



NEWSLETTER

Number 3 | 27 July 2019

Macarthur Polish Saturday School



Robert Townson Public School

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Welcome in Term 3!

I am sure that many times, we, teachers and dear Parents, ask ourselves the question "How do I motivate a student to learn?" Commencing Term Three, I would like to draw your attention to the importance of motivation in the teaching process and its key elements.

First of all, we take learning seriously. It is good to assume that school is as important for the student, as work commitments are for adults. It should be shown to children, that school and learning is important. This is why we should enforce and repeat to our children that one should be punctual, conscientious and that education is an important element of our family's life. If we are to take learning seriously, we should support the teaching process by:

- healthy eating (diet for the brain),
- regular sleep hours,
- active recreation,
- acceptance and the ability to express their emotions (including dissatisfaction),
- understanding the need for support.

Secondly, you need to monitor stability and routine. It is evident that we all lead busy lives. Our children are the same. Although they are already tired from their day at school, they still have homework to do after returning home. At this point, it should be noted that students that attend Saturday schools - including children from our school - learn or "work" six days a week. Recently, I was thinking about this subject, remembering that my own children went to school 6 days a week, during all their school years. Quite often it seems that we do not appreciate enough, how hard they actually work. We must sincerely and wholeheartedly congratulate our students and their parents for the effort they take to come to Community Language School every Saturday morning, while their friends are still fast asleep.

Returning to the subject of homework - a good motivator is to set one hour for homework. The household members then know that it should be quiet and this is the time for learning. Of course, in many homes there are children of all ages and not everyone has homework. However, the routine in which siblings focus on doing their homework at the same time is very useful. Younger children can play without a TV, tablet or loud music during this time, even if they finish earlier or have no homework. This would help older children to focus on their schoolwork. It's not only that the sounds from electronic devices can be distracting, but mainly that the child who has to sit and concentrate on their homework, may feel upset and sorry for themselves, having to hear their siblings playing games.

Wisdom does not come by accident - perseverance is the key. This is one of the most motivating (in the long term) factors for a child. This seems very obvious from an adult's point of view, yet is very easily forgotten. In the everyday pursuit of learning excellence, we forget to inform children that success is achieved through perseverance, persistence and hard work, and not because someone waved a magic wand. Acquiring knowledge is at times not an easy task to do, but it can also be a real pleasure. On the subject of motivating children to learn, there is no better way than curiosity and usage of different motivators. Implementation of these elements in the teaching process is the responsibility of teachers during class time. Parents can do this by taking your family on trips, talking, participating in educational games and sports challenges. As a result, your child will gain a completely different perspective to new challenges at school.

In conclusion - I would like to wish us all a successful and fruitful term based on the serious attitude towards learning by implementing routine and perseverance for our children, which in turn will reflect in their successes in learning.

IMPORTANT DATES IN TERM 3

- ♦ **27/7 First Saturday of term 3**
- ♦ **31/8 Father's Day Assembly**
- ♦ **1/9 80th Anniversary of the outbreak of WW II**
- ♦ **14/9 School Excursion**
- ♦ **21/9 Last Saturday of term 3**

CURRENT INFORMATION

Security in the Car Park

As usual, I would like to ask all parents to keep the car park safe. Please remember; there may be children about. As you leave the school, please remember to keep a watchful eye, and **hold your child's hand whenever in the presence of vehicles.**



Contact Numbers for Teachers:

Grażyna Pakulska

Classes IV, V, VI

Mobile: 0416911818 ;

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Malgorzata Jagodzińska

Classes II i III

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Elżbieta Purchała

Preschool

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Bernadeta Kawa

Kindergarten i Class 1

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Małgorzata Helwani

Teacher's Aid

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Urszula Kościńska

Teacher's Aid

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Email: ulaula1177@hotmail.com

Food Allergies

Two students currently enrolled at our school have been diagnosed with food allergies. First student is allergic to **eggs, soy** and **nuts**



The other student has allergy to food products containing **honey**. We ask all parents to make sure that these product are excluded from your childrens' lunchboxes. For now these are the only food restrictions that apply to our students. If these circumstances change and we will find out about any more allergies that affect our children we will immediately notify you via email.

Student/Teacher ID Card

We will accept applications for the issue or renewal of student/teacher ID's card. The ID entitles students or



teachers from our school to discounted transport in Poland as well as discounts on entry tickets to museums and parks. If you are planning a trip to Poland and are interested, please contact me or your child's teacher.

Do not miss this opportunity!

"Creative Kids" Program

With pleasure and real joy I would like to inform all of you that at the beginning of February this year our school was registered a Creative Kids Provider. Thanks to this, each parent or legal guardian can apply for a \$ 100 voucher for a child being a pupil of our school. At the same time, I would like to thank all of you who handed over the Vouchers in the first and second term. If you have any questions or concerns, please contact me or your child's teacher.



Ingleburn Specsavers

If you need a professional **optometrist**, with a good knowledge of the Polish language, I strongly urge you to visit the office of **Mr Mark Pochanke**. The tests are "BULK BILLED". If you would like the consultations to be carried out in Polish please report it at the reception or over the phone:

(02) 9605 5751

Adres:
30/32 Oxford Road,
Ingleburn
NSW 2565



The composition of the **School Committee** for **2019**, the body that oversees the activities of our school:

- | | |
|-----------------------------|-------------------------|
| • President | Dominika Herdzik |
| • Vice President | Agnieszka Godden |
| • Public Officer | Helen Kokoszka |
| • School Coordinator | Bernadeta Kawa |
| • Treasurer | Hanna Beshai |
| • Secretary | Ewelina Cini |
| • Committee Member | Anna Nowicka |

A hat watter bottle & sunscreen

I continue to ask all parents and caregivers to make sure that their child has a **hat** on each Saturday, together with a **bottle of water** and a **sun protection cream**.



Father's & Grandfathers Day

On Saturday 31/8, we will be celebrating Father's and Grandfather's Day at our school. We warmly and cordially invite our beloved dads and granddads to our performance which will take place at 11:30 PM in the classroom, where classes V and VI are being held. We are kindly asking you to bake cakes that will sweeten our celebration :)



As always we encourage you to buy fresh **Polish bread, donuts (paczki) and pastries**.

Thank you to our beloved mothers, for their help in selling these delicacies.



S U M M A R Y O F T E R M 2

Scoutmaster's Szupryczynski Award for Anya Bienkowska

On Saturday 4 May, during the occasion of the Anniversary of the Constitution of May 3 at the Polish Club in Ashfield, one of our students, Anya Bienkowska (class VI) received the Scoutmaster's Witold Szupryczynski Award. This award is given to children and young people of the Polish community who proudly affirm their Polish roots by learning Polish language and participating actively in promoting Polish culture on Australian soil. Anya is a wonderful student, who approaches learning with great enthusiasm and responsibility. Congratulations to Anya and her proud parents and grandparents! Anya – you are the pride and joy of our school community! We wish you success in the next years of learning Polish!



Anniversary of the adoption of the Constitution of May 3

On Thursday May 2, the Mosman Art Gallery hosted an official ceremony commemorating the 228th anniversary of the 3rd May Constitution. The organisers of this beautiful event were the Consulate General of the Republic of Poland in Sydney, Mrs. Irena Juszyk and Mrs. Vice-Consul, Joanna Splocharska. Mrs. Marta Kiec-Gubala, beautifully set the mood and spirit of the evening through her speech, emphasising the importance of this event in the history of our nation.

Many guests were invited to this ceremony; among them being present were Mr. John Sidoti, the Minister of Sport, Multiculturalism, Seniors and Veterans, Mr. Marek Banasiak, a member of the NSW Parliament and representatives of the consular corps in Sydney.

On behalf of the Polish Saturday School in Macarthur, we would like to thank you for the invitation and opportunity to be part of this beautiful and patriotic ceremony.



Mother's & Grandmother's Day at Macarthur Polish Saturday School

On Saturday May 11, we celebrated Mother's and Grandmother's Day at our school. It was a very joyful celebration with a great family atmosphere.

In the morning, teachers discussed with the children, the topic "My Mom and I". Together they talked about a Mother's hard work and struggles. Teachers discussed with the children, ways of showing gratitude for the hard work and care Mothers and Grandmothers put into raising the younger generation. It is difficult to describe a Mother's love for her child. It is an exceptional love, full of sacrifice and hard work. At the same time, it is a happy and unconditional love, full of warmth and joy.

A Love like no other. The most beautiful kind of love...

During a special performance, students from individual classes presented poems dedicated to their Mothers and Grandmothers. Students from the older class presented us with a brief history of this special day, Mother's Day. Together we all sang Polish songs for our Mothers. This brought us even closer because, after all, everyone has a Mother. The atmosphere was really fantastic! It brought tears to my eyes. Some of our own dear Mothers got very emotional hearing poems dedicated to them. The students had prepared a very tasty gift for all the Mothers - cheerful, colourful and super healthy sandwiches and flowers made out of fruit. Mothers and Grandmothers loved them, as well as all other guests that came to our celebration.



A Missionary at our school

On Saturday June 15, a group of very interesting guests, including Mr. Andrzej Stalenczyk, the Head of the Pastoral Council at the Minto parish, visited our School. Mr. Stalenczyk brought with him, Father Krzysztof Stachowiak, a Missionary from the Holy Family Fathers who has been working in Papua New Guinea for the past 15 years. Father Krzysztof, who is an extremely charismatic and humble person, met with our children, and in a very pictorial and warm way, described to us the realities of his work in Papua New Guinea.

Children and adults listened with great attention to Father Krzysztof, describing the realities of his Missionary work. It is hard to believe that living standards in a country that is geographically so close to Australia, differ radically from the standards of living on our Continent. It was a great lesson for us all, to appreciate things that we take for granted every day. We are very grateful that, despite his busy schedule, Father Krzysztof found time to meet with our school students.



A very successful workshop

On Saturday, June 29, a workshop with Mr. Krzysztof Bakalarz – Polish psychologist, psychotherapist and trainer took place at our school. During the meeting Mr. Bakalarz in an extremely professional manner answered three important questions:

- Can stress be beneficial for us?
- Is it possible to avoid it, or is it better to learn to deal with it?
- What to do when nothing works and we feel worse and worse?

Despite the fact that the workshop continued for over two and a half hours, all those who participated in it agreed that the time had passed so quickly. I could hear comments like: *"I wish my sister was here", "I wish I had taken my daughter with me", "I have learnt so many interesting things today", "great workshop", "what a fantastic idea", "will there be more workshops like this one?"*

The seminar undoubtedly enriched the people who participated in it. We hope to continue these workshops in the future. We are extremely grateful to Mr. Kris Bakalarz for preparing and conducting it.

Krzysztof Bakalarz, received a master's degree in psychology at the University of Adam Mickiewicz in Poland. Over the years he gained international experience as a trainer and speaker working with both individuals, companies and organizations.

For more information, call 0451 220 869 or visit www.polski-psycholog.com



From July 27, apart from his Bondi Junction office, Mr. Krzysztof Bakalarz will also be able to see clients from **Campbelltown area**.

Mr. Bakalarz will be available for appointments on **Saturdays from 8.30 am to 1.30 pm.**

All interested in counselling, psychotherapy or coaching, please do not hesitate to contact Mr. Bakalarz via phone: **0451 220 869** or email: **polskipychologsydney@gmail.com**

Polonia Day

On Saturday May 25, we celebrated Polonia Day at the Bankstown Polish Club. This Function was held under the patronage of the Federation of Polish Organizations in NSW. This Function was funded by the Senate of the Republic of Poland over Polonia and Poles Abroad in 2019 with the cooperation of the "Freedom and Democracy" Foundation.

The running of this Function was entrusted to Mr. Michal Macioch, who in an extremely professional and warm way, introduced the guests to the theme of the evening, and announced all performers presenting their program.

The main act was the performance by the Song and Dance Ensemble "Kujawy". We admired all three groups of dancers performing on the stage. Our Polish hearts were filled with pride and joy, while we watched and admired the various Polish dances performed by "Kujawy". This made us feel like one big Polish family.

During the first half, the oldest group performed two dances. The first dance was "Zywiec Mieszcanski, followed by "Sztajerek ". We also admired the middle group, gracefully performing "Krakowiak".

"Krakowiak" also began the second half of the program - this time, the performers were boys and girls from the youngest group. The charm of the dancing children brought a smile to the faces of the gathered guests.



This Function was also graced by recitals from two young soloists invited to perform on the day. The audience admired and appreciated the performance by Miss Paulina Pazdzior playing a piece titled "Polonez Oginski" on the violin. We also eagerly listened to Mr. Michal Macioch, soloist, who performed three songs. Both recitals showed artistic impression and experience for the audience gathered that day at Bankstown Polish Club.



Also during the first half of this Function, students of the Polish Saturday School in Macarthur presented a patriotic program entitled "Beautiful Poland – our beloved home country". Despite the fact that the kids had a very little time to prepare for the performance, they did a really fantastic job presenting poems and songs about Poland. The highlight of the program was a poem entitled "Beautiful Poland – our beloved home country", which described pigeons disputing over which part of our beloved country is the most beautiful. At the end, all the birds came to the conclusion that our entire country, including every region - without exception, has its own charm and for us Poles, will always be closest to our hearts and the most beautiful.

In the second half, our students presented the program titled "For You Dear Mom". Our Function, Polonia Day coincided with Mother's Day in Poland, which falls on 26 May. This part of the performance by our students, consisted of reading their own comments, in which the children described their Mothers and expressed their gratitude for a Mother's work, care and love - love which is like no other - the most beautiful kind of love...



Thank you very much to our dear school students, for representing our school so wonderfully on Polonia Day. With real pride and joy, I looked at our boys and girls beautifully dressed in their school shirts and who, in the language of their Parents and Grandparents and with a smile on their children's faces, recited poems and sang Polish songs.

I would also like to thank our teachers at Macarthur Polish Saturday School,

for the preparation of the program and dear parents who practiced verses and songs with their children at home, and devoted their time to come to Bankstown on that day.

We would like to thank the management of the Bankstown Polish Club in Banksown, for their ongoing hospitality and support. We also extend words of gratitude to Lucyna and Wiesław Pazdzior, for donating the delicious sausages. The children ate them with a great appetite, giving them strength for their performance.

Finally, a big word of thanks, gratitude and recognition to Mrs. Jolanta Zurawski, who coordinated the whole event on the occasion of Polonia Day at the Bankstown Polish Club. We thank Wiesia and Marek Wojnicz - Artistic Directors of "Kujawy".

Thank you to the young soloists, Mrs. Paulina Pazdzior and Mr. Michal Macioch. Thank you for the work and dedication of such wonderful people - Poland will remain in our children's hearts.

Kids Day–the most beautiful day of the year!

“Project co-financed within the framework of Polonia funds of the Ministry of Foreign Affairs of the Republic of Poland”

June 1 is by far the most beautiful and joyful day of the year – the day when in a special way, we realize what a great joy and hope for the world, our children are. Could you imagine a world without children? What would it be like? I definitely do not want to live in such a world. I am glad that I was raised and grew up in a country where children were celebrated each year. It is a very special day in which we, adults looking at our own children, try to discover the child within us. In my opinion days like “Kids Day” should be celebrated more than once a year.

On Saturday June 1, together with children from the Song and Dance Ensemble “Kujawy”, we celebrated “Children’s Day” at our school. Instead of our usual routine, the students had the opportunity to take part in sports and dance games under the watchful eye of Mr. Michal Macioch.

From 9:30am to 11:00am, the school yard was full of childish uproar, laughter and shouts of joy, all mixed up cheerful music. Michal began with a musical warm-up. Children were stretched, jumped and participated in all the physical activities which, by their very nature, define being a child. Children are very often tireless in their need for physical activity and movement.

After the warm-up, it was time for the sports competition. The participants were divided into two groups, they rushed to the goal in the races, ran with the ball back and forth, ran with the ball over their heads and between their legs and performed many other fun and happy sport activities. It was a really happy, healthy and noisy time, just as it should be during an event such as “Kid’s Day”.

At eleven o’clock, Paul the Magician appeared out of nowhere, and entertained not only our little ones, but also parents and teachers who could not refuse themselves the pleasure of meeting this mysterious visitor. Paul the Magician absolutely charmed, or rather “enchanted”, everyone watching his amazing magical performance. I looked at the laughing and happy faces of our children. It was joy and happiness in the purest form ... Moments like this give life its true meaning.

After the show, both children and adults thanked the Magician for his performance with thunderous applause. I allowed myself to notice, that the work he is doing, is one of the most joyful jobs you can imagine. The constant laughter and joy of children are always present while he works.

After this highlight of the day, the children enjoyed a well-deserved meal prepared by our wonderful parents.

But wait a minute ... I almost forgot to mention. At the end of the day, the children did not go home empty handed. The children were given a gift prepared by one of our Mothers, Mrs. Dominika Smutek, President of the Parental Committee. How much fun did the kids have while they were opened their packages!

It is impossible to mention here all those who supported me in the work on the organization of this event. However, I need to mention and honour several people. I would very much like to thank the Consul General, Mrs. Irena Juszczuk and Mrs. Vice-Consul, Joanna Splocharska, for their help in co-financing the project “Kid’s Day” at our school as part of the Polish Community funds of the Ministry of Foreign Affairs of the Republic of Poland.

Thank you to Lucyna and Wieslaw Pazdzior, whose generous hearts have opened, once again, for us. Thank you very much on behalf of myself and the whole school, for the delicious sausages that you fed our children, parents and teachers last Saturday. There were enough sausages for everyone. Not one sausage was left. I wish that you could see the enthusiasm, with which the kids were eating your sausages. Once again from the bottom of my heart, A HUGE THANK YOU!

In conclusion – thank you all for everything! It is difficult to express and describe in a few clumsy words, how grateful I am to you, dear Parents for your support and work on the preparation of this day. Let the payment be the smile and joy of the children that benefitted from all the joys of this special day.

To sum it up, I would like quote Pope John Paul II ***“children are the spring of the family and society, the hope that is still flourishing, and the future that is constantly opening.”***





School Fees

Our treasurer Mrs. Hania Beshai will be accepting school fee payments, each Saturday between 8.50 and 9.30 as well as between 12.00 and 12.30. The term fees are as follows: \$100 for the first child, \$100 for the second child. Term fees for third and consecutive children are not required. If you prefer paying via direct deposit our bank details are as follows:

BSB 062-340

Account Number: 1064 1428

If you choose the electronic form of payment we kindly ask you email the treasurer and inform her of your payment so she can verify. In the subject line of the email please mark **"School Fees"**, and in the email please provide the name of the child, the term you are paying for, the amount paid and reference used in your payment.

School Email: macarthurpolsatschool@outlook.com

Polish Sunday Mass Times:

- ♦ 10:15—Church of the Holy Trinity;
57 Guernsey Ave, Minto NSW 2566
- ♦ 18:30—All Saints Catholic Church
George St. Liverpool NSW 2170
- ♦ 11:30—Sacred Heart Catholic
Church; 13 Park Rd. Cabramatta
NSW 2166



ZWIAZEK HARCERSTWA POLSKIEGO

We WELCOME all youth to our scouting association. Using our principles of the Scouting movement via camping, hiking and bushcraft we aim to develop in the youth physical, intellectual and moral strength, values embodying good citizenship, love of the environment, initiative, self reliance and organisational skills and knowledge of the Polish culture, history and language.

For more information call:

0425275541 (Druhna Danusia)

0433051481 (Druh Janusz)

Website: <http://www.zhp.org.au/>

Folklore Ensembles in Sydney

Polish Song and Dance Ensemble *Kujawy*



INVITES YOU

For more information:

Jola: 0400 689 379

Ela: 0438 458 715

Polish Song and Dance Ensemble *Podhale*



INVITES YOU

For more information:

Daniel: 0418 996 671

Ania: 0422 409 908

Polish Song and Dance Ensemble *Lajkonik*



INVITES YOU

For more information:

Marzena: 0433 779 941

Polish Song and Dance Ensemble *Syrenka*



INVITES YOU

For more information:

Teresa: 0414 605 110

SPONSORS



FUNDACJA



**WOLNOŚĆ
I DEMOKRACJA**

„Projekt współfinansowany przez Senat Rzeczypospolitej Polskiej w ramach sprawowania opieki nad Polonią i Polakami za granicą.”



Consulate General
of the Republic of Poland
in Sydney



POLONEZ SMALLGOODS

Znakomite polskie produkty

49 ARLEWIS STREET
CHESTER HILL NSW 2162
Zapraszamy:
od środy do piątku godz. 9-17
w soboty godz. 9-13

KLUB POLSKI W ASHFIELD
73-75 NORTON STREET ASHFIELD NSW 2131
Zapraszamy:
w środy i czwartki godz. 17-20
w niedziele godz. 13-17

L & W PAŹDZIÓR tel. (02) 9644 9280

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