



PROUILLE NEWSLETTER

Prouille Catholic School 5 Water Street Wahroonga NSW 2076
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20th November 2019

Week 6

Term 4

Dear Parents and Carers,

To whom would you go, if you wanted to know how to practise gratitude in your life? To your dog of course! Just look at the wisdom contained in the Ten Commandments of the Canine Old Testament:

1. When your family members come home, drop what you are doing and run to greet them..
2. Run, romp and play daily.
3. Be loyal.
4. Never pretend to be something you're not.
5. If what you want lies buried, dig until you find it.
6. When you're happy, dance around and wag your entire body.
7. No matter how often you are roused on, never sulk.
8. Run straight back and make friends.
9. Delight in the simple joys of taking a long walk.
10. Be content with what you have to eat and consume with great gusto.
11. When someone is having a bad day, be silent, sit close and snuggle up gently.....*Extract. Even the Gods Love Jokes.*



Second question: Why bother to practise gratitude in your life? Because scientific studies indicate that gratitude plays a significant role in a person's sense of wellbeing. "Acts of daily gratitude result in higher levels of alertness, enthusiasm, determination, optimism and energy. Additionally, people who perform acts of gratitude are more likely to help others, to exercise more regularly, make more progress towards personal goals and are more likely to feel loved. Gratitude encourages a positive cycle of kindness among people since one act of gratitude encourages another."*McCollough and Emmons. Researchers.*

Well, with findings like that, we should abandon all other strategies and concentrate on gratitude to ensure harmony in our family.

It would seem that anyone can improve their sense of wellbeing and create positive social effects by being grateful with what they have and do in life. St Augustine seems to think so and had this to say: "People go abroad to wonder at the height of mountains, at the huge waves of the sea, at the long courses of the rivers, at the vast compass of the oceans, at the circular motion of the stars, and they pass by themselves without wondering. Let us acknowledge the wonder that we are here, in these particular bodies, at this particular time, in these particular circumstances. May we never take for granted the gift of our individuality."

What great advice! Look at ourselves in a positive manner and allow gratitude to unlock the fullness of life for us. Be grateful for the demands others make of us, for that means that we are considered to be positive contributors in their lives. Be grateful for the weariness at the end of the day, for that means that we have been productive for ourselves and others.



'Thank You for the wind and rain and sun and pleasant weather;
Thank You for this our food and that we are together.'

Mennonite Blessing.

There is simply no end to the opportunity we have to be grateful people provided we regard our “glass of life” as being “half-full”.

“Lord, as we prepare for the Season of Advent help us to see life afresh and to strengthen one another in our new beginnings of practising gratitude. We are grateful of Your guidance through the indwelling of Your Spirit in each of us. Amen.”

CONGRATULATIONS TO THE PROUILLE 2019 MATHS OLYMPIAD AND MATHS GAMES TEAMS

This year Prouille had a team of 28 students from Years 5 and 6 who participated in the Maths Olympiad Competition/Program. We also had 25 students from Year 4 who participated in the Maths Games Program. These programs comprised of 5 competitions throughout the year where the children were involved in rigorous problem solving activities. This competition is implemented throughout South-East Asia where over 30,000 students participate. We are extremely excited to announce that the Prouille Maths Olympiad Team achieved in the top 23%. This was due to us attaining the highest score in this year’s competition with Holsworthy Public School NSW. This is a great honour and fantastic achievement! The Prouille teams need to be congratulated for scoring extremely well.



A special congratulations to **Matthew Floresta** who is our Maths Olympiad team’s top scorer. Matthew scored in the top 2%. We also need to congratulate **Isabella Ringrose** who received the encouragement award.

Congratulations to **Angus Bookallil, Lucy Jenkins, Leonardo Deguara, Milly Hallam and Molly Sheppard** who received an award for top scores and excellent effort in the Maths Games Program. We are so proud of our Prouille students and their outstanding achievements!



This week we completed our Kinder Orientation program for our 2020 Kindergarten students. There were many smiling faces and the children cannot wait to return and commence school in January 2020! Thank you to Mrs. Talia Grigor and Mrs. Emmerig for organising this program.

WELCOME TO PROUILLE

I would like to extend a warm Prouille welcome to Lucas Bradley and his family. Lucas joined Year 2 Wombat this week. We wish Lucas every happiness during his time with us.

K-2 INTENSIVE SWIMMING



Next week (Monday 25th - Friday 29th November) the students in Years K-2 will be participating in their intensive swimming program at Hornsby Swimming Centre. Please ensure that your child brings their swimming requirements every day. All belongings need to be labelled with your child’s name.



PROUILLE PRIMARY CHESS CHAMPIONSHIP



The Prouille Primary Chess Championship will be held on Thursday 5th December at Prouille School. The tournament will be organised by the Sydney Chess Academy and will be run in a “Swiss” format with approximately 6 - 7 games. This means that all children play in all rounds and no one is knocked out. This competition is open to **all** Prouille students if you would like information regarding how to register please obtain an information form from the school office.



P&F AGM

Thank you to everybody who attended the P&F AGM last Wednesday night. Thank you to Ange Chappel, Sarah Ward and the many members of the P&F for everything they have done to support us this year. We could not have achieved all that we had anticipated without your consistent support and encouragement. Congratulations and thank you to all our parents who have decided to take up the challenge and assist on the P&F in 2020. We look forward to working with you next year. We are so grateful for your generosity of time and spirit.



THANK YOU AFTERNOON TEA

On Thursday 28th November at 2.15pm there will be a special Thank You Afternoon Tea for all our parent helpers. Please let the office know if you can make it.

COMPASS WORKSHOP



Parents we will be running parent workshops on the new Compass System which has been installed at Prouille. Compass looks after children's attendance and school reports.

We will hold workshops on:

Tuesday 26th November @ 9.00am and

Wednesday 27th November @ 9.00am and 2.30pm.

At these workshops we will discuss changes in the children's reports.

UNSW DIGITAL MATHEMATICS COMPETITION



Twenty-four students from Years 2 to 6 elected to participate in the University of NSW Mathematics Competition. All children need to be congratulated on their outstanding results.

Special congratulations to the following students who received High Distinctions, Distinctions and Credits.

High Distinction: Daniel McGrath,

Distinction: Eli Edmunds, Charlotte Bull

Credit: Charlotte Littleford, Emma Murray, Jack Graham, Hugo Groom, Charlie Mouawad, Johann Pereira, Luca Candotti, Xavier Munce, Jethro Edmunds

UNSW DIGITAL ENGLISH COMPETITION



Twenty-four students from Years 2 to 6 elected to participate in the University of NSW English Competition. All children need to be congratulated on their outstanding results.

Special congratulations to the following students who received High Distinctions, Distinctions, Credits and Merits.

High Distinction: Charlotte Bull

Distinction: Eli Edmunds, Charlie Mouawad

Credit: Harrison Duque, Emma Murray, Olivia Ringrose, James Bull, Hugo Groom

Daniel McGrath, Angus Bookallil, Xavier Munce, Jethro Edmunds

Merit: Emily Littleford, Alannah Mouawad, Cooper Hill

SHOWCASE OF THE ARTS

What a wonderful showcase we have commenced with by displaying the creative arts @ Prouille. Monday kicked off with a very professional performance by our School Band including highlights by many solo performers. Thank you to our band teachers Kate and Matthew. Yesterday Mr. Meagher showcased our superb string performers. These children displayed excellent musicianship on the Cello and Violin. We hope you can join us for our next three showcases.

Wednesday we will feature the piano and guitars

Thursday will be Art Around the School

Friday we will showcase our school choir.

Showcase of the Arts commences @ 2.20pm each afternoon.

OPENING OF NEW OUTDOOR LEARNING CLASSROOM/PLAY AREA

On Friday 22nd November at 9.00am you are invited to join us as we open our new outdoor learning classroom/play area situated outside of Kindergarten. This will be very exciting as we launch this new learning space for the students of Prouille.

SURF EDUCATION PROGRAM

The Years 3 to 6 students are participating in a 'Surf Awareness & Surf Skills' program at Manly beach. Surf Education Australia's certificate program provides a uniquely Australian beach and ocean experience for students. The program provides the safety message of survival techniques unknown by the majority of Australians. The 8 hour course over 3 sessions is designed to increase the level of awareness students have about surf safety and also boost their confidence in the surf.



The children participate in 4 learning modules:

- Still Water Assessment
- Theory
- Rips Identification and Demonstrations
- Practical Session.

The children are supervised with a staff / student ratio of 1:5 in the water. They experience basic wading & surf negotiation, running safely on the ocean floor and diving safely using the bottom to advantage. They dive over / under waves & body surf from a standing position. They will be use foam boards. Children in Years 3-6 will be heading for their first practical lesson @ Shelly Beach, Manly on Friday 29 November.

Congratulations to all the children who received awards last week



CLASS	
K Kangaroo	William Fullilove, Allegra Polselli, Aarush Vekaria
K Koala	Angus Mithieux, Sophie Graham
1 Rosella	Will Groom, Josie Gibbs
2 Wombat	Addison Comanos, Lucas Pimenta
2 Emu	Max Quilkey, Bryce Courtney
3 Platypus	Bienne Lung, Justin Lee
4 Kookaburra	Kayla Artindale, Sienna Leach
4/5 Echidna	Katelyn Pepper, Rosie Cannon, Xavier Munce
6 Wallaby	Ally Habgood, Charlotte Gibson, Alejandra Carrillo Olivia Moait



STAR OF THE WEEK

Congratulations to Darcy Mylott, 4 Kookaburra who is our Star of the Week. Please visit the school walkway to see Darcy's fabulous work!

Yours sincerely

Sue Bevan

Ms. Sue Bevan
PRINCIPAL

UPCOMING DIARY DATES

Special Dates for your Diary

Monday 18th November - Friday 22nd November

- Prouille's Showcase of the Stars @ 2.20pm

Friday 22nd November

- Opening of our new outdoor classroom/playground @ 9.00am
- Assembly @ 2.20pm

Monday 25th November - Friday 29th November

- K-2 Intensive Swimming @ Hornsby Pool
- Leadership Day

Friday 29th November

- Surf Ed. @ Manly Years 3-6

Monday 9th December

- Prouille Dance Concert
1.30 - 2.30pm & 6.00 - 7.00pm

FROM THE ASSISTANT PRINCIPAL

IMPORTANT INFORMATION - COMPASS

Compass has now been introduced to our school

Compass is a web-based student management system which will give you access in two ways:

- the Parent Portal, on any web browser on your computer/device, or
- the Compass School Manager app, available on any mobile device.

As part of the implementation Compass as our school is a parent portal.

This parent portal will allow you to:

- * View information on your child/ren's attendance
- * Add a note for unexplained absences (NO MORE PAPER NOTES)
- * Update your contact details
- * Receive communications from us.

Teachers will be marking to class roll twice daily, at 9am and 2:10PM. Teachers can mark rolls using either the class computer or a mobile device (including their mobile phones). This allows for rolls to be marked accurately daily regardless of if the class is on an excursion or sporting event.

All parents should have received a letter from the office with you login details.

If your child is late - you need to escort your child to the office and use the kiosk, noting the following:

- Sign in your child
- Give the child the printed ticket to give to their teacher
- Children are NOT permitted to use the kiosk. Only a parent can sign their child in or out of school- **no other person can use the kiosk.**
- **School commences at 8.50am any student arriving after 8.55am must be signed in by a parent.**

Karen Townsend
Assistant Principal



RELIGIOUS EDUCATION AND PASTORAL CARE NEWS



Dear Parents and Friends,

CANDELA STALL – WHAT A RESULT!!

Thank you so much for your generous support of the Sisters of Mercy mission in Candela Peru. This year, **\$1,251.55** was raised from the sale of the beautiful handicrafts. What a wonderful result! We have surpassed what we have raised in previous years and we are SO grateful to all who supported the initiative. This money has been sent to the mothers so they can continue to provide food, clothing, medicine and education for their children.



Mary Rajca

Mission and Formation Educator
Sisters of Mercy
29 McLaren Street North Sydney 2060
mrajca@hotmail.com



ST VINCENT DE PAUL CHRISTMAS APPEAL

Can you believe that we are nearing the end of the 2019 school year and embarking upon one of the most important seasons in our Church's Calendar?!

The St Vincent de Paul Christmas Appeal has always been an initiative we have wholeheartedly supported here at Prouille and this year is no exception.

Just as in previous years, we have been given one family per class to collect hamper donations for.

A special note has been sent home with your child which has an item that has been nominated by your child to bring in for the Hamper.



ATTENTION... CALLING OUR PROUILLE PARENTS

This year, we are asking for merry Parent Helpers to contact Carol in the office if you are available to assist with packing the Christmas Hampers on **Thursday 5th December**. Packing will commence at 9 am.

We appreciate your Christmas Spirit!!

PRE-RECONCILIATION LITURGY (STAGE 2)

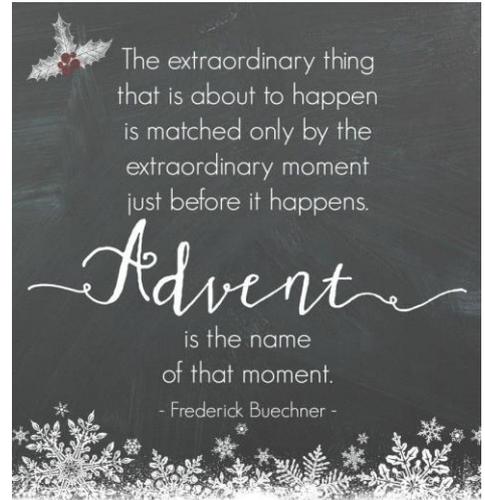
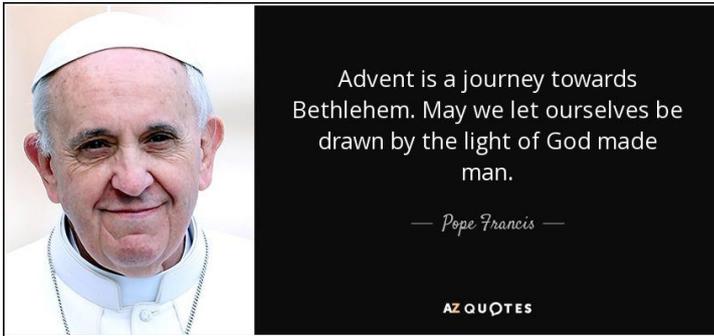
– Tuesday 3rd December

The children in Stage 2 will be participating in a Pre-Reconciliation Liturgy on Tuesday 3rd December at 2:10pm and will be given an opportunity to engage with the Sacrament of Reconciliation during Week 9. Thank you in advance, to those who have opened their hearts and minds to this experience.



Quote of the Week

By the time our next Newsletter is released, we would've begun the Church's new Liturgical Calendar Cycle with Advent...what a special time of preparation and anticipation for all of us! Let us use this time of preparation to reflect, be thankful and be hopeful for the future...



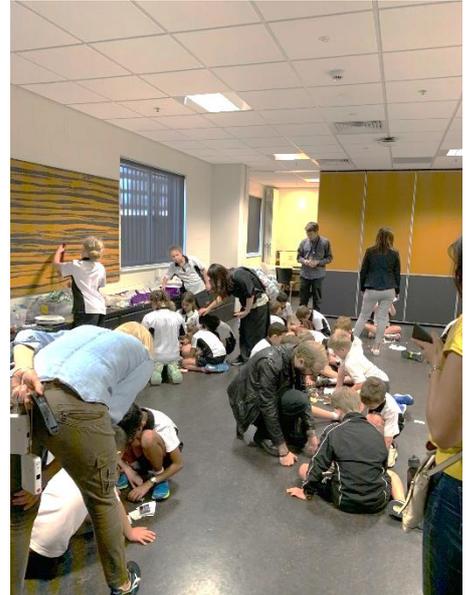
Warm regards,

Jessica Russell

Religious Education Coordinator

SCHOOL NEWS

YEAR 3 PLATYPUS EXCURSION TO THE POWERHOUSE MUSEUM



BOOK CLUB ISSUE 8 ORDERS DUE BY 29 NOVEMBER 2019



Buy a book from

SCHOLASTIC

Book Club

to help build
our classroom
resources

orders are due:

29 NOV 2019

Orders can be placed via Book Club LOOP or by cheque.

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Book Club LOOP 

The **EASIEST** way for parents to order and pay for Book Club!

Parents: Are you registered for LOOP?

LOOP is the easiest way for you to order and pay online for your child's Book Club order, if you wish to pay by credit card.

Parents who are registered for **LOOP** receive exclusive sneak peeks, downloads and offers throughout the school year—don't miss out!



Head to scholastic.com.au/LOOP and register today!



SCHOLASTIC

For any queries contact Michelle Lee via email:

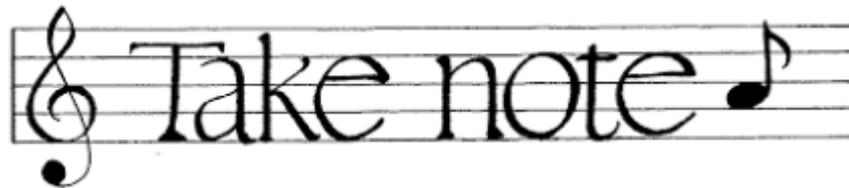
bookclubprouille@gmail.com

Thankyou for all your support this year with Book Club.

COMMUNITY NEWS

CAROLS IN THE GARDEN

Everybody is invited to Carols In the Garden @ Holy Name Church on Saturday 14th December commencing at 6.00pm. The Prouille Band, St. Leo's and Parish musicians will be featured at this event. You are asked to bring a picnic, family and friends. Song sheets will be provided and there will be a BBQ available. Come along for an enjoyable night of carol singing in the beautiful Holy Name gardens



WYSPERS

The WYSPERS group (Wahroonga Youth Singers and Players) at Holy Name Church Wahroonga are seeking new singers and accomplished musicians of any age to join us in providing the music for the 5:30 pm Mass on the 2nd to the 5th Sundays of the month. If you are interested, please contact Ian Edmunds at ianed@bigpond.com

Bennies

Festival of ARTS FOOD & DESIGN

Tuesday 26 November
6pm – 9pm

Free
Entry!

RSVP: www.msb.nsw.edu.au/forms/bennies-festival

Mount St Benedict
College

449C Pennant Hills Rd, Pennant Hills

The poster features a dark red background with white and gold text. At the top, a banner reads "Bennies". The main title "Festival of ARTS FOOD & DESIGN" is in large, bold, white letters. Below the title, the date and time "Tuesday 26 November 6pm – 9pm" are listed. A circular badge on the right says "Free Entry!". At the bottom, there is an RSVP link, the Mount St Benedict College logo, the college name, and the address "449C Pennant Hills Rd, Pennant Hills".