

TERM 4

WEEK 6: Monday 9th November, 2020

DATES TO REMEMBER

Tuesday 10th November:	Second Hand Uniform Stall - 8.45am – 9.15am
Wednesday 11th November:	Remembrance Day Ceremony 11.00am
Friday 13th November:	St Paul's Whole School Sports
Tuesday 17th November:	2021 Prep Transition – (More information to follow)
Wednesday 18th November:	2021 Prep Transition – (More information to follow)
Thursday 19th November:	School Photos (More information to follow)
Friday 20th November:	Plain Clothes Day – Donations made for Christmas Raffle
Wednesday 2nd December:	Second Hand Uniform Stall - 2.45pm – 3.15pm
Friday 4th December:	School Closure Day – Planning for 2021
Friday 11th December:	Year 6 Big Day Out – More information to follow
Monday 14th December:	Year 1 – 6 Orientation for 2021, Reports Sent Home
Wednesday 16th December:	School Concludes for 2020 at 1.00pm – Children can wear plain clothes

Dear Families,

I wish to thank Mrs Stephanie Garcia, Miss Rhiannon Cullum and all the Senior Staff and Students for their organisation of the Mission Day Fete that was held last Friday. Despite the restrictions placed on us due to COVID-19, the children had a great time playing with the games that the SMA students made. It was a great success – between donations from students and the school, \$3,000.00 was raised. This money will be going to the Foodbank Victoria and will be used to assist those who need support in our community.

On Wednesday, we will celebrate Remembrance Day. On the 11th day of the 11th month at the 11th hour we pause to remember the loved ones we have lost in war. We remember with sorrow those that have died. We remember with gratitude their courage and great sacrifice. We remember those left behind who endured the loss of loved ones. We pray to God for peace throughout the world.

Unfortunately, we have been forced to cancel our Carols Night this year. We have been advised that we will not be able to have family members join us at school this year. At this stage we are not even sure if we will be able to allow the children to sing for the remainder of the year. As a school, we will have Advent prayer services to prepare us for Christmas.

We have also been advised that we can celebrate our Year 6 Graduation – however there can be no family members present. What we will be doing is filming the Graduation Ceremony on Monday 7th December and then making it available via a link for families to view it on Thursday 10th December at 7.00pm.

Last Friday, school photo information was sent home. All school photos need to be booked online. If you wish to pay by credit card, you will need to contact SchoolPix. Please see the letter that was sent home with the school photo order form.

A reminder that all 2021 Prep Transition sessions have been cancelled due to COVID-19 restrictions. We hope to have shorter transition sessions on November 17th and 18th where groups of 10 Preps will come onsite for 45 minutes.

We are looking forward to our whole school sports this Friday. This event will look very different this year as there will be no family members on site. It will still be very exciting for the children.

Please note that there will be no school for students on Friday, December 4th as all staff will be planning for 2021.

Have a great week.

Yours sincerely,
Damian Casamento
PRINCIPAL

CHRISTMAS RAFFLE

Raffle tickets for our Christmas raffle will go home next Monday, November 16th. Tickets are \$1.00 each and there will be ten tickets in each booklet. You are encouraged to sell a complete book of tickets.

There will be a plain clothes day on Friday, 20th November. The children can wear plain clothes if they bring items from home to donate for the raffle. These donations will then be put into hampers. Some items that could be brought to school in return for wearing plain clothes could be: new toys, gifts, wine, non-perishable foods, napkins, bon bons, wrapping paper, mince pies, Christmas cakes, coloured popcorn or anything else that would be suitable for hampers for our Christmas Raffle. Each classroom will have a box to collect the donations. If every family donated one item we would have a great collection. This year we will be donating 16 of the hampers to the Asylum Seeker Resource Centre and the St Vincent De Paul Society. I am sure your donations will give great joy to families who will be struggling this Christmas.

Please support us by donating goods to the raffle and buying tickets. The raffle will be drawn on Monday, 7th December. All tickets and money should be returned to school by Thursday, December 3rd.



SECOND HAND UNIFORM STALL – Tomorrow, November 10th

The Second Hand Uniform Stall will be open on Tuesday 10th November from 8.45am – 9.15am. There are many pieces of uniform for purchase for \$5.00 each. Please ensure you wear a facemask and remain outside the Community room until you are invited to enter. Hope to see you there.

ST. PAUL'S WHOLE SCHOOL ATHLETIC SPORTS – Friday, November 13th

In great news for the children, the St Paul's Athletic Sports has been rescheduled to Friday, November 13th. Unfortunately, due to the restrictions placed on us due to COVID-19, no families or friends will be able to join us.



This November the male staff at St. Paul's Primary will be participating in the Movember Foundation global charity which aims to raise money to support men's mental health and wellbeing, and tackle various illnesses. Please feel free to offer your support to Mr Casamento, Mr Fox, Mr Kowalczyk, Mr Turner, Mr Chris, Mr Joe & Mr Adam who will be growing out their best moustaches for the month. If you would like to donate, there is a link below which you can use to support the staff. <https://movember.com/t/casamentos?mc=1>

Day for Daniel 2020
Keeping kids safe!

Certificate of Appreciation

St Paul's Primary School
Sunshine West

The Daniel Morcombe Foundation value your support.
Thank you for being a part of Australia's national day of action for child safety education.
Together we can keep kids safe!

Denise Morcombe Bruce Morcombe

Denise Morcombe OAM and Bruce Morcombe OAM
on behalf of the Daniel Morcombe Foundation Inc.

DanielMorcombe.com.au

Join us in Outside School Hours Care for

YOUR CREATIVE KIDS

November 9th - 13th

Your Creative Kids is all about helping your children express themselves through art. Whether it's drawing, painting, sculpting, or any other art form, we'll guide your child's emotional growth through individuality.

Government subsidies available for eligible families

Check out what's planned for Your Creative Kids:

School Name Goes Here	
Monday	Making stress balls
Tuesday	Paper Quilling
Wednesday	Shadow drawing
Thursday	Land Art
Friday	Canvas painting positive words

Enhanced safety and hygiene
With updated policies and measures, we commit to providing a safe and hygienic environment for your children to enjoy.

Win BIG Prizes
Enter our BIG Art and Expression Competition for your chance to win massive prizes including an iPad Pro!
Visit www.campastralia.com.au/bigartcomp for more information.

FREE to Register
Once registered, you'll be able to easily make and manage your bookings online via our Parent Portal.

Register now for free

FAMILY WELLBEING ACTIVITIES

This year has been one for the history books! As we come out of lockdown, now is a great time to reflect not only on the year that has been, but all the wonderful times you've spent as a family over the years. One way to do that is to create a time capsule or family photo album together. Spending time going through old mementos and pictures can stir up happy memories and help everyone to refocus on those things that are most important to us. The end product will be something to be rediscovered years later and help those memories come to life.

Physical activity promotes many aspects of child and adolescent development, including social and emotional skills, as well as physical development of motor skills. It also supports mental wellbeing. We know that high levels of inactivity can lead to a greater risk of both physical and mental health problems.

Physical activity:

- can increase levels of serotonin and endorphins; the neurotransmitters involved in regulating and improving mood
- promotes sleep – which also helps regulate moods, increase energy levels and improve memory and learning
- increases the connections between the brain neurons, which improves memory and learning capacity
- pumps blood to the brain to boost mood, concentration and alertness
- promotes relaxation by reducing skeletal muscle tension
- provides children and young people with an outlet for excess energy and frustration, which relieves tension
- provides an opportunity for children and young to socialise and meet new people, reducing loneliness and isolation
- improves motor and cognitive skills, which boosts self-esteem
- distracts children and young people from negative thoughts.

Source: beyou (<https://beyou.edu.au/fact-sheets/wellbeing/physical-activity-and-mental-health>)

<p style="text-align: center;">WE GOT YOU Thursdays, 5 November to 24 December 4-5.30pm</p> <p>Providing mentoring to young people to help them stay engaged in their learning and future goals. Mentees and their mentors meet in group sessions or 1:1 online. Register for the link. Email MarriamaD@brimbank.vic.gov.au</p>	<p style="text-align: center;">TALANOA TONGAN STORYTIME Wednesdays, 11 November to 16 December 10.30-11.30am</p> <p>An interactive storytelling program to meet and play with other kids and families, while learning the language and culture. Delivered via Zoom. Register for the link. Email MarriamaD@brimbank.vic.gov.au</p>	<p style="text-align: center;">TERM 4 BRIMBANK CITY COUNCIL NEIGHBOURHOOD HOUSES</p> <p style="text-align: center;">ZINE MAKING (9-12 years) Saturdays, 14 November to 12 December 1-2.30pm</p> <p>Join local artist Aisha Trambas to learn about zines (small DIY books). Over 5 weeks, you'll make your own 10-page A5 zine, and experiment with different painting, drawing, collage and hand sewing techniques. Register for the link. Email MaryQ@brimbank.vic.gov.au</p>
<p style="text-align: center;">NAIDOC WEEK (8-15 November) Endangered Fauna of Brimbank: Habitats Art Packs</p> <p>Learn about endangered native animals of Brimbank by creating your own diorama habitat by artist Jo Mott. Register for your own Diorama kit. Call 9249 4555 or email FernandaL@brimbank.vic.gov.au</p>	<p style="text-align: center;">Kids DIY T-Shirt Tote Sunday 22 November 1-2pm</p> <p>Celebrate the Garage Sale trail by giving your pre-loved t-shirt a second chance in life! Join Aisha on Zoom to learn how to turn your pre-loved t-shirt into your favourite Summer tote bag. No sewing required. Listen to stories on upcycling and second hand clothing as you create. For bookings and Zoom link, email FernandaL@brimbank.vic.gov.au</p>	<p style="text-align: center;">KIDS YOGA Wednesdays, 11 November to 2 December</p> <p>Take time out for mindfulness and yoga with Aimee to support healthy bodies and happy minds. Go to YouTube and search for the bccneighbourhood houses channel.</p>
<p style="font-size: 1.2em; color: #4a7c9c;"><i>Family and Kids Activities</i></p>		
<p style="text-align: center;">Parent Info Session on Children's Mental Health Tuesdays, 10 November to 1 December 7-8.30pm</p> <p>Giving parents tools to support their kids' mental health. Register to get more info on the sessions and get the link. Email FernandaL@brimbank.vic.gov.au</p>	<p style="text-align: center;">PRESCHOOLERS MUSIC SESSIONS Tuesdays, 10 November to 15 December 10-10.30am</p> <p>Live, online interactive music sessions with educator Bree from B Minor. Enjoy a great musical experience while practicing basic skills. Register for the link. Email TriciaDC@brimbank.vic.gov.au</p>	<p style="text-align: center;">NAMASTE FAMILY YOGA Mondays, Wednesdays, Thursdays and Saturdays until 30 November</p> <p>Re-connect as a family through yoga. Practice poses, breathing techniques and mindfulness exercises. Suitable for all ages. To join, go to https://www.namasteyogis.com.au/registration or visit our Facebook page for a clickable link.</p>

PARENT INFORMATION SESSION ON CHILDREN'S MENTAL HEALTH

Children and young people have had mixed experiences during the pandemic. In this four week series of information sessions, parents, caregivers and community leaders will receive the tools to support their child's mental health and wellbeing.

Our Facilitator:

Rubie Nhongo is a qualified and practicing counsellor and youth worker with extensive experience on the education, family violence, youth, homelessness and mental health sectors for a four week. Rubie's passion to look after the best interests of young people has resulted in life changing impacts and breaking the stigma associated with seeking counselling support.

Bookings required:

Sessions via Zoom. To register email

FernandaL@brimbank.vic.gov.au or call 9249 4555.

<p>Week 1: Tuesday 10 November 7-8.30pm Promoting Mental Health in children How to know if something is going on and building resilience</p>	<p>Week 3: Tuesday 24 November 7-8.30pm Dealing with bullying and cyber safety Responding to bullying, understanding risks online, social media and grooming</p>
<p>Week 2: Tuesday 17 November 7-8.30pm Understanding stressors and developmental stage Statistics on mental health, exploring the developmental stage, stressors, risks and causes</p>	<p>Week 4: Tuesday 1 December 7-8.30pm Getting help Self-help interventions, how parents/families can support and supports for parents</p>