



JUNE 2023

ST. PAUL'S KEALBA

230-240 SUNSHINE AVENUE
KEALBA VICTORIA 3021
Phone: 03 9366 6033

Email: principal@spkealba.catholic.edu.au

In this newsletter:

From the Principal
Page 01

Term 3 - School Closure Reminder /
Book Week / School Improvement
Surveys
Page 02

Koala Kids / St. Mary Mackillop/ The
Assumption of Mary
Page 03

Fathers Day / School Advisory Council /
Victorian Parents Council
Page 04

The Buzz at St Paul's
Page 05 & 06

We Need to talk about Parent Wellbeing
Page 07

Dates
Page 09

Caroline Chisolm Catholic College
Page 10



KEEPING OUR CONNECTIONS

Thursday August 17 2023

Dear Families & Friends of St. Paul's,

Today sees us almost at the end of Week 6 in Term 3, with only four weeks to go before the term finishes; where does the time go!

Throughout the term the children have engaged enthusiastically in their Faith-Life Inquiry Units of work, focusing on the environment and our collective work as 'Stewards of God's Creation', in understanding and looking after our world. The Middle School (Years 3 & 4) have been particularly busy looking after chickens, butterflies, stick insects, axolotls (get out the dictionary!), seeds & plants. Lots of learning & teaching have seen young minds grow, with much excitement & interest in what teachers have planned for the term and what the children are learning.

Enjoy sharing the learning everyone!

Denis.

Denis J. Daly
Principal

Term 3

School Closure Reminder

Next Monday August 21 is a school closure for the staff to engage in professional growth & formation. We will be working with Fr. Elio Capra SDB, focusing on the use of scripture (the bible) in Religious Education lessons. Fr. Elio's title for the day is, 'Scripture Alive & Active'.



SCHOOL IMPROVEMENT SURVEYS

The annual MACS School Improvement Surveys will open for parents, student & staff input on Monday August 28, and will remain open until Friday September 15. We are once again asking for parent support in filling out the surveys. This is an opportunity for our school community to provide feedback on how they see the school operating and what could be done to improve in the future.

BOOK WEEK

Next week is Book Week, celebrated with the theme of 'Read! Grow! Inspire!' Teachers & Curriculum Leaders have been busy planning lots of activities & learning for the week. Our 2023 Book Week Parade will be held on Monday August 28, with details to be sent home next week



KOALA KIDS DONATIONS

Thank you to those families who have donated lip balms and card games to the 'Koala Kids' effort, supporting children with life-threatening illnesses & diseases like cancer; we will continue to collect until the end of the term. Please continue to donate what you can.



ST. MARY MACKILLOP

Last Tuesday August 8, we celebrated the feast day (special day) of Australia's first & only saint, St. Mary MacKillop. Mary was a simple woman who led a remarkable life in service to God as a nun and in the care & education of the children of Australia. One of Mary's most famous sayings was, "Never see a need without doing something about it"; this saying guided & directed Mary throughout her life and it is one which we can all take on in our lives, in looking for and caring for others.



THE ASSUMPTION OF MARY

This Tuesday just passed, August 15, we celebrated our parish feast day, with the Solemnity of The Assumption of Mary into heaven. The day is celebrated in the Catholic Church as a Holy Day of Obligation, with all Catholics expected to attend mass, in honour of Mary.



FATHERS DAY

Fathers Day 2023 will be celebrated on Sunday September 3. On Wednesday August 30 & Thursday August 31, the children will have the opportunity to buy a gift for their Dads, at the Fathers Day Stall. On Friday September 1, we invite all Dads (with their children) to join us in the hall for a Fathers Day Breakfast.



SCHOOL ADVISORY COUNCIL

The next School Advisory Council meeting will be held on Tuesday September 5, at 7.00 pm, in the staffroom. Our School Advisory Council consists of Monsignor Portelli - Parish Priest, Denis Daly - Principal, Patrick Pantalone - Deputy Principal & Religious Education Leader, Marc Farrugia - Parent Rep., Nicole Vivarelli - Parent Rep. & Linh Cao - Parent Rep.

VICTORIAN PARENTS COUNCIL

For more than 60 years now, VPC has worked tirelessly with Victorian school parents. That they are still here today is a testament to the hard work and support of parents, schools and parent associations across Victoria. They are a not-for-profit, ACNC registered Charity Organisation and are driven by the commitment of a small group of volunteers. Involvement with the council may be as a parent, guardian, school, teacher or business; they love to collaborate with all those who are passionate about supporting children through education, from babies through to adulthood and beyond. If you would like to join, don't hesitate to contact the council at vicparentscouncil.vic.edu.au "Whether it's once a week or once in a while, we welcome your involvement".



That's the Buzz at St Paul's

Chrysalis

Year 4 Melbourne Zoo Excursion

By Rosy 4LP

For the Year 4 excursion, we went to the Melbourne Zoo. It was on the 20th of July. We had to arrive at school at 9:00 am so we didn't miss the bus. We travelled there on a bus because we were learning about animal habitats for inquiry.

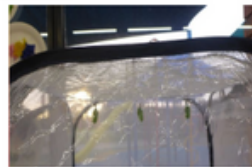
We saw baboons, giraffes, Tasmanian devil, platypus, a tiger, otters, squirrel monkeys, elephants, siamangs, orangutans, lemurs, snow leopards and more. We also went to the Melbourne Zoo school.

My favourite animal was the orangutans because it was wiping the window because it was dirty and it was funny.



In 4LP we have chrysalis. The chrysalis are going to turn into monarch butterflies. We have three chrysalis. Their names are Moonlight, Starlight and Sunlight. We have to wait 4 — 12 days before they hatch. We have to water them every 2 days so that they can live. They will go a darker colour before they hatch. We love our butterflies!

By Grace and Kyria



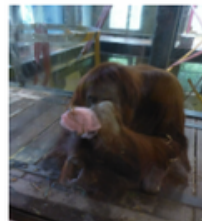
Year 4 Melbourne Zoo Excursion

By Marley in 4LP

4LP and 4AM got on the bus at 9:00am and we soon arrived at Melbourne Zoo. 4LP went to see the platypus first. The platypus was wide awake. 4AM went to see the Australian bush. The Australian bush exhibit has lots of animals such as birds, wombats, kangaroos and wallabies. After we saw the platypus, 4LP went to see the tigers, otters, elephants, squirrel monkeys, siamangs and lastly the orangutans. My favourite part of the excursion was watching the orangutans cleaning the window. After we saw the Trail of the Elephants. We went to see the lemurs, but all of the lemurs were hibernating. Then we saw the gorillas and a baby pygmy hippopotamus. It was really hard to see the hippopotamus because it was hiding.

After we saw the gorillas and the hippopotamus we ate our lunch. Then we went to see the dingos, lions, reticulated pythons, coatls, snow leopards, tigers and the Tasmanian devils. The Tasmanian devils were eating a wallaby. Next, we saw the Australian bush and the workers were telling us about the weather and the animals. We did a scavenger hunt about the features, signs of life and insects.

Then we went to the reptile house that has lots of reptiles such as frogs, lizards, alligators and snakes. Lastly we went to the frog disco. It was a lot of fun. Although we didn't see all the animals, we had a great time at the Melbourne Zoo.



Spiny leaf insect in 4LP

In our classroom we have 2 female spiny leaf insects. Their names are Miss Spiny and Miss Leafy. We keep them in a cage with lots of gum leaves. We have to make sure we change their leaves every few days. We're hoping they will lay eggs.

By Marcus and Emilia 4LP



Plants

By Lochlan Magrin and Deanna Truong in 4LP

This term we are planting and learning about plants. We need plants to survive because they filter out carbon dioxide and give us clean oxygen. They also give us food to eat and survive. If plants become extinct, then humans and other animals will also become extinct. Plants are really important for life to live.

Broad beans

On the 31st of July, we planted broad beans. To grow the broad beans we used tissue paper, plastic zip lock bag and the broad bean seeds. To keep them wet we need to spray them every 1-2 days. The zip lock bag acts as a hot house for the beans. When the broad beans have grown, we can bring them home to plant them in our gardens at home or eat them.



Other plants

We are going to plant other plants like daffodil bulbs, sunflowers, sprouts, beans, Lorax grass heads, avocado and other flowers.



That's the Buzz at St Paul's

Grade 3TOs Newsletter
By Emily, Levy and Chris

Our classroom chicks

We are learning about the life cycles of chicks. Our chicks are fluffy with feathers. Our chicks have to stay in the incubator for 21 days. The chicks break the shell with its egg tooth. Then the chick uses its egg tooth to break the shell all the way around. After that, the chick uses its feet to push the shell apart and flops out. Lastly, the chick dries off and is covered in fluffy feathers.

Excursion to the Collingwood Children's Farm

When we went to the Collingwood's Children's Farm. Firstly, we went to pat the sheep and we stepped in a lot of sheep poo. Secondly, we went to see the chickens, the fruit garden and the vegetable garden. After all of that, we heard some geese calling us. Then we stopped for lunch. We went to pat the goats and see the guinea pigs. Lastly, we went back to school and we ate recess.

The Caterpillar and the Chrysalis

After a while, the caterpillar forms a chrysalis. Inside the chrysalis, the caterpillar undergoes a magical transformation. After a few weeks, the chrysalis breaks open and out comes a beautiful butterfly.

The Creation Story

Creation was made from God. On the first day, God made light and dark. God called the light day and the dark night. On day 2, God said, "Let there be bodies of water and above them a sky". On the third day, God made dry grounds appear. He called the dry ground land and the waters seas. On Day 4, God made two great lights, the bigger one for day, called the sun, and the smaller light for night, the moon. On day 5, God said, "Let there be fish in the water and birds in the sky". On day 6, God made animals and people to rule the lands. On day 7, God rested.

Everyone brought a baby photo to school for our learning about Creation and for a class display.



Another chick has hatched today. There were 10 votes for the name Orio.
Orio is the 5th chick of the group.

One of the 3 chrysalis is turning black. Right now one has silk on it.
2 chrysalis are in the later stage and 1 is in the lighter green stage.

We are reading Diary of a Wimpy Kid in class. It is really funny.

from Lyanna, Isla, Claudia and Alyssa from 3FG



We Need to Talk About Parent Wellbeing

Mental Health is on everyone's lips. With 44% of Australian adults having experienced a mental disorder over the course of their lives, and 1 in 5 having experienced symptoms of a mental disorder over the last 12 months, it's no surprise that Google searches for mental health queries reached an all-time high in 2021.

Additionally, across Australia there are 102 days dedicated every year to raising awareness of important mental health and wellbeing related topics, including Neurodiversity Week in March, World Infant, Child and Adolescent Mental Health Day in May, and R U OK? Day in September. A growing number of Australian states and territories are also promoting Mental Health Month in October.

With all the talk about mental health and wellbeing, it's valuable to understand that mental illness and mental health are actually different things. On the one hand, we have mental illness. Low mental illness means you aren't experiencing symptoms of mental illness (such as depression and anxiety), high mental illness means you are. And on the other hand, we have mental health. If you have high mental health, you have a generally positive mood and outlook on life and are functionally optimally. You are said to be 'flourishing'. If you have low mental health, you may feel hollow or empty, and have a generally low mood. You are said to be 'languishing'.

For most people experiencing mental illness, interventions such as therapy and medications are both valuable and necessary. However, to improve mental health and lead a flourishing life, there are simple changes that anyone can make even if they are struggling with mental illness.

Let me ask you a simple question.

What makes life most worth living for you?

The simplest way to experience improved mental health and wellbeing is to identify the answer to that question and then find a way to do a little more of those things each day. Let me outline a few things science points us to that can help:

1. Sleep

This might be the most boring thing I can put on the list of ideas to bolster wellbeing (for you and your kids). But it might also be the most valuable item on the list.

Have you noticed what a difference it makes when you feel well rested? Have you noticed how much better you behave (not to mention the kids) when you've had a full night's sleep? It's no surprise that sleep loss is

associated with negative moods and impacts emotional regulation. Sleep makes you a better parent. It makes you a better partner, employee... it makes you a better person. Prioritising a solid 8 hours of sleep per night is just about the best thing you can do to be happier.

2. Build Connection

Relationships are at the core of our wellbeing. Find ways that you and your children can connect with one another and with others regularly and in healthy, positive ways. Simple ways to build connection are smiling at each other (even fake smiles can amplify and initiate feelings of happiness), spending quality time together, and telling the people around you that you love them.

3. Get Active

A recent study from the University of South Australia found that exercise is 1.5 times more effective than counselling or the leading medications at improving symptoms of depression, anxiety, and distress. Physical activity also keeps our brains healthy, increases positive mood and increases self-esteem, as well as reducing the risk of heart disease, cancer, and increasing bone health. The World Health Organisation recommends that children and adults aim for about 60 minutes of moderate to vigorous aerobic activity daily, but if you're just starting out, replacing sedentary time with physical activity of any intensity will offer health benefits.

4. Slow Down and Smell the Roses

Nature is fuel for the soul. Spending time interacting with nature has a long list of benefits (including improved academic and task performance, stress reduction, reduced violence, increased inspiration, and improved mood), which can be achieved in as little as 120 minutes a week. You can boost your nature time by shifting the route of your walk to go through your nearest green space, taking your lunch break outside, or planning a weekly family trip to the forest, beach, or botanic gardens.

5. Have Fun

It might seem like a simple thing, but having a once-a-week family adventure can build connection, encourage physical activity, and get us out into nature, plus it is fun! Having fun can be free, take the soccer ball to the park, do a scavenger hunt, or take a bucket and spade to the beach.

On the road to flourishing

Work, school, homework, cleaning the house, finances... these are all important things, but they're not the things that make life worth living. If we want to get on the road to flourishing, we may need to re-prioritise our time, making sure that we build in opportunities for sleep, connection, movement, nature, and fun. Simple swaps are all it takes to bring greater positivity into your life.



AUTHOR

Dr Justin Coulson

Dr Justin Coulson is a dad to 6 daughters. He is the parenting expert and co-host of Channel Nine's Parental Guidance, and he and his wife host Australia's #1 podcast for parents and family: The Happy Families Podcast. He has written 9 books about families and parenting. For further details visit happyfamilies.com.au.

Dates 2023

TERM 3: MONDAY JULY 10 TO FRIDAY SEPTEMBER 15

- TERM 3: MONDAY JULY 10 TO FRIDAY SEPTEMBER 15
- Monday August 21: School Closure – Staff Professional Learning
- Monday August 21 – Friday August 25: Book Week – ‘Read! Grow! Inspire!’
- Wednesday August 23: Author and illustrator, Nicky Johnston will visit the students
- Monday August 28: Book Week Parade
- Monday August 28: WAY TOO COOL performance
- Monday August 28: MACS School Improvement Surveys open
- Wednesday August 30 & Thursday August 31: Fathers’ Day Stall
- Friday September 1: Fathers’ Day Breakfast
- Tuesday September 5: School Advisory Council Meeting
- Thursday September 14: Footy Colours Day & Sausage Sizzle
- Friday September 15: MACS School Improvement Surveys close
- Friday September 15: Term 3 ends

TERM 4: MONDAY OCTOBER 2 TO WEDNESDAY DECEMBER 20

- Monday October 2: Term 4 starts
- Friday October 27: Mission Mass
- Monday November 6: School Closure – Report Writing
- Tuesday November 7: Melbourne Cup Public Holiday
- Monday November 13: Prep 2024 – Orientation Session 1
- Wednesday November 15 – Friday November 17: Year 5 Camp – Cave Hill Creek
- Monday November 20: Prep 2024 – Orientation Session 2
- Wednesday November 22 – Friday November 24: Year 4 Camp – Portsea
- Monday November 27: Prep 2024 – Orientation Session 3
- Monday December 4: Prep 2024 – Orientation Session 4
- Thursday December 14: Year 6 Graduation
- Friday December 15: End-of-Year Mass / Year 6 students finish/ Year 6 Farewell Guard of Honour
- Monday December 18: Step Up Day
- Monday December 18: Prep to Year 5 Students finish
- Wednesday December 20: Staff finish / Office closes





Enrolments Now Open YEAR 7 2025

Enrolment applications for current Grade 5 students close on August 18, 2023. **Applications closing soon.**

*I want my child to attend the College.
What do I do?*

1. Complete an enrolment application form.

Visit www.cccc.vic.edu.au to access and complete our online Application Form.

2. Submit your completed application form.

Ensure you provide all required documents with the application. A non-refundable application fee is required at the time of submission. Applications close mid-August each year.

3. The College will conduct interviews of all applicants.

Families will be invited to attend an enrolment interview with a senior staff member of the College.

4. Enrolment and waiting list offers will be sent to families.

Families will be notified of any offer after the interview process.

03 9296 5311 or

*If you have any questions please contact the College on
email registrar@cccc.vic.edu.au*



CAROLINE
CHISHOLM
CATHOLIC COLLEGE