

# St Paul's Primary School

# Wellbeing & Community

# Newsletter

Issue 4, 2023

Thursday 24th August, 2023



*The St Paul's Community acknowledges the Wurundjeri people as the Traditional Custodians of the land on which we teach, learn and pray. We acknowledge the continued deep spiritual attachment and relationship that Aboriginal and Torres Strait people have to Country and pay our respects to Elders, past and present as we commit ourselves to the ongoing journey of reconciliation.*



**NATIONAL CHILD PROTECTION WEEK**  
**3 - 9 September 2023**



## 2023 theme: 'Where we start matters'.

In 2023, the message that 'Every child in every community needs a fair go' will be complemented with the theme 'Where we start matters'. Where we start our lives in terms of where we live, the resources available to us, and the opportunities presented to us make a significant difference to our life outcomes.

We invite you to use this theme to explore and talk about the many ways that 'where we start matters' for children, young people and their families. Of course where we start isn't where we finish.

The aim of Child Protection Week is to focus on addressing the significant harms being experienced by children in Australia. By working collectively to equip young people with the skills and knowledge, we can work towards the protection and safety of our children.

# TIPS FOR TALKING TO CHILDREN ABOUT PERSONAL SAFETY

Article 12 of the United Nations Convention on the Rights of the Child states that children have the right to have a say in matters that affect them, and for adults to listen and take it seriously.

## WHAT WE KNOW:

- Children have the right to feel able to speak up, and to be listened to, respected and believed.
- When we "tune into" children in everyday situations about even small worries, children are more likely to trust us and feel comfortable to tell us if something big is wrong.
- Speaking regularly to children about their safety is a powerful way to build open communication with them.
- It is always the responsibility of adults to keep children safe from harm - child abuse is never a child's fault.

## IDEAS FOR PARENTS AND CAREGIVERS:

- Help children to identify trusted adults (both within the family and outside) they can talk to, if they are worried, upset, or don't feel safe. Create a list together. Make sure the trusted adults know they are on your child's list.
- Remind children that they can talk to you or a trusted adult about anything, no matter how big or small their worry might be.
- Talk to children about how they know when they feel safe or unsafe. Help them to listen to their early warning signs (how their body feels), and to trust their feelings and instincts.
- Use everyday activities (such as preparing meals and snacks, going for walks, playing, shopping) as opportunities for conversations. If children are used to having lots of communication, it can make it easier to talk when big or tricky issues come up.
- Be open to talking about all kinds of feelings, including anger, joy, frustration, fear and anxiety. This helps children to develop a 'feelings vocabulary'.
- Show children that you can respond sensitively to negative emotions as well as positive ones when they express their anger, embarrassment, sadness or fear.
- Don't rush into problem-solving. Your child might just want you to listen, and to know that their feelings and point of view matter to someone.

## OTHER RESOURCES AND INFORMATION:

- 7 Steps to Safety - a tool for families to give children the skills and confidence they need to feel and be safe at home:  
[www.territoryfamilies.nt.gov.au/children-and-families/7-steps-to-safety](http://www.territoryfamilies.nt.gov.au/children-and-families/7-steps-to-safety)
- Australian Council on Children and the Media:  
[www.childrenandmedia.org.au](http://www.childrenandmedia.org.au)
- Office of the eSafety Commissioner:  
[www.esafety.gov.au/education-resources/parent](http://www.esafety.gov.au/education-resources/parent)
- Raising Children Network: [www.raisingchildren.net.au](http://www.raisingchildren.net.au)
- Talk soon. Talk often.  
A guide for parents talking to their kids about sex:  
[www.health.wa.gov.au/Articles/S\\_T/Talk-soon-Talk-often](http://www.health.wa.gov.au/Articles/S_T/Talk-soon-Talk-often)
- National Society for the Prevention of Cruelty to Children (United Kingdom): [www.nspcc.org.uk](http://www.nspcc.org.uk)
- Net Aware (United Kingdom): [www.net-aware.org.uk](http://www.net-aware.org.uk)

If you work in an organisation that would like to know more about how to create a child-safe culture, contact NAPCAN about available training.

For more information about how you can play your part visit: [www.napcan.org.au](http://www.napcan.org.au)



**NAPCAN** PREVENT CHILD ABUSE & NEGLECT  
[www.napcan.org.au](http://www.napcan.org.au)

# SMA Camp

Written by Jayden S (SVK), Riley B (SAS), Thuong P(SCC)

In the first week of Term 3, the Senior students went to camp. We participated in many activities such as: The Flying Fox, Giant Swing, Treetop climb, Initiatives, International Games and Rockpool Rumble. We were all split into groups led by a teacher, as well as some instructors from the YMCA Camp. By the end of day 1, we were all exhausted and ready for a good meal. After our meal of Butter Chicken and chocolate mousse, we played a round of trivia before heading back to our cabins for some shut eye.

On the 2nd day we started with a breakfast of home cooked porridge and eggs before continuing with our activities. Later that night we watched 'Mario Bros' the movie before heading to bed.



# SMA Camp

On the last day of camp, we all woke up early to pack our bags. After breakfast we all got together and started a Scavenger Hunt where we were put into groups to find clues and complete tasks. After the Scavenger Hunt, we had some free time, before having our last meal and jumping onto the bus to head back to school.

Jayden SVK – ‘Camp has been the best experience of Grade 6 so far!’

Riley SAS – ‘Enjoy camp while you have the opportunity to go’

Thuong SCC – ‘The camp food was delicious and amazing’

# SMA Camp

SCD  
SHB  
SVK





# MMA Camp

Written by Olivia V(MEM), Angela B(MGO), Valentina L(MEM), Alexia A(MGO)

On 17th –18th of July, the MMA students went to CYC Island Camp in Phillip Island. We had a lot of fun doing all the activities planned by all the MMA teachers and CYC staff. Some of us got to ride the Go-Karts, some challenged themselves with the heights of the Crate Climb or the Pinnacle. Others flew on the Giant Swing and Flying Fox. We completed the Photo Hunt and walked to the beach. Jumped on the Trampolines, cooked damper at Camp Cooking and practised our Archery skills.

At the end of Day 1, we travelled to see the Fairy Penguins come home for the night. It was a cold and windy evening and seagulls were diving into the crowd. But we loved the opportunity to see the cute penguins waddling into their burrows. When we arrived back at camp, we settled into watching The Super Mario Bros. Movie, complete with popcorn.

Overall, it was a fun and thrilling experience. Some of us faced our fears while others enjoyed working in a team and supporting each other.

## **Advice for Camp in 2024:**

Olivia (MEM) “Don’t be afraid of the high things, think of it as a challenge and make sure you realise it’s a fun experience!”

Angela (MGO) “Never be scared to try something new!”

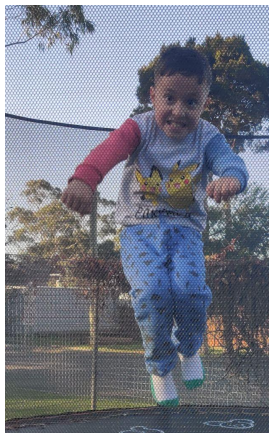
Valentina (MEM) “Always remember you have a team there to support you in everything you do”

Alexia (MGO) “Don’t be afraid to do things out of your comfort zone. Give everything a try and remember you have people to support you”





# MMA Camp





# Core Values Award: June

## Congratulations to SCC!

SCC were our June Core Value Award winners. They won the Respect Core Value Trophy.

SCC earnt the Respect Core Value award for always being considerate of others, using manners and positive body language. They showed an understanding of responsibility and took responsibility for their work.

We congratulate SCC and Miss Capuano for all their hard work and dedication to showing respect.



# Core Values Award: July

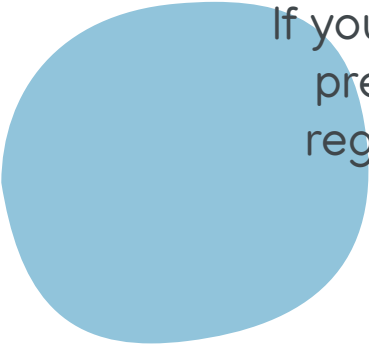
## Congratulations to MEM!

MEM were our July Core Value Award winners. They won the Learning Core Value Trophy.

MEM earnt the Learning Core Value award for showing initiative with their learning and working hard to master new and challenging skills in Specialist lessons. MEM always demonstrate curiosity and take risks with their learning.

We congratulate MEM and Miss Ellen for all their hard work and dedication to Learning.





If you would like any further information about the content presented in this newsletter or have any suggestions regarding topics to cover in our next issue, please feel free to contact Haido Angelos

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To view previous issues of the Wellbeing and Community Newsletter, [visit our school website.](#)

