

#### St Catherine of Siena

T: 9743 2166 E: principal@scmeltonwest.catholic.edu.au W: www.scmeltonwest.catholic.edu.au

#### NEWSLETTER

Term 1, Week 2

February 7th 2020

#### Reflection

\*

God of life and death,

Our prayers today are where our hearts and minds have been during these last days and weeks and where they have been drawn so early in this summer season;

with those communities and individuals whose lives have been damaged in differing ways by the bushfires.

We pray for all those who have been affected; for the families and friends of those who have been killed.

For those who have been injured and survived: for those affected by physical and emotional trauma;

the fear and helplessness experienced; and anger and frustration at the injustice of unavoidable disaster.

We pray for those who have lost their home and property or are facing such loss:

We pray for those who have lost stock and watched stock and wildlife suffer.

We pray for all involved in fighting the fires and those who are supporting and caring for those affected by the fires and storms we have

experienced this summer.



#### Dear families

Welcome back to the 2020 school year. We have had extremes of weather this summer with many parts of our country devastated by fire, storms, smoke and hail. This has affected all of us in many different ways. Some of us have close connections to people in these areas, some were on holidays in these parts of the country and were evacuated out while others watched the devastation from afar and felt helpless to help and so saddened for the people and wildlife caught up in this horror. As summer continues and fires and smoke continue to ravage much of the southern states we all pray for relief from these fires. In addition to monitoring weather on the Bureau of Meteorology for heat and UV we will also be mindful of air quality and smoke so there may be days when the children are kept inside at recess and lunch because if this.

All families will have received a letter from the school with advice on the Coronavirus. This information has come from the Health Department and Catholic Education Office. Latest advice on this virus is any child returning from mainland China (not including Hong Kong, Macau and Taiwan) who was in mainland China on or after 1st February 2020 is to be isolated at home and should not attend school until 14 days after they were last in mainland China.

To our new families and children across years 1 - 6 who have joined us this year; I hope that you are beginning to settle in and find your way. I know that the other children in your class are eager to get to know you and I am sure they have made you feel welcome. We had **74** Prep children start school last week and they are already beginning to settle in and become familiar with some of the school routines. Shortly after walking into their rooms they were all actively engaged in a task and ready to listen to their teacher's instructions. Prep is also a time of anticipation, excitement and anxiety for the parents of our Prep children. You have prepared your children well for this big step and we look forward to working with you over the year as they settle into school life. If at any time you have any queries please do not hesitate to contact your child's teacher.

This year we also have some new staff joining our school community. Welcome to Danielle Jovancevski and Shanthi DiFalco (Yr 3), Justin Cleur (Yr 5), Brendan Coliero (PE & SAKG) and Bernadette Parnis (Literacy Leader) .) We look forward to getting to know you all and hope that your time at St. Catherine of Siena will be a rewarding one.

We have several anaphylactic students who are allergic to a variety of food products; many of these are related to nut products. For these children this is a serious medical condition and requires constant vigilance and prompt action if an anaphylactic reaction occurs. Current advice is that a nut ban is not a recommended action and we do not ban nuts and nut products from school, however we do ask that all parents consider the extreme medical needs of these students when preparing snacks and lunches for their children, or when providing small treats to celebrate birthdays. If you are able to provide nut free alternatives for your children we ask that you do so.

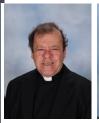
Have a great weekend everyone.

#### **CURRICULUM FEE**

The curriculum fee for 2020 is \$350 per child. This covers booklists, all incursions and excursions (apart from sports events) art materials, physical education equipment, mathematics equipment, readers and literacy games as well as all other curriculum materials. We ask all parents to pay this fee as soon as possible.

Mass one.

C



2020



Alicia Hambleton Annette Volkov



Assunta Iacovino Ben Donnolly



Bernadette Parnis





Fr Michael Moody Carmel Marantelli



Brendan Coliero Brittni Summers Caitlin Walker





Carmel Locaso Caroline Madigan



Catherine Woodhouse



Christine KeanOng Daniella Jovancevski



Danielle Jackson DeAnna



Dee Tuckerman



Deirdre O'Reilly



Dianne Latter



Eboni Morrell



Gemma Hayley Genevieve Drew





Jamien Russell



Jodie Russell



Justin Cleur



Kathy Ly



Kiara Howard



Kirsty Moore





Jakleen Hajjar

Kristine Brake Leeanne Minihan Lisa Connolly





Lisa Nolan



Mandy May





Margaret Bastiaan Megan Humphries Mel Anderson







Rachel Simmons Regita Caruana Sarah Prendergast



Sarah Terrill



Seona Payne





Shanthi Di Falco Sharni Thomas



Susan Aquilina



Tracie Stewart



Tracey Taylor





Vanessa Deluca Vera-Lisa Dos Santos

#### Some reminders as we begin the 2020 school year:

#### School Uniform

All children are required to wear their **correct summer uniform at all times** this term. The uniform shop will be open on a Monday and Wednesday from 8:30am - 9:00am. The uniform shop is located in the hall next to the school canteen. Presentation in the correct uniform, with clean shoes and tidy hair expresses pride in our school and upholds the standard of our school. A note is required if a child is out of school uniform. Long hair must be tied up with a school scrunchie, dark hair tie and/or yellow or blue ribbon should be used. Ribbons and bows should be small and not excessive. Children are not to wear nail polish to school or wear jewellery, with the exception of plain sleepers or studs.

#### Hats

All children are required to wear a **school hat** from the beginning of August through until the end of April whilst outside during recess, sport or other activities. Students without a hat will be required to stay under sheltered areas. Hats can be purchased from the uniform shop. Staff have sunscreen which is to be given to children to reapply throughout the day and children are also able to bring their own to reapply as needed.



#### Canteen

Our canteen is run by Mrs Judy Fogarty. The canteen will be open on a Monday, Tuesday, Thursday and Friday and be open at both recess and lunchtime on these days. A menu is attached to this newsletter.



#### Punctuality

All students are required to be at school prior to the first bell. Being at school before the bell is important as it enables your child to develop social relationships with others. Coming in after the bell is not only disruptive for your child who has missed the commencement of the school day, messages and learning activities but is also distracting for the other children who are already engaged in their learning. If children are leaving school early they need to be picked up by a parent or guardian and must be signed out at the school office. Children will not be called to the office after 3:00pm.

#### **Attendance**

If your child is unwell it is important that they stay at home to recover and are not sent to school where others may then become sick as well. If your child is sick, it is a legal requirement that a note is given to their teacher, once they return to school, stating the reason for the absence. You can also alert the school of your child's absence through the Skoolbag app. These notices are kept as a formal record in the same way as a written note would be.

#### **School Visitors**

When visiting the school all parents and visitors must enter through the office, sign in and receive a **visitors pass which must be worn throughout your visit**. The wearing of the lanyard allows children and staff to recognise that you are an authorised visitor and the register is used in an emergency to determine who is in the school; so it is vital that you follow these procedures.



#### **Before School**

Supervision of the yard before school does not commence until 8:30am. It is important that children are not dropped off and left at school prior to this as there is no active supervision prior to this time. The adventure playground is out of bounds to all students and toddlers, even if parents are present, both before and after school.

#### After School Supervision

There are four teachers on duty after school, on the basketball court, entrance gate, park gate and the church gate area. Children who are walking home or meeting parents are to leave school promptly by the gate closest to where they are going. Children waiting to be picked up are to wait for parents on the basketball court, in front of the church or at the entrance gate - as all of these areas are supervised by teaching staff. Children are not to wait in the office between 3.15pm and 3.30pm as this area is very busy and office staff are unable to supervise children while they wait. Any child who has not been collected by 3.30pm will be brought into the office by duty staff and parents will be called. Children not picked up by 3:45pm will be taken to OSHClub by a staff member and signed in. Parents will then need to collect their child from OSHClub. Parents are responsible for fees charged by OSHClub. Children who attend After School Care Programs offsite wait at the yellow seats for their bus and carer to arrive.

#### Running Late

If you are running late and your child meets you in a place that is not supervised by staff we ask that you call the office. Your child will be asked to wait with the staff member on the basketball court until you arrive. If you have not arrived by the time the duty ends they will then be brought into the office.



#### **Parking**

There is **no parking** in the school grounds either before or after school. The drop off zone will continue to operate at the front of the school each morning before school. This area will be supervised each morning between 8:30am and 9:00am. This is only a drop off area so if you require more time to assist your child please find a parking space close to the school.

#### **OSHClub**

OSHClub continues to run each morning and afternoon onsite to care for children whose parents pick them up and drop them off

#### **Parish Of Melton Office**

10 Unitt Street, Melton

Tel: 9743 6515, Fax: 9747 8603

Email: stdoms@bigpond.net.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: 5.00pm

Reconciliation

**Saturday :**5.30pm- 5.45pm

Mass Times - St Dominic's



#### **Sacrament of Reconciliation**

The Year 3 students are currently preparing to receive the Sacrament of Reconciliation. As part of this preparation all students are required to attend a presentation Mass. Presentation Masses will take place on the weekend of 15th/16th February at St Catherine of Siena Church. Students can attend any weekend Mass - Saturday Evening: 6:00pm, Sunday Morning: 9:00am & 11:00am or Sunday Evening: 5:00pm.

The Sacrament of Reconciliation will be held on Tuesday, 24th March, Wednesday, 25th March and Thursday, 26th March. Further information regarding the Sacrament of Reconciliation will be sent home with Year 3 students early next week. If you have any

#### **Anaphylaxis and Asthma Plans**

Anaphylaxis and Asthma are both serious medical conditions and it is vital that the school has accurate information. Could all parents of students with Anaphylaxis or Asthma please make sure you have provided the school office with an updated 2020 action plan. Children with other serious medical conditions should also have current plans

### St Catherine of Siena Swimming Sport Trials

The Melton Schools swimming carnival is on **Tuesday, 25th February**. Students who wish to try out for this carnival will need to attend the swimming trial on **Tuesday, 11th February** at Melton Waves Leisure Centre.

Trials will be held for children in age groups 9/10, 11, 12/13 year olds.

Students can trial for freestyle, breaststroke, backstroke & butterfly events.

Children must have had swim training and be competent to swim the length of a 50m pool without stopping.

Parents will need to take their child to the pool, stay to supervise them and take them to school afterwards.

Where: Melton Waves Leisure Centre (indoor pool), Coburns Road.

When: Trials Tuesday, 11th February at 7.10am.

Cost: Entry fee payable to Melton Waves.

Permission Forms: Permission forms must be returned to Mrs Summers before the trial morning.

What to Bring: Wear bathers, goggles, towel and school uniform to change into.

#### **Uniform Shop**

The Uniform Shop is located in the school hall and will be open every Monday and Wednesday morning from 8:30am - 9:00am. Uniform order forms can be collected from the school office or Uniform Shop.

\*\*The uniform shop accepts cash

#### **Canteen News**

The school canteen is open every Monday, Tuesday, Thursday and Friday for lunch orders and over the counter sales.

The canteen is closed on Wednesdays.

#### **Breakfast Club**

At St Catherine's we recognise that good nutrition supports good learning. We also know that breakfast is an important step in preparing for a productive day. Children who have eaten breakfast can concentrate better and have a longer attention span, helping them to learn better. They can also perform better physically after eating breakfast as there is more energy available to their muscles. Breakfast can improve behaviour and mood, as children have better concentration and aren't tired or hungry.

The St Vincent de Paul Society will be sponsoring a Breakfast club for St Catherine's students who do not have the opportunity to eat breakfast at home.

Currently Breakfast Club runs on Tuesdays only. It will be staffed by SVDP volunteers and school staff.

When: Breakfast Club will start

on Tuesday, 11th of Feb

Where: Junior foyer

What: Toast and milk







#### CONGRATULATIONS Congratulations to the following children who all received a class award for the beginning of the school year. These awards will be presented at our Monday morning assembly. Keep up the terrific effort!! Prep A - Emma Williams 3L - Whole Class Prep B - Chloe Ashamalla 3M - Harish Katuwal-Chhetri Prep C - Alison Sepulveda 4Q - Foketi Tuputala Prep D - Indyanah McDermott 4S - Emily Kaltner 1E - Arianna Calleja 4U - Kristy Saroe 1F - Semira Cabral 5R - Isabella Paddon 1H - Mia Kaltner 5T - Ned Michael 5V - Josh Patel 2G - Peter Dau 2I - Tiffany Sesay 6N - Mia Garcia 2K - Abigail Teichelman 60 - Ruby Barnett Tonna 3J - Paige Orr 6P - Salman Youssouf



#### "Reading is the key to learning"

Every time your child reads, they are helping their learning and we want to acknowledge the students who regularly practise reading in their own time.

Each time your child reaches a regular reading milestone (recorded and signed in their reading journal or diary) they will be granted membership to the next level of the St Catherine of Siena Regular Readers Club. Club members names will be displayed on the Regular Readers Club Honour Roll and new members will be publicly acknowledged on a regular basis.

See your child's teacher for more details on how to participate.

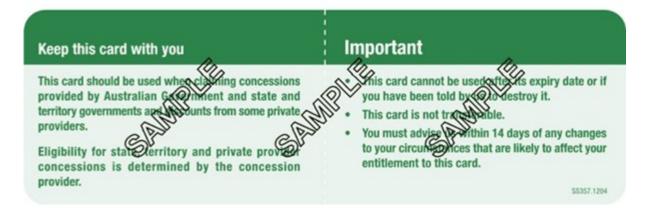


## DO YOU HOLD A VALID HEALTH CARE CARD OR PENSION CARD?

# IF SO, YOU MAY BE ELIGIBLE TO RECEIVE THE CSE [CAMPS, SPORTS AND EXCURSIONS] PAYMENT

• ALTHOUGH THE SCHOOL PROCESSES THE APPLICATION, IT IS THE RESPONSIBILITY OF THE CARD HOLDER TO APPLY AND SUBMIT THE FORM WITH A COPY OR YOUR CARD BY MONDAY, JUNE 25 2018











Cohool Name		Cohool	DEE ID	
School Name		School	KEF ID	
Parent/legal guardia	n details			
Surname				
First name				
Address				
			Postcode	e
Contact number				
Foster parent* OR  Foster Parents must provide a co	Veterans affairs pensopy of the temporary care order letter for		f Health and Human Ser	vices (DHHS).
Student details				
Child's surname	Child's first name	Student ID	Date of birth (dd/mm/yyyy)	Year level
Child's surname	Child's first name	Student ID		Year level
Child's surname	Child's first name	Student ID		Year level
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For Sport and Performing Arts, all children need to wear their Sport Uniform. Runners are only to be worn on Sport and Performing Arts days.

For Art, all children need to wear an art smock. This needs to be waterproof so that paint etc. does not damage children's uniform.

#### Term 1 2020

Mon	Tue	Wed	Thu	Fri	Sat	Sun
10 Week 3 *Preps at school for full days	11 *Swimming trials at Melton Waves 7:10am *Breakfast Club	12 *Preps not at school today	13	14	15 *Presentation Mass for Reconciliation	16 *Presentation Masses for Reconciliation
17 Week 4 *Monday morning assembly	18	19 *Preps not at school today	20	21 *Year 6 Interschool Sport Round 1	22	23
24 Week 5	25 *MPSSA District Swimming Carnival	26 *Preps not at school today  *Ash Wednesday Mass at 9:15am	27	28 *Year 6 Interschool Sport Round 2  *Prep/Buddy Picnic 6pm - 8pm	29	1 March 1st Sunday of Lent
2 Week 6 *Monday morning assembly  *Preps at school 5 days	3 *Year 5/6 Camp	4 *Year 5/6 Camp	5 *Year 5/6 Camp	6 *Year 5/6 Camp	7	8 2nd Sunday of Lent
9 Week 7 Labour Day Public Holiday	10 *MPSSA Divisional Swimming	11 *School Photos	12 *Reconciliation Reflection Evening	13 *Ride to School Day	14	15 3rd Sunday of Lent
16 Week 8 *Monday Morning Assembly  *Catholic Education Week & Art Exhibition this week  *Parent/Teacher Interviews	17 *Parent/Teacher Interviews 8 - 8:30am	18 *Parent/Teacher Interviews 8 - 8:30am	19 *Parent/Teacher Interviews 1:30pm - 8pm	20 *Yr 6 Summer Lightening Premiership  *National Day of Action against Bullying	21	22 4th Sunday of Lent
23 Week 9 *Monday morning Assembly	24 *Reconciliation @ 7pm	25 *Reconciliation @ 7pm	26 *Reconciliation @ 7pm	27 *Stations of the Cross *Last day of Term 1 - Students dismissed @1:30pm	28	29 5th Sunday of Lent

#### ST LUKE'S TIMETABLE 2020

#### INFORMATION AND ENROLMENT NIGHT FOR ALL SACRAMENTS THURSDAY 30<sup>th</sup> JANUARY, 2020

Venue: St. Dominic's Parish Hall - Church Street, Melton

Time: 7.00pm - 8.30pm SHARP

#### SACRAMENT OF PENANCE

6 February 2020 13 February 2020

#### **Presentation of Penance Candidates**

Weekend of 15th / 16th February 2020 - AT ALL MASSES

20 February 2020

27 February 2020

5 March 2020 [Held at St Catherine's Church]

#### **Celebration - Sacrament of Penance - Thursday 12th March 2020 - 7.00pm**

at St Catherine of Siena Church, Bulmans Rd, Melton West

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#### SACRAMENT OF EUCHARIST

7 May 2020

14 May 2020

#### **Presentation of Eucharist Candidates-**

Weekend of 16th/17th May 2020 - AT ALL MASSES

21 May 2020

28 May 2020

4 June 2020

11 June 2020

**18 June 2020** [Held at St Catherine's Church]

#### Celebration of the Sacrament of Eucharist - 20 June 2020 at 2.00pm

St Catherine of Siena Church, Bulman Rd, Melton West

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#### SACRAMENT OF CONFIRMATION

16 July 2020

#### **Presentation of Confirmation Candidates**

Weekend of 18th July 2020 - AT ALL MASSES

23 July 2020

30 July 2020

6 August 2020

13 August 2020

20 August 2020

27 August 2020 [Held at St Catherine's Church]

#### Sacrament of Confirmation - 29 August 2020

St Catherine of Siena Church, Bulman Rd, Melton West

Celebration of Sacrament of Confirmation - Saturday 29th August 2020 at 2.00 pm



### **NEWSLETTER**

#### A message from the Coordinator

Hello Families,

Welcome to Term 1 of 2020! I'd like to start by introducing myself.. My name is Allison and I have taken on the Coordinator position here at St Catherine's of Siena from Luke, who you may have worked with last year. I have been coordinating at OSHClub for close to 5 years now and absolutely love my job, being apart of the children's lives and supporting them in their learning and development. If you don't see me around, in most cases you will see my wonderful assistants Zoe or Jamie. Zoe has had close to 7 years' experience working with OSHClub and Jamie is currently working towards her Diploma in Early Childhood Education and Care. Please feel free to come and meet us all here at the service, we would love to meet your children and answer any questions you may have about the service.

Look forward to meeting you all??

#### OSHClub News

As it is the first week of school and we have set up a new program with a new team at the service, our goal this week has been to meet all the children and families and get to know each other as best we can. The children have been given the opportunity to explore the new space and resources this week and have began to develop their own portfolio's.

We have also begun to explore Australian/Aboriginal culture this week, learning about Aboriginal art. Activities the children enjoyed were designing wooden boomerangs using paints, Aboriginal mosaic animals and making didgeridoos using craft materials. We discovered what the different colours on the Aboriginal and Torres Strait Islander flags meant and how it is significant to their culture. Moving forward we will engage in group time each session and perform an Acknowledgement of Country using hand movements and rhyme to show our respects to the traditional owners of our land.

Other exciting things to look forward to include meeting our new pet fish, creating our vertical herb and veggie garden and learning about our recycle and sustainability practices.

Please see below some photo's of the experiences had this week.



Train sets and Wooden



Painting our Wooden
Didgeridoos



Using our Imagination with Craft Materials

#### Next Week Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Before	Rice bubbles,	Rice bubbles, Wheat	Rice bubbles, Wheat	Rice bubbles,	Rice bubbles, Wheat
School	Wheat Bix,	Bix, Cheerio's and	Bix, Cheerio's and	Wheat Bix,	Bix, Cheerio's and
Care	Cheerio's and	Cornflakes.	Cornflakes.	Cheerio's and	Cornflakes.
	Cornflakes.	Toast with assorted	Toast with assorted	Cornflakes.	Toast with assorted
	Toast with	spreads.	spreads.	Toast with	spreads.
	assorted spreads.	Yogurt and Oats.	Yogurt and Oats.	assorted spreads.	Yogurt and Oats.
	Yogurt and Oats.			Yogurt and Oats.	
After	Rice Crackers and	Nacho's.	Toasted Sandwiches.	Saladas with	Tuna Pasta.
School	Assorted Dips.	Assorted Fruit	Fruit Salad.	Assorted Spreads.	Assorted Fruit
Care	Fruit Bowl.	Platter.		Fruit Bowl.	Platter.

Fruit and Water are always on offer for the children during attendance at the program.



#### ST CATHERINE OF SIENA PRIMARY SCHOOL - SUMMER UNIFORM ORDER FORM -

- Terms 1 & 4 -

Parent Name:				Phone:					
Child's Name:				Class:					
BOYS - Daily, except sports days									
ITEM	4	6	8	10	12	14	16	UNIT PRICE	TOTAL PRICE
POLO SHIRT - Short Sleeve								\$25.00	
SHORTS - Navy								\$22.00	
GIRLS - Daily, except sports days	4	6	8	10	12	14	16	UNIT PRICE	TOTAL PRICE
DRESS - CHECK								\$46.00	
BOYS & GIRLS - SPORTS DAY									
ITEM	4	6	8	10	12	14	16	UNIT PRICE	TOTAL PRICE
SPORTS SHORTS - BOYS & GIRLS								\$18.00	
SKORT - GIRLS								\$20.00	

#### Miscellaneous for both boys & girls

ITEM	4	6	8	10	12	14	16	UNIT PRICE	TOTAL PRICE
POLO SHIRT - Short Sleeve								\$25.00	
WINDCHEATER								\$35.00	
HAT - Bucket	9	6	N	1	I		XL	\$12.00	
HAT- Slouch with safety string	9	6	N	1	I		XL	\$15.00	
ART SMOCK	9	6	N	1	I			\$17.00	
SCHOOL BAG								\$40.00	

TOTAL ORDER	

#### **Presentation of Uniform:**

All students are expected to wear the prescribed school uniform, at all times.

Black shoes are to be worn daily, except on sports days - runners are to be worn.

Socks - navv.

Jewellery: a watch can be worn. Earrings are to be plain studs/small sleepers only.

Hair - long hair to be tied up in black/brown hair-tie, with or without a blue/yellow ribbon.

No Nail polish.

UNIFORM SHOP IS OPEN EACH MONDAY AND WEDNESDAY MORNINGS BETWEEN 8.30AM - 9.00AM PAYMENT BY CASH & PAID IN FULL AT TIME OF ORDER

# Supported Playgroups

Term 1 2020





# Play with your child and meet other families

Available to families with a Health Care children in kinship care arrangements. Funded through Victorian State Government

9747 7136

# Monday 10:00am - 11:30am & 1:00pm - 2:30pm Fraser Rise Community Hub

and/or Torres Strait Islander children and Card (or eligible card or visa), Aboriginal

# CONTACTUS

playgroups@melton.vic.gov.com.au

**FUN FOR FAMILIES! Free!** 



melton.vic.gov.au @ melton.vlc.g



# Supported Playgroups Melton Term 1 2020





# Play with your child and meet other families

Available to families with a Health Care Card (or Strait Islander children and children in kinship eligible card or visa), Aboriginal and/or Torres care arrangements.

Funded through Victorian State Government

# CONTACTUS

playgroups@melton.vic.gov.com.au 9747 7136

Timbertop Children's and Community Centre

CR Fields St and Timbertop Parade, Aintree

Thursday 10:00am - 11:30am

Recreation Reserve, Royal Crescent, Hillside

Hillside Community Centre Thursday 10:00am - 11:30am

46 City Vista Court, Fraser Rise





# **FUN FOR FAMILIES! Free!**







Kurunjang Community Hub Monday 10:00am - 11:30am 237 Station Rd, Melton

Wednesday 10:00am - 11:30am Kirrip Aboriginal House 26 Exford Rd, Melton South

Mowbray Cres, Kununjang

Melton West Children's and Community Centre

Wednesday 10:00am - 11:30am 2 Meiton West Drive, Meiton West Bridge Road Children's and Community Centre Thursday 10:00am - 11:30am & 1:00pm - 2:30pm







SUITABLE FOR FAMILIES WITH YOUNG CHILDREN AND THOSE STARTING THEIR PARENTING JOURNEY

HEAR JAMILA RIZVI'S EXPERIENCE OF MOTHERHOOD AS WELL PRACTICAL TIPS AND INFORMATION FROM MENTAL HEALTH EXPERTS

#### **FEATURING**

- · Jamila Rizvi Author, Presenter, Speaker, Mum
- Professional speakers
- Expo showcasing local service providers working in mental health and parenting support

#### Registration essential!

To register visit: http://bit.ly/MHFHF

Thursday 27 February, 2020 5-8pm

Fraser Rise Community Centre 46 City Vista Court, Fraser Rise

Expo 5-6pm (light supper served)
Forum 6pm sharp

#### Families of all types are very welcome

This event is family friendly. You are welcome to have your baby with you during the forum and there will be free activities for children aged 2-8. Bookings essential via registration.

FOR MORE INFORMATION PLEASE CONTACT MELTON CITY COUNCIL ON 9747 7200 OR SOCIAL PLANNING PROJECTS @ MELTON. VIC. GOV. AU

PRESENTED BY Melton City Council



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# SUN SMART®

## We are SunSmart - a note for families

Too much UV can cause sunburn, skin and eye damage and skin cancer.

UV damage accumulated during childhood and adolescence is associated with an increased risk of skin cancer later in life. Skin cancer is the most common cancer in Australia.

You can't see or feel the sun's UV so don't be fooled. Whatever the weather, if the UV levels are three or more, it's important to Slip, Slop, Slap, Seek and Slide!

Our school aims to protect children and staff from too much UV to help minimise future skin cancer risk. We are a registered member of the Cancer Council Victoria's SunSmart Program. Please help support our SunSmart membership by ensuring your child follows the SunSmart measures included in our policy.

During the daily local sun protection times (issued whenever UV levels are 3 and higher), use these 5 SunSmart steps – even if it's cool and cloudy.

- Slip on a shirt for free dress days, ensure your child wears clothing that covers as much skin as possible (e.g. elbow length tops with a higher neckline or collar and longer style shorts or skirts). Densely woven fabrics are best.
- Slop on SPF 30 (or higher) broadspectrum, water-resistant sunscreen – apply a generous amount of sunscreen at the start of the day and make sure children have sunscreen in their bag ready to be reapplied throughout the day. Sunscreen should be reapplied every two hours. Please ensure they get plenty of sunscreen application practice at home so they'll be all set when they are at school.

- Slap on a hat one that protects the face, neck and ears such as a broad brimmed, legionnaire or bucket style hat. Peak caps do not offer enough protection and are not recommended by SunSmart. Please help your child remember to bring and wear their approved hat.
- Seek shade choose shady spots for play whenever possible.
- Silde on some sunglasses if practical and approved by the school. Make sure they are labelled AS 1067 and cover as much of the eye area as possible.

#### Sun protection times

Don't just wait for hot and sunny days to use sun protection. Check the sun protection times each day so your family can be protected when they need to be.

Daily local sun protection times and weather details are available from the SunSmart widget on our school website, in the weather section of the newspaper, on the SunSmart website at <a href="mailto:sunsmart.com.au">sunsmart.com.au</a> and as a free SunSmart app. Sun protection times can also be found at the <a href="mailto:Bureau of Meteorology website">Bureau of Meteorology website</a> and live UV levels are available from ARPANSA.





Further information contact SunSmart P: 03 9514 6419

E: sunsmart@cancervic.org.au W: sunsmart.com.au

Need information in another language? Call 13 14 50 and ask to be connected to Cancer Council Victoria in your language.



