

# Term 3, Issue 20

# Tuesday 19th July 2022

## July

Thurs 21st @8.30am - 10am
Uniform Shop open
Mon 25th
5/6 Excursion to Melbourne
Museum
Wed 27th - Fri 29th
3/4 Camp @ Mt Evelyn
Thurs 28th @8.30am - 10am
Uniform Shop open
Fri 29th - 2.45pm
Assembly

Dear Families,

I hope this week's Newsletter finds you and yours well. We had a busy weekend with our family this week with my daughter Lola who is in Year 9 heading off on a 9 week...yes, 9 week camp! She was accepted into the School for Student Leadership at a place called Dinner Plain near Mt Hotham. She will spend 9 weeks working with students from around the state developing skills that will hopefully help her to reach her full potential! She is very excited for the opportunity and we are very proud of her, but it will be a LOOOOOONG 9 weeks in the house without her, so if you see me looking a little sad, you'll know why! It just got me thinking about how so many schools offer so many wonderful extra-curricular opportunities. We have so many things that our students can be part of that are affiliated with the school but not necessarily part of the school curriculum such as After School Sports Sessions, Math's Learning Club, Wellsprings Study Support Group to name but a few. What a busy, busy school we are!!!

Mask Wearing - Some confusion...

As you may have heard, there was communication in relation to recommendations that students over the age of 8 wear masks inside, but that schools are not required to force the recommendation. All students have been welcome to wear masks here at school, so this should be a conversation that you are having at home with your child if that is something you wish to follow.

#### Cyber Safety Information Session - 4th of August @ 3:30pm

One of the things almost all kids have in common is their love of technology and the their access to the internet. This is what makes that online space so appealing to people who do not always have Christian values aligned with ours! Given that this is the world in which we all live and that we need to ensure our children are safe, St Mary's will be hosting a ThinkUKnow presentation on Thursday 4th August at 3:30pm and all parents, carers and teachers are encouraged to attend. ThinkUKnow Australia is an evidence based education program delivered nationally to prevent online child sexual exploitation. The presentation is pro-technology and addresses topics including self-generated online child sexual exploitation material, online grooming, image-based abuse, sexual extortion, and importantly encourages help seeking behaviour. This is a fantastic opportunity for you to learn more about young people and the online environment, and how you can help them to be safe and responsible users of technology. For more information, you can visit <a href="https://www.thinkuknow.org.au">www.thinkuknow.org.au</a> or contact Yvette Silva (ysilva@smdandenong.catholic.edu.au).

As this content is **NOT** suitable for children, there will be **babysitting available at the school**. Please RSVP to the above email so that we can make plans.

### Opening of the Sr Genevieve Robertson Junior STEM Building - St John's Regional College (SJRC)

WOW!!! What an unbelievable resource SJRC have just created for their Junior Science, Technology, Engineering and Mathematics Department! I was asked to attend the Official Opening by Archbishop Comensoli and was so impressed with what they have managed to create. Our senior students will more than likely get an opportunity to go and work in the STEM Lab once it is operational because Tim Hogan, the Principal, is so very inclusive of the feeder Primary Schools. If you're looking for a Secondary School, I would highly recommend SJRC. If you're interested, go to the website to either book a tour or go on one of the weekly tours. Their website is: <a href="https://www.sjrc.vic.edu.au/">https://www.sjrc.vic.edu.au/</a>

Have a wonderful week, Terry

Mr Gardiner's Rib Ticklers...

Mr Gardiner: Mrs Silva, do you know what kind of music balloons hate to hear at parties?

Mrs Silva: Um...no...I don't know what music balloons hate to hear at parties...

Mr Gardiner: Pop music...get it? POP music????

Mrs Silva: Ha ha...that is a good one Mr Gardiner...really good. You're jokes are blowing up!!!





# Hello from Miss Nelson



Me and my fur-baby Bowie



<u>Above:</u> The Student Wellbeing Hub is a great space for students to take a supervised 10-minute brain-break in a quiet space before returning to class, ready to learn again

Hello families! My name is Mel Nelson and I am the Art Therapist and Creative Coach at St Mary's on Tuesdays and Thursdays. I started in 2020, completing my masters working closely with the St Mary's community during the covid years, oh my – what a time that was! In 2020 & 2021 I worked remotely delivering creative wellbeing sessions for small groups in person and online, you may have heard me in the background of your living rooms, chatting away to your amazing children! I love what I do and I am extremely passionate about working with young people to help them realise their potentials, find a new resilience and learn new ways to manage challenges.

With children having spent much of the last 2 years in remote learning, it has become increasingly important to place extra attention on their wellbeing needs to help them reach their learning goals and experience success. When a child is selected to join my **Creative Coaching sessions** they learn new and positive ways to express themselves, maintain healthy friendships and discover their unique talents and gifts.



What 3 positive words would you use to describe yourself?



**Creative Coaching** often involves imagining positive experiences to help us feel good about ourselves and others





This term the Creative Coaching students will be exploring positive identity and belonging through making their very own peg dolls! It's a fun way to explore and celebrate what makes us unique while respecting the uniqueness in others. Great work Prathi, Lateisha, Irene & Neil for getting started on your very own awesome peg dolls!

Creative Coaching sessions also gives students a chance to practice new skills in self-regulation, impulse control and positive self-esteem. Sessions might start with a warm-up game, painting or clay-making and sometimes you will find me shooting hoops with a student for a short brain-break. Students that attend Creative Coaching sessions often leave saying they feel calm, happy and ready to return to learning. We all experience challenging days sometimes, art-making and creative play is a wonderful way to shift our mood, inspire hope and practice care and respect for ourselves and others.



**Above:** V Man, made by Neil, Great job Neil!





If you would like to know more about Creative Coaching, please email <a href="mailto:mnelson@smdandenong.catholic.edu.au">mnelson@smdandenong.catholic.edu.au</a> or speak with your classroom teacher.



July

19th Avitaj

20th Shayne

20th Arielle

21st Nyakuoth

24th Luka

25th Justin

### **Fees**

If you have a Health Care
Card you may have
received some Fee
Concession paperwork.
Don't forget to return it to
the office to receive an
additional discount.

# **Enrolments 2023**

If you have a child turning 5 by 30th April 2023, they may eligible to enrol at St Mary's school for Prep next year. Please come to the office for an enrolment form. We are also taking enrolments for other year levels.

St Mary's Primary School

Playgroup

FREE!

20-24 New Street

Dandenong

(Enter via McCrae Street)

Every Monday & Thursday

9.00am - 10.40am



**ALL WELCOME!** 

For more information, contact the school office on 9791 7650

# **School Contacts**

Principal: Mr Terry Gardiner

Deputy Principal: Mr Bryan Handasyde

Family Engagement Leader: Mrs Yvette Silva

School Secretaries: **Ms Michelle Grenfell, Ms Jane Merchant**School Office Hours: **8.30am - 4.00pm** Phone: **9791-7650** 

Email: principal@smdandenong.catholic.edu.au Website: www.smdandenong.catholic.edu.au

# **Parish Contacts**

Parish Priest: Fr Brendan Lane Parish Office: 9791 4611

Pastoral Associate: Father Aurelio Fragapane