



St Catherine of Siena

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

T: 9743 2166

E: principal@scmeltonwest.catholic.edu.au

W: www.scmeltonwest.catholic.edu.au

NEWSLETTER

Term 3, Week 9 10th September 2021

Reflection for Spring

For behold, the winter is past; the rain is over and gone.
The flowers appear on the earth,
the time of singing has come,
and the voice of the turtledove is heard in our land.

Song of Solomon 2:11-12



Dear Families,

It is hard to believe that we have come to the end of yet another term and that 4th term is just around the corner. We are at the time of year when we begin to organise for 2022. If you have not informed us yet that your child in Prep - Year 5 will not be returning to St Catherine of Siena in 2022 please email office@scmeltonwest.catholic.edu.au as soon as possible so that we have this information when planning for 2022.

Next Friday is the last day of Term 3 and as such children will finish at 1:30pm. At this stage Term 4 will begin on Monday, 4th October unless other announcements are made by Daniel Andrews. If these announcements are made during the holidays I will email you and/or put an announcement on Operoo so please make sure that you have access to these.

This lockdown has been a challenging one in many ways and sometimes, when we don't have a date that it will end, it is hard to remain motivated. Spring has just begun, the sun is creeping out more regularly, blossom is on the trees and flowers are beginning to bloom. The season of spring is a reminder to us all that there are always better days ahead; that the sun will come out and that there are things we can look forward to.

Yesterday was RUOK Day - a day for us all to reach out to friends and family; especially those we are concerned for or whom we have not heard from in a while. It's a good reminder to us all to check in on people, especially now in the times we are in at the moment. The following link is to a page on the RUOK website with advice and resources on deciding whether or not you are the best person to do the check in as well as how to start this conversation. [RUOK How to Ask](#)



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

God bless everyone

Carmel Marantelli

PRINCIPAL

End of Term 3 - Students Dismissed at 1:30pm Term 4 Begins - Monday, 4th October

Parish Of Melton Office

20 - 22 Unitt Street, Melton
Tel: 9743 6515, Fax: 9747 8603
Email: melton@cam.org.au



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



ACTION FOR HAPPINESS

Second Hand Uniform for Sale

New style uniform purchased this year. Due to remote learning, the items are close to brand new condition. Please contact Rosie Micallef on 0401 489 672 for prices and queries;

New Style Uniform

Long Sleeve Polo size 14

Short Sleeve Polo size 12

Boys Sports Shorts size 12

Jumper Size 12

Sports Jacket Size 12

Sports Pants size 12

Sports Polo (Gold) size 12

Winter Pants size 12

Old Style Uniform

Jumper Size 6 & 8

Winter Sports Pants size 10

Boys School Shorts size 10

Jacket size 6

CONGRATULATIONS

Congratulations to the following children 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 - Tayla Ferris

4Q - Arek Giir

Prep B - Irah Katuwal Chhetri

4S - Zachariah Westerlund

Prep D - Fatuma Jambari

4U - Aurora Archer

1E - Beny Poundak

5R - Ella Evans

1F - Judah Thomas

5T - Addison McKinley

1H - Jude Sliwa

5V - Alessio Riefoli

2G - Aluet Deng

6N - Jessica Ishak

2I - Zoe Cooney

6O - Mary Chol

2K - Wel Mayen

6P - Sienna Wright

3J - Zoe Guanlao

Wellbeing - Elias Ah Kee, Jacob Davie,
Mabil Ngong, Lily Harrison

3L - Ayen Thuc

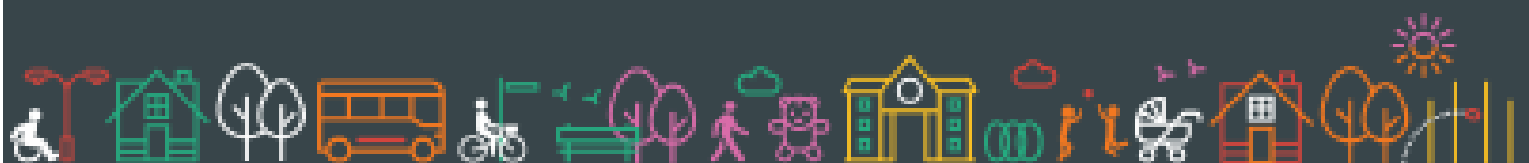
Performing Arts - Zach Quijano, Kaltner
Family, Johnny Scaringi & Mum!

3M - Mathio Babawy

Term 3 & 4, 2021

Mon	Tue	Wed	Thu	Fri	Sat	Sun
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
18 Week 3	19	20	21	22	23	24

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!

