



St Catherine of Siena

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

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NEWSLETTER

Term 3, Week 8 3rd September 2021

Reflection

God, give me grace to accept with serenity the things that cannot be changed,
Courage to change the things which should be changed,
and the Wisdom to distinguish the one from the other.

Living one day at a time, enjoying one moment at a time,
Accepting hardship as a pathway to peace, taking, as Jesus did,
This sinful world as it is, not as I would have it,
Trusting that You will make all things right, if I surrender to Your will,
So that I may be reasonably happy in this life,
And supremely happy with You forever in the next. Amen.



Dear Families,

I hope that you are all managing in these times and taking some time each day for yourselves. As I have said recently we need to take care of ourselves so that we can take care of others, however sometimes in the busyness of family life, when normal routines are disrupted by working from home and remote learning, it is challenging but even more essential. Please reach out to us at school if we can assist you with anything at all. There is always someone in the office during school hours to answer your queries and they are always able to contact me if I am not at work.

Next Wednesday, 8th September is a wellbeing day for children and families. It is an opportunity for the children to take time out from their school work for the day and spend the time in other activities. Now that local parks are open to children and families again there may be time next Wednesday to get out and about for part of the day.

I have included in this newsletter a calendar from Action for Happiness titled Self Care September. This may have some ideas for you or your children that may be appropriate on those days when they find it a bit harder or are not motivated to complete their tasks as they normally would.

In light of the fact that our current lockdown has been extended until at least the end of this term the following events which had been scheduled have been cancelled.

- *Year 4 Eucharist - we will see what restrictions are in place in term 4 and notify you when and if we are able to hold this.
- *Year 6 Confirmation - current date cancelled, we will see what restrictions are in place in term 4 and notify you when and if we are able to hold this this year
- *Art Show - cancelled for 2021
- *Swimming - cancelled for 2021
- *Year 3/4 camp - we are unsure at this time whether this can go ahead; this will be dependant on the level of restrictions in place in term 4

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 Offers have been sent out to families. If you have not called the office to make an enrolment interview please do so as soon as possible.

Father's Day Family Competition Winners

Sending a big thank you to those that took part in this competition, by all accounts you all had fun and were challenged. I love correcting them all and did have a few giggles at some of the matches that were made!

Congratulations to the following students and staff for getting the most matches; You will each receive 'St Cath's Canteen Cash' to the value of \$5 to spend on a lunch order once back onsite.



Prep A - Mikayla-Rose Matusiewicz

4Q - Liv Thorneycroft

Prep B - Irah Katuwal-Chhetri

4S - Nadine D'Silva

Prep D - Ellie Thorneycroft & Guak Dhal

4U - Apai Dhal

1E - Jayden Delos Santos

5R - Frederick Johnson

1F - Jobe Garcia

5T - Dominic Abraham

1H - Jude Sliwa & Chloe Ashamalla

5V - Ruby Jones

2G - Liam Morris

6N - Hannah Linton

2I - Marita Makkad

6O - Zachary Quijano

2K - Abby Walsh

6P - Mia James

3J - Charli McKinley

3L - Nathan Mendonca

Staff - Miss Woodhouse

3M - Brody Cooney

OVERALL WINNER - Gabriella Valentine 6P

You will receive 'St Cath's Canteen Cash' to the value of \$10!

Wishing all the Dad's and Father figures of our St Catherine's community a very special day on Sunday. I hope you all get spoilt.

Kirsty Moore

Community Leader



Enrolment Information for 2022

All families have now received an eForm via Operoo requesting your intentions for returning to St Catherine of Siena Primary School next year. This information is important for our planning of classes for 2022.

Please ensure all responses are submitted by the closing date.



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

The Parish Office is currently closed

Mass will be livestreamed at 11:00am on Sunday



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





1 Find time for self-care. It's not selfish, it's essential

2 Notice the things you do well, however small

3 Let go of self-criticism and speak to yourself kindly

4 Plan a fun or relaxing activity and make time for it

5 Forgive yourself when things go wrong. Everyone makes mistakes

6 Focus on the basics: eat well, exercise and go to bed on time

7 Give yourself permission to say 'no'

8 Be willing to share how you feel and ask for help when needed

9 Aim to be good enough, rather than perfect

10 When you find things hard, remember it's ok not to be ok

11 Make time to do something you really enjoy

12 Get active outside and give your mind and body a natural boost

13 Be as kind to yourself as you would to a loved one

14 If you're busy, allow yourself to pause and take a break

15 Find a caring, calming phrase to use when you feel low

16 Leave positive messages for yourself to see regularly

17 Notice what you are feeling, without any judgment

18 Ask a trusted friend to tell you what strengths they see in you

19 No plans day. Make time to slow down and be kind to yourself

20 Enjoy photos from a time with happy memories

21 Don't compare how you feel inside to how others appear outside

22 Take your time. Make space to just breathe and be still

23 Let go of other people's expectations of you

24 Accept yourself and remember that you are worthy of love

25 Find a new way to use one of your strengths or talents

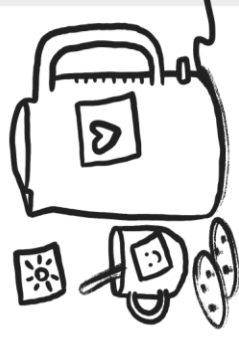
26 Avoid saying 'I should' and make time to do nothing

27 Free up time by cancelling any unnecessary plans

28 Choose to see your mistakes as steps to help you learn

29 Write down three things you appreciate about yourself

30 Remind yourself that you are enough, just as you are



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 - Tyrone Halligan

Prep B - Abby Vella

Prep D - Zoey Brown & Lual Makuac

1E - Indyanah McDermott

1F - Noah King

1H - Dit Poundak Poundak

2G - Mireille Irakoze

2I - Dhieu Yel

2K - Emma McIntyre

3L - River Young

3M - Dau Mabok

4Q - Isum Meemaduma

5R - Indie Thorneycroft

6N - Blake Judd

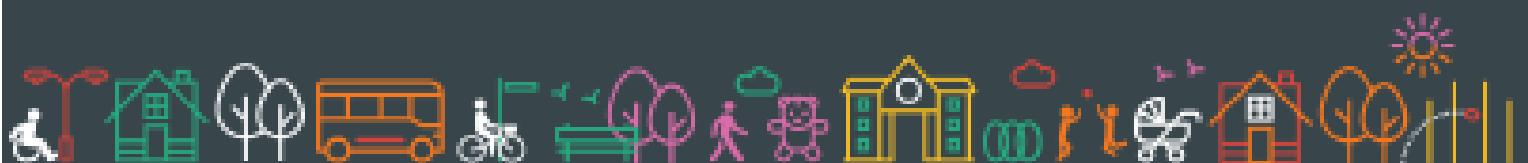
6O - Zach Quijano

6P - Ayad Mom

Term 3 & 4, 2021

Mon	Tue	Wed	Thu	Fri	Sat	Sun
6 Week 9 *Parent/Teacher Interviews 8:00am - 8:30am *Remote Learning	7 *Parent/Teacher Interviews 8:00am - 8:30am *Remote Learning	8 *Parent/Teacher Interviews 8:00am - 8:30am Wellbeing Day - No Seesaw Posts Today	9 *Parent/Teacher Interviews 1:30 - 8pm - Video Conference/ Phone Meeting *Remote Learning	10 *Remote Learning	11 *Year 6 Confirmation - cancelled	12
13 Week 10 *Remote Learning	14 *Remote Learning	15 *Remote Learning	16 *Remote Learning *SCHOOL DISCO - cancelled	17 *Remote Learning 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
4 Term 4 Week 1	5	6 *Yr 4 Camp- to be confirmed	7 *Yr 4 Camp- to be confirmed *Yr 3 Camp- to be confirmed	8 *Yr 3 Camp- to be confirmed	9	10
11 Week 2	12	13	14	15	16	17

Vacation Care Program - Spring September/October 2021



Program Details

Who

The program is open to all primary school aged children.

Program Hours

6.30am – 6.30pm.

Monday to Friday, during school holidays.

Location

Bridge Road Children's & Community Centre
260 Bridge Road, Strathulloh.

Cost

\$75 per day (prior to Child Care Subsidy being applied)

Excursions and Incursions will incur an additional cost.

Enrolment Opens

8.30am Monday, 23rd August 2021

Enrolments Close

5.00pm Friday, 10th September 2021

Bookings submitted after this date will only be accepted at Supervisor's discretion and incur a \$22 late enrolment fee

Contact

E: vacationcareprogram@melton.vic.gov.au

Ph: 9747 7200

Website: melton.vic.gov.au/vacationcare

Monday, 20th September

Wacky Day- Odd socks, mismatched clothes, wild hair...what will you wear?

Tuesday, 21st September

Incursion charge \$23.80

Hip Hop Dance

Start 10:00am

Steph the dance teacher is back for another lively dance session. Get ready to learn a new cool routine today.

Wednesday, 22nd September

Excursion charge \$34.70

Movie Day

Depart 10:00am Return 3:00pm

Today we're heading to Reading Cinema in Melton. Then it's off to the Melton Botanic Garden for a guided tour.

Thursday, 23rd September

Footy Day- To celebrate the AFL grand final wear your favourite teams' colours (or any other sporting team you go for).

Friday, 24th September

CLOSED FOR GRAND FINAL PUBLIC HOLIDAY

Monday, 27th September

Incursion charge \$23.80

Bee Sustainable

Start 10:00am

Holly's Backyard Bee's will be visiting to teach us about Australian native bees and how to build an insect hotel.

Tuesday, 28th September

Rainbow Day- Today is all about colour! Join us for a day full of rainbow-themed games, activities, and food.

Wednesday, 29th September

Excursion charge \$34.70

ACMI in Melbourne

Depart 9:00am Return 3:00pm

Today we're catching the train into Melbourne to explore the exhibitions at the Australian Centre for the Moving Image. Then we'll play at Bimaru Marr Playground.

Thursday, 30th September


Robotics Day- We have our very own little robots to play with and program today.

Friday, 1st October

Out of this World- Wear fluoro or your favourite space themed clothing to celebrate the start of World Space Week on Oct 4th.

*Activities are subject to change due to COVID-19 restrictions



 melton.vic.gov.au
9747 7200
cityofmelton

BOOK EARLY! Don't miss out!

