

# PROUILLE NEWS BULLETIN

Prouille Catholic School 5 Water Street Wahroonga NSW 2076  
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16<sup>th</sup> September Week 9 Term 3 2020

Dear Parents and Carers,

## **‘Behaviour flows from interest in and concern for other people.’**

As a Catholic community, we celebrate and recognise the uniqueness of the individual and enjoy the opportunity to watch his or her destiny unfold. We guide and support children as they take on new learnings and maintain healthy self-esteem by helping him or her cope with triumphs and defeats. We have the chance to consider self-esteem when we change the word ‘misbehaviour’ to ‘mistaken behaviour’ and reflect on mistaken behaviour as an opportunity for teaching.

I read recently about a travelling show in the US where they have a play – similar to our Life Ed program - that is presented to the children about self-esteem. Self-esteem or self image influences our attitudes about what we can or cannot do, how we cope with problems and how we get along with others. The main character of the play is called **NED**. The acronym stands for **N**ever Give Up, **E**ncourage Others, **D**o Your Best. The concept of being ‘champions in life’ and having good self-esteem helps us make good choices.

Self-esteem is a blend of the way we feel about and see ourselves and as the way we believe others see us. A strong self image helps a child feel both lovable and capable and when parents nurture both of these, then a child’s esteem is strongest. Feeling lovable means that a child feels loved and worthwhile, just because he or she exists in the world. Feeling capable means that the child feels strong and competent and proud of his or her ability to do or achieve things.



At Prouille, we are always looking for opportunities to foster self-esteem by treating all members of our community respectfully, asking their views and opinions, taking their views and opinions seriously, and giving them meaningful and realistic feedback. We are respectful of differences and we value uniqueness.

Advice given for adults and children on how to increase self-esteem centres around

- Make a list of the things that you’re good at – anything from drawing to telling a good joke.
- Give yourself and others three compliments every day – genuinely saying ‘I was a good friend today’ to ‘You did that very well’.
- Remember that our body is our own – no matter the shape, size, colour – God gave it to us and we need to say things like ‘My legs are strong and I’m a good runner’.
- Remember that we cannot change things about ourselves – we should accept and love our differences.
- When you hear negative comments in our heads, tell yourself to stop – these voices discourage us.

**As partners in educating the children, we need to think about the meaning of self-esteem and its significance to our ultimate goal of helping people develop their potential as God’s creation. As such, we are united together in building strong individuals for a future world. Our children are all precious in God’s sight. We are all precious in God’s sight.**

## PUBLIC SPEAKING

On Monday we celebrated the Prouille Public Speaking Finals. All of our finalists need to be congratulated on their excellent Public Speaking skills. Special congratulations to the following students:

### Junior School Finals:

Mia H- **Winner**; Georgina Q - **Winner**;  
Rose S- **Runner-Up**, Amelia C- **Runner-Up**  
Mia M; Joshua DS; Huxley J; Arianna P – **Finalists**

### Senior School Finals:

James B- **Winner**; Adele S - **Winner**;  
Isabelle A - **Runner-Up**, Harry Di - **Runner-Up**,  
Thea G; Faith C - **Cluster Finalists**  
Molly S; Phoebe C; Grace K; Emily L; Madeline G – **Finalists**.

Special thank you and congratulations to our judges Mrs. Jane Emmerig and Ms. Sue Bevan

## ST. DOMINIC'S DAY CELEBRATIONS

On Friday 18<sup>th</sup> September Prouille will be holding their belated St. Dominic's Day Celebrations. This will be day of liturgies, competitions, activities and fun. We will have a black and white theme for the children to dress in. Children will need to wear their sports shoes as they will be involved in many sporting activities on this day.



## CHANGE OF SEASONS

Parents with the gorgeous weather we are experiencing at present and the change of seasons the temperature is rising. If there is a day of high temperatures the children may wear their summer uniform.

### Congratulations to all the children who received awards last week

CLASS	
<b>K Kangaroo</b>	Amelia, Nana
<b>1 Rosella</b>	Dallas, Xavier
<b>1 Lyrebird</b>	Amelia, Sophie, Angus
<b>2 Emu</b>	Darcey, Angus
<b>3 Platypus</b>	Ariz, Georgie
<b>3 Bilby</b>	Lucas, Ella
<b>4 Kookaburra</b>	Will, Ava
<b>5 Echidna</b>	Sienna, Nalini
<b>5/6 Wallaby</b>	Henry, Kayla

## STAR OF THE WEEK

Congratulations to Salome in Year 5/6 Wallaby who is our Star of the Week. Please visit the school walkway to see Salome's fabulous work!



Yours sincerely

*Sue Bevan*

Ms. Sue Bevan  
PRINCIPAL



## UPCOMING DIARY DATES

### Dates for your Diary

**Friday 18<sup>th</sup> September**

- St. Dominic's Day Celebrations


**Tuesday 22<sup>nd</sup> September**

- Year 5/6 Class Liturgy

**Friday 25<sup>th</sup> September**

- **LAST DAY OF TERM 3**

## RELIGIOUS EDUCATION AND PASTORAL CARE NEWS



# ST DOMINIC'S DAY

Friday, 18 September  
Prouille Catholic Primary School

On the second last week of term, the students will be celebrating a fun filled day to honour our patron saint. Students will start the day with a St Dominic Reflection and then join in a range of fun activities. Ice blocks will be provided for the students at lunchtime. Students are asked to wear black and white (our school's colours) casual clothes (closed shoes only) with the theme of St Dominic.



## SCHOOL NEWS

Dear Parents

As Prouille has engaged ScopeIT Education over the last term to teach it's students the digital technologies curriculum, we would like to invite interested students to take part in our International Tech Tournament Competition 2020.

Students can enter a digital technologies project (robotics, electronics, 3D printing, coding, app or website) that they have created themselves and be in the running to win prizes including iPads, drones and Google Home Minis across two age groups, 7-10 and 11-15 years old.

See details below and visit <https://www.techtournament.com.au/>.



The poster features a blue background with white starburst graphics. At the top left is the ScopeIT Education logo, and at the top right is the CIY Club logo with the tagline 'CODE IT YOURSELF'. The main title 'TECH TOURNAMENT' is in large, bold, white letters, with 'COMPETITION 2020' in smaller white letters below it. A horizontal line separates the title from a row of categories: 'ROBOTICS | 3D PRINTING | CODING | APPS | WEBSITES | ELECTRONICS'. Below this is a collage of eight images showing various tech projects: a breadboard with wires, a laptop with a red keyboard, a green 3D printed Yoda head, a laptop with a green keyboard, a breadboard with a blue circuit board, a laptop with a red keyboard, a person's hands working on a small robot, and a laptop with a yellow keyboard. Below the collage, the text 'ENTER YOUR PROJECT!' is in bold blue letters. This is followed by three paragraphs of text in black. The fourth line is 'IPADS, DRONES AND GOOGLE NEST MINIS TO BE WON' in bold blue letters. At the bottom, it says 'For competition criteria and to enter visit:' followed by the website 'WWW.TECHTOURNAMENT.COM.AU' in bold white letters.

**scopeIT**  
EDUCATION

**CIY CLUB**  
CODE IT YOURSELF

# TECH TOURNAMENT

COMPETITION 2020

ROBOTICS | 3D PRINTING | CODING | APPS | WEBSITES | ELECTRONICS



**ENTER YOUR PROJECT!**

Calling all ScopeIT Education, CIY Club and CIY Camp students aged 7-15!

You are invited to submit your **AMAZING** digital technologies projects from the past year, from any course stream.

Top entries from each region will be judged against each other to crown our International Tech Tournament winner, runner up and highly commended champions from each age group.

**IPADS, DRONES AND GOOGLE NEST MINIS TO BE WON**

For competition criteria and to enter visit:  
**WWW.TECHTOURNAMENT.COM.AU**



**Alan Stopford Tennis Coaching**  
**Over 35 years coaching in the local area**  
**School Holiday Camps (for ages 5 – 15 years)**

**The Glade – Koora Avenue**

**Wahroonga**

**Camp one 28<sup>th</sup> September – 2<sup>nd</sup> October (5 days \$200)**

**Camp two 6<sup>th</sup> October – 9<sup>th</sup> October (4 days \$170)**

**EARLY BIRD DISCOUNT OF \$5 IF YOU BOOK AND PAY ONE WEEK PRIOR  
TO CAMP (full camp only – not casual bookings).**

**SIBLING DISCOUNT OF \$5 AVAILABLE FOR 2<sup>ND</sup> CHILD**

Camp features:

- \* Coaching of forehand, backhand, serves, volleys. Correct grip /ready position.
- \* Fun games, challenges and tournaments. Footwork and movement training.
- \* FREE pizza lunch on the last day of each camp. Prize money will be given for advanced group. Medals given for each group.
- \* Wet weather program operates when necessary using the club house.

Times: 9.00am – 3.00pm daily

Half day option available : Camp one \$140 for the week.

Camp two \$130 for the week.

Casual day rate: \$60.00

½ day casual rate: \$40.00 (9.00-12.00)



Contact: Alan Stopford Tennis Australia Qualified Coach

Phone: 0411 426 554

Email: [stopfordalan@gmail.com](mailto:stopfordalan@gmail.com)

Website: [stopfordtennis.com.au](http://stopfordtennis.com.au)

Like us on Facebook: Alan Stopford Tennis Coaching



Pay by cash , cheque or EFT (direct deposit)

Make cheques payable to Alan Stopford

125 Baulkham Hills Road, Baulkham Hills NSW

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**Information for Term Four Lessons:**

- ☐ Wednesday Squad (intermediate/advanced) 14<sup>th</sup> October 5.30-7.00pm at Mills Park, Asquith \$205.00 for the term.
  - ☐ Thursday Junior/Intermediate class 15<sup>th</sup> October 3.30-4.30pm at Normanhurst Boys High, \$160.00 for the term.
  - ☐ Saturday Junior/Intermediate class 17<sup>th</sup> October 09.30am – 10.30am Normanhurst Boys High, \$160.00 for the term.
  - ☐ Saturday Squad 17<sup>th</sup> October 10.30am – 12.00pm at Normanhurst Boys, \$205.00 for the term.
  - ☐ Private lessons available by appointment.
- \*\*\*\*\*

September/October School Holiday Camp: Please detach and complete.

Names: \_\_\_\_\_

Address: \_\_\_\_\_ Email Address: \_\_\_\_\_

Home Phone and mobile: \_\_\_\_\_

Medical Conditions: \_\_\_\_\_

School: \_\_\_\_\_

Date of birth: \_\_\_\_\_ School Year: \_\_\_\_\_

Please tick: Camp 1 \_\_\_\_\_ Camp 2 \_\_\_\_\_ Half Day \_\_\_\_\_ Casual day \_\_\_\_\_