

## TERM 3 WEEK 8: Monday 7<sup>th</sup> September, 2020

### **DATES TO REMEMBER**

<b>Tuesday 8<sup>th</sup> September:</b>	<b>MMA and SMA Planning Day for Staff – online activities only for students – no comments by class teachers – reduced specialist lessons available.</b>
<b>Thursday 10<sup>th</sup> September:</b>	<b>Prep and JMA Planning Day for Staff – online activities only for students – no comments by class teachers – reduced specialist lessons available.</b>
<b>Friday 18<sup>th</sup> September:</b>	<b>End of Term III – 1.00pm – Children onsite can wear plain clothes</b>
<b>Monday 5<sup>th</sup> October:</b>	<b>Beginning of Term IV - (Remote learning to continue)</b>
<b>Thursday 8<sup>th</sup> October:</b>	<b>School Closure Day - Professional Practice Day for Staff</b>
<b>Friday 9<sup>th</sup> October:</b>	<b>Applications close for 2022 Year 7 students in Catholic Secondary Colleges – our current Year 5 Students</b>

Dear Families,

I want to thank all families for their support of our Virtual Sports Day on Friday. Over the weekend, I looked at the posts from each class and was amazed by the various ways families had engaged with their children to make this day one they will remember for a long time to come. Homes were decorated with the colours of the house team the children belonged to, including coloured food. Parents joined in with warm ups and activities. Whole families shared meals with each other. I would like to thank Mr Chris, Mr Turner, Ms Cathy and the House Captains and School Captains for all their organisation. The explanation videos prepared by the student leaders of St Paul's were great. Thanks to all the staff for their support – the comments made by teachers on the children's post showed how much they care for all the children. St Paul's is a great community – I thank everyone for what they contribute to make St Paul's School a great community to be a part of.

### **YEAR 7, 2022 ENROLMENTS IN CATHOLIC SECONDARY SCHOOLS**

The following dates are very important for **ALL** students who will be attending secondary school in 2022 – our current Year 5 students. If applications for Catholic Secondary School are not in by Friday 9<sup>th</sup> October, 2020 your child will not be enrolled in your school of choice. We cannot emphasize this enough. Each year there are children who are on waiting lists at their Catholic Secondary School of choice and do not receive an offer to attend this school. Please contact your secondary school of choice immediately to find out what you need to do to enrol your child.

**9<sup>th</sup> October 2020:** Applications close for 2022 Year 7 students in Catholic Secondary Colleges – our current Year 5 Students

**1<sup>st</sup> December 2020:** Offers posted to prospective 2022 Year 7 applicants

**15<sup>th</sup> December 2020:** Final date for families to accept by offers made by the Secondary School

If you have not enrolled your child in Prep for 2021, please do so immediately. Please complete an enrolment form and return it to the office as soon as possible.

There will be no school for students on Thursday 8<sup>th</sup> October as teachers will be completing activities relating to their Professional Practice.

At the end of the newsletter, there is a note to be returned to school advising us if your children will not be returning to St. Paul's in 2021. Please return it to school promptly if your children are not returning next year as we are beginning to plan for 2021.

I hope everyone had a wonderful Father's Day yesterday. Have a great week.

Yours sincerely,

Damian Casamento  
PRINCIPAL

## ONLINE SPORTS DAY

Congratulations to all the children and families who participated so enthusiastically in our Online Sports Day on Friday! It was fantastic to see students and families putting so much effort into dressing up in house colours, decorating rooms and backyards and sharing delicious looking picnics. We had many parents, older siblings and other family members joining in with activities and posting videos of warm up routines and clever chants for the houses. Your support exceeded our expectations! Well done to all concerned demonstrating our amazing St. Paul's spirit. Let's hope we get the chance to have an actual Athletic Sports in fourth term! A video of Mr Chris, Mr Casamento and the sports captains announcing the results will be uploaded to Seesaw later this afternoon - be sure to check it out to see how your team went!



## eSafetyKids Conversation Starters

These question cards are designed to be used in a family or education setting to start everyday conversations about online safety. The cards cover topics such as identifying online risks, using technology safely and reporting unsafe behaviour. Use them together with the information at eSafety kids, and empower kids to take control of their online experiences.

The set contains 'Ask an Adult' cards, where a child can ask the question to an adult about online safety-



And 'Ask a Kid' cards, where an adult asks the question to the child about online safety:



Get your own set of cards here:

## ARE YOU LEAVING ST. PAUL'S AT THE END OF 2020?

We have a waiting list for 2021 and need to know if your family is changing schools. *Trường đang có danh sách học sinh chờ cho niên học 2021 nên cần biết gia đình quý vị có chuyển trường cho con quý vị không.*

**PLEASE RETURN THIS SLIP TO THE OFFICE IF YOU ARE NOT COMING BACK IN 2021.** *Xin vui lòng nộp lại phần giấy này nếu con quý vị không học ở Trường St. Paul trong niên học 2021.*

There is no need for any Grade 6 students to respond to this notice as we know that you will be at secondary school next year. *Học sinh Lớp 6 không cần phải điền vào phần này vì Trường đã biết học sinh sẽ lên học trường trung học vào năm sau.*

### Please print

My child(ren) will not be returning to St Paul's School next year. *Con/các con tôi sẽ không học ở Trường St. Paul vào năm sau.*

**SCHOOL ATTENDING IN 2021.....**

**Tên Trường sẽ học vào năm 2021**

<b>Child's name</b> _____	<b>Class (this year)</b> _____
<i>Tên học sinh</i>	<i>Tên Lớp (niên học này)</i>
<b>Child's name</b> _____	<b>Class (this year)</b> _____
<i>Tên học sinh</i>	<i>Tên Lớp (niên học này)</i>
<b>Child's name</b> _____	<b>Class (this year)</b> _____
<i>Tên học sinh</i>	<i>Tên Lớp (niên học này)</i>

## FAMILY WELLBEING ACTIVITY

### Mindful Walking

**Purpose:** To teach your kids the skill of mindfulness.

**How does this help your wellbeing?** Mindfulness is about noticing what you are doing while you are doing it. Many times our body is in automatic pilot and our mind is not noticing what we are doing, like when you drive your car out of your driveway before you even really register you are driving, or when you read a page of words and get to the end of the page only to realise you haven't really taken in the words. When we become mindful our mind is 'full' of what we are doing in the moment and it is not distracted.

**Step 1:** Shift the furniture (if needed) so you and your kids have a clear path to walk from one end of the room to the other.

**Step 2:** Have your kids (and you) complete the Emotional Thermometer.

**Step 3:** Ask your kids to take off their shoes and start by standing tall.

**Step 4:** Read this script out to your kids to give them instructions...

Notice the way your feet feel against the ground. While you are standing still, see if you can feel the specific parts of your foot that are making contact with the ground. Do you feel the weight more in the heels or balls of your feet? Feel the way your body is slightly shifting from side to side and rocking back and forth in a way that keeps you balanced. Now, focus on a point in front of you and gently roll your heels up to the sky. Balance on the balls of your feet.



Pause for a moment and tune into all the muscles in your body that are helping you stay balanced. Now, lower both feet and roll forward to push off with your right foot. S-l-o-w-l-y take a step with your left foot. Start by peeling the heel of your left foot off the ground, notice how your sole arches up. Lift the toes of your left foot off the floor. Feel how your leg moves through the air. Notice the sensation of impact as your left heel touches the ground. Continue the process of feeling the foot reconnecting with the ground, from heel rolling through to toe.

Repeat the process with your right foot.

Take five s-l-o-w, fluid steps like this across to the other end of the room. While you walk, become aware of your thoughts. Observe any sensations or feelings you are having while you walk. When you become aware of any thoughts or sensations, simply notice them and let them float away. When a new thought or sensation comes, notice it and then let that one go too.

After you complete five slow steps, turn around and walk back in the same manner. Continue this circuit for five minutes. When you finish, stand still for a minute and feel the sensations running through your mind and body. Now sit down and rub your feet against the floor like the carpet is giving your feet a little massage.

**Step 5:** Have your kids and you complete the Emotional Thermometer and then have a conversation about the experience of mindful walking.

Did this practice help to reduce your stress? If it did then you can include it in your wellbeing toolkit and use it whenever you are feeling stressed to help to calm you down.

The next time you do mindful walking you can do it in tandem. Let your kids use their imagination. Maybe they see themselves as an astronaut on the moon...

A new way of  
**EXPLORING HER WORLD**

Join us online for a  
**Talk & Tour**  
of our College.

**Applications  
for Year 7 2022  
are now open**

Applications close 9 October 2020  
Limited places available for Years 8-12 2021



For information and bookings, visit:  
[www.mariansw.catholic.edu.au](http://www.mariansw.catholic.edu.au)

Marian College Sunshine West  
A Kildare Education Ministries Catholic school for girls in the Brigidine tradition  
196 Glengala Road Sunshine West VIC 3020 | 03 9363 1711



Online Talk & Tour Open morning coming up on

- **Tuesday 15 September, 9 am**

For further information and to book:

<http://www.mariansw.catholic.edu.au/2210>

## **MARRIAGE ENCOUNTER ONLINE WEEKEND**

**If you are spending time together, but feel the distance  
between you ...**

**THIS IS A GREAT OPPORTUNITY TO SPEND A WEEKEND IMPROVING  
YOUR COMMUNICATION IN THE COMFORT OF YOUR OWN HOME**

This VIRTUAL Weekend gives couples the chance to sleep in their own beds and check-in on kids or animals during meal times.

Come and learn how to keep/rekindle the passion in your relationship and how to keep your love growing!

The weekend we offer is based around Catholic values but couples of all faiths are welcome.

Couples from regional areas may find this option ideal.

**Next weekend is on 9-11<sup>th</sup> October 2020.**

**Information/Bookings: Phone Mercy & James 0409 183 676 or**

**Email: [vicbookings@wwme.org.au](mailto:vicbookings@wwme.org.au) Website: [wwme.org.au](http://wwme.org.au)**