

St Theresa's

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BEST BEE AWARD

'Scarlett Englehart'

Congratulations to Scarlett who consistently shows the 'Best Bee' behaviours. She is always thoughtful of others and ready to help them. She has a happy disposition, a great sense of humour. She makes good choices and puts her best effort into all her work.



We would like to warmly welcome Alice Huynh who joined us a couple of weeks ago as an LSO, working in all classrooms.

She loves doing graphic art so it looks like Judy could have a helper in the Art room!

The Junior School have been inquiring about things that they can do to keep their bodies healthy and safe. Eating healthy food is one way to do this and so Market Fresh (an organization sponsored by the MMA) were invited to teach the students the importance of

TEACHING & LEARNING in P/1/2...FRESH FRUIT & VEGIES : YUM!

NATIONAL DAY OF ACTION AGAINST BULLYING **Friday March 15th**

Bullying is NEVER OK! The National Day of Action against Bullying and Violence (NDA) is Australia's key anti-bullying event for schools, and encourages all students to 'take a stand together' against bullying. This year St Theresa's has once again joined the campaign. On Friday 15th March every class will be devoting part of their day to teaching and talking about "Bullying No Way!" This will act as a perfect addition to the explicit Anti Bullying lessons we teach throughout the year. So we are asking our community to join with us to all take a stand together. There is some important information on the back of this newsletter which might help if your child ever wants to talk to you about bullying.

Don't forget that next Monday 11th March is a PUBLIC HOLIDAY and school will be closed.
There is also a School Closure Day on Thursday 21st March.

STUDENTS OF THE WEEK



Prep L : Daisy, for the wonderful effort that she puts into her writing. Rory for making good choices in class

P/1 S : Michael for an outstanding effort with his writing. You are a fabulous author! Chloe for an excellent descriptive piece of writing about Thelma the Unicorn. Well done! Brahmbir for fabulous responses during Inquiry sessions about being healthy and safe.

1/2 B : Lennon for excellent work in maths. Keep it up! Noor for always putting her best effort into her work. Well done!

1/2 K : Rainier for writing fantastic sentences about different fruits. Kitana for her amazing writing pieces. You are so creative!

3/4 D : William for writing an interesting persuasive piece using the correct writing structure. Sahajjot for trying to do his best in all areas of his schoolwork. Ruby M for working so well in all areas of the curriculum.

3/4 CE: Gemma for doing a spectacular job in all areas of her learning, her dedication to tasks and her insightful contributions. Isaak for persevering with his writing and working hard on his handwriting too.

3/4 F : Theodora for quickly adapting to a new classroom routine and working efficiently after her holiday. Apiath for speaking calmly and honestly about situations in the schoolyard.

5/6 TM : Abigail for demonstrating the SEL skill of the month....staying focused. Matthew A for contributing to class discussions with thoughtful ideas.

5/6 P : Adelaide for demonstrating outstanding leadership skills and putting 100% effort into everything she does. Evan for challenging the thoughts of others and not being afraid to "go against the grain."

PEN LICENCES
Congratulations to
Ruby, Anastasia
and Kathleen for
working hard to
receive their Pen
Licenses.



**Congratulations Velma
on her recent Baptism**



Attention Prep Parents ...save the date : Tuesday 26th March - 9am-10.30am

This year's Prep parents are invited to a Community Conversation to build family and school relationships around learning. Greg and Marie would love you to join them and celebrate your child's start to the year. We are keen to answer any questions you might have and receive any feedback about your child's start to school.

Please join us for a coffee and a chat.

There will be more information available closer to the time



FUNDRAISING NEWS

Our Bunnings BBQ was a great success last Sunday with \$800 being raised for our school. A **HUGE** thanks to the wonderful helpers who spent their Sunday in the heat cooking and selling sausages! Thank you to the following families : O'Neill, Pepdjonovic, Barcelon, Rep, Neal, Kung, Smith, Oakley, Folino, Adut, Gallenti, Galovich, Carroll, Kain, Restall and Flanagan and extra special thanks to Mark Carroll who was there at set up and again at pack up.

EASTER RAFFLE

The next fundraising effort for the term is the Easter Raffle and on Monday 18th March, we are having a Casual Clothes Day in return for an Easter Raffle donation. The students are allowed to wear whatever they like as long as they bring something for our Easter Raffle. Hopefully we'll get lots of donations so there will be lots of prizes!



Parent Helper Session for Years Prep/1/2

Dear parents,

We value parent helpers in our classrooms. In addition to the school staff, parent helpers provide students with an adult role model. Parent helpers assist both the teachers and students. If your child is in Years Prep/1/2 and you'd like to help out in their classroom, please attend an information session on:

**Monday 18th March at 9am
in the multi-purpose room.**

During this session, we will cover the responsibilities of working in the classroom, as well as aspects of early literacy and numeracy. If your child is Years 3 - 6 and you'd like to help in the classroom, please speak to your child's teacher. Please note, all parent helpers need to have a current Working with Children's Check.

Looking forward to seeing you then. Helen

SCHOOL CALENDAR

If you would like access to the school parent calendar which updates regularly, email Mary marym@stalbion.catholic.edu.au

PROJECT COMPASSION

The season of Lent began last Wednesday and the Project Compassion boxes were given to each family. Please make an effort to donate generously to Caritas Australia which works in over 200 countries worldwide helping the poor and oppressed.

ASSEMBLY

Our next Assembly is scheduled for Friday 15th March at 2.30pm and will be hosted by our 1/2K class. Please join us!

How parents can respond

Children and young people need to know that they are being heard, that their feelings matter and that their issue will be investigated respectfully. Bullying should be taken seriously.

Listen calmly and get the full story

Your calm response is important to allow your child to tell you all about the situation. After they've told you their story, ask questions to get more details if you need to: who, what, where, when.



Your first response when a child tells you of a concern can make a difference to the outcome.

Although you may feel some strong emotions about your child's experience, try to keep calm to avoid more distress to your child.

Reassure your child they are not to blame

Many children blame themselves and this may make them feel even worse.

You could say things like, 'That sounds really hard to deal with. No one should have to put up with that.' or 'I'm so glad you told me. You should be able to feel safe at school; that's not fair at all'.

Ask your child what they want to do and what they want you to do

A critical part of your response is to avoid jumping in to solve the problem.

While it is natural to want to protect your child, helping them to find their own solution is a better option. It helps them feel they have some power in the situation.

Learn some strategies to talk about with your child

These pages provide tips and ideas for different bullying situations. One idea is to practise strategies at home to help your child feel more confident.

If your child is being bullied <https://bullyingnoway.gov.au/RespondingToBullying/Parents/Pages/ChildBeingBullied.aspx>

If your child is bullying others

<https://bullyingnoway.gov.au/RespondingToBullying/Parents/Pages/ChildBullyingOthers.aspx>

If your child has seen bullying

<https://bullyingnoway.gov.au/RespondingToBullying/Parents/Pages/ChildSeenBullying.aspx>

Watch the [Quick Tips for Parents](#) videos by Dr Michael Carr-Gregg for more ideas.

<https://www.youtube.com/watch?v=PFFK2awComI&index=5&list=PL64F42ACD4119FF54>

Contact the school

Your child may be reluctant for you to do this, so discuss the idea and reassure them that the school would want to know and is able to help.

Make an appointment to meet with your child's teacher and, if you need to, ask to talk with the principal. Contact the school immediately if you have a concern about your child's safety.

Check in regularly with your child

Keep the conversation going. It can take time to resolve issues, so check in regularly with your child about their experiences and their feelings. Your ongoing support is important.

For more very useful information visit the website : <https://bullyingnoway.gov.au>

If your child talks to you about bullying:

1. **Listen** calmly and get the full story.
2. **Reassure** your child that they are not to blame.
3. **Ask** your child what they want to do about it and how you can help.
4. **Visit** www.bullyingnoway.gov.au to find some strategies.
5. **Contact** the school.
6. **Check in** regularly with your child.

BULLYING. NO WAY!

www.bullyingnoway.gov.au