



St Andrew's Parish

CORPUS CHRISTI PRIMARY SCHOOL

29 RUSSELL STREET, WERRIBEE VIC. 3030

Telephone: (03) 9741 8440 Facsimile: (03) 9741 8038

www.ccwerribee.catholic.edu.au



NEWSLETTER 1 Wednesday 21st February 2018 WEEK 3, TERM 1

Available on our School App, Website, CC Parent Portal. Paper copies available in the Office

Dear Parents and Carers,

Congratulations and thank you to each and every one of you for the harmonious start we have had to the 2018 school year. The children and staff have settled well into their new learning spaces and levels. This is evident by the happy voices and faces that grace our corridors, playgrounds and learning spaces.

In the role of Principal, I have the privilege and honour to spend time visiting each learning community throughout the week. At this time, I witness the learning and teaching taking place, the relationships that are forged, the catholic ethos and values being lived, all through the many interactions between child and child, child and parent or carer, teacher and child, teacher and parent. "Community" being renewed, deepened and grown. It is at this time that Christ reveals himself in each of us...through our many faces, our diversity of culture, faith and language. For this we are grateful.

It is hard to believe that it is already that time of year that we begin to plan for the following year – in this case, 2019. Please find further in this Newsletter an advertisement for two Foundation 2019 Information Sessions on Tuesday 27th February at 9.00am and 7.00pm. Enrolments for Foundation 2019 will open on this day and close on Monday 30th April. ***Please note that the enrolment of siblings is not automatic and an enrolment form needs to be received by the due date.*** Enrolment packs will be available at the Information Sessions and from the school office from Wednesday 28th February.

With kind regards, Linda

FOUNDATION 2019 ENROLMENTS

Our enrolment information session will be held on **Tuesday 27th February 2018**. We will be holding two information sessions 9:00am and 7:00pm here at school in the Multi Function Room. Enrolment packs for 2019 will be handed out at these sessions.

UPCOMING SCHOOL TOUR DATES - please contact the School Office to book

Monday 5 th March	9:30am and 2:15pm
Tuesday 13 th March	9:30am and 2:15pm
Wednesday 21 st March	9:30am
Thursday 22 nd March	2:15pm

SCHOOL START TIME

The beginning of the day is a vital time for all children in their Learning Communities as **instruction begins directly at 8:45am**. Please be aware that **classrooms open at 8:30am** to enable all children to have the time to get prepared for the day. Thank you to parents/carers for ensuring your children are at school at the start time of 8:45am each day.

Please be aware that children who arrive after 8:45am are recorded as

'Late' on the attendance roll.

All 'late' records will be recorded automatically on each child's mid-year and end of year Reports.

PICK – UP, DROP – OFF and PARKING Safety

When dropping children off in the morning PLEASE, PLEASE, PLEASE ensure you park safely in a designated parking bay before allowing your child to exit the car. Unless you have the appropriate Disability Parking Permit – PLEASE DO NOT use the designated DISABLED PARKING BAYS to drop off your child. These bays are only for the use of those who have been issued with a permit to do so. As per our Dismissal Policy and in order to keep all our children safe, NO child will be able to leave via the Carpark gates at the end of the day without a parent or carer accompanying them.

SECOND HAND UNIFORM

Our second hand uniform shop (located in the Music room in the senior learning area) will once again operate on **Thursday and Friday mornings from 8:30am to 9:00am**. Once again we thank Mrs Susie Panhorst (Ashley & Benjamin) for her kind offer to operate the uniform shop each week. Thank you to families who have donated second hand uniform items this year. If families have uniform items that children have grown out of and if they are still in good condition and taking up space in the cupboard please bring them to school. All donations can be left at the office. For parents who require uniform items but are unable to visit the second hand uniform shop, please contact the office to complete a request form with the items and sizes needed. Parents will then be contacted if the item is or becomes available. Thank you.

WHOLE SCHOOL ASSEMBLIES

Whole School Assemblies are a wonderful way to gather as a whole school to celebrate and showcase some of the great learning and achievements occurring in the school. In 2018 our Whole School Assemblies will again be held on Friday afternoons at 2:05pm. Every Learning Community in the school will have an opportunity to plan, organise and conduct these assemblies throughout the year. Dates and organising communities will be published in the school newsletter under important dates. All family members, friends and carers are invited to attend.

SCHOOL ATTENDANCE - Absence from School

If your child is going to be absent from school, we ask that you notify the school to inform us of the absence. Upon returning to school parents / carers need to supply a note to the classroom teacher explaining why your child was absent from school – along with a medical certificate where applicable. If your child is going to be absent for a prolonged period of time, a dated letter or email, giving the reasons for the absence, and the expected date of return, is required. We are currently setting up an automated notification system – via sms – to alert parents / carers each time their child is absent from school. In the meantime we aim to manually send a message to families if absences have not been informed and explained.

QUEEN'S BATON RELAY

Some of our students were lucky to get up close to the Queen's Baton which passed our school on Tuesday 13th February, on the way to the Gold Coast for the 2018 Commonwealth Games which begin in April. The Queen's Baton left London on March 13 last year and has been making its way to the Games to deliver a special message from the Queen. Senior students walked to Soldiers Reserve while other students lined our Russell Street fence to cheer the runners along. An exciting day!





Education^A in Faith

THANK YOU

We had two special liturgies last week: Ash Wednesday and our Beginning of the Year School Mass. We thank our families who were able to join our liturgies. The Ash Wednesday liturgy was presented by the Middle Community on the 14th of February. We celebrate Ash Wednesday to mark the beginning of Lent. It is a time of almsgiving, fasting and praying. Our Beginning of the year school Mass was a wonderful way to begin our school year by reflecting on the themes of gratitude and kindness. Fr. Albert presided the celebration and reminded our school community to always be thankful for what we have and to show this not just in words but through what we do. We **always** warmly invite you to our liturgies and it is so pleasing to see so many parents/grandparents join us in these celebrations.

LENT REFLECTION

What is the purpose of Lent?

- To remember Christ's death and resurrection
- To prepare us for the celebration of Easter
- To help us go back to the basics of our faith and recommit to our growth in holiness
- Lent is about conversion, turning our lives more completely over to Christ and his way of life.



The Church calls us to recommit to prayer, fasting and almsgiving during Lent. Have a discussion with your family about ways you can recommit in these aspects.

PROJECT COMPASSION

At school, we explore almsgiving through some of the work Caritas does through **Project Compassion**. Caritas is the Church's agency established for international aid and development. Each Lent we are encouraged to take part in the Project Compassion, by putting donations in the special cardboard box. This might be a small amount each day or week that we have set aside, or it may be the money that we would normally spend on something we don't need. We then bring the box to Mass at the end of Lent and donate our money. Have you ever wondered where this money ends up? Caritas has developed a set of videos to show some of the work that has been achieved with the money donated from Project Compassion. Visit their website and check out the great work they do! <http://www.caritas.org.au/projectcompassion>

RECONCILIATION

Notes would have been sent home regarding Reconciliation and the dates. A reminder that preferred dates and times are to be returned by **Friday 2nd of March**. Part of the preparation for this Sacrament is a Family Information/Preparation evening. This will take place on **Wednesday the 28th of February at 6:30pm in our Multi Function Room**. It is expected that you attend this evening with your child as part of your support in the Reconciliation programme.

CONFIRMATION

Our students in Year 6 will be preparing for the Sacrament of Confirmation and will be celebrated by Bishop Mark Edwards on the **26th and 27th of April, at St. Andrew's Church**. Notes with information about Confirmation were given last week. Please read through this and return the necessary information by the due dates. We ask you to support your child on this faith journey by noting these important dates.

- A commitment Mass will be held on **Thursday 15th March at 9:00am**, for our Grade 6 Candidates being confirmed. Parents are welcome to attend. This will be held in the Corpus Christi Multi-Function Room.
- A Confirmation evening for Parents, Candidates and Sponsors will be held on **Tuesday 17th April** in the MFR at 6:30pm.
- Confirmation Reflection Day for Candidates will be held on a date still to be confirmed

Miss Richelle Mendoza, Religious Education Leader

Learning & Teaching News



Here we are again at the start of another school year and all the excitement and at times anxiety that it presents. Here are a few ideas that will help ease the children back into learning as smoothly as possible.

Ease into the routine.

Switching from a summer holiday to a school schedule can be stressful to everyone in the household. Routines help children feel comfortable, and establishing a solid school routine will make the first weeks of school go much smoother.

Make mornings organised

Trying to get out the door on time when a school bell or a work commitment beckons, makes for a stressful time before 9am. A definite and clear morning routine that works is the key to starting the day happy, prepared and ready to leave the house with a smile.

Keep lunch boxes easy (for mum!)

While we all want to love and nurture our children by packing the best and most exciting lunch box possible, we also need to balance this against reality. Making sure morning routines are achievable and easy is the key to a successful lunch box, not the fanciness of the contents. It takes some time to find the right snack ideas and the amounts of food the children will love (especially in Foundation) and you will find easy to prepare while there are other priorities to attend to. Try these ideas for lunch boxes!

<http://www.kidspot.com.au/Back-to-School-Lunch-box-nutrition-Healthy-lunch-box-ideas+3942+181+article.htm>

Ready, set breakfast

A healthy nutritious breakfast puts children in the right mood for learning. Children as young as four or five can get a bowl of cold cereal for themselves, and as they get older they can learn to safely use the toaster or microwave. Try these breakfast ideas for quick, healthy starts to the school day:

<http://www.kidspot.com.au/subsection+684+Back-to-School-breakfast.htm>

Labels, names and ownership

Label all your child's belongings and especially the school hat and jumpers. Encourage your child to dress themselves so they can manage things like taking jumpers or coats on and off at school. Explain the concept of "lost property" to your children, so they know how to find lost items on their own. You will find the Corpus Christi Lost property box beside the wall to the office door.

Remember the night before

Murphy's Law states that if something can go wrong, it will. Avoid the stresses of the morning routine by laying out clothes (including underwear, socks and shoes) the night before. Have a bottle of sunscreen nearby to apply in the morning as you leave during the hotter months.

PARENT HELPER TRAINING SESSION

Parents or Carers who wish to help in our classrooms need to attend a training session before going in to classrooms for the first time.

Sessions for 2018 will be held in the MFR on

Friday 2nd March

First Session - 9:15am to 10:15am

Second Session - 2:00pm to 3:00pm



Note : You only need to attend one session. If you have any questions please see me, Peta.

Mrs Peta Cesarec, Learning and Teaching Leader

Numeracy News

It has been a fantastic start to the year and the students have been doing a great job with their learning in Numeracy! At the Senior and Middle parent information sessions last week, I went through some important information in relation to working with your child and supporting and developing their learning in Numeracy.

These included:

Explore one problem many ways NOT many problems one way. Encourage your child to look at an addition, subtraction, multiplication or division problem and investigate the different ways that they can solve the problem.

Tell your child: “Always use the most efficient strategy for you.” This means using a strategy that works for them.

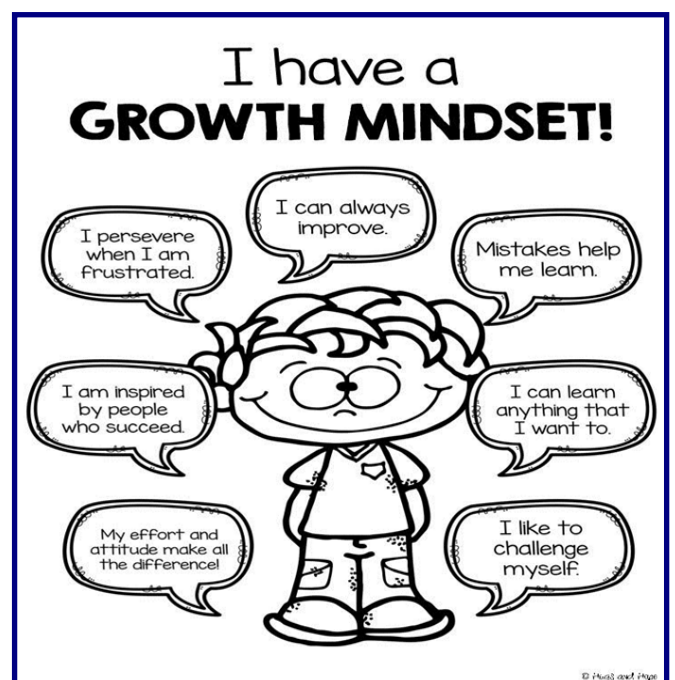
Understanding how to use different strategies is important. Your child might use a different strategy depending on the problem.

Only use the written algorithm strategy (with carrying and borrowing numbers) when students understand other strategies to solve addition and subtraction problems. Students need to develop efficient mental strategies and number sense first. The research states that formally introducing conventional algorithms should not occur in the first five years of school until children can add and subtract two-digit numbers in their head. I have a professional reading explaining this. If you would like a copy, please come and see me.

Focus on the process, not the end result - encourage and praise your child for their working out and persistence and not so much getting the correct answer.

It is important that children develop a growth mindset towards learning and not a fixed mindset. A growth mindset enables children to try different strategies, show persistence and not give up. It also allows them to learn from mistakes. It is important that we all encourage a growth mindset as this will bring the best out of a child's learning and development. Below are some examples of having and showing a growth mindset.

Mr Peter Donoghue, Numeracy Leader



Learning Community News



FOUNDATION UNIT

We wish our Foundation families a warm welcome and congratulate all of the children on such a successful first few weeks of school. The children in Yellow Community have adjusted well to the new routines at school and continue to explore their roles and responsibilities as community members in Foundation as well as students at Corpus Christi.

Our learning is well underway and the children are learning and reinforcing their knowledge of letters and sounds (phonics) in preparation to begin applying this to reading and writing. In literacy they are enjoying using their Eagle Eyes to look for picture clues in stories and are practising pointing to each word as the word is read. In the coming weeks we will also be learning about the role of characters in a story and how we identify the beginning middle and end of a story (sequencing).

In numeracy we have been learning about numerals, amounts and words. Ask your child to show them how they can be successful when counting amounts (hint: each counter they move they say a number).

We thank our families for their ongoing support with ensuring your child arrives and is settled into our community by 8:40am to allow for a smooth transition into our morning routine.

Stay up to date with the happenings in Foundation on the Remind App @funcc2018



Yours in partnership, The Foundation Team

MIDDLE UNIT

The Middle Community teachers extend a warm welcome to all our families for 2018 and to what promises to be an exciting, productive and eventful Term 1 for our Middle Community students! It was lovely to see so many parents and students attend our 'Family Get to Know You' Conversations and Parent Information Night to support the home/school partnership through shared learning goals. Students seemed positive about starting their school year and excited about their learning ahead, as we are too.

As we commence this new year students have been busy developing skills and behaviours for connecting with a variety of groups, including home groups, communities and the Middle Community as a whole. Students have been involved in developing class and community expectations and learning what it looks like to be, 'the best version of themselves'. Teachers and students have also been busy getting to know the many new faces that will be working within our Middle Community in 2018.

In Numeracy, Middle students have been exploring place value and further developing their skills in identifying odd & even numbers, as well as recognising, reading and representing numbers to at least ten thousand. Students have also been learning how to partition and rename numbers into the tens of thousands. In Religion, students have been exploring the many different forms of prayer and ways of praying. Students have also been eagerly writing snapshots during Writing, using the 5 senses to add detail and description to their writing. For Reading, Middle students have brainstormed books and authors they enjoy and are identifying, 'Good Fit Books' as we develop and build on students comprehension skills.

Our wonderful Middles have had a pleasing start to the year with many new experiences for some. Please work with your child to develop their skills in using their diary as a tool to help themselves in their learning i.e. recording home reading and for home / school communication.



The Middle Community will again be utilising the Remind app. to inform our Middle Community parents about student learning, reminders, exciting activities and goings on in the Middles. The password to access the Middle Community is: **middles18**

If you have any questions, please don't hesitate to speak with your child's teacher. We look forward to working with you in 2018,

Yours in partnership, The Middle Team *Kim Gleeson, Leanne Sultana, Helen Drezga, Stephanie Mobilio, Peter Donoghue, Jenai Harrington, Lyn Tramontana and Karen Pacifici*

Learning Community News

JUNIOR UNIT

What a great start to the year! Students have settled in well and have been making new friendships. In the first week of school, students have been learning new routines and expectations, and setting up the classroom ready for a great year.

We have begun setting up a morning routine for students at 8.45 giving them independent tasks to complete and extend their skills. This includes maths problems, spelling words, handwriting and skip counting.

Last week we entered into Lent and learnt all about Shrove Tuesday and Ash Wednesday celebrating with yummy pancakes. Thank you to all those who helped on this day.

Students have begun learning about Procedural Text writing a recipe for pancakes. Students will engage in more fun activities and write step by step instructions.

In Numeracy, we have begun learning about all different properties of number, reading, writing, making, expanding and renaming numbers in our workshops groups. This will continue for the next few weeks.

Please download the Remind App for more updates and information. Remind App: **ccjun18**



Yours in Partnership, Mrs Michelle Surmiak, Junior Unit Leader

SENIOR UNIT

We welcome all students and families to the TEAL Senior Learning Community in 2018. Students have spent the first couple of weeks developing how to work as a community, to know and follow routines and expectations when learning in a variety of ways in the Senior Unit. We were very grateful for participating in the Queen's Baton Relay along with Shrove Tuesday activities this week.

Learning for the next few weeks will see us continuing to explore 24hour and elapsed time during Numeracy, investigating a variety of writer's crafts when exploring Writer's Notebook and learning routines and strategies for the CAFÉ reading comprehension model.



We will prepare for CAMP and other exciting adventures such as Interschool sports, buddies and other leadership opportunities as the term continues.



Senior TEAL Community Remind Code is **@seniorscc**

Regards, Leanne Spence, Senior Unit Leader



ICT NEWS



MOBILE PHONES, IPAD OR TABLETS

At Corpus Christi, we ask that all Mobile Phones, iPad or Tablets are handed into the Office at the start of the day and collected at the end of the school day.

We do this so that our community's privacy is protected and that students are not distracted by their device during learning time.

Sport News



2018 CORPUS CHRISTI SWIM TEAM

Congratulations to all the students that qualified for the Corpus Christi Swim Team. We wish them all the best for the SSVW District Swimming Carnival on Wednesday the 28th of February at the Werribee Outdoor Pool.

Josh Allwood Bryce Archer Grace Ardizzon Alyssa Coates Mia Costa-Jackson Nathan Dimitriadis Josh Di Rosa Cooper Dixon Ella Duenzl Leo Ferlazzo Sienna Ferlazzo Bridget Forbes	Ava Knight Mietta Lazzaro Sofia Lazzaro Charlie Lemmer Tae Lemmer Obie Miller Ethan Morris Tanami Murdock Matthew Musarra Orlando Nguyen Ashley Panhorst	Summer Parker Charlotte Paterson Isaac Piovesan Anika Pipino Tyler Portogallo Zavier Portogallo Anneka Redford Tristen Rodriguez Caleb Vincent Laura White Lochlan White Chloe Zayneh
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2018 SSVWD INTERSCHOOL SPORTS YEAR 6 STUDENTS - Fixture

Round	Date	Draw	Time
1	Friday 23rd February	Werribee Primary School (HOME)	Morning Session
2	Friday 2nd March	Westgrove Primary School (HOME)	Morning Session
3	Friday 9th March	St Andrews Primary School (AWAY)	Morning Session
4	Friday 16th March	Wyndham Vale Primary School (AWAY)	Morning Session
	Friday 23rd March	Make Up Round if needed	TBA
5	Friday 3rd August	Manorvale School (AWAY)	Morning Session
6	Friday 10th August	Iramoo Primary School (AWAY)	Morning Session
7	Friday 17th August	Manor Lakes School (HOME)	Morning Session
8	Friday 24th August	BYE	
9	Friday 31st August	Thomas Chirnside Primary School (HOME)	Morning Session
	Friday 7th September	Make Up Round if needed	TBA

*Please Note - dates and times may change as negotiated by the school involved - students will be advised.

A School Sports Victoria Code of Conduct for Players and Spectators was sent home with Year 6 Students last Monday.

Spectators are advised that no photographs can be taken unless it is a photograph taken of your own child on their own.

Miss Dee Dundov, Physical Education Teacher

Wellbeing & Community Partnerships



A warm welcome back to the new school year! We hope everyone has had a fantastic start to the year, however.... We also know getting back into school routine can be hard! Students spend all day listening, following instructions, sharing, taking turns, making good choices and sometimes... it's all too much! It's very normal for children to feel moody, tired and sometimes overwhelmed at this time of year.



**Welcome
Back!**

TIPS FOR MANAGING BACK TO SCHOOL

1. Fill them up! Give your child more of you in the mornings before school. Do this by setting your alarm 15 minutes earlier and using that extra time to spend with your child. Maybe you snuggle in bed for 5 mins; maybe you eat breakfast together. Getting up earlier allows time for connection and a calm start to the day.

2. Turn goodbyes into hellos Instead of focusing on saying goodbye to your child and telling them all of the fun things they will do that day, redirect their attention to your next hello. So instead of "Have a great day today - have fun making new friends," you might try "Have a great day today - when I pick you up after school, why don't we go to the playground/ for a bike ride/ play a game together?" All of a sudden, the attachment brain is now thinking about hello instead of the long day without you.

3. Use rituals Humans love routine. We love expectations and the safety of having a script for exactly how things are going to go. So get your routines in place. Have a morning routine, a goodbye routine and a we-just-got-home-from-school routine. These kinds of scripts provide a boatload of safety during an emotional storm. Help children know what to expect each day.

4. Make lots of room for meltdowns If your child is tired, grumpy or melts down, that's OK. You know exactly why. It isn't that your child is misbehaving, it is just that they need to be replenished and comforted and reassured and filled up, ready to embrace another day! Try some of these tips and seek support from other parents... it does get easier!

Adapted from www.huffingtonpost.com/dr-vanessa-lapointe

COMMUNITY REMINDERS:

Family Twilight Picnic Wednesday 14th March 2018 - 5:00 til 7:00pm

Save the Date! Come along to celebrate Catholic Education Week with an evening of Family Fun! Food trucks, sausage sizzle, games and activities... get ready for some FUN!



Corpus Christi Kids Playgroup is again being offered for children aged 0 – 5yrs. Playgroup is facilitated by Sherry from St Andrew's Parish and is held Wednesday mornings 9:00am – 10:30am in the Library portable. Playgroup is free and there is no need to book. All welcome! Please sign in at the office.

Parenting Ideas Corpus Christi is a Parenting Ideas school. Articles from the Parenting Ideas website are attached to each newsletter to assist with the sometimes challenging role of parenting. For more tips and helpful advice, please see www.parentingideas.com.au or the Parenting Ideas Facebook page.

Yours in Partnership, Mrs Elissa Ardizzon, Student Wellbeing Leader

FINANCE School & Curriculum Fees, Levies and Charges

2018 Invoices were sent home in week two. Please contact Jenni or Linda if you wish to discuss your account, alternatively we remind families that the school offers a direct debit option for payment of the School Family Fees which many families find beneficial. Payment plan options were sent home and families are requested to complete and return this form to the office. Fees for 2018 have been set as outlined below.

Curriculum Fees & Levies of \$390.00 are due on Friday 2nd March 2018

Curriculum Fees (per child)	\$320.00
Excursion / IncurSION Levy (per child) Sacrament, Camps, Sports & Graduation costs <u>are not included in this fee.</u>	\$70.00
School Fees (per family)	\$1,460.00
Total	<u>\$1,850.00</u>

Mrs Jenni Warren, School Secretary



FINANCIAL ASSISTANCE INFORMATION FOR PARENTS

Every Victorian child should have access to the world of learning opportunities that exist beyond the classroom. The Camps, Sports and Excursions Fund helps ensure that no student will miss out on the opportunity to join their classmates for important, educational and fun activities. It is part of making Victoria the Education State and the Government's commitment to breaking the link between a student's background and their outcomes.

CAMPS, SPORTS & EXCURSIONS FUND (CSEF)

School camps provide children with inspiring experiences in the great outdoors, excursions encourage a deeper understanding of how the world works and sports teach teamwork, discipline and leadership. All are part of a healthy curriculum.

CSEF will be provided by the Victorian Government to assist eligible families to cover the costs of school trips, camps and sporting activities.

If you hold a valid means-tested concession card or are a temporary foster parent, you may be eligible for CSEF. A special consideration category also exists for asylum seeker and refugee families. The allowance is paid to the school to use towards expenses relating to camps, excursions or sporting activities for the benefit of your child.

The annual CSEF amount per student is:

- \$125 for primary school students
- \$225 for secondary school students.

HOW TO APPLY

Contact the school office to obtain a CSEF application form or download from www.education.vic.gov.au/csef

MORE INFORMATION

For the CSEF application closing dates and more information about the fund visit www.education.vic.gov.au/csef



2018 SCHOOL CALENDAR & IMPORTANT DATES

Friday 23 rd February	Whole School Assembly 2.05 in the MFR Yr 6 Selected Students only - Interschool Sports Round 1
Tuesday 27 th February	Foundation 2019 Information Sessions – 9:00am and 7:00pm <i>*new date</i>
Wednesday 28 th February	Parent Reconciliation Information Night – 6:30pm <i>*new date</i> No School for Foundation
Thursday 1 st March	SCHOOL PHOTO DAY - Full summer Uniform
Sunday 4th March	St Andrew's Parish Picnic 11am Mass followed by Picnic on Church Grounds
Monday 5 th March	9:30am and 2:15pm School Tours
Tuesday 6 th March	School Board meeting in the Staffroom – 6:00pm <i>*please note new time</i>
Friday 9 th March	Whole School Assembly 2:05pm
Sunday 11 th March	Bunnings BBQ Fundraiser
Sunday 11 th March to Saturday 17 th March	– Catholic Education Week
Monday 12 th March	Labour Day — Public Holiday No School Today
Tuesday 13 th March	9:30am and 2:15pm School Tours
Wednesday 14 th March	Open Morning and Family Twilight Sports
Thursday 15 th March	9:00am Commitment Mass for Grade 6
Friday 16 th March	St Patrick's Mass School leaders
Saturday 17 th March	Reconciliation Celebrations 10:00am & 4:45pm
Sunday 18 th March	Corpus Christi Community Mass
Monday 19 th to Friday 23 rd March	– Senior Camp Commences
Tuesday 20 th March	P & F Meeting at 7:00pm all welcome to attend!
Wednesday 21 st March	9:30am School Tour
Thursday 22 nd March	2:15pm School Tour Grade One Dinner
Friday 23 rd March	Whole School Assembly 2:05 in the MFR
Saturday 24 th March	Reconciliation Celebrations 10:00am & 4:45pm
Tuesday 27 th March	P & F Casual Clothes Day - students wear casual clothes & bring Hamper Donation P & F Easter Raffle Hamper Packing Night 7:00pm in MFR
Wednesday 28 th March	<u>P & F Easter Hamper Raffle Drawn Today</u> at 9:00am in the MFR
Thursday 29 th March	Holy Thursday 2:05pm Whole School Assembly Last Day of Term One—Students Dismissed at 3:05pm
Monday 16th April	Term 2 Begins
Tuesday 17 th April	Confirmation Family Evening 6:30pm
Wednesday 18 th April	P & F Meeting at 7:00pm all welcome to attend!
Friday 20 th April	Whole School Assembly
Tuesday 24 th April	ANZAC Liturgy
Wednesday 25 th April	ANZAC DAY HOLIDAY
Thursday 26 th April	CONFIRMATION Celebration 6.30pm at St Andrew's Church

Friday 27 th April	CONFIRMATION Celebration 6.30pm at St Andrew's Church
Tuesday 1 st May	Foundation Prayer Night 6.30pm
Wednesday 2 nd May	Grandparents Day and Liturgy
	Parish AGM 7.30pm
Thursday 3 rd May	SCHOOL CLOSURE DAY
Friday 4 th May	Whole School Assembly 2.05 in the MFR

ICY POLE DAYS



Lemonade Icy Poles will be sold
Every Tuesday and Thursday at 1st lunch for \$1 each
(only 1 icy pole per child)



SCHOOL PHOTO DAY is Thursday 1st March 2018

Students wear full summer uniform on the day Photo envelopes will be sent home to ALL Students and are PRE-NAMED and barcoded.

Please read envelope for payment instructions / photo package options.

**The school requests that Envelopes are returned
back to school Before School Photo Day**

For families wishing to have family photos with siblings the FAMILY SLIP is available for collection from the School Office. If parents require an 'extra' photo envelope for ordering please contact the School Office and this can be arranged

SACRAMENT PROGRAM DATES FOR 2018

First Reconciliation - Saturdays 17th and 24th March 10:00am and 4:45pm

Confirmation - Thursday 26th April and Friday 27th April 6:30pm

First Eucharist - Sunday 19th August at 1:00pm and 3:00pm

SCHOOL CLOSURE DAYS 2018

Term 2 : Day 1 – Thursday 3rd May, Day 2 – Thursday 24th May, Day 3 – Friday 25th May

Term 4 : Day 4 – Wednesday 19th December

MACKILLOP COLLEGE OPEN DAY

Thursday 1 March 2018 2:00pm to 6:00pm

Final Tour at 5:15pm All Welcome to attend and tour the College. For further information regarding the College please visit the College website: www.mackillop.vic.edu.au **Enrolments for Year 7 2020 - Applications close on Friday 3 August 2017.**

PIANO LESSONS AND DRUM LESSONS at Corpus Christi

Interested in having your child learn on of these instruments during school time? Contact Richard Allison on 9388 2251 for availability and pricing.

Parenting for Resilience

by Michael Grose



Resilience has proven to be one of the most important factors in predicting success as an adult. The ability to bounce back, regulate emotions and cope with stress are key traits in a healthy, functioning person. Resilience also helps prevent anxiety and depression. It is something we need to be instilling in our children.

As a child's first educators, parents can't leave it to early learning centres, pre-schools and schools to develop their child's resilience. It's something that parents need to be constantly developing. Building resilience is not a program, but should be an approach or mindset that guides your parenting. Here are five principles/ideas that you can easily adapt to develop a strong sense of resilience in your child.

1. Develop your child's self-sufficiency

Self-esteem is an essential element for resilience. It teflon coats children against rejection and self-doubt. The foundation for self-esteem is self-sufficiency. It's the simple things such as feeding yourself as a toddler, making your own snacks in primary school and making your own lunch in secondary school that build self-esteem. Mastery over your own life provides a strong sense of self, which is an important piece of the resilience puzzle.



2. Allow kids to resolve their own problems

Resilience is developed when children own and resolve their own problems, whether those problems are learning, relational or organisational challenges. A lunch left at home is a child's problem to solve – either he borrows or goes without. A teenager who sleeps in on a school day needs to be allowed to manage the inconvenience of the situation, experience the stress that comes with being late and find a solution to avoid a repeat. Look for ways to coach your kids through social, physical and learning challenges but resist the urge to interfere or rescue kids unless it's absolutely necessary.

3. Encourage play (and mucking around) at every age

Encourage your child to play and be playful. As a community we seem to hold little store in the value of free, child-initiated, or even teenager-initiated, play. It's almost as if play time is a waste of valuable learning time. As any adult who experienced the joys of 'mucking around' as a child or young person will know, free play has huge benefits. These include helping children manage fear, providing opportunities to negotiate risk, and learning how to work flexibly with others. Importantly, free play and mucking around help children

experience and tame stress, which is essential for resilience.

4. Focus on face-to-face friendships

Healthy peer relationships are important protective factors against anxiety and depression for children and young people. From a resilience perspective, peer relationships are most potent when connections are face-to-face rather than through a digital medium. Studies are now showing how simple face-to-face social engagement has a massive positive impact on wellbeing. Positive face-to-face engagement – a smile, a wink or a nod – releases oxytocin, which increases trust and reduces cortisol (stress hormone). These simple face-to-face interactions also release dopamine, which makes us feel better.

For the sake of your child's resilience, encourage more face-to-face interactions, model healthy socialisation and help them balance their time between the online and real worlds.

5. Tell stories of resilience

Storytelling is a powerful way of shaping children's understanding of how the world works. According to a recent study, children who hear stories about family members overcoming obstacles are more resilient and display more grit in the face of challenges. The most helpful stories are those that are realistic, reflecting life's ups and downs. It's often stories of difficulty rather than success that teach and inspire children to persist. Similarly, it helps to remind children of times you worked hard in the past to overcome obstacles. These might include how you learned to ride a bike, how you adjusted to moving schools or how you got along with a seemingly challenging teacher, boss or work colleague.

Perhaps the easiest way to bring resilience into your parenting is to develop a mindset for resilience. It helps to remember the struggles and difficulties you may have experienced and be willing to keep kids' chins up when difficulties and challenges get them down. It's also helpful to remind kids that things will get better. They always do, which is a fabulous resilience lesson to learn.



Michael Grose

Michael Grose, founder of Parenting Ideas, is one of Australia's leading parenting educators. He's the author of 10 books for parents including Thriving! and the best-selling Why First Borns Rule the World and Last Borns Want to Change It, and his latest release Spoonfed Generation: How to raise independent children.



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Time: 11am Mass followed by picnic.
Venue: St. Andrew's Church Grounds
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