



ST. PAUL'S PRIMARY SCHOOL
230-240 SUNSHINE AVENUE
KEALBA VICTORIA 3021
Phone: 03 9366 6033 Fax: 03 9367 5219
Email: principal@spkealba.catholic.edu.au

eNEWS 2019 - Term 2 Edition 12

Thursday May 16 2019

Dear Community,

Last Friday night 31 of our Year 6 students received the Sacrament of Confirmation; they were confirmed by Bishop Mark Edwards OMI, Auxiliary Bishop of the Western Region of Melbourne.

It was an opportunity for these young people to say their "Yes", to their belief in and acceptance of our faith as Catholics; and in saying "Yes", inviting the Holy Spirit to further strengthen them in living their lives as committed Catholics.

In Confirmation the Holy Spirit brings to prominence the gifts of wisdom, understanding, counsel, fortitude, knowledge, piety and fear of the Lord. These gifts, when accepted by the confirmed into their lives, will bear the 'fruits' of love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control – all intended to support & guide them in living their lives as committed Catholics.

It was wonderful to see our young friends, supported by their sponsors and families, as they took yet another momentous 'step' in their 'faith journey'. They remain in our prayers & thoughts as they continue to live & grow as Confirmed Catholics now, spreading God's message of love & acceptance of all and supported & encouraged by the Holy Spirit, who dwells in them & with them.

May the gifts & fruits of the Spirit have a special & prominent place in our lives as well, as we too live lives of love for & acceptance of one other.



Denis J. Daly

Principal.

WALKATHON 2019

Our 2019 Walkathon, will be held next **Friday May 24**. Hopefully the children are busy asking family & friends to sponsor them for the laps they will walk! \$50.00 'Ultimate Kids Gift Cards', will be awarded to the top 5 money raisers across the school. Smaller prizes will be awarded at grade levels, for the most laps walked.



NAPLAN 2019

This year's NAPLAN assessments of Literacy & Numeracy, have taken place over the last three days. Our Year 3 & Year 5 students sat the tests and seemed quite calm and reasonably confident, under the test conditions. Test results will be available from mid-August to mid-September.



OPEN DAY & ART SHOW

Our 2019 Open Afternoon & Art Show, will take place in Week 1 of Term 3, on **Wednesday July 17, from 3.00 pm until 5.30 pm**. This will be an opportunity for families to visit classrooms, the Gallery Space, Discovery Centre & hall, to see children's learning & artistic talents on display, as well as to listen to their children share some of their learning achievements. Be sure to put the date & time in your diaries and calendars.

PREP PARENTS INFORMATION NIGHT

An information session for Prep Parents will be held, **at 6.30 pm, on Wednesday May 22nd, in the Discovery Centre**. The purpose of this evening will be to show parents & guardians, some of the strategies and activities that teachers are currently using with their children, in English and Maths. Important skill and independence development will also be discussed. It is hoped that this will help parents & guardians support their children's learning at home. The information session will be presented at an adult level, so it will be necessary that children do not attend. Parents & guardians coming to the session, are asked to fill out the attendance slip, sent home with their Prep child.

TERM 2 SCHOOL CLOSURES

School will be closed on **Monday May 27 & Tuesday May 28**, for staff professional learning. All staff will take part in our biennial conference (every two years), focusing on work health & wellbeing, under the theme of 'What Does It Take to Thrive at Work'. Please be sure to put these dates in your diaries & on your calendars

2020 FOUNDATION (PREP) STUDENTS – ENROLMENT INTERVIEWS

Enrolment Interviews for new families who have applied to enrol their children for Foundation (Prep) in 2020, have been conducted. Interviews with existing families will be conducted in the first half of Term 3. To ensure that we set aside a placing for any of our existing families, who have a child eligible to enrol next year, we ask that you contact the school office to obtain an Enrolment Application form. Alternatively, an Enrolment Pack (including an Enrolment Application) can be downloaded from the school website at www.spkealba.catholic.edu.au. We would appreciate you completing the application and returning it to the School office, as soon as possible.

SECONDARY COLLEGE ENROLMENTS

Parents & guardians of students in Years 4, 5 & 6 are reminded that considerable thought & planning need to be undertaken in selecting & applying for enrolment in Catholic, independent & state secondary colleges. It is too late to leave your thinking, choosing & applying until Grade 6, as most secondary colleges are accepting applications as early as Grade 4.

SCHOOL UNIFORMS

All students should be in their winter uniforms by now (Terms 3 & 4). Just a reminder to all parents (especially our new Prep Families) that the Uniform shop is open on Friday mornings, from 8.30 am to 9.30 am for purchases, trying sizes and to place orders. Academy Uniform order forms with prices, can be downloaded via the Skoolbag App or are available in the office foyer. Alternatively you may visit their web site at www.academyuniforms.com.au

PARENTS GROUP: NEXT METINGS & TERM 2 EVENTS

The next Parents Group Meetings will be held in the evening of **Tuesday June 4, at 6.30 pm in the staffroom** and in the morning of **Friday June 7, at 9.00 am, in the Discovery Center (library)**.

The following are a list of events & activities that have been organized by the Parents Group & supported by school staff, in Term 2:

- **Family Entertainment Books Fundraiser: commenced Monday April 1. To order your Book or your Digital membership online visit: www.entbook.com.au/94z4839 Alternatively, you may complete an order form, or purchase a book for \$70.00 cash, which are both available from the School Office.**
- **Walkathon: Friday May 24**

2019 CALENDAR

TERM 2

MAY

- TUES. 14-THURS 16: NAPLAN 9.00 AM – 11.00 AM
- FRI. 17: PREP 2020 ENROLMENT OFFERS POSTED OUT
- WED. 22: PREP INFORMATION NIGHT 6.30 PM – 7.30 PM
- FRI. 24: WALKATHON 12.00 PM – 2.00 PM
- MON. 27 & TUES 28: SCHOOL CLOSURES: STAFF CONFERENCE
- THURS. 30: FIRST HOLY COMMUNION FAMILY NIGHT 6.00 PM – 8.00 PM
- FRI. 31: PREP 2020 ENROLMENT ACCEPTANCES DUE

JUNE

- MON. 10: QUEEN'S BIRTHDAY PUBLIC HOLIDAY
- TUES. 11: PMI MUSIC CONCERT 11.00 AM (SCHOOL HALL)
- SAT. 15: YR. 3 FIRST HOLY COMMUNION 2.00 PM – 3.00 PM
(ST. MARY MACKILLOP CHURCH, KEILOR DOWNS)
- THURS. 20: WORLD REFUGEE DAY
- FRI. 28: SCHOOL FEAST DAY CELEBRATION (FEAST OF ST. PAUL 29.06)
- FRI. 28: TERM 2 FINISHES AT 1.50 PM



WHEN YOUR CHILD IS ANXIOUS

If your child feels anxious, reassure them that these feelings are a normal response to new people, events or potentially challenging situations. Help your child understand that there is a great deal they can do to manage their anxious feelings, so they can get on with the activities they enjoy.

Explain anxiety

If your child is anxious they may struggle to explain how they feels. An important first step in anxiety self-management is explaining to your child how anxiety works.

Sufficient sleep, good nutrition and exercise are essential for anxious kids. Support your child to adhere to their optimal bedtime so they wake naturally each morning, reduce sugar, take care of their gut health through good nutrition and encourage regular exercise for optimal mental health.

Teach your child that the part of the brain that protects them from danger (the amygdala – pronounced ahh-mig-dah-la), is always on high alert when they are anxious. Explain that the amygdala sees danger where there is none, but the body prepares to fight for life or flee from danger as if it's protecting them from a hungry lion. Discuss that the amygdala can't differentiate between a hungry lion and public speaking or some other task they must face. Talk about the changes that happen in their body to power them up to fight or flee, including increased heart and breathing rates and the pumping of the blood from the stomach to the arms and legs, which can cause nausea and even vomiting for some

Help recognise anxiety-inducing events

There are many things that can evoke anxiety in your child, including stressful events, life changes, transitions, difficult experiences and new or unfamiliar situations. Help your child to recognise the specific situations and events that make them feel anxious such as meeting new friends, sitting tests and fear of rejection. In this way you can help your child manage and minimise their feelings of anxiety.

Respond with empathy

When your child feels anxious, the part of the brain that controls rational thinking, decision-making and concentration temporarily goes offline. They can feel easily overwhelmed by simple, everyday events and situations. Rather than protecting your child by allowing them to avoid meeting these challenges, or dismissing them as trivial, validate their feelings with statements such as, "I can see you're feeling worried about going to camp without your brother", "Thanks for telling me you feel nervous about the test. It's understandable" or "I see you're really anxious about this right now. I know it's hard for you." Resist the temptation to rescue or fix a situation. Respond with empathy and understanding to your child's concerns.

Manage anxious moments

Help your child develop the tools to regulate and push their anxious feelings to the background. Practise these anxiety management tools when your child is feeling calm, and it will be easier for them to practise when they are nervous. These include taking some deep breaths, deep belly breathing from the diaphragm calms the amygdala, reducing feelings of anxiousness.

Bringing their attention back to the present: Use their senses to bring their attention to the present moment and away from their worries – "Tell me five things you see, four things you hear and something you smell."

Getting them moving: Physical exercise is not only a great distraction but it releases feel-good endorphins that help children and young people feel better and more optimistic about the future.

Defusing their thoughts: Anxious thoughts can get stuck, refusing to budge no matter how unwanted they are. Help your child to distance themselves from their thoughts by placing distancing statements in front of their thoughts. Replace “I’m going to fail the test” with “I had a thought that I’m going to fail the test.” Rather than changing their thinking, assist your child distance themselves from unhelpful thoughts.

Get the fundamentals right

Sufficient sleep, good nutrition and exercise are essential for anxious kids. Support your child to adhere to their optimal bedtime, so they wake naturally each morning, reduce sugar, take care of their gut health through good nutrition and encourage regular exercise for optimal mental health.

There is a great deal you can do to help your child manage their anxiety. Start by assisting your child to understand the fundamentals of anxiety, show your genuine understanding of their feelings and be ready to support them emotionally to push their anxiety to the background.

Michael Grose

Michael Grose, founder of Parenting Ideas, is one of Australia’s leading parenting educators. He’s the author of 12 books for parents including *Spoonfed Generation* and the best-selling *Why First Borns Rule the World* and *Last Borns Want to Change It*. His latest release ***Anxious Kids***, was co-authored with Dr. Jodi Richardson.

Anxious Kids

**How children
can turn their
anxiety into
resilience**

Bestselling parenting author

**Michael Grose
& Dr Jodi Richardson**

A Children's Prayer

Lord, look upon a little child,
By nature sinful, weak and wild;
O lay Thy gracious hands on me,
And make me all I ought to be.
Gentle Jesus, meek and mild,
Look upon a little child;
Pity my simplicity
Suffer me to come to Thee.
O supply my every want
Feed this young and tender plant
Day and night my keeper be,
And every moment watch round me. 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.....

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

Contact No.....

Learn To Swim

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- Teach stroke correction for intermediate beginners, safe entry
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Instrumental Music Lessons
On School Campus!



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 \$16.95 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 (1-on-1) and pair lessons (max 2 students) are also available
- 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

CAROLINE CHISHOLM CATHOLIC COLLEGE

OPEN DAY
SUNDAY 19 MAY
11am - 2pm

65 & 204 Churchill Avenue Braybrook cccc.vic.edu.au

SAVE THE DATE

Les Misérables

SCHOOL EDITION

\$30 ADULT
 \$25 CONCESSION
 \$20 CHILD

TICKETS ONSALE NOW

THURSDAY 16TH, FRIDAY 17TH, SATURDAY 18TH MAY 2019 7.30PM
 SATURDAY 18 MAY 2019 MATINEE 12PM

AVAILABLE VIA EVENTBRITE
 AND CRC SYDENHAM
 FACEBOOK

**CATHOLIC REGIONAL COLLEGE
 CAROLINE SPRINGS PERFORMING ARTS CENTRE**

PERFORMED ENTIRELY BY STUDENTS
 LYRICS BY HERBERT KRETZSCHMAR
 ORIGINAL ORCHESTRATIONS BY JOHN CAMERON
 A MUSICAL BY ALAIN BOUBIL AND CLAUDE MICHEL SCHÖNBERG
 BASED ON THE NOVEL BY VICTOR HUGO
 MUSIC BY CLAUDE MICHEL SCHÖNBERG
 SCHOOL EDITION SPECIALLY ADAPTED BY CAROLINE SPRINGS PERFORMING ARTS CENTRE
 CATHOLIC REGIONAL COLLEGE CAROLINE SPRINGS PERFORMING ARTS CENTRE