



## School Church Choir

Thank you to Mrs Serrao and Mrs Aggarwal, and the School Church Choir for singing at Mass on Sunday. This is a wonderful opportunity for the children to sing their praises to God.



## State Basketball

Good luck to the state basketballers who will be participating in the State Basketball Championships in Albury on the weekend. Thank you to Mrs Pennay and Miss Reid for coaching the students in preparation for this event.



## School Assembly

A reminder to parents and relatives that you are all warmly invited to attend the School Assembly held every Monday from 9:00am. This week, Stage 1 will be running the assembly.

## Relocating

If you are planning on moving homes during the Christmas holidays, and your child(ren) will, therefore, be leaving St Joseph's, please contact the school as soon as possible.



## KEY DATES

- 18 Oct ..... Kinder 2012 Information Meeting
- 19 Oct ..... Children's Mass
- 21 Oct ..... Parent Committee Meeting—  
2:00pm
- 24 Oct ..... Assembly—Stage 1  
..... Stage 2 Excursion—IMAX
- 25 Oct ..... Captivate Choir Performance
- 26 Oct ..... Children's Mass  
..... S2 Diocesan Basketball  
..... S3 Diocesan Basketball
- 31 Oct ..... Prayer and Flag Raising Assembly
- 2 Nov ..... Children's Mass

## Parent Homework Forum

The Parent Homework Forum will be taking place in Week 6. Parents are invited to attend this information session.

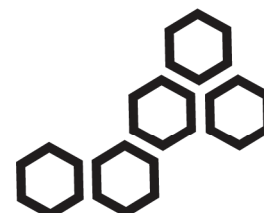
## Year 6 Fundraising Ice Blocks

The planning for the Year 6 Farewell is well under way. The year 6 students and teachers are organizing fundraising activities to raise money for the gift the children will present to the school. Every Wednesday at lunch one and lunch two the students will be selling ice blocks for .50c each.



## Hand, Foot and Mouth Disease

Please be advised that we have had a case of Hand, Foot and Mouth Disease at school. Symptoms include blisters and ulcers inside the cheeks, gums, sides of tongue, hands and feet. Children who have this disease are required to stay at home until the blisters have dried up.



## Positive Parenting

Positive parenting is an approach to being a parent that aims to promote children's development and manage children's behaviour and emotions in a constructive and non-hurtful way. It is based on strong, nurturing relationships, good communication and positive attention to help children develop.

Positive parenting involves emphasising the positive and planning ahead to prevent problems. It also involves using everyday situations and creating opportunities to help children learn and to motivate them to do their best.

Children who grow up with positive parenting are likely to develop the skills they need to do well at schoolwork, building friendships, and feel good about themselves. They are also much less likely to develop behaviour or emotional problems when they get older.

Parents who learn to use positive parenting skills typically feel more confident and competent in managing daily parenting tasks, are less depressed, less stressed, and have less conflict with their partners over parenting issues.

There are five key aspects to positive parenting:

- Creating a safe, interesting environment
- Having a positive learning environment
- Using assertive discipline
- Having realistic expectations
- Taking care of yourself as a parent.

Active strategies on implementing the five key aspects to positive parenting will be published over the next several weeks.



## AMEP Adult Migrant English Program

Free class for eligible migrants and refugees. Child care is provided. Held at St Stephens Anglican Church, 254 High Street, Penrith every Wednesday and Thursday from 9:30am to 1:30pm. Call 9621 4175 to enrol.

## Adult Literacy Programme

If you would like to learn to read and write but are unable to come to class, you can get help with the Home Tutor Programme run by Nepean TAFE, Kingswood Campus. This free course is available through Nepean TAFE. Contact Sue, the Adult Literacy Officer on 9208 9347.

## Bicycle NSW Safety Workshop

Penrith City Council is proud to present a free bicycle workshop being held this Saturday, 22 October at Council's CARES bicycle facility on Creek Road, St Marys. Go to [www.bicyclensw.org.au](http://www.bicyclensw.org.au) to register and for more information.

## St Joseph's Catholic Church Kingswood—Mass Times

Cnr Joseph Street & Richmond Road, Kingswood  
(Phone 4721 4080)

Parish Priest: Fr Paul Hopper C.S.Sp

### Sunday Masses:

Saturday—Polish Mass, 4.00pm; Vigil, 6.00pm

Sunday—8.30am & 10.00am

### Weekday Masses:

Monday, Tuesday & Thursday—8.00am,

Wednesday (Children's Mass)—9.00am

### Eucharist Adoration Before all Masses

Sacrament of Penance Saturday after morning Mass

Anointing of the Sick every 1st Saturday—8.25am  
Mass

Baptism by appointment. Contact the Presbytery

**Joey's Before & After  
School Care tel 4732 5771**

Learning without limits 

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