



ST. PAUL'S PRIMARY SCHOOL

230-240 SUNSHINE AVENUE

KEALBA VICTORIA 3021

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NEWSLETTER – FROM THE PRINCIPAL

Thursday 13th September 2018

Dear Community,

“R U OK”?

Today is national ‘R U OK DAY’. A day on which our nation acknowledges the mental health & wellbeing of all in our community. I would doubt that few if not any of us, have not been touched by or directly affected by the issues & challenges associated with mental health. Today is an opportunity to simply check in with family & friends, and ask the question, “Are you okay?”

R U OK?™

A conversation could change a life.

Got a niggling feeling that someone you know or care about it isn't behaving as they normally would? Perhaps they seem out of sorts? More agitated or withdrawn? Or they're just not themselves. Trust that gut instinct and act on it.

By starting a conversation and commenting on the changes you've noticed, you could help that family member, friend or workmate open up. If they say they are not ok, you can follow our conversation steps to show them they're supported and help them find strategies to better manage the load. If they are ok, that person will know you're someone who cares enough to ask. (R U OK website)

The following conversation steps are taken from the ‘R U OK?’ website and, if taken, could just be the conversation that ‘changes a life’:

1. ASK R U OK?

Be relaxed, friendly and concerned in your approach. Help them open up by asking questions like "How are you going?" or "What's been happening?" Mention specific things that have made you concerned for them, like "You seem less chatty than usual. How are you going?" If you experience PUSH BACK, if they don't want to talk, don't criticise them. Tell them you're still concerned about changes in their behaviour

and you care about them. Avoid a confrontation. You could say: "Please call me if you ever want to chat" or "Is there someone else you'd rather talk to?"

2. LISTEN WITHOUT JUDGEMENT

Take what they say seriously and don't interrupt or rush the conversation. Don't judge their experiences or reactions but acknowledge that things seem tough for them. If they need time to think, sit patiently with the silence. Encourage them to explain: "How are you feeling about that?" or "How long have you felt that way?" Show that you've listened by repeating back what you've heard (in your own words) and ask if you have understood them properly.

3. ENCOURAGE ACTION

Ask: "What have you done in the past to manage similar situations?" Ask: "How would you like me to support you?" Ask: "What's something you can do for yourself right now? Something that's enjoyable or relaxing?" You could say: "When I was going through a difficult time, I tried this... You might find it useful too."

If they've been feeling really down for more than 2 weeks, encourage them to see a health professional. You could say, "It might be useful to link in with someone who can support you. I'm happy to assist you to find the right person to talk to." Be positive about the role of professionals in getting through tough times.

Some conversations are too big for family and friends to take on alone. If someone's been really low for more than 2 weeks - or is at risk - please contact a professional as soon as you can. The following services may just be 'the answer':

Lifeline on 13 11 14: Call 24/7 for crisis support: **Suicide Callback Service on 1300 659 467:** for people at risk of suicide, carers and bereaved; **Kids Help Line – Any Time, Any Reason on 1800 55 1800:** counselling for young people, 5 – 25 years; **Grief Line on 1300 845 745:** a counselling service for people suffering grief

4. CHECK IN

Pop a reminder in your diary to call them in a couple of weeks. If they're really struggling, follow up with them sooner. You could say: "I've been thinking of you and wanted to know how you've been going since we last chatted." Ask if they've found a better way to manage the situation. If they haven't done anything, don't judge them. They might just need someone to listen to them for the moment.

Stay in touch and be there for them. Genuine care and concern can make a real difference.

I do hope each & every one of you, as members of our St. Paul's learning & teaching community are okay, and that you do or will take the time to check in with family & friends and ask them if they are ok too.

Denis J. Daly

Principal



BOOK FAIR

This week's 'Book Fair' was a huge success, with the children having the opportunity to purchase books for their home library. We had book sale in excess of \$4000.00! A very big "THANK YOU" to Mrs. Tabone for all her organisation & support of the fair, as well for her help in guiding the children with their purchases & questions.



CIRCUS EXTRAVAGANZA

Next Thursday, September 20, at 7.00 pm, the children will share with family & friends, their amazing circus skills, during our inaugural 'Circus Extravaganza'! The extravaganza will be held in the Quin Auditorium, at Caroline Chisholm Catholic College, on the corner of Churchill Avenue & Darnley Street, in Braybrook. Directed parking (parking attendants) will be available in the college car park, off Darnley Street, or on-street parking is available in surrounding streets. Children are expected at the auditorium no later than 6.30 pm.



TERM 3 FINISHES ON FRIDAY 21ST SEPTEMBER 2018 AT 1.50PM. ALL CHILDREN MUST BE PICKED UP AT THAT TIME.

CLASSES FOR TERM 4 RESUMES MONDAY, 8TH OCTOBER 2018 AT 8.50A.M.

PARENTS GROUP MATTERS

FOOTY FEVER PIZZA DAY – PIZZA ORDERS

In celebration of the football finals and the end of Term 3, a Pizza Day will be held on **Friday 21 September**. Pizza orders needed to be returned for our Footy Fever Pizza Day **by today, Thursday 13 September**. **ORDERS ARE NOW CLOSED.**



CADBURY CHOCOLATES FUNDRAISER

All unsold chocolates, as well as money for sold chocolates, need to be returned to school by **tomorrow, Friday 14th September**. Thank you for your support in making those sales!



LAST REMINDER FOR YEAR 6 SANITARY DRIVE

DUE MONDAY 17TH SEPTEMBER



Thank you so much to all the St Paul's families who have donated sanitary items thus far, to help support Sister Jean and the work she does to keep the spirit of St Mary MacKillop alive. These items will be going to families who, for various reasons, cannot afford to purchase such items.

If you have any items such as **hair-brushes, towels, moisturising cream, soap**, etc., please bring them to school and the Year 6 students will come to collect them from your child's classroom or you may send them directly to the Year 6 classrooms by ***NEXT MONDAY, 17th SEPTEMBER***. Keep an eye out for our Year 6 students who will be advertising in the school grounds; if you have any questions, feel free to ask them.

Make sure to keep the good work up.

Year 6 students & teachers – Mrs. Calvano, Ms. O'Leary and Mr. Curmi.



2018 IMPORTANT DATES

TERM 3

SEPTEMBER

- THURS 20 - WHOLE SCHOOL CIRCUS PERFORMANCE – 7.00 PM, QUIN AUDITORIUM, CAROLINE CHISHOLM CATHOLIC COLLEGE, BRAYBROOK
- 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

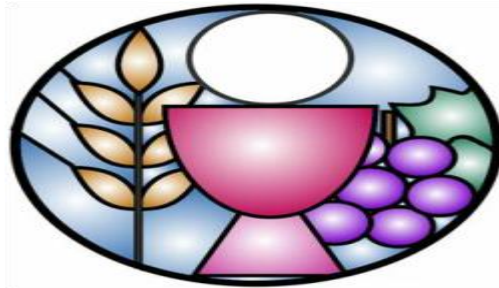
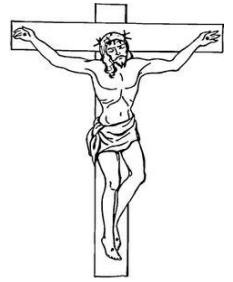
- FRI 7 - CHRISTMAS FUN DAY, CARNIVAL AND CAROLS
- THURS 13 - YR 6 GRADUATION 7PM
- FRI 14 - YR 6 FINAL DAY
- WED 19 - P - 5 STUDENTS FINAL DAY (1.50 PM DISMISSAL)
- THURS 20 - STAFF FINAL DAY



Exaltation of the Holy Cross (September 14)

O God, who willed that your only Begotten Son should undergo the Cross to save the human race, grant, we pray, that we, who have known his mystery on earth, may merit the grace of his redemption in heaven.

Through our Lord Jesus Christ, your Son, who lives and reigns with you in the unity of the Holy Spirit, one God, for ever and ever. 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.....

KEILOR LITTLE



ATHLETICS CENTRE

Keilor Little Athletics Centre

Little Athletics is a modified athletics program for children aged 5 to 15 years.

The Keilor LAC Program runs weekly from October through to mid March.

Competition is most Saturday's between 9am to 12pm. Training is held weekly on Tuesday nights at 6pm.

Athletes participate and compete weekly with their friends during the season, learning and competing in the many disciplines of athletics, such as running (sprinting, hurdles, endurance running), jumping (long jump, high jump, triple jump) and throwing (discuss, shot put, javelin).

Keilor Little Athletics is held at the Brimbank City Council, state of the art synthetic running track located in Keilor Park.



COME AND TRY

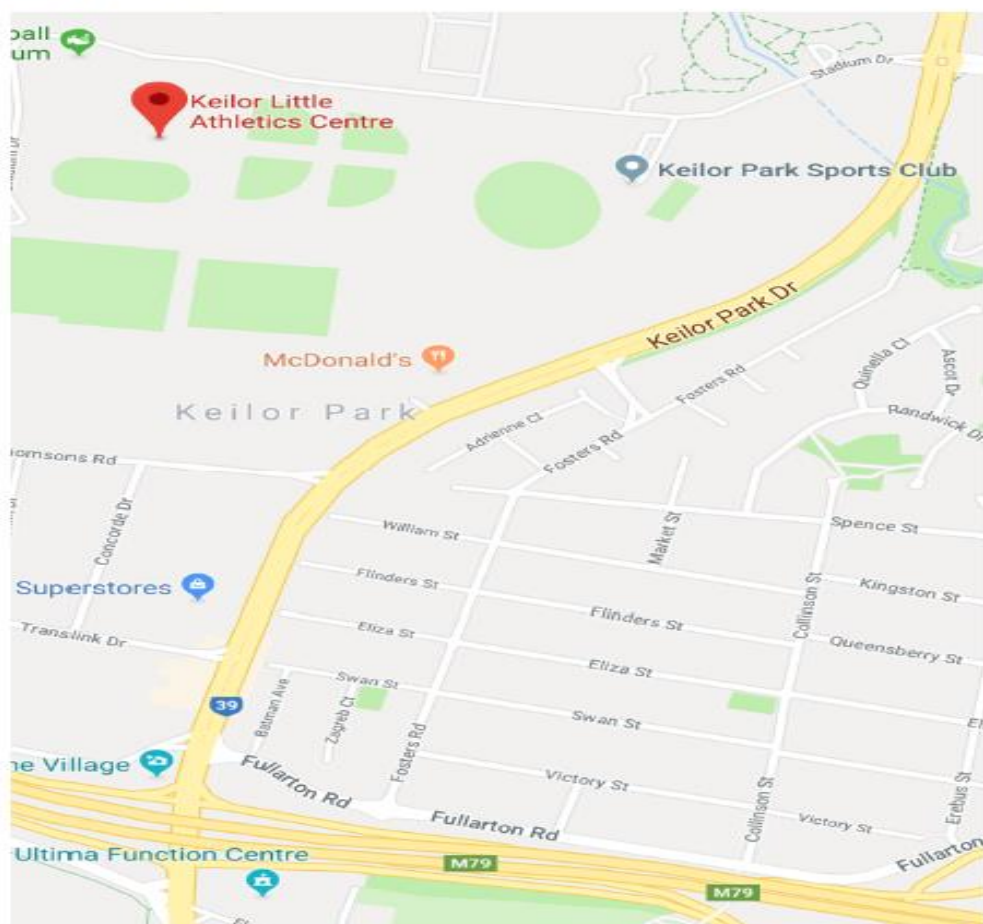
29TH SEPTEMBER / 6TH OCTOBER

LITTLE ATHLETICS...FOR... FAMILY... FUN... and... FITNESS

....the Foundation for all Sports



Find Us Here



Stadium Drive, Keilor Park, just 5 minutes off
the Calder Freeway

Register your interest now at

www.keilorlac.org.au



STRONG FUTURES.

GENTLE HEARTS.

**ENROLMENTS FOR YEAR 7 2020 ONWARDS
ARE NOW BEING ACCEPTED.**

Limited places available for Years 8 - 12 2019.

Book your Open Morning tour of the school today!
Call **9363 1711** or visit www.mariansw.catholic.edu.au for more information.

Bus services available to Melton, Rockbank, Bacchus Marsh, Derrimut & Taylors Hill.

