



St Theresa's School Albion



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

Newsletter, May 19th 2022 (Term 2 Week 4)



Creator Spirit, strengthen these children with your gifts of grace, to love and serve as disciples of Christ. Fill them with the joy of your presence, increase in them the fruits of your Spirit : the spirit of wisdom and understanding, the spirit of love, patience and gentleness, the spirit of wonder and true holiness. Amen

CONFIRMATION

The following year 6 children will be receiving the Gifts of the Holy Spirit in the Sacrament of Confirmation next Friday night. It is an important stage of their faith journey and we ask that you keep Joy Bagu, Venice Barizo, Brodie Dixon, Jack Donnellon, Scarlett Englehart, Ethan Everett, Hoang-An Huynh-Vu, Velma Lal, Dylan Lu, Freddie Martinu, Angelica Mathieson, Ethan Monaghan, Isabelle Montalto, Krystal Nguyen, Patrick Nguyen, Angela Pepdjonovic, Lupita Pullen, Oliver Rep, William Sidebottom and Fiancelle Valentos in your prayers as they continue their preparation.



An important part of the students' faith development in Year 6 is the Confirmation Reflection Day spent together at St. Patrick's Cathedral and the Mary MacKillop Heritage Centre. Some went on a nature walk through Fitzroy gardens and saw different structures which represented the gifts of the Holy Spirit whilst the others were in the Heritage Centre looking at relics and other things and also learning about the life and legacy of St Mary MacKillop.

SEL SKILL OF THE MONTH

ACCEPT & RESPECT...we are all different

For the rest of this term the students in all levels will be discussing and challenging stereotypes on attitudes and behaviour. They will learn about the importance of respect within relationships. The activities will promote respect for diversity and difference. You might like to support us by chatting to your child about the importance of acceptance & respect.



SPECIAL RE-INVITATION TO OUR PREP PARENTS



Dear Prep Parents, You are re-invited to the previously postponed Learning Walk to be held on **TUESDAY 31st May from 9AM -10.30AM**. It will be a chance to join Greg and Marie for a cuppa, observe your child learning in their classroom, join in a discussion about the ways your child learns and get a chance to ask questions to the Prep teachers.....all while getting to know some of the other prep mums and dads. It will be a great opportunity to have a few laughs, and chat to the Prep team.

We look forward to seeing you all again.

UPCOMING IMPORTANT DATES FOR YOUR DIARY:

Tuesday 7th June at 9AM : Year 1 Parents Community Conversation

Tuesday 14th June at 9AM : Year 2 Parents Learning Walk

Friday 17th June : Reports are sent home

Wednesday 22nd June : Parent/ Teacher Interviews – SCHOOL FINISHES FOR STUDENTS AT 1PM

Friday 24th June : Term 2 Ends at 1PM

Interschool Sport is on again tomorrow. We are playing Albion Primary School away, as we battle for the Adelaide St Cup! Good luck to the year 5s & 6s and feel free to support the teams if you want to.

ASSEMBLY next week : FRIDAY May 27th hosted by 1/2CE. If you have a child in that class, you are invited to join us if you wish....2.30 in the MPR

2023 PREP ENROLOMENTS NOW OPEN...please collect an enrolment pack from Trish in the office.

We will be holding the last 'See Us In Action' Tour next week Thursday 26th May at 11.30, for any parents who are interested in enrolling their child at St Theresa's for 2023. Just book in by calling the office on 93119070.

SEMPER DENTAL VAN IS COMING On the 6th and 7th June, Semper Dental Service will be visiting our school. The dentists provide a free dental check-up and treatment for all eligible students. There was a pamphlet sent home that explained all about the service. If you are interested in getting your child's teeth checked, fill in the consent form and send it back to school next week please.

CELEBRATING PEN LICENCES

**Congratulations to Eric
Liu, Scarlett Clarke,
Mahek & Manshi
Ramsahaye, Benjamin
Huynh, Chloe Huynh,
Abby Zhong Ethan Kadrik
and Rei Xu for working
hard on their handwriting.**





STUDENTS OF THE WEEK

P/1S : Arlo Lay for always being ready to learn and making the most of every opportunity at school.

Avanthika Jakkampudi for being such a helpful, kind and considerate class member. Christopher Risteski for making a genuine effort to sound out when writing. You are a champ!

P/1B : Ace Le for his outstanding effort in all his maths tasks .You are a star! Coady Grace for using number lines to solve addition problems independently. We are so proud of you! Harper Spear for her positive outlook and attitude. Thank you for brightening everyone's day.

1/2 CE : Liam Kamakar for fantastic descriptive writing. Zachery Cumner for working hard and listening carefully.

Wesley Fernando for being thoughtful and responsible in class.

1/2B : Hope Bagu for working well during reading groups. Brian Xu for excellent work during mathematics. Nathan Le for a brilliant effort with his Mum profile.

3/4J : Macey Donnellon for her contributions at the CERES excursion. Manshi Ramsahaye for her huge effort with all her class work. Ryeome Paltingca for making a great effort to get to know her new classmates. Welcome to St Ts! Frankie Flynn for being a friendly and cooperative class member. Welcome to St Ts!

3/4TM : Novak Galovich for consistently working hard with the best attitude. Keep it up! Indigo Nguyen for being a happy, caring and friendly member of our class.

4/5K : Harry Xuereb for always for always working hard especially when he's being challenged. Arnav Pawar for his positive attitude towards his learning and his peers.

5/6P : Anekah Bartram-Hatzi for showing great courage by sharing her feelings and experiences with the class. Winston Chen for being cool, calm and collected in every situation that life throws at him.

5/6F : Waylin Chen for his positive and enthusiastic attitude towards learning and everything he does. His motivation and effort are fantastic! Elina Arora for her ongoing commitment to improvement by responding to feedback.

EXCURSIONS GALORE!

Williamstown Foreshore Excursion

The Grade 5 children and 4 /5 K class went to the Williamstown foreshore last week. The excursion was the completion of our Term 1 Inquiry unit on Biological Sciences. We were fortunate that the Autumn weather was perfect for us. We were welcomed to the Williamstown Botanical Gardens by Willie Pepper and indigenous elder who spoke to the children about indigenous life prior to white settlement and indigenous life now. The children gained many insights from him.

The second part of the day was a range of activities led by Nicole from Victorian National Parks Association and David (President of Jawbone Sanctuary) and Sandy (diver and volunteer). All three presenters looked at different elements of marine life. Another rotation group was cleaning up the Williamstown Foreshore beach (using tongs) to do our bit for the environment!

We give thanks to Greg Woolford for his organisation of this excursion and liaising with all of the facilitators to make it a great learning day!



Queenscliff Maritime Discovery Centre

While the Year 5s were enjoying themselves in Williamstown, the Year 6s were having an equally great learning time at the Queenscliff Maritime Discovery Centre.

"The students were split into two different groups where one group went on a boat, and the other went into the Marine Museum. The group that went on the boat first put out a net and caught seaweed where they had to carefully pick out the marine life and put it in a bucket. They caught a fish which they affectionately named Geraldine, and some of the girls tried to convince their teacher to keep it as a classroom pet! They went on a tour where they saw a man-made island where a type of bird lays its eggs,

they saw also another man-made structure that the seals have taken over. The seals were just sitting there relaxing and minding their own business, but as the children recall they smelt horrible!
 In the Marine Museum the students got to interact with sea creatures that live in rock pools : Urchins, Hermit Crabs, Crabs and many more creatures.
 They were able to see the sea horses being fed and they also learnt about how horrible the pollution is.”
 (written by Theodora in Year 6)

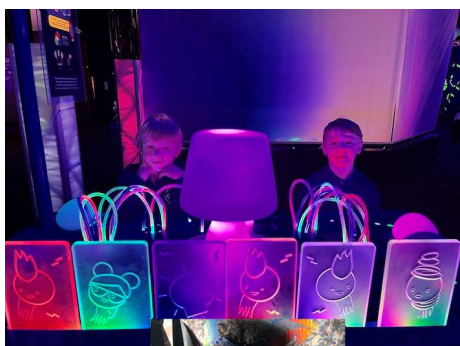


SCIENCEWORKS with P/1/2s

Yesterday we had the pleasure of taking the entire junior school to Scienceworks, for their first excursion ever! The excitement was enormous as we explored the Sports Works and Think Ahead exhibitions. But the best was yet to come. Illuminate is a brand-new exhibition that explored the science behind the fastest traveller in the universe – light. The children Ignited their senses and learnt through hands-on interactive play.

What is light, what can we do with it and how do we see?

The kids loved it! Thanks to the parents who helped us out by taking small groups.



....and it was all too much for some who had a little nap on the way home....including the adults!!

THE BOOK FAIR IS COMING! June 20th -27th ... more details in coming newsletters

Connecting with your kids



• RESPECTFUL RELATIONSHIPS

by Dr Justin Coulson

Most of us get a bit “judgey” when we see a parent staring at their screen rather than engaging with their kids at the park or the shops – or worse, in a restaurant. And if a parent publicly berates their child, it often sends shivers down our spine.

Even though we are almost all guilty of it from time to time, it’s like there’s some intrinsic mechanism inside us that loads up on guilt each time we see a parent do something that impacts or severs the connection that they share with their child. We know it’s a concern and we draw back from it – and then we remember we do it sometimes too, and the parent guilt sets in.

I think it’s because connection is not a luxury item. It’s an essential: for your relationship, for your child’s wellbeing, and for their future.

What does a positive connection between parent and child look like?

Life Education Learning Manager, Lisa Woodward, says that positive connections are all about love, caring, nurturing, and safety. “In a positive parent-child relationship, family members feel safe and connected to one another.”

“It’s also about being in the moment with your child”, adds Derek McCormack, Director of the Raising Children Network. “It’s in a day-to-day setting, having quality time with your child whenever you can. Spotting the opportunities and making the time is really important.”

And from my perspective? We run our economy on dollars, and we run our relationships on connection. If there’s no dollars in the bank, we’re financially kaput. If there’s no connection in the relationship, we’re relationally broke.

There are great benefits

The benefits of positive connections between parent and child are significant and wide ranging says Woodward.

“Children learn and thrive when they have strong, loving and positive relationships with their parents and carers, and it’s the foundation for a child’s development physically, emotionally, and socially.”

Connection also helps develop important skills needed for a child’s future. “Strong relationships set the child up for success in their lives, they are more confident and resilient, better able to regulate their emotions, make friends and connections with others, and do better at school.”

Connections will change over time

As your child develops, your relationship with them will too. This is normal. “For example, your pre-teen might no longer want you around at the park with their friends, even though your child used to love playing there with you. This doesn’t mean that the connection is not still healthy and positive,” explains Woodward.

McCormack says one of the key principles of a positive connection is communication.

When your child is younger the opportunities for communication are really there any time you want but as a child grows you will need to look out for them more actively and make time for them.

“As your child becomes a teen, communication can be more of a one-way street and involve tuning into feelings and being a support for them,” he explains.

How to achieve positive connections

“Positive connections are based on time together, being present, and building trust and respect”, says Woodward. For example:

Make moments together matter

Booking in “quality time” doesn’t guarantee positive, bonding time. We may have the best intentions but sometimes these special times will not work out the way we had intended. Often the best conversations happen in the car, at bedtime, or when doing things side by side, like washing up or walking the dog. These moments give you the chance to communicate positive messages with smiles, laughter, eye contact, hugs and gentle touches.

Tune in to your child

Tuning in to your child and thinking about what’s going on for them shows them that you care about the things that matter to them, which is the basis for a strong relationship. This could be noticing what your child is doing and commenting or encouraging them. For example, with younger children it might be talking about the Lego creation they are building, or the picture they are drawing.

Nurture trust and respect in your relationships

Be available when your child needs support, care, or help. For example: giving them a hug when they fall over. Stick to your promises. If you've agreed to help them with a school assignment, make sure you follow through.

Value your child and their opinions. This could be showing interest in the things that interest them. Or listening without judgement when they express an opinion different to yours.

Label emotions and listen

Let's say you notice your child seems upset, instead of saying – "Are you ok?", try something like "I notice you seem a bit down – do you want to talk? Or maybe we could just hang out for a while and watch a show together."

In closing

To a child, love is spelled t-i-m-e. That connection helps on a personal level but also by teaching key skills such as communication and resilience.

It's important to remember that the connection will change and evolve as children do. But at the heart of it all is communication and that your child feels safe, secure and respected.

COMMUNITY NEWS



Kids Social Skills Program

For those who are interested in increasing their wellbeing and ability to manage stress, we run 8-week programs to help primary school aged children learn and practice communication and relationship skills.

Where:

The VU Psychology Clinic, 47 Paisley St, Footscray

When:

Monday nights 4:00-5:00pm for 8 weeks starting Term 3

How much:

\$20 for the whole 8 weeks

If you are interested in trying out the program

give us a call on (03) 9919 2353

or vu.edu.au/psychology-clinic

Referrals welcome

