



ST. MONICA'S SCHOOL NEWSLETTER

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Focus phrase for the fortnight:

*Sampai Jumpa
(See you later)*

Edition 12: 26 June 2019

Dear Families,

Our society is social media-charged. Nearly everyone you speak to is on some form of social media. Recently I have come aware of children at Saint Monica's as young as 10 on sites like Facebook, Instagram and Snapchat.

Should children at this age be on social media? There are a range of concerns raised by the wider tech savvy community around why this may not be a good thing. These concerns range from safety, attention span, diminished 'real life' social skills, posture, blue light to other dangers of screen time. The harsh reality is that our children are exposed to a lot of uncontrolled & uncensored content when they use social media. This is often the reason why social networks require children to be 13 years of age in order to create an account.

As parents we need to be aware of what our children are accessing. We need to set appropriate boundaries for our children and monitor these very closely via persistent check-ins and reinforcement of those boundaries. My challenge for Saint Monica's parents is to ask yourself the following...

What apps is your child using?

Are they on social media?

What are they posting?

Who are they communicating with?

Can you check what they are doing online?

Do they know how to keep themselves safe online?

Do they know what to do if they feel unsafe online?

Have you had a conversation with your child about how they use apps, social media and the internet.



There is a dark side of the internet and social media that scares parents, and rightly so. It is my challenge to you as parents to ask these questions so you can help protect your child.

Child Safe

Saint Monica's is a child safe school.
We promote the safety, wellbeing and inclusion of all children.

All volunteers at Saint Monica's need to participate in a Volunteers Induction course before volunteering.

All Volunteers need to have signed a 2019

Staff Spotlight

Name: Cassie Mulqueen

Role: Grade 1/2 Teacher
and Religious Education Leader

Favourite Holiday memory
An Immersion trip to the
Philippines

Hobby/ Interest
Breakfast with family and friends

What's your hidden talent?
Tap Dancing



Get your Book Week Costumes ready!!

Which birth order position is best?

Almost without exception children say that their position in their family, whatever one that may be, is the worst.

First borns moan about their strict parents or the hard run that they have compared to their siblings. Seconds and middles complain about the unfairness and the disadvantages of following in another's footsteps. Youngests point to the fact that no one takes them seriously or that no one ever listens to them.

Every position has its advantages and disadvantages so it is best to just get on with it, regardless of where you come.

Too many factors impact on a child to suggest that the position in his family will mean his fate is signed, sealed and delivered. Temperament, the family frame, parenting styles and siblings all combine to influence a child in the formative years. We are not at the whim of our biology nor can we blame our mothers or our siblings for our fates.

The important elements to remember about birth order are these:

1. It is not so much a person's position in his family that is significant; it is how he or she functions. When a person doesn't conform with a prescribed birth order personality it is useful to look at the variables that may have caused this divergence. It usually makes sense when you understand more about a person's family background.
2. We usually take our personality cues from the sibling above us so if you are trying to work out how you or your child fit in look at the next oldest sibling to gain an understanding.

3. No position is better than another however each has its disadvantages and inherent strengths. Your reaction to your child's strengths and weaknesses will be influenced by your own birth order position. Youngest born parents find it easier to accept the negative traits of their children than eldest who often want to compensate for or fix shortcomings.
4. The way parents treat children is just as significant as their birth order, gender, spacing and temperament. It is parents who shape the social and physical environment in which children live.
5. A child's birth order personality is developed in the first five or six years of life so it is the early years that are critical in a child's development.
6. Birth order is merely a determinant of a child's future not a life sentence. No system of personality is set in stone or comprehensive enough to provide a formula for development.

It is fascinating to look at the similarities and differences between children in families according to the perspective of birth order. It needs to be factored in when determining a whole range of issues involving children and young people.



Quick Parenting Quiz

Are the following statements true or false?

1. **The majority of families with children under twelve have two or less children.**
2. **First borns tend to be conforming, achievement-oriented and more likely to identify with their parents than children in other positions.**
3. **Later borns generally have better verbal skills and are better readers than first borns.**

Answers:

1. True. According to current ABS figures 17.5 per cent of families have one child and 37.5 per cent have two children.
2. True. Birth order research agrees that first borns to be more conservative, achievement-oriented and likely to follow authority figures than later borns.
3. False. Frequently later born children have less developed verbal and literacy skills than their elder siblings.

This birth order information is taken from Why first borns rule the world and last borns want to change it by Michael Grose (Random House). Available at www.parentingideas.com.au

Sheet Six

Vitamins for parents

Two-on-one time with first borns:

Children enjoy having a parent to themselves for a while. First born children particularly enjoy spending some two-on-one time with their parents. They love being the centre of attention for a time with both parents. So both parents should grab the chance to have a treat or a meal with their eldest child once in a while.

Bright idea



Have a holiday from the rules

Families function best when there are rules and routines to add some certainty to life.

But kids benefit from a holiday from the rules and routines once in a while. Have a later bedtime, eat differently or lose the jobs roster occasionally. It makes living by the rules so much easier when you have a break.

Wise & Witty Words

"A father is someone who will play with you, even though he has friends his own age to play with."

Unknown

"All women become like their mothers. That is their tragedy. No man does. That's his."

Oscar Wilde

CALENDAR OF EVENTS

July

Tuesday 30th	Senior Unit Boys Division Football Senior Unit & Grade 4 Girls Life Relationships Evening @ 6.00pm
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August

Thursday 1st	Sacrament of Reconciliation Session 1 6.00pm
Friday 2nd	5/6 Unit Mass
Monday 5th	Athletics Carnival
Tuesday 6th	Ablaze 5/6 Unit 9am-2pm Assembly 2.50pm P & F Meeting 7.00pm
Wednesday 7th	School Board 6.00pm
Thursday 8th	Sacrament of Reconciliation Session 2 2.30pm
Friday 9th	Whole School Closure
Thursday 15th	Sacrament of Reconciliation Session 3 2.30pm
Saturday 17th	Reconciliation Commitment Mass
Monday 19th-23rd	Book Week
Thursday 22nd	Sacrament of Reconciliation Session 4 2.30pm Book Parade
Friday 23rd	Saint Monica's Feast Day Whole School Mass Catholic School Athletics
Wednesday 28th	Augustine House Day
Thursday 29th	Father's Day Stall
Friday 30th	Father's Day Breakfast
September	
Monday 9th-11th	Senior Camp
Friday 13th	Whole School Closure
October	Swimming Middle Unit Camp
November 11th	McAuley House Day
December 13th	Whole School Closure
December 18th	Last Day of school

New Arrivals

Congratulations to **Levi Garsed PP** and Family on the recent safe arrival of their beautiful baby boy "Ledger"



Congratulations to **Lachlan 1/2 T** and **Imogen Penna PF** and Family on the safe arrival of "Mitchel Alan"

SYMPATHY

*Our sympathy is extended to **Jake 3/4C**, **Grace Mannix 1/2 D** and family on the passing of their Grandfather.*



*Our sympathy is also extended to **Louis Jenkins 3/4C** and family on the passing of his Grandmother.*

Assembly

Due to the Athletics Carnival our next Assembly in the Jaara Centre. Will be **Tuesday 6th August at 2.50pm.**



Please be aware when the Crossing supervisors are on duty you must obey the road rules and wait for the whistle before crossing the road. It has been brought to our attention that parents crossing with their children are NOT waiting for the whistle to signal it is safe to cross.



BENEFITING IN EXCESS OF 11,000 CHILDREN

PROUDLY FUNDED AND SUPPORTED BY:



ST MONICA'S ATHLETICS CARNIVAL MONDAY 5th OF AUGUST

This will be held on Monday August the 5th at the Flora Hill Athletics Track. It involves all the children from Grade Prep to 6 competing in 100m and 200m sprints and hurdles as well as field events. In order for the day to run smoothly, we require help from our parents to assist with these events. If you are able to help out please let the Office staff know the times you are available.

Our Teachers have been holding 'timed running trials' in the last few weeks of the term. If your child was absent on this day, they will have the opportunity to participate in a timed running trial on the first Thursday (18th of July), of Term 3. It is important to let your child know that participation is the main focus of the day and whilst all efforts are celebrated, ribbons for 1st, 2nd and 3rd will only be given to the first heat in the sprints and hurdle events.

School Uniform

It is time to start thinking about Summer Uniforms requirements. As we only carry limited stock of school uniforms we ask that all orders be placed by **Monday August 12** to ensure we are able to have all your uniform ready to wear at the start of Term 4. All children should be in Full Winter Uniform. Shorts are not to be worn on normal school days. School shoes must be all black.



SAINT MONICA'S P&F

NEXT P&F MEETING

6 AUGUST
SCHOOL STAFF ROOM
AT 7:00PM

ALL WELCOME

SAVE THE DATE

29 AUGUST - FATHER'S DAY
GIFT STALL

30 AUGUST - FATHERS DAY
BREAKFAST

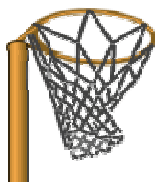
WE WILL BE CALLING
FOR VOLUNTEERS TO HELP
PREPARE GIFTS FOR THE
STALL AND TO ASSIST WITH
THE STALL ON THE DAY

MORE DETAILS TO COME SHORTLY

SPORTS

Netball news.

Well Done to our Grade 6 team on coming runners up in the inter school netball competition last week. A great effort on a cold day.



Our Annual netball tournament at Golden City Courts is on this Sunday 28 th July from 9.00am. All of our 6 teams will be competing, so please come along to support St Monica's Netball Club from 9.00am this Sunday.

**Please support our 2019 sponsors being:
Bendigo Ice Creamery – Fountain Court Bendigo**



Goldfields and Sandhurst Netball Championships 2019.

On the 17th of July the Saint Monica's grade 6 girls netball team represented the school to compete in the Goldfields and Sandhurst Netball Championship. They competed against other primary schools within the Bendigo region which was held at the Bendigo Stadium netball courts.

Saint Monica's won all of their 5 games in the round robin and finished top of their section putting in a great team effort to achieve this.

In the Grand Final the girls were very keen to go all the way and win it. Unfortunately, while the girls tried their best, Saint Francis proved to be the better side winning the match 14 to 9.

Overall finishing runners-up was a great effort and the girls should be very proud of achieving what they have done. The way they played for the whole tournament was a credit of their netball skill, ability, desire and spirit playing in a cohesive team. Despite losing the grand final, the team has advanced to Swan Hill for the regional school netball tournament which will be held on Thursday August 1st.

This is an amazing effort!

Good luck to all the girls involved in going to Swan Hill, the school is right behind you and I'm sure you'll do your best and play well on the day.

I would also like to thank Mrs Murray, Mrs Williams, Mrs Miller and Mrs Collins for their part in organising the try-outs which were held at school in the lead up to the school netball tournament.

Another thank you goes to Nicole McLean for Umpiring, Anna McGee for coaching the girls along with myself, and to all the parents who came out for the day and supported the girls right throughout the day.

We wish all the girls the best in Swan Hill!

By Mario Anastasi



St Monica's Junior Football Club Footy News



The footy season is progressing well and feedback from the players and families is that everyone is having fun! That's what we like to hear.

Thanks to those parents who volunteered their time at the BBQ the other week. Your help was much appreciated. We will be running another BBQ on the weekend of August 10th so please consider putting up your hand to assist with the setting up or packing up, or to take a turn cooking the snags.

Upcoming Games

Under 9's - V Strath Thunder @ Strathfieldsaye, 9am
Sat July 27th

Under 10's – V St Therese's @ Ewing Park, 9am Sat
July 27th

Raffle Prizes

Could those people who have organised something to be donated to the end-of-season raffle please get the prize or a description to a committee member or Team Manager as soon as possible so that we can start to compile the prizes.

Thanks very much for your support!

With Thanks from St Monica's JFC Committee
Go Roos!



Well done to our mixed Netball team of Harvey White, Lewis Adcock, Cody Bird, Aiden Gaulton, Tyler Blackmore, Sam Griffiths, Jasmine Bak and Sienna Sparke for a day of awesome teamwork, sportsmanship and super netball! They gave their best to every game and supported each other and the girls superbly! Unfortunately didn't quite make the finals. **Great job team!!**

Be Safe Award

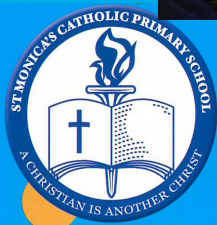


Awarded to



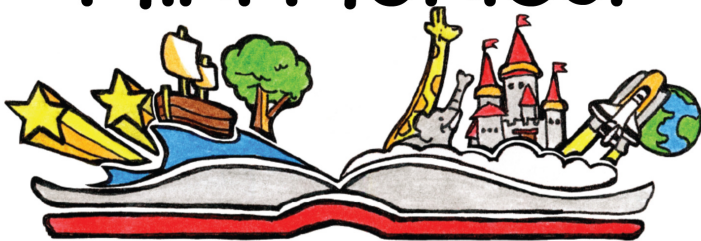
Signed: *R Johnson*

Date: *22/07/2019*



Be Safe Be Friendly Be a Learner

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



Be a Learner Award

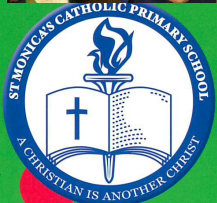


to



Signed: *R Johnson*

Date: *22/07/2019*



Be Safe Be Friendly Be a Learner

Be Friendly Award

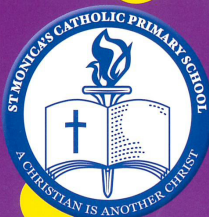


Awarded to



Signed: *R Johnson*

Date: *22/07/2019*



Be Safe Be Friendly Be a Learner

COMMUNITY CONNECTIONS



Tuning in to Kids

Bendigo

Want to learn how to help your child manage feelings and emotions (emotional intelligence)?

Children with emotional intelligence ...

have greater success with making and keeping friends

are more able to calm down when upset or angry

have better concentration at school



In this program you'll find out how to help your child understand and manage feelings such as frustration, worry and anger.

Term 3, 2019

When: Mondays, 12th August - 16th September 2019
(6 weekly sessions)
Time: Arrival and registration 12.15pm
Sessions 12.30pm - 2.30pm
Where: CCS Family and Relationship Services
176 - 178 McCrae, Street, Bendigo
Cost: \$60 or \$30 concession
Child Care: Sorry, no childcare provided
Facilitators: CCS Family and Relationship Services



For bookings and enquires contact reception on Ph: 5438 1300

Groups are subject to maximum and minimum numbers determined seven working days prior to the commencement date. Early registration is encouraged

Reminder Book club is due back to school no later than, Friday August 2nd

Scholastic Bookclub
Coordinator



The Mercy Connect Project, part of Mercy Works, has supported students from a refugee/asylum seeker background in Ballarat Schools since 2012 and would like to commence supporting students in Bendigo.

The project aims to provide mentoring for young people to optimize their literacy development, academic and social learning. Often this leads to a long term mentoring relationship.

Mercy Connect volunteers work with students during school hours and the volunteer commitment is for approximately three hours per week. Experience working in an educational setting is preferred but, volunteers receive on-going training and support.

Obtaining a current Working with Children Check is part of the Application Process.

Contact Donna Stewart on 0417 624 330 or email:

mercyconnectb@gmail.com



MercyWorks

SISTERS OF MERCY
IN AUSTRALIA & PAPUA NEW GUINEA

Join Teams – Making Marriages Better:

Teams is a movement within the Catholic Church designed to enrich spirituality in marriage and make good marriages better.

An information session will be held on Wednesday 31st July, time and venue will be decided according to numbers.

To register your interest and find out more about the night please email teamsbendigo@hotmail.com or ring Michelle 5441 6244.

BEWARE

Parking Inspectors are out in full force patrolling the area and giving out fines to people who are not obeying the parking signs.

Eg Bus Stops, disabled park and time limits.

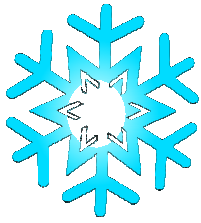


A huge thank you to **Scarlett Randall, Blake Bissett, Byron Bullock and Harvey White** who gave up their last day of the school holidays to represent Saint Monica's school at the Kangaroo Flat Fun Day.



Byron performed two musical numbers to the crowds while Blake and Harvey assisted with crowd control.





Season's for Growth

A grief and loss program



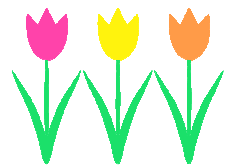
Change and loss are issues that affect all of us at some stage in our lives. At St Monica's we recognise that when changes occur in families through death, separation, divorce or related circumstances, children and young people may benefit from learning how to manage these changes effectively. We are therefore offering a very successful education program called Seasons for Growth. This program is facilitated in small groups and is based on research that highlights the importance of social support and the need to practise new skills to cope effectively with change and loss. The program focuses on issues such as self-esteem, managing feelings, problem-solving, decision-making, effective communication and support networks.

Seasons for Growth runs for eight weeks and each weekly session is 40-50 minutes during school hours. The program concludes with a 'Celebration' session. Later in the year each group will have the opportunity to meet for a re-connector sessions to build on their earlier learning and to follow up how each child is going.

Seasons for Growth will commence in third term and will be facilitated by Wendy McIntosh (School Chaplain) who has received special training in the use of this program. It is advised that there be at least 6 months from the time of the change or loss. The program is targeted for Grade 1 through to Grade 6. For more information please contact Wendy at the school and/or express your interest in this program by returning the slip below to the school office in an envelope addressed to Wendy McIntosh.

St Monica's is pleased to be able to offer this important program and we are confident that it will be a valuable learning experience for those who request to be involved.

Kind Regards



Wendy

I _____ am interested in my child/children participating in the Seasons for Growth Program.

Name	Grade level	Classroom	Separation or loss ?

