



# Christ the King, North Rocks

Term 1, Week 10

6th April, 2018

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## Term 1, Week 11

### Monday 9th April

- \* **Sport Program:** All Children in PE Uniform
- \* Lunch Orders
- \* COOL KIDS MUSIC 3pm—4.30pm

### Tuesday 10th April

- \* **Trashless Tuesday**
- \* Uniform Shop 8am—12:30pm
- \* Ice Block Day
- \* **PE: Yr 5 Yr 2, Yr 1 (Gr 1)**

### Wednesday 11th April

- \* Lunch Orders
- \* **PE: Yr 6 Kindy**
- \* **Chess: 3.00-4.00pm**

### Thursday 12th April

- \* Choir 8am
- \* **YEAR 6 CANBERRA**
- \* **PE: Yr 4, Yr 3, Yr 1 {Gr 2}**

### Friday 13th April

- \* Band 7.45 (existing students from 2017 only)
- \* Lunch Orders
- \* **YEAR 6 CANBERRA**
- \* **LAST DAY OF TERM 1**

## Term 2, Week 1

### Monday 30th April

- \* **STAFF DEVELOPMENT DAY**

### Tuesday 1st May

- \* Uniform Shop 8am—12:30pm
- \* **DIOCESAN CROSS COUNTRY**
- \* Ice Block Day
- \* **PE: Yr 6, Yr 2, Yr 1 {Gr 1}**

### Wednesday 2nd May

- \* Lunch Orders
- \* **PE: Yr 5, Kindy**
- \* **Chess: 3.00-4.00pm**
- \* First Eucharist 1st session Mary MacKillop Hall

### Thursday 3rd May

- \* Parent Reflection Day @ Holy Shrine of the Innocents Kellyville
- \* **PE: Yr 4, Yr 3, Yr 1 {Gr 2}**

### Friday 4th May

- \* Band 7.45am All Students
- \* Lunch Orders

Dear Parents

In the gospel reading this Sunday we begin the accounts of Jesus appearing to his Apostles post his resurrection. There are two themes that stand out in this week's writings by St John. Forgiveness and Faith resonate as we read St John's Gospel for the Second Sunday of Easter. The Gospel is about forgiveness and about recognising the presence of the risen Jesus in our midst. Jesus offers those gathered peace, as he offers us peace here today. Jesus speaks of forgiveness, for we are not innocent, and unless those we have hurt forgive us we find it hard to be at peace. We can keep people in a bind by refusing to forgive them. Jesus tells us that when we forgive, God forgives.

The Gospel goes on to speak of Thomas often referred to as "Doubting Thomas". Thomas is a "symbol of hope" for us all who, like Thomas, were not there to experience Jesus on the first Easter day. Like Thomas we recognise that we cannot forever rely on the faith of others. We are grateful to our parents, teachers and to the inspiration given us by members of our local parish community and by Christians world-wide for sharing their faith and the Good news with us all since we were able to speak. The Holy Spirit is the gift given to us all by God that drives our faith and the relationship we have with our Heavenly Father.

Last week as a school community each day we shared in the Holy Week story culminating in us rejoicing in the risen Lord on Tuesday morning. Each day our children lead us through scripture, prayer and song as we journeyed with Jesus as he rode triumphantly into Jerusalem, endured his betrayal, crucifixion and death and finally witnessing his glorious resurrection. Thank you to the staff and children for preparing our celebration each day and sharing the Easter story with us. A special thanks to our REC Mrs Burley for her preparation and drive in working with the teachers and students to bring our Easter story alive. Thank you also to our parents and parishioners who joined us each day to join in the celebrations. Finally, on Tuesday our Easter week concluded with our Easter hat parade with many creative hats being worn celebrating the spirit of Easter. I'm sure there were many hours spent using glue guns, scissors and thread- thanks Mum and Dad!

Next term on Wednesday 9<sup>th</sup> May [Week 2] we will be holding our first KLA [Key Learning Area] parent workshop. On the night our Lead teachers will explore with our parent community our Literacy Numeracy and Formation goals for 2018. We also will explore some strategies parents can employ at home to assist with their children's with reading. Please mark this workshop in your term 2 diaries.

Next Thursday and Friday I will be accompanying year six students and their teachers on the Canberra field trip. Throughout this term the children have been studying democracy, the election process and the various levels of government within our Australia communities. We will keep you abreast of our travels over the two days via Skoolbag.

Have a great week!

Tony Hughes  
**Principal**

## **NEWSLETTER AND SKOOLBAG NOTIFICATIONS DURING THE HOLIDAYS**

### **Weekly Newsletter notifications**

**FOR YOUR INFORMATION** THIS IS AN AUTOMATED MESSAGE THAT IS SENT THROUGHOUT THE YEAR REGARDLESS OF SCHOOL HOLIDAYS.

This notification will still be received every FRIDAY, HOWEVER there will not be a newsletter attached. PLEASE DO NOT DELETE THE LINK

**Skoolbag notifications** will continue throughout the holidays when necessary.

Please download this app if you have not as yet done so, so that you can be kept informed of any important school messages during the holidays.

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### **QUICK LOOK AT TERM 2, WEEK 1**

#### **Monday 30th April**

⇒ **STAFF DEVELOPMENT DAY—No Students attending school**

#### **Tuesday 1st May**

- ⇒ Students resume school
- ⇒ Uniform Shop 8.00am—12.30pm
- ⇒ PE : Yr6, Yr2, Yr1 (Group 1)

#### **Wednesday 2nd May**

- ⇒ PE : Kindy, Yr 5
- ⇒ Lunch Orders
- ⇒ Chess begins 3-4pm
- ⇒ First Eucharist 1st Session Mary Mackillop Hall

#### **Thursday 3rd May**

- ⇒ PE : Yr4, Yr3, Yr1 (Group 2)
- ⇒ Parent Reflection Day at Holy Shrine of the Innocents, Kellyville

#### **Friday 21st July**

- ⇒ Band (all students) 7.45am + lesson throughout the day
- ⇒ Lunch orders

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### **MARK IN YOUR DIARY**

#### **Tuesday 8th May**

- ICAS Digital Technologies 7.45am

#### **Friday 11th May**

- Mother's Day Liturgy

#### **Tuesday 15th May**

- Family Fun Day

#### **Tuesday 15th May - Thursday 17th May**

- NAPLAN Year 3 & Year 5

#### **Tuesday 29th May**

- ICAS Science 7.45am

#### **Wednesday 30th May**

- First Eucharist Practice evening

#### **Saturday –Sunday 2-3 June**

- First Eucharist Ceremony

#### **Wednesday 13th June**

- ICAS Spelling 7.45am

#### **Thursday 14th June**

- ICAS Writing 7.45am

#### **Friday 15th June**

- NSWCPSCC Cross Country

#### **Friday 22nd June**

- CTK Athletics Carnival



## AFTERNOON BELL TIME AND STUDENT PICK UP

Our End of Day School Bell goes at 2:55pm.

At this time, children proceed to their prearranged Bus lines or pick up areas...Drive through, Burradoo etc.

If your children are not collected by 3:15 pm they are sent to the office, the parents contacted, and children then await collection. Pick up is to be by 3:30 pm at the latest.

This arrangement should be in the case of an emergency or unforeseen delay ONLY.

Should it be noted by the school that late pick up is becoming regular or if you feel that pick up will be delayed on a regular basis, then we ask that you register your child/children with COSHC.

Thank you for your attention to this matter.

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## IMPORTANT MESSAGE RE CHANGES TO GOING HOME ARRANGEMENTS.

Dear Parents,

Children should always be fully aware of their going home arrangements before they come to school each day.

Notification of any changes to your child's going home arrangements must be phoned through to the school office before midday. Messages received after this time are passed on with much difficulty due to assemblies and classes being held in various places on the school grounds.

**PLEASE NOTE:** A phone message left on the **School Answering machine will NOT be accepted**. Parents must speak with an Office Staff member to ensure that the message has been received.

**Email messages are not recommended**, however, if absolutely necessary, an email can be sent to the school re changes to arrangements and if received by the school you will be sent an email acknowledgement. If you have not received an acknowledgement, then please assume that your email has not been received. In this case, your child's normal going home arrangement will still apply.

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## CELEBRATING GIFTS AND TALENTS

Tianna B and Caitlin B participated at the State Athletics Championship at Homebush last weekend with both girls having progressed through their relevant zones and regions. Tianna competed in the Shotput finishing in 8th having thrown a personal best distance. Caitlin competed in the 400m finishing with a bronze medal running a personal best time. Caitlin also competed in the 800m finishing 11th and in the 200m also finishing 11th. Both girls showed great commitment and performed extremely well against the best in the state.

Well Done Girls.





### **ADVANCED NOTICE—PUPIL FREE DAY**

On the first day of Term 2, teaching staff will be involved in a Professional Learning day on **Monday 30th April**.  
On this day the staff will be working on our Numeracy program and the children's learning throughout 2018.  
Please put this date in your calendar as there are no classes on this day.

**For Term 2, students will begin on TUESDAY 1st May**



### **SPRING FAIR**

Our Spring Fair Car Wash Fundraiser on Easter Monday was a huge success. Just over 100 cars were washed raising \$1100 in funds to be shared amongst our CTK community and the refugees at Arupe. Many thanks to all those that participated in this fundraiser and especially Envirowash who have supported us so generously.  
Please join us for our next Spring Fair meeting on Monday, 9 April in the School staffroom at 7:30pm.

### **CTK WINTER UNIFORM - TERM 2 CHANGEOVER**

There will be a grace / change-over period for the first 2 weeks of Term 2 depending on the weather. During this time, at parent discretion, children may wear either their summer or winter school uniform.

**Please ensure** whichever uniform your child wears, it is the full uniform, i.e. not girls summer uniform with tights or boys shorts with long sleeved shirts. Thank you.



**Uniform Shop 2018** open every Tuesday from 8am to 12:30pm

**The Uniform Shop Price List is available on the Christ the King School website.**

Go to [ctknorthrocks.catholic.edu.au](http://ctknorthrocks.catholic.edu.au) and click on the 'Parents' tab then click on Handbook, School Office and then Uniform Shop / Clothing Pool. On this page you will find the price list to download.

**NEXT TRADING DAY : TUESDAY 10th April, 2018**

*Happy Birthday for the month of April:*

*KinderNina B*

*Tina B*

*Zacharyah T*

*Lucy B*

*Jack B*

*Emma B*

*Year 1 Georgia B*

*Oliver P*

*Brandon L*

*Callan M*

*Veneka K*

*Year 2 Nicholas K*

*Abigail V*

*Year 3 Stephanie P*

*Claire R*

*Jeremiah M*

*Mariana W*

*Dominic B*

*Jad S*

*Year 4 Sarah F*

*Year 5 Sienna K*

*Ignatius L*

*Kiara P*

*Year 6 Isabelle Z*



*The School office is open from 8.30am-3.30pm*





Catholic Education  
Diocese of Parramatta

GBW:vt

29 March 2018

Dear parents and carers

In 2018 Catholic Education Diocese of Parramatta moved to a new centralised billing system for the issuing of school fees statements to parents and carers. This initiative was implemented to take the burden off school administration.

Regrettably, many of the fee statements were late in being sent or contained inaccurate information. This was despite the significant planning and preparation that went into developing this new process.

Catholic Education Diocese of Parramatta apologises to anyone who was inconvenienced by the mistakes made with the rollout of the new system. A comprehensive review of the new process is currently underway; this will continue in the weeks and months ahead.

Thank you for your patience and understanding.

Yours sincerely

**Gregory B Whitby AM**  
Executive Director  
Catholic Education  
Diocese of Parramatta



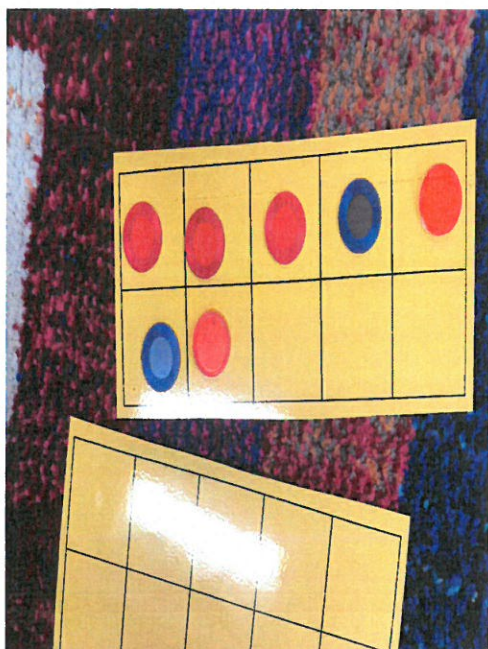
# What's happening in Kindergarten?

In Kindergarten, we have had a wonderful first term settling into big school. We are enjoying getting to know our classmates and teachers and we have already learnt so much in just 10 weeks.

We love learning to read during our Guided Reading time. We are already starting to write a little bit and we love to draw.



We are learning all about numbers and enjoy using materials to represent numbers.





We have really enjoyed learning about the events of Holy Week and listening to stories about Jesus.



We all loved our very first Easter Hat Parade at CTK.



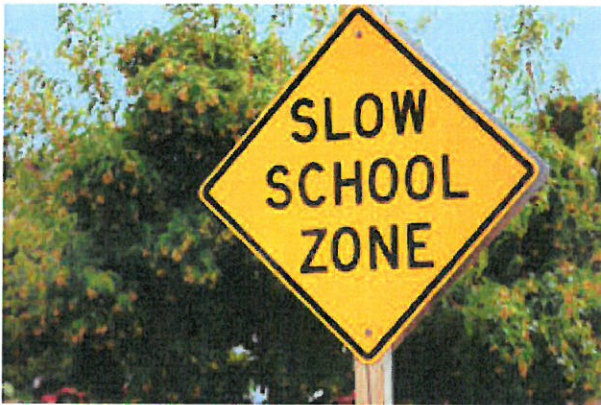


## YR 6 VISITING OUR NATIONS CAPITAL

Best wishes to our Year 6 students who will next week be in Canberra as part of their learning experiences for their unit on Government, 'Australian Democracy'. Many thanks to Mr. Hughes, Miss Brady and Mr. Mogan who will be generously giving up their time, away from their families, to be with the children on this exciting and memorable excursion. We look forward to an exciting recount of their activities in upcoming newsletters.

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### Diocesan Road Safety Education



A reminder to all our parents ahead of the break at the end of Term 1 that school zones remain in place for the safety of our children and families.

School Zones operate on all gazette school days, which are all days the school is open, even pupil free days.

For most NSW Catholic schools, school zones operate as normal until (and include) Friday 13th April 2018 and resume on Monday 30th April 2018. Note: even though many will elect to have Monday

30th April as a pupil free day, school zones will be in operation on the Monday, whether students are present or not.

Should you have any queries or require clarification of this advice, please contact Mr Peter Grace, State Co-ordinator Student Wellbeing and Mission, at CECNSW on [peter.grace@csnsw.catholic.edu.au](mailto:peter.grace@csnsw.catholic.edu.au) or 9287 1583.

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### **Ice Block Tuesday - 1 Ice Block per child**

Our next Ice Block day will be held on Tuesday 10th April (Week 11) with Year 6 Parents running the sales for this week.

Ice Blocks are \$1 each. Please inform the office if you do NOT wish your child to purchase an Ice block or please ensure that your child has their money on the day to avoid tears.

**Please be advised that this will be our final Ice Block day till Term 4.**

Thank you to the many parents that assisted with Ice Block day this term. Our appreciation goes to Mrs Sassen for coordinating this special treat for the children.





## ANZAC Day Launch Kit

On Wednesday, the 4th of April, the year 6 student leaders visited the Parramatta RSL Club, with several other leaders from other schools in our diocese.

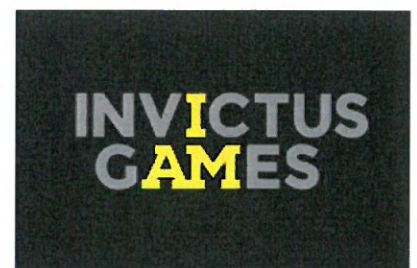
At the ANZAC day launch they showed and provided us with an online educational ANZAC kit that helps teach us about the importance of ANZAC day. In the kit it contains a brief introduction on ANZAC day to teach children how important ANZAC day is. This included a crossword, find a word, recipes and colouring in, which would be very resourceful in our learning towards ANZAC day.

We listened to a representative from the Invictus Games, Gwen. Her husband fought in the war as a commando. After the war he struggled with his mental health and unfortunately committed suicide in 2016. Because of this tragedy Gwen decided to travel to an unsafe area of Afghanistan and help, build and repair, destroyed homes. Her contribution to this in Afghanistan was very brave and played a major role that was very significant. When others asked her why she was doing this she always replied because no one else was brave enough to do. She realised the importance of the soldiers that served and kept us free, this was Gwen's motivation.

There were also three leaders from other schools that gave speeches about their families that have served our country in the army and ANZAC day. One girl in particular had a story about her dad and how he goes off and they have to worry about him. Their speeches made everyone realise what the soldiers and their families have to go through everyday of their lives. War veterans also came to tell us about how ANZAC day needs to be remembered in the future.

The Invictus Game Foundation is run by Prince Harry. The invictus games are for war veterans who may be paraplegics, may have lost part of their movement or had any other serious injuries. This helps them remember what they used to do and that they can still do it. Their slogan is: '**I am**' and it comes from the last two words of a poem "Invictus" by English poet William Ernest Henley. '**I am**' reflects the games purpose to provide a "platform" for personal achievement for war veterans who believe they can do it.

**Lest we forget** those who served our country, without them Australia would not be up to its standards, and none of us would be able to go outside and feel safe. This is what we really need to appreciate about our brilliant servers who fought. This is exactly what all of us were thinking about on that day.



Written By,  
Olivia B, Giselle K, Elle D, Dane G, Dane N, Josha C ( school Leaders )



ICAS Processed competition forms have been returned home to registered students together with a reminder competition timeline for your fridge.



CTK Timeline for students sitting for the 2018 International Competitions and Assessments.

2017 Timeline

Subject	Date	Venue	Time	Equipment
Digital Technologies	Tuesday, 8 <sup>th</sup> May	Year 6	7:50am for 8:00am start	2B pencil, eraser, rubber
Science	Tuesday, 29 <sup>th</sup> May	Year 6	7:50am for 8:00am start	2B pencil, eraser, rubber
Writing	Wednesday, 13 <sup>th</sup> June	Year 5	7:50am for 8:00am start	2B pencil, eraser, rubber
Spelling	Thursday, 14 <sup>th</sup> June	Year 4	7:50am for 8:00am start	2B pencil, eraser, rubber
English	Tuesday, 31 <sup>st</sup> July	Year 6	7:50am for 8:00am start	2B pencil, eraser, rubber
Mathematics	Tuesday, 14 <sup>th</sup> August	Year 6	7:50am for 8:00am start	2B pencil, eraser, rubber, ruler

It is important that students arrive on time to sit for the papers so that they may complete the assessments without impacting on their class learning.

### **IMPORTANT**

The assessment paper will be sat for **ONLY** on the allocated day above.

There will be **NO MAKE UP DAY** for students who forget to attend or who are absent from school on the scheduled subject day.

Students need to be punctual, **at school by 7:50am for an 8:00am start**, in order to complete their paper by 8:45am.

## Writing In Year Six - What Matters?

This term, Year 6 have been answering the question "What Matters?" in their writing.

The students have chosen their own topics, completed research and composed excellent pieces of writing on a variety of topics.

Each student will be submitting their writing to the 2018 "What Matters?" Competition, run by the Whitlam Institute.

Here are some of our examples.

### **The Environment Matters**

By Noa P

Imagine you are on a tropical island, you walk around in bare feet and you have that weird feeling when the sand goes in between your toes. You look behind you and see a beautiful green rainforest, that is full of life. You look up and see the bluest sky that you have ever seen. In the sky are two king parrots. As you turn around you see the most perfect shade of blue, it's the ocean. You walk up to the water until the waves crash on your toes, you keep on walking till you become ankle deep and see stingrays flying through the water, not wanting to hurt you, just to play. Then you see a plastic water bottle float through the water, you turn around and everything you ever loved about the island is now gone. The rainforest is a busy grey city, with not a bit of life, the sky is not blue and where are the birds? The ocean that was the perfect shade of blue is now a dark grey and there are no stingrays, though sadly the plastic water bottle is still there. Why?

Every year 14 billion pounds of rubbish is dumped carelessly into the ocean, that means 1.5 million pounds per hour. This is why we don't have beautiful reefs and why our oceans are constantly fighting for survival, while we are trying to destroy it. The Great Barrier Reef has been suffering the past three decades. It has lost half of it's coral cover and global warming is creating a horrible effect called coral bleaching. That's just the ocean, every year there are 3.5-7 billion trees cut down and that means there are 50,000 species disappearing every year because of our carelessness.

The damage that is happening to the environment will not just affect us, but as the generations go on the people of the future will need our help and if we sit around doing nothing, the world is going to go a whole lot faster. We as humans beings, we need to make this right, we have made a mess and now we need to clean it up.

Our world doesn't have long, if we keep on doing what we are doing, this is what is going to happen. In the next 25 years, 10% of the worlds species are going to be extinct. The famous physicist, Professor Stephen Hawking said that humans have about 100 years to move to another planet otherwise, we will face extinction on earth. Just remember if the animals go, we go and if we go so does the world.

You know the basics though, put your rubbish in the bin, or better yet don't use as much rubbish. Recycle and use less energy, that way we can reuse what has already been used. Another good one is just plain respecting the environment and maybe planting a tree. 'The key to keeping a greener planet is in our hands.'

Our future matters and the world that the people of the future live in matters. We don't clean up our school oval because we don't want rubbish in the ocean in 300 years time, we do it to make it look nice. We don't plant a tree because, they give us air, we do it to make our garden look pretty.

We need to do things for our future.

Every time you see a piece of rubbish on the floor, think, every time you leave the hallway light on, think, every time you take things for granted, think again. With every mind that turns off the hallway light or every person that puts rubbish in the bin, we are helping our world.

The environment matters, let's save it !



# Music Matters

By Abigail S

What's the one thing that silences a noisy family? The one thing that soothes an angry baby? That one thing that unites us? Whether you like Adele or Guns 'n' Roses, Pop or Country styles, music brings all of us together.

Music first started 530,000 years ago, making it one of, or even the first, form of art. Music is so old! It was so important for the ancient humans because it was a main part of their social life. Some scientists think that the reason that our ancestors were more successful was *because* of music, rather than being like the Neanderthals, which, as soon as they spread across Europe, died out, properly because of the lack of socialising. But, that's what they think. I think differently.

Even though the first instrument is 40,000 years old (or if the Neanderthals really had music, 43,000 years old), music itself is actually much older, according to BBC Earth. Ancient skulls have proof that Neanderthals, and a type of older human, *Homo Heidelbergensis* (ho-mo hide-el-ber-gen-sis), both had a small horseshoe shaped bone in the neck called the hyoid which makes room for the voice box, allowing them to sing. Since the *Homo Heidelbergensis* had it, music could be 530,000 years old! This is the same reason we can sing as well.

Music matters to me, and I'm sure if you ask around right now, the people you ask will say music matters to them as well. The beauty of this form of art is that with a little practise, help, patience, and imagination, music is available to everyone. Currently, I'm playing flute in the school band and I'm working towards my Grade Four piano exam. Music matters to me so much.

Music matters to loads of people, and it matters to me. Music is an important part of our social lives. Without it, part of socialising just disappears. Music is like a different language. So go out and teach someone the language of music and deliver a whole new world to someone new!

# Inspirations Matter

By Max T

*"Look up at the stars and not down at your feet"* - a statement made by Stephen Hawking. A statement made, to encourage others to be positive, a statement made by a man who overcame severe physical difficulties, a man who inspired others in making a special contribution to our scientific knowledge.

Inspirational people have a major influence in our world. They truly matter. You can be inspired by others to do your best, you can gain more confidence, be inspired to help others or to do good deeds!

Stephen Hawking wisely said, *"Be a rainbow in someone's cloud"*. This inspired others to be kind when someone is sad. He said this to make people care for each other and he wanted people to be treasured and treated nicely. He didn't want there to be rudeness or unkindness in our world.

Stephen Hawking was a leader amongst other leaders. Although he couldn't speak in the same way that you and I can speak, he was able to communicate in a effective way. He managed to publish a book about black holes which was a bestseller. His book *"The Theory Of Everything"* inspired others, including many young people.

Stephen Hawking used his motivation and distinctive knowledge to inspire others all around the globe. Inspirational people like Stephen, give other people a deeper understanding of each other. Every day, people are inspired to do their best, by others. Having inspirations in our lives is important because seeing what those people can do motivates us and helps us to become more successful in our lives.

Inspirations can help people to be different, and follow challenging paths. They can help others believe in themselves, when they didn't before. They can make you trust your own skills and work hard to achieve your dreams. So find someone who inspires you, so that you have someone to guide you throughout your life. Find someone you enjoy listening to, or feel happy when you hear about them. This will help you to keep going when you have challenges, push through your failures, and strive for success.



# Redemption Matters

By Aidan M

The referee blows his whistle for half-time, I haven't played well. Our coach gave us a pep talk and he asked me to stay for a sec.

"You need to perform or you're off, I know you can do it" he said.

When the ref blew for the start of the second half we instantly got the ball and scored. It was instant redemption and I had my coach to thank for giving me a chance.

This is a small example of my coach showing faith and letting me redeem myself.

In 2006, two Australian citizens, Andrew Chan and Myuran Sukumaran were arrested for carrying drugs in Indonesia. They were imprisoned for ten years. During this period of time, Chan became very religious and Sukumaran became a great artist.

Despite protests and pleas for mercy, the two men were executed by an Indonesian firing squad, Chan aged 31 and Sukumaran aged 34.

This is why redemption matters. In their 20's they were young and stupid but if the Indonesian council gave them a chance of redemption they could have been great people. Let's remember they didn't kill anybody.

Everyday in bed I think about my mistakes I made during the day and how I can redeem myself. But drug dealers on death row make changes but never get a chance for redemption.

Everyone I know says we all make mistakes, but what's a mistake if we can't redeem ourselves? I'll tell you. If you don't get the opportunity to redeem yourself, a mistake is a failure. If YOU restrict someone from improving or refuse to forgive their mistakes, you are stopping them from redemption and living how they were meant to live.

My coach allowed me to keep playing, he showed faith in me and look what I did, I redeemed myself. This small act of faith is what we need for more people to be redeemed. In my soccer I was given a chance, if more judges, teachers, parents or coaches gave chances for redemption I'm sure others would seek the chance and be redeemed.

While in jail Myuran and Andrew became great people. Who knows what good they could've done if the Indonesian Government gave them a chance at redemption.

So the next time someone is naughty, disrespectful, rude, annoying or another type of bad behaviour, give them a chance of redemption. You never know how someone can grow, change and improve, when given the chance.

# Comfort Matters

By Alexandra Manning

Have you ever wondered, "Do I feel comfortable about myself and my life?" About 80% of the time we feel uncomfortable about ourselves because we compare ourselves to other people. "Happiness is found when you stop comparing yourself to other people." This quote was written by Evan Carmichael and has an important message for us.

Many people feel uncomfortable because of what they wear, look like and act. This isn't right and there are about 3.72 billion people in the world that feel uncomfortable every day. There are three main reasons why so many people are uncomfortable in this world: Fear, lack of motivation and bullying.



One thing that people feel when they are uncomfortable is scared. This can be called a phobia. A phobia is when you are frightened of something that some other people may not be. We need to feel comfortable to help us settle our phobias, overcome our fears and to keep on track without being scared.

You may be thinking, "how can motivation be so bad?", but it isn't. When we feel uncomfortable, we also feel unmotivated! A lot of the time, we only see the bad side of trying and putting in effort. We often forget about the benefits of working hard. We are uncomfortable with the possibility of failure or making mistakes. We often do not want to work harder and we don't believe in ourselves enough. These are just some of the reasons why we are not motivated and uncomfortable. Improving our motivation can be as simple as googling inspirational quotes.

Bullying also has a major impact on how comfortable people feel. In fact 7 out of 12 people are bullied in Australia and 2 out of 4 people that are bullied feel uncomfortable because of it. That's a huge number of people that feel uncomfortable, everyday, just because of bullying. Imagine how many people are just uncomfortable in general if that's just from bullying.

We need to make sure we are looking after ourselves and looking after each other. We need to be comfortable in our own skin and in our environment. Comfort matters, and we need to make it a priority.



# PBS4L

## CTK Mascot Competition

Earlier this term, every student at Christ The King participated in a competition to design a mascot for our school.

The students were asked to design a mascot that could represent our school, our values and our environment. They also had to explain why they had chosen their design.

There were plenty of excellent entries and very creative designs. Our student leaders have spent the last few weeks judging all of the entries.

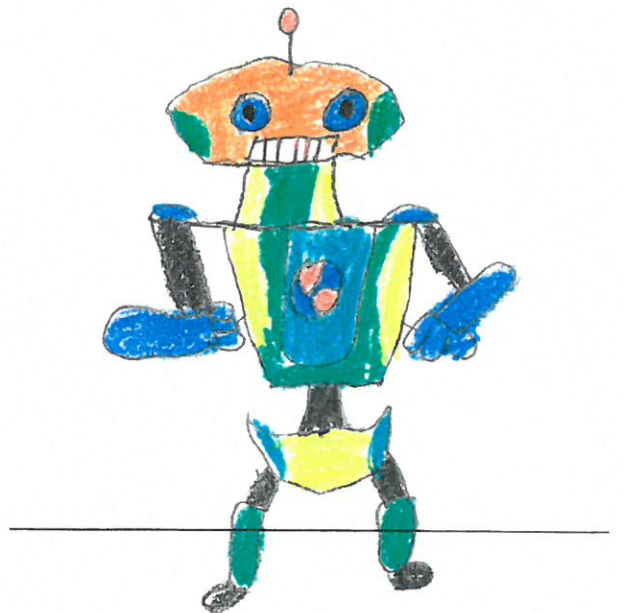
**Congratulations to the following students who had the winning entry for their grade.**

**Kindergarten - William**



CTK Robot

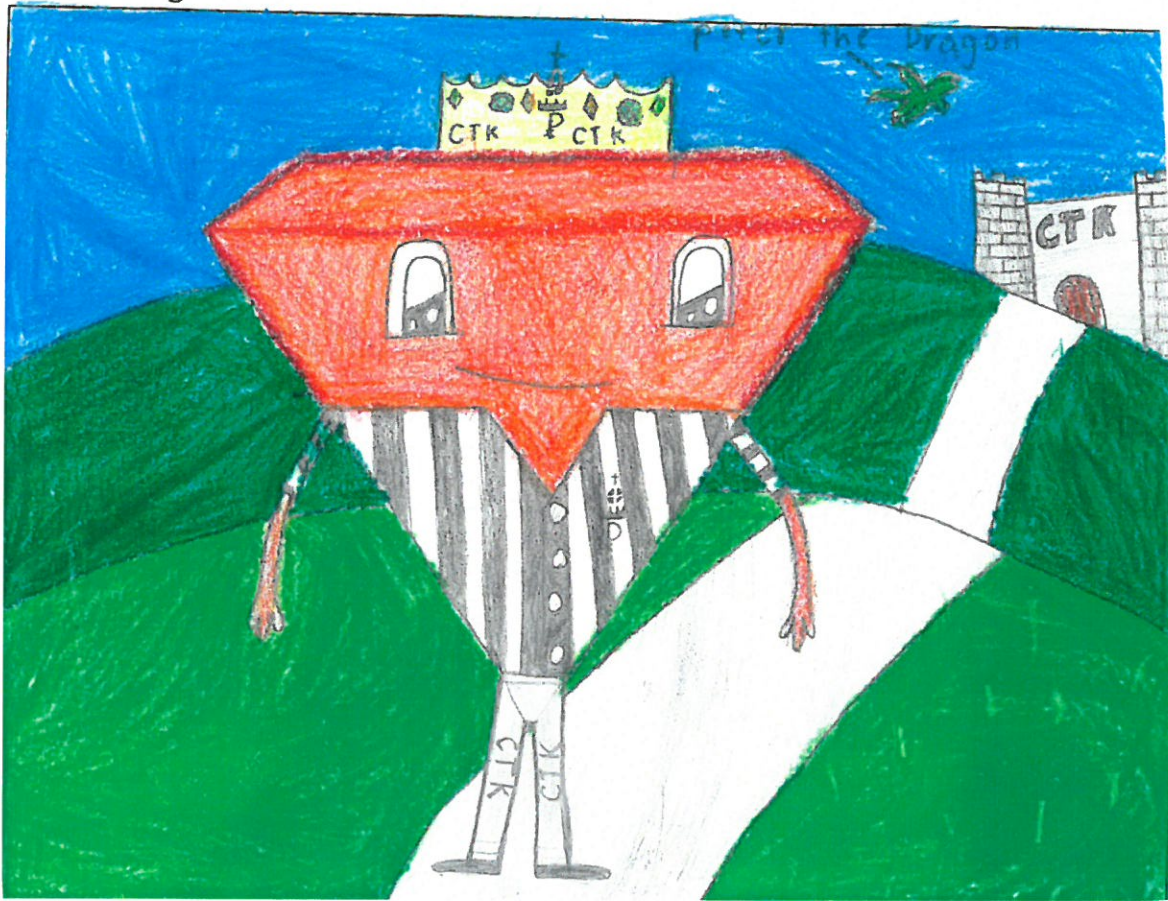
**Year One - Jack**



Rocket the Robot



## Year Two - Isaac



Crystal King  
Crystal King is wearing a school uniform. Crystal King is a play on words and represents the beauty of the school.

## Year Three - Karylle

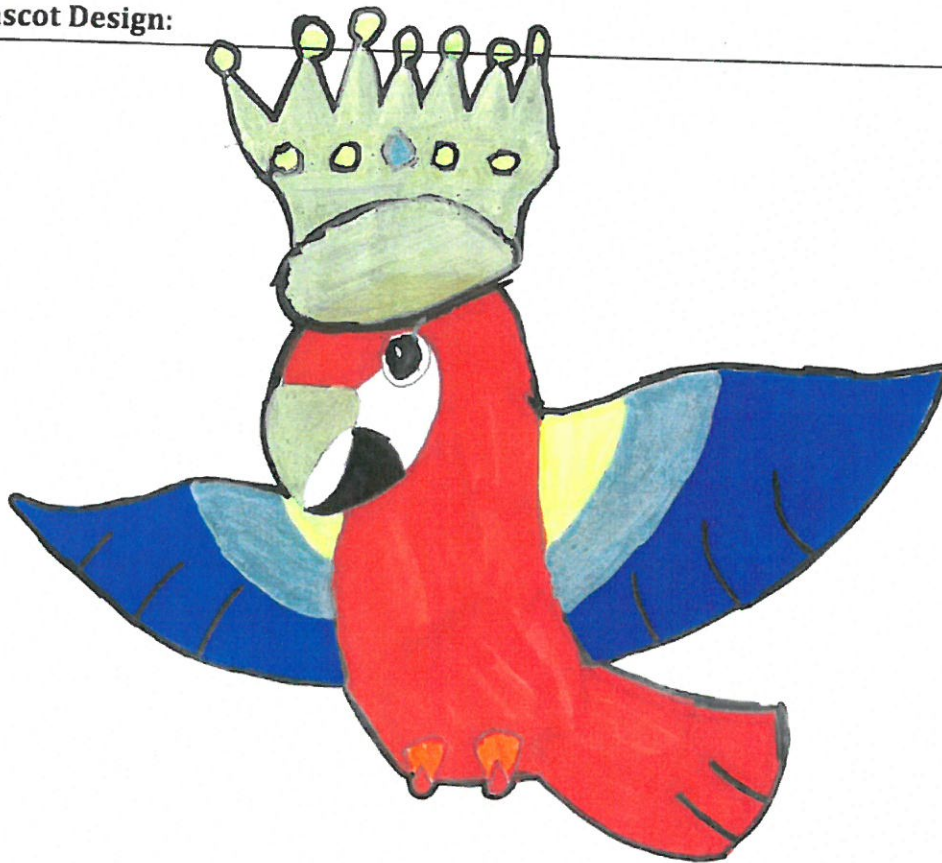


Community Hug  
The heart shaped crown is hugging the tree and also connected to the people. It is heart shaped to represent "Care for Self". The people represent the students and teachers and "Care for Others". The tree represents "Care for the Environment"



## Year Four - Samuel

Mascot Design:



King Parrot  
The crown represents Christ and the word "King" in our school name. It is a parrot because we see lots of parrots around our school.

## Year Five - Zara



Rocky Rocks  
Rocky connects with CTK because he is a rock and he is from North Rocks. He wears a crown to represent Christ, our King. Rocky is a perfect mascot because he is solid, just like the saying "solid as a rock". This means he is strong, reliable and ready to make sure our PBS4L rules are followed.



## Year Six - Anisha



### Cathy The Cockatoo

*Everywhere you look at CTK, you will see a cockatoo, they are everywhere! Cathy is wearing the school colours, maroon and yellow to represent CTK. She is also wearing a crown and a cape to symbolise our king, Christ*

The final mascot is still being designed, using the ideas of several different students. It will be revealed later this year.

Thank you to all students who entered the competition.

*Miss Brady (On behalf of the PBS4L team).*

# Positive Behaviour Support 4 Learning

## Term 1, Week 9-10

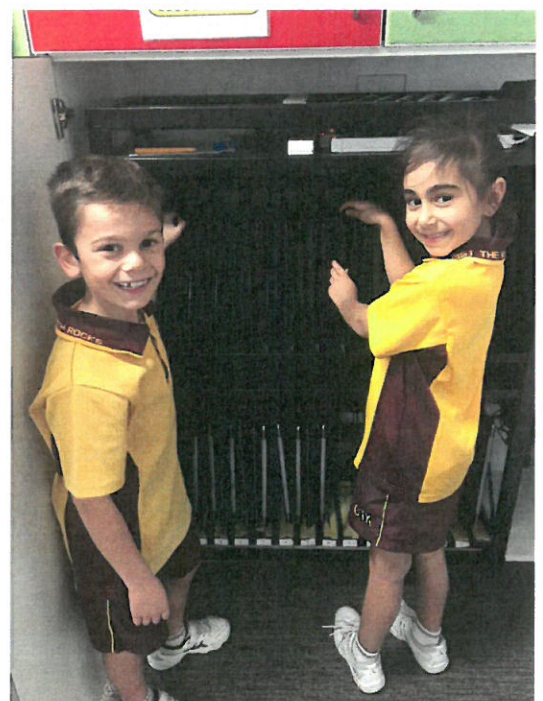
### Care for Belongings

In Year 3 we care for our belongings by...



...putting our name on all our items.

...safely putting school technology away.







...keeping our tubs tidy.

...making sure our  
bags are on the bag  
rack.



We help each other  
take care of our  
belongings by  
returning items to  
our friends.



**COMING SOON...**

## **CTK PLAYGROUP**

**To begin Term 2 (4<sup>th</sup> May)**

**When: Fridays 9.30am - 11.30am (Term time only)**

**Where: CTK Hall, Statham Avenue North Rocks**

**Who: For children aged 0-6 and their carers**

**What: Play, socialise, create friendships**

**Come every week or come when you can**

**To register your interest in coming along or for  
further information**

**Contact [ctkplaygroup@gmail.com](mailto:ctkplaygroup@gmail.com)**

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### **PARISH MASS TIMES**

**Saturday Vigil** 6.00pm

**Sunday Masses** 8.00am, 10.00am

#### **Weekday Masses**

<b>Monday</b>	no masses	<b>Tuesday</b>	7.30pm
<b>Wednesday</b>	9.00am	<b>Thursday</b>	9.00am
<b>Friday</b>	9.15am		

**Rosary** Saturday morning Rosary at 8.30am with  
**Reconciliation** Reconciliation at 9.30am and then at 4.30pm.





# CTK YOUTH MASS

*Last Sunday of  
Every Month*

## MASS DATES

24TH FEB	24TH JUN	28TH OCT
25TH MAR	29TH JUL	25TH NOV
29TH APR	26TH AUG	24TH DEC
27TH MAY	30TH SEP	30TH DEC

**Sunday | 10AM | Christ the King Parish**  
**10 Statham Ave | North Rocks**



ctk\_light





## HAVE YOU DOWNLOADED THE Skoolbag App YET?

Skoolbag is the ultimate school to parent communication tool. This School Mobile App provides schools with an easy way to tell parents and carers important information as soon as it happens example: school news, event reminders, cancellations and much more.

To install it, just search for our school name "Christ the King Primary North Rocks" in either the Apple App Store, Google Play Store or on Windows.

## HAVING ISSUES WITH THE Skoolbag app



**If you find you are not receiving messages or have lost your alert ping**, sometimes it is just a matter of removing and re-installing the app. System updates sometimes cause these minor issues.



## USE YOUR Skoolbag app TO NOTIFY YOUR CHILD'S ABSENCE FROM SCHOOL

1. Open Skoolbag app
2. Click on eForms
3. Select Absentee Form
4. Complete all fields
5. In the last field you need to tap and then you can sign with your finger on your phone screen
6. Press Submit

This will send an instant email to the school to advise your child's absence.

This document is now legally acceptable as an Absentee Notification as the form is signed. You will not need to send in an additional note when your child returns to school.

**This eForm on the Skoolbag App is not to be used for extended Family leave.**

- Request for Family leave (1-5 days) must be emailed to the Principal. *If travelling overseas, an itinerary must accompany this application.*
- For Family leave over 5 days, an Application for Extended Leave must be submitted at least 2 weeks prior to departure. *If travelling overseas, an itinerary must accompany this application.*

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## STUDENT LEAVE APPLICATIONS (any leave other than student sick leave) COMPULSORY SCHOOL ATTENDANCE

The Catholic Education Office Diocese of Parramatta (CEDP) has procedures and guidelines in place to achieve high standards of student attendance in collaboration with parents. Parents are required by law to ensure that children aged between 6 and 17 attend school.

Schools are required to monitor and keep a register of student attendance and explained absences.

### Requirements for Exemption from attendance for student absence and travel

**1-5 days absence:** Parents must notify the school principal by mail or email (written) at least 2 weeks before leave date. **If this travel is Overseas, an Application for Extended Leave form must be completed.** Copies of travel documents must attach Overseas applications.

**5-100 days absence (whether travelling in Australia or Overseas) :** Parents must complete and submit the Application for Extended Leave form at least 2 weeks prior to commencing leave (Copies of travel documents must accompany this application whether travelling in Australia or Overseas). If approved the Principal issues a Certificate of Extended Leave. If the principal declines this application (i.e : it is not within the best interest of the child to take leave and be absent from school), a letter notifying parents that the application has been declined would be forthcoming.



# PARENT VOLUNTEERS WITHIN THE DIOCESE OF PARRAMATTA

New directive from the Diocesan Office 25<sup>th</sup> May 2016

## BUILDING CHILD SAFE COMMUNITIES – NEW FORMS FOR ALL VOLUNTEERS

**THIS FORM MUST BE COMPLETED BY ALL PARENT VOLUNTEERS INCLUDING THOSE WHO ALREADY HAVE A CURRENT NSW WORKING WITH CHILDREN CHECK.**

**Please note:** Until both the 'Volunteer Form' and the 'Module' have been completed, parents will not be able to assist in any capacity as a volunteer within the school. (The school receives notification when you complete each section).

'Building Child Safe Communities' is a new initiative developed by Catholic Education Diocese of Parramatta that enhances our commitment to ensuring the safety and wellbeing of all students in our care. **It is now a requirement that all volunteers and contractors complete an online undertaking form** that confirms expectations in relation to behaviour whilst volunteering or contracting at schools, Catholic Out of Schools Hours Care and Catholic Early Learning Centres. This undertaking form also seeks to determine the suitability of volunteers and contractors by requiring them to declare that they do not have a criminal history involving children.



**Volunteers** – please click on '**Building Child Safe Communities – Undertaking for Volunteers**' by accessing the **form** via the Catholic Education Diocese of Parramatta public webpage [www.parra.catholic.edu.au](http://www.parra.catholic.edu.au), then click on the 'Volunteers and Contractors-Click here' image (halfway down page on the right hand side). This image will take you to the Building Safe Communities page.

Click on the green Volunteer tab (left hand side)

Click on Step 1—Volunteer Form and follow the steps

**You will receive a confirmation email once the form has been submitted.**

- Your details will be maintained confidentially in a central database
- **A copy of your confirmation will then be emailed to the School / location where you are volunteering to be kept on file.**

A new form is required:

- For each location that you are a volunteer or contractor
- If any of the details you have provided on the form change

If you have any issues with this form opening, please try a different browser; Chrome, Firefox, Explorer



**A reminder that you once you receive your confirmation email, you will need to complete the Child Protection Module.**

[www.parra.catholic.edu.au](http://www.parra.catholic.edu.au), then click on the 'Volunteers and Contractors-Click here' image (halfway down page on the right hand side). This image will take you to the Building Safe

Communities page.

Click on the green Volunteer tab (left hand side)

Click on Step 2—Complete the Online Training Module

If you have any issues with this Module opening, please try a different browser; Chrome, Firefox, Explorer

**Once you complete this online module the school will receive notification that it has been completed and you will be cleared to volunteer.**

**Therefore in brief :**

1. To complete form go to: [www.parra.catholic.edu.au](http://www.parra.catholic.edu.au) and follow Step 1 above
2. Wait for confirmation email
3. On receipt of the confirmation email follow Step 2 above to complete Child Protection Online Module
4. Wait for confirmation email
5. The School will receive an email confirming that you have completed both steps and are now cleared to volunteer.

We thank all volunteers for their continued support of Catholic Education.



## COMMUNITY NEWS

HILLS COMMUNITY AID AND LEARNING IN THE HILLS

# Family FUN DAY

AND OPEN DAY

Free Event

**SCHOOL HOLIDAYS | TUESDAY 17 APRIL | 10AM-1PM**  
BALCOMBE HEIGHTS ESTATE, 92 SEVEN HILLS ROAD, BAULKHAM HILLS



**YOUTH WEEK CELEBRATIONS WITH ACTIVITIES  
AT THE SKATE PARK AND FAMILY FUN DAY**

CHILDREN'S ARTS AND CRAFTS • BISCUIT DECORATING • ROCK CLIMBING WALL  
DRUMMING • AFL • JUMPING CASTLE • HILLS DAILY GRIND • POLICE SERVICES DISPLAY  
GLENHAVEN RURAL FIRE SERVICE • LOCAL SERVICES

LEARNING IN THE HILLS  
CLASS ROOMS OPEN WITH  
DISPLAYS OF ARTS AND CRAFTS

HILLS DAILY GRIND  
LEARNING IN THE HILLS  
DEVONSHIRE TEA'S

**LIVE IT UP**  
YOUTH WEEK

 Hills Community Aid  
Empowering Communities to Thrive

 Learning in the Hills  
Hills Community Leisure Learning

 Hills Daily GRIND  
HILLS COFFEE

 NSW Family & Community Services

 THE HILLS  
Shire's Growth Story

FOR MORE INFORMATION ☎ 02 9639 8620 ✉ [ENQ@HCA.ORG.AU](mailto:ENQ@HCA.ORG.AU)

### **Next Level Sports clinic April school holiday dates.**

Hello parents, please find below the dates for the upcoming clinic:

Tues 24th - Fri 27th April (Wk2 holidays)

The clinic will be held at St Patrick's Primary school in Parramatta, rain hail or shine.

Please message or contact [nextlevelsports@live.com.au](mailto:nextlevelsports@live.com.au) for more information or to make your booking.

Thank you,

David.0423644260



A SPECIAL DAY FOR PARENTS  
ACROSS PARRAMATTA CATHOLIC  
SCHOOLS

LAUGH  
PRAY  
REFLECT

TAKE TIME  
OUT FOR  
YOURSELF

# FREE DAY SPA FOR THE SOUL

Bring a friend!

**BOOK NOW!  
LIMITED SPACES  
AVAILABLE**

**Thursday 3rd May  
9:30am-2 pm**

**MORNING TEA AND  
LUNCH INCLUDED**

Enquire and register  
by 12 April with Tania  
Melki via email:  
[tmelki@parra.catholic.edu.au](mailto:tmelki@parra.catholic.edu.au)  
Ph:0429375226

The Franciscan Shrine of  
The Holy Innocents  
8 Greyfriar Place Kellyville

SPONSORED BY THE  
CATHOLIC EDUCATION DIOCESE PARRAMATTA (CEDP)



# 2018 STANSW YOUNG SCIENTIST PAPER PLANE STATE CHAMPIONSHIP

## AUGUST 25 – SYDNEY UNIVERSITY



### 2018 PAPER PLANE STATE CHAMPIONSHIP

#### Entry Details

Open to any K-12 Australian student who loves to fold and throw their own hand-crafted paper plane.

#### Age Levels and Qualifying Details

Year Level	Distance	Airtime
K-2	12m	5s
3	15m	5s
4	15m	5s
5	18m	6s
6	18m	6s
7-12	20m	6s

**BIGGER and BETTER than ever with medals and \$100 money prizes for Distance winners**



**State Championships** held at the **Sydney University Sports and Aquatic Centre**, Bryden's Showcourts:  
a University of Sydney Open Day Event

### 2018 REGIONAL HIGH FLYERS

Students from NSW and other Australian States & Territories who can't make it to the Sydney Finals, we have a separate competition just for you.

#### Regional High Flyers Details

You have until midnight Friday 24<sup>th</sup> August to upload a video of your qualifying distance and/or airtime throw.

Once the judging panel have approved that the throw was not wind assisted, they will award gold, silver and bronze medals for the top three distance and airtime throws in each age group – a total of 36 medals for the Regional High Flyers Challenge.

Organised by the STANSW Young Scientist Committee, who also run the STANSW Young Scientist Awards - NSW's premier curriculum-based STEM competition  
web: [www.youngscientist.com.au](http://www.youngscientist.com.au)



Major Sponsor  
Helping Hands Network - part of the Junior Adventures Group  
Out of School Hours Care  
[www.helpinghandsnetwork.com.au](http://www.helpinghandsnetwork.com.au)

Can you beat this!  
The current Australian Distance Record by a school student is 35.20m, set by Mitchell Irvine from Menai High School







# SCHOOL HOLIDAY WORKSHOPS

## Perfect Holiday Activity

The TSA School Holiday Band Workshops are on once again! Registration is now open for 6 different workshop dates and locations during the Term 1 school holidays. Give their music a jump-start in 2018!

Visit [www.teachingservices.com.au/workshops](http://www.teachingservices.com.au/workshops) for all information.

[CLICK HERE TO REGISTER ONLINE](http://www.teachingservices.com.au/workshops)



**17 April**

**St Declan's  
Penshurst**

**18 April**

**St Michael's  
Baulkham Hills**

**19 April**

**Sacred Heart Pymble**

**20 April**

**Regentville Public  
School**

**20 April**

**Ourimbah Public  
School**

**24 April**

**Northmead High  
School**

**REGISTER ONLINE!**

**\$80**



## PENRITH OBSERVATORY

Date: 14 April

Event name: Astronomy Night: Stars, Supernova, & the size of the Universe

Event details:

Speaker – Dr Luke Bozzetto

Come and explore the life-cycle of stars, from their birth all the way to their deaths - in some cases the cataclysmic explosion known as a supernova. Followed by a journey through the Universe - starting from our position on Earth we will explore our surroundings by travelling outward to gain some perspective of the vast space that we live in.

Includes presentation, short 3D movie, tour of the dome and viewing of the night sky through a range of telescopes (weather permitting).

\$18.00 Adult

\$12.00 Child/Concession

\$50.00 Family (2 adults + 2 children)

Children under 3 years of age free.

BOOKINGS VIA OUR WEBSITE ESSENTIAL

Time: 7pm – 9pm

Venue Address: Penrith Observatory (Building AO), Western Sydney University, Werrington North campus, Great Western Highway, Werrington 2747

Contact phone or website for public enquiries and bookings:

[https://www.westernsydney.edu.au/observatorypenrith/penrith\\_observatory/whats\\_on](https://www.westernsydney.edu.au/observatorypenrith/penrith_observatory/whats_on)

Facebook Event: <https://www.facebook.com/events/1657296901021184/>

Date: 20 April

Event name: Hands On Workshop: Rockets

Event details:

Speaker – Ms Raelene Sommer

Lots of fun for children ages 4 - 12. Build and launch paper rockets using compressed air and watch a demonstration of a model rocket launch.

Includes presentation, short 3D movie and safe viewing of the Sun through a telescope (weather permitting).

PLEASE NOTE:

Parents/carers to remain with children at all times.

All attendees (parents/carers and children) require a workshop ticket \$12 each.

ALL CHILDREN and any parents/carers that wish to participate in rocket building need to also pay for the rocket kits \$12 + \$5 = \$17 each

BOOKINGS VIA OUR WEBSITE ESSENTIAL

Time: 10am – 12pm

Venue Address: Penrith Observatory (Building AO), Western Sydney University, Werrington North campus, Great Western Highway, Werrington

Contact phone or website for public enquiries and bookings:

[https://www.westernsydney.edu.au/observatorypenrith/penrith\\_observatory/whats\\_on](https://www.westernsydney.edu.au/observatorypenrith/penrith_observatory/whats_on)

Facebook Event: <https://www.facebook.com/events/232689780633424/>

Date: 28 April

Event name: Astronomy Night: Space Rocks & Cosmic Collisions

Event details:

Speaker – Ms Raelene Sommer

Asteroids, Comets and Meteors, oh my! What are they and what happens when they hit Earth? Want to know more about the first interstellar asteroid we detected?

Includes presentation, short 3D movie, tour of the dome and viewing of the night sky through a range of telescopes (weather permitting).

\$18.00 Adult

\$12.00 Child/Concession

\$50.00 Family (2 adults + 2 children)

Children under 3 years of age free.

BOOKINGS VIA OUR WEBSITE ESSENTIAL

Time: 7pm – 9pm

Venue Address: Penrith Observatory (Building AO), Western Sydney University, Werrington North campus, Great Western Highway, Werrington

Contact phone or website for public enquiries and bookings:

[https://www.westernsydney.edu.au/observatorypenrith/penrith\\_observatory/whats\\_on](https://www.westernsydney.edu.au/observatorypenrith/penrith_observatory/whats_on)

Facebook Event: <https://www.facebook.com/events/214801002596693/>



## COMMUNITY NEWS

"If your child is currently not enrolled in COSHC and you wish for them to attend St Monicas Vacation Care, please speak to Tayla on 0427 332 364 for a copy of the 2018 enrolment form. The enrolment form needs to be completed before your booking can be accepted."

 				
Autumn 2018 VACATION CARE				
Apr 16	Apr 17	Apr 18	Apr 19	Apr 20
All Around the World In-Centre Day	Mutely Crew Incursion	Ninja 101 Excursion <small>Be at service by 08:00am</small>	Carnival Day In-Centre Day	All Things Magical In-Centre Day
Apr 23	Apr 24	Apr 25	Apr 26	Apr 27
Anzac Theme Day In-Centre Day	Skyzone Excursion <small>Be at service by 08:00am</small>	CLOSED Public Holiday	Illustration Hub Incursion	Master Chef In-Centre Day

Care is available each day from 6:45am—6:30pm. All excursions will depart by 8:00am and return by 4:00pm unless otherwise specified

Please return booking form in person or email to: [coshcstmonicasparra@parra.catholic.edu.au](mailto:coshcstmonicasparra@parra.catholic.edu.au)

Contact Centre Supervisor on 0429 990 179

**CLOSING DATE FOR BOOKINGS & PAYMENT: Friday March 30, 2018**