



St Theresa's School Albion



Be Safe,
Be Happy,
Be Caring,
Be Ready to
Learn.

Newsletter, February 11th 2021 (Term 1 Week 3)

Introducing our wonderful 2021 Prep students!



The beginning of a new school year is always a fantastic time. After a long break away, everyone returns to school healthy and enthusiastic to see what the new year holds. This year is no different for the staff and students of St Theresa's (especially after our COVID year last year!). We really enjoyed meeting our new preps and their families and watching the children settle into school life. We hope that they feel very happy and safe at school and our new families feel a part of the St Theresa's family very quickly.

And as well as our new Preps we also welcome Quinton in P/1B, Wesley in P/1B, Eric in 3/4JD, Amogh in 4/5K and Vihaan in 1/2CE



We would like to wish our Chinese and Vietnamese families a Happy Chinese New Year for tomorrow and a successful year ahead. 2021 is Year of the Ox.

SCHOOL CLOSURE DAY WEDNESDAY 24th FEB.

There is **no school** for the children on this day as the staff will be upgrading their First Aid qualifications.



Britt Elliott joins us this year as our Physical Education teacher and as a teacher with the 5/6 team. Britt has 4 children (including twins) and her eldest son completed his VCE last year. She loves to holiday along the Murray and says her favourite thing about St Theresa's is the friendly children and staff.

Maree Slatter is our new Italian teacher. She has the best of both worlds because she lives on a farm on the weekends and in the city during the week. She's very creative and enjoys sewing, painting and drawing. Holiday destinations are usually at the beach and her favourite things about St Theresa's so far are that we're friendly, accepting and international.



Therese Slavich is working with the 1/2 team as classroom support on Monday, Tuesday and Wednesday mornings. She has 3 children and also loves a good Australian beach holiday. She enjoys cooking and tries new recipes to help her improve. Therese thinks that the St Theresa's community is welcoming and friendly and all the children have big, smiley faces!

Reminders :

- **SCHOOL HOURS (Drop offs and pick-ups)**

School hours are from 8.45AM until 3.10-3.15PM. Please try to get your child to school on time, so they can be well settled for the day.

The school yard is supervised from 8.30AM. If you need to drop your child off earlier than this, then they must be enrolled in OSH Before School Program (OSH details can be seen later in this newsletter). No child is to be dropped off in the yard without adult supervision.

The new outside dismissal time is 3.10-3.15. Some parents are entering the school earlier than 3.10PM. With COVID regulations severely restricting what we can and can't do at the moment, we are asking that you **NOT ENTER THE SCHOOL GROUNDS BEFORE 3.10pm.**

Park safely and legally at pick up and drop off times.

- **TUCKSHOP**

Tuckshop is only available on Thursdays at this stage. Tuckshop menu and pricelist is attached to this newsletter.

Zooper Dooper icy poles are sold at our tuckshop at lunchtimes. They cost 50cents. It might be a good idea for your child to have 50c in their bags so they don't miss out.

- **LUNCH BOXES**

We have only been at school for a couple of weeks and already there is a mountain of unclaimed lunchboxes in the sickbay. If your child has lost their lunchbox or water bottle, please come and check the sickbay to see if it's there. **Make sure your child's name is on everything so lost property can be returned easily.**

PHYS ED News....from Britt

If you have a child who is a member of a swimming squad you may wish to nominate them for the Maribyrnong Division Swimming Sports on Wednesday March 17 at Oak Park Leisure Centre, 563 Pascoe Vale Rd Pascoe Vale. Your child is able to nominate for two individual events. You will need to be able to transport your child to and from the event. Please contact Britt Elliott (britte@stalbion.catholic.edu.au) for more information.

Interschool Sports for Years 5/6 students begins tomorrow (Friday 12th Feb) from 9-11am. We have an away game against Sunshine Harvester. Good Luck!



I.T. News from MarySAFER INTERNET DAY

Earlier this week we recognised Safer Internet Day. While the internet is great for learning and socialising, we hear stories every day about its pitfalls. These range from children being exposed to inappropriate content, fraud and scams, and being bullied – which can and does contribute to anxiety, depression and in extreme cases, suicide. Yes, that's the extreme outcome, but tragically, it's also reality. And it probably happens more often than you think. As a community, we should all be working to ensure we invest time and resources into raising a generation of smart, safe and responsible children who are capable and compassionate – both on and offline. **Our goal is to keep children safe from bullying, cyber bullying and violence.** Below is a link to an article entitled “5 Steps To Talking To Someone You Trust”. It may be a good resource to share with your child.

<https://au.reachout.com/articles/5-steps-to-talking-to-someone-you-trust>



STUDENT WELLBEING NewsFrom Marie

Every month the whole school concentrates on a social and emotional learning skill. It's really important that the skill is reinforced at home.

SEL SKILL FOR FEBRUARY : THE POWER OF YET

A simple way to start changing to a growth mindset, is by the use of a little word, **yet**. In essence the word means a realization that some things are worth waiting for, and those things take work. It's not always easy, but the **power** of this small word allows for success.

American Psychologist and expert on Growth Mindset, Carol Dweck, mentions how saying “**not yet**” to students instead of saying they failed at something, is a much better way to show them that even if they have difficulties overcoming something now, the time will come when they will succeed if they continue tackling the obstacle in different ways.



GARDENING CLUB REPORT

For the second week in a row, the gardening club was outdoors harvesting and planting. This week we harvested a combination of capsicum, zucchini, squash, tomatoes, herbs, bok choy and silver beet.

Whilst the students ate quite a bit of the produce, it was great to see that we had an abundance left over to sell. All credit to the gardening club students as well as Avita, Michael and Kathryn who have led this work (and made sure that garden stayed watered over the holidays!).

Every Tuesday after school, the garden club will be selling produce in the yard and we hope that parents can bring some small change to buy something and support them.

With a large range of other plants and veggies growing, we look forward to harvesting a feast in the coming months and sharing it with our community.

The garden is located behind the prep classrooms and we invite all parents to come and have a look at the work of our young gardeners.



WE HAVE A NEW LITTLE SISTER!

Congratulations and much love to Rebecca and Kelvin on the birth of the gorgeous Sophia Audrey. Her big sister Marissa, is very taken with her and also a big help as this photo shows! Sophia was born just before school finished last year and by all accounts, she is a very good baby who loves a cuddle, isn't that right Marissa?



ASSEMBLY : Friday at 2.30pm

Our first assembly for the year will be hosted by our senior students, the Year 6s. Normally we would be inviting our community along, however the COVID restrictions prevent us from doing that right now. Hopefully it won't be long before we get back to normal. So until then, we will video the assemblies and place them up on our school website.

OSHCLUB is available for before and after school care. The hours are 7am to 8.45am and 3.15pm to 6.30pm. Their newsletter is attached with all their details.

WELLBEING IDEAS FOR PARENTS

Also attached to the newsletter is another article from one of Australia's leading child educators, Michael Grose. This time he gives advice on positive parenting by using a simple formula for parenting.

ASH WEDNESDAY MASS : Next Wednesday at 9.10am. Once again it will be for students and teachers only. Father Barry will be providing an alternative time for those in our community who would like to go to Mass on this day. Further details later.

One of our parents, Sensation, kindly sent this flyer to the school. It's promoting a free soccer clinic for girls and boys of all ages, run by VicHealth in Sunshine West. Her children attend and she says that it is extremely well organised and lots of fun!



Free Soccer Clinics

WHEN:
SATURDAYS 9AM - 10AM

VENUE:
RALPH RESERVE,
16 RALPH STREET, SUNSHINE WEST

Register your interest by filling out the Jot form and booking a place for yourself in 2021.

<https://form.jotform.com/203368555441053>

contact : Jose Mansilla - 0414 077 745
email: info@halenessfc.com



Western Suburbs/Sunshine Heights
Free Soccer Clinics every Saturday from
9am - 10am throughout 2021.

Have fun, stay active, meet new friends and play the beautiful game within the local community every Saturday for up to 40 weeks of the year at no charge thanks to Vic Health.

Starting this December - Saturday 12th & 19th December 2020. Then recommencing from the 2nd of January 2021.

All abilities welcome, girls and boys.
All age groups from 4 to 16

Lunch Order St. Theresas Available Thursday

Name _____ Grade _____

	Price Each	Quantity Ordered	Amount
If you do not supply your own paper bag	\$0.10		\$
Cheese & Salad Roll	\$5.90		\$
Steamed Dim Sims	\$1.00		\$
Soy Sauce is Free circle Yes or No			
Snack Pies	\$1.00		\$
Nuggets	\$1.00		\$
Lasagne	\$4.50		\$
Mac & Cheese	\$4.50		\$
Hot Dog	\$3.50		\$
Tomato Sauce	\$0.30		\$
Chocolate Milk	\$2.60		\$
Strawberry Milk	\$2.60		\$
Apple Juice	\$2.00		\$
Water Bottle	\$1.50		\$
RRD Honey Soy Chips	\$1.70		\$
RRD Sea Salt Chips	\$1.70		\$
3 x Choc Chip Cookies	\$1.20		\$
Fruit Frogs Pack of 7	\$1.20		\$
Order Total			\$
Money in Bag			\$
Change			\$

Thank you



A simple formula for parenting

Show kids how to behave.

Keep pets to develop nurturance and responsibility.

Be the adult in the parent-child relationship.

Cultivate good manners.

Build character daily.

Catch kids being kind, gentle and strong.

Establish healthy habits early.

Stick to routines.

Have fun.

Eat together every day.

Focus on excellence, not perfection.

Spend individual time with each child each week.

Expect kids to change.

Keep an adult only place at home.

Admit it when you're wrong.

Choose time and place to deliver big messages.

Keep the meal table free from arguments.

Prepare for tomorrow the night before.

Expect children to help.

Encourage siblings to apologise.

Send kids to school with breakfast, a kiss and a smile.

Celebrate success as a family.

Spend time in nature together.

Let go.



Michael Grose

Michael Grose, founder of Parenting Ideas, is one of Australia's leading parenting educators. He's an award-winning speaker and the author of 12 books for parents including *Spoonfed Generation*, and the bestselling *Why First Borns Rule the World* and *Last Borns Want to Change It*. Michael is a former teacher with 15 years experience, and has 30 years experience in parenting education. He also holds a Master of Educational Studies from Monash University specialising in parenting education.

Newsletter



Let 2021 begin!

With school starting soon, we are thrilled to see new enrolments and bookings for **OSHClub St Theresa's 2021!** We aim to provide a safe, engaging and fun environment for all members in our community.

As many families know, St Theresa's OSHClub has introduced a new coordinator mid last year. Although the COVID-19 lockdown has prevented many families to meet the new coordinator last year, we hope that 2021 will allow us to build a meaningful relationship with unfamiliar faces.

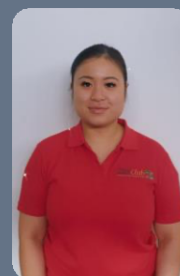
Our new coordinator, Salena Vo, has ensured that our service meets the National Quality Standard, as well as, developing a trusting relationship with all members of our school community.

Not only has Salena been working hard while adapting to her new role, OSHClub St Theresa's also gained a new Educator who started working with us at the start of Term 4 2020! Jazmin Strappazon has shown determination in fulfilling children's interests, needs and development.

Our service wants to help all families prepare their children to OSHClub, which is why we have attached a checklist for parents. This way all children are OSHClub ready!



Faces of OSHClub St Theresa's



Salena V.
Coordinator



Jazmin S.
Educator



Faleolo L.
Educator



REMINDER

- With great excitement comes with great responsibility. As the team will be seeing unfamiliar faces, we will be asking **authorised nominees to bring a formal ID that shows - photo, date of birth and address** upon pick-up. Please have a look at our [Delivery Collection of Children](#) policy for more information or email us for a copy.
- Starting the term with the expectation of sunshine and warm breeze, we encourage all children to **bring their own hats** and sunscreen when wanting to play outside. Otherwise, we'll be providing everyone with *Coles brand SPF 50+ sunscreen protection*.
- If your child has a medical condition, specific health needs or dietary requirements; please inform our OSHClub team and we'll be able to arrange an appointment to document some strategies.



ST THERESA'S (ALBION) OSHCLUB
oshclub.com.au

Mon-Fri:
7AM – 9AM
3:30PM – 6:30 PM



0447 559 334

sttheresas@oshclub.com.au

Newsletter



PHOTO GALLERY

Our goal for 2021 is to develop an environment that will suit to a huge diverse of children. We have ensured to develop areas that we think is most suited for them. These photos have given us a reflection on how we utilities our resources while also following our COVID-19 safety plan.



Outdoor play



Drama & Performance



Arts & Crafts



Indoor play



PROGRAM

Your voice matters!

Have suggestions, comments or concerns that needs to be expressed? Your option matters to us and would love to seek ways of encouragement and improvement for our service. Please feel free to submit an anonymous review at any time following the link or scan our QR code.

<https://cutt.ly/CkyJXi7>



Further Information for parents/families

If you have any queries or require further assistance with bookings, finance or enrolments, please contact our Program Coordinator or call our friendly Customer Service & Billing team on

1300 395 735.

If you require a one-on-one appointment with the coordinator at the service, please contact our phone and we'll be happy to arrange one for you.



ST THERESA'S (ALBION) OSHCLUB
oshclub.com.au

Mon-Fri:
7AM – 9AM
3:30PM – 6:30 PM



0447 559 334
sttheresas@oshclub.com.au

Preparation Checklist



<p>I have completed an:</p> <ul style="list-style-type: none"> • Enrolment Form • Medical Documentation (if applicable) <p>And received:</p> <ul style="list-style-type: none"> • Parent/Guardian Handbook • Key Information Sheet 	
I am aware of session fees and payment methods	
<p>I am aware of process of delivery and Collection of children (provide a copy of 2.1 Delivery and Collection of Children policy)</p> <p>Please ensure to carry your driver's license with you, so we can do an ID match before pick-up</p>	
I am aware of the service support plan (for behaviour)	
I understand I am able to visit the service and/or provide feedback and suggestions at any time	
I am aware that the service is committed to continuous improvement and that the Quality Improvement Plan is available to review and provide input at any time.	
I am aware that a copy of the National Law and Regulations are available at the service to review	
<p>I am aware of the various forms of communication (discuss relevant methods used by the service)</p> <p>Example:</p> <ul style="list-style-type: none"> • School Newsletters, • Service Email • Daily face to face communication, • Parent/guardian information book 	