



ST. PAUL'S PRIMARY SCHOOL
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NEWSLETTER – FROM THE PRINCIPAL

Thursday 30th August 2018

Dear Community,

As Fathers Day approaches this coming Sunday September 2, I provide you with an article from 'Parenting Ideas', which focuses on the role of Dads in the lives of their children.



Fatherhood is life-changing. It's a very personal journey that a man experiences when he takes on the responsibility of parenting his kids. It's also a vital role, and it's all too easy to neglect the positive impact a father can have on his children's lives.

Every father's parenting journey will be different, and there is no one-size-fits-all answer to its challenges. But Father's Day is just around the corner, so this is a great time for some tried and trusted parenting tips to help you be the best dad you can be.

Father's Day is a wonderful opportunity to reflect on how men shape the lives of their children.

1. Play to your strengths

Fathers often parent in a more active or action-oriented way than mums, so games, play time and physical activity become important parts of a man's parenting repertoire. Your partner may not always appreciate your more active approach, particularly if you play with kids just before bedtime and then leave it to her to calm them down.

How to make it happen: Be yourself, but be smart about it!

2. Lighten up – don't take yourself too seriously

It's easy to get caught up in your own importance, taking yourself and your work too seriously. For many men a bad day at work translates into poor or, at best, distracted experiences when they're with their families. Consider putting a strategy in place, such as exercise, to help you leave work, and the bad moods it may engender, behind.

How to make it happen: Be present in mind as well as in body when you're with your kids.

3. Find something in common with your child

It would be wonderful to say that you can always connect with your kids, but family life is never that straightforward. There'll always be a child who we struggle to connect with, or a developmental stage during which the child feels alien to you. In these times it helps if you share a common interest (such as a love of sport or music) with them, so that you always have something that will bring you together, even though you may not always see eye to eye.

How to make it happen: take an active interest in what interests your child.

4. Go easy on your son sometimes

Many dads are tough on their boys and have expectations that go way beyond their son's interest and abilities. Remember, it takes boys a little longer to mature. Resist the temptation to turn every game and every father-son activity into a lesson and avoid giving advice when your all your son wants is to be understood.

How to make it happen: See the boy as he is now, not the man you want him to grow up to be.

5. Enjoy the outdoors with your daughter

The biological nature of fatherhood causes most men to be very protective of their daughters. But that doesn't mean you should put your daughter on a pedestal and treat her like a little princess. Expect a lot from her. Play with her, and get her outdoors as it will do wonders for her confidence and independence.

How to make it happen: Enjoy spending time outside with your daughters on a regular basis.

6. Be ready for kids to knock you off your pedestal

Most children in the preschool and middle-to-late-primary school years look up to their dads. "My dad is bigger and better than your dad!" is a type of mantra that's familiar to many men. Make the most of this admiration as the Superman Syndrome won't last. Young children soon turn into adolescents, who generally go to great lengths to prove that you're just Clarke Kent after all. Expect them to stop laughing at your jokes, roll their eyes at your well-intentioned advice and even give you the cold shoulder in public. Ouch! It can be hurtful to a man who just wants to be the best dad he can be.

How to make it happen: Don't take yourself too seriously, and give them room to be grumpy sometimes.

7. Give your kids a compass and a map

One day your children will become truly independent individuals. Don't worry! You won't be irrelevant, you'll just be taking the backseat in a more practical and managerial sense. There are two things you can do to help your kids safely navigate the world when you're not around. First, help them develop a set of positive values including integrity, honesty and respect that will act as their moral compass when they have difficult decisions to make. Second, reveal your personal story over time, as this narrative will become

ingrained like personal map that will guide them when life gets tough. It's good to know that they won't be in uncharted territory when they finally strike out on their own.

How to make it happen: Take the time to tell kids your story and own it – don't make them guess it or learn it from someone else.

Father's Day is a wonderful opportunity to reflect on how men shape the lives of their children. It's a very personal reflection as each man's experience of fatherhood is as unique as the children they are raising. Take the time to reflect on your own fathering style as well as the contribution that a father (either your own dad or else's dad) has made to your own life.

I hope Sunday is a day for all our Dads, Grandads, Step Dads & the significant males in our children's lives, to celebrate & enjoy their vital & rewarding role in the lives of their children.



Denis J. Daly

Principal

ST PAUL'S CIRCUS EXTRAVAGANZA! TICKET SALES NOW OPEN

Bookings for our St Paul's Circus Extravaganza are now open. We have organized for the sale of tickets to be done online. The links below will take you directly to the information about our performance and will allow you to book and print tickets. Please note that there is a strict limit of **3 TICKETS PER FAMILY** (This does not include St Paul's students who are performing). When booking tickets you will be required to enter the name of your eldest child. There is no charge for the tickets, simply book the number of tickets you require. Information about costumes and times of arrival for students will be published shortly. The children have been loving their circus lessons and are becoming quite skilled in using the equipment and performing their tricks. We are all looking forward to showing you what they have achieved!

Should you have any queries about the performance, please do not hesitate to contact Mrs. Tina Segulin via email at tsegulin@spkealba.catholic.edu.au

TRYBOOKING LINKS:

<https://www.trybooking.com/XNKA> or <https://www.trybooking.com/413296>



BOOK CHARACTER PARADE – LITERACY & NUMERACY WEEKS

This is reminder that our annual 'Book Character Parade' will held this ***FRIDAY AUGUST 31, AT 2.30 PM.*** Start planning character costumes now so that your children are dressed as a favourite book character!



Storybook Character Parade

Monday 10th- Wednesday
12th September

Brought to you by



Start saving!
Items priced between \$5.00 - \$25.00
Limited number of items priced at \$1.00-\$2.00

*Please Note: Students will have a chance to look at what is for sale and
make a*

'Wish List' during school time between Wed. 5th and Friday 7th September

****Please note all students will have a chance to 'go shopping' during
school time.**

****Parents/ carers are most welcome to visit the Discovery Centre
before school (8.30-8.50 am) or at the end of the school day
(3.00-3.25 pm) between Monday 10/9/18 to Wednesday 12/9/18 to
purchase books**

2018 IMPORTANT DATES

TERM 3

AUGUST

- FRI 31 – BOOK CHARACTER DRESS UP PARADE

SEPTEMBER

- THUR 13 - WHOLE SCHOOL MASS 9.30AM
- THURS 20 - WHOLE SCHOOL CIRCUS PERFORMANCE – 7.00 PM, QUIN AUDITORIUM, CAROLINE CHISHOLM CATHOLIC
- FRI 21 - END TERM 3 (1.50 PM DISMISSAL)

TERM 4

OCTOBER

- MON 8 - TERM 4 COMMENCES
- FRI 12 - DIVISIONAL GRAND FINALS
- MON TO FRI 15, 16, 17, 18 19 - SCHOOL REVIEW
- MON 22 - WED 24 - CEM/VRQA COMPLIANCE REVIEW
- WED 24 - WHOLE SCHOOL MASS 9.30AM
- WED 31 - YR 4 CAMP

NOVEMBER

- THURS, FRI 1, 2 - YR 4 CAMP
- MON 5 - SCHOOL CLOSURE REPORT WRITING
- TUES 6 - MELBOURNE CUP PUBLIC HOLIDAY
- WED, THURS, FRI 21, 22, 23 - YR 5 CAMP
- SAT 24 - STATE ELECTION

DECEMBER

- FRI 7 - CHRISTMAS FUN DAY, CARNIVAL AND CAROLS
- THURS 13 - YR 6 GRADUATION 7PM
- FRI 14 - YR 6 FINAL DAY
- WED 19 - P - 5 STUDENTS FINAL DAY (1.50 PM DISMISSAL)
- THURS 20 - STAFF FINAL DAY

God our Father, We give you thanks and praise for fathers young and old.

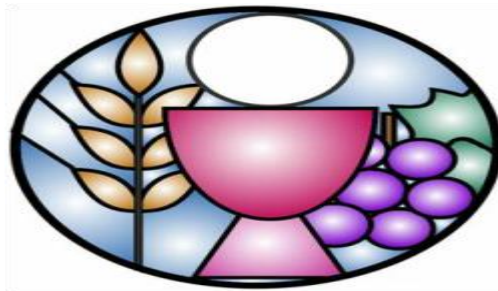
We pray for young fathers, newly embracing their vocation; May they find courage and perseverance to balance work, family and faith in joy and sacrifice.



We pray for our own Fathers around the world whose children are lost or suffering; may they know that the God of compassion walks with them in their sorrow.

We pray for men who are not fathers but still mentor and guide us with fatherly love and advice.

We remember fathers, grandfather, and great grandfathers who are no longer with us but who live forever in our memory and nourish us with their love. Amen



MASS TIMES

ST PAUL'S CHURCH

SUNSHINE AVENUE

KEALBA

Monday	No Mass
Tuesday	No Mass
Wednesday	9.30 am
Thursday	9.30 am
Friday	No Mass
Saturday	5.00 pm (Latin) 6.30 pm
Sunday	8.00 am (Maltese) 10.00 am

RECONCILIATION:

Saturday: 6.00 pm

ST MARY MACKILLOP CHURCH

ODESSA AVENUE

KEILOR DOWNS

Monday	9.30 am
Tuesday	9.30 am
Wednesday	No Mass
Thursday	No Mass
Friday	9.30 am
Saturday	5.00 pm
Sunday	9.00 am 11.00am 5.30pm

RECONCILIATION:

Saturday 4.30 pm



LUNCH ORDERS WITH FLEXISCHOOLS

A large number of families have now logged on to www.flexischools.com.au, created an account and are ordering lunches online. Cinzia Brancatisano, Canteen Manager, is happy to answer your questions regarding the account setup procedure and the new online ordering process. Snack items and drinks for the recess break (2nd break), need to be ordered online at the same time as the lunch order, as there are no counter / window sales during winter.

VOLUNTEERS NEEDED!!!!

I am asking for any parents, grandparents or guardians who have any free time to come and help and be part of a great volunteer team to provide lunch for our precious children. We desperately need volunteers on MONDAY, WEDNESDAY AND FRIDAY each week. If you are interested, please complete the section below and return it to the school, as soon as possible.

Please note that you must have a current 'Working With Children Check' registration to be able to assist in the canteen.

CANTEEN VOLUNTEER:

I

Eldest Child..... Grade.....Teacher.....

I am available to work on the following day(s).....

Contact No.....

Airport West Swimming Academy

Learn to swim

FIRST 2 LESSONS \$9 each
Conditions apply

NO Term or Pre Payment

Book now! 0413180046



**AQUA
Gym
NOW AVAILABLE
ENROL NOW**

CATHOLIC REGIONAL COLLEGE
NORTH KEILOR
PRESENTS

ANDREW FULLER

Come and have a fun evening with well known Clinical Psychologist, Andrew Fuller as he delivers his brilliant seminar "CPR For Families".

Topics covered will include:

- The active ingredients of resilience
- How parents can develop these in their children
- Friendship and relationship skills
 - Neurochemistry and parenting
 - Parenting tricky kids
 - Creating happy kids
- Building self-esteem and dealing with set backs

LOCATION: CRCNK COLLABORATIVE SPACE

DATE: TUESDAY 11TH SEPTEMBER

TIME: 7.00PM - 8.30PM

BOOKINGS VIA:

[HTTPS://CPRFORFAMILIESANDREWFULLER.EVENTBRITE.COM.AU](https://cprforfamiliesandrewfuller.eventbrite.com.au)

FAMILY CONNECTIONS PROGRAM 2018



Catholic
Regional
College
St Albans

Enrolments for Year 7 2020

Dear Parents,

Recently Year 5 students from St Paul's Primary School visited Catholic Regional College St Albans. This was an opportunity for them to experience a secondary school in action and to see the College. It was a pleasure to watch the students engage in activities and for our students to catch up with staff and students from their primary school.

If you would like to enrol your child at our College, key dates are as follows:

Friday 31st August 2018:	Applications for Year 7 2020 close
Friday 19th October 2018:	Offers of places posted to families
Friday 2nd November 2018:	Final date for acceptance of offers made

Applications for enrolment are available at your school office or on our College website: www.crcstalbens.catholic.edu.au

If you have any queries, please contact our Registrar Mrs Eileen Chalmers on 9366 2544 or email echalmers@crcstalbens.catholic.edu.au

