

PROUILLE NEWSLETTER

Prouille Catholic School 5 Water Street Wahroonga NSW 2076
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9th September Week 8 Term 3 2020

Dear Parents and Carers,

If we were to accept that an idealist is a person who represents things as they might be rather than as they are, then, there is a strong likelihood that at some stage of life we have all been idealists. We've all been starry-eyed about something whether it be our first day in high school, our first job or our first romance; but somehow, whatever it was, it didn't live up to our expectations and we were confronted with reality, the reality with which we have to live.

It is so easy to talk about the ideals of our Christian faith but so difficult to live them. Reconciliation, forgiveness and acceptance of one another are easy to talk about, but, when confronted with the huge diversity of people in our society, they are so difficult to live out. It's not easy to demonstrate love to a person with whom we have a personality clash or whose behaviour we find difficult to accept. Yet, God's love says to us, "I love you unconditionally, no matter what you have done". These words are a wonderful encouragement to keep plugging away and not to be disheartened by failure.

As parents, we all wanted to have the ideal child and to provide for that child a home that was an ideal nurturing environment. And even though our child is not ideal and our home is ideal only on occasion, we continue to do our best and to get as close as we can to fulfil our ideals. This strong sense of idealism we should share with our children, particularly in those areas of life that really matter.

It is of great importance that we give our children a proper perspective of the **value of education**. From the time we are born we are all learners. From our earliest years we take in information that keeps us from harming ourselves and enables us to ask for assistance. Throughout our childhood and adolescence, we acquire skills that equip us to achieve our independence as individuals and to take our place in our family as people in our own right. School is part of our education journey and it should be exciting, interesting, motivating and filled with happy events. Learners are most effective when they take charge of their learning. We need to keep plugging away and be idealistic about what we can achieve through our personal development.



Possibly, the single most important quality we can help our children to develop and that will enhance every part of their lives, is the **value of integrity**. To have integrity means that you are totally honest and truthful in every part of your life. In order to be totally honest with others, you firstly have to be totally honest with yourself. If you are always honest and true to yourself, you cannot be false to anyone else. What a different society we would have if everyone had integrity as a personal ideal.



It is said that **compassion** is the highest form of love. In Jesus' time there was little compassion in any society in the world. It was a time of contrasts: the powerful and the disenfranchised, the rich and the poor, the free and the enslaved, the socially accepted and the outcasts. Jesus stood out in His society as a person of active compassion: "And when Jesus went out He saw a great multitude;

and He was moved with compassion for them and healed their sick." *Matt. 14:14.*

"When Jesus saw her, He had compassion for her and said to her, 'Don't weep'. Then He came and touched the coffin and said, 'Young man, I say to you, arise'." *Luke 7. 13:14.*

It is our job as parents and teachers to keep putting before our children an optimistic view of life, to encourage them to see things as they might be – and can be - if they keep striving for their

ideals. What better ideals than to encourage our children to ongoing education, integrity and compassion.

Father in Heaven help us to strive for our ideals so as we can be the very best we can be.

PUBLIC SPEAKING FINALS

Our Prouille Public Speaking Finals will be held on Monday 14th September.

Years 3 - 6 will be held from 9.10am and **Years K - 2** will be held from 11.30am.

Due to current COVID-19 restrictions we are unable to invite parents.



DOROTHEA MACKELLAR POETRY COMPETITION

Congratulations to **Adele** who was awarded **Lower Primary Runner-Up** in this year's **Dorothea Mackellar Poetry Competition** with her poem titled "**Savour the Moment**".

Savour the Moment

Savour the moment when the breeze

b

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w

s

through your hair

or when

*a bird's song is as sweet
as honeysuckle.*

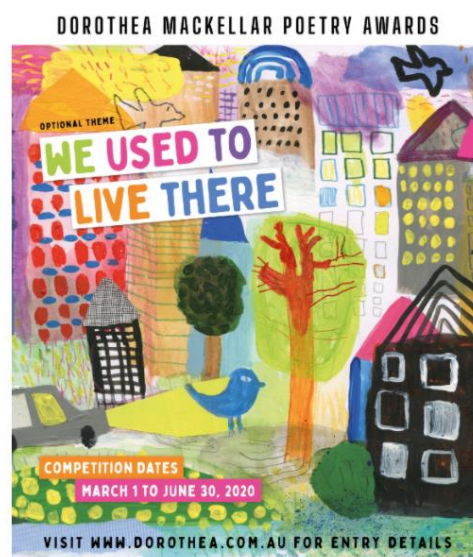
Savour the moment

*When the blossoms on a plant
are big white flowers*

or when

*golden sunlight filters through a canopy
in dappled pools.*

Savour the moment.



Congratulations to Adele for also receiving a **Highly Commended** for her poem titled "**Karijini**".

Congratulations to the following students who also entered this competition

Abigail, Alisha, Amelia, Ana Sofi, Annie, Archie, Arjuna, Atticus, Ava, Billie-Mae, Charlotte B., Charlotte, Christopher, Cooper, Daniel, Darcey, Emily, Emma, Evan, Faith, Finn, Flynn, Georgia, Georgina, Hannah, Harry, Hugo, Isabella L, Isabella, Jared, Jenson, Jessica, Josie, Justin, Katelyn, Katie, Kevin, Lewis, Lily, Luca, Matilda, Mia, Molly, Nicholas H, Nicolas L, Pedro, Rosie, Salome, Sibella, Sienna, Thea, Thomas, Tyson, Veronica and William.

SCHOOL PHOTOS

Last Monday the children had their school photos taken. The photographers commended the Prouille students for their excellent behaviour and superb presentation. The Kindergarten students enjoyed their special day to shine whilst our Year 6 students though very proud were a little sad that it was their final Primary School Photo day!

ST. DOMINIC'S DAY CELEBRATIONS

On Friday 18th 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.



WALK TO SCHOOL DAY

If children are participating in the National Walk to School Day on Friday 11th September, they may wear their sports uniform if it is more comfortable for them.

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.

ROAD SAFETY REQUEST

Parents could I please ask that you take extra care on Water St. before and after school. Please do not drive or reverse into the school driveway. Cross at the pedestrian crossing. Please remember both you and your child's safety is our priority.

LOST PROPERTY

Parents we have many lost property items accumulating in the office. They are predominately new uniforms which do not have names on them. Please place your children's names on their property so as we can return them promptly.

We have a pair of children's spectacles, please call the office if your child is missing a pair.

CONGRATULATIONS

Congratulations to Mrs Grigor and her husband Rob on the safe arrival of their baby Benji Wallace. We wish the family much happiness in the years ahead.



Congratulations Students for Outstanding Application to Learning and Behaviour

CLASS	
K Kangaroo	Arianna, Ian, Sophia
1 Rosella	Amelia, Aarush
1 Lyrebird	Matilda, Patrick, Allegra
2 Emu	Aurelia, Hamish
3 Platypus	Max, Olivia
3 Bilby	Gabriel, Charlotte
4 Kookaburra	Jenson, Archie
5 Echidna	Phoebe, Evie
5/6 Wallaby	Charlotte, Oliver

STAR OF THE WEEK

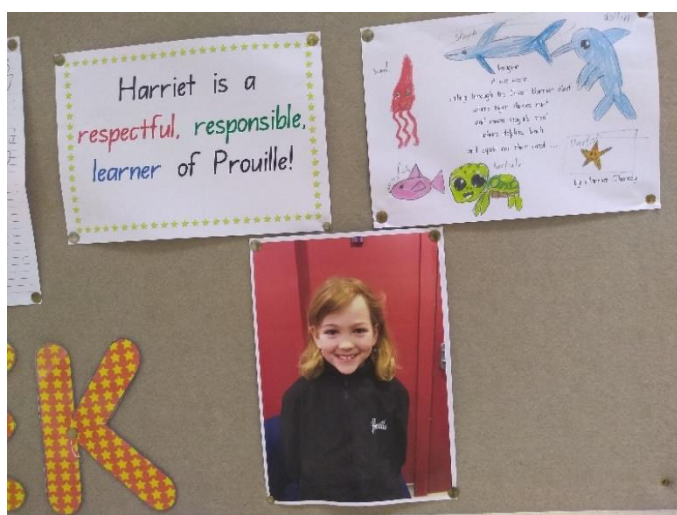
Congratulations to Harriet, in Year 2 Emu, who is our Star of the Week.



Yours sincerely

Sue Bevan

Ms. Sue Bevan
PRINCIPAL



Night of the Notables

Some more wonderful presentations form our students.



UPCOMING DIARY DATES

Dates for your Diary

Friday 11th September

- Walk to School Day

Monday 14th September


- Public Speaking Finals

Friday 18th September

- St. Dominic's Day Celebrations

SCHOOL NEWS

BOOK CLUB ISSUE 6 ORDERS DUE BY 10 SEPTEMBER 2020



Buy a book from
SCHOLASTIC
Book Club
to help build
our classroom
resources

orders are due: **10 SEPT 2020**

Orders can be placed via Book Club LOOP

NO CASH PAYMENTS.

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](https://www.scholastic.com.au/LOOP) and register today!

BONUS!

SCHOLASTIC

For any queries contact Michelle Lee via email:

bookclubprouille@gmail.com



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.

PARENT & FRIENDS ASSOCIATION

PROUILLE PARENT AND FRIENDS ASSOCIATION 2021

A special hello from the Prouille Parent and Friends Association (P&F).

There is no doubt 2020 has been a massive upheaval for our wonderful community. Sadly, so many lovely plans to bring us together had to be cancelled due to Covid-19; Mother's Day, Grandparent's day, the athletics carnival, trivia night and end of term lunches to name just a few! We are holding out hope that we will still be able to proceed with what remains in the 2020 social calendar (School disco, Term 4 ice-blocks etc) but only time will tell!

In term 4 we will be holding our annual AGM, at this meeting we review nominations for committee positions for 2021. We thought this was a good opportunity to outline the roles in more detail and encourage interest from either new families or those who have been wanting to put their hands up for a while and weren't sure in what capacity they could contribute.

Both Sarah Ward and I (Ange Chappel) have been members of the committee spanning across 6 years! We are currently both Co-Presidents and have had roles covering Stage Co-ordinating, Social Co-ordinating, Secretary and Treasurer. As we have filled the Co-President position for 2 years now, it is time to hang up our hats in 2021. We can attest that being members of the P&F is a rewarding and welcoming experience and we would encourage you to take a leap of faith and get involved.

Every year nominations are called for the positions of:

Co-President (2)
Vice-President
Treasurer
Secretary
Social Coordinator
Stage Coordinators (2 in each stage: K-2, 3-4, 5-6)
Parent Engagement Coordinator
Diocesan Parent Council Rep
Parish Liaison Rep
Auditor

If you would like more information on any of the roles or would like to ask how you could be involved please email prouille.pandf@gmail.com we will gladly assist you and provide a nomination form ahead of the AGM scheduled for term 4.

To give you more context around the varied and fun things we do on the P&F we have included a summary as below:

- We organise social events to develop the sense of Community and belonging e.g. Welcome Event, Father's & Mother's Day Event, School Disco, Movie/Trivia Night, casual Year/Stage social gatherings and more.
- We foster the link between school and parish by supporting the Family Masses and parish events.
- We provide a link between school and parents to ensure quality Communication, building the partnership between parents and teachers and increasing understanding of our children's education.
- We liaise with the school and external providers to offer relevant parent information sessions e.g. Cyber Safety, Social & Emotional Learning and parent engagement evenings.
- We support school driven initiatives and social events.

- We represent parents in the Broken Bay Catholic School Parents association which aims to keep parents in touch with educational and social issues in our Diocese and beyond.

If you want to get involved then grab a friend and join together, you can have double the fun and feel fulfilled in contributing to the overall experience and success of all that Prouille has to offer.

Warmest regards always,

Ange Chappel and Sarah Ward

COMMUNITY NEWS



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

The Glade – Koorra Avenue

Wahroonga

Camp one 28th September – 2nd October (5 days \$200)

Camp two 6th October – 9th 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 2ND 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

Website: 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

Information for Term Four Lessons:

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



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:
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Caitlin Slater | 0403 326 652 | caitlin@littlelion.com.au