



St Theresa's School Albion



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

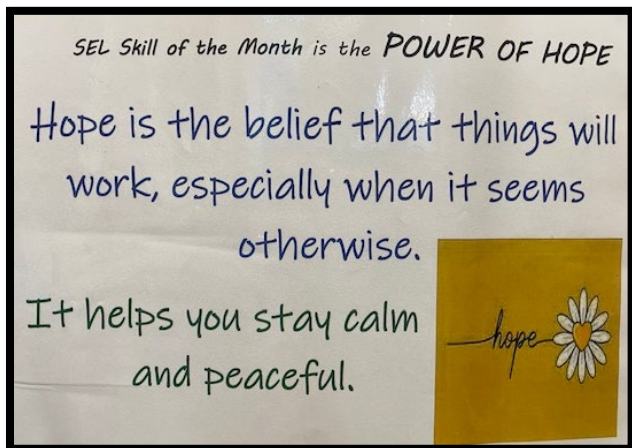
Newsletter August 6th 2021 (Term 3 Week 4)

CONGRATULATIONS TO OUR FIRST COMMUNICANTS



We were very proud of this group of Year 3 students when they made their First Holy Communion last weekend. Although it was a small ceremony (because of COVID restrictions) it was very beautiful and reverent with the children celebrating the sacrament with their immediate families. Thanks to Kathryn and the 3/4 team who prepared the students so well and to Father Barry for being so reassuring for the children. As you can see, they looked beautiful and did a great job!

SEL SKILL OF THE MONTH



Our new SEL skill that the whole school is focussing on is the Power of Hope. The teachers will discuss this idea with their students by giving examples of needing to have hope but it will be twice as powerful if you can also talk about it at home with your child.

The scheduled on-line chat for our parents last Wednesday night could not go ahead because of a glitch with the link however we have planned another one for next Wednesday night from 7.30PM – 8.30PM (please note the change of time). The details are included in the invitation from Greg and Marie below.

INVITATION TO PARENTS TO JOIN US IN AN ON-LINE CHAT (take 2!)

Dear Parents,

As a follow up to our unsuccessful meeting online last night, we would like to invite you to a new meeting with a link that will hopefully work.

For many of you who sent texts and emails last night about your failed attempts to get into the meeting, this should no-longer be a problem. We've found the mistake and fixed it.

Also, congratulations to parents Sarah and Jacinta who did manage to log into the meeting through their children's emails.

We hope you've both received your complimentary champagne for making it on the night.

The new meeting details are below : **Please note it is slightly later than before.** This is because several parents requested a little more time for putting to bed and settling younger children.

meet.google.com/kso-mwjz-veo

When : Next Wednesday 11 August from 7.30pm-8.30pm

Link-To be forwarded

Why : To reconnect with our families after the recent school closures, share ideas on ways to manage times in lockdown and hear how we could improve your experiences during times of remote learning.

Greg and Marie look forward to "seeing" you on Wednesday night.

We hope you can all make it.

A Safety Reminder for Everyone

*We are concerned by what some parents are doing when they drop off their children at school in the morning. We have noticed a lot of parents stopping in the street outside the front and back entrances to school and opening their doors to let their children run out across the road. We are really concerned that an accident is going to happen. We know it's sometimes hard to find a parking spot and everyone's in a hurry but please take the extra time to find a safe park and **be aware of safety for your own and other children.***

FACE MASKS

Our very creative and talented Italian teacher Maree, is making these beautiful COVID face masks. You can purchase one for \$20 with all the money being donated to Asylum Seeker Resource Centre (ASRC). If you're interested in buying one or making a donation to ASRC, please see Trish in the office.



CYBERSAFETY EDUCATION

The eSafety Commissioner is an organisation that helps us to have safer and more positive experiences on line. This term they are providing free webinars for parents to learn the latest strategies for helping children stay safer on line.

Parent/carers webinars : eSafety's parent guide to popular apps - **flyer with registration details below**

Taking a look at TikTok, Instagram, Snapchat, and YouTube

Join the **eSafety Commissioner's** expert education and training team for a **FREE** live webinar.

It is designed for parents and carers of young people aged 8 - 13.

It will cover:

- popular apps used by young people
- include case studies, research, and targeted advice
- how you can support the young people in your life to have safe, enjoyable online experiences.

Guide to popular apps

Free webinar



Taking a look at TikTok, Instagram, Snapchat and YouTube

Join the **eSafety Commissioner's** expert education and training team for a FREE live webinar.

It is designed for parents and carers of young people aged 8 - 13.

This webinar focuses on popular apps used by young people. It will include case studies, research, and targeted advice so you can support the young people in your life to have safe, enjoyable online experiences.

Register now

Monday 16 August 12:30 pm – 1:30 pm

Tuesday 31 August 7:30 pm – 8:30 pm

[Register](#) or for more information please visit esafety.gov.au/parents/webinars

EXCITING INFORMATION FROM BRIMBANK LIBRARIES

This August is [Children's Book Week](#) (21st to 27th August).

The theme this year is New Worlds, Old Worlds and Other Worlds. We have a range of fun events on across the week, as well as in the lead up. Please see attached flyer or our website for more information and bookings.

We are also launching a monthly Lego challenge. Children can complete the challenges to enter the competition. They can submit their entries for the lego challenge via:

-Brimbank Libraries Virtual Lego Club: <https://www.facebook.com/groups/brimbanklegoclub/about>

-Email: library@brimbank.vic.gov.au

- Instagram: #brimbanklibrarieslegochallenge

For more information visit our website: <https://www.brimbanklibraries.vic.gov.au/index.php/what-s-on/book-an-event>

Brimbank Libraries
Imagine, Explore, Discover, Connect



Lego Challenge

Complete a monthly Lego Challenge to go into the draw to win a prize!

Submit an image of your creation any time between 9am on the first day and 5pm on the last day of each month to be in to win a Lego kit.

Choose how to enter:

- On Facebook via the Brimbank Libraries Virtual Lego group
- On Instagram with #brimbanklibrarieslegochallenge
- Or email them to library@brimbank.vic.gov.au



Old Worlds. New Worlds. Other Worlds.

Design your own world or alternate universe using Lego.

Challenge open 1 - 31 August

Spring Into September

Design a creation inspired by spring.

Challenge open 1 - 30 September

Halloween

Create a spook-tacular Halloween inspired Lego design.

Challenge open 1 - 31 October

Kids vs. Adults

Challenge a parent, carer or older brother or sister to a Lego build-off!

Challenge open 1 - 30 November

Merry Christmas

Create a Christmas inspired Lego scene, character or something to spread some festive cheer!

Challenge open 1 - 31 December



Visit our website for more information: [brimbanklibraries.vic.gov.au](https://www.brimbanklibraries.vic.gov.au)

Deer Park	4 Neale Road, Deer Park	T 9249 4660
Keilor	704B Old Calder Highway, Keilor	T 9249 4670
St Albans	71A Alfreda Street, St Albans	T 9249 4650
Sunshine	301 Hampshire Road, Sunshine	T 9249 4640
Sydenham	1 Station Street, Taylors Lakes	T 9249 4680



#BrimbankLibraries

Libraries
Change Lives



Dear Parents, this is a very good, short article by digital wellbeing expert, Kristy Goodwin, containing some excellent advice on a subject lots of parents find difficult. Please take some time to have a read.

Establishing digital boundaries for a good night's sleep



It's well established that sleep is vital for children and adolescents' learning, physical health, mental wellbeing and emotional regulation. Yet, a concerning number of Australian children and adolescents aren't meeting the national sleep guidelines according to a recent study*.

There are many reasons for young people's poor sleep habits including school demands, co-curricular and/or work commitments, perceived pressure from parents and educators and consumption of energy drinks. Young people's digital device habits can have a significant, negative impact on their sleep.

Handheld devices emit blue light which hampers melatonin production. This can result in the delayed onset of sleep and potentially shorten critical phases of the sleep cycle. Research confirms that children who have not yet gone through puberty are particularly vulnerable to blue light exposure in the evening as they have larger pupils, compared to post-puberty adolescents.

Strategies to stop screens from sabotaging your child's sleep

Parents can have a positive influence on their child and teens' digital habits and doing so will yield positive results for their child's sleep and subsequent learning and wellbeing.

Establish a digital bedtime

Kids should switch off digital devices 60 minutes prior to falling asleep. Reinforce this habit by establishing a 'landing zone' such as a kitchen bench, or desk in a study or sideboard where digital devices go for charging and storage. Many students report that they 'need' to complete homework or submit assignments late at night. Verify the validity of such statements and work in partnership with your child's school to limit this type of required screen activity at night. Parents need to also be good role models by switching off before bed too.

Tech-free zones

Bedrooms should be tech-free zones so consider buying an alarm clock if your child uses a mobile phone to wake themselves up. Keeping devices out of bedrooms removes the tech-temptation to use them throughout the night, reduces the likelihood that they'll reach for them upon waking

and lessens the chance of cyberbullying incidents. Ensure any devices left in bedrooms are on airplane mode and that the device is away from their line of sight.

Ensure a daily dose of 'greentime'

Exposure to natural blue light from sources such as the sun is critical for regulating circadian rhythms and promoting sleepiness at night. Ensure your child/teen is exposed to bright, natural, daytime light preferably before midday each day.

Use blue light filters

Most devices include options for 'night mode' or 'dark mode' that reduce blue light exposure. Dimming the brightness of the screen in the settings or applying a filter on a desktop or laptop also assists.

Do a screen swap before bed

Encourage passive tech activities before bed such as watching TV, listening to an audiobook, music or podcast, or reading on an e-reader.

It can be a challenge navigating digital boundaries with your child or teen particularly when it involves sleep, which is vital for health, wellbeing and learning. Talk to them regularly about the importance of sleep using science and facts to substantiate your claims.

*The Australian Department of Health recommends between 9-11 hours of sleep for children (aged 5-13 years) and between 8-10 hours of sleep for adolescents (aged 14-17 years). A 2019 study published by the Australian Institute of Family Studies found that a quarter of 12-15-year-olds were experiencing a concerning lack of sleep and more than half of the 16-17-year-olds in the study were not getting the recommended 8-10 hours/night

(Source: <https://aifs.gov.au/sites/default/files/publication-documents/lSac-asr-2018-chap4-sleep.pdf>)



Dr Kristy Goodwin

Dr Kristy Goodwin is a digital wellbeing and performance speaker, author and researcher (and mum who also deals with her kids' techno-tantrums!). She's the author of *Raising Your Child in a Digital World*, and a media commentator who doesn't suggest that we ban the iPhone, or unplug the gaming console (digital abstinence isn't the solution). Kristy translates research into essential information and realistic strategies for parents to ensure kids and teens thrive in the digital world. For further details visit www.drkristygoodwin.com.

Newsletter



Snapshots from the last week of Term 2!



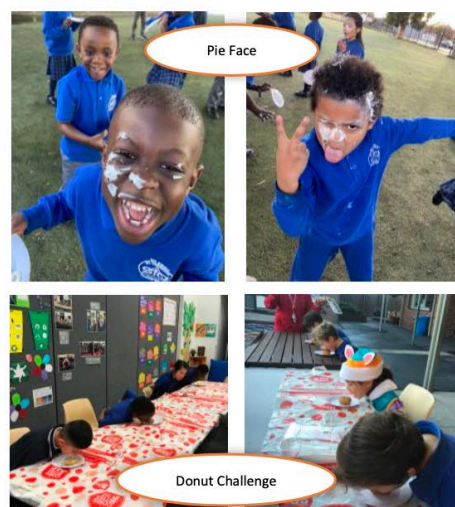
WHAT'S BEEN HAPPENING...

Last Day of Term 2, 2021!

Everyone had a blast while participating in: **Donut Challenge, Pie Face, Scavenger Hunt and Decorating Cookies.** We have received positive feedback from the children about how much they have enjoyed the following activities! Our team has

organised these activities to ensure that everyone has a memorable moment.

Don't believe these kids had the time of their lives? Check our photo gallery section in this newsletter!



Your voice matters

Your opinion matters to us and we would love to seek ways of encouragement and improvement for our service. Please feel free to submit an anonymous review at any time by scanning our QR code.



Customer service & Billing

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.



St Theresa's (Albion)
August 2021

Mon-Fri
7am – 9am
3:15pm – 6:15pm

P: 0447 559 334
E: sttheresas@oshclub.com.au
oshclub.com.au

Newsletter



COMING UP

**12
July**

Start of Term 3
St Theresa's PS and Albion PS

**17
Sep**

St Theresa's – Last day of Term 3
Early finish at 1pm

**17
Sep**

Albion PS – Last Day of Term 3
Early finish at 2:30pm



PHOTO GALLERY



Making 'oobleck'



Pie Face



Decorating cookies



Scavenger hunt



RECIPE

How to make 'oobleck'

- 2 cups cornstarch
 - 1 cup water
 - Food coloring (optional)
1. Mix 2 cups of cornstarch to 1 cup of water into a bowl. Mix the cornstarch and water until your oobleck is formed.
 2. If you find the mixture is a little too watery and not forming into a solid when you pull the oobleck out of your bowl then add more cornstarch. If you find the mixture is not dripping like a liquid, add a little more water. Just keep experimenting until you get the consistency of oobleck.
 3. Pick up the oobleck with your hands and form a ball. Then let go of the ball and watch it melt into your hands like magic!



Newsletter



Plans for Term 3

Unfortunately, Victoria has gone through another snap lockdown. Our team will be working hard to ensure that we have been compliant with all aspects according to the [National Quality Framework](#) and [Quality Improvement Areas](#).

Hopefully, everyone comes back to OSHClub and provides us an input to how we can program our service. Everyone's voice matters! We want to ensure that everyone has a say in: what activities children and families want us to organise, have weekly events and themes!

Feel free to let us know how we can improve our OSHC service through <https://forms.office.com/r/273A8vLivC>



Cancellations, no shows and late pick-ups

Bookings can be made online any time up to 24 hours before the session commences. To make a booking after this time, please contact your directly on 0447 559 334. Late bookings will incur with an additional \$4.00 fee. To avoid any out of pocket costs, cancellations must be made at least 48 hours in advance. Cancellations within this period will incur the full fee, less any applicable CCS.

LATE PICK-UP

A \$1.00 per minute, per child fee may apply for children picked up after the service close time.

COVID-19 SERVICE CHECK-IN

Like many areas in Victoria, we have a QR code for all members in the community to scan and ensure we prioritize everyone's safety. Our team will be reminding everyone to scan and check-in when dropping off or picking up children from our OSHC service.

OSHClub's Vacation Care



Looking for something to do over the Term break? Check out our fellow Vacation Care centers!

St John's Catholic Primary
34 Essex St, Footscray VIC 3011
P: 0437 465 054



CHILD CARE SUBSIDY (CCS)

Many families are eligible for Child Care Subsidy, which can reduce the cost of Outside School Hours Care by up to 85%. All our services are CCS approved, so we encourage all families to find out whether they are eligible. To establish what level of CCS you may be entitled to please contact the Centrelink Family Line on **13 61 50**.



Newsletter



iParent Portal Web navigation bar—
These tabs provide access to various features as outlined on page 2 of this guide.

Logout—Click here to log out of the system at anytime.

Information Centre—Shows OSHClub service related news post communications.

Account Balance—Shows the Guardian's balance and the ability to make a one-off payment.

Bookings—Shows bookings for this current week and for next week.

HOW TO MAKE BOOKINGS

1. From the iParent Portal **home page** > click the **Bookings** tab (blue banner across the top of the page).

The Bookings screen will display.

To make a Casual (Once-Off) Booking:

2. On the right-hand side > click **Casual Booking**.
The New Casual Booking screen will display.
3. Select the **Child** from the dropdown list.
4. Select the **Booking Date** from the calendar provided.
5. Select the care type from the **Room** drop-down list.
6. Tick that you have read and understand the **booking information** conditions.
7. Click **Save**.

To make a Recurring (Permanent) Booking:

1. On the right-hand side > click **Create Bookings**.
The Manage Bookings screen will display.

2. Select the **Child** from the drop down list.
3. Select the frequency from the Repeat drop down list.
4. Select the **Booking Start Date** for the booking period ensuring it starts no earlier than the current date.
5. Select the **Repeat Until** date from the calendar provided.
6. Select the number of **Bookings Per Day**. (Change to 2 if you wish to book both BSC and ASC on the same day).
7. Select the care type from the **Room** drop-down list (BSC or ASC).
8. Tick the **Days** that you require care.
9. Tick that you have read and understand the **booking information** conditions.
10. Click **Save**.
11. An **Update Bookings Confirmation** pop up will appear (if applicable) click **Continue** to confirm bookings or **Cancel** to make changes.



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