

## NEWSLETTER No. 15

Friday, 10th September, 2021



### DIARY DATES

#### TERM 3

#### SEPTEMBER

Tuesday 14th Parent Teacher interviews (online)

Wednesday 15th P & F Meeting 7pm Online

Footy Fever Multi Age day

Friday 17th Last day of term 2PM FINISH

*Please note: Dates may change due to COVID regulations. Updates will be placed on the school app and on the website.*

### PRINCIPAL'S MESSAGE

This week has been 'Child Safety' week and there has been a lot in the media about keeping children safe, changes that need to be made to legislation, the importance of online safety and awareness, and the importance of education of children so that they are equipped to deal with unsafe situations. Schools have a responsibility to educate children in this space, but so too do parents. Even though it can be confronting to have these conversations with your children, it is important that you do no matter how uncomfortable it is. How many parents have spoken with their children about what to do if they are approached by a stranger? What would they do and where would they go for help? Who has had the conversation with their children about protective behaviours and what to do if someone's actions make them feel uncomfortable? These aren't easy conversations to have but they are important ones.

It is also incumbent upon parents to make sure they are well informed and vigilant when it comes to monitoring their children in an online space. Statistics show that the majority of parents don't really have an idea of what their children are accessing online or who they are communicating with. Not everyone online is who they say they are. And not all content online is suitable for children to access—there are classification codes for a reason and

### TERM DATES 2021



**TERM 3** - 12 July - 17 September

**TERM 4** - 4 October - 17 December

**School Camps:** 3/4 11-12 October  
5/6 1-3 December

just because your child tells you that everyone else is playing an MA15+ game doesn't mean they should be. In addition, it is necessary to have the conversation about respectful relationships and healthy sexuality, particularly when statistics show that the major source of sex education for today's children comes from the internet. We live in a very complex and confronting world and it is up to all of us to keep children safe. Remember, it takes a village....

### ON A LIGHTER NOTE.....

The holidays are just around the corner and I know that everyone will be glad to have the break from remote schooling and be able to spend some leisure time with their children and family. Even if you have to work from home, hopefully there will be less pressure trying to juggle everything. I wish everyone, staff, students and families a well deserved break over the holidays and I pray that everyone will return to a more normal term in term 4.



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.



## GUESS THE NUMBER

We thought that we might have a bit of a challenge in the newsletter this week just for fun. The challenge is to guess how many jellybeans are in the jar. The person who guesses correctly or closest to it, gets to take home the jar of jellybeans to share over the holidays.

Students who are at school are already guessing and we have included a photo with a foam cup for comparison so that anyone still working from home can have a go. Just make sure guesses go in to classroom teachers. All guesses have to be in by next Thursday and it is only one guess each.

Good luck everyone!



## PARENTS AND FRIENDS MEETING

Parents and Friends will be holding an online meeting on Wednesday evening at 7pm. If you would like to participate, please contact Jenny Miller for the link.



## ON TRACK WITH MARY MAC!

Congratulations to Mikayla for receiving the Mary MacKillop Award this week. Mikayla has demonstrated the qualities of Mary MacKillop through her attitude and actions and is a terrific role model for everyone. Mikayla is always helpful and considerate and uses her initiative to get things done. We appreciate her positive and cheery attitude.



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

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

*Those we love don't go away,  
they walk beside us everyday.  
Unseen, unheard, but always  
near, so loved,  
so missed, so very dear.*

— Anonymous

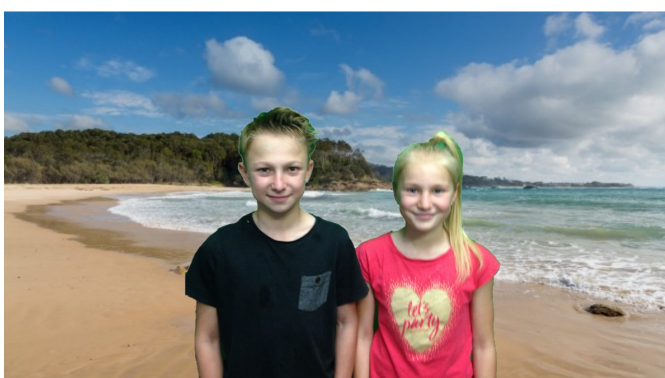
Condolences to Jeanette, our cleaner, whose sister passed away in Melbourne after a long illness. Know that you are in our thoughts and prayers at this sad time,



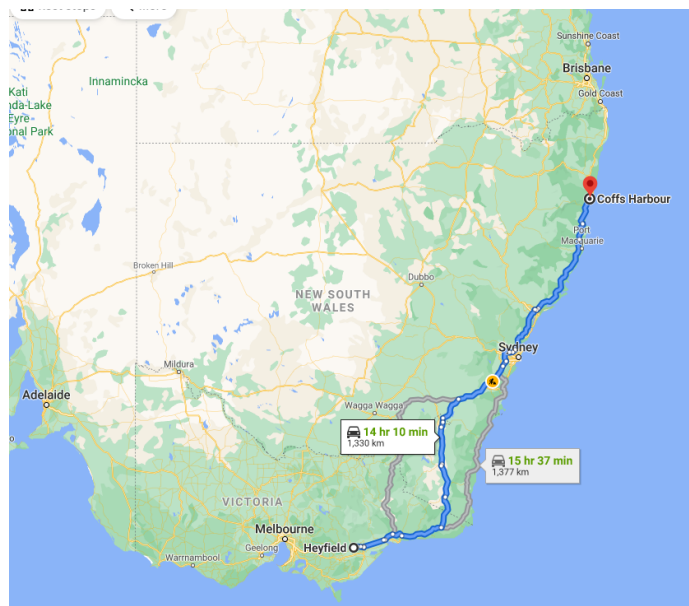
## LET'S RUN AUSTRALIA

So far we have run/walked as far as Coffs Harbour, another beautiful coastal paradise. Share your photos if you have been to Coffs Harbour and tell us whether it lives up to its description! According to Tahlia and Archer, Coffs Harbour is amazing for its beaches, swimming and surfing. They also said the beach is great for building sandcastles, finding creatures in the rockpools and just splashing around, not to mention being able to visit family.

*This is our photo for when you can't get to your favourite spot but would like to be there!*



Alex has visited Tuross Head, which was one of our stopping points. These photos are from his family album



when they holidayed at Tuross Head. Looks like a good place to visit!



If you have any photos you'd like to share along the way, please send them in.



Truth



## 10th September

**Evie** - For always being a polite and caring class member.

**Matilda** - For using lots of reading strategies when reading. Well Done!

**Max C** - For a high level of effort and participation during remote learning.

**Zac** - For an outstanding effort with science challenges during remote learning.

**Ben** - For terrific organisational skills and work ethic during remote learning. Well done!

**Noah M** - For taking pride and care with the presentation of his work in remote learning.

**Lottie** - For demonstrating perseverance and a pleasing work ethic towards her tasks this week.

**Shelby** - For making a great start on her narrative. She is using great descriptive language.

**Noah C** - For his independent working habits at school when completing his tasks.

**Yvette** - For always being motivated and consistently applying herself to her learning.



USING PERSONIFICATION IN POETRY

## The River

By Cooper

The river was like a cranky old man,

Raging through the stream.

The river roared and moaned,

As it passed by.

The sound was deafening,

Like a steam train leaving the station.

He continues to create new paths,

Each and every flood.

As time goes by, the river becomes quiet,

Resting peacefully, beautifully and silent.



Happy Birthday  
to the following people who have  
celebrated their birthday or  
have a birthday coming up.

Phoebe	2nd September
Solveig	8th September
Max C	15th September
Millie	17th September
Archer	17th September
Emily	22nd September

## CONGRATULATIONS COOPER

For winning the League Best & Fairest in the Under 11 Football—a proud moment.





## SCHOOL CAMPS

At this stage school camps cannot go ahead, but we are hopeful that this might change soon. The Year 3/4 camp is scheduled to be held on Monday, 11th October and Tuesday, 12th October. It is an overnight camp to Coonawarra. We are going to proceed as if the camp will go ahead and will send out information at the end of next week. We will try to reschedule if restrictions prevent us from going at that time. The Year 5/6 camp is to take place at the beginning of December so we are hoping it will still be held.



## FOOTY FEVER DAY

On Wednesday, 15th September, we will be having a 'Grand Final Footy Fever' day. Students can dress up in their team's colours (just remember to wear t-shirts under sleeveless tops) and we will have lots of fun activities for them to do, including party pies and sausage rolls for lunch. We also hope to participate in AFL online interactive sessions and are just waiting to receive the details. Those students who are working from home will be able to participate in these sessions and we hope they send in their photos of themselves in their footy gear.



## LAST DAY OF TERM

**The last day of term 3 is on Friday, 17th September. We will be finishing at 2pm.** Students who are onsite can still have lunch orders on this day and they are to wear their school uniform.



## PREP—3 BACK TO SCHOOL

It was great to have our Prep to 3 students back at school. We would have loved it if everyone could have returned but it was not to be. It was great to see everyone so engaged and happy to be back at school, as you can see from the photos.



Let's hope that the Years 4 to 6 students get to join us soon.



## Everyday resilience lessons for kids

**Muscles need to be exercised daily if they're to remain strong, flexible and do their jobs. Resilience is no different. If it's not exercised regularly our resilience will waste away.**

**Resilience is developed through regular daily use. Here are some simple ways you can encourage a child or young person of any age to flex their resilience muscles every day.**

### Wait until mealtime

Discourage them from random snacking when they are hungry. Encourage them to wait until mealtime. By tolerating minor discomforts such as hunger, thirst or even some worries, kids get the practice needed to help them manage bigger future hurdles that may come their way. You can build your child's tolerance of discomfort by encouraging them to delay immediate gratification even just for a few moments.

### Do more than expected

Great sportspeople routinely train more than others and push through mental and physical boundaries. Encourage your child to push through boundaries and do more than expected in small ways. Perhaps they don't just clean their bedroom but tidy the living room as well. They may aim to shoot 10 goals in a row at basketball practice but keep going until they reach fifteen. Going past the finish line is wonderful resilience practice. What else can you do that would encourage your child to do more than expected on a regular basis?

### Save pocket money

Did you know that when you encourage your child to save some of their pocket money rather than spend it immediately you are teaching them to delay gratification, an acknowledged resilience attribute? Asking a child to set aside some pocket money for saving, some for charity and some for spending will help develop a balanced use of pocket money. It helps if a child can develop their own savings goal, and parental suggestions can assist. The delay of an immediate reward to achieve a greater or later

reward needs to be practiced if it's to become part a child's pattern of behaviour.

### Make the bed

Resilience comes from doing things that we don't feel like doing and making a bed is one thing few people enjoy. The daily habit of making a bed (to the best of a child's or teen's ability) is a brilliant discipline to develop, which has the bonus of setting kids up well for a productive day at school. What other simple habits that fit into the "don't-like-to-do" basket that benefits either your child or others in the family?

### Help when you don't feel like it

It's easy to help at home when they've had a good day at school or the weather is fine. It's much more difficult to step up and help set the table, put out the rubbish or hear a sibling read when they've had a bad day at school or the weather is stinking hot. The seemingly small act of sticking to commitments even though they help develop discipline and conscientiousness that contributes to a sense of resilience

### Smile when you don't feel happy

Feelings may be difficult to manage, but behaviour is a choice. Encourage kids to choose happy, or at least act happy by smiling rather than putting on a grumpy face. The brilliant thing about this strategy is that smiling changes their mood so that they begin to experience pleasant emotions.

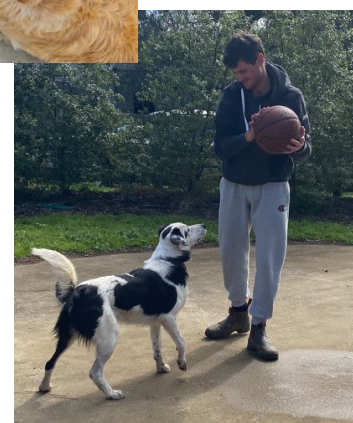
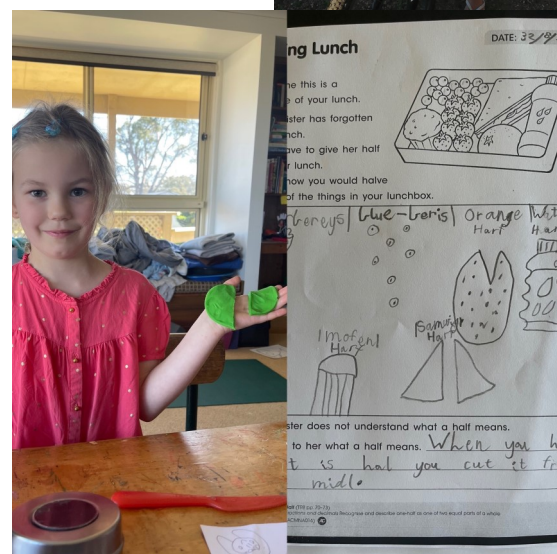
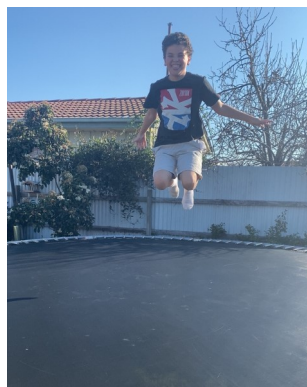
**It's the small, everyday behaviours we encourage in kids that have the greatest impact on their behaviour, wellbeing and resilience.**

### From Michael Grose, Parenting Ideas

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 *Spoonfed 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.

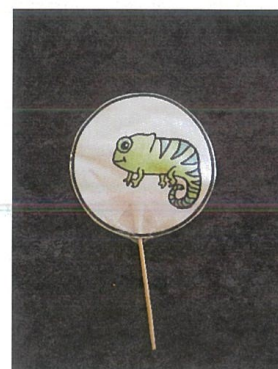
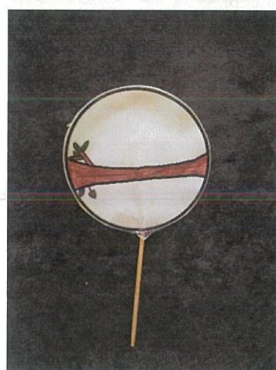
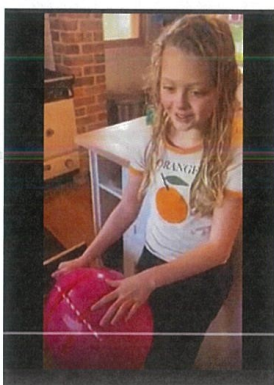
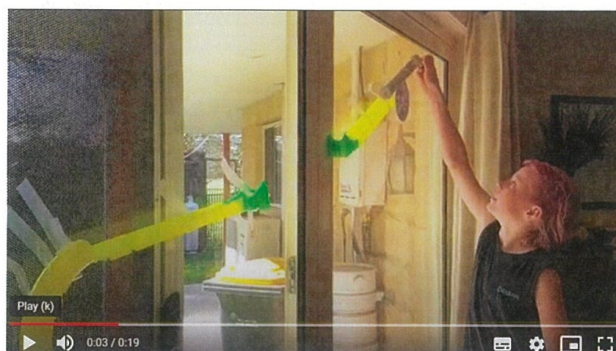
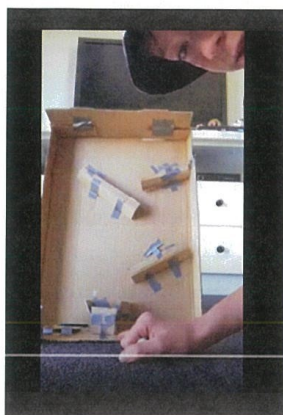


## SHARED MOMENTS FROM REMOTE LEARNING





### Science Challenges – Ball Run, Balloon Rockets and THAUMATROPES



### ART – Mosaics and Origami

