



Transmitter

Term 4 / Week 4 Friday 6th November 2020



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News from Mrs Hey

Dear Parents,

I have recently been reading a book called *My Happy Place* by Joanne Zammit. Of particular interest to me has been a chapter on gratitude and why it is important for a happy and fulfilled life. Gratitude is one of the healthiest emotions we can experience. I make a conscious effort to practise gratitude daily and I believe it is really important to teach our children the gift of showing gratitude. One useful strategy that I used with my own children when they were younger was, as I was tucking them into bed, we would each name one thing we were grateful for that day. Not only does this help them fall asleep with wonderful thoughts, it is also a lovely pathway into what is happening in their life. By doing this with our children regularly we can model how we can be grateful for the very simple things in life.

*"It's not happy people who are grateful,
it's grateful people who are happy."*

Just try to slow down a little today. Keep your eyes open. Look around you, look up, look into the eyes of the people you pass, look at the grass growing or the flowers blooming. Take time to notice and appreciate the beauty of the world around you, and take a few extra minutes to write it all down. You'll be surprised how gratitude can change your whole perspective on life and give you reason upon reason to praise the Creator of it all.



Kind regards,
Cathy Hey
Principal

2021 – Kindergarten Orientation



At the end of Term 3, the NSW Government indicated to schools that arrangements for Kindergarten Orientation for 2021 Kindergarten students could go ahead. The Trinity Kindergarten Orientation Programme will take place on: Thursday 19th November and Thursday 3rd December from 9:30-11:00 .

Families should of received information about the programme and their children's attendance at the Kindergarten Orientation sessions. Parents will have an online information session that they attend at their own leisure. We look forward to welcoming our 2021 Kindergarten students to Trinity on these days.

We will be having two Kinder classes next year.

COVID—19

Important Self Isolation Information Advice about how to manage self-isolation, particularly with siblings, is available from NSW Health and from the Western Sydney Local Health District Community Resources website. Importantly:

- A student should not come to school if they are unable to isolate from a sibling or family member who is a confirmed close contact of COVID-19.
- Where families find it difficult to isolate siblings from other family members who are a confirmed close contacts of someone with COVID-19, the sibling should not attend school during the period of isolation;
- If a parent/carer is unable to isolate effectively from a child identified as a close contact, they should not attend work during the close contact's isolation period. Family members of close contacts are asked to keep a very close watch for COVID-19 symptoms and follow medical advice.

COVID-19 symptoms


Fever


Cough


Sore throat


Shortness of breath


Loss of smell


Loss of taste

Stay Safe



Clean your hands thoroughly for at least 20 seconds with soap and water, or an alcohol-based hand sanitiser



Cover your nose and mouth when coughing and sneezing with a tissue or your elbow. Put the tissue in the bin and wash your hands

Uniform

We ask you that you help instill pride in our school by encouraging students to wear the correct uniform on the correct day. Please ensure all items of clothing are clearly labelled. Ankle socks not heel socks are to be worn. We have plenty of uniforms in the second hand uniform room.



Notification if moving from Trinity

If you are leaving Trinity, please ensure you are aware that the Diocese requires a full terms notice (10 school weeks) in writing, to be given to the Principal before parents/guardians terminates a student's enrolment. According to Diocesan policy, if the required notice is not given, one term's school fees including diocesan fees are payable. Upon withdrawal of a student, fees are calculated on a pro-rata basis according to the notification period.

One exception is that notice in writing will be accepted at any time during term 4.

Happy Birthday

November

Lillianna	6	Phillip	10
Dominic	7	Crystel	11
Amel	7	Leena	11
Charlie	8	Bayleigh	11
Matilda	8	Isabella	11
Amelia	9	Angel	11
Justin	10	Natasha	12
Sabrina	10	Braithan	12
Charisma	10	Emmanuel	12



St Vincent de Paul Christmas Appeal

Those who are generous are blessed for they share their bread with the poor. (Proverbs 22:9)

Christmas is fast approaching and it is a time of hope and joy for most families. However, this year has been particularly tough for some families.

To help restore some hope to families in need, we are holding a Christmas Hamper item appeal for the St Vincent De Paul Society. The students are asked to bring one or more items from the list below. These will be put together in hampers for families in need to help them to have a happy Christmas Day

Please read the list below and donate any non perishable items to support the appeal

- | | |
|--|---|
| <ul style="list-style-type: none">• <i>Tinned ham</i>• <i>Tinned salmon or tuna</i>• <i>Tinned vegetables</i>• <i>Tinned pineapple</i>• <i>Tinned soups</i>• <i>Tinned spaghetti</i>• <i>Tins of fruit</i>• <i>Christmas Fruit mince pies</i>• <i>biscuits</i>• <i>Jams or other spreads</i>• <i>Chips/ Pretzels</i> | <ul style="list-style-type: none">• <i>Long life milk</i>• <i>Long life custard</i>• <i>Long life juice boxes-1litre</i>• <i>Dry pasta</i>• <i>Pack of rice</i>• <i>Tea bags</i>• <i>Instant coffee</i>• <i>Christmas pudding</i>• <i>Breakfast cereal</i>• <i>Dried fruit</i>• <i>Nuts</i>• <i>Salad dressing</i> |
|--|---|

Please check the expiry date of the items you send in and ensure that the items are unopened and not damaged. We will be collecting items until the end of week 8 Friday, 4th December.

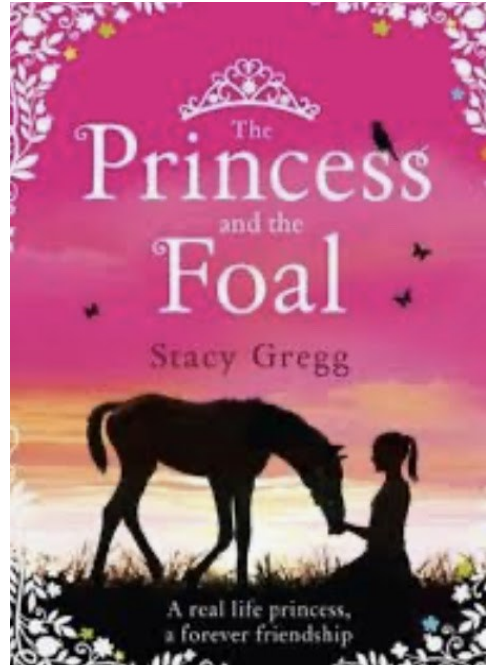
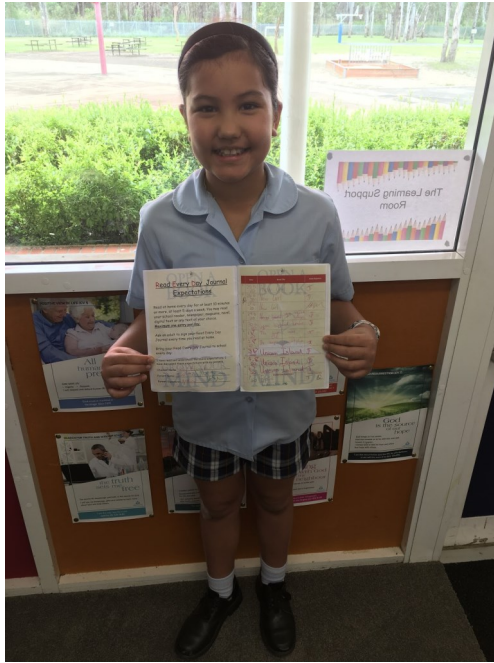
Thank you so much for your Support
Rina Hibbs
Religious Education Coordinator



OUR READING STARS THIS WEEK ARE:

Riley

Year 3



Riley is a regular home reader and has now started her second RED Journal .

Interview with Riley conducted by Mrs Gauci.

Mrs Gauci: What genre do you enjoy reading the most - fiction or nonfiction?

Riley: I enjoy reading fiction the most. I like imaginative stories.

Mrs Gauci: Do you have a favourite author?

Riley: Yes, my favourite author is Stacy Gregg. She wrote the 'Pony Club' books and my favourite book - 'The Princess and the Foal.'

Mrs Gauci: Did you base your 'Story on a Hat' for Book Week on a Stacey Gregg book?

Riley: Yes, for Book Week my 'Story on a Hat' was based on the book 'Mystic and the Midnight Ride' by Stacy Gregg.

Mrs Gauci: What book have you recently enjoyed reading?

Riley: A book called 'The Secret Journal' by Otter Schafer. It is an adventure and mystery book. I just wanted to read on to find out what happens next.

Mrs Gauci: What do you enjoy most about going to the LARC?

Riley: Finding a new book that I love reading. A book that I can't wait to finish reading, but at the same time, I don't want the book to end!

Mrs Gauci: Where do you like to read at home?

Riley: Anywhere quiet like my bed, couch or desk. They are all comfy and quiet places.

Mrs Gauci: Who do you like to read with?

Riley: I love reading to my little brother who is one. He doesn't always pay attention but I still read to him.

Mrs Gauci: Why do you love to read?

Riley: It's a mix between creativity and learning. It is really fun.

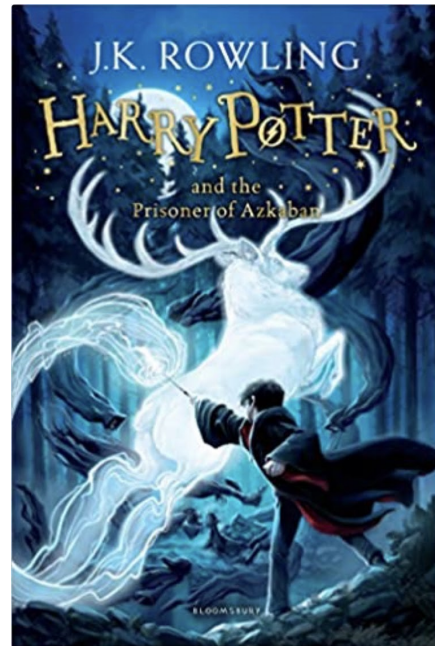
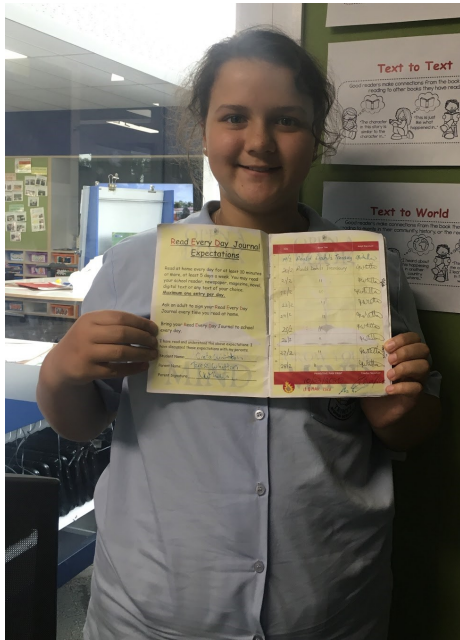


OUR READING STARS THIS WEEK ARE:

Greta

Year 3

Greta enjoys reading at home and she has recorded her reading over 55 times this year.



Interview with Greta conducted by Mrs Gauci.

Mrs Gauci: What is your favourite genre - fiction or nonfiction?

Greta: I enjoy reading fantasy fiction because if I'm stressed or feeling sad it helps take my mind off my worries.

Mrs Gauci: Do you have a favourite book?

Greta: My favourite book is 'Harry Potter and the Prisoner of Azkaban' by J.K. Rowling. I love reading all the Harry Potter books.

Mrs Gauci: What inspired your Book Week 'Story on a Hat'?

Greta: My 'Story on a Hat' was based on 'Charlie and the Chocolate Factory' by Roald Dahl. I created the hat myself, my mum bought all the supplies and I put it together.

Mrs Gauci: What book have you enjoyed recently?

Greta: A book titled 'Rated' by Melissa Grey. It starts with a question: 'What if one number determined your place in society?' I bought it from the book fair, it's not what I usually read but it's good to try something different.

Mrs Gauci: What do you enjoy most about going to the LARC?

Greta: I really enjoy coding. Also I think we have an excellent variety of books. I usually borrow informative texts from the LARC like cooking books and craft books because I have lots of fantasy fiction at home already.

Mrs Gauci: Where do you like to read?

Greta: I like to read in natural light, so usually on my bed, near the window.

Mrs Gauci: Who do you like to read with?

Greta: I prefer to read by myself but sometimes I read to my mum.

Mrs Gauci: Why do you like reading?

Greta: Sometimes I'm not in the mood to do anything else. Reading is a great form of entertainment and it gets me away from the screen (e.g. iPad or TV). Sometimes I listen to audiobooks too.

Reading Riddles

A riddle is usually a question or statement that has multiple meanings and that needs to be solved. Riddles can be thought-provoking or funny brain busters. It is like a puzzle that you are trying to solve. Some of the best riddles get your mind thinking. I recently read an article called, *The Benefits of Riddles for Kids by Stein Education Center Child*, that discusses the reasons why parents and educators should share riddles with children. Some of these reasons are outlined below.

Make children laugh: Nothing is more precious than a child's laughter. Laughter is also a great way to motivate children to keep working when things seem boring. It helps children release stress, relaxes the brain and body, and just makes them feel good.

Make children think: Critical thinking and problem solving skills are two of the most treasured abilities in our society today. Riddles have been shown in several studies to improve children's comprehension and creativity, making them a perfect workout for your brain.

Improve reading comprehension: Most children can read but this doesn't mean they can understand what they are reading. Riddles improve reading comprehension skills by expanding vocabulary and understanding of words.

Expand vocabulary: When children (and really everyone) encounter words that they don't understand they figure them out through context. Riddles give words a great deal of context which makes it easier for children to learn, remember and use these words. In another way, riddles force kids to ask more questions about words they don't understand.

Give an opportunity for children to teach: Teaching kids riddles allows them to know something that is easily repeated and taught to other people. Rather than just repeating information they learn onto tests they can also teach these riddles to their peers, parents, and teachers. This reinforces their understanding of the riddle and it also allows them to interact with people in a constructive social way. I have included some riddles below that you may like to share with your children.

Keep on reading,
Mrs Gauci
Literacy Leader

Easy to Break

Riddle: *What is so fragile that saying its name breaks it?*

Solution: *Silence*

Impossible to Say 'Yes' To

Riddle: *What question can you never answer yes to?*

Solution: *Are you asleep yet?*

Odd Number

Riddle: *I am an odd number. Take away a letter and I become even. What number am I?*

Solution: *Seven.*

All Streets, No People

Riddle: *Where can you find cities, towns, shops, and streets but no people?*

Solution: *A map.*

Apples...

Riddle: *If you took two apples from a pile of three apples, how many apples would you have?*

Solution: *The one apple you took.*

NAIDOC WEEK

This year NAIDOC Week is being celebrated November 8-15 2020 instead of the traditional first week of July. The theme of this year is *Always Was, Always Will Be*.

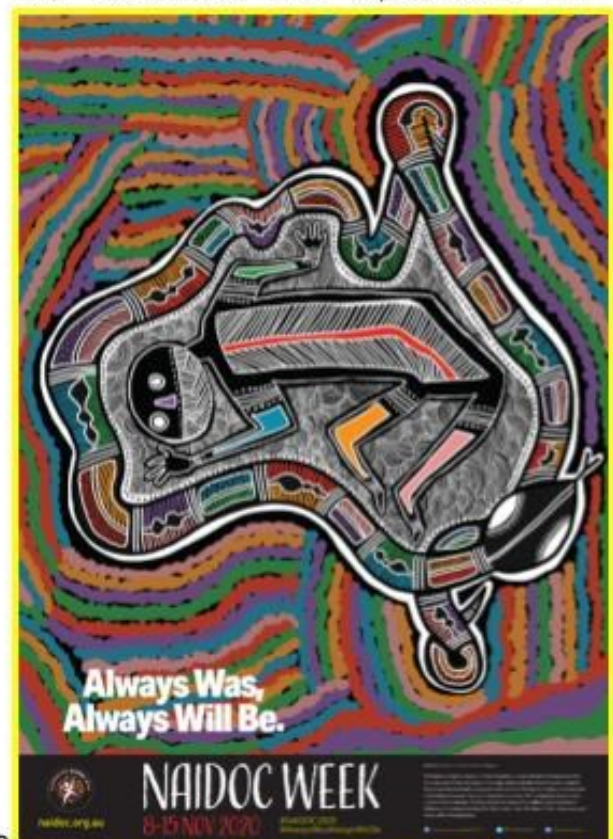
NAIDOC Week celebrations are held across Australia each July to celebrate the history, culture and achievements of Aboriginal and Torres Strait Islander peoples. NAIDOC is celebrated not only in Indigenous communities, but by Australians from all walks of life.

NAIDOC originally stood for 'National Aborigines and Islanders Day Observance Committee'. This committee was once responsible for organising national activities during NAIDOC Week and its acronym has since become the name of the week itself.

Always Was, Always Will Be. recognises that First Nations people have occupied and cared for this continent for over 65,000 years. Aboriginal and Torres Strait Islander people were Australia's first explorers, first navigators, first engineers, first farmers, first botanists, first scientists, first diplomats, first astronomers and first artists.

Always Was, Always Will Be. acknowledges that hundreds of Nations and our cultures covered this continent. All were managing the land - the biggest estate on earth - to sustainably provide for their future.

NAIDOC Week 2020 acknowledges and celebrates that our nation's story didn't begin with documented European contact whether in 1770 or 1606 - with the arrival of the Dutch on the western coast of the Cape York Peninsula.



Source: <https://www.naidoc.org.au/>

PBS4L stands for Positive Behaviour 4 Learning.
At Trinity we agree to 3 PBS4L expectations:

We are **SAFE**
We are **RESPECTFUL**
We are **LEARNERS**

Current Goanna goal: We are learners.

During weeks 4, 5 and 6 the **Goanna Goal** is to focus on being a **learner**. Each grade has picked a focus area from the matrix below and are rewarded with a goanna.

What does being a learner look like at Trinity?

There are 5 expectations for being a learner at Trinity. These expectations are displayed in every learning group to remind students what being a learner looks like and feels like.

Has your child shown that they are a learner today?

We are prepared by having our equipment ready.



We work cooperatively with others.



We show the 5Ls when sitting on the floor.



We do our personal best at all times.



We follow teacher instructions.



CONGRATULATIONS

Congratulations to Year 1 who have worked hard to achieve their next Goanna in the Garden reward. They celebrated last week by having some free time painting outside or drawing and writing inside. Check out their creations below!

