



Term 1 - 19 March 2020

NEWSLETTER

St. Monica's Parish Primary School 20 Robinson Street
Moonee Ponds 3039
Phone (03) 9375 1132 www.stmonicasmp.catholic.edu.au

Faith
Hope
Love



Parish Priest: Rev. Fr. Anthony Feeney

Principal: Mr. Peter Moore

Parish Office: Phone 9370 5035

Mass Times: Saturday 6:00pm (Vigil), Sunday 8:00am, 9:15am in Italian, 10:30am and 5:30pm

OSHP Number 0412 616 491





Dear Parents, Caregivers and Children,

I have written to you multiple times this week and I'm not sure that I have much more to say! I decided to take my camera for a little walk between lunch time and snack on Wednesday to see if I could capture some of the learning that was happening across the school. Sometimes pictures speak louder than words and I'm sure that from the previous two pages, you'll see that the children have been focused and learning throughout the week, despite the challenges that have permeated our thoughts and actions in the wider community.

Over the past few days I have been communicating with you all via the Skoolbag App. It is vital that you have this downloaded to your phone if you wish to keep up to date with the latest news. Yesterday I sent out an important message about Parent/Teacher Interviews next week, so if you didn't see it, it would be wise to have a look at Skoolbag. I won't post information in the Newsletter that I have already circulated, so that is why it's important to keep your eyes on Skoolbag.

Visit to Queens Park

Recently the Year Two students went to Queens Park to visit the Burke and Wills Memorial.

Essendon was the first camp of the Burke and Wills expedition and we are really very lucky to have this historic site literally one block from the school.

The Memorial contains a lot of information and when the children visited, they were not expecting to come into contact with one of the **actual** members of the Expedition, who magically travelled in time to be with us! The gentleman in question looked a lot like Mrs Hodgetts, but unless she grew a beard since we last saw her, it was just a coincidence! [I'd like to thank our mystery guest speaker for going to so much trouble to research the character and then provide an authentic interpretation of him. It was a big surprise for the children and they enjoyed the 'live' experience, rather than interacting solely with the boulder!] Bravo to Mrs....oops... Mystery Guest Speaker from the past!

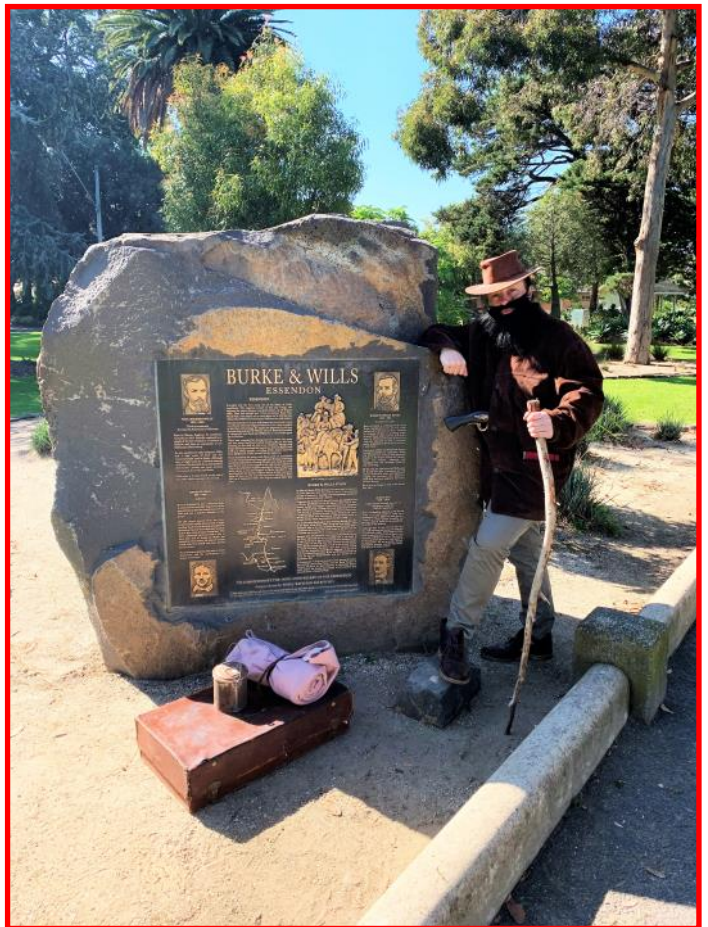
One of the things I love about being at the Drop-off each morning is the chance to see what the children are bringing to school. This week I was privileged to see Isabelle's magnificent painting (pictured bottom right). Noah agreed that it was excellent!

Stay safe, stay sane and stay sanitised.

Regards,

Peter Moore

Principal



Cancellation/ Postponement – Division Swimming

Due to ongoing health concerns, School Sport Victoria (SSV) were forced to cancel this week's Divisional Swimming event until further notice. Should SSV choose to reschedule the event in the future we will notify you at the earliest possible convenience.

A special congratulations to the following students who qualified for the event and were scheduled to compete:

9/10 Boys Backstroke - Nathan Wing

11 Girls Backstroke - Mia Gustincich

12/13 Boys Breaststroke, Butterfly - Marcus Smith

Open Medley Relay Boys - Sean Dent, Angus Palmer, Marcus Smith, Harvey Tate

11 Girls Freestyle Relay - Chantel Staberhofer, Imogen Christian, Carys Hancock, Mia Gustincich

11 Boys Freestyle Relay - Jude Barrett, Charlie Tudor, Levi O'Keefe, Sean Dent, Hayden Saunders

A special thank you also to Grace Boyle and Christian Marchionno, who both played an important role on District day to help their respective teams qualify for the Division event. Well done St Monica's! Mr McGuinness.

School Fees

The first instalment of School Fees \$1,245 was due on 06/03/20 and the levies of \$585 per child was due on 07/02/20. Both should be paid immediately as they are now overdue.

Contact the School Office if you have any questions. Thank-you to those families who have made payment.

Families unable to meet their school fee commitment are to contact Mr Peter Moore or Father Tony.

Total family fee & capital cost is \$3,735 (\$825+\$2,910) can be paid in instalments, due as follows:

1st Instalment \$1,245 due 06th March

2nd Instalment \$1,245 due 29th May

3rd Instalment \$1,245 due 28th August

All other levies can be paid at any time throughout the year prior to the event occurring.

For Internet Banking (Electronic Funds Transfer) our bank account details are as follows:

Account Name: St. Monica's School General Account

BSB: 083-347

Account Number: 69868 9654

Please use your SURNAME and ACCOUNT NUMBER as payment reference

Key Dates

March

Wednesday 25th

Special Food Day

Thursday 26th

Parent/Teacher Interviews 4.00pm - via telephone

Friday 27th

Parent/Teacher Interviews - via telephone

No students Last Day Term 1

April

Tuesday 14th

Term 2 Begins

TUCKSHOP ROSTER

Friday 20th

Yvonne Yuen, Natalie Gunn, Jay Doolan, Michelle Miller

Monday 23rd

Jamie Tate

Tuesday 24th

Penny Cullen

Wednesday 25th

Jo Attard

Thursday 26th

Julianne Hancock, Maha Delia, **Volunteer Required**

Friday 27th

NO SCHOOL- Parent Teacher Interviews

Student Wellbeing

Leading the way for children during the Coronavirus pandemic - by Michael Grose

If you're like me, the news of the Coronavirus (COVID-19) pandemic has your head spinning and your heart pumping. That's only natural as life as we know has taken a seismic shift in recent days.

International travel bans, cancellation of sporting and cultural events, shopping frenzies and talk of school closures continue to dominate the airwaves. Terms such as social distancing, self-isolation and social lockdowns have entered our vocabularies and may soon become part of our daily lives.

Coronavirus is having an unprecedented impact on our daily lives, and will probably do so for some time. While keeping ourselves and children healthy and safe is our main concern, it's also essential to address the anxieties of children and young people during these changing times. Here are some ideas to help inform, reassure and keep children and young people safe.

Build on what your children know - Children and young people have already been exposed to a great deal of information about corona virus through media, digital means and direct social contact. Their understanding will vary depending on their age and also the quality of their information sources so you probably will need to help kids process what they already know.

Casual conversations with teenagers and older children can be useful ways to glean their understanding. You could ask questions like "What are you hearing about Coronavirus? Is there anything you're not sure about?" Younger primary age children may need a more direct approach with parents addressing their specific concerns without giving too much information that can overwhelm them.

Check your own thoughts and feelings - Check your own frame of mind and emotions about COVID-19 before talking to kids. Most children are astute mood detectives and they'll gauge their safety by the way you communicate with them. If you tell a child, "You've got to wash your hands or you'll get infected," you are communicating your own anxieties, making it difficult for them to maintain a healthy state of mind. Have a think about how you can frame your instructions and their importance in a way that doesn't heighten your child's anxieties.

Stay informed - It's difficult to work out fact from fiction, correct from incorrect, information from exaggeration when the news is changing so fast. However you need to educate yourself about the virus itself, including how it's transmitted and how to stay safe. Get information from trustworthy sources such as The Australian Government Health Department website and the current federal government corona virus information media campaign.

Answer questions truthfully - It's important that parents and teachers answer children's questions honestly in age-appropriate ways and within context of what is happening at the given time. If their sport or hobby has been temporarily cancelled empathise with their concerns, while helping them maintain a sense of perspective.

Initiate positive action - One way to reduce anxiety and allay children's fears is to involve them in planning and preparation for their personal and group safety. Positive activities such as maintenance of personal hygiene, greeting people with an elbow tap and getting plenty of sleep can help restore a sense of control, that is so important for their wellbeing.

Find refuge in rituals - Regular rituals such as mealtimes, bedtime stories and regular one-on-one time provide both an anchor to normality and a sense of connection for kids at times of change. Consider reconstituting favoured family rituals at this time if they have lapsed due to lack of time, or lifestyle frenzy.

Look outwards - In difficult times there is a tendency to look inwards, which is a natural protective strategy. The alternative is to establish a sense of connection and community spirit by focusing on generosity and togetherness. Help children see past their own needs and look for ways to assist others whether it's shopping for an elderly neighbour, helping a younger sibling occupy themselves, or planning an indoor movie night for the whole family. The Coronavirus presents many practical challenges to parents and other important adults in the lives of kids. Staying calm, keeping informed, and adjusting our own habits are just some of the challenges we face. However a significant challenge is one of personal leadership. That is, during these difficult times we need to be civil to each other, look out for each other and be mindful of the common good in everything we do. In this, we can all take a significant lead.

SUSSEX AUTISM CARERS SUPPORT GROUP

**This Support Group meets on the
1st Thursday of the month**

Time: 10am-12pm

Gold coin donation

SPEAKERS FOR MARCH-JUNE

5 March - Robyn Gild

Former Coordinator of Aspergers Victoria

Robyn is a mum of 4 (2 of which are on the Autism Spectrum and adults now). Robyn has been studying and working in the area of "Self-Regulation" focusing on the exciting work by Stuart Shanker <https://self-reg.ca/> . This practice involves learning to recognise and respond to stress.

7 May - Max Williams - ICAN Network

Max is an adult on the Autism Spectrum. He will share his personal story along with insights, regarding what sort of support from parents and carers can make a positive difference. He will also share about strategies to manage anxiety and self-doubt.

4 June - Lyndel Kennedy, Former President Aspergers Vic

Lyndel is an author, editor and mother of 3, including a son and daughter with Aspergers. Lyndel will talk about her research findings and, school management ideas on "How to best support children at Primary School".

**no meetings during school holidays or public holidays.
Tea and coffee provided. Feel free to bring a plate to share!**



SUSSEX NEIGHBOURHOOD HOUSE

at the Pascoe Vale Community Centre

7 Prospect St. Pascoe Vale ph 9354 2210 enquires@sussexnh.org.au

BULLYING NO WAY!

If your child talks to
you about bullying:

1. **Listen** calmly and get the full story.
2. **Reassure** your child that they are not to blame.
3. **Ask** your child what they want to do about it and how you can help.
4. **Visit** www.bullyingnoway.gov.au to find some strategies.
5. **Contact** the school.
6. **Check in** regularly with your child.



St Monica's is committed to providing a safe and supportive school community, with high expectations around behaviour, for everyone! Students' behaviour impacts their own educational, social, emotional and physical development and may also impact the development of those around them. Bullying, any form of harassment or discrimination as well as other unacceptable behaviours are not to be tolerated.

You are an important part of our ongoing work to prevent bullying and to respond effectively if it happens. Stopping bullying involves everyone.

What is bullying?

Unacceptable behaviour is classified as bullying where it involves repeated verbal, physical, social or psychological behaviour that is harmful and involves the misuse of power by an individual or group towards one or more persons.

Bullying can happen in person or online, and it can be obvious or hidden.

If someone behaves in a mean or aggressive way on one occasion, it isn't bullying even though it is not respectful or acceptable. A disagreement between two people of equal power isn't bullying. Many distressing behaviours are not bullying, even though they may amount to unacceptable behaviour which requires teacher management.

Bullying is not OK. It feels awful. You feel like you can't stop it. You have the right to feel safe.

What do I do if my child talks to me about bullying?

Sometimes it can be difficult for parents or carers to know what to do when their child talks to them about bullying.

Discussing tips and strategies (see the poster on the next page) with your child will help continue to make St Monica's a great school for everyone.

What strategies can my child use if they are being bullied in person?

- ignore them
- tell them to stop and then walk away
- pretend you don't care
- go somewhere safe

What strategies can my child use if they are being bullied online?

- avoid responding to the bullying and take a screen shot as evidence
- block and report anyone who is bullying online
- protect identities online by using privacy settings

What should my child do if the bullying doesn't stop?

- talk to a trusted adult (parent, teacher) who can help stop the bullying
- keep asking for support until the bullying stops

Mrs Diana Tominc,
Student Wellbeing Leader F-6



The Year 1 students made their own toy car and learnt how in the 'olden days' homemade toys were the norm and highly treasured.



The students enjoyed working in pairs to make numbers using concrete materials!



Students in Year 3 are learning about the cultural heritage and architectural influence of Melbourne Landmarks! They just loved building a Westgate Bridge replica!



Over 120 students enjoyed making a 'Holy Trinity Shamrock' Badge before school to celebrate St Patrick's Day!

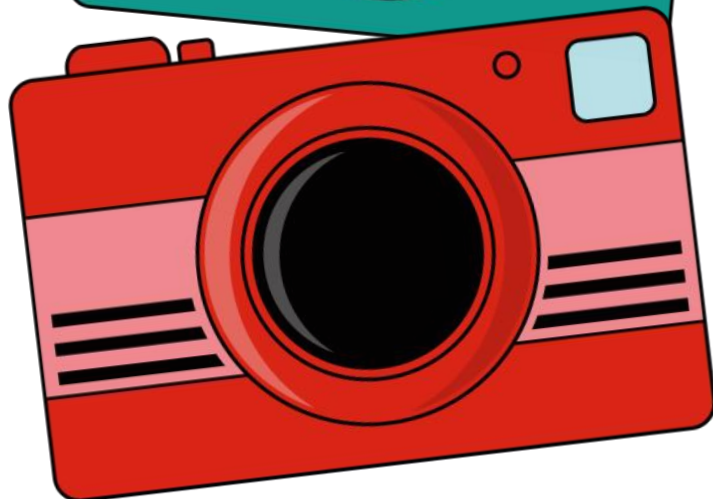
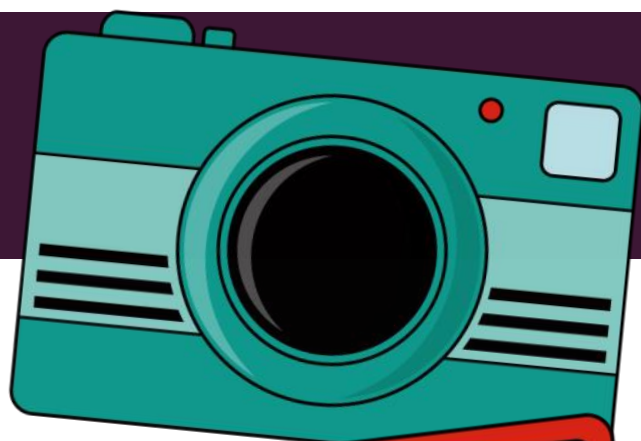


From the crank phone of the 1820's, through to the dial phones, touch phones and now in 2020's ...the watch phone! Year 1 students loved comparing the past and the present!



Year 5 had a highly successful 'Science Day' looking deeply into the States of Matter! How would you turn this solid (ice) into liquid (water) as quickly as possible?

Caught in the Act



Who is the new Major of Moonee Valley?
I am sure they are wearing a St Monica's uniform?

FINANCIAL ASSISTANCE INFORMATION FOR PARENTS

Every Victorian child should have access to the world of learning opportunities that exist beyond the classroom. The Camps, Sports and Excursions Fund helps ensure that no student will miss out on the opportunity to join their classmates for important, educational and fun activities. It is part of making Victoria the Education State and the Government's commitment to breaking the link between a student's background and their outcomes.

CAMPS, SPORTS & EXCURSIONS FUND (CSEF)

School camps provide children with inspiring experiences in the great outdoors, excursions encourage a deeper understanding of how the world works and sports teach teamwork, discipline and leadership. All are part of a healthy curriculum.

CSEF is provided by the Victorian Government to assist eligible families to cover the costs of school trips, camps and sporting activities.

If you hold a valid means-tested concession card or are a temporary foster parent, you may be eligible for CSEF. A special consideration category also exists for asylum seeker and refugee families. The allowance is paid to the school to use towards expenses relating to camps, excursions or sporting activities for the benefit of your child.

The annual CSEF amount per student is:

- \$125 for primary school students
- \$225 for secondary school students

MORE INFORMATION

For more information about the CSEF visit
www.education.vic.gov.au/csef

HOW TO APPLY

New applicants should contact the school office to obtain a CSEF application form or download from www.education.vic.gov.au/csef

If you applied for the CSEF at your child's school in 2019, you do not need to complete an application form in 2020 unless there has been a change in your family circumstances.

You only need to complete an application form if any of the following changes have occurred:

- **new student enrolments;** your child has started or changed schools in 2020 or you did not apply in 2019.
- **changed family circumstances;** such as a change of custody, change of name, concession card number, or new siblings commencing at the school in 2020.

Check with the school office if you are unsure.

