



# St Theresa's School Albion



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

Newsletter, March 25th 2021 (Term 1 Week 9)



## BEST BEE AWARD

*Last week it was our great pleasure to announce that the first Best Bee Award winner for 2021 was Annabella Folino. Annabella is amazing, she comes to school every day ready to learn and tries really hard in every subject. She is caring in the way she treats others, often watching out for the younger students in the yard and making sure that they are OK and have someone to play with. She is always ready to help others whether it be school mates or teachers and she always has a smile on her face, we don't think we've ever seen her grumpy or upset.*

*Congratulations Annabella, you are a worthy Best Bee!*



## Year 1 & 2 Learning Walk

Last week on Thursday St Theresa's was pleased to invite parents back for our first parent and children community event in a long time. Unsure what to expect after 18 months of no parents being on site, we initially set out 13 chairs then as the morning progressed it became 20, 30 and then 40 chairs. This was an absolutely wonderful result as so many of our parents were eager to be back on site seeing their children, the staff and meeting each other.

We visited 3 classrooms observing the children learning and then returned to the multipurpose room where Carla, Brigid and Bonnie along with Marie, Greg, John and Rob listened and responded to parents questions about the children's learning and what they had seen in the classrooms.

This was followed by a cup of tea and a big thanks to all the parents who joined us for the morning.

We look forward to doing more of these events next term.

Greg Woolford

*Family School Partnerships Leader*



## STUDENTS OF THE WEEK



**P/1S :** Audrey Rizado for following the 4 Bs to perfection. You are happy, caring and always ready to learn. Billie Roach for using some fabulous describing words in her writing. You are an adjective champion! Ned Bertram for trying so hard and never giving up. You can write your name so beautifully now. Well done!

**P/1B :** Quinton Gibson for always using his best manners. Liam Karmakar for his magnificent narrative writing about a Boa Constrictor.

**1/2CE :** Annie Lam for participating in group discussions and supporting her answers with evidence from the text. Elliott Wiseman for creating a great maze for his bee bot during stem. Vidhusha Keerthiban for using words around the room to help construct her sentence.

**1/2B :** Owen Frankish for reading with excellent expression. Well done! Gurfateh Sran for making brilliant connections and comments during reading lessons. Keep it up!

**3/4F :** Lennon Mobbs for being creative in his writing. Marissa Kaing for improving her addition and subtraction skills

**3/4JD :** Abby Zhong for her positive attitude, happy disposition and always trying. Well done!

Georgia Rep for trying to stay positive and asking clarifying questions. Top job! Jett Hyett for always following through with tasks he needs to complete. Well done!

**4/5K :** Abigail Kung for the amazing detail she adds to her writing. Dan Tran for working hard across all curriculum areas.

**5/6F :** Cheska Hernandez for her improvement and persistence during maths lessons. Theodora Galovich for her continual enthusiasm for learning and striving for improvement. Amazing!



### THANKS DAGOGO... YOU'RE A GREAT DANCE TEACHER

Our very talented dance teacher Dagogo, had his last day at St Theresa's today and he went out with a bang! We had our own "Flash Mob" dance, and every class performed one of Dagogo's dances. It was brilliant and you can tell by these photos taken during the lessons, that the children loved it! A short video of his work can also be seen on the [school website](#)



### FUNDRAISING NEWS....Easter Raffle

Our first Fundraising event for a long time is off to a great start if the collection of Easter Eggs outside the office is anything to go by. Thankyou for being so generous with your Easter donations. We are going to have loads of prizes to give away! **RAFFLE TICKETS NEED TO BE RETURNED TO SCHOOL BY TOMORROW, FRIDAY 26<sup>TH</sup>**. The raffle will be drawn next Tuesday afternoon (April 3<sup>rd</sup>) at 2.30pm.



Our Fundraising Group is made up of a wonderful group of parents who volunteer their time to raise money for much needed resources for our school. They would love some new members and a bit of extra help. They normally meet a couple of times a term and the next meeting will be held on **Monday 29<sup>th</sup> March at 7pm** in the staffroom. Please consider coming along and meeting some new parents. They will be discussing the upcoming Mother's Day stall and Disco as well as other fundraising possibilities.



## HARMONY DAY AT ST THERESA'S ...CELEBRATING OUR CULTURAL DIVERSITY

### "EVERYONE BELONGS"

Last Friday was Harmony Day at St Theresa's (see photos below). Harmony Day celebrates Australian multiculturalism, and the successful integration of migrants into our community.

Australia is one of the most successful multicultural countries in the world and we should celebrate this and work to maintain it.

Harmony Day is about inclusiveness, respect and belonging for all Australians, regardless of cultural or linguistic background, united by a set of core Australian values.

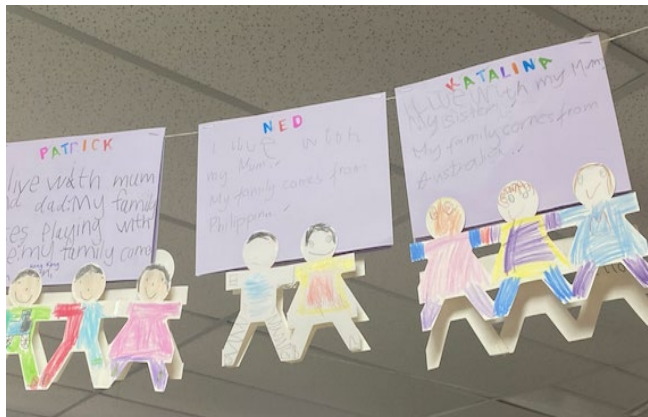
**Facts and figures** : (These facts are taken from ABS 2016 Census Data. Check out the Australian Bureau of Statistics website)

There are some fascinating statistics about Australia

- nearly half (49 per cent) of Australians were born overseas or have at least one parent who was
- we identify with over 300 ancestries
- since 1945, more than 7.5 million people have migrated to Australia
- 85 per cent of Australians agree multiculturalism has been good for Australia
- apart from English, the most common languages spoken in Australia are Mandarin, Arabic, Cantonese, Vietnamese, Italian, Greek, Tagalog/Filipino, Hindi, Spanish and Punjabi
- more than 70 Indigenous languages are spoken in Australia.



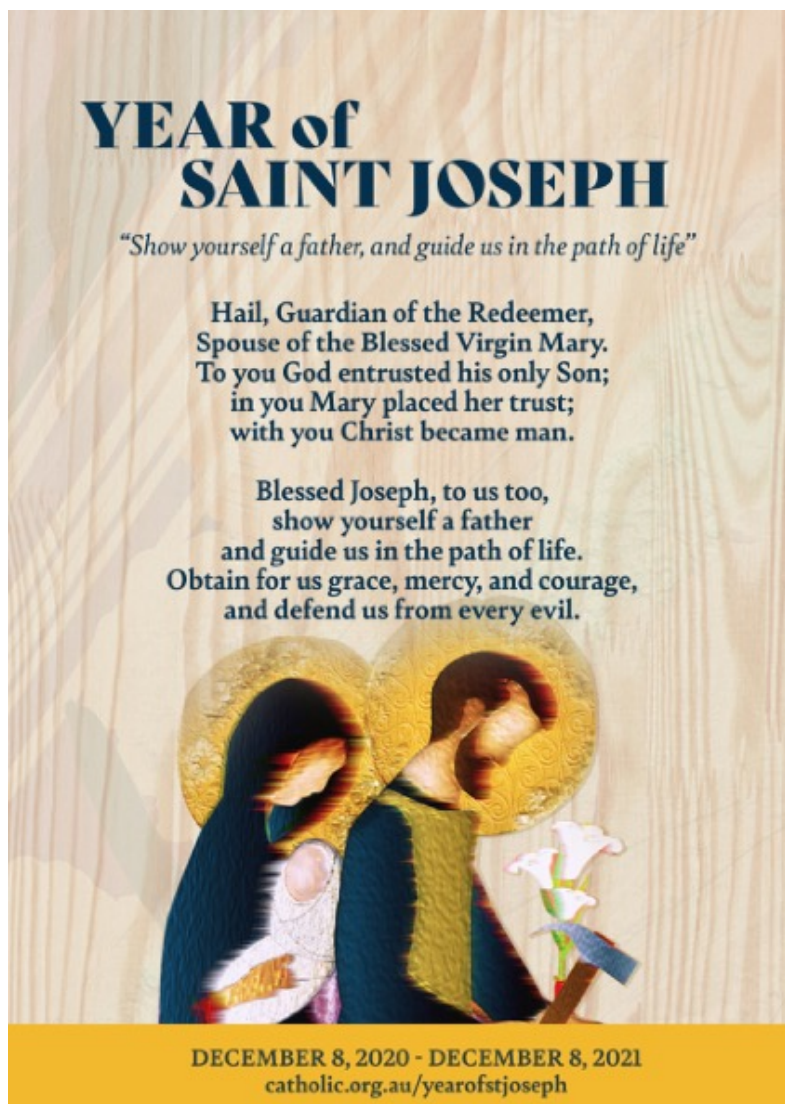




## PEN LICENCES



Congratulations to Charlotte Attard and Rei Xu who worked hard to achieve their pen licences recently.



The Pope has declared 2021 to be "The Year of St Joseph", so we send this prayer home for you to say as a family. We will also be remembering St Joseph during our RE lessons and in prayer this year.



**Year 3/4s learning about their  
Environment  
at Kororoit Creek**



Last week the Year 3 / 4 children went out on a wonderful excursion to Kororoit Creek.

The session was led by our partner organisations, Melbourne Water and the Werribee River Keeper Association.

Students were split into two groups. The first group undertook some water testing, looking at the health of the waterway (with Dr Teresa Mackintosh, Melbourne Water) whilst the second group went with John Forrester (Werribee River Keeper) on a nature walk along the creek, learning new information and insights about our local environment.

The data collected about the creek health will be uploaded online and shared as part of a state-wide data collection project we are involved in, called River Detectives.

The children behaved absolutely brilliantly and our three external facilitators really stressed how the children were a joy to work with-thanks Gr 3 /4 children.

We will use this information to build on the term's work as we look at water in our local waterways and further explore its connections to the bay

Thanks very much to the teachers Jessica, Fergal and Doriana, for helping arrange this excursion on the day

Greg Woolford  
Family School Partnerships





**ENROLMENTS** : Applications for enrolment for 2022 are now being accepted. Enrolment forms are available from the school office or via the school's website.

**ASSEMBLIES** : As of next term, limited numbers of parents will be able to attend our school assemblies. Each assembly features one class showcasing their learning on a current topic. Attendance by parents at assemblies will be limited to family members who have a child in the class that is hosting the assembly. The first assembly for term 2 will be on Friday 30<sup>th</sup> April hosted by 4/5K.

**WET DAY DISMISSAL** : A reminder to all parents about what to do if it is raining at pick up time.

P/1S & P/1B students can be picked up from their classrooms.

1/2B, 1/2CE, 3/4F students can be picked up from the office foyer area.

3/4JD, 4/5K, 5/6P, 5/6F students can be picked up from the multi-purpose room.

#### **EASTER PARALITURGIES**

This year the Easter Story will be told through paraliturgies, with each level being responsible for one of the Easter days.

Friday : Palm Sunday by P/1

Monday : Holy Thursday by 1/2

Tuesday : Good Friday by 3/4

Wednesday : Easter Sunday by 4/5

Thursday : Washing of the feet and End of Term Mass by 5/6

**SCHOOL BLOGS** : A great way to keep in touch with what your child is learning at school is via their class blog. These can be accessed via the [school website](#) or directly through these links

**Grade Prep/1 S   Grade Prep/1B   Grade 1/2 CE   Grade 1/2 B**

**Grade 3/4 F   Grade 3/4 D   Grade 4/5 K   Grade 5/6P   Grade 5/6F**

**Well Being   STEM**

#### **END OF TERM 1**

**The children will finish school at 1PM next Thursday 25<sup>th</sup> March**  
**(OSHCLUB will be available)**

**Term 2 begins at 8.45 on Monday 19<sup>th</sup> April.**



# Managing anxiety before it becomes a problem



## • WELLBEING AND MENTAL HEALTH

**by Michael Grose**

The president of Australian Primary Principals Association (APPA) recently highlighted the enormity of the anxiety problem that children are facing. A survey of primary schools across Australia conducted by the APPA showed that 80% of school leaders regard anxiety as a significant issue for children.

Research shows that childhood anxiety left unmanaged will almost certainly re-emerge, highlighting the importance of early detection and management of anxiety. Parents, as first responders, play an important role by minimising the impact of stressful moments before they lead to full-blown anxiety. Here's how they can help.

### ***Recognise anxiety triggers***

Recognising the events that trigger anxiety is the first step in helping a child to manage their stress. Rapid or unpredictable change, new social situations, unfamiliar events and difficult experiences are the most common anxiety stressors for kids.

### ***Know how it shows***

Stress and anxiety show in many ways however most children display anxiety behaviours that are unique to them. Typically, anxiety shows through physical signs such as chest pains, nausea and headaches. Anxiety can be observed through behavioural clues such as avoidance of activities, aggression, concentration difficulties and constant fiddling and movement. Worrying, overthinking and catastrophising are also common in children who experience anxiety. Knowing how anxiety shows in your child will alert you to respond appropriately with support and understanding.

### ***Give kids tools to manage their states***

Once anxiety is experienced it never truly disappears. It's always there in the background. Anxiety needs managing so kids can get on with their lives rather than become overwhelmed by stress and worry. Providing children with tools to manage their thinking, emotional and physical states, prevents anxiety from becoming debilitating. Management tools such as deep breathing, mindfulness and exercise as well as techniques to help kids distance themselves from their anxiety-inducing thoughts help them minimise the impact of stress.

### ***Help them understand how anxiety works***

Children who understand what happens in their brains and bodies when they are stressed are better able to manage their anxious states. Providing children with a thorough knowledge of

how anxiety works and how it shows empowers them to push their worries into the background while they get on with their lives. Managing anxiety takes practice, but it's absolutely essential if children are to flourish rather than become overwhelmed by stress and worry.

### ***In closing***

Stress and anxiety have accelerated with the impact of the pandemic. The growing rate of anxiety is no one's fault, however it does mean that parents need to become more knowledgeable about how anxiety works, how it shows and how you can help your children.



**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



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## WHO ARE WE?

**MPiR Tuition is a maths tuition centre co-founded by a VIT registered teacher with previous teaching experience at Penleigh and Essendon Grammar School (PEGS) and University High School (UHS).**

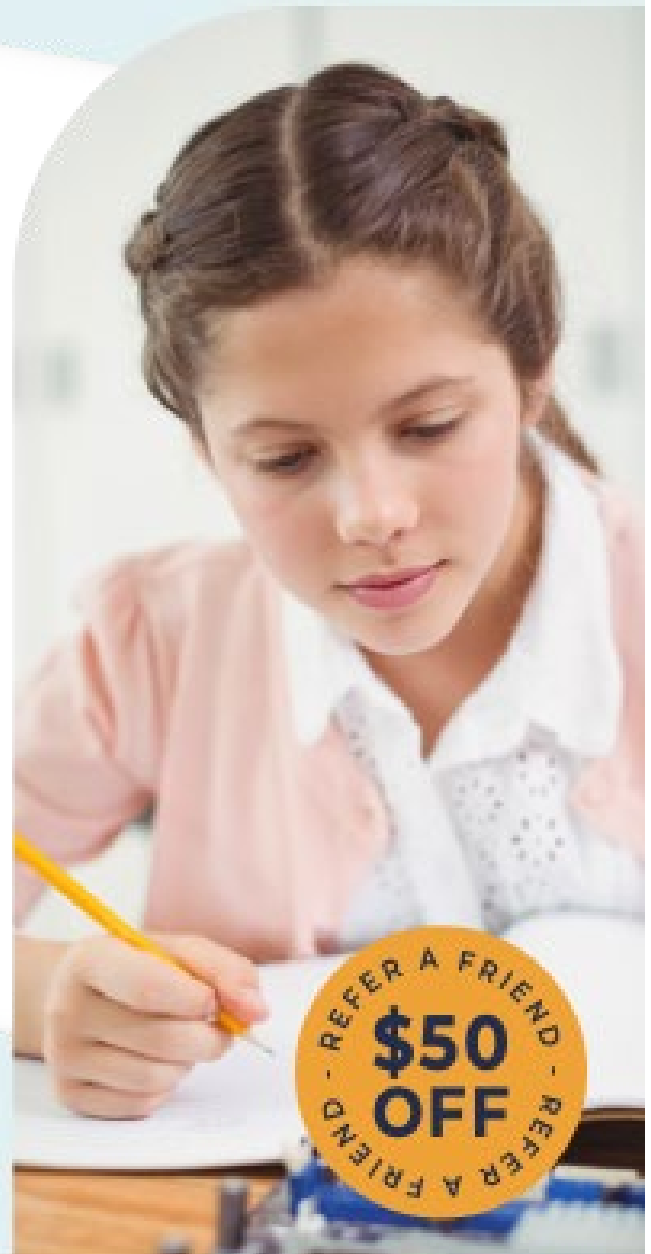
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**FIRST LESSON FREE**



# REGISTER NOW!



## UNDER 8'S, 9's 10's and 12's

**Training begins Monday and Wednesday  
8th and 10th of February**



COVID Safety Protocols Followed

Contact

Robbie Greto 0420 229 082

Derek Gatt 0411 737 116



Find us on  
Facebook

**5 - 6pm**

Ainsworth Reserve  
Sunshine West