Dear Parents,

In many faiths the idea of watching, waiting and getting ready are prevalent. As Catholics we prepare the way for the Lord throughout Advent. Each Monday morning the children have sung Prepare the Way of the Lord and prayed together. We have deliberately kept our Advent prayers simple to remind us of the simplicity of Jesus’ birth, in a stable, and the simple but powerful messages he sent us, through living a life of grace, that guide us through life. Let’s hope that Christmas for all of us has some of the simple joys and pleasures that life can bring.

As this is the last newsletter for the year I wish you all a happy and healthy Christmas and hope that you enjoy the break from school. I hope that you get time to spend with your loved ones and that you have some “down” time over the Christmas break.

Our Year Six graduated on Monday evening. It was a beautiful mass and ceremony. Many thanks to all the people who made this and the graduation dinner such a success. A very special thanks to Daniela McGrath who led a wonderful group of Year 5 parents who made the evening so special for the Year 6 families. A very special thankyou to the Dean-Jones family and the Nalywaiko family who have again supported the school so generously. Each year at graduation two awards are given out to students from Year Six. The recipients this year of the awards are:

**VERITAS AWARDS:** Riley K and Zara O

**ENDEAVOUR AWARDS:** Hannah M and Eliza V

This week we began the Year of Mercy with mass with the parish. Pope Francis has decreed a Year of Mercy so we can focus on mercy as “a wellspring of joy, serenity and peace.” The mass celebrated the Opening of the Doors of Mercy. The students from Prouille have each made a heart which will adorn the door frame of the church and our chapel. The heart signifies many things in the Year of Mercy: listen with the ears of your heart; open the doors of your heart and love.

Next week the children will have an opportunity to say goodbye to those students who are leaving as well as meet their teachers and the students who will be in class with them before the holidays. Please note that the classes have been finalised and there can be no further changes.

The Year 6 gift to Prouille this year was a set of portable banners for our colour house teams. These will be handed over to our new captains at the end of year mass next week.

A reminder that the Talent Showcase will be held on Monday. Children will need to bring their costumes and music.

Regards,

Julie Caldwell
UPCOMING DIARY DATES

Term 4 2015
Week 11
16 Dec End of Year Mass at Holy Name Church (11am)
16 Dec Last Day for Students
17 Dec Staff Development Day

Term 1 2016
Week 1 2016
27 Jan Staff Development Day
28 Jan Assessment Yrs 1-6 / Best Start Testing K
29 Jan Assessment Yrs 1-6 / Best Start Testing K

1 Feb First day of term Years 1-6
2 Feb First day of term Kindergarten

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

POSITIVE BEHAVIOUR FOR LEARNING

During Week 11 Term 4 our PBL (Positive Behaviour for Learning) focus at school (and home) is:

❖ At Prouille we revise and reflect on our Positive Behaviour for Learning learnt throughout the year

RELIGIOUS NEWS

Year 6 Graduation Recently we enjoyed a beautiful celebration of the journey that has been undertaken by Year 6 here at Prouille over the years. The Mass was celebrated by both Fr David at Holy Name Church. Thank you to Mrs Armstrong, Mrs Chivers and Miss Russell for assisting and preparing the children. Thank you to Mr Meagher and Natalie Oong who provided the music for the evening. All the children in Year 6 helped make the celebration a truly memorable (and emotional) one for all in attendance. Our prayers will be with each and every one of them.

Advent Liturgies Thank you to Kindergarten and Year 1 teachers and children for leading us so reverently tin our recent Advent prayers. This is indeed a very special and hope-filled time of year as we await the celebration of the birth of our Saviour, Jesus.

End of Year Mass A reminder to all families that Prouille’s End of Year Mass will be celebrated at Holy Name church Wednesday 16th December at 11.00am. This is always an occasion to reflect on the year that has been and consider the future that is to come. We hope to see you there!

Thank you to 2015 Liturgy and Mission Prefects I would love to thank our most helpful Liturgy and Mission Prefects for 2015! They have all taken on special responsibilities throughout the year that have showcased their wonderful leadership qualities. So much of what they did, certainly helped make my job easier. They have been so reliable and willing to fulfil their roles and participate fully within whatever task they were given.
Thank you Mission leaders: Eric B, Matilda D, Isabella B, Daniel H, Jolo D & Ella L
Liturgy (& Music) Leaders: Hannah M, Emily R, Olivia C, Ava N, Caitlin M, Georgia S

Wishing you a joyful and holy Christmas
Tanya Lorimer (Acting REC)
**Maths Olympiad- 2015** Congratulations to Elizabeth D and Daniel K for achieving the highest school score. Toby W for receiving the Maths Olympiad 2015 Encouragement award. These awards will be presented to students at assembly on Friday 11th December. Thank you to all students who participated in the Maths Olympiad this year.

I would like to take this opportunity to wish all the Prouille community a Merry Christmas.

Cathy Chapman (Learning Support Teacher)

**PASTORAL CARE NEWS**

**Gold! Gold! Gold!** I don’t think there’s any better celebration at this time of year, than to acknowledge the success of the following children who have earnt their PBL Gold Award! What a wonderful way to end the year 😊

Congratulations to: Caitlin (6R), Eliza (6R), Isabella (6R), Riley (6R), Luca (6R), Angus (6R), Caspar (6AC), Georgia (6AC), Jacklyn (6AC), Maddie (6AC), Olivia (6AC), Natalie (6AC), Jonah (2G), William (2G), William (2O).

We were able to present these children their special PBL Badge at assembly today, and they were also able to join all the 2015 Gold Award recipients at a very special morning tea with Mrs Caldwell.

**SRC** Congratulations to those children who represented their classes in Terms 3 and 4 on the Prouille SRC. They did an amazing job and willingly shared the highlights involved with this wonderful responsibility:

- I loved helping with the playground design (Jack)
- I loved doing the activities and attending the meetings (Byron)
- I enjoyed meeting children from other classes and grades at our meetings (Olivia)
- I enjoyed the opportunity to share our ideas and thoughts (Taylor)
- I liked having a voice for the other children in my class (Max)
- I liked being able to get new things for the playground (Veronica)
- I enjoyed speaking at the Monday morning assembly (Benjamin)
- I really enjoyed being a representative and being part of something new for Prouille (Zara)

On behalf of the staff and students at Prouille, I’d like to thank and acknowledge the following children for their outstanding representation and leadership whilst being an SRC member this semester: Veronica (KR), Jack (KS), Benjamin (1LS), Charlotte (1E), Byron (2O), Will (2G), Max (3P), Chloe (3B), Ashleigh (4F), John (4D), Olivia (5L), Taylor (5BDL); and the following children from Year 6 – Chloe, Jade, Natalie, Daniel H, Daniel B, Zara, Eliza, Riley, Ava and Hannah.

**WELLBEING FOCUS** At this time of year, we all experience a sense of being overwhelmed by all the excitement that this festive season brings. Often, we feel guilty at being distracted by those aspects of life that can deter us from what the true meaning of this time is, and take us away from being fully ‘present’ in the moment. Hopefully, these suggestions will help you to find that mindful space that we crave at this time of year...

“Meditation in a Minute”: Meditation can help adults and children reduce stress, anxiety and fears, however many of us don’t have the time or know how to go about it. This short YouTube video by Martin Boroson shows how you can achieve a calmer, more focused state of mind in just one minute: https://www.youtube.com/watch?v=F6eFFCi12v8 Also, take some time to check out [http://smilingmind.com.au/](http://smilingmind.com.au/) for meditation techniques for parents and children. This is a free website that is currently being used by some of us staff in class time with the children.

“Stretching and Mindfulness”: It is normal for children (and adults!) to feel tired towards the end of the year. Tiredness and exhaustion can inhibit our ability to control our emotions. Stretching and mindfulness is an excellent way to help children alleviate stress and anxiety through simple breathing and movement techniques. You might find the following link helpful in assisting your child in developing techniques like this: [http://childhood101.com/2015/04/yoga-for-kids/](http://childhood101.com/2015/04/yoga-for-kids/)
“Embrace what matters”: With the holiday period fast approaching, we sometimes focus on the quantity of activities we engage in with our children. Often we prioritise outings that can be quite tiring and expensive, and not realise the simple pleasures that children often enjoy. Time together is what matters most for children, and that time is often quality time where they know you are fully present and engaged in what is happening. You might find the following link helpful in coming up with some fun, creative and somewhat inexpensive ideas for how you will look to spend time as a family at this time of year: [http://beafunmum.com/2011/06/100-school-holiday-activity-ideas/](http://beafunmum.com/2011/06/100-school-holiday-activity-ideas/)

Wishing you peace and blessings for now and throughout the coming New Year! Merry Christmas!

Vanessa Dillon

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**PARISH NEWS**

**Christmas Mass times and practice times**  Information about Christmas Mass times at Wahroonga Church and the times for the practices for all the children who would like to take part in the Nativity re-enactment for the Gospel at the Children’s Christmas Eve Mass at 5pm on 24th December was sent home to all families this week.

Link to [Christmas Mass and Practice Times](http://beafunmum.com/2011/06/100-school-holiday-activity-ideas/) and [2016 Sacramental Calendar](http://beafunmum.com/2011/06/100-school-holiday-activity-ideas/)

The first Children’s Mass practice, where we allocate roles (donkeys, cows, shepherds, angels and Mary/Joseph etc) will be Friday 11th December after school, from 4pm at the Church. It will go until about 5.15/5.30pm. We shall assign the various roles, readings and prayers to the children. If parents can also attend, you can help with the costumes and practising with the children.

If you would like your child to come along but they are in After-school care (at Prouille, as they know me), please let me know that you would like them to walk around to Church with Chloe, Zara and me, and please inform After-school care and Prouille school (by note) that this will be happening. They cannot come with me without proper permission. Please send some afternoon tea along, if possible. We can walk them back to school afterwards if you wish. If you are coming from another school, please ask another parent to help out, if possible. If you cannot make it, but would like your child involved, please contact me and we can assign a role as a shepherd or angel.

*We also invite your children to join the band for this Mass. If you are interested in this, please let me know what instrument your child plays, so we can make sure we have enough copies of the music available.*

**Children’s Christmas Eve Mass - 3 Practices at Church:**

**10th Dec 4pm-5.15/5.30pm**  (Thursday) First Practice – allocation of roles, jobs, readings and sorting out costumes

**17th Dec 10am-12pm**  (Thursday) 2nd Practice – run through of Nativity for Gospel

**19th Dec 10am-12pm**  (Saturday) 3rd Practice – run though of Gospel Nativity plus Singers/Band practising Carols

**24th Dec 4.30pm Carols then 5pm Christmas Eve Mass**  please arrive by 4.00pm to get dressed and find a seat

If you have any questions, please don't hesitate to ask. An email or sms is more easily answered than a phone call, especially as I have a meeting tonight and can't answer my phone.

Please note Sacramental dates in your 2016 diary – refer Sacramental Calendar link above.

Best wishes for a Merry Christmas and a safe and prosperous New Year!

Cheers,

Sally Oong

Sacramental Preparation and Family Mass Co-ordinator, Holy Name Parish Wahroonga  0433 817 114  [hnwsally@gmail.com](mailto:hnwsally@gmail.com)

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**OFFICE NEWS**

**Lost Property**  The following items can be collected from the school office:  NRL ball, pink toddler shoe, headbands, blue Martial Methods glove, black Prouille library bag, black umbrella, Wilson racquet cover, blue and pink raincoat, maroon Lowes bag containing shorts and white sequin top, jumper size 12, jumper size 8, girls hat, sports jackets (old and new styles various sizes), black sports hap (floppy style labelled Cat B), water bottles (Smiggle, Elastoplast, Northshore orthodontist), lunchbox (blue/green systema)
**Student Medication** Parents are required to complete [Request to Administer Medication at School form](#) when handing over medication to the office. This form applies to both prescription and over the counter medication.

- Parents are reminded that it is their responsibility for noting expiry dates of medications supplied to the school.
- Please ensure your child’s medication is in original packaging and labelled with student’s name and dosage.
- If you do not have a record of the expiry date on your child’s medication, please telephone the school office.

**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](#)

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**PROUILLE STUDENTS DISCO 2015 Friday 4th December**

How wonderful it was to see all the students dressed up and getting their glow on at last week’s School Disco! It was a fun night with lots of dancing, cool moves and loud singing. DJ Kitkat was back with lots of energy and really made both discos a great night for all! However this night was such a success due to our amazing parent community and the host of parent volunteers who gave up their time to set up the disco, supervise, sell glo products, keep the kids hydrated with water, serve pizza and slushies and ensure everyone received a lolly bag as a going home treat. Thank you to all who helped out – we really couldn’t have done it without you!  

**Special mentions to the following Disco stars:**

- Katia P for helping to count the RSVPs, organise the pizzas and so many other “set up” and “finishing off” tasks
- Beck L for assisting with RSVPs and other last minute requests
- Celeste R and her Yr 5/6 team for creating a sparkling entrance and putting up the many other decorations – it looked fabulous!
- Margot McG and Brigid W for organising and packaging all the lolly bags
- David, Brent and Michael for being our set up dads
- Michele W and Jamie H for keeping the slushie machine going all night
- Saskia and Gahee (ex-students) who gave up their evening to set up and do the sign in desk for both discos
- Our hard-working and delightful Mrs Caldwell, Mrs Armstrong and Mrs White who helped in so many ways and in so many areas.

Thank you again everyone!

Wendy  
P&F Social Coordinator

**Prouille P&F Association 2015 wrap up** is located on the last page of the newsletter and includes:

- 2016 P&F Executive
- 2016 Stage co-ordinators
- P&F Mission
- The Year in Review
- The Year Ahead
- Thank you to sponsors
Michael Grose

Australia’s Leading Parent Educator is coming to OUR school! Free Seminar for Parents & Carers

Michael Grose is one of Australia’s leading parenting educators and author of 8 parenting books including, *Teach your Child to Shrug* and *Does Your Child Learn the Hard Way?* Michael appears regularly on television and radio discussing relevant issues for modern parents and professionals. Raising and teaching kids to become resilient, confident and self-sufficient is just some of the expert advice you can expect to receive from Michael! In fact he’ll even have you working towards redundancy! (as a parent that is.)

The *Broken Bay Diocesan Parent Council (DPC)* provides seminars and workshops each term for all parents in schools across our diocese and are thrilled to be working with Michael in 2016 and having him present here at *Prouille Catholic Primary, Wahroonga* on *Thursday 25 February, 2016* – put it in your diary.

All parents from schools across our diocese are welcome so spread the word.

To get an insight into Michaels approach to parenting or to register you interest in attending go to the DPC website to RSVP *www.brokenbayparentcouncil.com*.

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“6aside Spirit of Football” awards – Team Penguins

Some Year 5 students got together a team for 6-a-side soccer this summer. Although the team did not have a win they still got out there and gave it their best shot each week, overcoming their distress at not scoring goals to find themselves just enjoying the running around and the challenge of keeping out the other team. The team were awarded “6aside Spirit of Football” and are to be congratulated – Lucy C, Angus F, Mattia C, Toby W, Taylor O and Livy B.

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**Instruments for sale**

**JUPITER ALTO SAXOPHONE** – $500 (original cost $900) Very good condition and a good beginner’s saxophone. Holding neck strap (pink) and reeds also included, as well as some music books. Case is slightly scuffed on the outside.

**JUPITER TRUMPET** - $400 (original cost $800) Has a couple of minor dents on the bell part (end of trumpet) otherwise in good working order and has been serviced recently. Case also in very good condition.

Both instruments were brand new on purchase and come with cases and cleaning equipment – everything to get your child started in the band. Happy to throw in a music stand as well.

**PLEASE CONTACT WENDY ON 0409 692 232**
The Martial Methods Program has run at Prouille for each age group this year.

Martial Methods is a program designed and delivered by Occupational Therapists and Exercise Sports Scientist which uses taekwondo, western boxing and judo to teach motor skills, self-regulation (attention and self-control) and self-defense. Research from the University of Sydney has evidenced that the Martial Methods Program improves classroom performance and playground behaviour for students. Martial Methods will be offered to all students next year, with classes running during lunchtime in the school hall on a weekly basis.

Wednesdays: male & female students in years 3-6.

Thursdays: male & female students in year K-2 .

Registration is essential. For further information please contact Kids OT on 9451 5735.
P&F 2015 Wrap Up

At the P&F AGM earlier this term the following parents were elected to P&F positions:

2015 P&F Executive
- Rebecca Luca (Co-President)
- Sean McGrath (Co-President)
- Warwick Kirby (Vice-President)
- Sarah Ward (Treasurer)
- Emma McGrath (Secretary)
- Lauren Montgomery & Kaylee Barnett (DPC Representatives)
- ? & ? (Social co-ordinator/s)
- Mary Weaver (Holy Name Parish Rep)
- Michelle McGrath (Parental Engagement Co-ordinator)

Stage Coordinators
K-Y1
Kelly Rowing & Angela Chappel
Yrs 3-4
Kaylee Barnett & ?
Yrs 5-6

More Volunteers needed in 2016!

The Prouille P&F Mission
The P&F recognises and values the role that parents and carers play in the education of their children and aims to strengthen the partnership between family, school, parish and the wider community for the benefit of their children’s overall development & learning.

The Year in Review
It has been a fabulous year in the Prouille school community. We’ve had many great social events including: T1 Welcome Event, Mother’s Day Royal Night Out, Father’s Day Breakfast, Grandparents Day, School Disco, Y6 Grad Dinner, the list goes on.

Importantly we set out to be more active in supporting the school and our new Principal in driving academic enhancements through appropriate resourcing, focus on greater parent engagement in educational matters i.e. EMU, and Cyber safety talk/tools. We are pleased to see strong outputs are being made in these areas. We also conducted a survey of the parent community highlighting that 75% attended school events, despite being time poor. Amongst other findings our existing events and further family events prove to be popular which we will take on board. Thank you for your insights.

The P&F has consciously heightened its engagement with the Holy Name Parish resulting in a number of joint events, including Hugh Mackay evenings, Int’l Food Fair, Tris Night etc., these are great foundations to build upon in 2016, the Year Of Mercy.

Once again we are very appreciative of the many parents and carers who have participated and contributed to the running of these wonderful activities, all of which aim to benefit our children and our remarkable community.

A special mention and thanks to Wendy Maccioni and the army of Stage/Class co-ordinators for making all the social events so enjoyable and successful.

The Year Ahead
Our sincere best wishes to the families and children leaving Prouille. We look forward to another great year at Prouille and wish you all a wonderful and safe Christmas break!

Save The Date: 27th February

Thank You To Our Supporters In The Community

We strongly encourage our school families to support (even with Facebook likes) the following local businesses and other organisations as they have kindly donated or contributed to our school events and fundraising efforts. So our sincere thanks to, in no particular order:
- Hollywood Fun Hire, Thank you Irene and Michael Beams-Jones for your continued generosity.
- Pendant Hills Hotel
- Shores Restaurant, Hornsby
- That Barber Shop, Wahroonga
- Prouille FC
- McConnell Bourne Real Estate, Wahroonga
- McFarland’s Gourmet Meats, Wahroonga Village
- BWS, Wahroonga
- Surf Hardware Int’l, Mona Vale
- Azure Property Agents
- Acacia Tree Services
- Curtains Up!
- Kennards Hire, Waitara
- Gourmet Table Catering
- Clifford Wallace Agency
- Wahroonga Flower Shoppe
-脱落
d-shirts
- Allen and Sheppard Real Estate, Thornleigh
- Abro Jacinto, Artarmon
- The Beauty Chef - www.thebeautychef.com
- Australian Ritual - www.australianritual.com
- Aquatic Leagues Club, Waitara
- F&B Hair, St Ives
- Lorena Beauty and Nails, St Ives
- RMS Health and Fitness
- Sony Australia
- Novella Fine Books, Wahroonga
- Captain Cook Cruises
- Hornsby Odeon Cinema
- Taronga Zoo, Mosman
- Featherdale Wildlife Park
- Taronga Western Plains Zoo, Dubbo

If you would like to assist, have ideas or comments, please email prouille.pandf@gmail.com