



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

Thursday 9th August 2018

Dear Community,

This week I am away at my local Principals Network Conference in Sydney. As a Principal Group we will be working with Br. David Hall FMS, a Marist Brother from Sydney. Br. David is the Dean of the La Salle Academy for Faith Formation & Religious Education, at the Australian Catholic University.

Prior to this Br. David spent 30 years as a practitioner in the Catholic education sector. He has been a Principal of several Catholic schools - primary & secondary, co-educational & single-sex. Br. David is involved in the governance of independent Catholic schools, as a member of boards and councils and also conducts workshops and other professional learning activities in the areas of spiritual formation and leadership. He is leading an extensive professional development program for Catholic school leaders across 22 countries in Africa.

Whilst in Sydney the Principals and I will focus on Mary, the Mother of Jesus, and her place in our work as leaders in Catholic schools; the conference title is 'Called to Be the Marian Face of The Church'. Br. David worked with a number of our Principals, including myself, from across Melbourne, in Rome, in 2016. He is a Marian scholar, with realistic and relevant insights into the person of Mary, and her place in our world today.

The conference is to be held at the Australian Catholic University in North Sydney and will culminate with a Mass at Mary MacKillop Place, celebrated by Monsignor Portelli, on Friday. It is perhaps fitting that we will be at A.C.U., in North Sydney, on Wednesday August 8, which is the feast day of St. Mary MacKillop.

I hope you all have a week filled with new learnings and much wondering.

Denis J. Daly

Principal



2018 SCHOOL IMPROVEMENT SURVEYS

On Monday you received an envelope containing the 2018 School Improvement Survey. Each year Catholic Education Melbourne (C.E.M.) and the survey company Insight SRC, support all Catholic schools in conducting a School Improvement Survey. The aim of the survey is to identify the school's strengths and areas for development & improvement. All parents & guardians across the school are invited to complete the survey, either online or on a paper copy. You will be provided with a letter containing individual log in details for the online survey, as well as a paper copy of the survey. It is your choice as to which survey method you choose to complete. ***The survey will be open for completion from today, Monday 6 August through until Friday 24 August inclusive.*** It should take approximately 20 minutes to complete.

SCHOOL CLOSURE – TUESDAY AUGUST 28

The school will be closed for a staff professional development day on Tuesday August 28. Staff from the Catholic Education Melbourne Northern Region Office, will be working with the staff group, on a self-reflection review of the '5 Spheres of Catholic Schooling', namely, 'Education in Faith', 'Learning & Teaching', 'Student Wellbeing', 'School Community' and 'Leadership & Management'. This review process will add to the data provided by parents & guardians in the 2018 School Improvement Surveys (distributed today), as we work together to ensure St. Paul's 'listens' to all its stakeholders and seeks to be constantly improving.

WHAT IS MY CHILD DOING ONLINE??? ARE THEY SAFE???

Does Your Child Have Any of The Following Social Media Accounts: Facebook, Instagram, SnapChat, WhatsApp, Twitter?

Why Social Media Is Not Smart For Middle School Kids – 8 Year Olds to 12 Year Olds.

From Victoria Dunkley for www.psychologytoday.com

I really love middle school kids. I have two of them! If you have been through middle-school parenting, you may have noticed what I see: Strange things seem to happen to a tween's brain the first day they walk into middle school.

One might sum up their main goals in life this way:

- *To be funny at all costs. (Hence, the silly bathroom jokes, talking at inappropriate times in class, and the "anything it takes to be popular" attitude.)*
- *To focus on SELF — their clothes, their nose, their body, and their hair.*
- *To try new things. They are playing "dress up" with their identity, trying on things to see what fits. They are impulsive and scattered, they are up and they are down, and it even seems that they have regressed in their development on their quest for independence.*

As the parent, you are changing, too, as you enter the stage of parenting when you quickly depart from the naïve platform of "My child would never..." to the realization that, "I'm sure my child did that. I'm sorry, and please excuse his behavior, he is going through a phase."

Your list of daily parenting instruction may include statements like:

- *"If you can't say anything nice, don't say anything at all!"*

- *"How many times do I have to tell you not the use that word?"*
- *"Stop flipping that bottle!"*
- *"Stop burping the ABC's!"*
- *"You're acting like a 2-year-old."*
- *"What were you thinking?"*

Then it happens: Maybe because we are exhausted from their constant begging for a phone, or because we think that all their friends have one, or because we want to upgrade ours to the latest model...we cave. We act on impulse. Our brain seems to regress like theirs, and we give them our old smartphone.

And with that one little decision comes the world of social media access—something we haven't thought about and something none of us is prepared for. Because the midbrain is reorganizing itself and risk-taking is high and impulse control is low, I can't imagine a worse time in a child's life to have access to social media than middle school. Here are just a few reasons why:

1. *Social media was not designed for them. A tween's underdeveloped frontal cortex can't manage the distraction nor the temptations that come with social media use. While you start teaching responsible use of tech now, know that you will not be able to teach the maturity that social media requires. Like trying to make clothes fit that are way too big, they will use social media inappropriately until they are older and it fits them better.*
2. *Social media is an entertainment technology. It does not make your child smarter or more prepared for real life or a future job; nor is it necessary for healthy social development. It is pure entertainment attached to a marketing platform extracting bits and pieces of personal information and preferences from your child every time they use it, not to mention hours of their time and attention.*
3. *A tween's "more is better" mentality is a dangerous match for social media. Do they really have 1,456 friends? Do they really need to be on it nine hours a day? Social media allows (and encourages) them to overdo their friend connections like they tend to overdo other things in their lives.*
4. *Social media is an addictive form of screen entertainment. And, like video game addiction, early use can set up future addiction patterns and habits.*
5. *Social media replaces learning the hard social "work" of dealing face-to-face with peers, a skill that they will need to practice to be successful in real life.*
6. *Social media can cause teens to lose connection with family and instead view "friends" as their foundation. Since the cognitive brain is still being formed, the need for your teen to be attached to your family is just as important now as when they were younger. Make sure that attachment is strong. While they need attachments to their friends, they need healthy family attachment more.*
7. *Social media use represents lost potential for teens. While one can argue that there are certain benefits of social media for teens, the costs are very high during the teen years when their brain development is operating at peak performance for learning new things. It is easy for teens to waste too much of their time and too much of their brain in a digital world. We know from many studies that it is nearly impossible for them to balance it all.*

How Can Kids Slow Down?

First, we need to slow down and rethink what we are allowing our kids to do. We need to understand the world of social media and how teens use it differently from adults. Here are a few tips that work well for many parents.

Delay access. The longer parents delay access, the more time a child will have to mature so that he or she can use technology more wisely as a young adult. Delaying access also places a greater importance on developing personal authentic relationships first.

Follow their accounts. Social media privacy is a lie: Nothing is private in the digital world, and so it should not be private to parents. Make sure privacy settings are in place but know that those settings can give you a false sense of security. Encourage your teen to have private conversations in person or via a verbal phone call instead if they don't want you to read it on social media.

Create family accounts. Create family accounts instead of individual teen accounts. This allows kids to keep up with friends in a safer social media environment.

Allow social media only on large screens. Allow your teens to only use their social media accounts on home computers or laptops in plain view, this way they will use it less. When it is used on a small private phone screen they can put in their pocket there are more potential problems with reckless use. The more secret the access, the more potential for bad choices.

Keep a sharp eye on the clock; they will not. Do you know how much time your child spends on social media a day? Be aware of this, and reduce the amount of time your child is on social media across all platforms. The average teen spends nine hours a day connected to social media. Instead, set one time each day for three days a week for your child to check their social media. Do they benefit from more time than that?

Plan face-to-face time with their friends. Remember that they don't need 842 friends; four-to-six close friends are enough for healthy social development. Help them learn how to plan real, in-person, social get-togethers such as a leave-phones-at-the-door party, a home movie night, bowling, board games, cooking pizza, or hosting a bonfire. They crave these social gatherings so encourage them to invite friends over and help them (as needed) to organize the event.

Spend more real non-tech time together. Teens who are strongly attached to their parents and family show more overall happiness and success in life. They still need us now more than ever. It is easy to detach from them: Teens can be annoying! But attaching to family allows them to detach from the social media drama. Your child needs to feel like they can come home and leave the drama of their social world behind for a few hours. They want you to help them say no to social media and yes to more time with the family. They are craving those moments to disconnect, so make plans and encourage this at home.

Don't give that smartphone all the power in your home; help tweens choose healthier forms of entertainment. They have the rest of their life to be entertained by social media, but only a limited time with you.

About the Author

*[Victoria L. Dunckley, M.D. is an integrative child, adolescent and adult psychiatrist, the author of *Reset Your Child's Brain*, and an expert on the effects of screen-time on the developing nervous system.](#)*

**SOLEMNITY OF THE ASSUMPTION OF THE BLESSED VIRGIN
MARY**

MASS AT 9.30 AM

ST. PAUL'S CHURCH



**All are invited to join the school and parish communities to
celebrate Our Parish Feast Day**

**The Feast of the Assumption is one of the Four Holy Days of
Obligation in the Church Year.**

BOOK CHARACTER PARADE – LITERACY & NUMERACY WEEKS

This is reminder that our annual 'Book Character Parade' will held this year on ***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

UNEXPLAINED STUDENT ABSENCES – PLEASE CALL US OR EMAIL US!

Parents are asked to notify the school in advance of their children being away, by phone, a note or on the SkoolBag App. Teachers must mark attendance rolls by 9.10 am each morning; if your child is marked as absent from school without an explanation, you will be sent an SMS message or receive a phone call; if a parent does not respond to the SMS or phone call, the child's emergency contacts will be contacted; if the school is unable to make contact with the emergency contacts and parents have not responded to the school's contact, the assumption will be made that the child is missing and police will be called. **All schools (primary & secondary) in the state of Victoria are now obliged BY LAW to follow this process, when a student is marked on an attendance roll, as absent without an explanation.**

WHOLE SCHOOL PERFORMANCE - 'CIRCUS EXTRAVAGANZA'

We are very excited to announce the first ever St Paul's Circus Extravaganza to take place on September 20th! Throughout this term, all students will be involved in circus workshops. We have engaged the services of 'The Circus Crew,' a professional group with performance and teaching experience, to work with our students. Ben and his team will visit the school each week, to introduce and practice a variety of skills, which include balancing, acrobatics, throwing & catching. The students will hone these skills to culminate in a circus performance, highlighting their new skills & talents. Our performance will take place in the Quinn Auditorium, at Caroline Chisholm Catholic College, in Braybrook, on Thursday September 20, at 7.00 pm. More information about tickets and organisation will follow throughout the term.

Students will be required to wear their sports uniform on 'Circus Crew' days.

THURSDAYS: ALL YEAR 6 STUDENTS, ALL YEAR 3 STUDENTS, YEAR 4LP, YEAR 2JZ, YEAR 1CC

FRIDAYS: ALL YEAR 5 STUDENTS, ALL PREP STUDENTS, YEAR 2FG, YEAR 4AM, YEAR 1HV



2018 IMPORTANT DATES

TERM 3

AUGUST

- WED 15 - FEAST OF THE ASSUMPTION - 9.30AM WHOLE SCHOOL MASS
- THURS 23 - DISTRICT ATHLETICS
- TUES 28 – SCHOOL CLOSURE
- THURS 30 – 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

FEAST OF ST MARY OF THE ASSUMPTION (AUGUST 15TH)

Holy Mary, on this day, we honour your life as the chosen Mother of Jesus. We remember your dedication to God and the joy and heart ache you had in your life as you followed God's plan for you. We pray for the love you had for God, the hope you had in Jesus, and the joy you found in your heart. Pray for us as we grow in love, hope and joy. 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
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





Small Group & Private Lessons

- Please **ENROL TODAY** – via PMI's website OR enrolment forms available at your school front office
- Lessons are held once per week on school campus – typically during the school day
- Only \$15.95 per child per small group lesson (2-5 students for 30 minutes)
- Our small group lessons provide a fun and affordable opportunity to learn instrumental music
- Private lessons also available (\$32.95 per child for 30 minutes)
- Learning plan for all students via "PMI Stars" program – structured objectives with progress visibility
- PMI teachers supply keyboards and textbooks for keyboard lessons (students bring their own guitars)
- Ten minutes per day of practice at home is all that is required to see improvement!
- Instrumental music can improve your child's school results – including for reading, maths, coordination
- Limited spaces available – so please enrol ASAP