



Religious Education Matters

In Year 6, as part of developing our Catholic faith, we began the year by unpacking our School Rules and Expectations.

We agreed upon our expected behaviour and discussed the importance of this for being part of the Holy Family community.

At Holy Family we agree to be:



SAFE



RESPECTFUL



LEARNERS



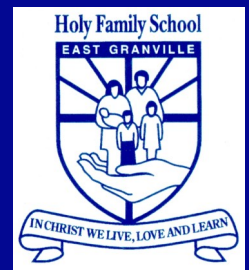
Holy Family Primary School

In Christ we Live, Love and Learn !

SCHOOL NEWSLETTER

● Wednesday 6th February

● Term 1 Week 2



Term 1 ~ Week 2

From the Acting Principal...

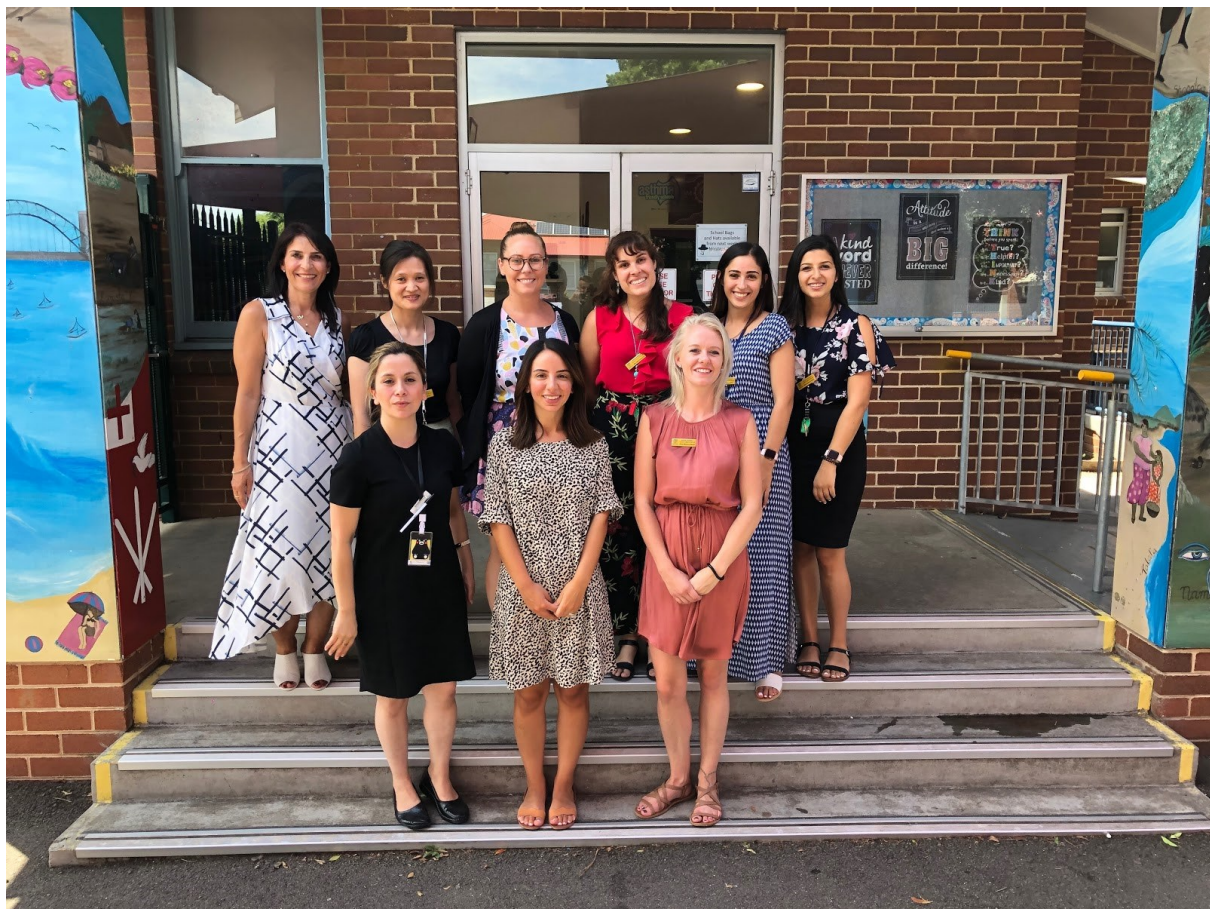
Dear Parents and Friends,

Expectations for the New Year

Welcome back to an exciting 2019. Welcome back to all of our students, dedicated staff and families. I extend a very warm welcome to the new staff, children and their families and of course the 46 Kindergarten children and to the new families joining Holy Family this year.

I'm looking forward to a fantastic year of learning.

New Staff at Holy Family: (top L to R) Mrs Laure Haidar, Ms Anne Vo, Mrs Annie Barry, Ms April Fernandez, Ms Josie Lianos, Ms Kristina Takchi
(Bottom L to R) Mrs Iman Maronesy, Mrs Judy Kari and Ms Melyssa Melee.



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KINDERGARTEN 2019



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As we commence the new school year it's a good time to consider what you expect of your children. Having expectations that are high—but also realistic—is essential for school success. Think of a balloon. If there's no air (like no expectations), it's flat. If you put in too much air (expectations that are too high and impossible to meet), the balloon bursts. Finding the right balance of expectations will stretch children to grow without frustrating them.

Tips for primary school children:

- Help children develop predictable routines around waking up, getting ready for the day, eating nutritious meals, taking care of their bodies, going to bed at a regular time, and getting enough sleep. Children are more likely to be successful when their routines help them thrive.
- Build on your children's interests. They're more likely to meet high expectations when they're doing things they enjoy.
- Talk with your children about the goals you've set and achieved in your life. Explain how you overcame obstacles to meet your goals.
- Expect bumps along the way. Achieving high expectations is not like climbing a ladder where each step is a step up. Expect setbacks and doubts. They're all part of the process. The key is to work through the difficulties along the way.
- Encourage children to grow and develop at their own pace. Don't compare your child to other children. Some are early walkers. Some are late walkers. Both are normal. Follow your child's lead.
- Watch out for pressures that you place on your child because of your preferences rather than your child's needs. For example, not all sports-mad parents are going to have sports-mad children.
- Give young children extra time to practise new things. Expect the process to be bumpy and slow. Be encouraging and don't expect perfection.
- Have high expectations for homework and schoolwork.
- Help children break large, difficult tasks into smaller, more manageable tasks. This is called 'chunking' and can build confidence as they achieve each part.

Weeks 1 & 2 at Holy Family

Week 1

We have started the year off well with positive attendance to either the Best Start (Kindergarten) or MAI interviews last Wednesday and Thursday. The teachers are very appreciative of families supporting the school and making sure children were at their interview, as the data collected about your child helps teachers plan the learning to cater individual student needs.

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Canteen

Congratulations to Mrs Fiona Feher- Hegarty who has taken over the lease of the school canteen. If you have not already done so drop by the canteen to see the new menu options and price list. Holy Family is extremely fortunate to have access to such a healthy canteen.

Meet the Teacher Evening

Next Tuesday 12th February, all parents are invited to attend our **Meet the teacher** evening from 5:00pm - 6:30pm. All families and staff will meet in the hall and after a brief introduction will move to individual classrooms. For families with more than one child there will be a repeat class gathering in each class at 6:00pm. Looking forward to seeing you there.

Environmental Incursion

During 2019 Holy Family students will be involved in a variety of learning experiences to increase their understanding of the many environmental issues that are impacting not only our own environment but world wide. The first of these will be an incursion next Thursday 14th February with Years 1, 3, 5 and 6 attending. As a school community that works together, I am certain that we can do amazing things to become more environmentally aware.

Kind regards,

Let us remember that as many hands build a house, so many hearts make this school.

Mrs Cheryl Fortini

Acting Principal



BIRTHDAY WISHES !

Congratulations to the following students
who celebrate their birthday this Month



Aawahang Angbo	Angelina El Boutty
Eliane El Goubaira	Catalina Houshmand
Olivia Isaac	Amelia Katrib
Tristan Lancaster	Luke Laoulach
Paul Laoulach	Samuel Livingstone
Animesh Maharjan	Emily Nakhoul
Nabil Nassar	Abuk Ngor
Cairee Piniero	Rohan Puri
Derek Saulala	Yuhan Shi
Suruchi Shrestha	Sophia Taouk



Enjoyable learning for everyone

top of the class with greg whitby



HAVE you ever eaten the same meal as a friend and had a completely different experience?

You may have enjoyed the flavour and texture while your friend didn't. In many ways, that's how students experience schooling — some are wildly enthusiastic about learning while others are completely uninspired by it. For those in the uninspired camp, the

start of the school year signals a long and often difficult road ahead for them. It can be demoralising and create a lot of anxiety.

As I have argued for more than a decade, schools need to provide learning that is inspiring, engaging, relevant and challenging for all learners. The problem with the current model of schooling is that it still relies heavily on motivating students to learn using rewards and punishments. While the carrot and stick approach may work well in the short-term, it doesn't work long-term or when students are faced with really complex tasks.

We know from the data that young people often become disengaged when they reach year 8 and year 9.

So how do we create an environment where they will persist in the face of challenging tasks, and find personal satisfaction and joy from what they are learning?

We need to replace the carrot and stick approach with one that recognises the diversity of every learner.

We need to provide students with greater autonomy with what they learn and how learn.

We need also need to give them a stronger voice. I empathise with the students and parents who wake up this week feeling like schooling will be a year of hard labour. My wish is that one day in the near future, every child will want to attend school, excited, motivated and ready to learn!

Greg Whitby is the executive director of schools for the Catholic Diocese of Parramatta





Reading Challenge

The Premier Reading Challenge is for Kindy to Year 9 students. It commences on the 4th March and closes on 30th August. The Challenge aims to encourage a love of reading. It is not a competition but a challenge for each to read and acquire the benefits of reading. Some of the benefits of reading are

- Mental stimulation
- Knowledge
- Memory improvement
- Better writing skills

Certificates will be handed out in December, once received from the Premier. If you would like your child to enter the challenge, please see Mrs Gordon in the library for the registration letter.

SCHOLASTIC BOOK CLUB Issue 1

[Book club brochures for issue 1 have been delivered to the classrooms. Orders are due back on Friday 15TH February 2019. Late orders will not be accepted after this date.](#)

Yours in reading
Mrs Lyn Gordon/ Library Assistant.



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SCHOOL FEES

School Fee Statements will be mailed by the Catholic Education Office in the next coming weeks.

Term 1 school fees are due on the 20th March 2019.

Please note, that any school fee payment arrangement made in 2018 does not automatically continue.

If you have difficulty in paying school fees an appointment will need to be made to discuss this matter with Mrs Fortini. Thank You

Payments can be made by cash, cheque, EFTPOS, BPAY or at the Post Office.

1. Diocesan tuition fee

These are set by Catholic Education Diocese of Parramatta and are the same for every school. There are **significant sibling discounts** for families with more than one child at a Catholic Education Diocese of Parramatta school (it does not have to be the same school).

Those discounts and a list of the annual Diocesan tuition fees for 2019 are outlined below.

2019 Diocesan tuition fee schedule (per year)

	1 st child (100%)	2 nd child (75%)	3 rd child (50%)	4 th Child (0%)
Kindergarten	\$1,206	\$903	\$603	No fee
Years 1 – 6	\$1,557	\$1,167	\$780	No fee
Years 7 – 8	\$2,157	\$1,617	\$1,080	No fee
Years 9 – 10	\$2,394	\$1,794	\$1,197	No fee
Years 11 – 12	\$3,057	\$2,292	\$1,530	No fee

2. Diocesan Building Levy

This fee is set by Catholic Education Diocese of Parramatta and is the same for every school. The annual Diocesan building levy for 2019 is \$804. **There is only one Diocesan building levy per family with one or more children in a Parramatta Diocesan school or at St Dominic's College, Kingswood** and it is billed in instalments over the first 3 terms of the year. A sibling discount of 50% is granted to families with children within the bordering Archdiocese of Sydney and Dioceses of Wollongong and Broken Bay.

3. School-based fees

These are determined by the school according to the needs of that school and billable for each child. School-based fees are often called 'resource fees' or 'activity fees'. These fees help schools cover the costs of things like teaching resources, technology, excursions etc.

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Stay informed with the SkoolBag App

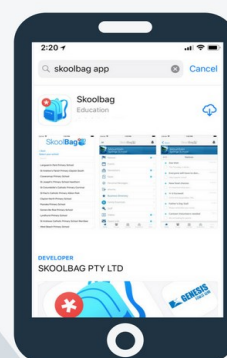


The SkoolBag app is the easiest way to stay up-to-date with school events, last minutes notices, newsletters and **all** school communications.

1

Download the app

Search for the free SkoolBag app in the Apple App or Google Play Store



2

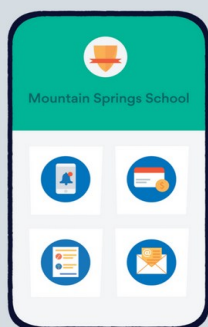
Create an account

Sign up in seconds with your email address

3

Add your school

Search for your school and add your subscription groups



SkoolBag 



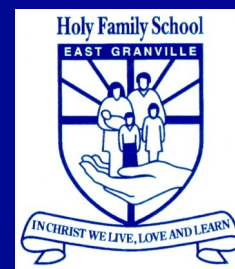
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HFS Parent Calendar - Term 1, 2019

Week	Date	Event
1	Tuesday 29/1	Staff Development Day
	Wednesday 30/1	MAI/Best Start Testing
	Thursday 31/1	MAI/Best Start Testing
	Friday 1/2	All Students Return
2	Wednesday 6/2	Swimming Carnival Years 3-6
3	Tuesday 12/3	Meet the Teacher 5:00pm-6:30pm
	Wednesday 13/2	Cumberland Zone Swimming Carnival - Mt Druitt Pool
	Thursday 14/2	Environment Incursion
4	Tuesday 19/2	Parent Forum 6:00pm-7:00pm
	Thursday 21/2	Opening School Mass 9:15am
		Year 6 Commissioning 10:00am
5	Wednesday 27/2	Year 6 Delany College Learning Day
	Friday 1/3	Fundraising Meeting
6	Tuesday 5/3	Open Day
		Ash Wednesday Mass 9:15am
	Wednesday 6/3	Parent Learning Walk
	Friday 8/3	Whole School Assembly Grades 1, 3, 5
7		
	Sunday 17/3	St Patrick's Day
8	Tuesday 19/3	St Joseph's Day Mass
	Thursday 21/3	Cross Country
9		
10		Whole School Assembly Grades K, 2, 4, 6
11	Friday 12/4	Stations of the Cross

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Medication

Any students requiring regular medication need to have a current medical form completed.

Please supply any medication clearly labelled with the students name and your form which will be kept in the office.

Please note expiry dates and supply new medication if still required.

Learn *Music* on the keyboard

at School

Great songs! Musical activities!

Cool music knowledge!



☐ Convenient at-school venue ☐

☐ Small group - 45 min weekly lesson ☐

☐ Competitive rate - \$29 per session (GST Incl.) ☐

☐ Instrument not required initially ☐

**To enrol, please call 9411 3122 or visit
www.learnmusicatschool.com.au**

Violin Incl. Piano (VIP) Music est. 1984 www.learnmusicatschool.com.au



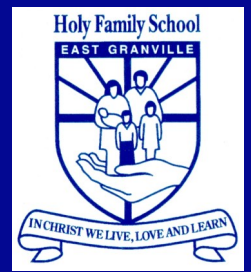
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APPLE A DAY



Many more fresh and healthy items are available over the counter every day

WEEKLY SPECIALS

MONDAY SPECIAL

- Spaghetti bolognese - \$4.50 (E)

TUESDAY SPECIAL

- Lean beef cheeseburger - \$4.50 (E)

WEDNESDAY SPECIAL

- Kofta, Hummus Salad Burger - \$4.50 (E)
- Pizza make your own (cheese, ham chicken, olive, bacon) - \$4.00 (E)

THURSDAY SPECIAL

- Chicken Fried Rice - \$4.50 (E)

FRIDAY SPECIAL

- Party pies - \$3.50 (O)
- Hotdog with sauce - \$3.00 (O)
- Chicken nuggets X6 - \$4.20 (O)

CRUNCH & SIP

Only available before gam
Bottle Water 600ml
plus
piece of seasonal fruit
\$2.00

Breakfast

Cheese Toast - \$1.00 (E)
Cereal Bowl - \$2.00 (E)
Yoghurt - \$2.00 (E)
Piece of fruit - \$1.00 (E) (GF)

Drinks

- Water Bottle 600ml - \$2.00 (E)
- Water bottle 250ml - \$1.00 (E)
- Berri 99.9% pop top 250ml - \$2.50 (E)
- Juice Bomb - Orange Passio, Raspberry - \$2.50 (E)
- Oak Lite Milk Chocolate and Strawberry - \$2.50 (E)
- Up & Go - \$2.50 (E)

All noodles, drinks and frozen treats to be collected from canteen

Website: www.appleaday.com.au
Email: flowa@appleaday.com.au



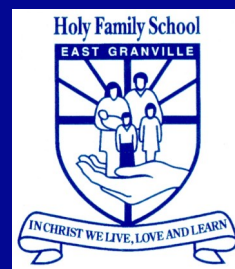
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Sandwiches (Fresh or Toasted)

- Vegemite, Jam or Honey-\$2.00 (O)
- Cheese-\$2.50 (E)
- Ham & cheese-\$3.50 (O)
- Egg, Lettuce & Mayo-\$4.00 (E)
- Salad-\$4.00 (E)
- Lettuce, tomato, cucumber, Carrot, Beetroot*
- Chicken Lettuce & Mayo-\$4.50 (E)
- Tuna, Cucumber & Mayo-\$3.50 (E)

Bread (White, wholemeal & Multigrain)

- White Roll \$0.50
- Wrap \$1.00
- Gluten Free (per slice) (GF) \$0.70
- Turkish bread \$1.00

Wraps

- Grilled chicken lettuce & tabouli-\$4.50 (E)
- Grilled chicken lettuce & sweet chilli sauce -\$4.50 (E)
- Chicken schnitzel lettuce and mayo-\$4.50 (O)

Salads

- Grilled chicken with Tabouli-\$4.50 (E) (GF)
- Greek Salad-\$4.50 (E)

Made to Order Sandwiches, wraps and Salads prices vary

Burgers

All burgers come with the sauce of your choice
BBQ, Tomato, Mayo, Sweet chilli

- Cheeseburger – (Beef), Cheese-\$4.50 (E)
- Chicken, (breast fillet) Lettuce & mayo-\$4.50 (E)
- Chicken Schnitzel Burger, Lettuce & mayo \$4.50 (O) (contains egg)

Extras (for salads, Burgers, Wraps sandwiches)

- Avocado (E) \$1.00
- Boiled Egg (E) \$1.00
- Light Ham (O) \$1.00
- Grilled Chicken (E) \$1.00
- Hummus (E) \$1.00
- Cheese (E) \$0.50
- Tomato (E) \$0.50
- Beetroot (E) \$0.50
- Cucumber (E) \$0.50
- Carrot (E) \$0.50
- Lettuce (E) \$0.50

Hot Foods

- Oven Baked Wedge's with Sour cream & Sweet chilli -\$4.50 (O)
- Garlic Bread Roll -\$2.50 (O)

Quick Fresh Snacks

- Fruit Salad Bowl-\$2.50 (E) (GF)
- Vanilla Yogurt \$2.50 (E)
- Muesli with Milk-\$2.50 (E)
- Piece of seasonal fresh fruit-\$1.00 (GF)

Icy Treats

- Frozen Juice Cup-\$1.50 (E)
- Ice Mony-\$1.50 (E)
- Frozen Orange Wedge-\$0.20 (E)
- Blizzard Slushie 99.9% fruit Juice-\$2.00 (E)
- Quench 99.9% Frozen Juice Sticks-\$1.00 (E)
- Twisted Frozen Yogurt -\$2.50 (O)

Spoons	20c
Forks	20c
Sauce	30c
Lunch bag	20c

Food Codes

GF- Gluten Free
E – Everyday
O – Occasional

All noodles, drinks and frozen treats to be collected from canteen

Website: www.appleaday.com.au
Email: frwa@appleaday.com.au

