



ST. MONICA'S SCHOOL NEWSLETTER

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Newsletter items:

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Sent home over the last fortnight!

- Dental Screen Consent forms
- School Photo Envelopes
- NCCD Information Sheet
- Peppergreen Farm excursion
- Choir excursion

Edition 08: 17 May 2019

Dear Families,

Did you know that Wednesday marked the International Day of Families? I didn't either until I looked on the calendar! It did provide me with the impetus to reflect on families though, which I am sure it is designed to do.

We know that families come in many shapes and sizes but what defines a family in the year 2019? As we prepare for a federal election, we are presented with statements about families, images of families, views on the family and even political promises. Under this party or that, families will be better off, better resourced, better informed or better equipped...the list goes on. Behind the media hype though, the same message carries through. Families come in many shapes and sizes and all families need to draw on each other for support.

Regardless of what your family looks like, how it is composed or structured, one thing remains. A family is defined by love. Love is often expressed through respect, tolerance and understanding. These qualities make up a family and when the chips are down and the going gets tough, perhaps just knowing that these qualities exist might be enough to help us along the way. Every family has its ups and downs and no two families are the same.

As I think about my family this week, I say a prayer of thanks. As I look at the children in our school, and the families who support them, I say a prayer of thanks, and as I reflect on the Holy family from which I can draw strength I am reminded that this family too had its trials and tribulations. No two families are the same, perhaps that's what makes every family so unique.

May you and your family be held in the loving palm of your God



2020 Enrolments are now open if you have child commencing school next year please call into the office to collect an Enrolment Pack.

School Photo Day

School Photos will be taken on **Thursday 23rd May**. All students are expected to be in **full winter uniform**, hair is to be tied back in school colours.

JoJo Bows are not school uniform so we request they are not to be worn at school.

Grade 6 students are to bring their grade 6 T-Shirt for their graduation photo.



St Monica's school

Principal Learning Tours

Monday 20th May

Thursday 30th May

9.30am – 10.00am

Open week

Monday 20th May – Friday 24th May

9.00am – 3.30pm

Information Evening

Wednesday 22nd May

6.30pm

All Welcome

Babysitting will be available.

Please contact office to book in.

Bapak Sayang,

Dear Father,

*Terima kasih untuk guru kami, sekolah
Thank you for our teachers, our school,
kami, teman-teman kami dan keluarga kami.
our friends and our families.*

*Bantu kami untuk belajar, berdoa, dan
Help us to learn, pray and
berbagi bersama untuk menjadikan hari ini
share together to make today
hari yang indah bagi semua.
a wonderful day for everyone.*

Amin

Amen

Focus phrase for the fortnight:

Selamat siang

(Good afternoon)

Mental health is the new self-esteem

**What is your state of mind like?
What is the state of your child's
mental health at the moment?**

These are questions that we need to ask ourselves continually.

The busyness of life means that many of us feel that we are living our lives on the run and there is little time or chance to relax.

It is one thing to feel a little stretched. In some ways this is quite a healthy state. We usually achieve little if we are in a constant state of inertia.

But it is another thing entirely to feel constantly stressed because we are so busy or demands just stack up so that before we know it we are snowed under and life seems out of control.

For the sake of our mental health we need to create space so we can relax and not feel that our lives are spinning out of control. The same circumstances hold for children.

Left to their own devices children generally have sound mental health habits. They attend to about the right ratio of play, rest and work - that is, play comes before work and just after rest in most children's scheme of things (just like dictionary order). I have never had to say to my children, "Now get back to playing. You have done enough work for one day." It is always the other way around and so it should be.

But it seems things maybe changing in these times of highly orchestrated, adult-initiated childhoods. It is not so much that work comes before play rather that play is so highly structured that much of the spontaneity and self-directedness of play is lost.

The last decade has seen almost universal acceptance by parents and caregivers of the place of self-esteem in a child's development. But we need to be careful not to over-organise and over-complicate children's lives at the expense of free, unstructured 'muck around' time.

The importance of 'muck around' time is underestimated. Research maintains that self-initiated leisure is essential for good mental health and emotional well being in adolescents. Teenagers who have an interest outside of school or their normal range of 'work' have a tremendous insulator against stress, anxiety and depression.

Parents and teachers can fill up children's and young people's lives with all types of activities that there is little space or time left to pursue their own interests or to just 'muck around'.

Most of us know intuitively that 'muck around' time is the prerogative of childhood.

The opportunity for some free, unstructured time is something that we adults need to remember as we model good mental health habits for the children and young people in our lives.



Quick Parenting Quiz

True or false.

- 1. The average Australian child watches 19 hours of television a week.**
- 2. Junk food advertising is two times more common during children's television programs.**

Answers:

1. True.
2. False. Junk food advertising is three times more common during children's television programs.

Vitamins for parents

Little things count - involving children in decision-making:

Do you give children opportunities to make decisions that affect themselves and their family?

Decision-making is a skill that needs to be continuously practised. It an important part of being an autonomous human being. Parents can step back and allow children to make decisions about such things as: what to have for dinner, how to make grandma's visit a pleasant, what time they should get up in the morning or whether to do homework before or after dinner.

It is in the small areas that affect children's lives that autonomy with guidance needs to be given. Limits can be given to help children make wise or appropriate choices. For instance, they may choose how they use their pocket money but you may insist that it be distributed between spending, saving/investing and charity.

Bright idea



Adopt one, dump one

If a child has a full schedule of extra-curricular activities and he wants to take on a new hobby or interest then he may have to consider omitting one of his present activities. This basic time management practice is a life skill that all children should learn as it prevents schedules being overcrowded, not to mention being a great sanity-saver.

Wise & Witty Words

"Becoming responsible adults is no longer a matter of whether children hang up their pyjamas or put dirty towels in the hamper, but whether they care about themselves and others- and whether they see chores as related to how we treat the planet."

Eda Lesban

"It is not giving children more that spoils them; it is giving them more to avoid confrontation."

John Gray,
"Children Are From Heaven"

COMMUNITY NEWS

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



New Arrival

Congratulations to Leivi Washbourne Prep Pawsey and Family on the recent safe arrival of their beautiful baby boy "Mannix Harley"



Staff Spotlight

Name: Sue Fitzgerald

Role: Learning Support

Favourite movie

Grease & Mamma Mia

Favourite Holiday memory

Taking my boys away adventures anywhere!

Hobby/ Interest

Tennis, Horse riding and Dancing



CALENDAR OF EVENTS

May

Friday 17th	Whole School Closure School Photo Oder Forms Due
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
Monday 27th	Assembly 2.50pm
Tuesday 28th	Principal Learning Walk 9.30am
Thursday 30th	Principal Learning Walk 9.30am
Friday 31st	Choir Competitions 9.30am Ullumbarra Theatre

June

Tuesday 4th	Regional Cross Country
Friday 7th	Bendigo health Dental Consent Forms Due Back
Monday 10th	Public Holiday Queens Birthday
Thursday 13th	Festival of the Sacred
Friday 14th	Whole School Closure
Monday 17th-21st	Dental Visit
Friday 21st	2020 Enrolments Close
Friday 28th	Last Day Term 2 2.30pm Finish
Tuesday 25th	Prep Unit Excursion
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

THANK YOU

Thank you for supporting the Scholastic Book Fair. We have received over \$450 worth of books for our library. A very big thank you to the parents who volunteered their time to help run the fair.

Thank you!

COMMUNITY CONNECTIONS

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.

There will be no storytime this Friday, May 17th due to it being a pupil free day.

**But We'll be back on Friday, 24th of May,
9:10-9:50 in the school library**

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

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

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

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: _____

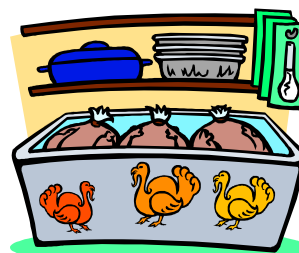
Eldest child's name & class: _____

I am able to provide: (please tick)

☐ Casserole ☐ Sausage Rolls/Pastries

☐ Soup

☐ Dessert ☐ Cakes/Slices ☐ Biscuits



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.

If you are having any issues logging into PAM or you have misplaced your logon details please come and visit our lovely office ladies and they will be able to help sort it out.

Wrapper Free Days!

As we head into our school open week on Monday we would love to have our school sparkling. So we thought it would be a good time to reduce the rubbish around our school grounds. We would like to encourage all students to remove all wrappers and packaging before packing their lunch at home or take their rubbish home with them at the end each day.



After School Care

ST MONICA'S PS

Operating to 6pm every school night and 8am-6pm on Pupil Free Days

The Program is based at St Monica's PS and collects children from Kangaroo Flat PS.

Contact YMCA on 54446666 or visit www.bendigo.ymca.org.au



Free dental screening

Bendigo Health is offering free dental screens to students at St Monica's Primary School

Monday 17th - Friday 21st June

As part of this assessment a report will be provided to parents/guardians with our findings and recommendations.

Consent forms are available to have your child seen.

If you have any questions please contact Bendigo Health Dental Service on ph: 5454 7994.



make the change

www.actsmart.act.gov.au

SPORTS

St Monica's Junior Football Club

Footy News

What a great start we had to the footy season last weekend with our Under 10's taking on St Therese's and



Under 9's playing Maiden Gully/YCW.



Everyone had fun and a big thanks to all of our volunteers!

This weeks games are:

Under 10's V Strathfieldsaye at 10.45 Sat,

at

Enterprise Oval, Strathfieldsaye. (The smaller oval)

Under 9's V Marong at 9.30 Sat,

at

Malone Park, Marong.

We would like to thank our weekly awards sponsors,

Rebel Sports

Baker's Delight

Bendigo Ice-Creamery

The Zone

Please remember to support these businesses and mention that you are from St Monica's JFC when you do.

The 13U netball team competed in the Golden City Netball Association tournament yesterday to give them a challenge as they usually win on a Saturday by a fair margin. Playing against representative squads from football leagues and netball association from cities like Sunbury and Shepparton they were definitely challenged but Mario and I were so proud at how they stood up to the challenge and improved their skills both individually and as a team.

I think the best feedback came from the North Central Football Netball League squad coach who said that the girls kept their heads up, fought for every ball and made her girls work. She also commended them on their skills and attitude after finding out they were all in grade 6, most players on the day were year 7 and a couple year 8



Sport News

Cross Country

On Friday 3rd of May we had our school Cross Country at the Kangaroo Flat Botanical Gardens and were blessed with a lovely mild day. It was great to see the smiles, laughs, grimaces and fantastic demonstrations of sportsmanship displayed by the students.

It was also wonderful to see so many proud parents, grandparents and carers cheering on with such enthusiasm. Well done to all our competitors and a big thankyou to our volunteers.

Congratulations to our Age Group Champions

12+ year old Boys- **Lewis Adcock**

11 year old Boys- **Ashton Oehms**

10 year old Boys- **Elliot Bird**

9 year old Boys- **William Hope**

Grade 2 Boys- **Jesse Pidoto**

Grade 1 Boys- **Joshua Ashby**

Prep Boys- **Rocco Lewis**

12+ year old Girls- **Paige Martin**

11 year old Girls- **Broadie Vaughan**

10 year old Girls- **Maggie Lamb**

9 year old Girls- **Grace Lamb**

Grade 2 Girls- **Sierra Greenwood**

Grade 1 Girls- **Bridget Gardiner**

Prep Girls- **Alexis Weekley**



Goldfields and Sandhurst Cross Country Championships

Last Wednesday 8th of May, 64 of the top 8 students from our school Cross Country in Grade 3-6, competed at the Goldfields and Sandhurst Cross Country Championships. There were thousands of other students from across the region and once again we witnessed a wonderful display of sportsmanship by all of our students.

Congratulations to three of our students- **Grace Lamb**, **Maggie Lamb** and **Broadie Vaughan** who will now go on to participate in the Loddon Mallee Regional Finals at St Arnaud on Tuesday 4th of June. A big thanks to Caz Monro who spent all day assisting on the track and of course our Teachers Mr Curnow, Mrs Nally and Greg.

Be Safe Award



Awarded to



Signed: R Johnson

Date: 17/05/2019



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!

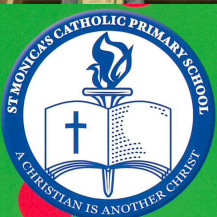


Be a Learner Award



Signed: R Johnson

Date: 17/05/2019



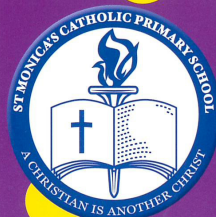
Be Safe Be Friendly Be a Learner

Be Friendly Award



Signed: R Johnson

Date: 17/05/2019



Be Safe Be Friendly Be a Learner