



## NEWSLETTER No. 4

Friday, 12th March, 2021



### DIARY DATES

#### TERM 1

#### MARCH

Tuesday 16th	Reconciliation Parent/Child Meeting - 5.30pm
Wednesday 17th	St Patrick's Day - P&F Lunch Order Day
Friday 19th	Bullying No Way Day of Action
Tuesday 23rd	Reconciliation and Whole School Mass - 9.30am
Sunday 28th	2021 Duck Cup (closed race only)
Tuesday 30th	East Gippsland Primary Interschool Gymkhana
Wednesday 31st	School Board AGM - 7pm

#### APRIL

Thursday 1st	Last day for Students - 2pm dismissal
Friday 2nd	Good Friday Public Holiday

### PRINCIPAL'S MESSAGE

We have a wonderful school community who are willing to work together and put in the 'hard yards' to give our students the best learning environment they can. This team approach is so vital in any organization but particularly so in a school. Not only do we all work together to support learning but also the wellbeing of our students. Many of the community building activities that we missed out on last year go towards helping students feel connected to our school through seeing their families and others engaged in our community. Thank you to our P & F who are busy organizing events for our students and families now that the covid restrictions have eased—it's going to be great to have some of our community activities again to help build that connection.

*Please note: Next week I will be away and Jade Wheeler will be the acting Principal. If you have any queries or concerns please contact Jade—I am leaving you in very capable hands.*

### TERM DATES 2021



TERM 1	- 29 January - 1 April*
TERM 2	- 19 April - 25 June
TERM 3	- 12 July - 17 September
TERM 4	- 4 October - 17 December

#### PUBLIC HOLIDAYS

Term 1 - \*Friday 2 April (Good Friday)

### SCHOOL CAPTAINS' MESSAGE

We want to say thank you to SRC for giving up half of their playtime to sell icypoles. The icypole money is for Project Compassion—it is always good to help other people. We hope everyone is helping others at school and at home. Being helpful makes the world and school a better place.



St Michael's Primary School acknowledge and pay our respects to the Gunaikurnai people, traditional custodians of the land on which the school is built. As a school community, we commit to walk alongside our First Nations people for reconciliation, truth and justice.







## MEDICAL, PHOTO/VIDEO & INTERNET FORMS

We are still waiting on a few families to return the yellow forms that were handed out during parent teacher interviews (Medical details, Annual Photograph/Video Permission, Parent/Carer/Student Digital Technologies Agreement & Declaration). These forms enable us to keep our records and school compliance up to date. If you haven't returned yours yet, please **bring the completed forms to school as soon as possible**. Thank you to the parents who have already returned their forms.



## WELLINGTON DIVISION SWIMMING

Congratulations to Zac and Tahlia for representing our school at the SSV Wellington Division Swimming Carnival earlier this week. Tahlia placed 4th and 6th in her individual events and Zac placed 4th in his individual event. Well done and superb effort both of you!

## HOCKEY CLINICS

We had perfect weather for the hockey clinics last Friday and would like to say a big thank you to the coaches who came from Hockey Victoria to run the sessions. The students had a great time—hopefully they will be inspired to take up the sport.



Ruby said hockey was great fun although a bit back breaking having to bend down. Zac said it was lots of fun as well.





## ON TRACK WITH MARY MAC!

Congratulations to Lahni for receiving the Mary MacKillop Award this week. Lahni has demonstrated the qualities of Mary MacKillop through her attitude and actions and is a terrific role model for everyone. She is always kind and inclusive and giving of her time.



Our thoughts and prayers go out to Evie and her family on the loss of her grandfather. May God's love and strength be with you at this sad time.

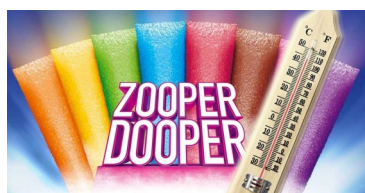


**This year we want to be on track with Mary Mac and...**

*"Never see a need without doing something about it"*

## PROJECT COMPASSION & HELPING OTHERS

We have made a good start with Project Compassion. SRC ran a very successful icypole stall and collected quite a bit of money at their first recess. All the students were very patient and polite as they lined up to get their icypoles. This will continue for another three weeks but only on a Friday (last day is a Thursday due to Good Friday).



## SRC ICYPOLE FUNDRAISER DAYS

Friday 19th March

Friday 26th March

Thursday 1st April

**Today SRC raised \$37.00 for Project Compassion.**

## CATHOLIC IDENTITY SURVEYS

Just a reminder that the Catholic Identity surveys are due in at the end of the month. Thank you to those parents/carers who have had a 'crack' at these—they can be a bit challenging. We will be working with the 5/6 students to complete their surveys in the next couple of weeks.

## ST PATRICK'S DAY FUN

Students are asked to dress up in green for St Patrick's Day on Wednesday 17th March. Face paint is fine if they want to wear it but we are not allowed to have any sharing of face paint or zinc sticks for health reasons. Please make sure that your child is sun smart and that they have their sports shoes on as this is a sport day.

The teachers will do St Patrick's Day activities in the classroom before lunch and SRC have organised a fun challenge in the afternoon. Students will be split into multi age groups of about 6 and have to be problem solvers and code breakers in their team to find a solution to the challenge.

You should have received a note today about the P & F Lunch Order Day—they are busy organising a green inspired lunch for students. Get your orders back in so they know how much to cook. Everyone will be given a special treat to have with their lunch.



## SCHOOL ADVISORY COMMITTEE

At this stage, it would seem that there will be no change to the School Advisory Committee and an election will not be needed. We have had no new nominations.

Currently the School Advisory Committee consists of:

- Parish Priest—Father Siju Xavier
- Principal & Chair—Jenny Miller
- Staff Representative—Jade Wheeler
- Parent Representatives- Beth McKinnon & Sarah Christian
- P & F Representative—Luke Mahony
- Parish Representative—Barry Donahoe



## DUCK CUP

Everyone should have received their Duck Cup tickets today. Families are asked to sell a book of 5 tickets (if you require more, please ask at the office). Due to the race not being open to the public, you will have noticed that they are being sold at the reduced price of \$10 each. There was also a roster for selling tickets out the front of IGA sent home with your tickets. If you're not on it, count yourself lucky! We are rotating around families each year. Please let us know if you are unable to sell tickets on your nominated day—we know that it was very short notice and apologise for this.

Thank you to all our sponsors who have continued to support us even though the Duck Cup is a closed event. We really appreciate this endorsement.



Happy Birthday to the following people who have celebrated their birthday over the past two weeks.

Cooper	3rd March
Wally	5th March
Caleb	7th March
Phoenix	11th March



## 5th March

**Emily T** - her excellent working habits and creative writing! Well done.

**Solveig** - beginning to hear sounds in words and writing the corresponding letter.

**Lottie** - using guide questions effectively when conducting research.

**Stella** - ensuring she checks and completes tasks thoroughly.

**Belle** - being a leader and using her initiative. Keep it up!

**Noah M** - working hard to extend his understanding in Mathematics.

**Michael** - applying himself in his learning and persisting

## 12th March

**Miriama** —great writing and her diagram included all key information

**Ruby** —displaying a confident and focused work ethic. Keep it up!

**Jayden** —making a fantastic effort hearing the sounds in his words.

**Cooper W.**— for his active contribution to sharing in class this week. Keep it up!

**Yvette** — for always working on tasks enthusiastically. Well done!

**Poppy**—consistently applying herself and for having a growth mindset.

**Michael**—working hard to master new maths concepts and for always having a positive attitude.







Truth

## Writer of the Week

### Penguin

By Caleb

*All I hear is an emotion filled silence, with  
Painfully slow breathing.*

*I taste the salty air, that I am continually  
inhaling,  
I am still, as the salty air travels through my  
veins.*

*All I see is the darkness of my eyelids, to  
the dim grey sky.*

*I smell my master, and know that he will stay  
with me, until the end.*



Poetry is a very powerful medium for getting an impactful message across. Caleb has captured the strong emotions to create a powerful image with words.

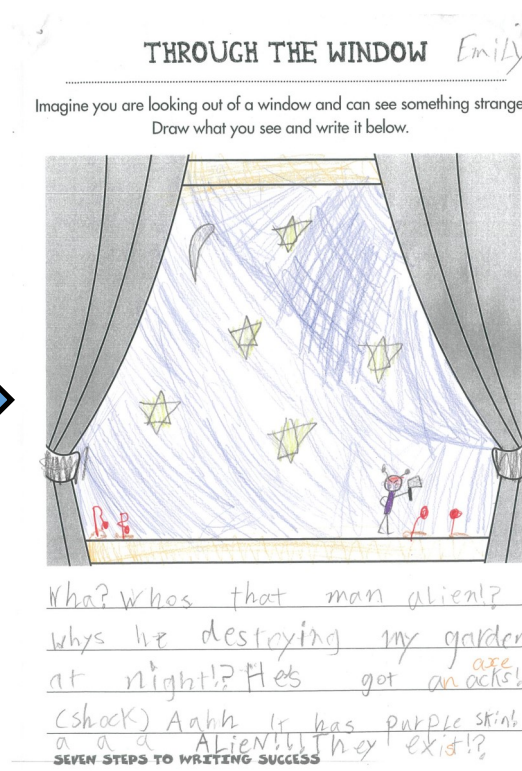
Mrs Wheeler was very impressed with the way Emily read her 'Through the window' writing. She said that the expression in her voice and animation made it even better.



Kaylee, Arthur & Jimmy worked together as a team to make their rainbow train during discovery learning.



You can see from Solveig's writing that she is picking up on the sounds in words (remember the writing development chart from the last newsletter).





9 March 2021

## When self-ishness is a strength

### POSITIVE PARENTING

by Michael Grose

"Share your things with your brother. Don't be so selfish!"

If you, like me, still have this message rattling around your head then you'll know how much kids' selfishness is frowned upon by parents. It sits alongside negative terms such as spoilt, bratty and mean-spirited.

I've long sung the praises of parents who promote a sense of generosity and giving in their kids. I hold the firm belief that one of the central tasks for parents is to socialise children so that the next generation has a strong sense of civic-mindedness.

There's a place for developing self-*ishness* in children, but not the mean-spirited variety. Here are some aspects of self-*ishness* that help ensure kids become happy, successful and contributing community members.

#### Self-awareness

Young children have few social filters. They'll blurt out comments at the worst possible moment that are guaranteed to embarrass you, your neighbour or relative. Embarrassing comments may be cute in toddlers but they lose their shine when children reach the school years. Parents can encourage self-awareness by drawing children's attention to the requirements of different social situations, varying their social experiences and keeping behavioural expectations high. The socialisation process means that kids need to be aware of how their words and actions impact on others, and modify their behaviours accordingly.

#### Self-regulation

A child's awareness of their emotional world is a wonderful gift. A rarer gift is the ability to regulate emotions such as anxiety, sadness and anger. Being able to identify their feelings, or at least, have the sense of awareness that something doesn't feel right is central to emotional intelligence and is a requirement if they are to develop empathy. Parents can encourage self-regulation in children by drawing attention to feelings, creating moments of stillness and giving them tools to calm themselves down when they're upset.

#### Self-knowledge

My daughter came back from a six-month student exchange in Denmark as a sixteen year old with a remarkable sense of maturity. The challenge of

living away from home for so long had given her what so many teenagers lack – self-knowledge. The experience taught her a great deal about herself, her strengths and vulnerabilities. She arrived home with a sense of 'this is who I am', which is one of the central tasks of adolescence. Parents can promote kids' self-knowledge by helping them identify their strengths, encouraging a wide range of interests and providing challenge opportunities during the last years of primary school and throughout the secondary school.

#### Self-discipline

Could your child sit at the meal table with food in front of them and wait until everyone has been seated before eating? I hope so, because little acts of denial such as this encourage the self-discipline required for later success. The ability to delay immediate gratification whether 'to do the right thing' or to ensure greater and later success is needed in every aspect of life. Self-discipline, like a muscle, needs to be exercised or it deteriorates. Parents can develop self-discipline in their children by encouraging small acts of delayed gratification such as saving pocket money. Help them understand that some desirable outcomes such as achieving good academic marks, gaining sporting awards and helping others generally require them to give up something in return.

#### Self-leadership

Leadership is a hot topic at the moment, particularly in the political sphere. The seeds of great leadership are sown in childhood by parents who teach kids solid values such as respect, accountability, kindness and empathy. They encourage skills such as emotional smarts, clear articulation and developing independence. In many ways self-leadership is the sum of these traits combined. Importantly, it comes before successful leadership in a public sense such as leading a school group, a sporting team, a workplace group or a family.

#### In closing

Kids' abilities and attitudes vary, and they shift at different stages of development, which makes raising kids according to templates such as the one above tricky. It's generally not until adulthood that we see the lasting impact of our parenting efforts and it's the big ideas such as developing positive self-*ishness* traits that have the most lasting impact on kids.

#### Michael Grose

Michael Grose, founder of Parenting Ideas, is one of Australia's leading parenting educators. He's an award-winning speaker and the author of 12 books for parents including *Spooned Generation*, and the bestselling *Why First Borns Rule the World and Last Borns Want to Change It*. Michael is a former teacher with 15 years experience, and has 30 years experience in parenting education. He also holds a Master of Educational Studies from Monash University specialising in parenting education.