Sunday 24th May 2015

This day became especially significant for Christians because, seven weeks after the resurrection of Jesus, during the Jewish celebration of Shavuot/Pentecost, the Holy Spirit was poured out upon his first followers, thus empowering them for their mission and gathering them together as a church.

Pentecost People

Come, Holy Spirit, and make us Pentecost people.
Let your wisdom and right judgment guide our decisions and temper our impulses.
Let knowledge and understanding increase our capacity for empathy and compassion.
Let reverence and awe fill us with gratitude and respect for all of creation.
Give us the courage to witness boldly to our faith in word and deed.
Through and with and in Jesus Christ, we pray.
Amen.

"Recta Sapere" To Know, Love and Relish what is Right and Just
Upcoming Events

<table>
<thead>
<tr>
<th>Date</th>
<th>Event Description</th>
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</thead>
<tbody>
<tr>
<td>6th May:</td>
<td>Year 7 Vaccinations</td>
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<tr>
<td>8th May:</td>
<td>G’Day – 7.30am – 11am- If your child didn’t receive a note please email Mrs Goodhew: <a href="mailto:angela.goodhew@dow.catholic.edu.au">angela.goodhew@dow.catholic.edu.au</a></td>
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<tr>
<td></td>
<td>Mother’s Day Breakfast – 7.30am – 8.15am</td>
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<tr>
<td>12th – 14th May:</td>
<td>School Photos Backup Day</td>
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Message from our IT Department

John Therry Catholic High School is trialing a new system for late arrivals and early departures. The system consists of a self-serve kiosk with a biometric scanner that connects with our school attendance system.

This process uses fingerprint technology to uniquely identify each student.

The system does not actually store images of fingerprints; these systems actually work by running key features of the fingerprint through a complicated encryption algorithm. This produces a result which cannot be "reverse engineered" to produce any biometric or image information – this means that at no point does the school have access to a student’s fingerprint.

The data kept on file can only be used to verify an identity against another scan through the same system, the information is effectively useless to any other biometric systems.

Below is a sample of the data kept on file in the system:

**NAME**
John Doe

**ID**
12345678

**FINGERPRINT**
ce0745776ab56803b03d64d166f22 0577041c9a35571eff8956fba6d4f a4b446

The system has already been trialed with Year 12 students and has proven very effective in quickly processing students who arrive late or need to leave early to attend appointments etc. It has previously been used at John Therry Catholic High School as part of the Library Borrowing system and is still in use in various schools across Wollongong Diocese.

"Recta Sapere" To Know, Love and Relish what is Right and Just
Anzac Day

"Recta Sapere" To Know, Love and Relish what is Right and Just
INVITATION

The Principal

KAREN YOUNG

Invites

ALL MOTHERS AND THEIR CHILDREN

To attend

MOTHER’S DAY BREAKFAST AND FRIDAY MORNING MASS

This breakfast and Mass is a special morning to celebrate and acknowledge the role mothers and female carers play in the lives of our students.

To be held

Breakfast - John Therry Catholic High School (F-block)
Mass - Our Lady Help of Christians Church
FRIDAY 8th MAY 2015 COMMENCING 7:15am for breakfast

Agenda for the morning – Mothers are welcome to attend all or part of the celebrations.

7.15am Breakfast – F-block

8:15am Friday morning mass in the OLHC Church

RSVP: Monday, 4th May 2015 as catering is required for this event – Please return slip to your child’s Learning Mentor in Learning group.

Student’s name __________________________

Learning group __________________________

Number attending breakfast including your child ______

Please circle your attendance Breakfast YES / Unable to attend

"Recta Sapere” To Know, Love and Relish what is Right and Just
Study Skills Tips

7 Steps to Make the Most of Classtime

So what are the advantages of using classtime efficiently? Well, you will complete more work in class and have less to do at home, your teacher will be pleased with your application and so will your parents when they read your report, and of course, you will learn more! And if you don’t use classtime efficiently? Well you will have to do more work at home, you will find you don’t always understand the work, your teachers will have to be continually disciplining you and you may even make it harder for other people in your class to learn. So what does working effectively in class mean?

1. Sit next to someone who will help you stay on task.
2. Ask questions whenever you are unsure, unclear or do not understand something.
3. Be polite and respectful of your teacher and your classmates.
4. Come to the lesson with all the books, technology and equipment you will need.
5. Contribute your thoughts and ideas at the appropriate times.
6. If you find yourself day-dreaming ask yourself questions about what is going on.
7. Try at all times to stay on task and be focused on the work you are doing.

Learn more this year about how to work effectively at home and at school by working through the units on www.studyskillshandbook.com.au. 

"Recta Sapere" To Know, Love and Relish what is Right and Just
Developing active and healthy students

Research shows that students who are active and have healthy eating habits perform better academically. Schools play a critical role in educating students, parents and the wider community about the importance of healthy eating and daily physical activity.

Watch the new Premier's Sporting Challenge video on the importance of physical activity.

The mandatory Personal Development, Health and Physical Education (PDHPE) curriculum from Kindergarten to Year 10 provides students with the knowledge and skills to lead a healthy and active life.

Primary students learn about:
• good food choices for good health
• the impact of unhealthy eating on health
• preparation and storage of food
• balancing energy intake and energy expenditure
• components of a balanced lifestyle
• ways to be active and the benefits of being physically active.

Students actively engage in practical activities relating to games and sports to develop their fundamental movement skills in order to lead active lives.

High school students examine:
• the holistic nature of health by exploring nutritional requirements throughout life
• factors that influence an individual’s food choices
• the relationship of food choices to their health
• the relationship between diet, physical activity and health, lifestyle diseases as a result of unhealthy food choices
• the impact media can have on an individual’s body image
• analysing food labels to understand the nutritional value and marketing of food products and critiquing health products and services to make informed decisions.

Students also participate in a variety of activities to develop an appreciation of movement to:
• enhance their wellbeing
• understand the components of a balanced lifestyle
• plan for and reflect on their own health and fitness to develop lifelong physical activity habits.

For more information on how to develop active and healthy students, visit the following websites:

Nutrition
Stephanie Alexander Kitchen Garden Foundation Eat for Health Get Healthy Healthy Kids Crunch and sip Fresh for Kids

Physical Activity
Australia’s Physical Activity and Sedentary Behaviour Guidelines World Health Organisation Australian Sports Commission NSW Premier’s Sporting Challenge

Health issues linked to nutrition
Heart Foundation
Diabetes NSW
NSW Cancer Council – Eat it to Beat It

"Recta Sapere" To Know, Love and Relish what is Right and Just
Vaccinations

Year 7 were given vaccination forms to take home. These need to be returned to the school office. Please ensure that all parts of the form are completed and you have included your Medicare number.

NSW Health nurses will visit the school on the following dates throughout the year:

<table>
<thead>
<tr>
<th>Date</th>
<th>Vaccine 1</th>
<th>Vaccine 2</th>
<th>Vaccine 3</th>
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<tbody>
<tr>
<td>6 May 2015</td>
<td>HPV</td>
<td>HPV and dTpa</td>
<td></td>
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<tr>
<td>15 July 2015</td>
<td>HPV</td>
<td>HPV and Varicella</td>
<td></td>
</tr>
<tr>
<td>17 November 2015</td>
<td>HPV</td>
<td>HPV and Varicella</td>
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If your child is away on vaccination day they usually hold a catch up day within a couple of weeks of the vaccination day. If your child misses both days then you will need to organise to have the vaccinations with your local doctor.

For information regarding vaccinations you can contact your local Public Health Unit on 1300 066 055. Please see the brochure below for further information.

Catholic Care

CAMPBELLTOWN TERM 2, 2015
MORE HARMONY NO HARM (MEN)
Topics covered include understanding and managing strong emotions, effective communication, assertiveness skills & positive behaviours for healthy relationships.
7 Thursday evenings 6:30pm - 9:00pm
20 April, 24, 7, 14, 21, 28 May, 4 & 11 June
CatholicCare
35A Cordeaux St
Campbelltown
Workshop Fee: $15 per session

BRINGING UP GREAT KIDS
Parents will learn “mindfulness” techniques to increase awareness of their thoughts & feelings. They will learn to be more aware of their child’s needs & how to better respond to their child’s behaviour to improve their child’s self-identity, decrease parental stress & enhance the parent/ child relationship.
3 Wednesday mornings 10am - 12:30pm
22, 29 April & 6 May 2015
CatholicCare
35A Cordeaux St
Campbelltown
Workshop Fee: $15 per session

SEASONS FOR GROWTH PARENTING
This workshop gives an understanding of divorce/separation from a child’s perspective and helps parents to support their children through family change.
2 Wednesday mornings 10am - 12:30pm
27 May & 3rd June 2015
CatholicCare
35A Cordeaux St
Campbelltown
Workshop Fee: $15 per session

123 MAGIC & EMOTION COACHING
This time tested workshop provides easy to follow steps for disciplining children aged 2-12 years without yelling, arguing or hitting.
3 Tuesday evenings 6:30pm - 8:30pm
28 April, 5 & 12 May 2015
Bright Sparks Early Learning Centre
38 Rixon Rd
Ascot
Workshop Fee: $15 per session

MY KIDS AND ME
A workshop for parents who have had children removed from their care. Assists participants to identify parenting skills, strengths and resources to develop relationships with their children.
7 Thursday mornings 10am - 12:00pm
30 April, 7, 14, 21 & 28 May, 4 & 11 June 2015
Claymore Community Centre
Cor Gould & Dockit Rd
Claymore
Workshop Fee: No Fee

KEEPING KIDS IN MIND
A post-separation parenting workshop. Learn how to deal more effectively with the emotional & practical issues of parenting after separation. Explores loss & grief in parents and children, power grants & impact on children.
5 Monday mornings 10am - 12:00pm
27 April, 4, 11, 18 & 25 May 2015
CatholicCare
35A Cordeaux Street
Campbelltown
Workshop Fee: $20 per session

GRASSROOTS PARENTING
This program, for parents of children aged 0 - 8, covers child development, behaviour and management of safety, play and nurturing the whole family. Each of the 5 sessions is self-contained. Pick which sessions you wish to attend.
Babies 0 - 12 mths - 15 May
Child development, crying, settling ideas, routine, safety, play and interaction
Toddlers 1 - 2 yrs - 22 May
Child development, meeting toddlers needs, tantrums, safety and play
Pre-Schoolers 3 - 5 yrs - 5 June
Child development, behaviour and management of routine, rules and boundaries, safety and play
School Aged Children 5 - 8 yrs - 12 June
Child development, discipline, consequences, communication, negotiating, safety and play
Nurturing the Whole Family - 19 June
Self esteem, family resilience, assertiveness and nutrition
5 Friday Mornings 10am - 12:30pm
CatholicCare
35A Cordeaux St
Campbelltown
Workshop Fee: $15 per session

Workshop Bookings
Campbelltown 4628 0034

"Recta Sapere" To Know, Love and Relish what is Right and Just
**ST VINCENT DE PAUL** annual Gala Charity Dinner. Saturday 30th May at the Camden Lakeside Country Club, Raby Rd, Catherine Fields. $100 per head includes a 3 course meal, champagne on arrival, beer, wine, soft drink. 7pm start. Black tie dress code applies. Bookings and RSVP by Friday 22nd May to Lee Hughes on 4620 8226 or 0458 297 667. All funds raised stay in the Macarthur region.

**OLHC PRIMARY SCHOOL** Enrolment forms for Kindergarten 2016 are now available from the *School Office*. They can also be downloaded via the CEO website. Please return forms to the *School Office*.
Breakfast Club

Too busy this morning to eat breakfast? Rushed out the door and forgot? Come and join us for cereal, toast, fruit or yoghurt

When: Tuesday, Wednesday & Thursday
Before school: 8.00 – 8.30am
Where: The kitchen area in the lower hall

“Recta Sapere” To Know, Love and Relish what is Right and Just
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