

# St Theresa's



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The Yr 3/4s will be attending Mass at 9am tomorrow. Please join them.



**BE SAFE, BE HAPPY, BE CARING, BE READY TO LEARN**



## La Commedia Dell'Arte Performance

*On Tuesday, we all enjoyed a performance of La Commedia Dell'Arte.*

*La Commedia is a form of theatre that developed in Italy several hundred years ago. The actors who performed for us, used drama techniques and masks to tell a story that has been told for centuries.*

*The hilarious play kept us entertained as we laughed at the funny, slapstick antics of the characters. In class, we are learning about the characters, while Sandra, Jane and Judy explore La Commedia through Italian, Performing Arts and Art.*



*God, I want to thank you for the precious gift of love you have given to the world and to me.*

*Thank you for blessing me every day with this love and the power and strength that I get from you every single day.*

*Please continue to let me feel your comforting love in my life that I may be able to express it and share it with others. Lord I want to be like your Son Jesus...so please continue the work you are doing in my heart so my heart will be like yours.*

*In Jesus name I pray.*

**HAPPY VALENTINE'S DAY**

**The Year 6s will be hosting the first assembly for 2020 tomorrow at 2.30 in the multi purpose room. Please join us.**

# Have a look at what the Preps are doing at school!



After 2 weeks of school we are pleased to report that the Preps have settled into school really well and are enjoying making friends and learning new things, like how to use their chrome books to write words and sentences and how to work with numbers.

They have also been talking about setting goals for how they can be safe, happy, caring and ready to learn at school....our school mantra. Here are a few examples....**Giselle** will work on pushing her chair in to keep safe.

**Archie** is going to move safely around the room.

**Thorin** will listen to the speaker and **Frankie** is trying to share the school equipment with others. **Liam's** goal is 'To become more confident with others' and **Lucy** is working on 'Giving everything a go.'

**Talia's** goal is 'To do things for herself and remember that it's "I can" not "I can't" while **Ashton** is going to work on 'Making some new friends'.

Congratulations to all the preps on a great start to school!

## FIRST FUNDRAISING MEETING FOR 2020 will be held on TUESDAY 25th FEBRUARY at 7PM in the STAFFROOM

This group does tremendous work for our school. Their efforts last year raised money to buy chrome books for the children. Please consider joining them, their meetings are always great fun and they would love some new members to 'share the load'.

WELCOME FERGAL.  
IT'S GREAT TO HAVE  
YOU AT ST THERESA'S!



*Introducing our new Yr 3/4 teacher, Fergal O'Neill. Most of us already know Fergal because he did lots of work here at St Theresa's last year. He comes all the way from Ireland and has been in Australia for 18 months. Not surprisingly, Fergal enjoys playing and watching Gaelic Football and he thinks chicken tenders and chips are delicious! The staff, students and parents have all made Fergal feel very much at home already.*

## FREE PIANO / SINGING LESSONS

Lina and Johnny teach private Piano and Singing Lessons at school on Mondays and Fridays. During this term they are offering a **FREE TRIAL PIANO AND/OR SINGING LESSON** for any student who has not had music lessons at the school before. If you are interested in taking up this offer or would like more details about music lessons for your child, please contact Lina on 0433 221 734 or [www.linamusichouse.com.au](http://www.linamusichouse.com.au)

## SEL SKILL OF THE MONTH...Being A Good Friend

**Being friendly and including others  
makes everyone feel good.**

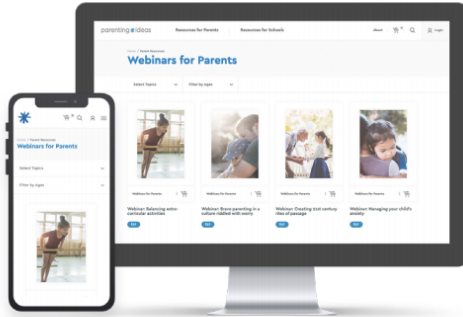
*This is the skill we're focussing on for the beginning of the year. The teachers and children have talked about what it looks like to be a good friend. We ask that you show your support by talking about the qualities of a good friend, at home with your child.*



## HELPFUL INFORMATION FOR OUR PARENTS

St Theresa's subscribes to an organisation called 'Parenting Ideas'. It offers teachers and parents a variety of practical ideas, advice and resources about raising confident, happy and resilient kids.

They have just released their 2020 series of webinar programs for parents and they are available for our parents to watch at **no cost**. You can watch them from any device and from any location and if you're unable to tune in at the scheduled time, you can simply register and access the recording later. All you have to do is follow these instructions :



## Redeem your webinars at no cost

To redeem your webinar vouchers, visit

[www.parentingideas.com.au/parent-resources/parent-webinars](http://www.parentingideas.com.au/parent-resources/parent-webinars)

Choose the webinar you would like by clicking 'add to cart'. At the checkout, add the voucher code for the webinar. Remember to enter your school's name so that we can verify your eligibility. The \$37 discount will then be applied. Webinars need to be redeemed individually, but you can register for as many as you like!

### 2020 Webinar Program for Parents



#### Future-proofing your child

This century is characterised by disruptive change that is turning our world upside down. Jobs aren't just changing, whole industries are ceasing to exist. The scripts for success are being rewritten on a daily basis in our families, at work and in life. In this webinar Nikki Bush teaches parents what to expect and how to support their kids to thrive in a future world of work.

Key learning and discussion points include:

- Key trends that are changing the world
- Frameworks for future-proofing children
- Highlighting the X-factors for success
- Explaining the role of school in a changing world
- Helping parents to set realistic and relevant parenting goals

PRESENTED BY NIKKI BUSH



VOUCHER CODE FUTURE

EXPIRY DATE 18 JUN 2020



#### Understanding techno tantrums

In this digital era, chances are we've all experienced our children throwing a techno-tantrum. Techno-tantrums are completely normal and often a result of the neurobiological changes that occur when kids use technology. But this doesn't mean that we have to simply accept that they're part of our modern parenting reality. In this webinar Dr Kristy Goodwin helps parents and carers understand why children and teens emotionally combust when they digitally-disconnect, and how to establish new, healthy technology habits.

Key learning and discussion points include:

- The science behind why kids and teens have techno tantrums and find it challenging to switch off screens
- How to establish and enforce firm guidelines and boundaries
- How to be the pilot of the digital plane
- Researched based, realistic strategies to help develop healthy digital behaviours so that screen time doesn't always end in 'scream time'

PRESENTED BY DR KRISTY GOODWIN



VOUCHER CODE TECHNO

EXPIRY DATE 17 SEP 2020



#### Teaching young people about healthy relationships

In a world where young people are bombarded by adult themes, sexualised and destructive media messages, it can be hard for parents to feel confident to take on delicate topics with their child. In this webinar Collett Smart gives parents the tools to build a strong relationship with their child where no topic is off-limits and they can come to them with any questions.

Key learning and discussion points include:

- The foundations of healthy relationships and relationship intelligence
- How to help a child develop flourishing relationships at each age and stage of their development
- Appropriate age guidelines for talking about body safety, sex and sexualised media
- How to respond when a child comes across pornography
- Conversation ideas on consent and respectful relationships

PRESENTED BY COLLETT SMART



VOUCHER CODE HEALTHY

EXPIRY DATE 09 DEC 2020



#### Parenting like a cat and dog

Effective parents use more than one style when communicating with their families. They know how to alter their style to suit the situation. In this webinar, Michael Grose uses cat and dog metaphors to introduce parents to two diverse styles of parenting. This will increase their ability and confidence to manage, nurture and build relationships with their children. The cat-dog approach to parenting is fun, easy to use, respectful and maximises parent effectiveness in challenging situations.

Key learning and discussion points include:

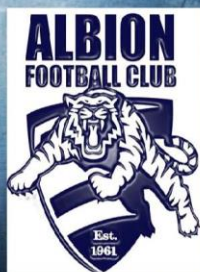
- How parents can identify their natural style and work harmoniously with their partner and/or support networks
- Building confidence to manage children who relish getting their own way
- Constructive ways to adjust communication so that it meets the individual needs of children
- Effective methods to communicate with anxious children so they feel supported, safe and listened to
- Techniques to adapt parenting styles as children move into adolescence

PRESENTED BY MICHAEL GROSE



VOUCHER CODE METAPHOR

EXPIRY DATE 31 DEC 2020



## JUNIOR REGISTRATION DAY

Under 9's, 10's, 12's, 14's, 16's & U10's Girls

**Sunday** 16th of February

**From** 11.am-3.pm

**Free** bbq and kids activities

**Meet** the coaches

For further enquiries, please contact the administrator  
Chantelle Hyett : 0402 674 929



### A FEW MORE DATES FOR YOUR DIARIES

Mon 17 <sup>th</sup> Feb	5/6s excursion to the Pelican & Jawbone Beach
Wed 26 <sup>th</sup> Feb	Ash Wednesday Mass at 9am
<b>Thurs 27<sup>th</sup> Feb</b>	<b>SCHOOL CLOSURE DAY (No school for the students)</b>
<b>Mon 9<sup>th</sup> March</b>	<b>PUBLIC HOLIDAY</b>
Wed 11 <sup>th</sup> March	Sacrament of Reconciliation for Yr 3s
Fri 13 <sup>th</sup> March	Day Against Bullying...more information to follow in coming weeks
Wed 18 <sup>th</sup> March	Prep Parents Celebration & Feedback Conversation at 9am ...more information to follow
Fri 20 <sup>th</sup> March	Italian Day
Sun 22 <sup>nd</sup> March	Bunnings BBQ at 9am - 4pm
Fri 27 <sup>th</sup> March	End of Term Whole School Mass at 12pm
Fri 27 <sup>th</sup> March	Term 1 concludes at 1pm
Tues 14 <sup>th</sup> April	Term 2 Begins at 8.45am

## School Sports Victoria "Big 4" Sports 2020 Teams Update

Registration to trial for SSV 12 Years and Under Team Vic Boys Australian Football, Mixed Netball, Boys Football (Soccer), Boys Basketball and Girls Basketball is done through an online process managed by School Sport Victoria.

The Online Registration process at [www.ssv.vic.edu.au/team-vic](http://www.ssv.vic.edu.au/team-vic) closes on March 1, 2020. Students and families must consult with their Principal to ensure they have the skill level to trial and represent their school at a national championship level. It is imperative that teachers decide on a child's capability of representing their school at a state level trial. Registration for a Division trial incurs a NON-REFUNDABLE \$25 fee.

Confirmation to attend a trial will occur before the end of Term 1, 2020. Once registered, the parent will receive an email confirming payment and a form which will require the Principal's signature. Girls Football (Soccer) will go direct to a State Trial in 2020. Girls Australian Football has been introduced to the School Sport Australia program in 2020 and will also go direct to a State Trial.

For more information, please see the Phys Ed teacher Jessica Mamistvalov. [jessicaj@stalbion.catholic.edu.au](mailto:jessicaj@stalbion.catholic.edu.au)



## HANDS ON with Coding and Robotics

FOR PRIMARY SCHOOL GIRLS FROM GRADE 3 TO GRADE 6

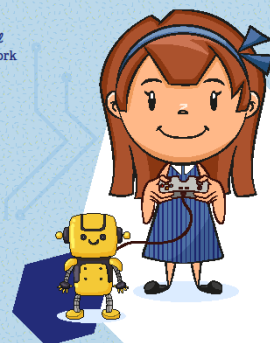
Introduce your child to the basics of **PROGRAMMING CODE** and **Robotics** in this hands on interactive workshop. Participants will work in small groups to complete a number of coding challenges.

**Thursday February 20th  
4.00pm - 5.30pm**

St Aloysius College STEM Centre  
31 Curran Street North Melbourne

**Free session:** Book at [www.trybooking.com/BIJGU](http://www.trybooking.com/BIJGU)  
For further information please contact the College on 9325 9200

[www.aloysius.vic.edu.au](http://www.aloysius.vic.edu.au)



### Interschool Sport for Years 5/6

Our games are played on Fridays from 9-11. Due to the temporary lack of court markings on our new playground, all our games are being played 'away' this term. Tomorrow we play against Sirius College on Fitzgerald Rd. in Sunshine West. Parents are welcome to attend and cheer the teams on.

