

St. Mary's School, Altona

Newsletter 2019

95A Railway Street North, Altona 3018

Principal: David Kelly Phone: 9398 4842 www.smaltona.catholic.edu.au

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No. 29 September 6th, 2019

Dear Parents

The Billy Tea Bush Band spent an hour with each level yesterday teaching the children some of the dances. Our year 6s paired up with our preps, and our year 5s and our 3/4s paired up with our 1/2s. The whole school then came together on the basketball court after lunch for some more dancing and singing. Great fun was had by all.

FAMILY BUSH DANCE

The day concluded with our Family Bush Dance held at Emmanuel College. What a fantastic night was had by all. Kids, parents and staff joined together and danced the night away. Thanks to everyone who came along and a special thank you to Susie H, Marilyn F and the many other helpers for a great night.

SOCIAL JUSTICE STALLS:

The Year 5/6 Social Justice stalls will occur next week (week 9) on **Tuesday 10th September** and **Wednesday 11th September**. They operate: Before School from 8.30 - 8.45 am. Recess from 11.00 - 11.20 am. Lunchtime from 1.40 - 2.05 pm.

We have some different stalls this year, including GUESS THE NUMBER RAFFLE, COLOURFUL SLIME, COLOURED HAIR & NAIL POLISH and TOSS THE COIN & CARNIVAL GAMES. We will still have our favourite stalls such as the HOT CHOCOLATE, TOASTED SANDWICHES and MILKSHAKES! So please EVERYONE come along and have fun!

All money raised goes to support our local St. Vincent de Paul Society.

NAPLAN:

The NAPLAN results went home yesterday for children in Years Three & Five. If you have any questions about these results please contact your child's classroom teacher.

OPTIONAL PARENT / TEACHER CONTACT:

These will take place on Monday 16th September.

Please click on the Interviews Icon on our website and follow the simple instructions.

The School Event Code is: emvz8

If you are not available on the allocated date please contact your child's teacher to arrange a mutually suitable time. Online bookings are now open and will close on Friday 13th September at 3.00 pm.

2020 INTENTIONS:

As we will soon begin discussing our class structure for 2020 we would appreciate it if you could let us know if your child is currently in Prep - Year Five and is **NOT RETURNING** to St. Mary's next year. Please email by the end of this term. Thank you.

LONG SERVICE LEAVE:

As mentioned last week I am now on Long Service Leave but I will be back on Monday 14th October (2nd week next term). Marg Masseni will be Acting Principal during this time.

David Kelly
Principal

EDUCATION IN FAITH

Father's Day Thanks

A special thank you to all the families that celebrated Father's Day with us on Sunday. A special thank you to all the families who supported our choir to join in the celebration, the Cassar family who did the offertory, the Bond family who did the Prayers of the Faithful and the staff who made it possible.



Social Justice Week

We just wanted to let all students, parents, families & friends know that our Year 5/6 Social Justice stalls will occur in Week 9 on:

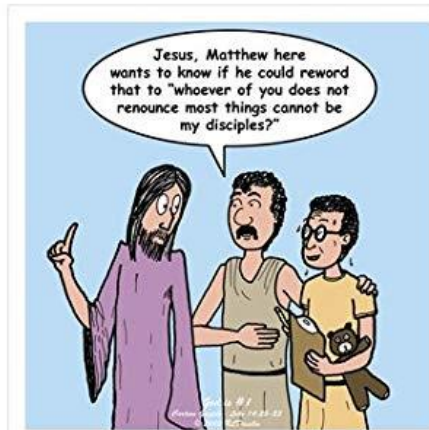
- **Tuesday** 10th Sept,
- **Wednesday** 11th Sept

They will be on before school from 8:30 to 8:45 am, at recess from 11 to 11:20 am and at lunchtime from 1:40 - 2:05 pm each day.

We will be raising funds for our local St Vincent de Paul Society.

On behalf of Noah & Grace
Social Justice Leaders

This weekend's Gospel



Luke
14: 25-33
All who do not renounce their possessions cannot be my disciples

Feast of the Nativity of Mary

September 8th

Impart to your servants, we pray, O Lord, the gift of heavenly grace, that the Feast of the Nativity of the Blessed Virgin Mary, may bring deeper peace to those for whom the birth of her Son was the dawning of salvation.
Amen.



PLEASE PRAY FOR:



* All members of our community who are sick or in need of our prayerful support.
"How good God is to me and how much reason I have to be grateful." (1899)

Special Dates

September: Month of Prayer for the Care of Creation

8 Sep International Literacy Day

8 Sep Feast of the Nativity of the Blessed Virgin Mary

13 Sep Memorial of St John Chrysostom

14 Sep Feast of the Exaltation of the Holy Cross

21 Sep Feast of St Matthew, Apostle, Evangelist

TUCKSHOP HELPERS – Week Beginning 9th September, 2019

Friday:

Manager: Amy Xu

Rosemary Ciavarella

Tel: 9315 0799



District Cricket-

Last week some students from 5/6s represented our school at the Williamstown District cricket school cup. We entered 3 teams and all students should be proud in the way they represented themselves and the school. Great sportsmanship shown towards the other teams and excellent support and encouragement for each other. Each of the teams won at least one game but most importantly learnt more about the game of cricket. Well done everyone.

Tim Lappin, PE/Sports Teacher



Joseph's Corner Trivia Night

When: Sat 12th Oct 2019

Time: 7.00 for 7.30 pm start/

Where: St Augustine's Hall
61 Somerville Road,
Yarraville

Cost:

Bookings: 9315 2680 or
contact@josephscorner.org.au
(Book a table for 8 people or join another table of friendly people)



Bring your own food and drinks
Coffee and Tea will be provided

Door prizes, Major Auction and Silent Auction will be held on the night.

All money raised goes to Joseph's Corner, a non-profit organisation which provides free counselling and support services for families and friends of those living with alcohol or drug addiction.



Spring Art & Artisan Exhibition Hobsons Bay Arts Society

A range of visual art and artisan wares including textile art, woodcraft and jewellery created by members of Hobsons Bay Arts Society.

Launch: Friday 6 September at 7pm.

7-18 September

TACKERS

www.discover sailing.org.au/tackers

Tackers is a Yachting Australia program aimed at getting kids aged 7-12 into sailing.

Each program includes tuition from qualified YA Instructors & Assistant Instructors, Fun on-water & off-water games and a Tackers Kit & Certificate.

Where: Royal Yacht Club of Victoria

When: 23 September – 4 October

Contact us now! 9397 1277
www.rycv.com.au/juniors

**INTRO
FROM
\$70**



Bunnings Bake Sale Fundraiser

Make a (sweet) difference for our school and for the fun-sized bites in our lives! Come and visit our Parents & Friends at Bunnings Altona between 9am-3pm this Saturday 7th September. Pick yourself up a delicious homemade treat made by our very own "elite" bakers to raise some much needed funds for our school.

***If you are able to volunteer on the day or donate baked goods, please contact Katrina on 0409 755 341. More vegan options needed

Saturday 7th September

Bunnings Altona North

9am-3pm



PRESENTS



CONFIDENCE & SPORTS SCHOOL HOLIDAY WORKSHOPS

WE'LL UPSKILL YOUR KIDS'
CONFIDENCE
TO HELP THEM FLOURISH

OPEN TO
ALL
GRADES

Sept 23 - Oct 4th
Hoppers Crossing
& QUEEN OF PEACE P.S

What's included

- 3 Confidence Workshops per day
- 5 Sports per day
- Free Confidence Companion Book
- On the day Prizes
- Morning & Afternoon Tea
- Awards & MORE

Book NOW

[fitkicks.com.au/
springholidayprogram](http://fitkicks.com.au/springholidayprogram)

Strictly
limited
availability

FITKICKS.COM.AU

Women's health.
Powerful stuff.

Thursday 12th September 2019

Sleep
& menopause
5-6pm

Exercise for health
&
Wellbeing
4-5pm

Menstrual cycle &
stress fractures
Footwear to keep
you on your feet!
1 - 30pm

BRING YOUR FRIENDS FREE HEALTH SEMINARS & WORKSHOPS

Heart Health
7.45-8.30pm

Relaxation
&
Mindfulness
2.15-3pm

Gut Health
for a Healthy
You
3-4pm

Tackling menopause
Screening & Supplements
& more
with GP and Gynaecologist
5.7-5.55pm

Emotional Wellbeing
1.30-2.15pm

CIRQIT Health
Level 1 Circle Health Building
6/230 Blackshaws Rd
Altona North

REGISTER YOUR INTEREST in ATTENDING
email: jenny.2tenidis@gmail.com



Circle Health
Your healthiest

circuit health
Show how how

Visual Schedules

A visual schedule is made up of pictures or words showing a sequence of events to be completed. It could be a schedule for getting ready for school in the morning, for completing after school activities like homework and sports practice, or a weekly schedule showing what will happen across the week.

There are a number of advantages to having a visual schedule in your home.

1. **Calm children.** Children are often more settled if they know what is going to happen and when it will happen. A visual schedule allows a child to know what to expect during the timeframe and what will happen next. It provides a structure that the child can rely on. This can help a child feel more secure in their environment. A child who feels secure will be more interested in what is happening and complete tasks more easily.
2. **Independence.** If a child uses a visual schedule then they know what is required of them. A child who can see that they need to get dressed, eat breakfast and brush their teeth is more likely to start to do these things independently.
3. **Flexibility.** The advantage of visual schedules is that they can change each day. For example, if a child has swimming on a Tuesday afternoon, or a playdate on a Friday, then these can be added to the schedule so that the child can mentally prepare for the event.
4. **Language and Literacy Development.** Children will learn concepts such as 'later, first, next, last' during your discussions about the visual schedule. If you add words to the pictures you use on your schedule, they will begin to recognise these words and start to use them independently.

Visual schedules can be as complex or as simple as your child and your family needs them to be, but they can add stability to your everyday life, even when you feel like you are rushing around!