



St Theresa's School Albion



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

Newsletter, February 25th 2021 (Term 1 Week 5)

Congratulations to the students who are receiving their First Communion on Sunday

Due to last year's lock down, our Year 3 students were unable to receive the Sacrament of the Eucharist. Almost a year later and with lots of very patient waiting, these children will now receive their First Holy Communion on Sunday at 12 noon. We ask that you keep the following students in your prayers as they celebrate this very important day in their spiritual lives.

***Gisele Huynh, Mathilda Beggs, Milla Riviere, Peace Bagu
Abuk Majok, Charlotte Attard, Nathaniel Calleja, Harry Xuereb, Ethan Barizo,
Hendrix Rerehau, Conor Dixon, and Jett Hyett.***

*Lord Jesus you gave us your Body and Blood as a sign that we share your life.
May these children continue to grow in love of You and come to know how
great Your love for them truly is.
Amen*



Wellbeing At St Theresa's

The Buddy Program : Supporting a smoother transition for Preps starting school

Our Buddy Program teaches and gives children the opportunity to practise the important values of respect, care, valuing difference, responsibility, friendship and including others. Through looking after and caring for smaller prep children who are just starting school, our Year 6 students learn the skills associated with empathy and compassion through activities in the classroom and in the playground. Buddies enables younger children to feel safe and cared for while older children feel valued and respected.

The buddy system can also help students to feel welcomed and supported, teach important social skills and create a caring ethos in the school. It creates a connectedness that enables both older and younger buddies to bond more closely with each other and their school, thereby increasing the likelihood of more positive social behaviour. Our buddies meet every second Friday and these photos speak for themselves about how successful this program is.





Science



Technology



Engineering



Mathematics



This year we have launched into new learning called STEM. It is an approach to learning and development that integrates the areas of science, technology, engineering and mathematics. Through STEM, students develop key skills including; **problem-solving**, **creativity**, **critical analysis**, **teamwork**, **independent thinking**, **initiative**, **communication** and **digital literacy**.

Each week the students will have a session with Tenielle-Marie and their classroom teacher, devoted to building their knowledge and understanding of STEM skills.

To begin the year the Prep to Grade two students will focus on building their STEM skills and knowledge of each of the four areas. They will do mini investigates and activities that link to each of these areas. We have started the year learning about engineering and the students have used lots of teamwork, problem-solving and design skills to create structures from everyday objects.

The students in Grade three to six will be following a STEM Design Process. They will be using all of the STEM areas to research and problem-solve different solutions to solve a STEM-based problem. The focus this term is on water. We will be carrying out a range of investigations into clean drinking water around the world and invasive marine species found here in Victoria.

If you would like to know more or to see some photos of what we have been doing, just click onto our STEM blog. The blog can be accessed through the school website. www.stalbion.catholic.edu.au

Check out some of our clever structural engineers!



SCHOOL REMINDERS

Starting from next week, the preps will be staying at school for the full week. There will be no more Wednesdays at home.

- A request from the office for a couple of helpers to sort out our second hand uniforms please. We have been overrun with donations and Trish would love some help to get them organised. We would prefer if the help came in the afternoon rather than the morning. If you feel like you can give us a couple of hours, ring Trish to organise a time. 9311 9070
- **ASSEMBLY** : Friday at 2.30pm
Our next assembly will be hosted by our 1~~2~~⁷B students. Once again we would love to be inviting our community along, however the COVID restrictions prevent us from doing that. So until then, we will continue to video the assemblies and place them up on our school website.
- **TERM 1 OVERVIEWS ARE NOW AVAILABLE ON THE CLASS BLOGS** which can be accessed through the school website. This is a summary of all the work your child will be doing in each subject this term.
- Year 5/6 Interschool Sport teams play a home game tomorrow (Friday) against Albion. They will play for the Adelaide St bragging rights! C'mon St Theresa's!!
- At this stage we are planning a LEARNING WALK with the 1/2 classes On Tuesday 16th March (COVID restrictions permitting). We will visit the classrooms and then meet with some classroom teachers to discuss the experience. This will help you understand how the strategies used in class can be used by you at home with your children. This is a special opportunity to support your children's learning so that they can perform better at school. (More information will be sent home closer to the date)
- **Monday 8th March is a public holiday... there is no school on this day**
- Canteen is available **only on Thursdays** until further notice. A price list was emailed out yesterday (Wednesday)
- As an enhancement to their Inquiry unit "What can we learn from marine diversity?" the Year 6 students will be spending next Thursday (4th March) at the Marine Discovery Centre. They will be learning about Port Philip Bay and the various marine life living in our waters. They will also focus on marine life adaptations and how we can learn from them and apply them to real life contexts.
- Three articles have been attached to this newsletter for you to have a look at. The first is another short Michael Grose piece which encourages parents to look further than academic success for their child and move towards educating and developing the whole child and their social and emotional skills.
The second is an article with a link about swimming pool safety and hygiene. This is very relevant at this time when Victoria is experiencing so many drownings and incidents involving water.
The third is an invitation to a free BBQ and visual arts exhibition by local artists. This will take place at the Kororoit Creek Neighbourhood House on Saturday March 6th.

MARINE LEARNING AT THE JAWBONE SANCTUARY IN WILLIAMSTOWN

Last week our Grade 5 and some of the grade fours had a fantastic day down at the Jawbone Marine Sanctuary in Williamstown.

It was a 30° day with clear skies and in an area most of our students had never visited before.

The learning was focused around waterways, which the students are investigating in their Inquiry unit this term. Parks Victoria Rangers and a marine scientist from the Jawbone Marine Sanctuary Care Group, led the day introducing the children to a range of different topics through hands-on learning.

At the end of the day we had a play on the beach with lots of splashing and squealing.

Thanks to the teachers, students and everyone else who helped make this day possible.

Greg Woolford
Family School Partnerships



Performing Arts with Dagogo



We have been very lucky this term to have Dagogo Abogo working with us and teaching us some very cool dance moves. He is part of a council funded arts program that gives emerging artists an opportunity to connect with schools and community so that the children can learn new skills.

Dagogo has been working mainly with the middle and upper students, but over the next few weeks he will work with all levels culminating in a final school performance at the end of term. (Once again we will video this if need be, so we can share it with our families that way.)

The students have really enjoyed working with him and say that he's very cool and talented and really fun to be around. He has shown us some 'good funky dance moves and it's astonishing how he gets us so hyped up.'



Helping your child become the best student they can be

The new school year is full of excitement and possibility for students and parents. Regardless of how a child or young person has previously performed, this year offers a chance to set a new course. While it's tempting as a parent to make the attainment of good academic results the main priority, this is a narrow view that may be incompatible with long-term success. It's wiser to broaden your view and focus on helping your child or young person become the best student they can be. Here's how.

Encourage learning

The rapidly changing world and workforce that your child will enter requires that they have a willingness to continually learn and adapt. The concept of a lifelong learner, previously lauded by educators with an eye to the future, has now become a reality. Learning and continual improvement should be embedded in each child's psyche so that school life is just a starting point to a lifetime of learning, growth and development. Help your child see themselves as successful learners who achieve results through hard work and application, and that nothing is beyond them if they apply themselves.

Promote leadership

Leadership is required in all walks of life including at school, at work, in families and in the wider community. Help your child see themselves as a leader by focusing on personal leadership capacities such as planning ahead, communicating clearly, being accountable for their behaviour, developing emotional awareness and fostering good relationships with siblings and peers. Personal leadership development provides a strong foundation for the development of leadership skills in more public forums in later life.

Applaud independence

The school years are critical for the development of independence, which can easily be closed down by the roadblocks of impatience, overindulgence, fear and lack of time. Alternatively, independence is promoted when we show patience, provide opportunity, display confidence and teach students how.

Embed wellbeing

If there is one difference that modern schooling is making to the next generation it's in the leadership they have shown in recent years to the maintenance of mental health and wellbeing practises. Parents can support their child's long-term wellbeing by embedding wellbeing habits including healthy eating, exercise, sleep, relaxation techniques, regular time in nature, gratitude and mindfulness.

Teach socialisation

If you want your child to be liked by others, it's essential to spend time and effort developing the skills and attitudes needed to succeed. Develop in them an awareness of how their behaviour impacts on others, instil manners and community-mindedness and develop a broad range of friendship skills that will assist them to relate well to others.

Foster resilience

2020 showed us life is unpredictable, full of ups and downs, straight balls and curve balls. It's the unpredictability, the downs and the curve balls that develop kids' resilience. How parents and teachers react to the hardships, frustrations and difficulties kids face either hamper or foster resilience. Spoil, overprotect or pamper and growth opportunities are wasted. Support, encourage and teach kids to cope and you'll be helping them develop a real sense of psychological hardiness and resilience that's essential for long term happiness and success.

Make this year a memorable one by helping your child grow and develop into the best student they can be. Keep the focus broad and do all you can to ensure that your child sees themselves as a confident and continuous learner.



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 *Spooned 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.

A Parent's Guide to Swimming Pool Safety & Hygiene

As the government allows more indoor and outdoor swimming facilities to open up, it's crucial to remind our schools about the importance of pool hygiene safety. (especially during COVID-19).

This guide covers important topics such as:

Basics of pool hygiene - how parents can help kids maintain good health and hygiene practices in and around the swimming pool.

Understanding and mitigating the **risks of recreational water illnesses (RWIs)** and other water-borne infections.

Important pool safety knowledge - understanding water safety signs, and helping kids recognise when it's unsafe to swim or dive.

Other essential swimming and **water safety advice and best practices** for parents and their children.

Click [this link](#) to view the guide.



[A Parent's Guide to Swimming Pool Safety & Hygiene](#)

Swimming is fun and in this guide we explore the importance of teaching children to swim and how to improve safety and hygiene.



Join us for a free
BBQ & Exhibition Event
to celebrate these Brimbank Artists
and see what they have to share through
their expressive and highly original artworks.

The Gallery In Me Exhibition follows a series of Visual Arts workshops in which the young Artists led themselves through an intensive exploration of creative materials: experimenting, innovating and discovering which ones they can 'speak' through. They then created artworks that magnificently communicate their unique perspectives and their sense of self.

Visit The Gallery In Me Facebook page to meet the Artists and see them in action and for any Health Directive updates impacting the event.

Where: Kororoit Creek Neighbourhood House, Selwyn Park, Sunshine

When: Saturday March 6th from 2.30 - 5.30pm

We acknowledge the Traditional Owners of the land on which this event takes place; the Wurudjeri people. We recognise the diverse and enduring cultures of all of Australia's First Peoples, and pay respects to Elders past, present and emerging.

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With support from Brimbank City Council Neighbourhood House Unit