



# St Agnes Catholic High School

ph: 8882 0700 fax: 8882 0790

email: [stagnes@parra.catholic.edu.au](mailto:stagnes@parra.catholic.edu.au)

SCHOOL WEBSITE: [www.stagnesrootyhill.catholic.edu.au](http://www.stagnesrootyhill.catholic.edu.au)

Follow us on FACEBOOK: StAgnesRootyHill

to truth through love

## Diary Dates

### 8 June

Queens Birthday

### 10 June

Year 8 Music Fretwork  
incursion

### 15 June

Year 8 Science Incursion  
Year 7 Drumming  
Incursion

### 16 June

Year 8 Science Incursion  
Year 7 RE Excursion

### 17 June

Year 8 Science Incursion

### 18 June

Year 10 Western Sydney  
Careers Expo

### 19 June

Careers Information  
Morning

### 22 June

Year 10 Brainstorm  
Incursion

### 23 June

Chess Competition

### 24 June

Parent/Teacher  
Interviews

### 26 June

Term 2 Concludes

5 June 2015

Research shows that learning outcomes improve when there is shared understanding between teachers and parents of the processes that lead to improved learning and wellbeing in the classroom. Positive links between school and the home provide young people with more effective assistance and encouragement.

Parents have an important stake in the education of their children and play a significant part in supporting their children's learning.

Parental involvement can range from a school being described as the 'hub' of the community where parents, including those from disadvantaged groups, feel very welcome in the school and await the next project with enthusiasm to a school where parents are rarely involved beyond a few formal events.

#### Some findings:

- most parents help their children with reading and home
- a few parents get involved in the school spontaneously
- every school has at least a few parents who are keen to serve as parent volunteers or fundraise for the school.
- every school reported that mothers are more likely to become involved in the school than fathers
- those with successful records of parental involvement realise the importance of extended family networks and of including grandparents especially
- only a very few schools have a consistent approach that results in high levels of parental involvement across a wide range of activities.

Good practice was mostly in areas where the school had been proactive, had listened to parents, refined its work to take account of their suggestions and built on activities it considered successful. Where there is good practice in planning parental involvement, schools understand that parents:

- like to be involved in their child's school and want to feel they are in partnership
- want the school to know them personally as individuals and be kept well informed about the progress made by their children
- need to receive clear information about day-to-day matters that affect their children
- feel more confident if they know the staff and have a basic understanding of the curriculum
- are very willing to support school events and provide practical help but are less likely to join a committee
- like to have clear rules for their children that are applied consistently and are followed up appropriately, for example regarding behaviour in the playground or expectations for completing homework.



**CHRIS  
CATHOLIC  
COLLEGE  
COMMUNITY  
OF SCHOOL**

**St Agnes  
Catholic High School**  
Evans Road  
Rooty Hill  
Ph: 02 8882 0700  
Fax: 02 8882 0790

**St Clare's  
Catholic High School**  
175 Buckwell Drive  
Hassall Grove  
Ph: 02 9835 2466  
Fax: 02 9835 2539

**Loyola Senior  
High School**  
91 North Parade  
Mt Druitt  
Ph: 02 9832 4455  
Fax: 02 9832 1839

**a diverse  
community  
learning  
together**

**Schools can make efforts to:**

- ensure that staff build positive relationships with parents by being visible and approachable in the school and the playground, particularly at the start and end of the school day
- involve parents in initiatives to improve students' attendance and behaviour by making expectations and rules very clear, rewarding students who improve and including parents in celebrations of success
- use parents as volunteers during the school day and in after-school hours learning where appropriate
- involve extended family members as volunteers including grandparents who often have skills to share and time to spare
- provide more information for parents, for example by making newsletters more attractive and accessible, by using simple and multilingual text, websites, email and text messaging, and including information about and written by students
- provide parents with a full range of information that includes appropriate details about enrolment or when there are staff changes or absences
- monitor and promote gender and ethnic balance on governing bodies and encourage fathers to become more involved
- be imaginative and innovative in planning how they could involve parents more effectively, particularly parents who may need help to develop parenting skills.

Some parents are fearful of a school environment. Some may have a history of personal failure at school. This can create a barrier to their involvement and also their ability to support their children. Parents' self-esteem is raised when they are able to contribute to school life. When parents attend workshops they often become more knowledgeable and supportive.

Parents like the principal and staff to be highly visible and available. In the best practice they describe the school as 'being like a family'. Parents say that they like a personal approach and appreciate the school making contact so they can help to resolve difficulties with their children. Parents like the school to make opportunities for them to get to know their child's teacher early in the school year and then feel comfortable talking with them.

**Improving communication**

All parents like to be well informed and appreciate it when the school makes an effort to keep them informed.

Schools do this in different ways. For some schools, meetings and workshops provide good opportunities. Other schools prefer to use newsletters, text messaging and email.

Parents like newsletters that contain information about what their children's classes are doing and that include students' contributions as well as more general information.

Almost all schools aim to produce correspondence in a style that is straight forward for the reader.

When parents work with the school to find a solution to a problem they have more confidence in the school's willingness to address difficult issues.

Parents report that schools could be better at ensuring that parents are fully aware of arrangements to cover for absent staff, for example during maternity leave. Parents and students can feel particularly uneasy in these circumstances and are more likely to be supportive of the school if they know what is going on.

Most schools feel they involve parents well but such judgments are difficult to prove. One way is by using questionnaires effectively. Schools that do this well devise questions that are specific to their particular circumstances.



*Peter Brogan*  
Principal

## From the Assistant Principal, Mr Peter Regan

Recently, at each of the Year Assemblies I spoke about the many years that St Agnes has been established and how we are continually building on the great reputation of the school. It takes a great deal of hard work to establish the reputation and to keep it going however, it takes a little time for it to be quickly eroded. I spoke about the need for all community members to be the custodians of this excellent reputation. Highlighted was the need to ensure that current students receive the same benefits that all past students have received.

To this extent the non-acceptance of the incorrect wearing of the school uniform in public, in the school grounds and discourteous and unacceptable behaviour in traveling to and from school were all very strongly emphasised. The staff have been instructed to deal strongly with any student who breaches St Agnes expectations in these areas.

Similarly, I also request parents assist us in upholding the high standards of the school by supporting any sanctions given in response to student breaches. It is important that these sanctions be understood and supported within the wider context of the above explanation. Having said this, I would like to take the opportunity to thank you for the support that we receive from our students and parents regarding these above matters.

**Parent/Teacher interviews will take place on Wednesday June 24<sup>th</sup> 2015.** The same process will occur this year as over the past few years where interview times will be booked on our SOBs program via our website. Students are preparing their portfolios to present at the interview with their Learning Advisor. It is expected that all students will attend the interview with you, the parent/carer. Notes will be sent out next week regarding the details of how to book interview times. The reports will be distributed 20 minutes prior to your appointment time.

A reminder, if you have a question regarding your child's education please make contact with me either by phone on 88820701 or by email on [pregan@parra.catholic.edu.au](mailto:pregan@parra.catholic.edu.au)

*Peter Regan*  
*Assistant Principal*

## World Youth Day 2016

15<sup>th</sup> JULY - 4<sup>th</sup> AUGUST 2016

World Youth Day, 2016 will be held in Krakow, Poland. Students over sixteen years of age, as of the 14<sup>th</sup> July 2016, are eligible to be considered for this pilgrimage.

The plan for student pilgrims is to first journey to the Diocese of Tagbilaran in the Phillipines for a mission experience. This area was devastated by an earthquake in 2013 and pilgrims will spend four days working there in schools, parishes and orphanages to help rebuild and provide hope for the future. Further information is available from Ms Atkins. All students interested must attend an information session on Monday 15<sup>th</sup> June at Cathedral Hall in Parramatta at 7.30pm.



**Blessed are**

**THE MERCIFUL**

**for they shall**

**obtain mercy** (Matthew 5:7)



*Captivate Showcase*

*11<sup>th</sup> June 2015*

*Nagle College Blacktown*

*Tickets now ON SALE*

*[www.trybooking.com/H](http://www.trybooking.com/HNSX)*

*NSX*

*Adult: \$15*

*Concession: \$10*



## From the Teaching & Learning Coordinator, Mr Laurence De Martin

I am impressed with the attitude of students over the past two weeks while both the National Assessment Program Literacy and Numeracy (NAPLAN) and Semester One exams were conducted in the San Damiano Centre.

The NAPLAN test examined the basic skills of students in reading, writing, language conventions (grammar and spelling) as well as numeracy (calculator and non-calculator). While there were some nervous students, I am very pleased to report that students applied themselves as best they could, doing us proud with both their efforts and their behaviour. We expect the personalised reports to arrive at school and be distributed in September. NAPLAN assessment reports will help parents compare their child's performance relative to the Australian national average, as well as, the average performance of their school year group. As staff members, we use this vital data to help us make changes to our teaching programs to suit the needs of individual students, as well as, whole year groups.

Last week, our Year 10 Accelerated Mathematics students attend Loyola Senior High School to sit for their Year 11 Preliminary Mathematics Half-Yearly exam as part of their accelerated program. Not only did these students get to experience sitting for a major exam in a senior school setting, they performed exceptionally well. The following students are to be highly commended on their excellent results: Michael Fernandez, Natalie Mansour, Jeb Gabarda, Lauren Cusi and Reinier Garcia. All Accelerated students will have the opportunity to commence their HSC Mathematics Course in Term 4 of this year, and complete their HSC exam in October 2016.

Semester One reports will be issued to parents at parent/teacher interviews on Wednesday 24th June 2015. These academic reports will provide detailed information on the topics, outcomes and grades achieved by students across their subjects. The interviews will provide an opportunity for students to sit with their Learning Advisor and parents and show them their digital learning portfolio containing work samples of their learning for this semester. Parent/Teacher interviews are a crucial event for the school community and it is expected that all parents/carers attend their child's interview.

*Laurence De Martin*  
*Teaching & Learning Coordinator*

## Catholic Schools Debating Competition

The preliminary rounds of the Catholic Schools Debating Association competition have now finished. St Agnes teams had a very successful year in the competition, with our Years 7, 8 and 9 teams making it through to the Elimination Rounds!

All of our teams enjoyed a great competition and shared each other's wins, losses, celebrations and commiserations in kind. The highly spirited and honourable culture of our debating squad is a wonderful thing and we thank all parents, friends, family and supporters for their help and attendance.

The Elimination round will be held on 12 June where our Year 7 team will debate against Mercy College, Chatswood, our Year 8 team will debate against Oakhill College, Castle Hill, and our Year 9 team will debate against St Ignatius College, Riverview.

Good luck to all teams.





## From the Religious Education Coordinator – Ms Julie Atkins

Next Sunday we celebrate Corpus Christi, the Solemnity of the Body and Blood of Christ.

*A few words. A little bread. A splash of wine.*

"This is my body", said Jesus, as he took the bread, gave thanks to God for it, broke it and passed it around to his friends gathered at the table with him. "Take and eat". He did the same with the cup of wine. "Drink from it, all of you" (Matthew 26). These familiar words echo down through the millennia. They are uttered every day in the ritual of the Roman Catholic Mass and still they speak to us today. They invite us, as we gather together around the altar, the table of the Lord, into something quite remarkable. Mitch Finley, in his powerful little book, *The Joy of Being a Eucharistic Minister*, writes: "A few words. A little bread. A splash of wine. But the words and the bread and the wine, no longer mere words, no longer just bread and wine, mysteriously they carry the Love that makes the cosmos spin and sparkle in an orderly fashion, the Love that keeps life pulsing in our hearts, now and forever, world without end, in this life and the next".

And this meal to which we are invited is no ordinary meal. This is a transformative meal, a subversive meal. This meal, the Eucharist, is the school for Christian life. In any church, on any Sunday, or indeed any day of the week, as we watch and join the line of people slowly making their way forward to receive the Body of Christ, we may see it all as rather ordinary, perhaps even rather casual and routine. Everyone has a story and sometimes those stories are very painful in that all-consuming, unavoidable way, and sometimes those painful stories are more fleeting, just part of the warp and woof of everyday life. But at that moment they fill us and disturb us. We come to this meal just as we are. Everyone is seeking peace, a tender touch, and hope. And so we come, in response to the invitation, "Take and eat. This is my body given for you". The words 'body and blood' are a Semitic expression that means the whole person. This 'whole person' is the risen Christ - the life, love, hope, joy, compassion, peace, forgiveness, that Jesus embodied in his earthly life, given to us all, now, always. When we are invited to "take and eat", we are offered that same love, hope, peace, joy, forgiveness.

As Saint Augustine said of the Eucharist, we become what we eat. Finley reminds us that we all have our



crosses to carry, whether they be large or small, and he invites us to use our imagination as we look at that shuffling Communion line: "You can't see their crosses of course but they are real. Use your imagination. Use the eyes of faith. You will have no trouble believing that each person who approaches you for Holy Communion carries a cross and needs some hope, a little bit of hope to get through the day ahead, the week ahead. Keep this in mind as you place the great mystery, the whole person of the risen Christ, in each person's hands". What a mind-blowing statement! What an utterly awe-inspiring reality! Ronald Rolheiser speaks of the Eucharist as God's physical embrace. He reminds us of how it is when little children are tired, worn out at the end of the day, tense and miserable, and there is just no way to pacify or reason with them, and mum's patience is running low too! The only thing that is needed is a great big hug. What she does is scoop up the tiny little bundle whose emotions are just too big and overwhelming at that moment, and hold her close. And this is how God embraces us too: in the Eucharist we are simply swept up into that tender, warming, soothing and transforming love.



The Eucharist transforms us. It transforms the community. This was how the original followers of Jesus understood the invitation to "take and eat" as, after his death, they gathered in his memory to do what he had done. Taking part in this meal is what brought them together and made them church. We become a Eucharistic people, a transformed people.

From hurt and vengeance, hostility, loneliness and darkness, we are taken to love. A Eucharistic people is a community which embodies the love, justice,



forgiveness, hope, compassion and tenderness of Jesus.

And - the challenge of Jesus! And this is where the Eucharist becomes a subversive meal. As we are transformed and become people of justice, compassion, peace, so are we sent out to do justice, to show compassion and create peace in the world. Inherent in this meal is a commissioning. We cannot keep silent. The Orthodox Church talks about 'the liturgy after the liturgy' - the transformation of the world. God's hospitality, God's welcome of us, must be given to the world through us. It's a beautifully disturbing thing, this meal. It is peace beyond imagining, and it is the end of complacency and self-absorption.

The life-giving love at the heart of Jesus' action two thousand years ago when he broke the bread and passed around the cup, can be alive and well in us, and we are invited into that same rhythm of self-giving love. We are invited into gift giving. This is pure gift to us, and it demands a return. To accept this gift is to be changed by the gift, and to become a gift ourselves. This is to be the logic of our own lives and the logic of the life of the Church. We who are both strong and weak, magnificently capable and yet broken, sometimes convincing and sometimes fragile, light and darkness, joy and pain, stumbling in our mistakes and sometimes deliberately sinful, are embraced and transformed, and we need to go out into the world, which is just as we are, and embrace it and transform it.

*Pace e bene*

*Ms Julie Atkins*

*Religious Education Coordinator*



## Pentecost – Gives Life. Recreates. Empowers

Pentecost is one of the most important dates on the Christian calendar, with the event marking the birthday of the Church. Set fifty days after Easter Sunday, the twelve Apostles were visited by the Holy Spirit where, through tongues of fire, were granted the ability to speak in multiple languages to spread the Good News.

On Friday, the 22<sup>nd</sup> May 2015, a Pentecost Liturgy for St Agnes was held in our Chappotin Open Learning Space. Students were asked to reflect on the birthday of the church and to think about the changes they wanted to make in 2015. During the liturgy, prayers were said in multiple languages to reflect on the meaning of Pentecost while students were asked to record their respective changes on the backs of paper flames while reflecting on the motto Gives Life, Recreates, Empowers.

A [video](#), created by the Year 10 Digital Media and Communications team, was shared with the school community to reflect on our knowledge and feelings of Pentecost. The video contained a collection of their answers and was designed for students to learn about Pentecost from their peers. Through this, the message of Pentecost become clear and students were able to leave the liturgy with a new ambition to help guide them throughout the year.

*St Agnes Media/Communications Team*

*"Lord, help me to be an  
instrument of your peace.  
Firstly, help me to find peace  
within myself and then  
allow this peace to flow onto  
others."  
Amen*





## Yellow Day – St Agnes turned yellow for Cancer

Last Friday St Agnes participated in Australia's Biggest Morning Tea to raise money for cancer research. The days before the big event were filled with preparation and excitement. The day was organised by Ms Zarebski and various committed students from each year group.

On the morning of 27<sup>th</sup> May 2015 the organisers arrived early in the morning to decorate the school in a sea of yellow, put up stalls, and blow up many, many balloons. By the time students arrived at school for the Biggest Morning Tea, wearing their yellow clothing, the fun begun. They purchased yellow ribbons, yellow flowers and yellow balloons, had their hair dyed yellow, fingernails and faces painted yellow all in support for Cancer.

With 'yellow' music blasting throughout the day we could never forget the reason for the day. We took a school photo at the end of the day to capture the whole schools excitement and happiness. When the photo is to be hung up it will be remembered as one of the most exciting days of our school life. At the end of the day we achieved our goal of the day, raising over \$2,000, \$2,227 to be exact to support those with cancer.

*St Agnes Media Communications Team*

### TODAY WE WEAR YELLOW

Today, as we wear yellow, we offer up an intention for the St Agnes community. Today we pray for those families within our community that have been touched in some way by cancer. To those we have lost and those currently suffering, we pray for you.

Phillipians 4:6 Don't worry about anything, but in everything, through prayer and petition with thanksgiving, let your requests be known to God.

Dear God,

Today we wear yellow for a cure.

Today we wear yellow with the intent to help those diagnosed with cancer.

Today we wear yellow to symbolise our commitment as a community.

Today we wear yellow as a symbol of hope and ask for your guidance.

Today we wear yellow to signify and strengthen our faith in you.

Today we wear yellow to ask you to heal the terminally ill and give them peace.

Today we wear yellow to thank you for the doctors and nurses.

Today we wear yellow to encourage the sick in their trial.

Today we wear yellow as a representation of your word.

Today we wear yellow as an acknowledgment of your power and strength.

Today we wear yellow as a representation of our faith in you and your blessings.

Today, St. Agnes, we wear yellow to pray for a cure for cancer.

We ask these blessings in the name of God, the most giving and merciful, Amen.



More photos on our website

## Year 8 Reflection Day

On Friday 29<sup>th</sup> May 2015, Year 8 attended a Reflection Day in the San Damiano Centre. It was a great day which conveyed a great message from six leaders, Jemma-lee, Harmony, Andrew, Justin, Christine, Mariam. It was an amazing day playing fun and interactive games and learning about God and his amazing ways.

The theme of the day, 'Discipleship', taught us that we must try and follow and lead in the ways that Jesus and his disciples did. We were split into our class groups and played games, which had hidden messages within them. As a year group Justin showed a powerpoint presentation which showed distorted pictures which tricked our eye. Within the powerpoint there was an amazing message and photos shown helped change our opinions of what we thought was the topic of the photo. My friend Lavita said " We can be all about Jesus in church and listen and preach his word in church but when we get out of church its a completely different story. The church can change our opinion on what we think of God but its up to us and our heart to see what we really feel within". What she said was really amazing and Justin couldn't reply to that because not only he, but our whole year group, was in awe of what she said. It was really touching.

The leaders participated in a little skit where Harmony was waiting for "The Call". Justin ran around to help people asking Harmony to help him but she kept replying, "No I'm waiting for the call". Her phone rang but the call wasn't for her, it was for Justin. Basically the message of this story was don't sit around and wait for the 'call'. Get up and help others and 'be the call' and you will receive good deeds from the Lord. Then throughout the day they asked questions and one of the questions was " is it bad to challenge your leader?"

Everyone was giving great answers throughout the day and said that the day was not bad because Jesus was challenged throughout his life and he was a very strong leader and that's what we were following to do and want to be like.

After lunch we relaxed and enjoyed reflective time to get closer to God and be humble. It was a great experience and the environment was really great because it made you want to worship and get closer to God.

*Ruby Devo*

*Year 8 Student*



## Coastal Management Excursion

Every year the Year 10 cohort, embark on a mandatory field trip to hone their geographical skills. This year, after two attempts were delayed due inclement weather, we finally made it to Dee Why Beach and the Long Reef Peninsular.

We were blessed with glorious weather and the students were exceptionally well behaved on the day. Students were asked to observe and identify processes of erosion on the beach, draw examples of the impact of humans in coastal locations, as well as, sketch and label natural coastal landforms.

Despite the popularity of the beach our students mingled with the residents and tourists with polite ease.

However, this excursion proved more educational than in previous years because the usually pristine environment was ravaged by the same storm, which had deferred our field trip. Piles of seaweed littered the beach and in some places piled a metre and half high. The clear white sandy beach was littered with debris and the walkways through the dunes had been washed away. Negotiating our way through these eroded tracks proved problematic for some but we managed.

Students learned first hand of the issues faced by councils while trying to maintain the beach for residents, and tourists alike, and the measures they have to take to ensure the beach is sustained for future generations.

*Bonita Carlin*

*HSIE Coordinator*







On Wednesday 20 May, our Under 14's and 16's Rugby League teams competed in the Panther Trophy at Whalan Reserve. This tournament allows schools between Blacktown and Katoomba and out towards Windsor to compete against one another.

The Under 14 team played very well winning all of their 4 games but unfortunately were narrowly beaten in the Quarter Finals.

The Under 16 team were more successful. Their first game against Katoomba High School which was an easy 20-0 victory. This game was followed by another 20-0 win over Cranebrook High School. Outstanding players in these early games were Jysiah Uele, Sean Erupi, Thomas Latu, Jack Redman and Jeremiah Asiata as our team fired up on all cylinders.

The next game was the hardest of the day against Nepean High School. Despite some handling errors and penalties conceded, their defence was strong and we eked out a 6-4 win courtesy of a brilliant solo try by Mitchell Dodds. Another easy win followed, this time winning 18-4 over Kingswood High School.

The final of the tournament was against Bede Polding College, who also won their group stage. St Agnes started very strongly courtesy of our forwards, especially Jeremiah Tukala, Manoa Ratubalavu and Dylan Clifton. A steam rolling try by Ben Allatt just before halftime gave St Agnes an 8-0 lead. They finished with a comfortable 18-4 victory.

This tournament victory was due to an outstanding effort from the boys, most of whom were playing a year above their age group. It reflects the amount of time and effort they have invested on the training paddock. Their conduct on and off the field is a credit to the school and their families.

This team will now face St Dominics College at St Marys Leagues Stadium on Wednesday, 12 June 2015, to attempt to qualify for the State Knockout.

The full squad consists of Mitchell Dodds (c), Phoenix Amiatu, Sean Erupi, Thomas Latu, Joseph Tuliatu, Jack Redman, Raymond Nansen, Jeremiah Asiata, Jysiah Uele, Jeremiah Tukala, Nathan Degei, Manoa Ratubalavu, Edward Pese, Ben Allatt, Ah Lam Ng Lam, Christian Everingham, Raymond Nansen, Declan Walker, Marley Skarski, Martin Galang. COACHES: Mr Greg Devine and Mr Chris Chavez.

*Mr Greg Devine*  
Coach

## Visit from past Students

Last week, teachers enjoyed a visit from past students who left in 2005.

Sister Maria Innocence (Mary Arroyo), accompanied by Mother Superior Maria Pacifica from the Franciscan Sisters of the Immaculate in Rome, Italy, and alumnae Carolyn Elmo, Amanda Outschoorn and Noellen Castro returned to St Agnes to show their gratitude to the teachers who taught them at St Agnes.

In a future newsletter we will publish an article regarding Sister Maria Innocence's (Mary Arroyo) vocation.





# SALSA

Students As LifeStyle Activists

Last year, our school took part in the SALSA program, the first Catholic school to do so. SALSA stands for Students As LifeStyle Activists and run by the Mt Druitt Local Health Area Service and General Practitioners association. The aim is for students to lead each other, their families and community to embrace living healthy lifestyles.

Our involvement was a smashing success and our Year 10 students brought great acclaim from the SALSA leaders. Our involvement was the catalyst for three other Catholic schools joining the program.

Last week our Year 10 leaders took part in a training day, in the San Damiano Centre, and will deliver the lessons they learnt in this year's program to our Year 8 students in upcoming pastoral lessons. It will involve our Year 10 leaders, who were trained by students from Sydney University and UWS, teaching our Year 8 students about the importance of physical activity and healthy eating.

Mr Greg Devine  
PDHPE Coordinator

## SALSA HEALTH SNIPPETS

**SALSA** (Students As LifeStyle Activists) is a peer-led program that aims to motivate students to eat well and be more physically active



### KIWI SMOOTHIE

(2 servings)

Place in a blender:

- 1 banana
- 1-2 kiwifruit
- 1 pear
- 1 orange

Blend and enjoy!

You might like to add some water to make the smoothie more liquid.



### BLEND & WIN!

Upload a photo of you making this smoothie on Instagram for a chance to win a \$50 grocery voucher! When posting your photo, simply:

**Include the hashtag:**  
#SALSAcookingcomp15

**Follow** @studentsaslifestyleactivists

**Terms & Conditions at:**  
[tinyurl.com/studentsaslifestyleactivists](http://tinyurl.com/studentsaslifestyleactivists)

### Fighting Winter Sniffles the SALSA Way

Winter is nearly here! With a drop in temperature and humidity, along come the sniffles. There are a number of things we can do to reduce the chances of getting sick.

Exercise in the fresh outdoor air and eating more fresh fruit and vegetables containing vitamin C is a fantastic way to fight off winter bugs.

Physical activities you can enjoy include cycling, walking, swimming or a game of soccer.

### DID YOU KNOW?

Kiwifruit are amazingly good for you and are also packed with fibre and a lot of vitamin C. They were originally called Chinese gooseberries and came from China.



### Have you visited [eatforhealth.gov.au](http://eatforhealth.gov.au)?

It is jam packed with healthy lifestyle info and tips including how to eat healthy on a budget, ideas for the school lunch box and lots of healthy recipes. Check it out: <http://www.eatforhealth.gov.au/eating-well/tips-eating-well/healthy-meal-and-snack-ideas>

## 10 best phrases to teach resilience to your kids

1



Goal  
Humour

Phrase

"Come on, laugh it off"

2



Goal  
Contain thinking, perfectionism and anxiety

Phrase

"Don't let this spoil everything"

3



Goal  
Distraction

Phrase

"Let's take a break"

4



Goal  
Handling worry and asking for help

Phrase

"Who have you spoken to about this?"

5



Goal  
Offering hope

Phrase

"I know it looks bad now but you will get through this"

6



Goal  
Positive reframing

Phrase

"What can you learn from this so it doesn't happen next time?"

7



Goal  
Acceptance

Phrase

"Don't worry – relax and see what happens!"

8



Goal  
Perspective

Phrase

"This isn't the end of the world"

9



Goal  
Flexible thinking

Phrase

"You could be right. But have you thought about ..."

10



Goal  
Taking action

Phrase

"What can we do about this?"



**OUR  
PARISH  
SCHOOLS**

**St Aidan's Primary**

1-5 Adelaide Street  
Rooty Hill  
Ph: 02 9625 3181  
Fax: 02 9625 5612

**Sacred Heart Primary**

23 Nelson Street  
Mt Druitt South  
Ph: 02 9625 8733  
Fax: 02 9832 2258

**Holy Family Primary**

Weber Crescent  
Emerton  
Ph: 02 9628 9232  
Fax: 02 9628 9589

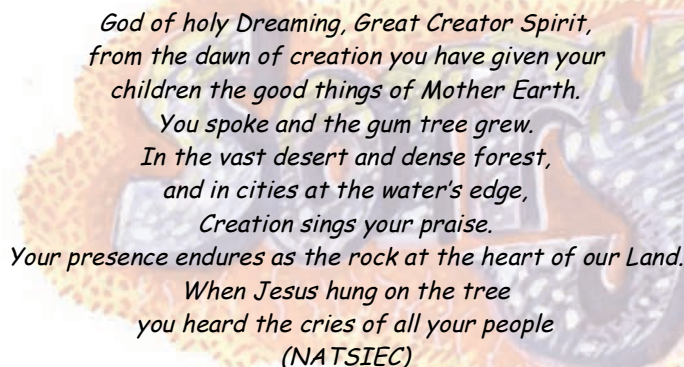
**St John Vianney's  
Primary**

17 Cameron Street  
Doonside  
Ph: 02 9831 1817  
Fax: 02 9831 6430

*a diverse  
community  
learning  
together*

## Sorry Day – Prayer for Australia

May 26<sup>th</sup>, 2015 gave people the chance to come together to mark the steps taken towards healing for the Stolen Generations and their families. As a community it is a time to reflect on what we can do to work for reconciliation in our community.



*God of holy Dreaming, Great Creator Spirit,  
from the dawn of creation you have given your  
children the good things of Mother Earth.  
You spoke and the gum tree grew.  
In the vast desert and dense forest,  
and in cities at the water's edge,  
Creation sings your praise.  
Your presence endures as the rock at the heart of our Land.  
When Jesus hung on the tree  
you heard the cries of all your people  
(NATSIEC)*



### UPDATE

New Version 3 features include:

- Improved Android version (v4 OS)
- Supports iPhone 6 and 6 Plus resolution
- Rotation/landscape view when viewing landscape on larger resolution devices.
- New interface design and content navigation improvements
- iPhone Version has new Accessibility mode for visual impaired users.
- iPad Version available

**GET SKOOLBAG FROM YOUR APP STORE**



## Five Star Shuttles

Transfers Made Easy

### Airport & Cruise Transfers

**Contact Tony Saba 0404 390 620**

**[www.fivestarshuttles.com](http://www.fivestarshuttles.com)**

## OUR PARISHES

*St Aidan's*  
9 Adelaide Street  
Rooty Hill  
Ph: 02 9625 8404

*Sacred Heart*  
23 Nelson Street  
Mt Druitt South  
Ph: 02 9625 8847

*Holy Family*  
254 Luxford Road  
Emerton  
Ph: 02 9628 7272

*St John Vianney's*  
17 Cameron Street  
Doonside  
Ph: 02 9622 3426

## From the Bishop, Catholic Education Office

### Faith at Work DWF Appeal

The Diocesan Works Fund Appeal with the theme Faith at Work is being held in parishes and Catholic schools this month. The appeal gives us the opportunity to act together as a diocesan family to support ministries and services that no single individual or parish can offer. For example, it supports hospital chaplains, catechists who teach the Catholic faith in state schools, prison chaplains, and CatholicCare Social Services. Donations are tax deductible. Visit the Faith at Work website to see how your donation can make a difference: [www.faithatwork.org.au](http://www.faithatwork.org.au)

### SAVE THE DATE

3rd Annual Faith in Marriage Conference: 23 August

This year's conference has the theme: Marriage - A Culture of Love & Life. Speakers include the Diocesan Administrator, Very Rev Fr Peter G Williams, Jonathon Doyle and Lara & Tim Kirk. Brought to you by CatholicCare Social Services and Australian Catholic University. From 9am-3pm at Our Lady of Mercy College, Victoria Rd, Parramatta. On-site child minding. To register your interest tel CatholicCare Parramatta (02) 9933 0222, [marriage@ccss.org.au](mailto:marriage@ccss.org.au)

### Worldwide Marriage Encounter Weekend from 19-21 June

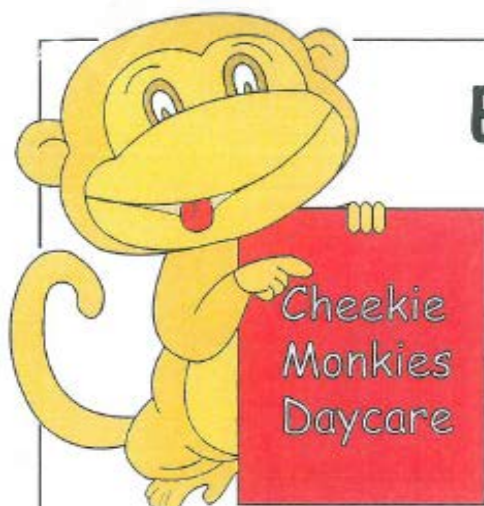
Keep the chill out of your relationship this winter with a weekend together. A Worldwide Marriage Encounter Weekend is a marriage enrichment experience - set in peaceful, picturesque surroundings, away from the distractions of everyday life. During the weekend, couples have a unique opportunity to reconnect, rekindle and refresh their relationship. Give the greatest gift, that of your time alone - invest in your most precious asset ... your marriage. Mount Carmel Retreat Centre, Varroville. Contact Ardell & Bill Sharpe tel (02) 4283 3435 or [wsharpe@bigpond.net.au](mailto:wsharpe@bigpond.net.au) [www.wwme.org.au](http://www.wwme.org.au)

Join us on Facebook <https://www.facebook.com/WWMEEasternUnit>

### Vocation Discernment Afternoon: 28 June

All young men who feel God might be calling them to the priesthood are invited to the Catholic Diocese of Parramatta's Vocation Discernment Afternoon. The afternoon starts at 2pm and concludes with a shared meal at 6pm. Holy Spirit Seminary is at 31-33 Allen Street, Harris Park.

To find out more about priesthood in the Diocese of Parramatta contact the Director of Priestly Vocations, Fr Warren Edwards, tel 0409 172 700 or send an email to: [vocations@parra.catholic.org.au](mailto:vocations@parra.catholic.org.au)



## Enrolling Now!!

- Safe, Fun and Nuturing environment
- Learning through interaction, collaboration and play
- Qualified and experienced carer
- Enrollments available for 0 - 5 yr olds

**Open Monday to Friday 6am - 6pm**

To schedule a friendly introduction tour today contact

Patricia Blom on 0469 919 025

Located in a safe family neighbourhood at 101 Hamrun Circuit Rooty Hill 2766

