



# St Catherine of Siena

*"Be all that you can be and you will set the world on fire"*

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W: [www.scmeltonwest.catholic.edu.au](http://www.scmeltonwest.catholic.edu.au)

## NEWSLETTER

Term 3, Week 6 20th August 2021

### *Social Justice Reflection*

Next Sunday is Social Justice Sunday. At a time when so many people of us are struggling with so many things - racism, hardship, loneliness, isolation let us all think about how we can all make our own little corner of the world a better place for those close to us.

*I used to pray that God would feed the hungry, or do this or that, but now I pray that he will guide me to do whatever I'm supposed to do, what I can do. I used to pray for answers, but now I'm praying for strength. I used to believe that prayer changes things, but now I know that prayer changes us and we change things. Mother Theresa*



Dear Families,

This week we have placed a number of supplies at the office door for families to collect. Some of these are specific to particular year levels and your child's teachers would have let you know to pick these up. Others, such as pencils, rubbers, paper and books are there for children from any year level who is running short of these things. Please feel free to come in and take what you need. These supplies will be out every day during school hours. If there is something else that you need to assist your child in completing their online work please let us know and we will do our very best to get these to you.

This week we have made the decision to cancel the art show which was due at the beginning of Term 4. With the number of weeks children have been offsite it is not possible to run this when we do not have a known return to school date. We look forward to being able to have this in a bigger and better format in 2022.

At this stage the swimming program has also being cancelled due to the uncertain nature of the current restrictions. It will not be possible to fit this program into Term 4 even if we are at school for the full term. Any monies already paid for this by families will be rebated back onto your account.

I am currently finalising the last of the 2022 Prep interviews. If you have a child starting school in 2022 and have not completed an enrolment application please contact the office as a matter of urgency.

In the present time when cases of COVID 19 are reaching into our community please take care and stay safe.

God bless

Carmel Marantelli  
**PRINCIPAL**

#### **Upcoming Events**

\*Enrolment Interviews for 2022 Preps will be held online. If you have not called the office to make a time please do so at your earliest convenience

# Wellbeing News

I wanted to say a huge thank you to all our students, teachers and families who are managing both remote and onsite learning. Supporting our children and working from home can be hard to juggle, so please remember to take some time out of your day to do some self care and look after your wellbeing. We all look forward to school returning and seeing all our wonderful students and families again. Please take care and reach out if you require any support.

If you ever feel unable to cope because of overwhelming or intense emotions, then ask for help immediately.

## **National 24/7 crisis services**

**Lifeline:** 13 11 14 or [lifeline.org.au](https://lifeline.org.au)

**Suicide Call Back Service:** 1300 659 467 or [suicidecallbackservice.org.au](https://suicidecallbackservice.org.au)

**Beyondblue:** 1300 224 636 or [beyondblue.org.au](https://beyondblue.org.au)

### ***Additional youth support services***

**Headspace:** visit [headspace.org.au](https://headspace.org.au) to [find your nearest centre](#) or call headspace on 1800 650 890

**Kids Helpline:** 1800 55 1800 or [kidshelpline.com.au](https://www.kidshelpline.com.au)

**ReachOut:** [reachout.com.au](http://reachout.com.au)

**SANE Australia:** 1800 187 263 or [sane.org](https://sane.org)



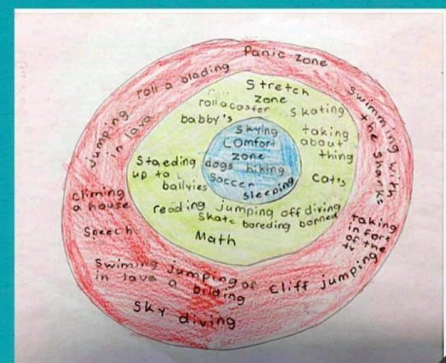
Stay safe, warm and well

Lorraine MacDonald

## Student Wellbeing Leader

"Students draw their own comfort circles and stretch zones. We take a photo for their digital portfolios. I then remind them almost every day that we want to be in that stretch zone. That's where we grow. By spending time in the stretch zone, we expand our comfort zone."

—TEACHER LIVIA CHAN



#T2T





Like, love, embrace & accept yourself.

Show RESPECT towards others and yourself.



Use good posture. Stand tall as you are.

Treat yourself with kindness & compassion, even & especially when life gets hard.



Follow your curiosities & learn! Try or create something new.

See MISTAKES AS AN OPPORTUNITY TO LEARN.



Remember That NO ONE IS PERFECT.



Don't compare yourself to what you see in the media.



Focus on the things you have control over & can change.



Choose friends who treat you how you want to be treated.

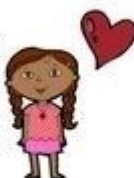


Create. Build. Cook. Bake. Garden. Do Art.

Do more of what helps you feel good about yourself.



Look in the mirror & tell yourself, "I love you."



BE YOUR OWN BEST FRIEND



Don't compare yourself with others. You are unique!

READ!



Make choices that stay true to what you value.

Learn & practice healthy ways to cope with stress.



Laugh! Play! Have fun! Get silly!

Say positive affirmations.



# 50 Ways to Build SELF-ESTEEM for kids

PRACTICE GRATITUDE



FOCUS ON THE POSITIVES & BE OPTIMISTIC



FORGIVE OTHERS. FORGIVE YOURSELF.



Take slow, mindful breaths.

Eat healthy food.



exercise!

Practice daily hygiene.

TELL THE TRUTH & BE HONEST



Resolve conflict peacefully & use I-Statements.

ASK FOR HELP & SUPPORT

Set goals & work towards them, step by step.



HAVE A GROWTH MINDSET.



Remind yourself that your bravery is stronger than your fear.

Get enough sleep.



SAY, "THANK YOU" WHEN SOMEONE COMPLEMENTS YOU.

DRINK PLENTY OF WATER.



Say what you want, need & hope for.

FOCUS ON SOLUTIONS, NOT PROBLEMS.



TALK ABOUT YOUR FEELINGS WITH SOMEONE YOU TRUST.

Try again when something doesn't work out the way you hoped it would.



Be responsible for your choices at school & at home.

COMPLETE YOUR SCHOOL ASSIGNMENTS.



DO random acts of kindness.

HELP OTHERS

Start a new hobby or sport. Join a club at school.



SPEND TIME WITH CARING ADULTS.



Limit how much time you spend in front of screens.



# Looking after our Wellbeing and the Wellbeing of others

Altruistic August 2021



SUNDAY

1 Set an intention to be kind to others (and yourself) this month

MONDAY



2 Send an uplifting message to someone you can't be with

TUESDAY

3 Be kind and supportive to everyone you interact with

WEDNESDAY

4 Ask someone how they feel and really listen to their reply

THURSDAY

5 Spend time wishing for other people to be happy and well

FRIDAY



6 Smile and be friendly to the people you see today

SATURDAY



7 Give time to help a project or cause you care about

8 Make some tasty food for someone who will appreciate it

9 Thank someone you're grateful to and tell them why

10 Check in with someone who may be lonely or feeling anxious

11 Share an encouraging news story to inspire others

12 Contact a friend to let them know you're thinking of them

13 If someone annoys you, be kind. Imagine how they may be feeling

14 Take an action to be kind to nature and care for our planet

15 No plans day! Be kind to yourself so you can be kind to others too

16 Make a thoughtful gift as a surprise for someone

17 Be kind online. Share positive and supportive comments

18 Today do something to make life easier for someone else

19 Be thankful for your food and the people who made it possible

20 Look for the good in everyone you meet today

21 Donate unused items, clothes or food to help a local charity

22 Give people the gift of your full attention

23 Share an article, book or podcast you found helpful

24 Forgive someone who hurt you in the past

25 Give your time, energy or attention to help someone in need

26 Find a way to 'pay it forward' or support a good cause

27 Notice when someone is down and try to brighten their day

28 Have a friendly chat with someone you don't know very well



29 Do something kind to help in your local community

30 Give away something to help those who don't have as much as you

31 Share Action for Happiness with other people today



ACTION FOR HAPPINESS

Happier · Kinder · Together

## Parent Teacher Interviews

At this stage semester 2 Parent Teacher Interviews are scheduled for Thursday, 9th September. These interviews are a good opportunity to meet with your child's teacher to discuss their progress. Interviews will be conducted online via video conference. Please check emails regularly for further information regarding Parent Teacher Interviews and the booking process.

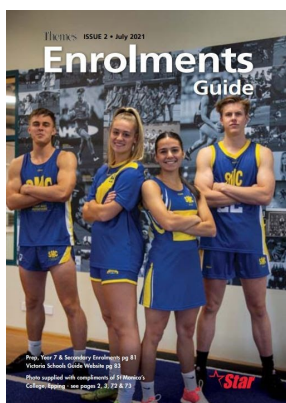
## Enrolment Information for 2022

All families will shortly receive an eForm via Operoo requesting your intentions for returning to St Catherine of Siena next year. This information is important for our planning of classes for 2022. Please ensure all responses are submitted by the closing date.

## Victoria School Guides

To assist your decision making in relation to your child's education for 2022 and beyond, please find below a link to the 2021 edition of the

[Enrolments Guide.](#)



## Parish Of Melton Office

20 - 22 Unitt Street, Melton

Tel: 9743 6515, Fax: 9747 8603

Email: [melton@cam.org.au](mailto:melton@cam.org.au)

Office Open: Tuesday - Friday 9am - 3pm

**The Parish Office is currently closed**

Mass will be livestreamed at 11:00am on Sunday



w: <http://pol.org.au/melton/Home>

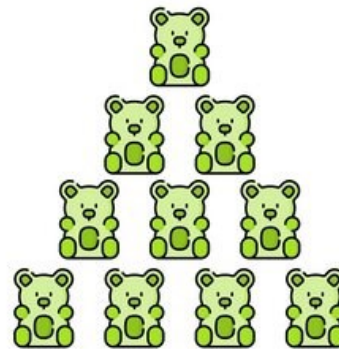


# Math's at St Cath's

During this time of Remote Learning at home I think we probably need to have a break from screens from time to time. So, instead of a Family Maths Task on Seesaw I am posting a couple of puzzles for you to work on together and solve.

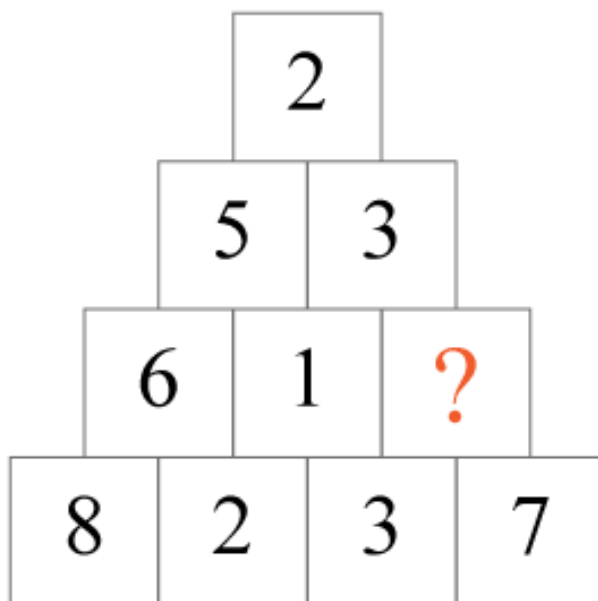
## The Gummy Bear Pyramid

How can you flip the gummy bear pyramid upside down by moving only 3 gummy bears?



**mashupmath** ▶

You could use some plushies/stuffed toys or cars or anything else to make a model and solve the problem!



[www.mathinenglish.com](http://www.mathinenglish.com)

## How Old Are You Now?

On Bert's 14th Birthday, his younger brother Chip was half his age.  
If today is Bert's 31st Birthday, how old is Chip?



**mashupmath** ▶

Try these too. Answers will be in next week's newsletter. Have fun!

Mrs Kean-Ong

# CONGRATULATIONS

Congratulations to the following children and staff who all received a class award this week. These awards will be posted to children who are not onsite.

Keep up the terrific effort!!

Prep A - Adhel Duang

Prep B - Ben Phan

Prep D - Harrison Philpin

1E - Jacob Davie

1F - Isabel Rose & Jobe Garcia

1H - Emma Williams

2G - Abishai Lue

2I - Joel Antony

2K - Aaliyah Farrugia

3L - Luke Peck

3M - Sophie Archer

4Q - Macie Cowan

4S - Madison Griffith

4U - Alicia Cauchi

5R - Mwajuma Marinjira

5T - Josh Auber

5V - Alat Ngong

6N - Koot Thuc

6O - Tracy Lalia

6P - Aaron Dao

Wellbeing - Jaxon Fisher, Bol Chol

Teacher of the Week - Miss Hogan & Miss Payne

## Wellbeing Day - Friday, 27th August

*No Seesaw tasks posted on this day*

## Term 3, 2021

Mon	Tue	Wed	Thu	Fri	Sat	Sun
23 Week 7 *Remote Learning	24 *Remote Learning	25 *Remote Learning	26 *Remote Learning	27 *Wellbeing Day	28	29
30 Week 8 *Remote Learning	31 *Remote Learning *Confirmation Information Evening - CANCELLED	1 September *Remote Learning	2 *Remote Learning	3	4	5
6 Week 9	7	8	9 *Parent/Teacher Interviews 1:30 - 8pm - Via online video conference	10 *Yr 3 Excursion to Sovereign Hill - to be confirmed	11 *Year 6 Confirmation - to be confirmed	12
13 Week 10	14	15	16 *SCHOOL DISCO - to be confirmed	17 Last Day of Term - Students Dismissed @ 1:30pm	18	19
20	21	22	23	24	25	26
27	28	29	30	1 October	2	3





# YEAR 7 2023 ENROLMENTS NOW OPEN

Enrolment applications for  
Year 7 2023 at our West  
Melton and Cobblebank  
campuses are due on Friday  
20 August 2021

Apply online now at  
[www.crcmelton.com.au/  
join-us/  
enrolment](http://www.crcmelton.com.au/join-us/enrolment)



We welcome you to join one  
of our College tours to see  
our West Melton campus  
first hand.

Reserve your place at  
[www.crcmelton.com.au/  
join-us/college-tour](http://www.crcmelton.com.au/join-us/college-tour)



# Newsletter



Our favourite activity this week...  
Rainbow rain cloud in a Jar



## WHAT'S BEEN HAPPENING...

### Here is what we have done these last two weeks

Dear Families,

This week we are focusing on National Science week and Keep Australia beautiful week . Children love doing Milk Science experiment, Rainbow rain cloud in a jar , blow up a balloon using vinegar and bi carb soda . Children enjoyed and explore all the science experiences and learn the science behind it .We are also keeping Australia beautiful by picking up rubbish and ensuring throwing away all the rubbish in the bin.

Last week children enjoyed Sensory theme— by making Playdough, Slime, Stress balls, Button Stem activity, Clay creativity and Art master class on Thursday . Children actively engaged in painting using different techniques i.e., Dabbling, splattering and stippling. Children also contributes to Red nose day by doing red nose day craft.

Our theme for next week is Book Week ( Old Worlds, New Worlds, Other worlds)



## PHOTO GALLERY



[ INSERT SERVICE NAME]  
[ insert Month Year ]

Mon- Fri 6:50am-8:50am  
Mon- Fri 15:15pm-18:30pm  
oshclub.com.au

0402 669 652  
stcatherines@oshclub.com.au



# Newsletter



## COMING UP

21<sup>st</sup>  
–  
27<sup>th</sup>

Book Week



## COORDINATOR CORNER

Dear Families

Due to uncertainty of Covid 19 lockdown, we are missing our children at OSHClub. These restrictions are hard work for everyone. Everyone want this pandemic to be over, but the rules are in place for a reason- we know they work and if we follow them together, we will be able to lift them sooner.

*We are in this together – and we will get out of this together – Stay safe everyone.*

We are looking forward to celebrate Book week next week with lots of art and craft experiences, creating cosy book area, Book treasure hunt and show and tell your Favorite book .



## Procedures

**Booking and Cancellations during Lockdown period**

Please note, if you have current bookings, you are not required to remove them. These bookings can remain in the system to ensure places are secured. You will not be charged for these sessions should your child not attend during this lockdown period.

