



# HOLY FAMILY SCHOOL NEWSLETTER

Term 3 Week 5 12th August 2024

## EVENTS

### THIS WEEK 5

#### Monday

ICAS Science

#### Tuesday

ICAS Spelling Bee

Todd Woodbridge Cup  
(Stage 2)

#### Thursday

WF Athletics (Parkes)

#### Friday

Paint the Town ReAd

Wellington Caves  
Excursion (Stage 2)

### NEXT WEEK

#### Monday

ICAS Mathematics

#### Tuesday

Half Day Show (12pm)



Dear Parents and Carers,

Congratulations to Stanley Drooger and Luca Barnes who have been selected to represent Wilcannia-Forbes at the Polding Cricket Trials (Stanley) and Polding Rugby 7s (Luca) later this term. This is a tremendous achievement, and we wish both the very best as they prepare for this exciting opportunity.

Last Friday, we celebrated Book Week with a fun and lively parade where our students dressed as their favourite book characters under the theme of 'Magic.' It was wonderful to see the creativity and enthusiasm in the costumes on display.

We are wishing our Stage 2 team the best of luck as they represent our school at the Todd Woodbridge Cup tomorrow. We know they will showcase their skills and sportsmanship and represent our school with pride.

This Thursday, we will be hosting the Wilcannia-Forbes Diocesan Athletics Carnival here in Parkes. Good luck to the 29 students who have qualified to compete in this event. The P&F are in need of helpers throughout the day in the canteen. If you can assist in any capacity, please contact the school office. Your support is greatly appreciated!

Our Year 3 and Year 4 students are eagerly anticipating their upcoming excursion to the Wellington Caves on Friday. This promises to be a fantastic educational experience, and we extend our thanks to our Stage 2 teachers for organising this special event for our students.

Friday is also Parkes Reading Day, and our infants students will be participating in this wonderful event. We will be walking down the main street and engaging in a variety of reading activities. It's a fantastic opportunity to foster a love of reading in our young learners.

Finally, a warm welcome to Jhaan Joshi, who commenced in Kindergarten last week. We are thrilled to have you join our Holy Family community.

**Denise Gersbach**  
Principal

### CONTACT US

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(02) 6862 1610

[admin.parkes@wf.catholic.edu.au](mailto:admin.parkes@wf.catholic.edu.au)



**FIND US ON FACEBOOK**  
[Holy Family Parish School Parkes](https://www.facebook.com/HolyFamilyParishSchoolParkes)

## ★ Star of the Week ★

Eli Allen is the Star of the Week for demonstrating our Core Values (In Praise, Love and Trust) and for always being helpful and polite.

### Interview with Eli



What is your favourite subject?	Mathematics
In your free time, what do you like to do?	Play basketball
What is your favourite food?	Chicken schnitzel with lettuce & mayo
What do you like most about our school?	The teachers are honest and caring
What are your strengths?	I'm a helpful person with strong writing skills.
What would you like to be when you grow up ?	Engineer

Term 3 Week 5: Manner of the Week (From our Core Value - LOVE)

☐ **Care for one another**

This fortnight's challenge is to conduct some research and **highlight** the correct answers.

### 2024 Olympics Quiz

1. In which city were the most recent Summer Olympics held?	<ul style="list-style-type: none"> <li>a) Tokyo</li> <li>b) Paris</li> <li>c) Los Angeles</li> <li>d) Rio de Janeiro</li> </ul>
2. Which country won the most gold medals in the most recent Summer Olympics?	<ul style="list-style-type: none"> <li>a) China</li> <li>b) United States</li> <li>c) Japan</li> <li>d) Great Britain</li> </ul>

<b>3. Who was the youngest Olympic track-and-field gold medalist in 2024?</b>	<b>a) Quincy Wilson b) Momiji Nishiya c) Sunisa Lee d) Neeraj Chopra</b>
<b>4. Which new sports were added to the most recent Summer Olympics?</b>	<b>a) Surfing, Skateboarding, Sport Climbing, Karate b) Rugby, Golf, Baseball, Softball c) Kayak Cross, Breaking, Men's Artistic Swimming d) Dance, Parkour, Handball, Futsal</b>
<b>5. Which team was disqualified in the finals of the men's 4x100m relay?</b>	<b>a) France b) United States c) Jamaica d) South Africa</b>
<b>6. Which country hosted the 2024 Summer Olympics?</b>	<b>a) Brazil b) France c) Australia d) Greece</b>
<b>7. Who won the men's 100m sprint in the 2024 Summer Olympics?</b>	<b>a) Usain Bolt b) Justin Gatlin c) Lamont Marcell Jacobs d) Noah Lyles</b>
<b>8. Which nation won the men's basketball gold medal at the Olympics this year?</b>	<b>a) France b) Australia c) Spain d) United States</b>
<b>9. What was the official motto of the most recent Summer Olympics?</b>	<b>a) Faster, Higher, Stronger b) Unity in Diversity c) Games Wide Open d) United by Emotion</b>
<b>10. How many gold medals did Australia win in the 2024 Olympics?</b>	<b>a) 2 b) 46 c) 16 d) 18</b>

**If there are multiple winning entries, your name will go into a draw. The winners will be drawn out of a hat and receive a prize at our School Assembly. Please write your name and answer on a piece of paper and hand it to me any time this week.**

**I hope everyone has a great week.**

**Andrew Berger**

### **CYBER SAFETY - UNWELCOME WEBSITES**

Unwelcome websites are often encountered when students search for information utilising Internet Search Engines such as Google, Bing, etc. These websites often contain material that may be age inappropriate, sexually explicit, pornographic, violent and offensive. The following information guides for parents may be of interest and assistance in ensuring that your children are protected from offensive content when using the internet.

[Welcome to iParent](https://esafety.gov.au/education-resources/iparent) (<https://esafety.gov.au/education-resources/iparent>)

Where you can learn about the digital environment and how to help your child have safe and enjoyable online experiences. Our 10 minute interactive tour is for parents of pre-teens and young teens (10 to 14 years). It has plenty of tips and practical steps along the way so you can help your child explore safely and manage online issues should they arise. This is especially important at this age as they strive for independence and peer acceptance.

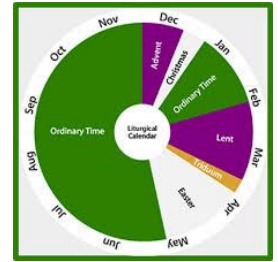
There are no right or wrong answers and you'll get to see how other parents responded to the same questions.

### **STUDENT AMBULANCE COVER CONDITIONS**

Student Ambulance Cover applies to transportation following a student accident, not an illness or medical condition. School policy is to call an ambulance in the event of a serious injury or illness (eg severe asthma attack, anaphylactic reaction, seizure etc). If your child has a pre existing medical condition that falls into this category, please be aware that the cost of the ambulance may be at the parent's expense if you do not have family ambulance cover.

# Religious Education

## Twentieth Week in Ordinary Time



Well done to all Stage 3 staff and students for organising a beautiful Mass for the Feast of the Assumption of The Blessed Virgin Mary last Thursday. Many parents, grandparents and parishioners attended, which was wonderful. The students participated very reverently and the lovely singing of the Marian hymns heightened the liturgy.



There will be a special Father's Day Liturgy on Friday, the 30th of August, organised by the Stage 2 staff and students.

At the liturgy, there will be a special focus on Saint Joseph, the foster father of Jesus and the Patron Saint of fathers. Saint Joseph loved and protected his family. St Matthew describes him in his Gospel, as a "righteous man" (Mt 1:19). We pray to Saint Joseph to guide all fathers in the care of their children.

### ❖ Friday, 30th August, 12:30 pm- Father's Day Liturgy Stage 2

#### **A quote from Pope Francis:**

*'St. Joseph's mission is certainly unique and unrepeatable, as Jesus is absolutely unique. However, in protecting Jesus, in teaching him how to grow in age, wisdom and grace, he is a model for every educator, and in particular for every father.'*

Friday, 30th August- Father's Day Liturgy	Liturgy 12:30pm HFS Hall	Stage 2
Thursday, 26th September - Saint Vincent de Paul Liturgy	Liturgy 10.15am HFS Hall	Stage 3

I hope everyone has a wonderful week.  
Beverly Berger

# Assembly Awards

## Week 4

AWARD	CLASS	STUDENT NAME
<b>Student of the Week</b>	KJC	Iris Burt
	1S	Sawyer Dengate
	2CH	Kendall Hartwig
	3NC	Ruby Smith
	4W	Jonti Lee
	5/6B	Oliver Reynolds
	5/6H	Shalara Jackson
	5/6N	Jaxon Clarke
<b>Recognition of Learning Award</b>	Infants - KJC	Archer McWilliam
	Primary - 3NC	Roy Clyburn
<b>Consistently Following School Rules (based on Manner of the Week, Environment and Uniform)</b>	Infants - 1S	Evie Clarke
	Primary - 4W	Isaac Siju
<b>Playground Behaviour Award</b>	Infants - 2CH	Charlie Crowe
	Primary - 5/6B	Collin Wood
<b>Leadership Award</b>	Infants - KJC	Emmerson Pope
	Primary - 5/6H	Henry Heraghty
<b>Living the Gospel Values</b>	Infants - 1S	Dave Jeffress
	Primary - 5/6N	Niamh McTiernan

# Wiradjuri

## Wiradjuri Lesson



### KJC

KJC finished off the Kangaroos and then they all hopped like a Kangaroo to the clapping of clapping sticks and did the dances to the wombat wobble.



K  
J  
C

K  
J  
C



# Wiradjuri



1  
S

In 1S Mrs Payne talked about Indigenous Clothing and what was made from skin, feathers and plants. The children asked questions and they had the opportunity to wear Emu feathers with a little bit of beeswax to make a headpiece to wear on their hair. A lot of laughs were had by all.

Emu Feather  
Hair Decoration



1S



1S



Emu Feathers & Beeswax

# Notes

PARKES PASTORAL AGRICULTURAL & HORTICULTURAL ASSOC INC

presents

## 2024 Junior Showgirl & Master Stockman Competition

- Open to Parkes and district.
- Nominations entered with the Show Secretary by 4pm on 26th August.
- Judging at 2pm on 27th August on the stage in front of the grandstand (must be accompanied by an adult).
- Entrants judged on presentation (dress in smart casual or in a show theme).

Section 1: Junior Showgirl 3-5 years

Section 2: Master Stockman 3-5 years

Section 3: Junior Showgirl 6-10 years

Section 4: Master Stockman 6-10 years

CHIEF STEWARDS: Sarah Townsend 0422 807 851 & Lydia Lovell 0422 052 190



### PARKES SHOW SOCIETY

Contact: 0467 622 580

See website for more information and entry forms:

<https://parkesshow.wixsite.com/parkesshowsociety>

Email form to: [secretary@parkesshow.org.au](mailto:secretary@parkesshow.org.au)

DIOCESAN  
ONLINE  
FORMATION



Theme: *When Those We Love Don't Believe*  
With: Fr Paul Newton

7:30pm-8:10pm AEDT Wednesday, 4th September


Zoom Meeting: ID 665 8411 5159 and Passcode 709885

<https://wfcatholic.zoom.us/j/66584115159?pwd=TKgyUDcuUjJkVjQVWk4OWkRFVlYmZadz09>

## VOLUNTEERS NEEDED

The P&F need your help in the canteen at the Dio Athletics Carnival on Thursday 22nd August. If you can spare an hour to help out in the canteen that would be most appreciated. All funds raised go back into P&F initiatives to enhancing your children's education and overall schooling experiences.



 Holy Family School Parkes

## Kindergarten Transition Enrolment

Start Your Child's Learning Journey.

Our 2025 Transition Program is now available from Term 1 to Term 4 for children starting Kindergarten in 2026.

Register Now!



### Program Feature:

- ✓ FREE - NO COST
- ✓ STARTS TERM 1 - 19TH MARCH 2025  
FINISHES TERM 4 - 10TH DECEMBER 2025
- ✓ EVERY WEDNESDAY 9 AM - 3 PM
- ✓ TERM 4 IS FOR STUDENTS WHO ARE ENROLLED FOR 2026 KINDERGARTEN
- ✓ CHILDREN WILL BE PROVIDED WITH A FREE HOLY FAMILY SPORTS SHIRT FOR THE PROGRAM.

☎ 6862 1610

✉ [admin.parkes@wf.catholic.edu.au](mailto:admin.parkes@wf.catholic.edu.au)

# Notes

Paint Parkes READ Presents  
Our Annual Reading Day

"Reading is magic"

23rd August 2024

9am to 12pm

Cooke Park and  
CBD

Every time a book  
is opened



magic falls out!



Evolution  
MINING



For more information call Shonel 6862 1872

**ST VINCENT DE PAUL**

**WINTER APPEAL**

**HOLY FAMILY PARISH SCHOOL**



We are donating  
non-perishable food items &  
small items of clothing to ease the  
winter chill...such as beanies, socks,  
gloves or scarves.

Please send your donations to the  
school office

Thank you for your generosity.

'Charity is the cement which binds Communities  
to God and persons to one another'  
-St Vincent de Paul

## DIOCESAN ATHLETICS CARNIVAL MENU

Open from 7:30am til Late

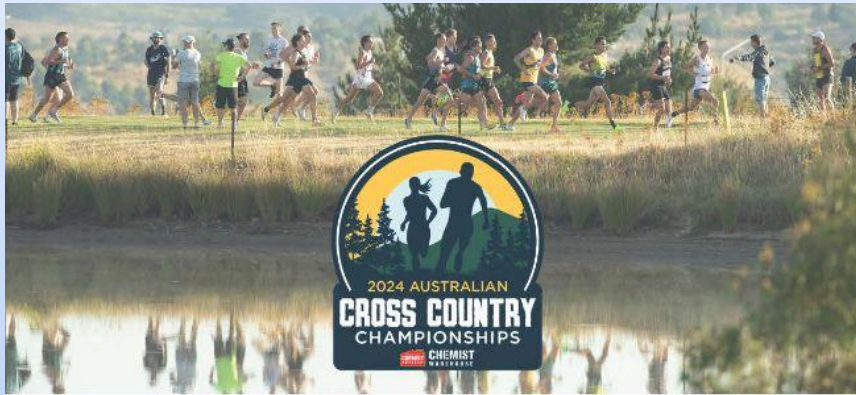
Bacon & Egg Rolls	\$6	Coffee (extra shot +\$1)	\$5
Steak Sandwich	\$8	Tea	\$3
Sausage Sandwich	\$3	Hot Chocolate	\$3
Hot Dogs	\$4	Powerade	\$5
Hot Chips	\$5	Assorted Soft Drinks	\$3
Nuggets/Chicken Sticks	6 for \$4	Water	\$2
Cheese Toasty (extra toppings \$1 each, ham & tomato available)	\$3	Popper Juice	\$2
Homemade Pumpkin Soup & Bread Roll	\$7	Pop Corn	\$3
Homemade Chicken & Sweetcorn Soup & Bread Roll	\$7	Packet of Chips	\$1
		Homemade Cakes & Slices	
		Assorted Lollies	
		Assorted Chocolates	

## Holy Family's Got Talent Assembly Version

We are pleased to offer an alternative opportunity for the students who registered for HFGT to showcase their talents. The students who had registered for HFGT have been given the option to perform during our school assemblies in Weeks 4, 6, 8, or 10. Below, you will find the names of the students who have nominated themselves to perform at these assemblies.

Please ensure that your child is well rehearsed and prepared for their performance. This includes having all necessary instruments, music, costumes and/or props ready on the day of their scheduled performance.

Week	Assembly Act
4	Niamh - Singing Max & Jasper - Singing & Dancing
6	Ceinwyn - Singing Roop - Singing Joey & Joel - Acting & Dancing
8	Ceff - Singing Sophie - Singing Eisie, Amelia and Kendall - Dancing
10	Elizabeth & Piper - Dancing Lillian - Singing



## *National Cross Country Championships*

This year, for the first time, primary and secondary school students are eligible to compete in the National Cross Country Championships.

In August, Australian athletics is gearing up for an exciting adventure down south as Tasmania gets ready to host a reimagined Chemist Warehouse Australian Cross Country Championships.

### **An Event For All Ages**

Whether students are in primary or secondary, this is their chance to shine. The Championships are packed with a two-day program of races including the brand-new Mixed Relay event. The Mixed Relay is open to all primary and secondary school students, no matter if they're registered with your State or Territory Member Association or not.

This means students can pair up and jump in to compete in a team event that's about fun, teamwork and pushing your limits.

### **A Call to All Schools**

Single gender schools, this is your moment to come together and compete. Pair up with another school for the Mixed Relay.

### **Individual Glory Awaits**

For those who love to run solo, individual races are also on the program. To participate, athletes will need to register through their State and Territory Member Associations.

### **Key Event Information**

Date: Saturday 31 August and Sunday 1 September 2024

Venue: Symmons Plains Raceway

Timetable: [Day 1](#) | [Day 2](#)

Mixed Relay Entry Portal: [HERE](#) [closing August 4]

View [frequently asked questions here](#) or visit the full [event page here](#).

# eSafety parent webinar

## Wellbeing and digital technologies



Join the eSafety Commissioner's expert education and training team for a FREE live webinar

Tuesday 20 August from 7.30pm – 8pm

## Consent and online boundaries: how to support your primary-aged child

This Term 3 webinar is designed for parents and carers of young people in primary school

As children begin to navigate the online world, they need to know how to make decisions around consent and boundaries. This 30-minute webinar will outline strategies for parents and carers, as well as support those hard-to-have conversations.



**CLICK TO REGISTER FOR THE WEBINAR:**

<https://register.gotowebinar.com/register/1244428795787444059>



eSafety Commissioner

[ccsp.catholic.edu.au](https://ccsp.catholic.edu.au)

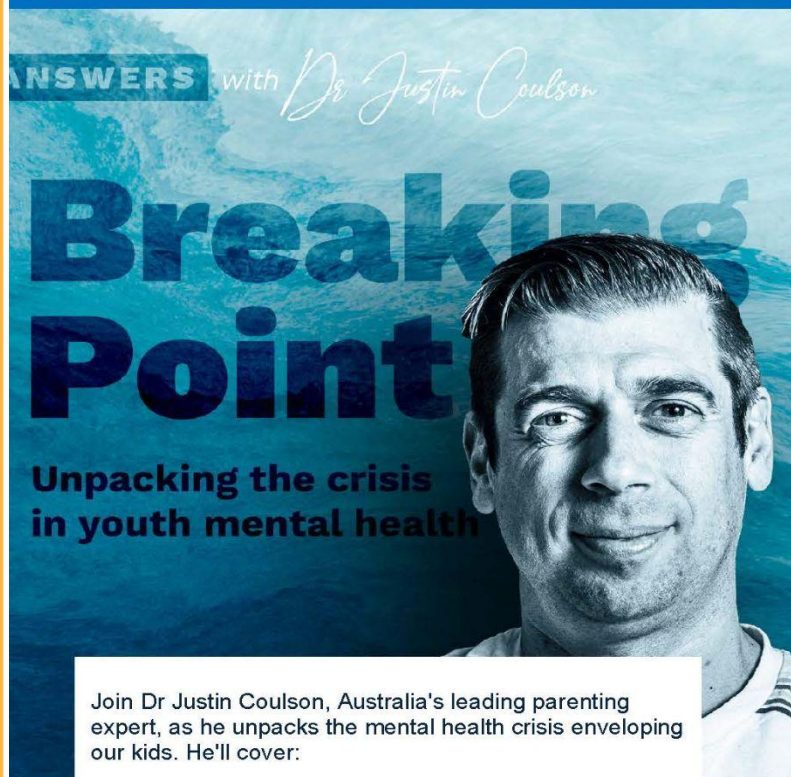
[esafety.gov.au](https://esafety.gov.au)



# Free Webinar for Parents and Carers

## Breaking Point

With Dr Justin Coulson



**UNPACKING THE  
CRISIS IN YOUTH  
MENTAL HEALTH**

**Wednesday  
11 September**

**7pm – 8pm**



[CLICK TO REGISTER](#)

Join Dr Justin Coulson, Australia's leading parenting expert, as he unpacks the mental health crisis enveloping our kids. He'll cover:

- The root causes behind the deteriorating state of mental health, and who (or what) is responsible
- The tools you need to reverse this trend for your children
- Science-backed, relationship-focused strategies to remedy school refusal
- Realistic approaches for managing screen time in a way that protects your child's wellbeing without completely alienating them from their peers
- Creating margin in your home and family life to protect and promote mental wellness

This isn't just a workshop; it's a call to action. Join the conversation and be part of a dynamic, interactive experience where we collaborate to reshape the future of your children's mental health. Hear real stories, explore innovative solutions, and discover practical strategies to empower your kids.

Dr Justin Coulson is the co-host and parenting expert on Channel 9's *Parental Guidance*, the founder of [happyfamilies.com.au](http://happyfamilies.com.au), and one of Australia's most trusted parenting experts. He holds a PhD in Positive Psychology.