



# PRIMARY MATTERS

Parent Newsletter of Christian Brothers' High School, Lewisham — Tel: 8585 1744

No. 3

5<sup>th</sup> April, 2019

<p>DURING <b>LENT</b></p> <p>DEEPENING <b>FAITH</b></p> <p>PROCLAIMING <b>HOPE</b></p> <p>SERVING IN <b>LOVE</b></p>	<p><i>Christ, Be Our Light</i> ~ Bernadette Farrell</p> <p>Longing for light, we wait in darkness Longing for truth, we turn to You. Make us Your own, Your holy people Light for the world to see. Christ, be our light! Shine in our hearts. Shine through the darkness. Christ, be our light! Shine in Your church gathered today. Longing for peace, our world is troubled Longing for hope, many despair. Your word alone has power to save us. Make us your living voice. Longing for food, many are hungry Longing for water, many still thirst. Make us Your bread, broken for others Shared until all are fed. Longing for shelter, many are homeless Longing for warmth, many are cold. Make us Your building, sheltering others Walls made of living stone. Many the gift, many the people Many the hearts that yearn to belong. Let us be servants to one another Making Your kingdom come.</p>
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## FR TREVOR

The School has recently welcomed Fr Trevor Hird to CBHS Lewisham. Fr Trevor has become the School Chaplain and is at on site Mondays, Wednesdays and Fridays. He will celebrate Mass with the boys throughout the year and hear reconciliations. Fr Trevor also says Mass on Friday mornings before school. Fr Trevor has begun to visit classrooms, teaching the boys how to relax and meditate and take time to reflect.

## ENROLMENTS FOR YEAR 5, 2021 AND 2022

The School is now taking enrolments for Year 5 2021 and 2022. Please contact Mrs Ros Readman in the Front Office concerning enrolments.

## UNIFORM

The boys represent the School every time they walk outside their home in their school uniform. It is important that when seen in public, they are in their full uniform. This includes their socks being pulled up, their ties on and shoes polished. The boys have had plenty of reminders about their uniform in Term 1. During Term 2, our expectations will be even higher and we expect the boys to meet these expectations. It is expected they come to school in the correct uniform and wear it proudly every day.

## SOCIAL JUSTICE



For this year's Easter appeal, we are asking EVERY boy in the Primary to bring in one chocolate for the homeless – not an Easter egg, but a chocolate block or a bar of chocolate or a packet of small chocolates.

These chocolates will then go with our Year 12 students as they feed the homeless of Sydney which they do each and every Friday.

Thank you to those classes who have made donations to our St Vincent de Paul appeals so far this year. We delivered the goods recently and they will go out to the homeless of Sydney.



## CYBERBULLYING

The following information regarding online bullying from the eSafety Commissioner is very helpful. Further information can be found at [eSafety.gov.au/parents](https://www.esafety.gov.au/parents)



### What is Cyberbullying?

Cyberbullying is the use of technology to bully a person or group with the intent to hurt them socially, psychologically or even physically.

### I think my child is being bullied

Your child may not tell you if they are experiencing bullying behaviour online because of a fear it might make things worse for them or they may lose access to their devices and the internet.

#### Signs to watch for:

- being upset after using the internet or their mobile phone
- appearing lonelier or distressed
- unexpected changes in friendship groups
- a decline in their school work
- changes in their sleep patterns
- becoming secretive about their online activities and mobile phone use
- a decline in their physical health
- avoidance of school or clubs
- changes in personality, becoming more withdrawn, anxious, sad or angry

#### What does cyberbullying look like?

Examples of cyberbullying include:

- abusive texts and emails
- hurtful messages, images or videos
- imitating, excluding or humiliating others online
- spreading nasty online gossip and chat
- creating fake accounts in someone's name to trick or humiliate them

#### What to do?

Please contact your son's Teacher or Mr Woodbury as soon as possible. Any bullying is not OK and will not just disappear without intervention.

Online bullying can have a devastating impact on young people, whose online life is a key part of their identity and how they interact socially.

## NAPLAN 2019

The National Assessment Program – Literacy and Numeracy (NAPLAN) is an annual assessment for students in Years 3, 5, 7 and 9. It has been an everyday part of the School calendar since 2008.

NAPLAN tests the sorts of skills that are essential for every child to progress through school and life, such as reading, writing, spelling and numeracy. The assessments are undertaken nationwide, every year, in the second full week in May.



NAPLAN is made up of tests in the four areas (or 'domains') of:

reading	writing;	language conventions (spelling, grammar and punctuation)	numeracy
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NAPLAN tests skills in literacy and numeracy that are developed over time through the school curriculum.

	Tuesday, 14 May	Wednesday, 15 May	Thursday, 16 May
Year 5	Language conventions: 45 minutes Writing: 40 minutes	Reading: 50 minutes	Numeracy: 50 minutes

## RESILIENCE

### What is resilience?

Resilience is your ability to cope with tough times by applying your inner strength and engaging support networks. Resilience can not only enable you to face difficult situations, but often provides an opportunity to further develop your coping skills.

### Coping with challenges

Stress and setbacks are a part of life, and you can't avoid them. A series of small challenges, or a traumatic situation, can be hard to deal with. If you know you can cope with adversity, that can give you the confidence to get through tough situations.

Coping strategies can enable you to deal with stress and maintain a sense of control in your life. There are many different ways of coping with stress and everyone is different, so it's about finding something that works for you. Anything that is not harmful to your health and wellbeing could be worth a try, such as:

- taking time out to relax
- exercise or meditation
- breaking a challenge down into small, achievable goals
- celebrating achieving your goals
- keeping a journal
- thinking about the big picture



### Strengthening resilience

Resilience enables you to better cope with challenging situations and helps with your mental wellbeing. You probably already have skills and support networks that help you be resilient. You can build these up even more, making it easier for you to cope with life.

You can build your resilience by:

- knowing your strengths
- building your self-esteem – have confidence in your abilities and the positive things in life
- build healthy relationships
- knowing when to ask for help
- managing stress and anxiety levels
- working on problem solving skills and coping strategies.

### OLD BOYS & TEACHERS' REUNION



## Invitation

### Old Boys / Staff Reunion

**Date:** Friday, 15 November 2019  
**Venue:** School Grounds – McDonald Centre / Plaza

**Program**

6.00 pm ~ Greeting / sign in Plaza area  
6.30 pm ~ Mass McDonald Centre (or Chapel depending on numbers)  
7.30 pm ~ Food and drinks  
8.00 pm ~ Welcome comments  
9.30 pm ~ Concluding remarks

**An Old Boys display will be held from 6.00 - 9.30 pm**





## YEAR 12 & YEAR 5 BUDDIES

Our Year 5 boys have met with their Year 12 buddies. The Gallagher House, under the watchful eye of Mr Daher, have begun a reading program with their buddy on a Wednesday morning. The Year 12 boys are the leaders of our School community and another person our young boys can go to if something is bothering them. A number of Houses have had a Mass or a morning tea together to enable the boys to familiarise themselves with all the boys in their House from Years 5 to Year 12. I thank the House coordinators in the High School for making the Primary boys so welcomed.



~ Mr Mark Woodbury, Assistant Principal – Primary



# Waterford Learning Centre

The Primary students have been off to a busy start in the Library this year, with the boys already taking part in a number of Information Literacy skill building tasks and Literature focused events.

Both Year 5 and 6 took part in a scavenger hunt which introduced Year 5 students to the Waterford Learning Centre resources and provided Year 6 students with a refresher on all things Library. The boys enjoyed working in groups to find and decipher the many clues hidden throughout books and resources.



Accelerated Reader is also off to an encouraging start with a number of students already reading and completing quizzes on multiple books. Students are encouraged to read a minimum of 20 minutes per night in order to stay on track towards achieving their reading goal by the end of Term 2.

Another exciting Library event was our visit from Scientist, Ruben Meerman. The students were very excited to meet the "Surfing Scientist" in person, and many of them recognised Ruben from his time on the ABC. He is also the author of numerous books, including 'The Surfing Scientist: 40 Cool Science Tricks for Kids', many of these which he demonstrated to the boys.

Some of the boys' thoughts and memories from the visit:

*"The first experiment he did was using a class 4 laser and a balloon. He placed the laser on the stand and put the balloon in front of it. He turned on the laser then POP! the balloon exploded into pieces".* ~ Antonio D 6AM

*"SMASH! An innocent duck blew up with hundreds of beaming eyes staring at the corpse of the duck, trying to get a piece."* ~ Sebastian Z 6W

*"BOOM! POP! We heard a lot of these sounds when the Surfing Scientist did his science tricks with liquid nitrogen, balloons, rubber ducks and lasers."* ~ James A 6F

*"When we came back from sport, we were all tired and wanted to sleep and do nothing. However, when we heard a scientist was coming we were excited."* ~ Lucas S 5C



As the build up to Book Week 2019 continues the students are encouraged to keep focusing on growing their reading and Information Literacy skills so they can fully immerse themselves in the upcoming fun and educational events the Library team has planned for them this year.

*~Mrs Toohey and Ms Howell, Library Teachers, Waterford Learning Centre*



# PRIMARY SPORT



## ATHLETICS CARNIVAL

CBHS Lewisham Primary Athletics Carnival 2019  
Sydney Olympic Park – Warm Up Track  
Friday, 3 May - Week 1, Term 2

Notes regarding the Carnival:

- Boys are required to come to school at normal time
- Boys are to wear school sports uniform – including hat – they may bring a colour t-shirt of their House to wear during the carnival
- Buses will be leaving at 8.45am. The boys will travel to the carnival in their House groups
- Boys need to bring their morning tea, lunch and drinks for the day
- Boys may wear spikes for 100m & 200m races
- Age groups for the carnival include Under 12; Under 11 - Yr 6; Under 11 - Yr5; Under 10
- All events will be decided on times 100m & 200m (no Finals)
- The carnival will be a selection trial for the Sydney Catholic Schools' Athletics Carnival.
- The boys will compete in field events: Shot Put; Long Jump; Discus; & High Jump
- The carnival is a compulsory school event and all boys are expected to attend
- If a boy cannot compete, a note must be supplied – the boy will attend the carnival and have a role on the day
- All boys that require medication need to make sure they have that medication on them at all times.
- The carnival will conclude around 2pm – parents may sign out their sons from the CLASS TEACHER.
- All boys who have not been signed out by 2.15pm will return to school
- 800m Races are a nominated event – this event will be run during Physical Education on a Thursday at Marrickville Park

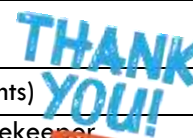


**800m Race Results** (These results will go towards age championships and to the House competition)

Yr 6- Under 12	Yr 6 Under 11	Yr 5 Under 11	Yr Under 10
Alessio Genova (2 mins 37)	Andre Martins (2 mins 58)	Anthony Marcroft (2 mins 46)	Orlando Triulcio (2 mins 56)
Antonio Harb (2 mins 38)	George Kontis (2 mins 59)	Dimitri Kessemelis (2 mins 51)	Joseph Dichiera (2 mins 57)
Hugh Glassock (2 mins 48)	Zac Jurukov (3 mins 13)	Sam Apostolou (3 mins)	Hugo Macri (3 mins 03)
William Hardy (2 mins 49)	Samuel Maybury (3 mins 14)	Amos Taouil (3 mins 14)	Carlo Catena (3mins 11)

### Parent Volunteer Roles

Starter	Glen Eaves (100m events)	John Ulizzi (200m events)
Timekeepers TEAM ONE	1. Joanne Amodeo 3. Brett Dalkeith	2. Tina Kessemelis - Timekeeper 4. Isis Harb – Timekeeper
Timekeepers TEAM TWO	1. Micheline Rabahi 3. Jacqueline Sanchez	2. Pamela Costantini – Timekeeper 3. Patty Zarrino – Timekeeper
Place Judges	1. Lucy Gallas 3. Louise Marcroft	2. Nicolle Strauss 3. Greg Brunner
Recorders	1. Catherine Colubriale 3. Maria Haklani - Recorder	2. Jody Mayne - Recorder



TIME	U/12 Brady Gallagher Healy	U/12 Kearney Magee O'Neill	U/12 Treacy Wynne	U/11 Yr6 All Houses	U/11 Yr5 Brady Gallagher Healy Kearney	U/11 Yr5 Magee O'Neill Treacy Wynne	U/10 Yr5 Brady Gallagher Healy Kearney	U/10 Yr5 Magee O'Neill Treacy Wynne
9.30 am	100m	100m	100m	100m	100m	100m	100m	100m
10.15 am	Long Jump	Discus	Shot Put	High Jump	Long Jump	Discus	Shot Put	High Jump
11.00 am	High Jump	Long Jump	Discus	Shot Put	High Jump	Long Jump	Discus	Shot Put
11.45 am	200m	200m	200m	200m	200m	200m	200m	200m
12.30 pm	Shot Put	High Jump	Long Jump	Discus	Shot Put	High Jump	Long Jump	Discus
1.15 pm	Discus	Shot Put	High Jump	Long Jump	Discus	Shot Put	High Jump	Long Jump

Mr Mark Woodbury, Primary Sport Coordinator



# INVITATION



The staff and students of CBHS Lewisham invite mothers, grandmothers and carers to celebrate Eucharist in the company of your sons and grandsons to acknowledge all mothers

**Date:** Wednesday, 8<sup>th</sup> May 2019  
**Time:** 9:00 am, followed by light refreshments  
**Place:** Br Julian McDonald Centre  
**RSVP:** Friday, 3<sup>rd</sup> May 2019

In order to assess the number attending and the catering required, please reply by the due date using one of the following options:

**Email:** [office@cbhslewisham.nsw.edu.au](mailto:office@cbhslewisham.nsw.edu.au)  
**Phone:** 8585 1744      **Text:** 0418 316 366  
**Online:** <https://forms.gle/pLVWGi7ZdA54VUsV8>

## MOTHER'S DAY

# Mass

*Join us  
in the Chapel*



*Ms Farrugia invites you to*

## Community Mass


Fridays @ 8.15 am

## Confession

Fridays @ Lunchtime

*All students, families and staff are welcome*





### ST JOSEPH'S CHURCH ENFIELD

#### CONFIRMATION

For children in Year 6 or older who have received the Sacrament of Reconciliation and First Holy Communion

**Sacrament date:** Sunday, 16<sup>th</sup> June 2019  
Sessions at 12 pm and 3 pm

Confirmation Coordinator: Janine Hannigan  
Ph: 0431 941 827 or email: [sacraments.stjenniferfield@gmail.com](mailto:sacraments.stjenniferfield@gmail.com)

**Family Sacrament Information Session:**  
Saturday, 4<sup>th</sup> May 2019 at 4 pm in the Church

**How to register:**

- Go to St Joseph's website [www.stjosephenfield.org.au](http://www.stjosephenfield.org.au)
- Click on Sacraments
- Click on Parish sacramental program
- You will find three brown boxes click on Confirmation Enrolment form
- This will open the Confirmation google form. Please complete the form

*On 4<sup>th</sup> May please bring your enrolment fee of \$55 per child – please bring the correct money.*

Any question please free to ring or text Janine Hannigan on 0431 941 827



## IMPORTANT DATES

TERM 1, 2019			
Week 11	Fri	12 April	Easter Liturgy End of Term 1 2019
TERM 2, 2019			
Week 1	Mon	29 April	Beginning of Term 2 : Full Winter uniform - Blazer
	Mon	29 April	ANZAC Day Commemoration 11.40am
	Fri	03 May	Primary Athletics Carnival - Olympic Park (Warm-up Track) Selection trial for Athletics squad
Week 2	Mon	06 May	Founder's Day Mass
	Wed	08 May	Mother's Day Mass , 9.00 am
	Fri	10 May	Founder's Day Picnic; P & F Blue and Gold Dinner, 7:00pm
Week 3	Mon	13 May	Yrs 5 – Yr10 Parent/Student/ Teacher Interviews
	Tue	14 May	NAPLAN Yr 5 Language Conventions: 45 minutes / Writing: 40 minutes
	Wed	15 May	NAPLAN Yr 5 Reading: 50 minutes
	Thu	16 May	NAPLAN Yr 5 Numeracy: 50 minutes
Week 4	Tue	21 May	Early dismissal – 1.35pm
	Wed	22 May	Maths Olympiad Junior Division - Years 5 & 6 Contest 1
Week 5	Tue	28 May	Emergency Evacuation Drill
	Thu	30 May	The Da Vinci Decathlon - Knox Grammar School
	Thu	30 May	CBHS Autumn Social Soiree
	Fri	07 June	Staff Development Day
Week 7	Mon	10 June	Queen's Birthday Public Holiday
Week 8	Wed	19 June	Maths Olympiad Junior Division - Years 5 & 6 Contest 2
Week 10	Tue	02 July	Yr 5 Notables / Yr 6 Science Fair evening
	Fri	05 July	Term 2 Concludes
TERM 3, 2019			
Week 1	Mon	22 July	Staff Spirituality Day - Pupil Free Day
	Mon-Fri	22-26 July	NAIDOC WEEK
	Tue	23 July	Term 3 Commences
	Wed	24 July	NAIDOC Assembly
	Fri	26 July	ALLWELL TESTING YR5 2020 9am -2pm
Week 2	Wed	31 July	Maths Olympiad Junior Division - Years 5 & 6 Contest 3
	Wed-Fri	31 July – 02 Aug	Yr 6 Canberra Excursion
Week 5	Mon	19 Aug	Primary Book Week
	Tue	20 Aug	Early dismissal 1.35pm – Parent / Teacher /Student Interviews
	Wed	21 Aug	Author Presentation - Martin Chatterton
	Wed	21 Aug	Maths Olympiad Junior Division - Years 5 & 6 Contest 4
	Fri	23 Aug	Br B M Gartland Assembly – House Champions Presentation
Week 6	Wed	28 Aug	Father's Day Mass
Week 7	Tue	03 Sept	ICAS Digital Technologies Competition
	Thu	05 Sept	ICAS Science Competition
	Thu	05 Sept	CBHS Spring Social Soiree
Week 8	Wed	11 Sept	Visit to Mary MacKillop Museum 5C & 5P
	Wed	11 Sept	Maths Olympiad Junior Division - Years 5 & 6 Contest 5
	Thu	12 Sept	ICAS Spelling Competition
Week 9	Wed	18 Sept	Visit to Mary MacKillop Museum 5E & 5L
	Thu	19 Sept	ICAS Mathematics Competition
Week 10	Fri	27 Sept	Term 3 Concludes
TERM 4, 2019			
Week 1	Mon	14 Oct	Term 4 Commences
	Tue	15 Oct	ALLWELL Yr7 2020
	Fri	18 Oct	Nominations for Primary Leaders 2020 due
Week 2	Fri	25 Oct	Speeches by nominated Leaders for 2020
Week 3	Fri	01 Nov	School Assembly – Announcement of School Student Leaders 2020
Week 5	Mon	11 Nov	Speech Night practise Town Hall – Travelling in by train
	Mon	11 Nov	Speech Night –Sydney Town Hall 7pm
	Tue	12 Nov	Student free day
	Fri	15 Nov	Old boys / Staff Mass & Reunion
Week 6	Mon	18 Nov	Orientation Day Year 5 2020
	Mon	18 Nov	Yr6 Excursion off site
Week 7	Thu	28 Nov	Indigenous Awards Evening
Week 8	Wed	04 Dec	Advent Liturgy
	Wed	04 Dec	Term 4 Concludes