



St Theresa's School Albion


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

Newsletter, November 24th 2022 (Term 4 Week 8)

SCHOOL CLOSURE DAYS

Please note there will be NO SCHOOL for the children on Monday 28th November and Tuesday 29th November as the staff work on evaluating 2022 and preparing for 2023.

OSHCLUB WILL BE AVAILABLE.

IT'S SPORTS DAY TOMORROW

We're very excited to finally be holding our School Sports Day (after 2 years off with COVID). We're looking forward to seeing all the students dressed in their house colour T-shirts and ready to run, jump, skip and participate in lots of fun activities during the day. Parents are welcome to come along and cheer the teams on.

The students won't need lunch, we're having a sausage sizzle and a zooper dooper, but they will need a snack for recess and a water bottle and of course, they must wear their hats for the whole day.

2023 PREP ORIENTATION



We have been so happy to welcome 40 new preps and their families to St Theresa's for next year. It's great to see some new faces, as well as saying hello to some of our existing parents and we are all getting to know each other a little bit better with every meeting. The children were particularly excited this week because they met their Year 6 buddies for next year. The last prep orientation meeting will be held on Tuesday 6th December (2 weeks away).

There are quite a few important dates listed on page 3 of this newsletter. Please take the time to make a note of them.

STUDENTS OF THE WEEK 11/11/22



P/1 S : Geng for the excellent way he sounds out challenging words. Ned for being such a kind and caring class member. Nhi for making friends and being ready to learn. Liam for his great contributions during shared reading time.

P/1 B : Matthew F for getting into character and responding to questions from his peers in the hot seat game. Quinton for being so brave and participating in the swimming program. He is a super swimmer!

1/2 CE : Jamie for excellent contributions to his group research project. Brax for being kind, caring and thoughtful.

1/2 B : Senesh for taking risks as a learner during swimming lessons....well done super fish! Archie for an excellent effort when writing an information report about the Red-Eyed Tree Frog. Lily for being a kind and considerate class member. Lucy for completing all of her work to a high standard. Well done!

3/4 J : Liam for his diligence with working towards his learning goals. Rory for his improved attitude and focus with all his work. Awesome to see!

3/4 TM : Akuejang for taking the time to present her work beautifully. Novak for working hard on his country project. Well done!

4/5 K : Arnav for his friendly nature and mature behaviour in class. Eric for his fantastic problem solving in Maths.

5/6 F : Angelica for her positive and happy nature. Always willing to share her sense of humour. Amelia for her excellent Book Club responses and her in depth understanding of characters.

5/6P : Darren for his dedication to his learning and all things about school. Gisele for smiling through any situation. Mathilda for really knuckling down and showing good consistency in class. Jett for showing strong persistence and working hard to get the best out of himself.

2023 SCHOOL LEADERS

*The speeches for all Year 6 Leadership positions were delivered to the school community last Tuesday and the votes were cast. **ALL** candidates need to be congratulated on their excellent presentations and we wish them all the best of luck. The leadership positions will be announced at a special school assembly that will be held on **Friday 2nd December at 10am**. Parents are most welcome to join us for this important event.*

Important Dates

DECEMBER 2022	
Friday 2nd December	2023 Student Leadership Positions announced 10AM
Friday 2nd December	Year 3/4s attend Mass at 9AM
Tuesday 6th December	2023 Prep Orientation Meeting 3
Thursday 8th December	Year 6 Graduation
Thursday 9th December	Grade 1/2CE & 1/2B Marine Based Excursion
Friday 9th December	Reports go home
Monday 12th December	Adventure Park Excursion for Year 6s
Tuesday 13th December	Bump Up Day : Students spend time with 2023 class
Wednesday 14th December	Christmas Carols Day
Friday 16th December	End of Year Mass 12PM
Friday 16th December	End of Year finish for students at 1PM
Mon 19th & Tues 20th	Staff at school

LION'S CLUB

A reminder to buy a delicious Lion's Club Christmas Cake. The prices are \$15 for 1Kg cakes and \$19 for 1.5Kg cakes. (Sample Cakes will be on display in the office). Cakes can be ordered and will be delivered before end of term. Furthermore, The Lions Club will be selling Christmas Trees at Bunnings Sunshine on December 3rd & 4th from 10am to 2pm/ December 10th & 11th from 10am to 2pm

Cake orders can be placed with: Mike Hereward 0437 070574

or Gary Douglas 0412 293662

The Lions Club thanks you for your support and wish you all our families a happy and safe Christmas.



SEL SKILL OF THE MONTH



Our final SEL Skill of the Month has the message "FINISH STRONG". We have all done so well this year now that COVID is behind us and hopefully have become stronger and more resilient than ever. This final message is to remind the students to continue to work hard right up until the end of the year and be proud of their achievements of 2022.

Our Preps Are Getting Busy During Phys Ed



Coady from Grade Prep/ One B, showed great creativity and initiative in designing and implementing a "ninja" obstacle course for his peers in our Phys Ed lesson. He drew a map of what the obstacle course was to look like and carefully negotiated with the Grade 6 students on how he wanted the course to be set up. Coady then went on to explain to his peers and modelled how to participate in each station. The students were thrilled to be part of such an activity.

And just because your leg is broken doesn't mean that you can't participate in a sport lesson. Just ask Jett and his trusty helper Avita, who managed to join in a game of hockey. What a great effort!

SCHOOL UNIFORM SURVEY

You should have received a google survey earlier today. Please complete this form by December 1st2022.

This article might be of interest to our families as the school holidays are fast approaching and there will be lots of time for play.

Is play time dead?



- **POSITIVE PARENTING**

- **WELLBEING AND MENTAL HEALTH**

by Dr Justin Coulson

For anyone driving around their neighbourhoods after school or during the holidays, it might seem as though playtime has vanished from our children's lives. Many parents and grandparents nostalgically recall games of cricket on the street with all the neighbourhood kids or fighting for space on the monkey bars on the local playground. But now the playgrounds regularly stand mostly empty, the streets devoid of children. We have clearly moved past the golden age of outdoor play of the 1960s. But is play time dead?

Maybe not.

Data shows that many parents no longer feel comfortable letting their kids play outside unsupervised, but this doesn't mean that children aren't playing at all. It's just that play has undergone a shift.

Humans are naturally drawn to play. It's a vital part of our human experience. Play time begins at birth when babies play with their hands and feet and discover how their bodies work. From there they move through solitary play at 2 years, and then begin playing with other children at around 4 years old. Much play in the early years is not about bonding. In fact, it often occurs with limited interaction – and it's known as parallel play. As children grow older, play may look less like a game of superheroes, and more like playing board games or video games. It may look like trying out new tricks on a skateboard, strumming a guitar, or experimenting with new painting techniques. Even as adults, we may say that we're "playing around with the data", or "toying with an idea". Play is simply defined as any activity that is intrinsically motivated and done for enjoyment. Many things fall under the umbrella of play.

So maybe play time isn't dead. But the kinds of play that we associate with childhood are in decline.

While it is hard to quantify how much play has declined over the last few decades, 85% of mothers agree with the statement that their children play outside less than they themselves did as children. And in the 15 years leading up to 1997, the time children spent playing decreased by 25%. While we don't know how much it has decreased since then, we do know that opportunities for play are shrinking.

Many kids go to school for 6 hours a day, then spend their afternoons and evenings bouncing around various highly structured (and often expensive) extra-curricular activities. While we may enrol our children in these activities with the best of intentions, they are being told what to do and how to do it for large parts of each and every day. They're missing out on engaging in *intrinsically motivated* activities that are done *just for enjoyment*. Even if they enjoy these activities, competition and excellence often supplant connection and mastery as the reason for the activity.

Why does this matter?

Over the same period that opportunities for free play have declined, we've seen a corresponding increase in childhood and adolescent psychopathology. Children today are more anxious, more depressed, and more narcissistic than they were 50 years ago.

While we can't say conclusively that decreased play has caused this increase in mental health challenges in our children, we do know that play time encourages children to develop their interests, practice making decisions and solving problems, learn to regulate their emotions, assess and respond to risk, develop socially, and most importantly, facilitates access to joy. All of which contribute to good mental health and wellbeing.

So how can we encourage our kids to play more? Here are three goals for what you can aim for:

1. Have one moment of roughhousing/physical play each day

Roughhousing not only helps kids to be physically active (and builds strength), it also encourages emotional intelligence, boosts confidence, and teaches boundaries. For pre-schoolers, you might play a game of airplane and fly them around the room. With your school-aged kids, you might engage them in a game of wrestling (make sure you lose spectacularly, your kids will think it's hilarious!). And with your teens you could challenge them to a game of touch rugby. The idea is to get the heart rate up and get them laughing.

2. Allow at least 45 minutes of uninterrupted free play each day

You might have noticed that when your kids enter a new space, they are often quietly exploring at the start, and then arguments start to break out. Ignore your instinct to intervene. If you allow them to argue, just for a bit, you'll notice that they're trying to define the rules for play. Soon enough they'll be happily playing together and will have learnt about cooperation and compromise along the way. To enable these 45

minutes of free play, leave out some open-ended toys for your pre-schooler to find, re-think enrolling your school kid in an afternoon activity to give them more free time in the afternoon so they can ride to a friend's place or the skate park, and encourage your teen to have at least one homework free night a week so they can hang out with *real people*.

3. Spend two hours outside daily

While this may seem like a huge challenge, over 80% of teens and 60% of kids exceed the screen time recommendation of two hours per day. If we could replace that time (or at least some of it) with outdoor time, they will be reaping huge intellectual, social, physical, and emotional benefits. Nature is fuel for the soul, and it provides a platform for relationship building and physical activity.

In closing

While these goals may seem lofty and unattainable, remember that *"If you're trying and failing, you're still getting one step closer to success than if you're doing nothing."* (Jeanette Coron). Any play time is better than none at all.



[Click here to view a quick tip video by Dr Justin Coulson related to this Insights article](#)



Dr Justin Coulson

Dr Justin Coulson is a dad to 6 daughters. He is the parenting expert and co-host of Channel 9's Parental Guidance, and he and his wife host Australia's #1 podcast for parents and family: The Happy Families podcast. He has written 6 books about families and parenting. For further details visit www.happyfamilies.com.au.