

St Theresa's



God walks each step of the way with us

Principal : Robert Macklin

Email : principal@stalbion.catholic.edu.au

Web : www.stalbion.catholic.edu.au

Phone : 9311 9070

Introducing Our School Leaders for 2017

Sports Captains

Green : Cherrylou Rico & Peter Alatsas

Gold : Maria Alisen & Milkias Alemseged

Blue : Daniel Restall & Abbey Sidebottom

Red : Sophia Andreula & Antonia Rossi



School Captains

Billie Chen & Charlotte Nelson



SRC

Basil Georgoulas,
Billie Chen,
Charlotte Di Ciero,
Charlotte Nelson,
Bettina Dy, Kianah Beck,
Nahum Gebremedhin



A Prayer for Back to School

Our Heavenly Father,

In a season of life when parenting decisions seem to loom larger than life itself, we humbly ask for your guidance.

While the shoes still smell new... and the pencils point crisply, our hearts sense the need

for a stronger connection with your love and a deeper reliance on your grace.

Would You help us to remember that You know every thought we have as a parent? Would You remind us that the feeling of having our hearts walk around outside our bodies is one You are ever so familiar with?

And would You provide the wisdom from above as we walk this new ground for a new school year? We praise Your name for doing so.

In Jesus' Holy Name, Amen.



rachefwojo.com

A Warm Welcome To Our New Students ...

we hope you will be very happy here



Oliver Smith in 3/4B

Angela (P/1CE),
Ivana & Aleksandra
Pepdjonovic (3/4 B)



Cade
Halliwell-Lee
(P/1 CE)

WE HAVE A COMBINED
GRs 5 & 6 ASSEMBLY
TOMORROW AT 2.30 IN
THE MPR. Please join us!

INTERSCHOOL SPORT

Tomorrow our 5/6s will be competing in an away game against Ardeer.

The games start at 9.30. Please feel free to go and watch and cheer the kids on!!

OUR NEW PREPS..well some of them anyway!



Welcome to our beautiful prep children and their families. The preps have begun school eagerly and have settled in very well. They have been making numbers to ten, listening to and writing stories, playing on the playground and enjoying making friends. We are so delighted that they are a part of our wonderful St. Theresa's Community.



ARE YOU INTERESTED IN HELPING OUT IN THE CLASSROOM?

We hope so because we need lots of helpers and it is very easy! Why don't you come along to a meeting with Helen and Marie and find out more information about it? Just choose the meeting time that suits you best. (You only have to come once.)
Meeting 1 will be next **Wednesday 22nd Feb at 9am** and we will meet in the staffroom.
Meeting 2 will be **Thursday 23rd Feb at 2.30pm** in the staffroom as well.
 Helen and Marie look forward to seeing you.

The new
St Theresa's
WELLBEING
MANTRA



THE
FOUR
B'S

Be safe 
 Be happy 
 Be caring 
 Be ready to learn 

The students have spent time with the teachers discussing what this mantra 'The Four B'S' means and how it can lead to stronger relationships, exciting learning environments and improved academic outcomes for everyone. You will be seeing lots of bees (to remind us of how to act) around the school and it would be great if you could talk about them with your child.



SCHOOL FEES

School Fee notices will be going out this week and we encourage you to attend to them as soon as you can please. If you feel that there may be a problem with payment then speak to Rob about it.
 Also we are reminding you that the Student Levy fee of \$250 per child needs to be paid by the end of February.

Fundraising News

Next Wednesday night, the 22nd February at 7pm in the staffroom, we have our first Fundraising Meeting for the year. At this meeting the team will be setting the fundraising agenda for 2017, so if you have a good idea come along and share it.
 We would love some new members from our school community, so please consider joining this fun and enthusiastic group!



Last year our community was lucky enough to work with the CASEA team from the Royal Children's Hospital regarding child behavior. They left us with a series of self help guides that may be useful for our families. This is the first of them and hopefully you will find it valuable.

Building Children's Self-Esteem

Self-esteem is feeling good about yourself. It is important for children to feel good about themselves most of the time. Self-esteem enables children to try new things, make friends and manage problems they meet along the way. A sign of low self-esteem is when the child regularly says, "I'm dumb", "I'm ugly", or who believes bad things about themselves. Parents can help children overcome these negative self-beliefs. Here are some suggestions:



Praise your child - Talk about the things your child does well. If you need to talk about weaknesses, focus on talking about strengths first. Also, praise your child for trying and making improvements.

Avoid put downs - If your child hears often enough that s/he is lazy or stupid, s/he will start to believe it and act accordingly. Encourage your child to think of what s/he does well.

Teach you child to set goals - Help your child to set some goals that are easy to achieve. Offer encouraging comments and constructive suggestions along the way.



Talk about making mistakes - Tell your child that it is okay to make mistakes - we all learn from our mistakes. Help your child to work out his/her own mistakes, rather than taking control yourself.

Help you child to think realistically - if your child says s/he is not as good as the other children at school or sport, help him/her to think of things in a different way. For example, "I might not be the best in the class at maths, but I'm good at drawing and spelling."



Encourage independence - Show confidence in your child's abilities by letting your child do things for themselves as soon as they are ready. This will help develop a sense of responsibility.

Tell your child you love them - Spending time with your child and being available to them will let him/her know you value him/her as a person.



Teach your child to be a good friend - Children who feel liked by other children will have higher self-esteem. Encourage your child to bring friends home to play.

Low self-esteem can be a sign of more serious emotional problems. If your child has been sad or miserable for a long time, consider seeking professional advice.

2017 SOCIAL JUSTICE TEAM



Layne Bartram-Hatzi, Brodie Webber, Rory McLeod, Matthew Azzopardi, Gabriella Di Quattro, Olivia Spiteri, Joel Brekalo, Chelsea Brasher, Jasmine Nedelkovski. Congratulations to these children who were voted onto this team by their peers. Throughout the year they will looking for opportunities for our community to help those less privileged than ourselves.

IMPORTANT DATES FOR TERMS 1 & 2

Tuesday 21 st Feb	Grade 5 & 6 Excursion to Williamstown
Wednesday 22 nd Feb	Fundraising Meeting at 7pm in staffroom
Wednesday 22 nd Feb	Classroom Helpers Meeting at 9am in Staffroom
Thursday 23 rd Feb	Classroom Helpers Meeting at 2.30pm in Staffroom
Wednesday 1 st March	Ash Wednesday Mass at 9am
Friday 3 rd March	Peace Day for those children receiving the Sacrament of Reconciliation
Monday 6 th March	Lent Paraliturgy for the whole school in MPR at 9am
Wednesday 8 th March	Sacrament of Reconciliation at 6pm followed by a celebration supper
Monday 13 th March	HOLIDAY
Tuesday 14 th March	Lent Paraliturgy for the whole school in MPR ay 9am
Friday 17 th March	Catholic Education Week Mass at St Patrick's Cathedral
Monday 20 th March	Lent Paraliturgy for the whole school in MPR at 9am
Wednesday 22 nd March	School Advisory Board Meeting at 7pm
Friday 31 st March	Term 1 ends
Tuesday 18 th April	Term 2 begins at 8.45am
Friday 21 st April	Cross Country Race
Tuesday 25 th April	ANZAC Day Holiday
Wed 26 th - Friday 28th April	5/6 Camp to Anglesea
Wednesday 3 rd May	School Closure Day – no school for the students
Tues 9 th – Thurs 11 th May	NAPLAN Testing
Wednesday 10 th May	School Advisory Board Meeting at 7pm
Friday 12 th May	Mother's Day Mass
Friday 26 th May	Sacrament of Confirmation at 7pm
Monday 12 th June	Queen's Birthday Holiday
Wednesday 14 th June	School Advisory Board Meeting : 7pm
Friday 23 rd June	Feast of the Sacred Heart Mass
Friday 30 June	Term 2 ends
*Sunday 13 th August	Sacrament of Communion at 12 noon

BLUEARTH : This program has shifted to Tuesdays this year and began this week. All children from Prep to Grade 4 will need to bring their sports shoes to wear on Tuesdays from now on. Thank you