

TERM 4

WEEK 2: Monday 12th October, 2020

DATES TO REMEMBER

Friday 16th October:	Preps 100 Days of School Celebration
Friday 23rd October:	School Closed – Public Holiday – AFL Grand Final
Friday 30th October:	Day for Daniel (More information to follow)
Monday 2nd November:	School Closed – Cup Eve – Report Writing Day
Tuesday 3rd November:	School Closed – Cup Day – Public Holiday
Thursday 19th November:	School Photos (More information to follow)

Dear Families,

I ask you to keep in your thoughts and prayers Mrs Samantha Clarke and her family as her grandmother passed away last week. We extend our deepest sympathy to Samantha and her family.

In some very exciting news, Ms Vanessa Boulton gave birth to a baby girl, River Lorna, on Tuesday 6th October. Congratulations to Vanessa and her husband Shaun on the safe arrival of River.

This morning we welcomed back to St Paul's all our students. For the first time in 15 weeks, we gathered as a school community. It was wonderful to see so many smiling faces and to hear the sounds of children laughing and talking. The children were so excited to see their friends and teachers again. As I looked around the yard, I was so proud of everyone. Once again, your children all achieved so much during Learning from Home, whether they were home or at school. I know it would have been very difficult for them to be away from their friends and teachers, but they did so well. I am so proud of them. I am also so proud of all the members of the St Paul's Staff. They all did so much to ensure your children had the opportunity to learn and develop during this time, whether they were a teacher or a learning support officer. The office staff were also important as they helped with the many office tasks that continued at school, but also with new tasks such as distributing and collecting devices that were borrowed. Ms Cathy Doran and the Leadership Team offered great support as we moved to home learning at the start of Term III, and then transitioned back to school this term. All staff members got behind each other and supported each other when some may have been struggling. I also want to thank all family and friends for the way you have supported your children throughout Term III. Thank you for the way you engaged with your children, for your positive emails to staff and for the way you have embraced this unusual time in your lives. I look forward to the day that families and friends can return to the school grounds and classrooms. To all the St Paul's Community, I say a huge thank you.

Thank you to those families who have already returned the school devices that you may have borrowed at the beginning of home learning. We ask you to return any devices to the office as soon as possible between the hours of 9.00am and 1.30pm. When you visit the office, can you please ensure you follow appropriate social distancing and wear a mask.

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.

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.

There will be no school for students on Friday 23rd October as this is the Grand Final Public Holiday that was moved from September 25th. There will also be no school on Monday 2nd November (Cup Eve – reporting Writing Day) and Tuesday 3rd November (Cup Day).

Have a great week.

Yours sincerely,
Damian Casamento
PRINCIPAL

FAMILY CONVERSATION ... REMOTE LEARNING – Tuesday, 20th October

What a year it has been for children, families and teachers and our learning together! We would like to have a conversation with you about your experiences during Remote Learning. Your feedback will be shared with staff, to support Family Engagement in your children's learning throughout 2021. You are invited to an online conversation, where we will discuss:

- What did you learn from remote learning?
- What do you hope for your child's future learning?
- How can St. Paul's partner with you in your child's future learning?

The conversations will be held on:

Tuesday October 20th

- [9:30am - 10:00am](#)
- [10:15am - 10:45am](#) Vietnamese speaking, supported by Diana Nguyen.
- [2:00pm - 2:30pm](#)
- [7:45pm - 8:15pm](#)

More information about this conversation will be available on Skoolbag and Seesaw app tomorrow, 13th October.

Please click on the date/time that you would like to participate. This will take you to a GoogleForm where you can write your name and email address, in order to be sent a GoogleMeet invitation.



With this app we can keep you informed about events, changes to timetables, give you access to permission notes, newsletters, emergency alerts and/or report your child's absence. You need to have an email address to open an account on Skoolbag app.

For Android users and iPhone users:

- Search **Skoolbag** in the Google play store or in the App store, and install it on your phone, PC or tablet.
- Opening this app, click on ***Add our school***, then type "ST. PAUL'S SUNSHINE WEST" in the search line & click 'search'. Once our school is found, you'll be able to add it to your account!

- **To setup alerts:** Click on "***St Paul's Primary***" at the top, then "***Groups***" and "***Add/Remove Groups***" and then choose your categories.
- **To update your changes:** Click on "***St Paul's Primary***" at the top, then "***eForms***" and "***Change of Details***" and then fill up the form.
- **To report your child's absence:** Click on "***St Paul's Primary***" at the top, then "***eForms***" and "***Absentee Form***" and then fill up the form.

PREPS 100 DAYS OF SCHOOL CELEBRATION – This Friday, October 16th

Hooray for 100 days! To celebrate we are going to have a special party at school on **Friday the 16th of October!**

We invite all of the Preps to dress up in their favourite party clothes! Pizza will be provided for lunch (if your child does not like pizza, please bring lunch as normal).

Throughout the week we will be learning all about the number 100, we ask on this day that your child bring 100 objects to count, this could be paper clips, buttons, stickers, pencils, pegs or anything else that you can think of (please see Wednesday 7th October Seesaw activity).

If you have any questions, please contact your child's teacher.

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

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

WELLBEING TIPS

PSYCHOLOGISTS' TIPS: PREPARING CHILDREN FOR RETURN TO SCHOOL

Returning to school in a pandemic is uncharted territory and unsettling at the very least for children. Here, psychologists Bettina Hohnen and Jane Gilmour advise on how parents can help their children prepare.

If you think going back to school is OK, so will your child

Back to school usually means falling into a familiar routine, but now everything is different, from the one-way system to playground rules. If your child is nervous about returning, communicate with calm words and actions that it is safe. This will significantly increase their chances of a smooth transition. Prepare your child with information before the term starts. Primary children may need you to walk them through the new school day, though all age groups should be primed with likely changes. Reassure them that it's OK if they forget the odd Covid regime rule, it takes time to learn anything new.

Pin down what you can predict, accept what you can't

Consistency and structure create a sense of safety for kids. Create predictability by marking guaranteed events on a schedule or having a regular family mealtime. Maintaining kind but firm boundaries, particularly around sleep and technology, is another way of signalling predictability. The world outside might change; there may even be another lockdown so talk about that eventuality as a nuisance rather than a calamity. Use familiar contexts to explain these unfamiliar events. If there is a tummy bug going around, school rules change and the same is true for a Covid outbreak. Putting Covid into a recognisable framework means children will use existing coping strategies. Always answer their questions honestly or you risk losing their trust and the world will feel more uncertain for them, but use broad ideas for young children. It's OK to say you don't know the answer.

Support your child to face their worries

Periods of separation can make us anxious and some children are worried about returning to school. As parents, our job is to help them tolerate anxiety and hold the bigger picture. Even young children may have overheard frightening news headlines or conversations, so model a calm, pragmatic attitude which will decrease their anxiety levels. If your child is reticent about going back, find out why. Make a worry list, in size order (it's often a revelation as major worries for them may seem insignificant to you). Avoidance is never the answer when anxiety is in the mix. The thought of something is often more worrying than doing it, so support your child calmly, kindly and firmly back to school using a step-by-step plan. Reward achieving the first steps as these are most challenging.

(Source: <https://www.theguardian.com/education/2020/aug/28/how-parents-can-prepare-their-children-for-going-back-to-school>)

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CBCA Book Week

CURIOUS CREATURES, WILD MINDS

October 17-23 2020

Illustration Workshop with Marc McBride

Take flight into a world of fantasy with award-winning children's illustrator Marc McBride. He is the illustrator of many books including *Emily Rodda's* bestselling *Deltora Quest* series, and also *The Glimme*, shortlisted for this year's CBCA Book Awards. Let your imagination go wild and use your ideas to draw a dragon.

Tuesday 20 October, 3.30-4.30pm



Comics Workshop with Renée Tremi

Want to know how to make a comic? Renée Tremi will show you how in this fun workshop. She is a writer and illustrator of picture books, including the award-winning *Once I Heard a Little Wombat*, and *Wombat Big*, *Puggle Small*, and creator of graphic novels. Learn how to tell your very own story in pictures.

Thursday 22 October, 3.30-4.30pm



Curious Creatures, Wild Minds Competition

Enter online by submitting a drawing of a curious creature from your wild mind! Or draw a picture of your favourite book character or book cover, or write a mini book review. A book pack of shortlisted Book Week titles to win!

Open to all under 18's. Entries close Sunday 25 October.

Visit our website for more information and bookings:
brimbanklibraries.vic.gov.au

#CBCA2020

Deer Park	4 Neale Road, Deer Park	T 9249 4650
Kallor	704B Old Calder Highway, Kallor	T 9249 4670
St Albans	71A Alfreda Street, St Albans	T 9249 4650
Sunshine	301 Hampshire Road, Sunshine	T 9249 4640
Sydenham	1 Station Street, Taylors Lakes	T 9249 4680

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WELLBEING TIPS

Check in on feelings

If children and young people are not tuning into their emotions they are missing a rich vein of information that will assist decision-making, learning and importantly, their wellbeing. It's relatively easy to tune into behaviour and our thoughts, but much harder to detect our emotions. The skill of emotionally checking in, developed by Prof. Marc Brackett from the Yale Centre for Emotional Intelligence, helps children and young people to identify how they are feeling at any given time. It requires kids to stand still, close their eyes, take some deep breaths, identify and give a name to their feeling. This simple habit of checking, once practised and learned, is a wonderful life skill to acquire.

Looking after your child's mental health may seem like a mystery at times. But there is a great deal we can do. By laying a foundation for good general health and then working at maintaining the pillars of mental health and teaching kids the protective mental health behaviours you provide them with a solid framework for maintenance of good mental health that they can take into adulthood.