

PROUILLE NEWS BULLETIN

Prouille Catholic School 5 Water Street Wahroonga NSW 2076
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19th August Week 5 Term 3 2020

Dear Parents and Carers,

Noah's Ark

Everything I need to know, I learned from Noah's Ark

ONE: Don't miss the boat.

TWO: Remember that we are all in the same boat!

THREE: Plan ahead, it wasn't raining when Noah built the Ark.

FOUR: Stay fit. When you're 60 years old, someone may ask you to do something really big.

FIVE: Don't listen to critics; just get on with the job that needs to be done.

SIX: Build your future on high ground.

SEVEN: For safety's sake travel in pairs.

EIGHT: Speed isn't always an advantage. The snails were on board with cheetahs.

NINE: When you're stressed, float awhile.

TEN: Remember the Ark was built by amateurs; the TITANIC by professionals.

ELEVEN: No matter the storm, there's always a rainbow waiting.



Most people walk in and out of your life, but FRIENDS leave footprints in your heart!

INTERIM DIRECTOR'S VISIT

On Monday our Interim Director of Schools Mr. Danny Casey visited Prouille. The children welcomed Mr. Casey and were very proud in showing him their school. Kindergarten had many questions for Mr. Casey and Year one students were interested in how many schools he owned!

WELCOME

This week two new students have joined us at Prouille. Ruby Er-er has joined us in Year 4 and David Ma has joined Year 6. I ask you to join me in giving Ruby, David and their families a very warm Prouille welcome. We also hope they have a very memorable stay with us.

ATHLETICS FUN DAY

As mentioned earlier we planned two Athletic Fun Days in lieu of our School Athletics Carnival. We must follow COVID restrictions and improvise on regular school events. This Friday, 21st August is Year K-2's Athletics Fun Day. We ask children to wear their sports uniform and to wear a coloured T-Shirt or cap that represents their Colour House. On the day students will participate in fun Tabloid events during which they can score points for their Colour House. Unfortunately due to current COVID-19 restrictions parents are unable to attend.



LEAP INTO LEARNING

This Friday 21st August from 9.30 -10.30am we were preparing to hold our third **Learning Exploring Active Play Session**. Unfortunately due to new COVID-19 restrictions we will have to postpone this session to a later date so we will keep you posted. Sorry for any inconvenience caused.





R U OK?

We are half way through term 3 and we are all zooming along and staying safe in this Pandemic World. There is a bicycle shop near my house and every year the proprietor increases anxiety among parents as he posts in his shop window how many weeks it is to Christmas. I was amazed to see there are 19 weeks till Christmas. This prompted me to reflect on what Christmas will be like for all us this year. It also got me thinking how fantastic the Prouille parents have been with this situation and I wanted to know if you really are ok. An article from the USA came across my desk the other day regarding the top tips for parents to survive COVID-19 with their children that I thought you might be interested in.

1. Maintain a routine. When kids don't have a routine they can follow, they tend to misbehave more and have more anxiety. Involve your kids in the process of creating their schedule for the day. It will make them feel empowered, and they will more likely follow the schedule, since they helped to create it. Find some fun activities they can do throughout the day and have them choose which ones they want to do. While the schedule for the day doesn't have to be jam-packed with activities, make sure that bedtimes and mealtimes are as consistent as possible.

2. Reward positive behavior. Kids need and crave attention. Reward your child with positive praise when you catch them being good by saying things like, "I am so proud of you for cleaning up your room all by yourself." You should also leverage everyday things like screen time as a reward or give them a small prize for their positive behavior to continue to motivate them.

3. Limit screen time. All kids have been exposed to significantly more screen time since being in quarantine. Make sure you plan some fun outdoor activities they can do such as bike riding and soccer, and include some creative activities like family game nights, painting, or working on a complex puzzle or Lego set.

4. Stay connected. Take the time to continue to stay connected with others (both your children with their friends and you with other parents, family and friends). You can schedule virtual play dates or do a drive-by visit to friends and family

5. Incorporate academic time. Help prevent learning loss by infusing some fun academic activities like reading and online activities from local museums.

6. Get help. The last few months have been a whirlwind for most families, and everyone has been doing their best to stay afloat. Most families haven't processed how the coronavirus has impacted their mental health and will continue to do so. Take some time to check in on your mental health and seek support for you and your child if you need it. It could be anything from helping you to manage your child's behavior at home to helping manage your child's worries and fears.

If you need us we are always here and if you require a chat
please give us a call on 9489-3233.



SCHOOL PHOTOS

School photos will be taking place on Monday 7th September. Place your orders online via Compass. Instructions included in newsletter.

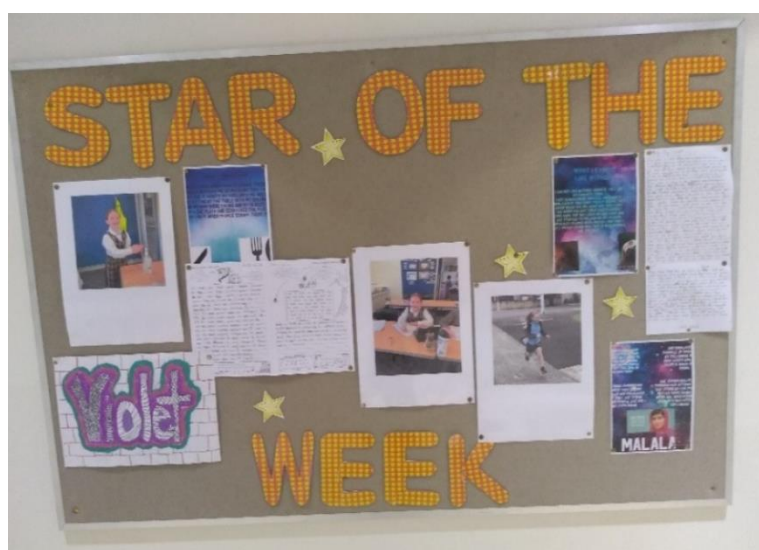
Congratulations to all the children who received awards last week

CLASS	
K Kangaroo	Georgie, Kennedy, Elise
1 Rosella	Kiana, Sophia
1 Lyrebird	Hannah, Angus
2 Emu	James, Will
3 Platypus	Bryce, Chloe
3 Bilby	Kate, Harley
4 Kookaburra	Darcie, Isobelle
5 Echidna	Harris, Lily
5/6 Wallaby	Oliver, Rosie



STAR OF THE WEEK

Congratulations to in Violet Yr5 Echidna who is our Star of the Week. Please visit the school walkway to see Violet's fabulous work!



Yours sincerely

Sue Bevan

Ms. Sue Bevan
PRINCIPAL

UPCOMING DIARY DATES

Dates for your Diary

Friday 21st August

- Athletics Fun Day Kinder – Yr 2

Monday 7th September

- School Photos

Walk to School Day

- Friday 11th September

RELIGIOUS EDUCATION AND PASTORAL CARE NEWS

Dear Parents

One of our school's main values we consistently advocate here is **COMMUNITY**. St Dominic formed many long lasting friendships as he went about his mission to spread the Good News of the Kingdom of God. One such friendship was with St Francis of Assisi. The friendship of the two saints is a strong tradition in both the Franciscan and Dominican orders and the concept of community features strongly in both traditions. It is with this in mind that we share our PBL focus for this week which is:

At Prouille, we are LEARNERS when we are cooperative

One feature noted during the recent sports Gala Day was the support and encouragement on display by ALL students and teachers in the Prouille community. The sense of community is alive and well at our school!

Take care and God bless,
Mr Mark Catanzariti
Religious Education Coordinator



SCHOOL NEWS

SCHOOL PHOTO DAY IS **MONDAY 7 SEPTEMBER**



- All payments are available **online** only.
- Cheques or cash are not accepted
- **CONNECT**
Log into your school Compass Portal
- **ORDER:**
Place your order online and keep a record of your Order Reference Number.
- **FAMILY ORDERS:**
Must be placed no later than the day before the photo day.
Place order under your eldest child's name. Scroll down below the individual packages to find your family ordering options.
- Orders received after photo day are subject to a \$20 Archive Fee.
- There is no need to provide proof of payment on photo day.
- Sport/Specialty Photo Orders will be organised after photo day. An email will be sent home.



Friday 11 September 2020
SAVE THE DATE
National Walk Safely to School Day

MEDIA RELEASE

PUT YOUR FEET FIRST AND STEP INTO SPRING ON NATIONAL WALK SAFELY TO SCHOOL DAY

EMBARGOED – WEDNESDAY 1 JULY 2020: Primary school aged children across Australia are encouraged to start incorporating regular walking back into their daily routine with the Pedestrian Council of Australia announcing National Walk Safely to School Day has been rescheduled to Friday 11 September 2020 following the easing of COVID-19 restrictions.

Professor Patrick McGorry AO is urging families with primary school aged children to start putting their best foot forward following a significant rise in anxiety, depression and overall poor mental health among young Australians due to the COVID-19 lockdown.

"The recent pandemic dramatically interrupted the routines of families with young children as schools closed for extended periods of time and organised sport post-poned until further notice. The mental and physical health impacts of COVID-19 are intertwined and we need to act quickly to flatten the rising curve of young Australian's now struggling with mental health," he said.

National Walk Safely to School Day is a community initiative that aims to raise awareness of the health, road safety, transport and environmental benefits that regular walking (especially to and from school) can provide for the long term well-being of our children. Apart from the physical benefits, regular walking also has a favourable impact on their mental health and academic performance.

"Research by Orygen shows that regular exercise, like walking to and from school, has a positive impact on anxiety and depression which is why we are encouraging primary school aged children to step into spring this September for National Walk Safely to School Day," he said.

There has never been a better time to build walking into our kid's daily routine, by walking to and from, school, not just on Friday 11 September, but every day.



Harold Scruby, Chairman and CEO of the Pedestrian Council of Australia said: "The extremely disturbing childhood obesity epidemic continues to affect 1 in 4* children at critical levels across Australia."

"Unless teachers, parents, carers and the community generally get behind this event and its objectives, this number will never decrease. The best exercise for all of us is regular walking. Children require at least 60 minutes per day of physical activity. We should encourage them to reinstate these healthy habits off the back of COVID-19 and include walking at the beginning, during and end of each day," he said.

The national initiative also promotes improved diets (by asking schools and P&Cs to Host a Healthy Breakfast), positive environmental action, better use of public transport with reduced car-dependency and the vitally important road safety message: "Until they are 10, children must always hold the hand of an adult when crossing the road".

It also encourages parents and carers to walk more, reducing dangerous traffic congestion around schools, while minimising the risk of Australian children developing heart disease and diabetes.

*ABS: National Health Survey: First Results, 2017-18

For more information, including images and interviews contact:
Gabrielle Leonello | 0425 554 454 | gabrielle@littielion.com.au
Caitlin Slater | 0403 326 652 | caitlin@littielion.com.au



Friday 11 September 2020
SAVE THE DATE
National Walk Safely to School Day

Top 5 tips for parents to get their kids walking to school:

1. Walk some or if you can, walk all the way to school
2. Get off the bus, train, or tram a few stops earlier and walk the rest of the way
3. Leave the car at least 1km away from school and walk the rest of the way
4. Set your alarm 30 minutes earlier to fit in a walk to school
5. If you can't walk in the morning, walk home after school

ENDS.

Contact: Harold Scruby (0418) 110-011

FAST FACTS

WHAT: National Walk Safely to School Day

WHEN: Friday 11 September 2020

WHERE: In all primary schools across Australia

WHY: This national initiative aims to encourage children to lead a healthier, more active lifestyle by simply including a walk at the beginning, at lunchtime and at the end of each day. The event also promotes reduced car-dependency, greater use of public transport, cleaner air, improved diets and road safety to primary school children throughout Australia.

HOW: Encourage children to build regular walking in their daily routine by walking to, during, and from school

IMAGES: Please click [here](#) for images.

MORE INFO: www.walk.com.au/wstsd

CONNECT WITH US ON SOCIAL MEDIA

Facebook: [@nationalwalksafelytoschoolday](https://www.facebook.com/@nationalwalksafelytoschoolday)

Twitter & Instagram: @NatWalkToSchool

Hashtag: #WSTSD

ABOUT PROFESSOR PATRICK MCGORRY AO

Professor Patrick McGorry is an Irish-born, Australian psychiatrist known world-wide for his work in early intervention and youth mental health, and for mental health innovation, advocacy and reform. He is Executive Director of Orygen and Professor of Youth Mental Health at the University of Melbourne. He led the development of headspace, the national youth primary mental health program, which is now in over 100 communities nationally. He has played a key advocacy and advisory role to government and health systems. In 2010 Professor McGorry was named Australian of the Year and in 2016 he became the first psychiatrist to be elected as a Fellow of the Australian Academy of Science.

For more information, including images and interviews contact:
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