

# Mary Immaculate Primary School

Newsletter Update 20th June~ Term 2 Week 9



125 Barrier Dr Quakers Hill 2763  
www.maryimmacqhill.catholic.edu.au  
T: 9626 3999 E:mimmac@parra.catholic.edu.au



## Why did Mary Immaculate School choose a Co operative Athletics Fun Day instead of a Competitive Athletics Carnival?

Competition has been shown to be useful up to a certain point for children and no further, but co-operation, which is the thing we must strive for, begins where competition leaves off.

Co-operation is marvellously successful at helping children to communicate effectively, to trust in others and to accept those who are different from themselves. Children feel better about themselves when they work with others instead of against them, and their self-esteem doesn't depend whether they win or not.

***Winning and especially losing are nothing more than learning opportunities. Co operation is a skill for life.***



**Physical Activity Improves Mental Wellbeing**

In addition to physical benefits, physical activity has a range of positive effects on children's mental wellbeing.

**Being physically active:**

- PROTECTS against mental health problems
- IMPROVES self-esteem and cognitive function in young people
- Playing sport REDUCES psychological distress by 34% (1-3 times a week) 47% (4+ times a week)
- IS AS EFFECTIVE as medication for mild to moderate anxiety and depression



It is recommended children aged 6-12 years aim for at least 60 minutes of moderate to vigorous physical activity every day.

Get active as a family, walk to the park, join a sporting team, walk or ride to school and limit screen time.

Live Life Well @ School is a joint initiative between NSW Health and the NSW Department of Education



## Week 9

Tuesday June 21

- Years 5&6 Captivate choir daytime rehearsal and evening performance

Thursday June 23

- 9:30am Parish Mass Years 3&5

Friday June 24

- 2:30pm Assembly Year 4

Saturday June 25

- 8:00am-12:30pm Working Bee



## Week 10

Wednesday June 29

- 8:30am-2:30pm MIPS Athletics Carnival

Thursday June 30

- 8:00am-3:30pm Stage 2 Girls and Boys

Friday July 1st

- Last day of Term 2

**School Resumes Term 3**

**Monday 18th July**

## Uniform shop

Tuesday 8:30 till 10:00am

Friday 8:30 till 10:00am

We also do over the phone orders and online orders.  
For any enquiries please contact—Elle

Phone: 0421216414

Email: [elle@ozfashions.com.au](mailto:elle@ozfashions.com.au)

## Working Bee

When: Saturday June 25

Time: 8:00am-12:30pm

If you are able to help out with our Working Bee even for an hour or two it would be very much appreciated.

**School Calendar dates**

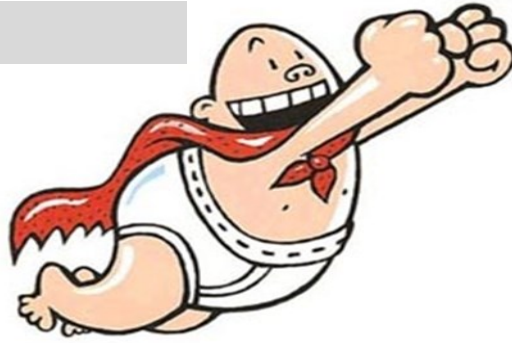
will be included in the Newsletter until the end of Term 2.

For upcoming events log onto

## REQUEST

Could you please place spare underwear as well as socks for boys and stockings for girls in your child's school bag.

Thank you



Little accidents happen more frequently over winter.

## Upcoming Event

**Book Week  
2016**

**THEME:  
Australia!  
Story Country**

**DATE:  
20-26th August**

**Please mark  
this date in  
your diary.**

**Activities of  
the week to be  
advised...**

## School Fees

School fees for Term 2 are now overdue. Thank you to all the families that have settled their account. Please finalise your school fees this week to avoid receiving a reminder letter from CEDP (Catholic Education Diocese of Parramatta). Payments can still be made by Bpay or by credit card (Visa or Mastercard).

If you have any queries regarding fees, payment plans or did not receive a statement, please contact the School Office on 9626.3999 or by email to [cnalletambysandel@parra.catholic.edu.au](mailto:cnalletambysandel@parra.catholic.edu.au)

Thank you.

## Seminar – Understanding Family Law – Two Sessions

CCSS Solo Parent Services are holding two sessions for our Seminar on "Understanding Family Law". The seminars on the following dates will cover the topics below:

**Wednesday 20<sup>th</sup> July** – Understanding the Family Law Act – Focus on Divorce/ Separation and Children's needs.

**Wednesday 27<sup>th</sup> July** – Understanding the Family Law Act – Focus on Property /Settlements.

**Venue for both Seminars:** DAC, 1-5 Marion St Blacktown **Time:** 7.30pm – 9.30pm **Cost:** \$7.00 per session. **Registration Essential:** Solo Parent Services - Rita - PH: 8822 2222 or email: [soloparentservices@ccss.org.au](mailto:soloparentservices@ccss.org.au)

## Younger Widowed Support Group

CCSS Solo Parent Services' Younger Widowed Support Group is held on the 3<sup>rd</sup> Tuesday of each month. The Support Group is for men and women widowed at a younger age whether you are a parent or not. **Next gathering:** Tuesday 21<sup>st</sup> June. **Please note new Venue:** DAC, 1-5 Marion St, Blacktown. **Time:** 7pm – 9pm **Cost:** \$5.00. **Registration:** Rita Ph. 8822 2222 or Email: [soloparentservices@ccss.org.au](mailto:soloparentservices@ccss.org.au)

## School Holiday 2-Day Music Workshops – Discounted Price

The Mercy Music & Performance Academy Parramatta will be holding two 2-day workshops at the Christina Creede Music Centre at OLMC Parramatta during the July holidays.

The Workshops are for boys and girls, Years 3 to 12 (aged 8 to 18) from an approximate standard of AMEB preliminary - Grade 3.

The 2 Day Concert Band Workshop and 2-Day Strings Workshop run from 9am-3pm Monday 11 and Tuesday 12 July, 2016.

All attendees can apply at the discounted price of \$150 per 2-Day workshop.

Bookings close on June 20, to book or to make an enquiry, please call 8838 1288 or <http://www.olmc.nsw.edu.au/the-academy/apply-now>



DT Performing

**Acacia Gardens HM Studio**

**Quakers Hills Community Centre**

**Rebecca Verrier**

**T. 0430 104 539**

**E. [info@rebecca-verrier.com](mailto:info@rebecca-verrier.com)**



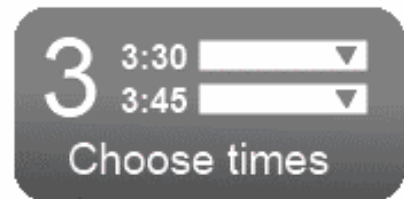
# Parent Teacher Online LITE

Dear Parents,

Now you can book school interviews for the times that suit YOU.

Go to [www.schoolinterview.com.au](http://www.schoolinterview.com.au) and follow these simple instructions.

Enter School Code  
m8gan  
Go



When you click finish, you can either print your interview timetable or email it to yourself! If you don't receive an email straight away – check your junk mail folder. Also, if something comes up you can return to [www.schoolinterview.com.au](http://www.schoolinterview.com.au) and change your interviews until bookings are closed by the school.

## Confirmation 2016

### Children Year 5 and older

*Enrolment forms will need to be collected from the Parish Office prior to the Information and Registration Evening, and submitted with payment on the night.*

**30th June 7:30pm Thursday**

**Information and Registration Evening**

**21st July 7:30pm Thursday**

**Parents Only Meeting**

**6th/7th August Saturday or Sunday**

**Enrolment Masses (Sat 5:30pm and Sun 9:00am Only)**

**6th/7th August Saturday or Sunday**

**First Class**

**13th/14th August Saturday or Sunday**

**Second Class**

**20th/21st August Saturday or Sunday**

**Third Class**

**25th August 7:30 Thursday**

**Practice Evening**

**30th, 31st August & 1st September—Tuesday, Wednesday and Thursday Confirmation**