on Tuesday 24th November in the Veritas Hall. The first session will begin at 5.45pm and the second session at 7.45pm. There will be an interval between the two sessions. Both groups will be able to eat together during the break. Please ensure that you supervise your children during the concert and party. Please encourage them to keep the eating area free of rubbish. There is no supervision in the playground so it cannot be used. No one may use the play equipment. Students may wear mufti if they wish. Please do not bring food or drink into the hall.

Janet Wise

**P & F NEWS**

**Prouille Students Disco 2015** Friday 4th December

Link to Prouille Students Disco 2015 form

Please return form and money to the school office no later than 30th November

**Save the Date!! PROUILLE 2016 WELCOME EVENT – SATURDAY 27TH FEBRUARY 2016 7:30pm**

Planning has started for what is sure to be another wonderful event for next year. Please pop it in your diaries and book a babysitter – Invitation will be sent in the new year.

We are looking to establish our committee for this event and would greatly appreciate any parents, grandparents or friends who can spare some time in the lead up and on the day of the event to assist with planning and organising. We have the start of a wonderful committee and are looking forward to collaborating and planning this together. If you would like to join us, please e-mail Kelly Rowling kelly@turramurracyclery.com.au or Ange Chappel angechappel@gmail.com We will hold a meeting early term 1 (date TBA).

Thank you and look forward to hearing from you soon,
Kelly and Ange
Stage 1 coordinators 2016

**COMMUNITY NEWS**

**PROUILLE PRIDE completes the SAN Fun Run** On Sunday the SAN had their annual 5k fun run. As part of the Fun Run there was a school competition to enter a team of 4 from the school to compete.

The team representing Prouille called themselves PROUILLE PRIDE. Congratulations to Alex G, James M, Tadhg M and Molly M

Prouille Pride was the best performing primary school team on the day. In fact some of our team members ran even faster than some of the high school kids. For Alex, James and Tadhg this was their first ever 5k run and for Molly only her 3rd!
Michael Grose
Australia's No.1 Parenting Educator
Coming to Prouille Wahroonga
25 February 2016
Visit www.brokenbayparentcouncil.com

Fiona Fisher’s Swim School
Swimming Lessons · Aqua Aerobics
Water Babies, Preschool, Primary To Adult
School Terms & Holiday Intensives
INDOOR HEATED POOL
St Edmunds School
60 Burns Rd, Wahroonga
Phone: 0433 16 33 78
Email: admin@ffss.com.au
www.ffss.com.au

A Little Princess
book by Frances Hodgson Burnett
directed by Sharon Mullan
11 Dec to 19 Dec 2015

By Frances Hodgson Burnett
Directed by Sharon Mullan

After spending her first 7 years in India as the well loved, only child of wealthy Captain Crewe, Sara travels to London to study at Miss Minchin’s boarding school for girls. She thrives at school and is mostly well liked. On her 11th birthday disaster strikes and Sara is thrown from riches to ruin. A gentle, heart warming story told with song and dance.

11 December - 19 December  Bookings open 9 Nov

<table>
<thead>
<tr>
<th>Fri 7pm</th>
<th>Sat 11am</th>
<th>Sat 1.30pm</th>
<th>Sat 4pm</th>
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<td>11 Dec</td>
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Tickets $12/$8. Includes booking fee. Tickets available at the door and online at www.pymbleplayers.com.au or phone (02) 9144 1523

Pymble Players Inc
One Bromley Ave & Mona Vale Rd, Pymble www.pymbleplayers.com.au
Elmo Emu loves Mathematics at Prouille!

EMU EXPRESS - Term 4 Week 7

Each fortnight, there will be an Elmo Emu Challenge, a different number for infants (K-2) and Primary (3-6) to number bust and number line activities for students to complete.

This will be the last Elmo Emu this year. Elmo Emu looks forward to meeting you all in 2016.

This fortnight’s Elmo Emu Challenge

This fortnight we are exploring the concept of fractions. A fraction is a part of a whole. Some fractions are equivalent, which means they are equal. Take a look at the picture to see some equivalent fractions. Can you see how four eighths is the same as two quarters, which is the same as one half?

This fortnight’s challenge:

Elmo Emu and Ernie Emu ate a whole block of chocolate.

What fraction of the chocolate did Elmo eat?

What fraction of the chocolate did Ernie eat?

Write a number sentences and draw a picture to prove your solution.

Write down your solutions on a piece of paper and put it in the Elmo Emu Challenge Box near Student Reception. Make sure you write your name and class on your solution. DUE WEDNESDAY 2 DECEMBER 2015

NUMBER BUSTING ACTIVITY

Infants (K-2) number 30

Primary (3-6) number 1

Remember number busting is when you break a number into smaller parts.

DUE WEDNESDAY 2 DECEMBER 2015

WHAT’S NEW IN TECHNOLOGY FOR MATHEMATICS LEARNING?

Learn about equivalent fractions by playing the Fraction Wall app on an iPad. This app can be found at:


NUMBER LINE ACTIVITY

Can you work out what he mystery number is?

0 ? 1000

Write down the mystery number and explain why you chose that number. Put your solution in he Elmo Emu Challenge Box near Student Reception. Make sure you write your name and class on your solution.

DUE WEDNESDAY 2 DECEMBER 2015