



St Mary's School  
Waverley  
Founded 1888

# LITTLE SAINTS | NEWS

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Dear parents

The Trinity Term has brought with it the beautiful autumn leaves falling from the trees as well as darker and colder mornings. Parents and children are back into a routine, the April holiday is long forgotten, and the busyness of our days continues.

The definition of the word busy as the active and attentive engagement in work or a past time resonated with me as I listened to the Penny von Oppell talk. It made me think about how we as parents are too busy for our children owing to pressures that we face daily. We get frustrated with our children because they take too long to get dressed, don't pack away their toys when asked, or refuse to help set the table for dinner. It is just easier for us to do it for them. We know that children need to be given responsibility and chores to feel valued and to develop a sense of self-worth and yet our busyness results in our giving children the wrong message by doing things for them.

The use of technology was also discussed in the talk. We are all guilty of quickly checking our emails or phone messages when our children are trying to have a conversation with us. We are so connected to the world yet so disconnected from our own children. I would like to encourage parents to be mindful when we eat dinner with our families or cuddle our four-year-olds at bedtime not to be hiding behind a screen. Our child needs our face time, not someone else's.

In Penny's words, "be responsible for your actions and encourage children to be themselves because everyone else is taken".

Saturday was exciting, with the Little Saints' sports day culminating in the PTA fun day. All of the children were stars on the field and had fun while completing the eight stations. Their excitement and joy were pleasing to observe; as was the pride they took in wearing their medals afterwards.

The fun day was entertaining and enjoyable and I would like to thank our class representatives for organising the stalls and all the parents who helped make it such a success.

"The most precious gift we can offer others is our presence. When mindfulness embraces those we love, they will bloom like flowers." - Thich Nhat Hanh

Thank you all for being present.

Kindest regards

**CELIA DIANA**  
**HoD: LITTLE SAINTS**

