Welcome & Welcome Back

Our first Health & Wellbeing newsletter for 2013 has arrived! We have included a variety of resources and information for you and we hope you find something of interest.

If you have anything yourself that you think other parents might be interested in please email me the information. We would love to include it in future newsletters. mmasseni001@smaltona.catholic.edu.au

Our Preps are very excited about starting school. They have settled in beautifully and are learning the ways of the school with the help of their wonderful teachers and Year 6 buddies.

When you read about their favourite things, you’ll see how busy life has been for them in their first month of school.

Our first Walk / Ride to School Day & our Family Skip Along last Friday - a huge success! Around half of our students came to school in an active way & the netball court was full of energetic children and parents enjoying the opportunity to skip before school.

Thanks to everyone who joined in.

We hope 2013 is a wonderful year for you at St Mary’s.

Stay Healthy… Margaret Masseni (Student Wellbeing Leader)

DID YOU KNOW?

Sharing books with your child plays a big part in your child successfully learning to read.

Reading aloud and sharing stories is a great way to spend time together no matter how old they are. Even better, reading and storytelling helps promote language, literacy and brain development.

READ MORE...on the RAISING CHILDREN NETWORK WEBSITE 
http://raisingchildren.net.au/articles/reading.html

The Raising Children website is a complete resource for helping parents raise children from newborns through to teenagers. The award-winning site includes up-to-the-minute articles and accessible tools and resources to help parents make the right decisions for their families. www.raisingchildren.net.au
AUSSIE OF THE MONTH

For consistently demonstrating great behaviour and the values we promote at St Mary’s. These students are chosen by staff each month. Each Aussie of the Month is awarded a badge and certificate at assembly and given house points. February’s winner will be announced at assembly on 18th March.

THE EASIEST AND YUMMIEST RISOTTO EVER....NO MORE STANDING OVER THE STOVE! Thanks Mrs Sims!!!

2 cups arborio rice
5 cups boiling stock (chicken or vegetable)
2 tblsp butter

Put these ingredients along with any diced veggies (soften the hard ones in the microwave first) that you like (maybe some chopped bacon too), into an oven proof pot and cook with the lid on, in a moderate oven for 35 minutes. Let it stand for 10 minutes on the bench, add some parmesan cheese and serve!

Social networking sites are an important part of most teenagers’ social lives. You might worry about what your child is doing on the internet, but being part of the online world has its advantages, and you can help your child make the most of them. READ MORE...http://raisingchildren.net.au/articles/social_networking.html

Did you Know?

Our School website lists many resources for parents in our well-being section. You’ll find links to great websites and articles with wonderful advice about all sorts of issues we as parents face – featuring Parenting Expert Michael Grose, Parent Wellbeing website, Raising Children Network and more. A sample article is attached to this newsletter – 10 Ways to promote good mental health & wellbeing in kids

Our awards:

Support Social & Emotional Learning

Doing it right

Our students have been working very hard to live by the values of the school and develop great relationships with others. Look at the lists in the staff room foyer to see more students who have been Doing It Right.

February badges winners

Classrooms: Xander I for being a great listener, Shawn P for listening and following instructions, Tom Kruger for working well during class time, Jelena H for sharing school values, Sofia B for listening to instructions, Oliver for caring for school property and Ben H for helping Mrs Hicks

yard: Lachland G for being honest with money, Alessia A for being a good friend, Mikey R, Michael M, Elizabeth & Oliver for taking pride in the school environment, Alexander T & Pari for being a good friend and Luke W for being a great role model & helping some Prep boys play a game of basketball

Our favourite things about school...by prep s & h students

I love playing outside – Thomas, Brodie, Jett, Caitlin Lilly, Samantha, Ethan, Summer, Anna
I love buying icypoles at the tuck shop – Harrison
I love learning – Eleanor

My favourite thing is playing in the sandpit. building sandcastles – Lexie, Hayden, Grace, T Jay
My favourite thing is learning about and making Dippy Duck – Shannon, James

I love playing sport – Rafael, Kiani
I like playing with summer – Gabriel

My favourite thing is using the computers – Lachlan, Michael M, David, Wesley, Michael D

I love playing with the cars – Noah, Joshua

My favourite thing is ART – Tahlia
I like writing – Alana
I love reading - Thomas
I like playing BINGO! – Gigi

My favourite thing is when my buddy is nice to me. I love my buddy. – Caitlyn, Ava D, Ava Z, Eliza, Julie
I like Mrs Sims & my friends – Samuel

My favourite thing has been playing with my new friends – Rachel, Zed, Clare, Mai, Sebastian

My favourite thing is playing outside at playtime & lunchtime – Cooper, Nathan, Zaii, Jesse

My favourite thing has been playing with Matthew & Tahlia – Gemma

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Take every chance you get in life...some things only happen once!

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