



St Theresa's School Albion



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

Newsletter, December 3rd 2020 (Term 4 Week 9)

With only 2 weeks of school to go, it was wonderful to be able to gather together in the multipurpose room last Friday for a whole school assembly. We didn't think that was ever going to happen!! Now we just need our parents and friends back with us in 2021 and we'll be back to normal. Won't that be good!



BEST BEE AWARD

Last week it was our great pleasure to announce that the Best Bee Award winner was another of our senior students, Selina Shao from Year 6.

Selina really is an obvious choice, as she has displayed Best Bee behaviours ever since starting at St Theresa's in Prep. Selina is a true leader and can be relied on by the staff and her peers alike. She is often called on to assist the staff, always showing initiative and responsibility and she gets the job done to the highest standard. She is friendly, encouraging, thoughtful and a conscientious student... and is a very popular girl at St Theresa's.

Congratulations Selina... a well-deserved award!



CONFIRMATION

Last Friday 13 of our Year 6 students were able to make their Confirmation.

Together with their parents and sponsors, we were allowed to gather in the Church with Fr Barry celebrating the Sacrament Mass.

Although it was very different to what we're used to, it was no less a very special, memorable and holy night for our students.



2021 SCHOOL LEADERS

The speeches have been delivered and the voting is complete. Now all there is to do is to announce the School Leaders for next year. All the contenders were very impressive, delivering their speeches with confidence and maturity.

*They **ALL** need to be congratulated and we wish them the best of luck. The leadership positions will be announced in next week's newsletter.*

*Congratulations to Ethan Dolbel,
Megan Huynh, Joseph Huynh-Vu,
Stephanie Montalto,
Alyssa Padula, Ivana Pepdjonovic,
Aleksandra Pepdjonovic,
Jade Quach, Lily Rawnsley,
Zandy Racamadas,
Cooper Rerehau,
Finnley Setterfield and
Achol Malek.*



STUDENTS OF THE WEEK *(back on the stage where they belong!)*

Prep S – Harper Blazey for being a kind, caring and responsible class member. You are delightful! Oliver Wiseman for listening attentively during shared reading and answering questions confidently. Archie Huynh for the way he answers questions and uses his general knowledge in reading groups

P/1CE – Alby Nolan for excellent improvement in his reading. Lucy Fenton for developing great research skills and being a leader in her group. Bryan Leon for asking questions and always having a go with a smile.

1/2K – Angel Barcelon for putting her best efforts into all the work she does. Ziggi Bacon for working hard on completing all learning tasks and staying focused. Jasmine Ho for her positive attitude towards learning.

1/2B – Benjamin Huynh for excellent calculations with money and rounding. Anthony Huynh for excellent research on Trap Jaw Ants. Ethan Kadric for producing an excellent labelled diagram of a praying mantis. Eva Pazvakavambwa for a fantastic structure in her persuasive text. Brahmbir Bajwa for an excellent labelled diagram of a Black Widow Spider.

3/4TM – Noor Sran for being a respectful and kind class member. Marissa Kang for working well with her Inquiry team. Hoang-An Huynh-Vu for writing a great explanation text. Good work!

3/4F – Kirthik Ramachandran for working hard to improve his handwriting. Ethan Barizo for always being willing to do his best work. Patrick Nguyen for being engaged and motivated since coming back from remote learning.

3/4DA – Darren Prempeh for completing tasks to a very high standard. Good job!

Elisha Pazvakavambwa for his constant positive attitude when completing tasks. Well done!

5/6P – Anastasia Perez for her motivation to learn and positive nature. Aidan Monaghan for being responsible out on the yard and looking after the younger students.

5/6F – Jack Hyett for always being polite and well mannered. Thank you and keep it up. Cooper Rerehau for his ability to work well with his peers in a range of situations. Well done. Prioshka Bari-Das for her amazing and powerful poetry writing. She has a very special talent as you can see.

CONCEAL

**PLEASE, DON'T LEAVE ME NOW,
WAS I WORTH NOTHING TO YOU?
YOU MUST STAND BY ME.**

**TODAY, SPEAK THE TRUTH
DID YOU FORGET ALREADY?
YOU'VE CROSSED ME AGAIN**

**I KNOW YOU CAN'T FEEL,
GUILT FOR HURTING ME THIS WAY,
YOU'RE LOST, YOU CONCEAL.**





PEN LICENCES

*Congratulations to
Ethan Monaghan,
Mathilda Beggs and
Oliver Rep who were
lucky enough to receive
their pen licences last
week and are obviously
very happy about it!!*

Change to The Morning Arrival Routine

With the COVID restrictions easing quite considerably, it is no longer necessary for the students to go straight to their classrooms when they arrive at school. Between 8.30 and 8.45am, the playground will be supervised so the students can remain in the yard until the bell goes at 8.45am.

Children must still be at school by 8.45 but not before 8.30am as there is no supervision.

IMPORTANT DATES FOR THE REMAINDER OF THIS YEAR AND SOME FOR THE BEGINNING OF NEXT YEAR AS WELL

Sunday 6 th December	2 nd Sunday of Advent
Thursday 10 th December	Year 6 Graduation Mass at 6pm
Friday 11 th December	Reports go home
Sunday 13 th December	3 rd Sunday of Advent
Monday 14 th December	Year 6 Adventure Park Day!
Tuesday 15 th December	Bump Up Day... children spend time with 2021 class
Wednesday 16 th December	Last day of 2020 School Year: children dismissed at 1pm
2021	
Wednesday 27 th January	Staff resume
Thursday 28 th January	Student Goal Setting Interviews from 11.30am
Friday 29 th January	Preps Commence 9-11am
Monday 1 st February	Years 1-6 resume
Friday 5 th February	Beginning of Year Mass at 9am
Wednesday 24 th February	School Closure Day – no students at school
Sunday 28 th February	Year 4 First Holy Communion Sacrament at midday
Monday 8 th March	Labor Day Public Holiday
Wednesday 10 th March	Year 3 First Reconciliation Sacrament at 6.30pm
Thursday 1 st April	End of Term Mass (Holy Thursday) Students dismissed at 1pm.
Monday 19 th April	Term 2 begins

PRIMARY SCHOOL NURSING PROGRAM

Every year the Primary School Nursing Program visits our Foundation students. This year they were unable to do this. The following are articles that they wish to be published in the newsletter. They are a great reminder for all year levels, especially with the amount of time being spent on devices this year.

Healthy Teeth

(Adapted from: Raising Children Network, Better Health Channel, Dental Health Services Victoria, 2019)

Did you know that tooth decay can be avoided with good dental care as well as tooth-friendly eating and drinking?

Children should begin having regular dental checks from 2 years of age.

Healthy baby teeth are very important because:

- they are place holders for permanent teeth
- they can impact on a child's self esteem
- they help children eat nutritious food
- problems in baby teeth can damage the adult teeth growing underneath

If you think your child has tooth decay it is important to see a dentist to stop it from getting worse. Dental care for children is often free or low cost in the public dental system up to a certain age. Please contact your local council to find out more.

Healthy Vision Improves Learning

(Adapted from Optometry Australia 2019)

Did you know that approximately 1 in 5 children have an undetected vision issue or requires ongoing assessment?

Healthy vision improves learning and is important for physical and social development.

Optometry Australia recommends that all children have their vision checked by an Optometrist before starting school and then regular visits throughout the school years. These checks are usually covered by Medicare so please ask when booking your appointment.

A list of optometrists, including those that speak other languages can be found on www.optometry.org.au/vic/find-an-optometrist

So why not make an appointment today?

Healthy Hearing Improves Learning

(Adapted from Better Health Channel 2019)

Did you know that hearing can change over time?

Healthy hearing is important for your child's language, learning and overall development.

Some signs that your child may have trouble hearing include that they:

- don't respond when called
- have a dip in school grades (because they can't hear the teacher)
- speak loudly
- watch TV with the volume turned up too high
- pronounce words incorrectly
- appears inattentive or daydreaming

If you have any doubt about your child's hearing, have them tested. Please contact your local doctor or audiologist for further advice.

SEL SKILL OF THE MONTH



Our final SEL Skill of the Month has the message "FINISH STRONG". We have all done so well with what 2020 has thrown at us and we have become stronger and more resilient because of it. Our students have shown amazing adaptability in how they have coped in a world that was so different and constantly changing. This final message is to remind them to be proud of their achievements of 2020 but also to embrace what they have become.....strong, resilient children.

Building deep emotional connections with kids



POSITIVE PARENTING

by Michael Grose

Imagine your child comes to you upset that a sibling or friend has cheated in a game. There are a number of ways to respond, including telling them not to worry ("Let it go!"), advising them how to handle it ("Next time you keep the score.") or empathising emotionally ("You must feel disappointed.")

Each is a legitimate response for a parent and teacher to make, but only the latter builds a deep emotional connection. Importantly, the empathetic response builds a child's or young person's emotional intelligence as it taps into their ability to recognise current feelings.

How emotional connection works

Kids crave to be understood by others, especially by the people they love or respect. When you accurately feed back how a child or young person is feeling you demonstrate that you really care. Strong relationships are formed on the bedrock of care, kindness and compassion.

How to give emotional feedback that connects

Giving accurate emotional feedback to an upset child or teenager takes practice. It requires that you pay attention, move into the present moment, listen to a child and identify the feeling behind their words. High or loud emotions such as anger, annoyance and panic are often easier to identify than low or muted emotions such as worry, discouragement or loneliness.

An effective way to connect on an emotional level is to listen to what a child has to say, and then think back to a time you were in a similar situation. Imagine if a child says they feel horrible because their friends laughed at them when they made a mistake in class. Rather than respond immediately, think back to a time when you made a mistake in front of others and identify how you felt. Embarrassed, ashamed, or annoyed? "I bet that you felt embarrassed and annoyed when your friends laughed at you." Your child may tell you that you're off the mark, but they'll more than likely appreciate the empathy you show.

Feed back the positive emotions too

You don't have to wait until something challenging happens to connect with a child on an emotional level. Accurately mirror positive feelings such as relief (after a stressful situation has passed), enthusiasm (as they begin something they love doing) and chilled (as they put their feet up at the end of the day). We all experience many emotions throughout the day. The ability to accurately recognise and feed back the emotions of children and young people is a wonderful way to build connections of quality and depth.



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**call now
to book
your
space**



**NEED A FUN
PLACE FOR
THE KIDS TO
GO.....**

Glengala

Christmas Holiday Program

WE ARE OPEN FOR THE HOLIDAYS!

Week One: THE WEEK BEFORE CHRISTMAS

✓ TO BOOK	FRIDAY 18th December	MONDAY 21st December	TUESDAY 22nd December	WEDNESDAY 23rd December	THURSDAY 24th December
Start of Day 8:00am - 9:00pm	HOLIDAY BAKING				
	Reindeer Cake Pops	Prepare for our Kookoff!	Marshmellow Snowmen	Candy Cane Lollypops	All kinds of Holiday treats
Morning 9:30am - 12:30pm	Get CRAFTY this morning... Create and make CHRISTMAS DECORATIONS And D A Z Z L E Our room for Christmas week! <small>PLUS find out who your Secret Santa is as we draw names from the Santa hat!</small>	DANCE SESSION A Christmas Special Get down to music on the moon with your friends, learn some dance moves and get creative with... <i>Perform and show your dance for prizes and awards!</i>	Kelly Club Presents... Kelly Klub Christmas Kookoff! Challenge your friends and get into teams to battle it out with your baking! • Choose your recipe! • Get baking in teams! • Present your Christmas creation! • Face the judging panel!	CHRISTMAS MOVIEDAY Join us for fun at the CINEMAS! To watch a Christmas themed special!	Kelly Club Presents... KELLYCLUB CHRISTMAS A day filled with presents, games, Christmas cooking, and loads of fun and laughter! We will have... • Christmas Crafts • Christmas Lunch • Christmas Movie • Christmas Games & later....
Lunch & Movie 12:30pm					
Afternoon 1:30pm - 4:30pm	KELLY SPORTS SESSION Get physical with a Kelly Sports Coach and learn some summer sporting skills and techniques in our CRICKET TOURNAMENT	Get busy in the SNOW! Build your snow castles and challenge each other in two teams for a... SNOWBALL FIGHT!! Later... Make your own Sleds and compete in Reindeer Races!	Get prepared Create and make your CHRISTMAS CARDS For all your loved ones, With LOADS of Arts and Crafts supplies!	KELLY SPORTS SESSION Get physical with a Kelly Sports Coach and have fun with your friends in the sun, we are doing... CHRISTMAS CRAZY GAMES	...Who's been naughty and who's been nice? There will be presents for all before we break up for Christmas holidays!
End of Day 4:30pm - 5:30pm SANTA'S WORKSHOP Become Santas helpers, make, choose and wrap gifts for our Christmas tree!					

WANTING TO BOOK IN?

1. Pick the days your child would like to attend.
2. Email or call to get your booking pack.
3. Complete ALL forms and documents for 2021.
4. Receive your confirmation email or phone call.

WEEK 1

December 18th - 24th

WEEK 2

January 4th - 28th



Support the Lions Club of Sunshine by purchasing a Lions Club Christmas Cake. Cakes are on display in the office. Please support the Lions Club who has supported the Sunshine Community for over 50 years.



Lions Christmas Cakes

Large (1.5kg) - \$17.00

Small(1kg) - \$13.00

Assisting projects of the
Lions Club of Sunshine

Cakes can be ordered from Gary Douglas 0412 293 662