

BRANCHES

Holy Family Primary School, Luddenham

Phone: 8856 8300 Fax: 4773 4374 Web: www.Luddenham.catholic.edu.au
Web: www.hfluddenham.catholic.edu.au

Term 3

21st September 2017

Issue 15, Week 10

Friday 22nd September

Stage 3 Touch Gala Day

2.20pm - Whole School

Assembly

Last Day of Term 3

Monday 9th October

Staff Development Day

Tuesday 10th October

First Day of Term 4

Wednesday 18th October

ES1 Excursion

Thursday 19th October

Year 6 Farewell Meeting

Dear Parents and Caregivers,

Recently I read an article about parenting styles. Below I have shared an extract from the article which I think is an interesting read. There are aspects of the article I would question, however when reading it with my 'parent hat' on it got me thinking about my approach to parenting my own children! Hopefully you will also find it thought provoking.

PARENTING STYLES – WHAT STYLE ARE YOU?

There are many ideas about how to raise children. Some parents and carers adopt the ideas their own parents used. Others get advice from friends. Some read books about parenting, while others take classes. No one has all the answers. However, psychologists and other social scientists now know what parenting practices are most effective and are more likely to lead to positive outcomes for children. A parenting script has two main components: how responsive parents are, and how demanding. Being responsive means being attuned, supportive and attentive to the needs of your child while the demanding component refers to the amount of control we exert over our children. With this in mind, four parenting styles have been identified - permissive, authoritarian, authoritative, and uninvolved.

Authoritarian

Authoritarian parents always try to be in control and exert their control on the children. These parents set strict rules to try to keep order, and they usually do this without much expression of warmth and affection. They attempt to set strict standards of conduct and are usually very critical of children for not meeting those standards. They tell children what to do, they try to make them obey and they usually do not provide children with choices or options. Authoritarian parents don't explain why they want their children to do things. If a child questions a rule or command, the parent might answer, "Because I said so". Parents tend to focus on bad behaviour, rather than positive behaviour, and children are scolded or punished for not following the rules. These parents are demanding but are not responsive. Authoritarian parenting styles generally lead to children who are obedient and proficient, but they rank lower in happiness, social competence and self-esteem.

Permissive

Permissive or indulgent parents are more responsive than demanding. They make few, if any, rules, and the rules that they make are usually not consistently enforced. They don't want to be tied down to routines. They want their children to feel free. They do not set clear boundaries or expectations for their children's behaviour and tend to accept in a warm and loving way, however the child behaves. Permissive parents give children as many choices as possible, even when the child is not capable of making good choices. They tend to accept a child's behaviour, good or bad, and make no comment about whether it is beneficial or not. Permissive parents are generally nurturing and communicative with their children, often taking on the status of a friend more than that of a parent. Permissive parenting often results in children who rank low in happiness and self-regulation. These children are more likely to experience problems with authority and tend to perform poorly in school.

At Holy Family everyone is:

- A learner
- Safe
- Responsible
- Respectful

Authoritative

Authoritative parents are both demanding and responsive. They are firm, but not intrusive or restrictive and their disciplinary methods are supportive rather than punitive. They help children learn to be responsible for themselves and to think about the consequences of their behaviour by providing clear, reasonable expectations for their children and explanations for why they expect their children to behave in a particular manner. They monitor their children's behaviour to make sure that they follow through on rules and expectations. They do this in a warm and loving manner. They often, "try to catch their children being good" and reinforce the good behaviour, rather than focusing on the bad. Parents who have an authoritative style give choices based on a child's ability. They also guide children's behaviour by teaching, not punishing, "You threw your truck at Molly. That hurt her. We're putting your truck away until you can play with it safely."

Uninvolved

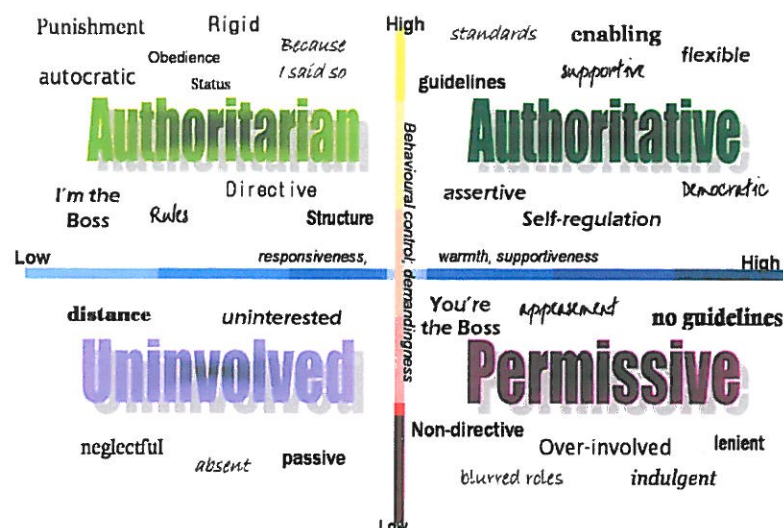
An uninvolved parenting style is characterised by few demands, low responsiveness and little communication. While these parents fulfil the child's basic needs, they are generally detached from their child's life. In extreme cases, these parents may even reject or neglect the needs of their children. These children tend to lack self-control, have low self-esteem and are less competent than their peers.

Which style is best?

It is generally accepted that an authoritative style is the most successful approach and results in happy, capable and successful young people. So, you may wonder why all parents simply don't utilise an authoritative parenting style. We need to realise however, that we may be somewhere in between and that our parenting style is influenced by culture, personality, family size, parental background, socioeconomic status, educational level and religion. Additionally, the parenting styles of individual parents also combine to create a unique blend in each and every family. In order to create a cohesive approach to parenting, it is essential that parents and carers learn to cooperate as they combine various elements of their unique parenting styles. Importantly, no parenting style will work unless you build a loving bond with your child.

An authoritative parent:

- Says 'No' when it's appropriate, even though saying yes would be much easier
- Recognises that parents have rights
- Is non-manipulative
- Offers empathy rather than just sympathy
- Encourages strength not weakness
- Encourages responsible choices and the learning that comes from making mistakes
- Uses consequential learning (which says, 'if you eat toast in bed, you must sleep in the crumbs')
- Demands responsible behaviour.



Also congratulations to the following children from Holy Family who recently celebrated the Sacrament of First Holy Communion.

Nathan A, Jacob F, Leo F, Braden F, Vincent G, Harrison H, Matthew H, Julia K, Domenico L, Saide M, Claudia M, Maia R, Gabriella T, Liam V, Olivia V, Matthew A, Ryan A, William B, Joseph C, Luke C, Nicholas C, David F, Alyssa G, Mariah G, Anthony G, Sarah G, James G, Luke L, Sarah M, Claudia M, Owen M, Rhys M, Zac O, Liam P, Benjamin S, Annalise S, Riley T, and Emily W.



As we draw to the end of yet another school term, I would like to express my thanks to the staff, students and families of this school for their commitment to learning throughout the term. Despite the significant level of sickness impacting the community, the students, for the most part have been able to engage productively in the learning process. I continue to marvel at the efforts of our teachers and support staff who do so many little things to make our school so effective. It's in the small things that we do as a school that tend to make the greatest difference.

I wish everyone a restful break from the routines of school and hope everyone will be back on deck for the final school term.

In partnership let us continue to work to develop in the children strong minds and gentle hearts.

Mr Anthony McElhone
Principal

Staff Development Day

The next Staff Development Day is on Monday, 9th October. The staff will be evaluating our 2017 whole school learning goals in Literacy, Numeracy and Religious Education.



Supervision Reminder

Morning supervision by a teacher commences at 8:35am. Children must remain seated until the teacher commences playground duty. Afternoon supervision is provided by a teacher until 3:35pm. Please notify the office if you are running late.



Whole School Assembly - Change of Date

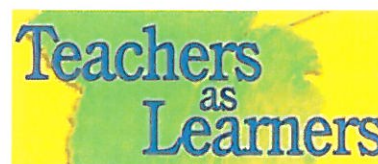
The next whole school assembly has been rescheduled and will now be on Friday 22nd September. The assembly will include the announcement of the winner of our PBS4L mascot competition, Principal's Medallions, One Heart One Mind awards and Academic Achievement awards.

School Contact Details - Updated again

Please note the school has **another** new phone number - 4773 7100. If you call the previous number (02 4773 4485) it will divert to the new number, but only until the end of this year. Our school email address remains unchanged luddenham@parra.catholic.edu.au.

Teacher Professional Learning

At Holy Family the staff has an ongoing commitment to professional learning. The staff benefits from attending inservices, in curriculum areas, that assist them in providing quality learning opportunities for the students in their class. The following staff have or will attend professional learning:



Date	Staff Members	Professional Learning
21st September	Mr McElhone	Mentor Coaches & Beginning Principals Meeting
9th October	All staff	Staff Development Day
19th & 20th October	Mr McElhone	Principals Masterclass

School Attendance

Every Learner, Every Day is a campaign designed to raise awareness about the importance of attendance for every student, on every school day and to promote a healthy attendance culture. As part of this initiative members of our Attendance Team, Mrs Marie Edwards, Mr Anthony McElhone and Sr Brenda Kennedy, will be regularly following up students with attendance levels that are concerning. In addition we will be promoting positive attendance patterns by acknowledging classes and individuals with excellent attendance.

Our current attendance level is 83%. We need to improve this and we can do together. *Let's aim for a 7% improvement! Parents and carers can do a few simple things to achieve this goal!*

1. Send your child to school every day unless they are sick.
2. Develop good sleep and morning routines.
3. Schedule appointments outside of school hours.
4. Avoid taking holidays during the school term.



it

Sports Update

Stage 2 Touch Football Gala Day

On Friday 15th September, Holy Family had three teams attend the Stage 2 Touch Football Gala Day at the Kingsway, St Marys. Each of these teams were so excited in the morning and could not wait to begin playing.

The Girls Team who were coached by Mr. Woodhead and Mr. Gauci finished the day undefeated after winning each of their 6 games. This meant they were the winners in their pool at the end of the day.

The Boys Team coached by Mrs. Gunther and Mr. Haddad after having two byes, finished the day with one win and three losses. Each of these boys had fun, learning so much about the game of Touch Football throughout the day.

The other Boys Team had a great day also winning five games and having a draw in the other against Corpus Christi. At the end of the day, this team finished equal first with Corpus Christi, but after count back they won their pool.

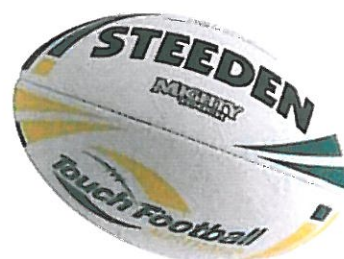
The students are to be commended on the positive way in which they represented Holy Family. Their teamwork skills and sportsmanship in each game was outstanding making them great role models for our school.

Thank you to Cameron and Riley of St Dominic's who volunteered their time to assist Holy Family by refereeing on the day.

Finally, thank you to all the parents that came down to support our students and for the countless offers of assistance I received throughout the day. A day like this would not be possible without your support.

Congratulations to the following students on a very successful day:

<i>Nakita G</i>	<i>Ciara A-D</i>	<i>Mariah G</i>	<i>Saide M</i>	<i>Emily W</i>
<i>Olivia V</i>	<i>Sarah G</i>	<i>Skye B</i>	<i>Luke C</i>	<i>Braden F</i>
<i>Zac O</i>	<i>Antonio P</i>	<i>Liam P</i>	<i>Hayden G</i>	<i>Jacob H</i>
<i>Claudio M</i>	<i>Nathan A</i>	<i>Hayden K</i>	<i>Harrison H</i>	<i>Jacob F</i>
<i>Lucas A</i>	<i>Oscar Z</i>	<i>James G</i>	<i>Ben S</i>	<i>Tyler O</i>





Sporting Schools Program

Holy Family has been privileged to receive another grant for Term 4, which will enable us to access the expertise from a different sporting organisation. In Term 4, Holy Family will be partnering with Gymnastics Australia to conduct a three week program. The program will run during school hours for all classes within the school.



Upcoming Sporting Events

Friday 22nd September 2017- Stage 3 Touch Gala Day (Kingsway, St Marys)

Monday 23rd October 2017- Basketball Gala Day (Cambridge Park)

Christine Hall

Head of Sport

Thank You

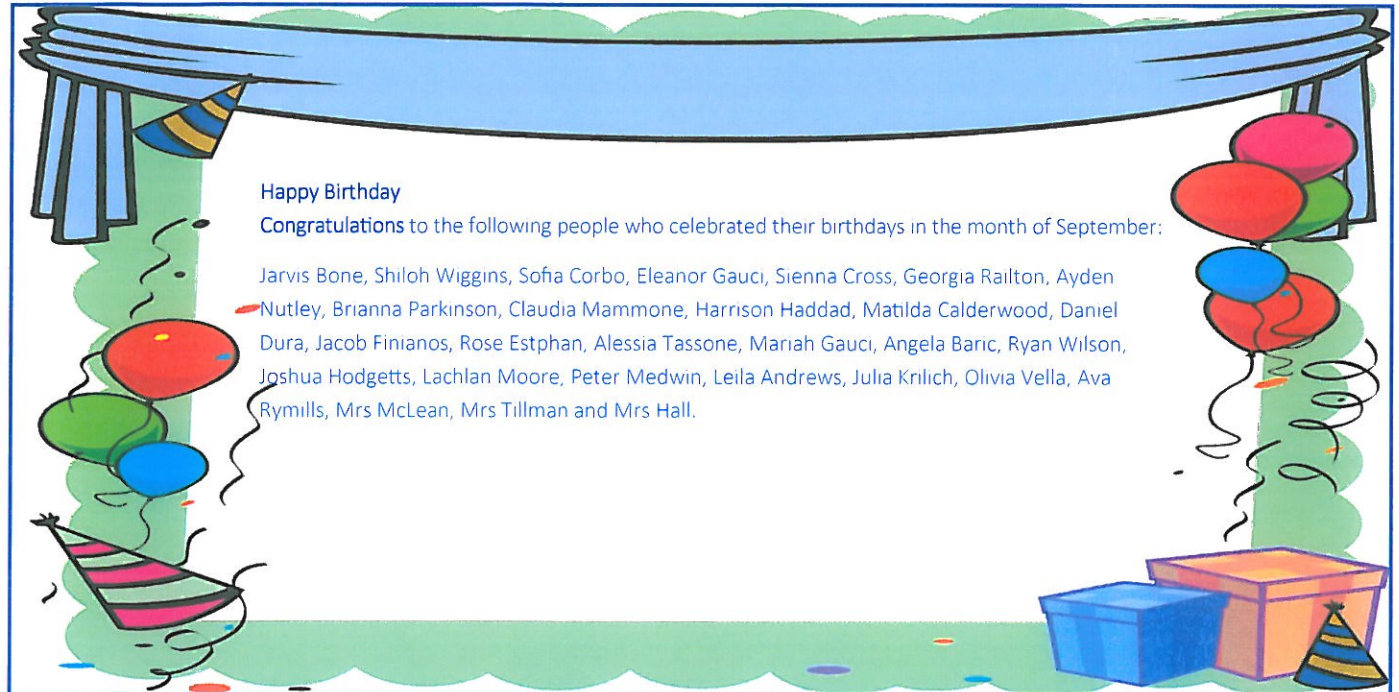
Mrs Trish Kelly would like to say a huge 'thank you' to Caitlin in Early Stage 1 for handing in her watch to the school office. This watch was a wedding present from Trish's husband and has great sentimental value. Trish was so grateful to have her watch back.



Happy Birthday

Congratulations to the following people who celebrated their birthdays in the month of September:

Jarvis Bone, Shiloh Wiggins, Sofia Corbo, Eleanor Gauci, Sienna Cross, Georgia Railton, Ayden Nutley, Brianna Parkinson, Claudia Mammone, Harrison Haddad, Matilda Calderwood, Daniel Dura, Jacob Finianos, Rose Estphan, Alessia Tassone, Mariah Gauci, Angela Baric, Ryan Wilson, Joshua Hodgetts, Lachlan Moore, Peter Medwin, Leila Andrews, Julia Krilich, Olivia Vella, Ava Rymills, Mrs McLean, Mrs Tillman and Mrs Hall.



ASKME 4

Commercial &
Residential
General Maintenance

- Lawn & Garden Care
- Gutter Cleaning
- Rubbish Removal
- Pressure Cleaning (Driveways & Paths)
- Fertilising
- Hedges
- Yard Clean Ups

TERRY

PH: 0405 665 730
E: t.a.flan@hotmail.com
ABN: 893 274 373 78

PROMPT, RELIABLE SERVICE!
AVAILABLE 7 DAYS
CALL FOR A QUOTE!





SEPTEMBER - OCTOBER 2017



SCHOOL HOLIDAY FUN GUIDE

ONLY @ LOLLIPOPS PENRITH

\$3 OFF

CHILD ENTRY

Coupon can be used for up to 2 children per paying adult. Only at Lollipops Penrith. Valid any day until 9/10/17

MONDAY 25th SEPT	Tuesday 26th SEPT	Wednesday 27th SEPT	THURSDAY 28th SEPT	FRIDAY 29th SEPT
<p>We are Open 9:30am - 5pm</p>	<p>11am - 1st session 20 spots Booking & payment essential \$16 Surcharge for workshop 11AM</p> <p>WORKSHOP</p> <p>General Entry prices apply</p>	<p>11am - 1st session 18 spots. Booking & payment essential \$15 Surcharge for workshop 11:30 AM</p> <p>KIDS SCIENCE LABS WORKSHOP</p> <p>General Entry prices apply</p>	<p>1st Session starts at 11am 11AM Pamper Workshop</p> <p>15 spots per session Booking & payment essential \$12 Surcharge Includes pamper workshop, snacks and drinks Plus a tiara to take home</p> <p>General Entry prices apply</p>	<p>5.30-7.30PM Pretty in Pink Disco</p> <p>\$10 Tickets</p> <p>\$2 per ticket will be donated to the national Breast Cancer Foundation. Book a table to show your support</p>
MONDAY 2nd OCT	TUESDAY 3rd OCT	WEDNESDAY 4th OCT	THURSDAY 5th OCT	FRIDAY 6th OCT
<p>Public Holiday</p> <p>We are open 9:30am - 5pm</p>	<p>11am - 1st session 22 spots Booking & payment essential \$12 Surcharge per child 11AM</p> <p>WORKSHOP</p> <p>General Entry prices apply</p>	<p>We are Open 9:30am-5pm</p>	<p>2PM - 3.30PM</p> <p>MOANA VS FROZEN Disco</p> <p>Prizes to be Won</p>	<p>From 4:30pm</p> <p>NERF NIGHT</p> <p>\$25 PER CHILD (includes Pizza meal and drink) Bookings essential. 1 hour sessions will run from 5pm. For ages 5-10 years only. Playland only open to nerf participants.</p>



U2 233 MULGOA RD PENRITH- PH (02) 4721 8555 www.penrith.lollipopsplayland.com.au

Bookings essential for all workshops & Nerf Night- Call 4721 8555 to book visit our website for more info. SUBJECT TO CHANGE

The pool opens Saturday 30th of September!!!!

*Warragamba pool will be running *NEW learn to swim classes from the Monday 9th October!*

Introducing "Aquatic Babies" this is class specifically designed for the "bub's from 6 to 24months, children will learn to swim and become water confident with you or any family member in a class with a instructor, teaching your child to swim at a young age gives them a skill for life!

- These classes will be held during the week..*

All other classes will be held on Saturday mornings, Monday ,Wednesday and Thursday arvo's

Call Tania Sullivan on 0404833496 for further details..

POOL IS HEATED TO 26c!!!!

**club racing every Tuesday night*

- lap swimming*
- Party bookings available*

*Any more info required call Glenn
0416217129*