



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 10 17th September 2021

Reflection

Lord, make me an instrument of your peace: where there is hatred, let me sow love;
where there is injury, pardon; where there is doubt, faith; where there is despair, hope;
where there is darkness, light; where there is sadness, joy.

O divine Master, grant that I may not so much seek to be consoled as to console,
to be understood as to understand, to be loved as to love.

For it is in giving that we receive, it is in pardoning that we are pardoned,
and it is in dying that we are born to eternal life. Amen.

International Day of Peace September 21st



Dear Families,

This term has been a challenging one in so many ways and we could dwell on the negatives and deficiencies, but it has also been affirming at the same time. We have had children working from home and completing their school work tasks each day; we have had parents, elder siblings and family members all supporting the children in this endeavour; we have had children navigating meets and online work products and enhancing their already adept ICT skills; we have seen the creativity of staff and children in making things work; there have been check ins to see that people are okay; we have had people volunteer to assist others in a multitude of ways; there have been online tea parties organised for children to catch up with friends and so many more examples. They say that it takes a village to raise a child and this village of St Catherine of Siena and Melton West has really put this into practise over this time. It seems counter intuitive to say that when we have been restricted to our homes but they do say that necessity is the mother of invention and that in times of challenge we make things work.

Thank you to each and every one of you for the support that you have shown to the school and staff during this time. The feedback the teachers received at the recent parent teacher interviews was not only timely after a long term but also reassurance for the hard work and effort they have put in during this time.

At the moment we are due to come back to school on Monday, 4th October. Daniel Andrews is scheduled to make some announcements on Sunday and give us an indication of what returning to school will look like in Term 4, in addition to easing of restrictions and the timeline for these. Once these have been announced I will be able to confirm with you the arrangements for Term 4.

In the mean time please take care and stay safe.

God bless everyone

Carmel Marantelli

PRINCIPAL

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>

Year 3 End of Term Celebration

On Thursday, 16th September Year 3 had a Google Meet celebration for the end of term. To celebrate AFL and NRL finals, students were asked to come dressed in their favourite sporting team clothes or colours.



Lost Property

We have a number of uniform items at school that have not been claimed. If you think an item listed below belongs to your child please contact the school office on 97432166 early in Term 4 to arrange collection. Items will be held for a short time and then will be donated.

New Style School Jumper Size 8 has initials A & T in red

New Style Sports Jacket Size 8

New Style School Jumper Size 8

New Style School Jumper Size 10

Old Style School Jacket Size 6

Old Style School windcheater Size 6 has name Elle & Deng

Old Style School windcheater Size 6 has name KacZor

New Style Wide Brimmed Hat

One pair of Specsaver Glasses, Navy Frame

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 - Audrey Thomas

Prep B - Jax Gauci

Prep D - Nikola Majkic

1E - Alex Kondis

1H - Nyanthon Nagur

2I - Julian Makhraz

2K - Alana Alford

3J - Charli McKinley

3L - Dieudonne Kalutha & Owen Mauire

3M - Sienna Hausfeld

4Q - Ebony Barrow

4S - Sarah Buehler

4U - Chol Agear & Maggie Michael

5R - Alexander Micallef

5T - Dominic Abraham

5V - Sama Babawy

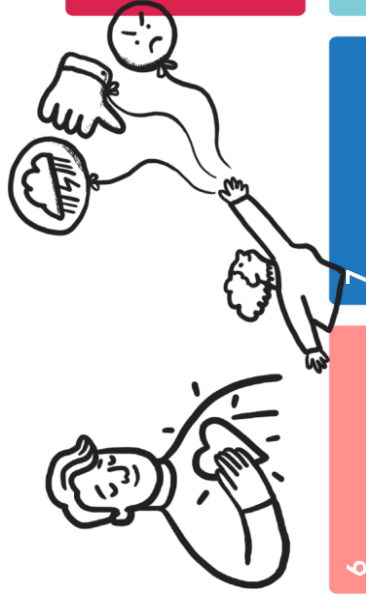
6N - Amazial Thomas

6O - Athiak Majok

Wellbeing - Nyanthon Nagur, Jayden Lomani

Term 4, 2021

| Mon | Tue | Wed | Thu | Fri | Sat | Sun |
|-----------------|-----|-----|-----|-----------|-----|-----|
| 20 | 21 | 22 | 23 | 24 | 25 | 26 |
| 27 | 28 | 29 | 30 | 1 October | 2 | 3 |
| 4 Term 4 Week 1 | 5 | 6 | 7 | 8 | 9 | 10 |
| 11 Week 2 | 12 | 13 | 14 | 15 | 16 | 17 |
| 18 Week 3 | 19 | 20 | 21 | 22 | 23 | 24 |
| 25 Week 4 | 26 | 27 | 28 | 29 | 30 | 31 |



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

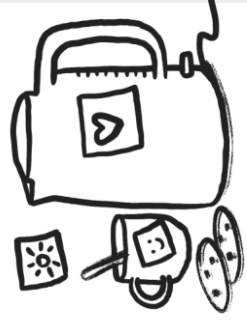
26 Avoid saying 'I should' and make time to do nothing

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





What's been happening...

Here Is what we have done these last two weeks...

This week is the last week of Term 3 and we have planned all the experiences asked by the children. Children enjoyed making paper aeroplanes, Scratch board art and door hangers, just dance, playing outdoors at the adventure playground, building with Lego's, playing board games Trouble, Twister and UNO.

Last week was quite engaging as children explored Spring season and Nature. Also, it was National Superhero week. Children enjoyed making Bird feeders using popsicle stick and recycled boxes, doing nature walks and outdoor scavenger hunt. Children showed Imagination, creativity, and respect to nature by doing Leaf print painting and leaf tracing. As per children's Interest we learnt and made Origami Flowers. Children enjoyed It.

Now we have Superhero Lego creation wall Implemented in our room. Children loved It. As a part of community connections, Zoe's brother shared some photos his Superhero Lego creations with OSHClub children. It encourages and Inspire children to get creative with Lego's and we can see that happening at OSHClub. Children start building with Lego's using their own idea and Imagination.



Coordinator Corner

Coming Up

Sep
17

Early Finish at School

Last day of term 3

Sep
25th

AFL Final

Footy Grand Final

Dear Families

I hope everyone is staying safe, healthy, and enjoying Spring weather. We have been enjoying some lovely spring weather and are getting to play outside. The children loving this and are becoming more adventurous in the playground and exploring nature.

As we all aware of we have Early finish on September 17th ,2021 OSHClub will be offering an extended after school care session from 1:30 pm to 06:30 pm and preexisting after school care bookings have been automatically transferred to the associated Early Finish time.

If you have any questions regarding vacation care program or booking, please don't hesitate to give us a call on 0402 669 652.

Wishing you a very happy and safe School holidays!

Looking forward to seeing everyone in Term 4 :)

Special Announcements

Vacation care Bookings

If you wish your Child/ children to attend vacation care program, please book them ASAP and If you are new to the service, you must do the new enrolment form as vacation care runs at Melton Primary school .

For Further Enquiries Please Contact 0402 669 652 or Melton Primary OSHClub Contact 0432 018 557

HAPPY HOLIDAYS



Recipe

Cheesy Baked beans on English Muffins

Here's what you will need :

- Wholemeal English Muffins
- Baked Beans
- Mozzarella Cheese

- Preheat oven to 180°C.
- Spread two tablespoons of baked beans onto each muffin half and top with Mozzarella Cheese.
- Bake for 5- 10 minutes until cheese is bubbling or lightly brown

