

PROUILLE NEWSLETTER

Prouille Catholic School 5 Water Street Wahroonga NSW 2076
Phone: 02 9489 3233 prouille@dbb.catholic.edu.au www.prouilledbb.catholic.edu.au

26th August Week 6 Term 3 2020

Dear Parents and Carers,

One evening an old Cherokee Indian told his grandson about a battle that goes on inside people. He said, "My son, the battle is between two wolves inside us all. One is evil. It is anger, jealousy, sorrow, regret, greed, arrogance, self-pity, resentment, inferiority, lies, false pride, superiority and ego. The other is good. It is joy, peace, love, hope, security, humility, kindness, benevolence, empathy, generosity, truth, compassion and faith." The grandson thought about it for a minute and then asked his grandfather, "Which wolf wins?" The old Cherokee Indian replied, "The one you feed."

It would seem that the Cherokee grandfather was telling his grandson that the type of person he would grow up to be, would depend on the choices he made along the way. If the grandfather had been aware of a new "buzzword", he might have told his grandson to make sure he made every effort to develop his "Spiritual Intelligence". Cindy Wigglesworth has described Spiritual Intelligence as, "The ability to behave with compassion and wisdom while maintaining inner and outer peace regardless of the circumstances."



At various stages of life we have feelings deep inside telling us that we are a spiritual being, that we are a soul and not a body; the body is a convenience label, it is not who I am. We realise that the energy of peace and the capacity to love are within us but this love is not the kind of love portrayed in novels and movies, but a love that is able to see and accept others because of a deep sense that we are all connected. It is a love that doesn't go around saying, "I love you", but a love that quietly reaches out to care for others without seeking anything in return. Eastern peoples have an expression of love in the proverb: "Love is a bird with two wings: one wing is compassion the other wing is wisdom. If either wing is missing, the bird cannot fly." Wisdom is the highest stage of development of our intellect – head; compassion is the highest developed stage of our emotions – heart.

Spiritual Intelligence is grounded in the awareness of our true identity and nature and of the values that are vital to living an harmonious life. It is also based on an awareness of our true nature which is peaceful, joyful and loving. Our consumer driven way of life would have us believe that peace, joy and love can be gained only from the material world around us. If we allow ourselves to be addicted to this material form of satisfaction, we become dependent on things that are separate from ourselves.

Spiritual Intelligence has to do with our thoughts and beliefs rather than our bodies and physical surroundings. Because of this, we need to be conscious of our thinking – our invisible energy. Our thoughts together with our feelings and words create our actions and our actions or behaviour are a direct reflection of who we are. If we consciously correct and bring our thoughts into balance by becoming more self-aware, we will realise that at all times we have a choice over our thoughts. To control thought is to control self; to control self is to take charge of our life.

If we are fully in charge of our life, we won't need the approval of others to feel good about ourselves. We will be free of all dependency, as our sense of security will come from the inside out, and not the outside in. Our sense of security will be based on our abilities, strengths, talents and innate qualities as a human being; in other words what we can give, not what others can give us. We will be calm about the changing world around us, because that's what the world does.

Lord, let me never forget that what I am, is more important than what I do.

GOODBYE & BEST WISHES

This Friday we say farewell to Mrs. Talia Grigor for a while as she prepares for the birth of her first baby. This is a very exciting time for Talia and her husband. We will keep them in our thoughts and prayers at this very special time.



ATHLETICS FUN DAY

Last Friday, 21st August we held our Year K-2's Athletics Fun Day. The children had a fabulous day and excellent sportsmanship was displayed by all students. Thank you to Mr. Darren Nosti and the teachers for organising this great day. Kindergarten had a fabulous time!



PUBLIC SPEAKING

The Prouille Public Speaking has commenced with enthusiasm. Our students need to be congratulated on their fantastic speeches which they are continuing to deliver with enthusiasm and professionalism.



NIGHT OF THE NOTABLES

Over the next two weeks the students in Years 5 and 6 will be presenting their Night of the Notables presentations. These presentations will be held under COVID-19 restrictions. Our Prouille students need to be commended for their commitment, dedication, enthusiasm and excellence in engaging in deep learning and meaningful research.

This year the children were asked to research a person who was an eminent individual who had shown **resilience and persistence in their careers or life**. This meant that they had to think broadly and work hard at narrowing down their thoughts and ideas. Chosen notables also had to have made a significant impact on humanity for the betterment of mankind.

The children developed and utilised advanced communication skills and personal creativity in their presentations. It was amazing to see the children take on the role of their chosen notable and present their identified gifts, how they responded to education, opportunity, mentoring, overcoming adversity, determination, resilience and persistence in their pathway to reach out and make the world a better place for all.

Congratulations this week to: *Lily - Kurt Fearnley, Molly - Gemma Sisa, Evie - Cathy Freeman, Owen - Robert Menzies, Rosie - Nancy Wake, Henry - George Gregan, Faith - Eddie Mabo and Evan - Howard Florey.*



CONGRATULATIONS AVA FOR REACHING OUT TO OTHERS & BECOMING A FINALIST IN WESTFIELD'S HEROES COMPETITION.

Ava Gillies

Courageous. Generous. Selfless



Nine-year-old Ava Gillies has a deep-rooted desire to be inclusive and lives by the motto "No one gets left behind." She supports young people in her community in a number of ways. For example, she reaches out to younger children who feel insecure at school, and she is forever raising funds and donating her pocket money and toys to good causes. Ava is particularly passionate about supporting the children with learning disabilities and special needs who attend St Lucy's School. One of those children is Oliver, Ava's close friend. Ava's current fundraising project is to help St Lucy's build wheelchair-friendly vegetable gardens.

Westfield Local Heroes are nominated and voted for by their communities, with the three top finalists per Westfield centre each awarded a \$10,000 grant for their affiliated organisation. If Ava is successful, St Lucy's School will use its grant to build, stock and maintain the 16 gardens. Please vote for Ava and assist her in supporting her project for St. Lucy's.

Voting: Once the voting portal is open (9am AEST on Tuesday 25 August), [Click here to vote](#)

Congratulations Students for Outstanding Application to Learning and Behaviour

CLASS	
K Kangaroo	Lucas, Jessica, Lachlan
1 Rosella	Benjamin, Sofi, Dallas
1 Lyrebird	Lewis, Aria
2 Emu	Harriet, Alex
3 Platypus	Bryce, Annie
3 Bilby	Lucas, Thomas
4 Kookaburra	Ruby, Hugo
5/6 Wallaby	David, Katelyn

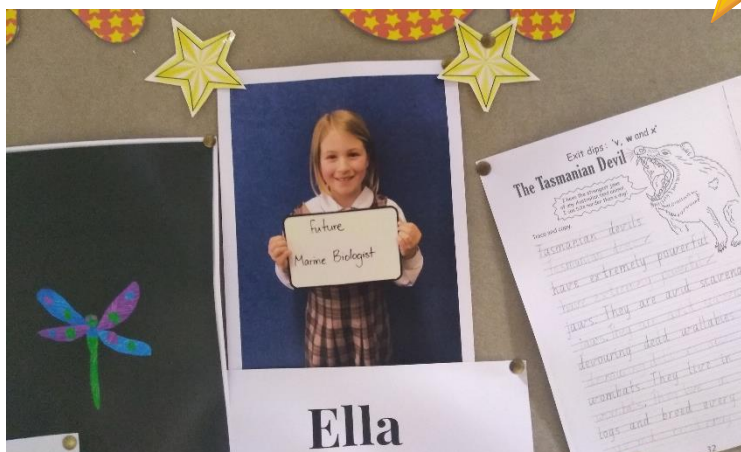
STAR OF THE WEEK

Congratulations to Ella in Yr 3 Bilby, who is our Star of the Week.

Yours sincerely

Sue Bevan

Ms. Sue Bevan
PRINCIPAL



UPCOMING DIARY DATES

Dates for your Diary

Friday 4th September

- **Father's Day Stall**

Monday 7th September

- **School Photos**

Friday 11th September

- **Walk to School Day**

FROM THE ASSISTANT PRINCIPAL

TEACHERS ARE LEARNERS TOO! COACHING CYCLE; PLANNING, MODELLING, TEACHING, DEBRIEFING.



Teachers at Prouille School are open to learning and willingly seek opportunities to 'sharpen their practice' if it means boosting student learning and achievement.

Currently the Stage Two teachers are focussing their professional learning about how to achieve *best practice* when it comes to conducting Readers Circle with students in all groups; high achievers to vulnerable readers.



Parents may have heard their children refer to **Readers Circle**. These sessions are vital to the students' understanding of text and teachers need to conduct these sessions with a vigorous focus on *deep levels of comprehension*. Readers Circle for Stage 2 and 3 (also for independent readers in Stage 1) can be based on text selected by the students or the teacher and can be formed around student interest. The session focus is on:

- Higher level thinking skills; author's intent, writing style, characterisation, etc.
- The teacher as facilitator/observer/encourager.
- Questions which start with:



- "I noticed..."
- "I wondered..."
- "I appreciated..."
- "I felt..."
- "I made a connection..."
- "I learned..."
- "I was surprised by...."

Teachers appreciated working with the CSO Literacy Coach, Mrs Mary Brown who will be working with teachers over the year.

Ann Milling
Assistant Principal

Prouille Father's Day STALL

Friday 4 September
Details to follow



COMMUNITY NEWS

Dear Dish Community,

In these challenging times I wanted to keep you all updated with the changes that are occurring within The Dish so that we can continue to meet the needs of the vulnerable and disadvantaged in our community and ensure we are complying with NSW Health Regulations. In these unprecedented times we've had to be nimble and adapt. We've had to change the way we care for our "Friends" so that we all remain safe. It's been a challenge, but your incredible support has helped The Dish team rise to meet it. The Dish Management Committee recognizes and greatly appreciate the efforts of the many who have adapted and continue to, so that we can continue to provide a hot meal twice a week.

So much has changed in a short period of time – the world around us, our neighborhoods, gathering spaces, the places we work and call home. Life in the midst of COVID-19 has sparked fear, frustration and anxiety all around but in particular for our "Friends". It is easy for distraction and stress to creep in. There will be an appropriate time to debrief, to look carefully at all aspects of this pandemic. But now, more than ever, we must focus on defeating this pandemic and the challenges associated with complying with all the regulations to be able to serve a meal to those that need it.

I have attached our NSW Government COVID-19 Safety Plan for you to pass on to your volunteer team. Please ask them all to read it so everyone is familiar with how things need to be done. We are now signing in with a QR code.

Some other changes that will come in to effect from 1st September are,

1. The Dish-Food Records (attached form) is to be completed by everyone making a meal and returned on the night.
2. All meals are to be bought already pre-packed. Take away containers will be available to collect from St John's porch the week prior to your service if required.
3. Please clearly label containers with the type of meal and date.
4. 3 volunteers (Group Coordinator & 2 others) needed from each group to help serve on the night.

We are still in the process of setting up our Volunteer Management to be online. Once this has been completed, we will have some information sessions held over Zoom. Please ensure that all your volunteers receive this email and the attached forms.

If it is your practice, please pray for our Friends, this is a very unsettling time for them all.

With much appreciation for the part you have played in The Dish,

Warm regards,

Leisa Liddelow

The Dish of St Johns

dish@stjohnswahroonga.org