

TERM 1

WEEK 5: Monday 21st February, 2022

DATES TO REMEMBER

Wednesday 23 rd February:	No School for Prep Students
Tuesday 1 st March:	Compliance School Review
Wednesday 2 nd March:	No School for Prep Students
Wednesday 2 nd March:	Ash Wednesday Mass 9.15am St. Paul's School – No visitors to attend.
Thursday 3 rd March:	School Closure Day – No School for Students
Friday 4th March:	Normal School Day – (School Closure Day Cancelled – Please note)
Wednesday 9 th March:	No School for Prep Students
Monday 14 th March:	Labour Day Public Holiday – School Closed
Tuesday 15 th March:	Sacrament of Reconciliation 1.15pm St. Paul's Church – Year 3 Students – no families to attend – Ceremony to be recorded and made available to families
Wednesday 16 th March:	Preps Attend School today and all future Wednesdays
Wednesday 16 th March:	Day 1 of School Improvement Review
Monday 21 st March:	Day 2 of School Improvement Review
Friday 25 th March:	Indonesian Day – More Information to follow
Friday 8 th April:	Easter Assembly 12.00pm - No visitors to attend.
Friday 8 th April:	End of Term I – 1.00pm Children can wear plain clothes.
Monday 25 th April:	ANZAC Day – no school for students
Tuesday 26 th April:	Term II Commences at 8.40am
Wednesday 27 th April:	School Photos – More information to follow

Dear Parents/Carers,

Congratulations to the newly appointed Student Representative Council of St Paul's (please see the attached list). The students were presented with their SRC badges at our assembly last Friday. I wish to congratulate all those children who nominated to be the SRC rep for their class – this took a lot of courage and I am proud of every single child who applied. The school captains, house captains and SRC will be working with Ms Peplow and Ms Cathy on leadership and student voice throughout 2022.

Thank you to all families for your continued support of the drop off and pick up of students. We appreciate that family members are not entering the building in the morning and are waiting for their children at the end of the day. A reminder that the adventure playgrounds and spider are not to be used after school. Please leave the school as soon as possible to avoid large numbers of families onsite.

Thank you to those families who joined us online for the Sacrament of Penance Family Night last week. Thanks to Fr Elio Capra for leading us throughout the meeting. As discussed at the meeting last week, we will be holding the Sacrament of Reconciliation on Tuesday 15th March at 1.15pm. The ceremony will be recorded – families will be able to watch it live or later in the day at a time that suits families.

Please note that there will be no school for students on Thursday 3rd March as all staff will be involved in School Review preparation and updating their First Aid skills. **The school closure day organised for Friday 4th March has been cancelled due to the venue being unavailable. Normal school will be held for all students on this day.** There will be no school on Monday 14th March as the school will be closed for the Labour Day Public Holiday.

School photos will be taken on Wednesday 27th April this year (Term 2). Children will need to be in their full summer school uniform. More information will follow later in the term.

Yours sincerely,

Damian Casamento
PRINCIPAL

RAPID ANTIGEN TESTS

We have been advised that surveillance testing for staff and students will continue for the remainder of the term. We are awaiting our next delivery of rapid antigen tests – they should arrive some time this week. We will be sending the tests home with the eldest child in the family. We will let you know when they will be sent home – please remember to ask your child for the tests – you will receive one box of tests per child.

RESILIENCE FOR KIDS & TEENS

Resilience is the ability to bounce back during or after difficult times and get back to feeling as good as before. It's also the ability to adapt to difficult situations – and even learn from them.

Resilience is important because it helps children and teenagers handle everyday challenges like a new school, disappointing school results or arguments with friends. It's also important for handling more serious challenges like family illness or bullying.

Here are some ways parents can help children and teenagers with resilience:

- Support children but try not to solve every problem.
- Help children to identify and manage strong emotions.
- Encourage children to keep trying when things are hard.
- Work on attitudes like self-respect and self-compassion.
- Be realistic, look for positives, and expect things to go well.

And remember – relationships are the foundation of resilience. They help children and teenagers feel safe and build confidence to deal with life's challenges and setbacks.

SWIMMING SPORTS

If you have a child who is a member of a swimming squad you may wish to nominate them for the Maribyrnong Division Swimming Sports on Wednesday, March 16th, at Oak Park Sports and Aquatic Centre, 563a Pascoe Vale Rd, Pascoe Vale. Your child is able to nominate for two individual events. You will need to be able to transport your child to and from the event. Please see Mr Chris for more information.

CAMPS, SPORTS AND EXCURSION FUND

Camps, Sports and Excursion Fund is Government Funding to assist families to cover the costs of school excursions, camps and sporting activities. Centrelink health care card holders and Pensioner Concession card holders may be eligible for a payment of \$125. An CSEF Application Form were sent home last week – if you think you qualify for the CSEF, please return the form to school, along with a copy of your Centrelink Card. There was also information sent home about the new fee concession program – please visit the office to obtain a form if you would like to apply for this fee concession program.

FEES/LEVIES

Your child's levies are now due. Please pay all levies promptly. School fees were due on February 11th. Accounts have been sent home. You can pay your school fees and levies with a credit card or by direct debit from a nominated bank account or from your Centrelink payments - please collect a form from the office if you wish to do so.

BEFORE SCHOOL CARE

The yard is supervised from 8.25am every morning. Parents are asked not to send their children to school before this time. Class teachers are at school but they are unable to supervise children because they will be preparing for the day's activities. Before School Care Program operates every morning. Parents who need to drop off their children early will need to use this service. Kylie Hayes is the co-ordinator of the program. She can be contacted on 0401 362 738.

IMPORTANT DATES FOR 2022

The following dates are very important for **ALL** students who will be attending secondary school in 2024 – our current Year 5 students. If applications for Catholic Secondary School are not in by Friday 19th August, 2022 your child will not be enrolled in your school of choice.

19th August 2022: Applications close for 2024 Year 7 students in Catholic Secondary Colleges – our current Year 5 Students

21st October 2022: Offers posted to prospective 2024 Year 7 applicants

11th November 2022: Final date for families to accept offers made by the Secondary School

SACRAMENT DATES FOR 2022

Sacrament of Penance (Year 3)

Tuesday, March 15th at 1.15pm – St. Paul's Church – Ceremony to be recorded and shown live or at a later time.

Sacrament of Eucharist Family Night

Wednesday, May 4th at 7.00pm – St. Paul's School

Sacrament of Eucharist (Year 3)

Saturday, May 21st at 12.00pm – St. Paul's Church

CHILDREN'S ABSENCES FROM SCHOOL

There are various ways that you can contact the school to advise that your child is absent from school.

- 1. Contact the office:** Call 9363 1568, select 1 and then advise that your child is absent on this day. Please include your name, the child's name, the class, the date and the reason for the absence.
- 2. Via the SkoolBag App:** Use the 'Absentee Form' in this app. This form can be found under the section 'eForms'.
- 3. Email:** Send an email to office@spsunshinewest.catholic.edu.au
- 4. Written Note:** A written note may be sent in advance if you know your child will be absent. If he/she is going on an extended holiday, a written note must be provided.

SUPPORTING YOUR CHILD'S BRAIN DEVELOPMENT

Your child is NOT a mini adult. You can't expect them to reason and act like a sensible adult. Their brain is simply not fully developed. That is why reasoning and logical explanations often do NOT work with children.

BUT

You can help them develop the right connections in their brain... so they GROW into a sensible, responsible, strong adult.

EXAMPLE 1:

★ TEACH THEM HOW TO MAKE WELL-THOUGHT-OUT DECISIONS.

"I noticed you've been wrestling with this for a while. Let me show you how to make a pro and con list."

EXAMPLE 2:

★ TEACH THEM HOW TO DEVELOP POSITIVE RELATIONSHIPS.

"I know this isn't exactly what you wanted. Let's see if we can find a way for both of us to get what we want."

EXAMPLE 3:

★ TEACH THEM HOW TO PROCESS THEIR BIG EMOTIONS.

"I know that you're really upset right now. It's okay to feel this way. If you want to cry, I'm here."

EVERY DAY YOU CAN HELP YOUR CHILD DEVELOP A HEALTHY BRAIN... SO THEY GROW INTO A CONFIDENT, RESILIENT, SENSIBLE ADULT.

BigLifeJournal.com.au



CDFpay is one way for you to order your child's lunch – you can also pay by cash. Please log onto <https://spsunshinewest.cdfpay.org.au> to create your account. Please make sure you click on the tab that says 'I am a new parent, Sign me up' and follow the steps.

If you have already signed up before, please remember to go into your account and edit your child's class name for 2022.

Please remember that you can use CDFpay online to order lunch for your child or you can pay cash lunch orders.

If you have any difficulty setting up an account, please contact the school office for assistance.



THE THERAPY DOG PROGRAM

St Paul's would like to announce that a therapy dog will be working at the school this year. The therapy dog program will be operating in conjunction with the existing school counselling program delivered at St. Paul's by CatholicCare Victoria. The School Counselling Program is a confidential service offered free of charge to all students. Select students who engage with the counselling program are invited to work with Poppy the therapy dog. Poppy is a 'Lead the Way' certified Therapy Dog.

If you have any questions or concerns about the Poppy and the Therapy Dog Program, please contact the wellbeing team, or the school counsellor (and Poppy's handler) Chloe

[\(chloe.derosbo-davies@ccam.org.au\)](mailto:chloe.derosbo-davies@ccam.org.au).

A Little about Poppy:

Poppy is a Standard Schnauzer born on the 13th of November 2020. She is a friendly and outgoing dog who loves pats and cuddles from people. When she's excited she wiggles her whole body and gives a little 'Awoooo'. This is her way of saying "hello! Please give me cuddles!" She loves to play tug of war, and enjoys a game of fetch (though she does not always like to give the ball back!)



Instrumental Music Lessons - on school campus
Places available for Term 1, 2022



Small Group & Private Lessons

- Primary Music Institute offer instrumental music lessons right here on school campus!
- To find out all about the music lessons please visit PMI's website. You can check which instruments are available, get up to date program details and apply for lessons online
- Please **ENROL TODAY** via PMI's website
- Lessons are held once per week on school campus – with lessons typically during school hours
- Only \$19.50 per child per small group lesson (2-5 students for 30 minutes)
- Private lessons (1-on-1) and pair lessons (max 2 students) are also available
- Online lessons (after hours) are also available direct to your home – contact us to find out more
- Instrumental music can improve your child's school results – including for reading, maths, coordination, IQ, abstract reasoning, performance confidence... and is great fun!

P: 1300 362 824

E: admin@primarymusicinstitute.com.au

www.primarymusicinstitute.com.au