



ST. MONICA'S SCHOOL NEWSLETTER

91 High Street, Kangaroo Flat

Phone: 5447 7832 Fax: 5447 1749

Email: principal@smkangarooflat.catholic.edu.au

Newsletter items:

admin_office@smkangarooflat.catholic.edu.au

Sent home over the last fortnight!

- Sandpiper
- Mother's Day Notes
- Election Day BBQ
- Dental Screen Consent forms
- School Photo Envelopes

Edition 06: 03 May 2019

Dear Families,

As we conclude the Easter Octave we can't help feeling moved by recent events across the world where the message of the risen Christ seems to be lost among hatred and hurt.

Our prayers go out to the people of Sri Lanka who have suffered recently and we pray that the message of the risen Christ will break through the hurt and bring peace in times of such dis-harmony.

The following prayer is one we can pray together at this time.

An Easter Prayer for Hope

Sister Joyce Rupp, (O.S.M.)

Risen Presence,

stir hope in us when we waver in our belief about the goodness of humanity.

Turn our face toward the sunrise of each morning.

Assure us that every day brings light after night's heavy darkness.

Let it remind us that a

fresh beginning continually awaits us.

Open our eyes to recognize signs of your endless love.

Draw us close on our own Emmaus roads.

When our hearts are disconsolate surprise us with your peace-filled presence.

Rekindle our love.

Clear our mind of the tendency to close off the possibility of a world warm with the glow of human kindness.

Veer us away from negativity.

Help us delete our thoughts of inner strife and the apprehension of doomsday prophecies.

Bring us in to a remembrance of your empty tomb when we want to give up on humanity's care for one another.

Restore our recognition of your presence abiding in each and every human being.

Let us look deeply, beyond despicable behaviour and brutality, and find the pure essence of your love abiding there.

Risen One, breathe hope in us.

Again and again.

Help us keep it alive by how we think, feel, and live.

We dare not let this virtue die.

God Bless,

Many thanks to the following Parents who attended our Working Bee last Friday.

Andrew Cooney

Darren Waters

John Wilson

Kellie White

Mark Gillespie

John Taylor

Hope & Reece Ohman

Jo, Oliver & Ava Hawking

Shaun & Shona Lourie

Karl, Ruth, Evan & Laura Sewell

Our Next working Bee will be Scheduled for Thursday June 13th



Parent Access Module (PAM)

You may have heard talk around the yard about PAM, well PAM is this nifty new platform that is mobile friendly and has all the schools upto date information including:

- Dates
- Newsletters
- CDF Pay
- Consent Forms
- Medical Details
- Absence Notifications

IMPORTANT NOTICE

It is extremely **IMPORTANT** that you logon (if you have not already done so) and update your child's medical details, this not only cuts down the forms we send home to fill out but also means your child's teacher has the most recent medical details always available to them.

Halo semua!

Every fortnight we as a school community are going to focus on one Indonesian phrase to use as often as possible to help build our Indonesian vocabulary!

Here is this fortnight's phrase:

Focus phrase for the fortnight:

Selamat pagi

(Good morning)

Staff Spotlight

Name: Belinda Christy

Role: Curriculum Leader

Favourite Songs

Landslide by Fleetwood Mac &

Wild World by Cat Stevens

Favourite Movie

Remember the Titans

Favourite Holiday Memory

Swimming with sharks in Belize and road tripping to Yosemite and through Texas.



A resilience-promoting childhood

What type of childhood do your children experience?

In our current consumer-oriented society it can be difficult to provide the type of childhood that promotes long-lasting resilience in children. It is tempting to over-organise their lives and fill every spare minute with some type of activity.

The emergence of indoor playgrounds shows the lengths we go to ensure that they never get bored (or even get wet and cold when they play)!

It helps to stand back and take stock of the type of childhood that we provide for our kids.

A resiliency-promoting childhood has the following features:

1. Children don't always get what they want. The Rolling Stones were right when they sang, "You can't always get what you want, but you can try" all those years ago.
2. They have plenty of opportunities to solve their own problems without adults trying to fix everything for them. Children will only develop their inner resources when given the opportunity to develop their resourcefulness.
3. Children are expected to help at home from a young age without being paid so they learn to be useful.
4. Parental expectations for success are positive, realistic and based on a child's interests and aptitudes rather than on adult wishes.
5. Children receive liberal amounts of encouragement but moderate amounts of praise. Praise is like fast

food – kids want it but they don't always need it.

6. Children have plenty of free time to do three essential things – play outside, have fun and daydream. But they need to have the opportunity to initiate all three, rather than have them initiated by someone. These three essentials help insulate human beings when life gets out of control.
7. Children are involved in family decision-making so that they learn to impact positively on their environment.
8. Children have the opportunity to identify their strengths and then build on these to develop their unique identities.
9. Children grow up in families that have their own rituals, rites of passage and celebrations. These rituals provide important anchors to children as they develop and grow away from their families.
10. Resilient children need to be surrounded by resilient adults rather than adults who are continually stressed and have no real life outside from children and work. If you feel that life is all work (and kids) and no fun then begin by taking a hobby.



Quick Parenting Quiz

1. According to a recent Australian Research Project eight qualities were identified as family strengths. Communication and Resilience were two qualities. Name three more.

Answer:

1. Research by the Family Action Centre identified the following eight qualities in strong families: communication, togetherness, sharing activities,

2. When changing children's misbehaviour it will generally get worse before it improves.

True or false.

affection, high levels of support, acceptance, commitment to each other and resilience.

2. True.

Vitamins for parents

How to answer when children say things to you such as:

"It's not fair."

"I hate you."

"You never buy/make/get me anything....."

"All the other kids in my class have done/seen/been there...."

"You'll only be happy if they carry me out in a body bag."

Next time your child comes up with one of those guilt-laden, golden lines take a deep breath and say calmly – "You know, you maybe right."

It stops them in their tracks.

Bright idea



Have a "Quality Mealtime" once a week.

Write a list of personal qualities such as determination, patience, tolerance, honesty, initiative and so on. Once a week have a great meal and also introduce a personal quality or characteristic. Then focus on that quality for the week. Use Who, How, What, When and Why questions to get discussion going. "What is determination? Who do you know who is determined?" The list goes on. Write the quality on a card and display it somewhere for the week so you can refer to it. This is a powerful but simple way to build children's character, resilience and personal awareness.

Wise & Witty Words

"I've learned that children and grandparents are natural allies."

Anonymous

"Encouragement is the continuous process aimed at giving the child a sense of self-respect and a sense of achievement. From earliest infancy he needs help finding his place through achievement."

Rudolf Dreikurs

PARENTS & FRIENDS

Thursday 9th May

MOTHER'S DAY GIFT STALL

Gifts are \$5 or \$10 each

Students can purchase 1 Mum gift unless
also buying for step parent/carer.

A limited selection of Nan/Grandma
gifts will also be available for \$5.

Payment can be made via CDF Pay
until 5:00pm on Tuesday 7th May
or send cash in an envelope marked
with child's name and class.

Thank you to everyone that helped wrap gifts or
volunteered to assist with running the stall.

Your help is greatly appreciated.

INVITATION

MOTHER'S DAY BREAKFAST

To show our appreciation
for all that you do, Mum's
(or another special person)
are invited for an egg & bacon
muffin breakfast with their
children.

Mum's will receive a
free barista coffee and
there will be Milo for the kids.
Other adults may pay
for a barista coffee.

FRIDAY 10TH MAY

BREAKFAST SERVED FROM

7:45AM - 8:30AM

ON THE UPPER

NO NEED TO RSVP

New Arrival

Congratulations to Huddy Jenkins Prep Flood
and Family on the recent safe
arrival of their beautiful baby
boy "Malik"



CALENDAR OF EVENTS

May

Saturday 4th	Sacrament Commitment Mass St Monica's Church 6.00pm
Tuesday 7th	Sacraments Session 4 2.30pm School Board Meeting 6.00pm
Wednesday 8th	Divisional Cross Country
Thursday 9th	Prep Mass 9.30am Classroom Mother's Day Stall 3/4 D & MK Excursion
Friday 10th	Mother's Day Breakfast 1/2 Unit Mass 3/4 C & R Excursion
Monday 13th	Principal Learning Tours 9.30am Assembly 2.50pm
Tuesday 14th	Sacraments Session 5 NAPLAN Year 6 Transition Day
Wednesday 15th	NAPLAN
Thursday 16th	Principal Learning Tours NAPLAN
Friday 17th	Whole School Closure
Monday 20th	Saint Monica's School Open Week
Tuesday 21st	Sacraments Session 6 2.30pm
Wednesday 22nd	2020 Enrolment Information Evening 6.30pm Jaara Centre
Thursday 23rd	School Photos Sacrament Mass Rehearsal 5.00pm Sacred Heart Cathedral
Friday 24th	Whole School Mass 9.30am Jaara Centre
Sunday 26th	Eucharist/Confirmation Sacrament Mass 11.00am Sacred Heart Cathedral

June

Monday June 10	Public Holiday Queens Birthday
June 14th	Whole School Closure
July 1st-12th	School Holidays
August 9th	Whole School Closure
August 28th	Augustine House Day
September 13th	Whole School Closure
October	Swimming
November 11th	McAuley House Day
December 13th	Whole School Closure
December 18th	Last Day of school

COMMUNITY CONNECTIONS

VOLUNTEERS NEEDED



Saint Monica's P&F BBQ Fundraiser

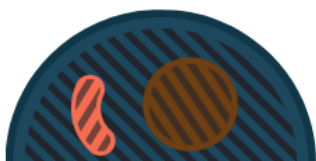


Election voting will be held in the Jaara Centre and the P&F will host a BBQ on the day. This is a great opportunity to showcase our school and support the community.

Shifts will be allocated by class unit:
Prep / 1/ 2: 9:30 - 11:30 (includes set up)
Grade 3/4: 11:00-1:00
Grade 5/6: 12:30 - 2:30 (includes pack up)

Please contact Bronwyn via the school office if you can assist with a shift.

SATURDAY 18 MAY
10:00AM-2:00PM



Mini Monica



Storytime

Do you have a preschooler or toddler at home? Bring them along to Mini Monica Storytime. A morning of stories, songs, nursery rhymes and fun that will nurture your child's love of reading.

**EVERY FRIDAY OF THE SCHOOL TERM
IN THE LIBRARY
9:10AM - 9:50AM**

St. Monica's Primary School
91 High Street, Kangaroo Flat (03) 5447 7832



INVITATION

**GRADE 5/6 UNIT
SOCIAL NIGHT
29 MAY
WINDERMERE HOTEL
6:30PM**

Please RSVP to Jess Purton or comment via the St Monica's Parents & Friends Facebook page

MERCY IN ACTION

What is it?

Many years ago at a P&F meeting, it was suggested that as a school community we may be able to assist families within our school in times of need, sadness and happiness, i.e. illness, death in the family, birth of a baby etc.

It was decided that a simple way we could achieve this was to provide basic food items for families at these times. So Mercy In Action was established, it continues today as an extremely positive and successful program a way to show we care for and support each other here at Saint Monica's School.

How does it work?

Families are asked to become part of the program by offering to donate a food item to be stored in our freezer, ready to be given when a need arises. Food items need only be basic, just like what you would have at home with your family. Our freezer, which is located in the canteen, was also kindly donated by a family at the school.

How can you help?

It's easy, just fill in the form below and return it to school or email Wendy on

wmcintosh@smkangarooflat.catholic.edu.au

When a need arises we will contact you to provide an item for the freezer. This is truly a worthwhile program, so please consider being part of it.

Thank you all for your support.

Wendy McIntosh

Mercy In Action - 2019

☐ Yes, I am willing to be part of Mercy In Action.

Name: _____

Contact number: _____

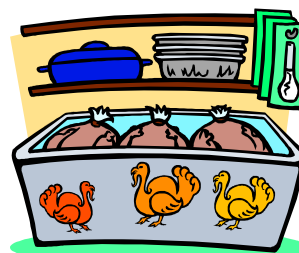
Eldest child's name & class: _____

I am able to provide: (please tick)

☐ Casserole ☐ Sausage Rolls/Pastries

☐ Soup

☐ Dessert ☐ Cakes/Slices ☐ Biscuits



See what's NEW at our
BOOK FAIR
 Catch the reading wave!
 FIND THESE BOOKS AND HUNDREDS MORE AT THE FAIR!



EVERY PURCHASE YOU MAKE EARNs LEARNING AND LITERACY RESOURCES FOR OUR SCHOOL!

MONDAY 6TH, TUESDAY 7TH & WEDNESDAY 8TH MAY
 8:30-9:15AM & 3:30- 4:00PM

PARENT HELPERS NEEDED.
 PLEASE SEE THE OFFICE IF YOU CAN HELP.
 THANKS!

Developing Greater Bendigo's Food System
 Strategy: have your say today!

What would make it easier to eat healthy food in Greater Bendigo?

What would make it easier to grow your own food locally?

What food (system) related issues matter to you the most?



The City of Greater Bendigo are developing its first ever Food System Strategy to help improve the health and wellbeing of our community. The Strategy will look at all of the steps it takes to get food on our plate (from paddock to plate all the way through to how food is disposed of) and we encourage you to have your say by completing this short survey: <https://www.surveymonkey.com/r/RPHB9XZ>

For more information about the Strategy, you can visit the City of Greater Bendigo's website: <https://www.bendigo.vic.gov.au/foodsystemstrategy>



Choir Competitions

Where: Ullumbarra Theatre Bendigo

When: May 31st

Time: 9.30 am

Arrive at school: 8.45 to change & spruce up

Travel: Bus (return before lunch)

Take: Snack & water bottle

Wear: Winter uniform. Polished shoes. Girl's hair up or high pony (professional look)

Girls: Pinafore with choir t-shirt over top (take polo top off)

Boys: Long school pants with choir t-shirt over top

Audience: Parents welcome

Choir T-shirts

The choir will borrow these to wear to the comps and return them immediately after they get back to school.

Any queries: Text Ms Louise Matthews on 0432 292 262

Reminder Book club
 is due back to school no later
 than, **Friday May 10th**

Scholastic Bookclub
 Coordinator



Sacramental of Confirmation & Eucharist Preparation St. Monica's Primary School 2019

Tuesday 7th May

Our Time Together – Session 4
 Parents and Parish companions
 2.30pm @ St Monica's

Saturday 4th May

Commitment Mass
 6.00pm @ St Monica's Church

Tuesday 14th May

Our Time Together – Session 5
 Parents and Parish companions
 2.30pm @ St Monica's

Tuesday 21st May

Our Time Together – Session 6
 Parents and Parish companions
 2.30pm @ St Monica's

Thursday 23rd May

Mass Rehearsal
 5.00pm @ Cathedral

Sunday 26th May

Confirmation / Eucharist Celebration
 11am @ Cathedral

Our Lost Property Box is overloaded with un-named Bomber Jackets. If these are not collected by **Friday May 10th** they will be donated to the Uniform Shop for re-sale.



SPORTS

NETBALL NEWS

Welcome to our 2019 Netball Season.

Hope you all enjoyed the holidays and had a lovely Easter.
Good luck to our Grade 6 netball team this week playing in a tournament on Sunday.

Goodluck to our NET SET GO girls who start their program this Saturday at 11.00am.

**Enjoy and have lots of Fun.
Please support our sponsors this year being:**

*Bendigo Ice Creamery -
Fountain Court Bendigo*



**Please note that NO ear rings are to be worn when playing netball.
They are NOT allowed to be taped, If**



Thank you to the Athlete's
Foot School Rewards we
have received
\$165.00



Congratulations to all who participated in today's Cross Country

Pictured are the First Three place winners of each age group.



Opportunity

**Each time a student, family member or friend purchase any pair of shoes from
The Athlete's Foot Bendigo
we will donate \$5 to your school.**

This offer is available all year round and the number of purchases is unlimited.
e.g. 100 x shoes purchased = \$500 to your school!

Be Safe Award

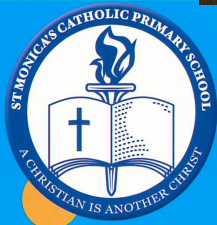


Awarded to



Signed: R Johnson

Date: 03/06/2019



Be Safe Be Friendly Be a Learner

PBIS

COOL CATS

Did You Know?

Only 56 Students have 100% Attendance and 182 Students have over 95% Attendance.

Are you a Cool Cat?

Please don't let your child miss out on the education they deserve!

School Is Cool!

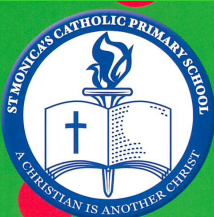


Be a Learner Award



Signed: R Johnson

Date: 03/06/2019



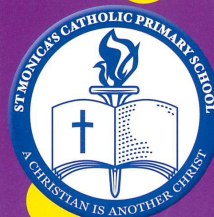
Be Safe Be Friendly Be a Learner

Be Friendly Award



Signed: R Johnson

Date: 03/06/2019



Be Safe Be Friendly Be a Learner