



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

Edition 16: 20 September 2019

Dear Familie's,

This Sunday's Gospel passage appears to praise dishonesty, but in fact, it gives credit for a clever and quick response. There was a man who managed the land for his master. What his misdeeds were is not quite clear, but something had gone wrong in their relationship and the manager was about to be fired. Not physically able to dig ditches and too proud to beg, the manager worried about how he would live. In a quick response, he went to all the people who owed his master produce and had them change their bills to reflect a lesser amount. In this way the people who saved money would welcome the manager into their homes once he had been fired. The master wasn't rewarding the manager for his dishonesty, but for his cleverness and quick thinking. The point Jesus wanted to make with this parable was to let the crowd know that they should be wise in their use of the world's goods, because if they are used selfishly, they will fail us. However, if we share our resources with others, true wealth will await us in the Kingdom. The final point of Jesus' words was that we cannot serve two masters, God and money.

As part of family life children learn at a young age that "buying friends" is a possibility. Even we adults use our resources to entertain friends. How often do we do things with our friends that we think will build our relationships by spending money either on food, entertainment, or gifts? The point of this Gospel is to help us remember that the most important way we can use our resources is in the service of others. From time to time, as we see our children selecting elaborate birthday gifts for a friend, or wanting to include friends in an expensive form of entertainment, we may need to remind them and ourselves of the message in today's Gospel.

Wishing everyone a safe and enjoyable holiday.

SYMPATHY

We extend our deepest sympathy to **Christa Tadich** and Family on the recent passing of Christa's Sister.

Our sympathy is also extended to **Kara Driscoll** and family on the recent passing of Kara's Grandmother.

Please keep these families in your prayers and thoughts at this sad time.



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 Code of Conduct.

Cyber Safety Evening

Come along to a CyberSafety Evening with Grant Fitzgerald - Senior Education Officer: Digital Technologies. During the evening Grant will facilitate discussions between you and your children (Grade 5 and up) about staying safe online. He will also discuss topics such as: Social Media settings, Over Sharing and your Digital Footprint. **All Parents most welcome to attend.**

When :- October 17th

Between:-6.00-7.00pm

Where:- Jaara Centre



Staff Spotlight

Name: Trish Adams

Role: Literacy support

Favourite Book

Shantaram

Hobby/ Interest

Reading, reading and more reading

What is the last book you read?

Eleanor Oliphant is Completely Fine

Favorite Holiday Memory

Sailing Lake Annecy in France and taking a dip in the crystal clear waters



Are you living with a perfectionist?

Many children are afflicted by the curse of perfectionism. It is not lack of ability, opportunity, timidity or even laziness that holds many kids back.

Rather it is a deep-seated unwillingness to expose themselves as temporary failures while they learn, that stops many children from really achieving their full potential. This fear of failure is strongest amongst first borns, our most prolific population cohort, so it is little wonder that perfectionism is one of our greatest problems in Australian schools.

The curse of perfectionism means that some children will only star or achieve in areas where they are certain of success. So they tend to narrow their options by sticking to the safest path. It is little wonder that first borns tend to be less innovative and adventurous than later born children. The road to innovation and adventure is littered with uncertainty, which increases the likelihood of making errors.

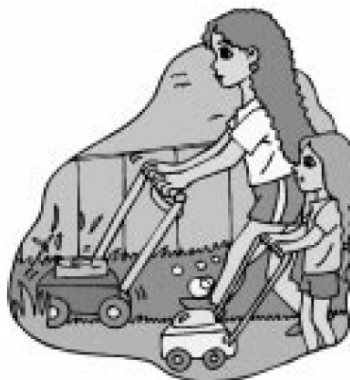
Perfectionists are hard to live with. They make demanding partners and anxious children. They can be critical of those around them just as they are highly critical of themselves. Their attention to detail can be infuriating. Perfectionists usually want to be better than anyone else.

It may seem strange but some children need to make more mistakes. We should encourage some kids to make more errors, spell more words incorrectly, get more sums wrong, make a mess sometimes

when they write, break a dish or two as they unpack the dishwasher, set the table with the knife and fork upside down, leave marks on the floor when they wipe up the mess or forget to feed the cat once in while.

Children benefit from being released from the pressure of always having to do well. When children learn that mistakes are quite acceptable they are more likely to stretch themselves and try new areas of endeavour or use their own initiative and not worry if they mess up.

Help perfectionists understand that they don't have to do everything perfectly. Sometimes near enough is good enough, particularly if you are trying new endeavours. Learning to spell, writing a story or playing a game all have healthy margins for error. The trouble with some children is that they believe that they only count in the eyes of others when they are perfect, look perfect or can do the perfect job. These people need to learn that doing a good enough job is acceptable much of the time.



Quick Parenting Quiz

Are you a perfectionist?

Rate the following questions: 0 for never, 1 for seldom, 2 for often, 3 for always.

1. Do errors irritate you?
2. Do you always feel driven to do your best?
3. Do you find it difficult to enjoy or celebrate your success?
4. Do you procrastinate? Do you constantly put things off until ideal conditions?
5. Do you like to be in control of what's happening?

6. Do you get frustrated by others who don't work the same way as you?
7. Are you a neat nick - always tidying and cleaning up after you?
8. Do you constantly apologise to others because you could do better?

Scoring:

8-12 mild perfectionism
13-20 medium perfectionism
21-24 extreme perfectionism (you are hard on yourself and others)

Based on perfectionism quiz in The New Birth Order Book by Dr. Kevin Leman

Vitamins for parents

Teach your child to aim for excellence not perfection.

Excellence has room for errors but perfection has too many strings attached. Focus on the process of what children do rather than focus on the results. This helps release the pressure on perfectionists to perform to their best all the time.

Bright idea



Celebrate mistakes

Children who are perfectionists need loosening up so that they can lighten up, stretch themselves and take a few risks. As first borns tend to take their behavioural cues from their parents, it really helps if you can drop your guard and make a few mistakes. Wear a funny hat occasionally, drop a plate while emptying the dishwasher, let the sink overflow, forget to put petrol in the car, leave your clothes lying around the house or whatever it takes to show that you mess up too. Sometimes kids see adults as these big people who know it all and who never make mistakes!

Wise & Witty Words

"Aim for success, not perfection. Never give up your right to be wrong, because then you will lose the ability to learn new things and move forward with your life."

Dr. David M. Burns

"When I approach a child he inspires in me two sentiments: tenderness for what he is; and respect for what he may become."

Louis Pasteur

CALENDAR OF EVENTS

| October | |
|----------------|-------------------------------------------------------------------|
| Monday 7th | Term 4 Begins |
| Thursday 10th | Middle Unit Camp |
| Friday 11th | Middle Unit Camp |
| Monday 14th | Assembly 2.50pm |
| Wednesday 16th | Installation of New Bishop |
| Thursday 17th | Cyber Safety Evening |
| Monday 21st | Swimming |
| Tuesday 22nd | Swimming |
| Wednesday 23rd | Swimming |
| Thursday 24th | Swimming |
| Friday 25th | Swimming |
| Wednesday 30th | Bendigo Cup Public Holiday P & F Shopping Trip |
| November | |
| Friday 1st | Swimming Trials Grade 3-6 |
| Friday 8th | Swimming Carnival |
| Monday 11th | McAuley House Day Remembrance Day |
| Tuesday 12th | Prep Information Evening |
| Thursday 14th | Art Show |
| Friday 15th | Art Show Junior Unit Excursion |
| Friday 22nd | Grandparents Day 2.00pm-3.30pm |
| Tuesday 26th | Prep Transition 9.15-10.30am Parent/Teacher/Student Interviews |
| Wednesday 27th | Parent/Teacher/Student Interviews |
| Thursday 28th | Parent/Teacher/Student Interviews |
| December | |
| December 3rd | Prep Transition 9.15-10.30am |
| December 10th | Whole School Orientation Day |
| December 12th | Christmas Carols 6.00pm |
| December 13th | Whole School Closure |
| December 17th | Grade 6 Graduation Dinner & Mass |
| December 18th | End of Year Mass Last Day of school 3.30 Finish |

Assembly

Our next Assembly in the
Jaara Centre.
Will be **Monday 14th October at
2.50pm.**

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:

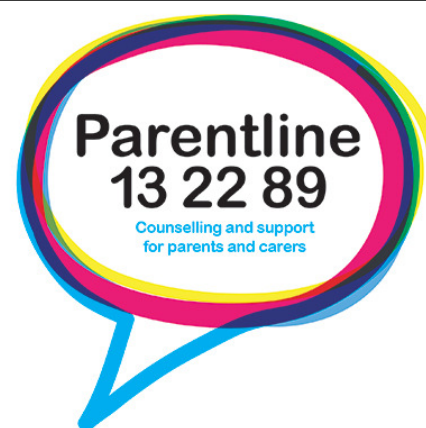
Focus phrase for the fortnight:

Siap! (Ready!)



School Uniform

Now the weather is warming up
Slowly, it is time for all students to
wear their **school hats**. It is also time
for the children to start transitioning
into their summer uniform.
All children are to be in the correct
summer uniform by the end of week
2 Term 4



PARENTS & FRIENDS

ST MONICA'S P&F

NEXT MEETING:

8 OCTOBER

AT 7:00PM

ALL WELCOME

Position Vacant

Marong Cup Co-ordinator

Please see page 8 of this newsletter for more information on this position.

\$30 PER TICKET

Friends & Family Welcome

Melbourne Warehouse Shopping Tour

Clothes, Shoes, Cosmetics & Homewares

WEDNESDAY 30TH OCTOBER
(Bendigo Cup Day)

Join us for a day of shopping, laughs and lots of fun

Purchase ticket via CDF Pay or from Bronwyn at the school office

Art Show Reminders...

Art Show Assistance

I,, parent/carer of

am interested in helping to prepare for the Art show.

I can be contacted on (ph)..... and via email on

I have completed the Volunteer's Induction and have Working With Childrens Check....

RECYCLED ART PROJECT

OUR FAMILY IS INTERESTED IN SUBMITTING A PIECE TO BE EXHIBITED IN THIS YEAR'S ART SHOW ON NOVEMBER 14TH AND 15TH.

OUR STUDENTS NAME/S ARE.....

OUR ART PIECE WILL BE MADE FROM.....

THE SUBJECT OF OUR ART PIECE WILL BE.....

(Suggestion for sculptures could be animals, space, robots etc)

I can be contacted on (ph)..... and via email on.....

NETBALL

St Monica's Netball Club News

**Congratulations to our Under 13
Golden City Netball Association
St Monica's Blue Section 1**

2019 Premiers

Zahra Anastasi
Jasmine Bak
Sienna Craig
Gemma Hinton
Emma Keating
Paige Martin
Claire McGee
Mackenzie McLean
Ariela Sea
Sienna Sparke
Kiarah Warren

Coaches: Anna McGee & Mario Anastasi

Uniforms: If your child is not playing twilight please return their uniform in a bag with their name on it to the office netball tray. We will then arrange for your refund. No marked bag, No refund.

Thank you to our sponsors for the 2019 season being:
Bendigo Ice Creamery – Fountain Court
Bendigo



SPORTS

ATHLETICS

Well done to the following students who participated at the Division Primary Athletic Championships on Monday: Will Hope, Daphne Reyes, Isabella Egan, Harvey White and Kiarah Warren

Congratulations to William, Daphne and Isabella who will now continue onto the next level. Well Done.

2019/2020 JUNIOR SEASON REGISTRATION

play cricket .com.au

U11—U18 ALL GIRLS CRICKET Master Blasters Junior Blasters

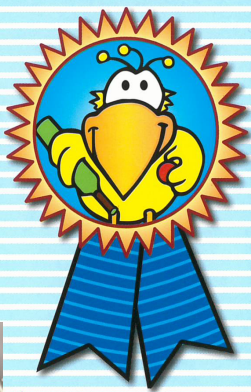
JUNIOR COORDINATOR: MICK SMITH 0427219940
SEASON COMMENCES 5TH OCTOBER

Registrations can now be completed online. All players receive a FREE playing shirt.
ENQUIRE AT: <http://playcricket.com.au/club-finder/club-details?id=14333>
Parent Information Evening/Meet the Coaches - 21st August, 5.30pm Dower Park

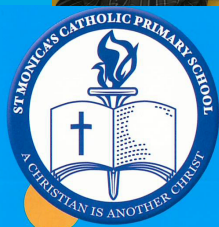
MAJOR SPONSOR: **RayWhite**

Be Safe Be Friendly Be a Learner

Be Safe Award



to



Signed: *R Johnson*

Date: 16/09/2019

Be Safe Be Friendly Be a Learner

Mini Monica



Storytime

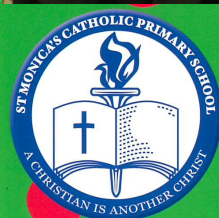
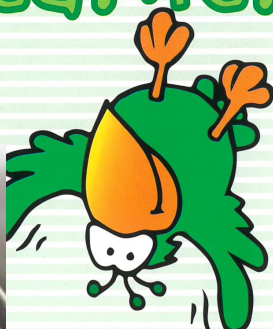
Do you have a preschooler or toddler at home?
Bring them along to Mini Monica Storytime. A morning of stories, songs, nursery rhymes and fun that will nurture your child's love of reading.

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



Signed: *R Johnson*

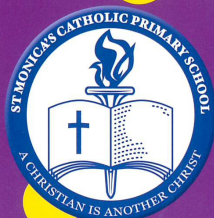
Date: 16/09/2019

Be Safe Be Friendly Be a Learner

Be Friendly Award



Awarded to



Signed: *R Johnson*

Date: 16/09/2019

Be Safe Be Friendly Be a Learner

COMMUNITY CONNECTIONS

FREE



Tooko Wildlife Displays

An interactive display with native animals, and SAFE Archery

September 25, 10.30am to 1.30pm



For more information phone Customer Service 5434 6000
www.bendigo.vic.gov.au



FREE

VICTORIA WIDE SERVICE

For:

Parents

Grandparents

Carers

of children aged 2 to 12 years

Positive Parenting Telephone Service

Our free 6 to 10 Week program helps you to:



Have Stronger more positive relationships



Set rules and limits



Manage everyday behaviour problems

Participants complete a workbook or online modules which are supported by weekly 30 minute phone calls with a trained parenting educator.

All of this can be done from the comfort of your own home at a time that suits you.



Enrol now and make a positive start to last a lifetime

Call us for more information or to enrol

1800 880 660

Enrolments are taken all year round



CHILDREN'S PROGRAMS

SPRING 2019

BOOK ONLINE NOW AT:

[CHILDRENSPROGRAMS.YMCA.ORG.AU](https://www.childrensprogramms.ymca.org.au)



Your local Bendigo school holiday program!

YMCA Victoria are running exciting spring school holiday programs around Bendigo!

Our local team have heaps of entertainment and fun for kids aged 5 - 12, there's something for everyone to enjoy. Discover our programs:

Bendigo
Kangaroo Flat

YMCA Children's Programs

IKON Park, Gate 3, Royal Parade
 Carlton North VIC 3054

[childrensprogramms.ymca.org.au](https://www.childrensprogramms.ymca.org.au)



BENEFITING IN EXCESS OF 11,000 CHILDREN

PROUDLY FUNDED AND SUPPORTED BY:



MARONG CUP CO ORDINATOR ROLE DESCRIPTION

No interest in horse racing required.

The school reps role is to co-ordinate the recruitment of their schools volunteers and oversee the schools nominated activities on race day. St Monica's over the past 7 years have been in charge of the kids entertainment precinct and the take away canteen.

How do we get to Race Day?.

There are approximately 4 pre race day meetings all held after hours (October, December, January (*2) to discuss each school roles on the day. Meetings are generally completed within an hour. The meeting format is relaxed and attendance to all four is not compulsory. There also is a quick debriefing meeting held at a later date to reflect on how to improve next years event.

Race Day

In the canteen St Monica's role is to provide the staff for serving, restocking the drinks fridge and at the end of the day cleaning up. Cooking, ordering of food is all organised by the manager of the canteen. They will discuss with you prior to the day food options.

The kids entertainment role is to set up and staff at the entry to the kids area a tent for the sale ride passes.

Rewards

Assisting with the running one of the schools big yearly fundraisers. Meeting and working with parents from St Monica's and other Catholic Bendigo schools. That additional resume item. Then there is a cocktail party on the Thursday prior to the race for committee, school representatives and sponsors as a thank you for your work and support.

This role is perfect for someone who wants to get involved but hasn't found that right opportunity be it due to time constraints, work commitments or simply unable to get to other events during school hours.

In this role you would not be alone as there are three other St Monica's parents who play an active role as Marong Cup committee members and the St Monica's admin team who can support you along the way and on the day.

If interested please see Bron in the office or a member of the P & F committee.