St Theresa’s

Principal: Rob Costin
Email: principal@stalbion.catholic.edu.au
Web: www.stalbion.catholic.edu.au
Phone: 9311 9070

Prep & Grade 6 Buddy Time

It was lovely going up to the Prep/One area last Friday to see so many happy faces, playing together and getting to know each other. Srimathi said that Tina “looks lovely and cooks with me”. Christian loves Sam because ‘He plays with me a lot. We play tennis.” Darus likes Dallas “He’s my friend.” Eliza loves her Grade 6 buddy because “She does good stuff and says hello to me in the playground.” However we’re a little concerned about the big bird in the middle. Has she spent too much time in Prep/1 already??

Lent

As we begin Lent…a special time of prayer, penance, sacrifice and good works in preparation of the celebration of Easter.. it’s also a time to reflect on all the wonderful things we should be thankful for….

Life is not measured by the breaths we take but by the moments that take our breath away

Gr 4 A will run assembly this Friday 22nd Feb. at 2.30.
Don’t forget that there is no school on Wednesdays for Prep children.

A big thanks to our school families who were able to make alternative arrangements at such short notice last Thursday when most of our teachers were involved in industrial action.
We appreciated your consideration and support.

Don’t forget to give to Project Compassion during Lent. Extra boxes are available from the office.
Dear families,

I would like to thank you for your support in 2012 as myself and the staff did our best to provide you with opportunities to connect with the school and build your connection to students’ learning.

The activities we undertook last year included;

- Providing overviews of what we taught for each year level and talking about these with families (see school newsletters, the website and notice boards).
- Opening the library to parents to share learning with their children.
- Changing the school dismissal process to enable parents more access to teachers.
- Providing staff and families professional learning about the value of parents as the first educator of their children.
- Having shared lunches amongst students to help them mix with other students.
- Development of additional learning resources for students to take home eg: game lending library.
- Creation of an external notice board and internal display wall to show student work and notices.
- Revamping the school newsletter in line with parent feedback around content and material shared.
- Student expos and student inquiry work being more tailored to engage parents.
- English Classes and Kinda Kinder, partnership with Victoria University to help prepare 0-5 year old children and parents transition to school.
- Revising and improving the material for school information nights and new parents. Thanks to parents for their feedback in this.

We had a great year and we will build on these initiatives in 2013 to develop new opportunities to further strengthen relationships between families at St. Theresa’s and the entire Albion community. Thank You.
Student Wellbeing : BOUNCE BACK PROGRAM

Our Student Wellbeing program addresses the student’s physical, social and emotional development. It permeates all areas of the curriculum. Research shows that wellbeing is central to learning. Students who have a good sense of wellbeing, and are socially competent and resilient achieve better academically and have more productive relationships with teachers and peers. The wellbeing of students is the whole community’s responsibility.

There needs to be a strong partnership between home, school and community.

At St. Theresa’s we implement the ‘BOUNCE BACK’ program as part of our Student Wellbeing Program. The main focus of this program is to develop resilience. Resilience is a person’s ability to bounce back after a difficult situation, hence the name BOUNCE BACK.

Key Principles of BOUNCE BACK

• Bad times don’t last. Things always get better.
• Other people can help if you talk to them. Get a reality check.
• Unhelpful thinking makes you feel more upset.
• Nobody is perfect – Not you and not others.
• Concentrate on the positives (no matter how small). Use laughter
• Everybody experiences sadness, hurt, failure, rejection and setbacks sometimes, not just you. They are a normal part of life. Try not to personalize them.

• Blame fairly. How much of what happened was due to you, to others and to bad luck and circumstances.
• Accept what can’t be changed (but try to change what you can change first).
• Catastrophising exaggerates your worries. Don’t believe the worst possible picture.
• Keep things in perspective. It’s only part of your life.

How does BOUNCE BACK work?

The program runs across the whole school on Tuesday afternoons for approximately 6-8 weeks each term. Some of those weeks the children have a follow up activity to do at home with the family. Each grade will be covering the same topics so that if you have a couple of children you can all join in the discussion and activities together. For this program to be successful families need to take part and try to practise what we are teaching the children at home.

We would love to think that families are sitting around the dinner table on Tuesday night talking about what was learnt in ‘BOUNCE BACK’ and how to practise the skills.

As teachers and parents we need to think of the BIG PICTURE – ‘What type of adults do we want our children to become? RESILIENT, CONFIDENT & COMPETENT’. We look forward to working alongside you throughout this program. If you have any questions please speak to your child’s classroom teacher.
COMMUNITY MARKET
Friday 22\textsuperscript{nd} March : 5pm - 8pm

Plans are well underway for our Twilight Market but it’s not too late to organize your own stall. There are still places available for $25. See Ali if you’re interested.

Each class is going to be running a stall and will need a little help with donations. Keep checking school bags for notes about what is needed. Mary & Sharon sent one home last week asking you to save empty jars.

We are seeking volunteers to help us to letterbox drop flyers throughout Albion promoting our upcoming community market. If you would like to deliver flyers let us know and we will allocate you a street - speak to Ali. Thanks for your help in making this a great community event!

OTHER IMPORTANT THINGS

English classes are held each Wed from 9-11 am in our meeting room. All welcome.

Please bring Health Care or Pension Cards to the office as soon as possible.

Year 7, 2014 applications close on Friday 1\textsuperscript{st} March.

Parent Literacy Helpers
A note from Michele will be coming home this week.

Tuckshop Roster
Thanks to those great parents who volunteered to sell zooper doopers at lunchtime. The children will love you! A term 1 roster will be sent home this week.

HAVE YOU ACCESSED OUR SCHOOL WEBSITE LATELY?
We have found an issue in accessing our school website. We will hopefully have this sorted this week. We thank those parents who have brought this important issue to our attention.

Tip: Please make sure that your Adobe Reader and Flash Player are the latest versions.

St Aloysious College North Melbourne, providing catholic education to girls for 125 years, invite families looking for a suitable secondary school to visit the college and meet the new principal Ms Mary Farah. Talk & Tour on Friday 22nd Feb at 9.30am or Twilight Tour & Information Evening on Monday 25th Feb at 7pm.

For more information or to register, contact the college on 9329 0411 or email mcleodj@aloysius.vic.edu.au

School photos are on Wed March 6th. All children to be in full school uniform. An order form is on the way home for these photos.

EASTER RAFFLE
I know it seems like we’ve just finished Christmas but Easter is only 6 weeks away and with your help we always have a great Easter Raffle. It’s never too early to donate an egg or a bunny. Thanks for your support!