



St Catherine of Siena

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NEWSLETTER

Term 2, Week 5

May 24th 2019

Reflection - World Communication Day

Where there is shouting, let us practice listening;
 Where there is confusion, let us inspire harmony;
 Where there is ambiguity, let us bring clarity;
 Where there is exclusion, let us offer solidarity;
 Where there is sensationalism, let us use sobriety;
 Where there is superficiality, let us raise real questions;
 Where there is prejudice, let us awaken trust;
 Where there is hostility, let us bring respect;
 Where there is falsehood, let us bring truth.
 Amen Pope Francis World Communications Day 2018



Dear Families,

Every 4 years the school is reviewed by an external reviewer to ascertain compliance with a number of education and child safe standards. This year we have chosen to be reviewed according to the National School Improvement Tool (NSIT) which has been designed by the Australian Council for Educational Research (ACER) and comprises 9 domains essential to effective school performance. Reviewers will be onsite for 2 days and wish to speak to as many staff, students and parents as they can during this time. There will be 2 opportunities for parents to meet the reviewers, these will be Wednesday, 5th June and Thursday, 6th June. If you wish to be part of the parent panel on 1 of these occasions please return the slip in this newsletter or call the office to record your name. The reviewers have requested that the groups be kept to a reasonable size so we may not be able to accommodate all requests to be included in this parent panel.

Recently our Year 4 students were presented to the parish community at the weekend masses. This signified their enrolment in the Eucharist Program which will culminate in them receiving the Sacrament of Eucharist on Saturday, 22nd June at either 12:00pm or 2:00pm. This is a very special time for the children and their families as they prepare for this. I ask that we all keep the children in our prayers and thoughts over these next few weeks.



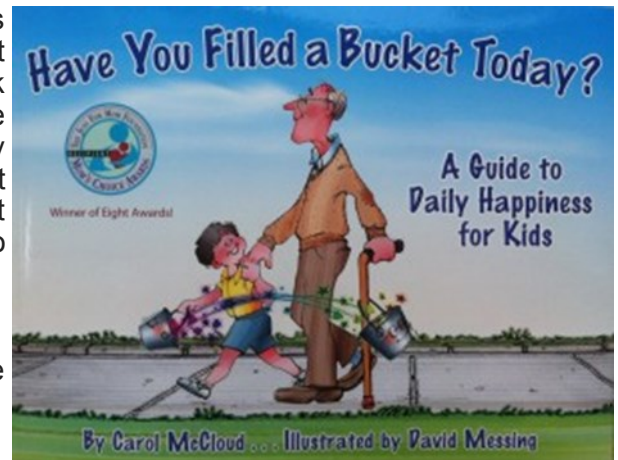
Aaron Dao	Aaron Dumapias	Aidan Davis	Aiden Harrison	Aiden Magri
Akol Mabil	Amazial Thomas	Amelia Alford	Annalee Torney	Ariel Balebang
Arop Adour	Ava Williams	Ayden Brown	Charlie Kytrokas	Chelsea Monitto
Dylan Self	Ellie Edwards	Ethan Braszell	Faith Abraham	Gabriella Valentine
Hannah Linton	Hannah Wills	Isabella Paddon	Jack Thorneycroft	Jai Singh
Jessica Ishak	Jessica Mialual	Jordyn Philpin	Kayla Farrugia	Koot Thuc
Kristian Sare	Kuel Kuel	Laila Maurer	Layla Bourke	Lexie Bugeja
Mabil Ngong	Mary Chol	Mia James	Mitchell Stancic	Morgan Partridge
Ned Michael	Nedeen Eskandar	Nermeen Eskandar	Nyanik Nagur	Patrick Mkhraz
Pauline Abela	Rhianna Garcia	Riley Zanghellini	Romy Hossni	Sebastiana Sant
Shyanne Readon	Sienna Rose Herrero	Sienna Wright	Talia D'Angelo	Tia Anderson
Tiffany Bartolo	Trinity Meredith	Tyrese Young	Veronica Abela	Zachary Quijano

Best wishes for a great weekend

Carmel Marantelli
PRINCIPAL



The concept of "Being a kind person (bucket filler) daily" is constantly reinforced to the children and staff at St Catherine of Siena. We have used the picture story book "Have You filled a Bucket Today?" to encourage positive behaviour and express kindness, appreciation and love by "filling buckets". It helps children to understand "bucket dipping" is a negative behaviour, not a permanent label. It also builds on the concept that it's possible to fill or dip into our own buckets.



The aim is to promote this school wide; with the whole school community. In the hope that

:we build a positive energy that is contagious;

:increase kindness, compassion, resiliency and reduce negativity.

This week I am sharing with you an article from *Parenting ideas: Helping kids feel good by doing good* by *Dr Justin Coulson*. This connects well with the concept of being a Bucket Filler.

It is encouraged that children explain the story to their families and maybe even use the concept at home to continue to develop these concepts beyond school. Below are some ideas you could use to be a "Bucket Filling Family".

Have You Filled a Bucket Today?

Share

Smile

Listen

Help

Be Kind

Be Polite

Take Turns

Compliment

Include Others



Have a happy week.

Kristie Browning

Wellbeing and Special Needs Leader

insights

Helping kids feel good by doing good

by Dr. Justin Coulson



We all want our kids to feel good. Ice cream, days at the beach and play dates may bring kids joy, but once they're finished the good feeling often disappears.

These feel-good activities give kids a rush of euphoria, but leave them craving for more. This can lead to an addictive cycle known as 'the hedonic treadmill' where one cookie isn't enough. They'll need two. Maybe the next week, they'll need three.

Good deeds

Doing good, however, is the key to living a more meaningful and happier existence. The ancient Greek philosophers Plato and Aristotle knew it was true, and modern research bears out the fact altruistic behaviours are associated with better wellbeing, health and longevity. In short, we feel good when we do good.

Kind Kids

Every parent wants happy kids. The easiest way to help kids attain happiness is to encourage them to be kind.

Many studies show that our kids want to be kind. They know it makes them happy! Research shows that children from as young as fourteen months want to help others achieve individual goals and cooperate with others to achieve shared goals. This desire to help is something they're born with – even that child of yours who doesn't seem to want to help anyone!

A recent landmark study showed even very young kids find helpful and kind acts to be intrinsically rewarding. Two year olds showed greater happiness when they gave treats to others, compared to when they received treats themselves.

Teaching Our Kids to Do Good

If kids want to help because it helps them feel great, it's our job to help fulfill this natural inclination by guiding them to age-appropriate opportunities to do so.

Here are 5 ways to do just that:

1. **Role model helpfulness and kindness.** Children and teenagers learn to be helpful and kind by copying the significant adults in their lives.
2. **Encourage them to perform small acts of kindness.** Being kind, giving a compliment, helping to tidy

up- these small acts are just as powerful and effective as larger tasks such as mowing the lawn for a neighbour.

3. **Make helping a family project.** Get your kids involved when you take a meal to a family who have just had a new baby, or visit a sick friend in the hospital.
4. **Be a good neighbour.** Help your kids learn to keep an eye on others, whether it is a neighbour, or a boy on their sports team. Teaching your kids to notice what's going on in the lives of people in their community promotes awareness and empathy.
5. **Be grateful.** Expressing [gratitude](#) is one of the best ways to do good. In fact, nothing can improve your life (and the life of others) like gratitude.

Doing good deeds is what makes us human. It lifts burdens from others, and lifts us by activating the joyful part of our brains. Teaching your kids to do good is the best way to help them have lasting 'feel good' feelings. Of course, they should eat cake too. Even better, share it with a friend for a lasting feel-good effect.



Dr. Justin Coulson

Dr Justin Coulson earned his PhD in Positive Psychology. He holds an Honorary Fellowship at the University of Melbourne's Graduate School of Education in the Centre for Positive Psychology, and he is a Senior Associate at the Positive Psychology Institute. Dr Coulson is the author of the new book '10 Things Every Parent Needs to Know' and the bestselling '9 Ways to a Resilient Child' and '21 Days to a Happier Family'. www.justinoulson.com

Parish Of Melton Office

20 - 22 Unitt Street, Melton

Tel: 9743 6515, Fax: 9747 8603

Email: melton@cam.org.au

Office Open: Tuesday - Friday 9am - 3pm

Mass Times - St Catherine of Siena

Wednesday: 9.15am

Tuesday Evening: 7.00pm

Saturday Evening: 6.00pm

Sunday Morning: 9.00am & 11.00am

Sunday Evening: 5pm

Reconciliation

Saturday : 5.30pm- 5.45pm

Mass Times - St Dominic's

Thursday - Friday : 9.15am



2020 Enrolments

ENROLMENT APPLICATION ARE NOW DUE.

When lodging an application copies of your child's birth certificate, immunisation certificate and Baptism certificate must be attached along with any VISA or legal documents if these are applicable.

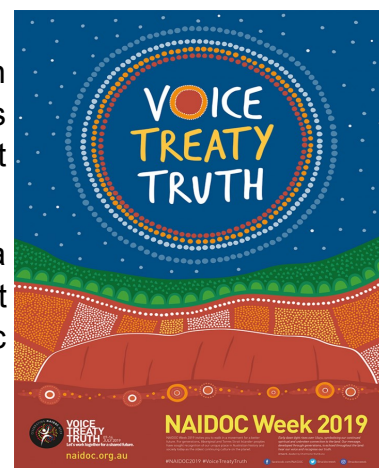
All siblings of current students as well as all new applicants are required to have an enrolment application lodged and attend an enrolment interview with our Principal Carmel Marantelli and our Parish Priest Fr Michael Moody.

NAIDOC Day

This year our NAIDOC Day celebration will be held on Tuesday, 25th June. NAIDOC Day is a day dedicated to celebrating the history, culture and achievements of Aboriginal and Torres Strait Islander peoples. In the morning, students will witness a welcome to country from a Wurundjeri Elder and participate in a smoking ceremony. There will also be a dance performance that will take place in the hall at Catholic Regional College.

Students can wear their sports uniform on the day. If your child/ren have a t-shirt or jumper in the colours of either the Indigenous or Torres Strait Islander flag they are allowed to wear it with their school tracksuit pants.

Further information regarding this day has been sent to all families via Care Monkey. Please contact your child's teacher if you DO NOT want your child attending the Indigenous dance performance at Catholic Regional College.



School Closure Day - Friday, 31st May

Parent Panel for the School Review

I _____ wish to be part of the Parent Panel for the School Review.

I am able to attend (tick one only) the session at

3pm Wednesday 5th June

OR

8:30am Thursday 6th June

**This meeting will be held in the staff area and the discussion will be led by one of the external reviewers.

Please return this to the school office or call to request your preferred time.



PARISH.LIFE.

Catholic Parish of Melton

STEWARDSHIP PROGRAM THEME—FAITH

Our Parish Stewardship Renewal Program is alive!

We ask you to reflect on the importance of faith in your life. Is your faith the foundation of who you are? Does it drive the way you choose to live your life?

We also ask you to re-affirm the importance of Sunday Mass – how we come together as a community to celebrate our faith. The Eucharist is something much bigger than ourselves – it is not a private or anonymous experience. The communal celebration of the Eucharist on Sundays gives us the spiritual nourishment to live our lives as true disciples of Jesus.

Finally, we ask you to commit to growing in faith – to take the opportunity to learn and develop a mature understanding of our faith.

Visit the parish website for more: <http://pol.org.au/melton/Home/StewardshipProgram2019.aspx>

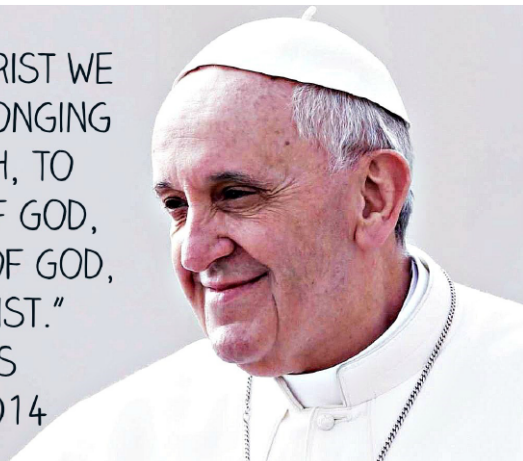
THOUGHTS FROM OUR LEADERSHIP TEAM

Q: What does celebrating your faith as a parish community mean to you?

“Faith means belief in God and doing God’s will in our lives. As a parish community, we should all practice our faith by doing works of charity and offering our prayers and sacrifices to the Lord on behalf of the Parish Community.”

“IN THE EUCHARIST WE FEEL THIS BELONGING TO THE CHURCH, TO THE PEOPLE OF GOD, TO THE BODY OF GOD, TO JESUS CHRIST.”

- POPE FRANCIS
5 FEBRUARY 2014



OUR FUTURE FORUM

Come along to our Parish Future Forum. This Forum is to discuss parish values, achievements & future plans. Everyone is welcome.

Date: Tuesday 28th May

Time: 11.00am or 7:30pm session

Location: The Gathering Area


CONGRATULATIONS

Congratulations to the following children who all received a class award this week.
Awards will be presented on Monday at our morning assembly.

Keep up the terrific effort!!

Prep A - Nyok Anyar	3N - Cecilia Bui
Prep B - Nolan D'Silva	4Q - Talia D'Angelo
Prep C - Rosie Molnar	4S - Nermeen Eskander
Prep D - Joshua Nunez	4U - Aiden Harrison
1E - Lual Keer	5R - Juan Guanlao
1F - Gabriella Galileos	5T - Ryan King
1H - Sarah Lieba	5V - Ava Sliwa
2G - Ayol Anyar	6M - Sienna Williams
2I - Madison Griffith	6O - Jett Garunovic
2J - Ante Klasic	6P - Cadell Timmis
3K - Frederick Johnson	LoTE - Class 2G & Class 5V
3L - Kobe White	

Term 2, 2019

Mon	Tue	Wed	Thu	Fri	Sat	Sun
27 Week 6 *Prep Career Week	28	29 *Class Mass Yr 2 & Yr 4 @ 9:15am *Divisional Cross Country	30 *Yr 1 Excursion to Melbourne Museum	31 School Closure Day	1 June	2
3 Week 7	4	5 *Class Mass Yr 4 @ 9:15am *Parent Panel for School Review @ 3pm	6 *Yr 5 Kinder Buddy Reading Program *Parent Panel for School Review @ 8:30am	7 *Yr 5 Kinder Buddy Reading Program	8	9
10 Week 8 Queen's Birthday	11	12 *Class Mass Yr 4 & Yr 6 @ 9:15am	13 *Yr 6 Excursion to Immigration Museum	14 *Yr 6 Lightening Premiership	15	16
17 Week 9 *Yr 4/5 Excursion to the Arts Centre *Yr 1, 2 & 3 Swimming Program	18 *Yr 5/6 girls AFL 9's *Yr 1, 2 & 3 Swimming Program	19 *Class Mass Yr 4 @ 9:15am *Yr 1, 2 & 3 Swimming Program	20 *Yr 1, 2 & 3 Swimming Program *Yr 5 Kinder Buddy Reading Program	21 *Semester 1 Reports go home *Yr 1, 2 & 3 Swimming Program *Yr 5 Kinder Buddy Reading Program	22 *Sacrament of Eucharist 	23
24 Week 10 *Yr 1, 2 & 3 Swimming Program	25 *NAIDOC Day Celebration *Yr 1, 2 & 3 Swimming Program	26 *Class Mass Yr Prep & Yr 1 @ 9:15am *Yr 1, 2 & 3 Swimming Program	27 *Whole School Sports Day	28 *Feast of the Most Sacred Mass @ 11:45am *Last Day of Term 2 - Students Dismissed @ 1:30pm	29	30
1 July	2	3	4	5	6	7
8	9	10	11	12	13	14
15 Term 3 Begins	16 *Yr Prep Swimming Program	17 *Yr Prep Swimming Program	18 *Yr Prep Swimming Program	19 *Yr Prep Swimming Program	20	21

**The memories we've made at
St. Catherine's Melton
OSHClub 😊**



OUTCOME 4: Learning – Children develop dispositions such as curiosity, cooperation, confidence, creativity, commitment, enthusiasm, persistence, imagination and reflexivity.



The children love exploring in the natural play space with the natural materials.

Luke has been busy working with Cindy to create the best space for our children to be in and invites you to give any feedback on the room and it's layout! Across this week we have spent time exploring animals and having lots of fun learning some new facts about animals like Emu's are the fastest land animals in Australia, we have explored being vets, under the sea animals, zoo animals and games like Simpsons, Chinese Walls, Silent Ball and Musical Chairs.

Children can **ONLY ATTEND** when and if they have an **ENROLMENT** for completed by the parents! Please don't forget our Vacation Care Programs. To book, visit www.oshclub.com.au Have a great Holidays!

Just a friendly reminder of the importance of signing your child in to OSHClub. Knowing that your child is safe and looked after is on the forefront of every parents' mind, and, having them booked in to OSHClub so that our program staff are aware they need to be here is very important in this process. Please use our website or give the program a call if you require care on the day or even visit our friendly staff!

Please note our Before School Care program begins each morning at 6.50am. Please ensure, if you haven't already, that you create a **FREE** OSHClub account by visiting our website www.oshclub.com.au.

****IMPORTANT**** Please ensure you or any of your emergency contacts bring in your I.D and mobile phone if you are new to the service. We need to verify who you are, if you are new to the service, for the safety of your children.



We love to build with different materials

OSHClub St. Catherine's Melton Team

FRIENDLY REMINDERS: If you need to cancel ASC please do on the internet by 3:15pm on the day before, send us a text on: 0408 477 328 or pop in to let staff know you are collecting your child so that we know where the children are. **There is a \$2/minute fee for each child that is picked up after 6:30pm.**

Week 6 Term 2 Activities

Week 6 Term 2 Menu

DAY	BSC	ASC	BSC	ASC
MONDAY 27.05	Making our own Castle and Silent Ball	Make our own Castle and Simpsons	Children have a self-serve breakfast consisting of wholemeal bread, basic cereals (corn flakes, rice puffs and weet bix), fresh milk, soy milk etc.	Chicken Two Minute Noodles
TUESDAY 28.05	Make your own crown or tiara and Night at the Museum	Make your own crown or tiara and Jump the Creek		Salada's with Spreads
WEDNESDAY 29.05	Make a Royal Dog and Minute Mime	Make a Royal Dog and OSHClub Clubs		Home Made Pancakes
THURSDAY 30.05	Make a King or Queen Costume and Musical Statues	Make a King or Queen Costume and Soccer		Sandwiches with Cold Meats
FRIDAY 31.05	CURRICULUM DAY – NO PROGRAM	CURRICULUM DAY – NO PROGRAM		NO PROGRAM



We love playing different games – especially Connect 4

CRAZY CONTRAPTIONS & DAREDEVIL RIDERS!

Witness some really
bizarre cycling
contraptions and meet
the League of Kindness
daredevil riders behind the
Chopper Stopper, Double
Eagle, Penny Farthing and
Puny Cycle. For big and
little kids who love bikes!



LEAGUE OF KINDNESS BIKE RIDERS

Saturday 25 May • 12-3pm
Melton Library

BOOKINGS NOT REQUIRED



Playgroup for Dads and Male Caregivers

Arnolds Creek, City of Melton



Hello Dad! Come to Playgroup!

After a successful Term 1, Playgroup for Dads is running again in Term 2. Get involved in activities with your kids that are fun and interactive and chat with other dads and male caregivers from your local community.

This playgroup is currently being supported by the Salvation Army Children and Parenting Service and Melton City Council with the intention that it will become parent led.

WHERE:

Arnolds Creek Children's and Community Centre

19 Claret Ash Boulevard, Harkness

WHEN:

Saturdays 27 April to 15 June 2019

TIME:

10:00AM-12:00PM

RSVP:

Please register your interest in attending:
shaun.tonkes@aus.salvationarmy.org
0455521154
Or
ingridp@melton.vic.gov.au
9747 5756



melton.vic.gov.au
9747 7200
cityofmelton



FUN FOR DADS and their KIDS!

Playgroup for Dads and Male Caregivers Hillside Neighbourhood House



Hello Dad! Come to Playgroup!

Get involved in activities with your kids that are fun and interactive. Enjoy meeting other dads from your local community.

Council is activating a playgroup for dads and male caregivers in Hillside.

Be led and supported by a male facilitator who will provide the knowledge and guidance for your group to run independently.

WHERE:

Hillside Neighbourhood House
Recreation Reserve, Hillside 3037

WHEN:

Saturdays 27 April to 15 June

TIME:

10 am – 12 pm

RSVP:

Please register your interest in attending:
ingridp@melton.vic.gov.au
9747 5756



melton.vic.gov.au
9747 7200
[cityofmelton](https://www.facebook.com/cityofmelton)

FUN FOR DADS and their KIDS!

