



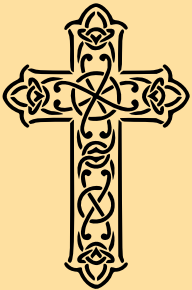
CANDELA

St Mary's Primary School, Greensborough

Telephone: 03 9433 4000

Email: principal@smgreensborough.catholic.edu.au

Website: www.smgreensborough.catholic.edu.au



We love you Jordan, Rest in Peace.

We say thanks for Jordan's life. We are comforted by the knowledge that Jordan is resting and at peace now, though we no longer see him. Jordan will forever live in our thoughts and hearts.

Lord, you hold time within your hands, the fragility we call life. Please keep and carry all those who are impacted by Jordan's passing, in particular, Peter, Nelly and Jack. Hold them in their sadness and loss. Cover them with your great wings of love, give their weary hearts rest and their minds sound peace. Lord, lift their eyes so that they may catch a glimpse of hope.

We ask this in your name, Jesus.

Amen.

OUR VISION

**St. Mary's is a dynamic
Catholic community of
empowered learners
engaging justly in the
world.**

DEAR PARENTS AND CARERS,

Gratitude

Hello to everyone! It is wonderful to be back at St Mary's supporting this wonderful community. I feel so blessed and grateful that I was able to actually enjoy my long service leave, knowing that many people have not been so fortunate. Congratulations to Gabee Leone for the professional, positive way she led the school in my absence. I also sincerely thank Laurina Van Der EL for her ongoing support of Gabee and the staff, as Acting Deputy. The entire Leadership Team was phenomenal in their support of and dedication to the staff and students, ensuring the high quality learning and teaching continued throughout Term three. All staff deserve absolute praise for their resilience and also their ability to adapt to remote learning. They continue to provide engaging learning in what has been an incredibly difficult term for everyone. I also extend my gratitude to you, our St Mary's parents, for your encouraging words and support during a very difficult time. Our amazing students constantly demonstrate a resilience and positivity that we can all aspire to. I thank them for the positive influence that they have on our lives.

Farewell to Peter McKenna

Congratulations to Peter McKenna who has secured a full time management position with Programmed. I thank Peter for his wonderful maintenance work over the past three years at St Mary's and for his 12 years of support with the MaD team and the Parish. We are fortunate that although Peter is leaving our staff he is still a parent and a parishioner and we will still see him supporting the MaD team at St Mary's. I wish Peter well and all the best in his new position.

School Hats

Just a reminder, school hats are to be worn during all outside activities, by all students and staff, as from 01/09.

School Fence

Finally the work to construct a fence along the oval and driveway has commenced. This fence will provide child safety and enhanced security for all staff and students. I commend Helen Anderson (Previous Principal) and the MaD Team who initiated this project several years ago. It is now finally coming to fruition. Thank you to all families in our St Mary's community, especially the Parents Association, for raising much needed funds over the years to support this project.

Work Permits

Thank you to all essential workers who continue to provide their updated work permits, following the State Government's announcement regarding COVID restrictions for Melbourne. The school has had to review provisions of on-site supervision for students. I am conscious that I am required to have as many staff as possible working from home and limit commuting to work. In the COVID Safe Instructions the school is required to keep a register of all students on-site aligning with Work Permits and justification for Vulnerable students. We ask that all authorised workers send in updated Work Permits and ensure you provide your days and hours as outlined on the permits.

Class Friendship Groups

Early in Term 4, the students will be asked to choose five friends with whom they learn well. These friends are in no particular order and our policy for class groupings guarantee that a minimum of one of these friends will be in their class in 2022. At St Mary's we utilise Class Solver, an online program that organises class placement ensuring that several criteria are met. Classes require a balance of; gender, behavioural needs, academic needs, separated siblings/relatives, variety of teaching style and class size. I ask you to discuss the friendship choices with your child over the holidays, ensuring that you remind your child/ren emphasis is always about optimum growth in learning.

Footy Day

Thank you to Fergal and all staff for promoting footy day today. Whether remote or onsite, it was such fun witnessing the students' enthusiasm and excitement. Every bit of joy is appreciated.

Thank you

Once again I thank everyone in our community for your support throughout this very difficult term. I pray that we will be onsite together again soon. Thank you for your support and resilience and I look forward to working with you all in Term 4. Have a restful break disconnected from technology.



A message from Principal Marisa Matthys, continued.

Condolences and Thank You, the Deir Family

Peter, Nelly and Jack would like to thank every person in our community for your outpouring of love and support for Jordan and the Deir family over the past 9 months. Our brave, selfless little boy was so courageous right until the time that God wrapped him in His arms to be with Him and his Nanna.

We are so grateful for everything the St Mary's Community has done to support us and him. Thank you for the money you have raised, for your kind wishes, for the flowers and for his friends who came to keep him company even when he was too weak to play with. He was always surrounded by the love of his family and his friends. We will never forget your love and support.

Condolences to the Caringola Family

We pray for the Caringola family on the passing of Mia's bisnonna (great grandmother) Lina. We send our love and support to Andrew, Libby, Dante and Mia. May Lina rest in peace.

Condolences to the Holly Family

Condolences to Peta, Nick, Elsa, Jack and Tom on the passing of Peta's father, Laurie Carter. Our prayers and thoughts are with them at this sad time. May Laurie rest in peace.

God Bless,

Marisa Matthys

Principal



SEP



S	M	T	W	T	F	S
12 Sacrament of Eucharist 8-9am & 10-11am	13	14	15 Parents Association Meeting 7:00 PM	16 Footy Day	17 Last day of Term! Early Dismissal 1:45pm	18

School Holidays

S M T W T F S

3	4 First Day of Term 4. Welcome Back!	5	6	7 Family Life	8 Year 6 Circus Skills Program Years 1-5 Dance & Gym 9-10 am & 1-2pm	9
10	11	12 Reconciliation Faith Night Session 1: 5:30pm-6:30pm Session 2: 7pm-8pm	13	14 Family Life	15 Year 6 Circus Skills Program Years 1-5 Dance & Gym 9-10 am & 1-2pm	16
17	18	19	20 Parents Association Meeting 7:00 PM	21 Mission Mass, 9:15-10:15am Prep 2022 Info & Welcome Evening, 7-8pm	22 Italian Day Fiesta! Year 6 Circus Skills Program Years 1-5 Dance & Gym, 9-10 am & 1-2pm	23 Reconciliation Commitment Mass 6:30-7:30pm
24 Reconciliation Commitment Mass 10am-11am & 5pm-6pm	25	26 Reconciliation Reflection Day 9am-3:30pm	27	28 Whole School House Sports Day	29 Year 6 Circus Skills Program Years 1-5 Dance & Gym 9-10 am & 1-2pm	30
31						

OCT



S M T W T F S

	1 School Closure Report Writing	2 Public Holiday Cup Day	3 Prep 2022 Transition Morning 9:30-10:45am	4	5 Year 6 Circus Skills Program Years 1-5 Dance & Gym 9-10 am & 1-2pm	6
7	8	9 Prep 2022 Transition Morning 9:30-10:45am	10	11 Sacrament of Reconciliation (2021 Cohort) 5:30-6:30pm & 7-8pm	12 Year 6 Circus Skills Program Years 1-5 Dance & Gym 9-10 am & 1-2pm	13 Working Bee Year 3
14	15	16 Cyber Safety Project - Parent Online Event	17 Prep 2022 Transition Morning 9:30-10:45am Parents Association Meeting, 7-8pm	18	19 Year 6 Circus Skills Program Years 1-5 Dance & Gym 9-10 am & 1-2pm	20
21	22	23	24	25	26 Year 6 Circus Skills Program Years 1-5 Dance & Gym 9-10 am & 1-2pm	27
28	29	30	1	2 Year 5 Anointing Mass, 11am-12pm	3 Years 1-5 Dance & Gym 9-10 am & 1-2pm	4

NOV





13th September 2021

Dear Families and Friends of St Mary's school community,

Around lunchtime I was informed that our beautiful, happy student, Jordan Deir passed away last night. Jordan, brother of Jack and son of Nelly and Peter in Grade 3S passed away peacefully during the night.

We are saddened and devastated by Jordan's death and wish to offer his family and friends our sincere sympathy, support and prayers at this difficult time. I spoke to Peter, Jordan's Dad, today and offered our support. We respect their need for privacy.

We appreciate that many families and students in our school community will have known Jordan well and that this is difficult news for you to receive, particularly during this period of lockdown and remote learning.

During the afternoon, the staff were all informed about this sad news. Due to remote learning most children are unaware of Jordan's passing. May I request that at an appropriate time, and with your child/ren's wellbeing in mind, that you convey this sensitive news to them using language they will understand.

You may see signs of sadness in your child over the next few days and weeks. For some children a death of someone they know may remind them of another loss in their lives. For other children this may be the first encounter with death. Children grieve differently from adults. It is important that they have the opportunity to express their feelings and that you deal honestly and directly with your children's questions. As a school community we encourage you to listen carefully to your son or daughter. Accepting and validating your child's feelings around grief and loss is important. Additional advice on supporting children during times of grief and loss accompanies this letter. The attached information may be helpful at this time.

While I have been open about sharing this sad news with you, may I also request that you are mindful of the family's privacy at this time. Please monitor your child's online, social media and phone communication with other students. It's also advisable to shield them from adult conversations. Nelly and Peter have requested, and I also request that parents refrain from posting comments on social media.

Our prayers continue to be with Jordan's family and we ask that you keep them in your thoughts.

Yours sincerely,

Marisa Matthys

Principal



Children and Grief

(Primary School, ages 6–12)



Following the death of someone close, parents are often concerned about how to best support and meet the needs of their children. Like adults, children experience, express and process grief in a variety of ways depending on their age, stage of development, personality, family culture, understanding of death, past experiences of loss and the context of their bereavement. When considering how best to provide support, the child's unique grieving needs should also be considered.

This information sheet is designed to help parents, caregivers and teachers to understand and help primary-school-aged children navigate their grief experience.

A primary-school-aged child's understanding of death

Children of primary school age are beginning to understand the concept that death is permanent, though younger school-aged children may engage in 'magical' thinking, trying to outwit death. Due to a limited understanding of death, primary-school-aged children may also have an increased fear in regards to their own death or feel responsible for the deceased's death.

Talking to primary-school-aged children about death

Although it is natural to want to protect children from hurt or upset, it is important that you take the time to talk and listen to them following the death of someone close. Answer their questions about death in an honest and consistent way without glossing over the truth or minimising the impact of what has happened by saying that 'everything is fine'.

Begin by asking what they already know. Children are more perceptive than we give them credit for, and may already have picked up on and formed their own opinion around what has happened. When explaining the situation to them, it is important that you tell them the facts in a simple and age-appropriate way, e.g. 'Grandma has died and will not return'. Children often take things literally, and saying things like 'Grandma has gone to sleep', or 'Grandma went to hospital and isn't coming home', can be confusing and lead to unnecessary fears, e.g. they may become afraid of going to sleep or visiting hospital.

It is also important to explain why their loved one died, e.g. 'Mark died because his body stopped working, this means he can no longer breathe, eat or feel hot or cold'. This will reassure children that the death wasn't a result of anything they said or did.

Common signs of grief in primary-school-aged children

Children, like adults, will vary in their responses to death and dying; however, there are some common factors that may affect them.

Children of primary school age may:

- experience a difficult transition period, want to see death as reversible and believe death only happens to other people
- be very curious about death and burial rituals and ask detailed questions
- imagine death as a bogeyman or ghost
- play games pretending to die
- be angry over the death and focus their anger at certain people or anyone involved with the death, e.g. doctors, parents
- take time to absorb the reality of what has happened and might not appear to be immediately affected by the death
- be quick to blame themselves
- experience disturbed sleep, decreased appetite, poor school performance or have physical reactions, e.g. headaches

- worry about who will look after them if a parent or other caregiver dies
- take on a parenting role to younger siblings
- 'act out' feelings rather than talk about them
- be concerned about what their peers think and might be anxious about being seen as 'different'
- feel isolated, because no-one else they know has had a similar experience.

Helping children to navigate their grief experience

Listen and talk with them

Children need time and to feel safe in order to express how they are feeling. Be prepared to revisit conversations a number of times, as children need time to process information. Be patient, open, honest and consistent with your responses. Reassure them that grief is normal, and it is okay to be upset about what has happened.

Include them

Include children in decision-making when appropriate; for example, give your child the choice as to whether or not they would like to participate in the funeral or any other mourning rituals. Rather than making suggestions, speak with them about their ideas of ways they would like to remember their loved one.

Provide safety and security

Death can threaten a child's sense of safety and control. It is vital that the child's physical and emotional needs are met to support them in adapting to the loss. Try to maintain routines and firm, but fair, boundaries as much as possible.

Provide opportunities for expression

Many children respond well to creative outlets, and there are a range of activities that you can do with children to encourage them to process and express their grief, including:

- drawing and painting
- reading and storytelling
- writing poetry or letters to the person who has died
- craft activities, e.g. make a memory box or collage
- music and dance.

Allow for a range of responses to loss

Grief is individual and personal, and accordingly children may grieve in ways that are different to adults, siblings or schoolmates. Some children are more social and verbally expressive, while others are more private and talk less. Some children spend time talking about their feelings, while others manage their grief by doing things.

Provide opportunities for memorialisation and connection

Offer opportunities for them to maintain links to the deceased through memorialisation and connection, e.g. visiting the grave, reflecting on memories and participating in rituals of remembrance.

Support yourself

You won't be in any position to provide support if you don't first take care of yourself, both physically and emotionally. If you are struggling, don't be afraid to ask for help, whether that be through family, friends or health professionals.

Seeking help

With good information, love and support, children can learn to understand and work with their grief. However, if you feel that your child needs more assistance than you can provide, don't hesitate to seek further help from a health professional.

INFORMATION REGARDING SCHOOL FEES



DUE DATE: 15TH OCTOBER 2021

Thank you to all families who have paid their 2021 School Fees! St Mary's appreciates your prompt payment.

****Fees for 2021 are due by the 15th October 2021****

Unless otherwise arranged with Rochelle or Marisa, all fees are due by the 15th of October. Please keep in mind that if you have a payment plan set your final payment date will differ. Your final 2021 statement will be sent in the first few weeks of Term 4.

ATTENTION Year Six Parents

If your youngest child is in Year Six and is leaving St Mary's, or your Year Six has a younger sibling continuing, it would be appreciated if all fees are settled by the 15th of October. All outstanding fees will roll over to next year regardless of if you are finished at the school. If you find you have a large amount owing please set up a direct debit form attached. For further information regarding payment of fees please contact Rochelle.

Payment Plans

A small regular payment shows your commitment to paying your fees. All outstanding fees will roll over to the next year so it is a great idea to set up a payment plan to chip away at it. If you would like to set up a payment plan please download one of the forms from <https://www.smgreensborough.catholic.edu.au/school-fees/> and email to Rochelle at accounts@smgreensborough.catholic.edu.au

Payment details for School Fees

If you wish to make a payment for your school fees this can be done via Bank deposit or Credit Card.

School Bank Account details are:

St Marys School Account
BSB 083 347 Account 647033719

Please use your five digit account number found on your statement and surname as reference.

If you wish to make a Credit Card payment please email your Name, Credit Card Number, Expiry Date and amount you wish to pay to:
accounts@smgreensborough.catholic.edu.au

**THANK YOU AND BEST WISHES
FINANCE OFFICE**

Student of the Week

Prep S

Ava-Lucia K

For always arriving prepared to learn at all Google Meets and engaging with your peers respectfully. It has been a pleasure to watch all your hard work this term. I am so proud of you Ava-Lucia.

Ella R

For showing determination in reading and writing to complete all tasks. I am so proud of how hard you have worked this term. Keep up the great learning.

Prep D

Zachary E

For your high level of enthusiasm and participation in Maths! You always strive to do your best. Keep up the amazing work Zachary!

Tori P

For always working hard on your learning tasks and showing enthusiasm especially with your animated and detailed voice responses and reflections on Seesaw. Keep up the great work Tori!

Prep KB

Owen MK

For your cheerful morning greetings during our class Google Meets. Well done for always remaining so positive during remote learning. Keep up all your hard work in your reading and recognition of heart words. Super effort Owen!

Ethan P

For remaining so positive during remote learning. The videos and task reflections you share to explain your learning are wonderful examples of your hard work and enthusiasm for learning. Terrific work Ethan!

1MZ

Cohen S

For being a dedicated and self motivated learner. You always put in your best effort and have written some really amazing writing pieces! Well done

Lexi S

For showing resilience during remote learning this term. We are very proud of all of your efforts and your determination towards your learning. We really enjoy listening to you explain your learning on your videos. Well done!

1V

Isabelle S

For the effort and dedication you have put into your remote learning tasks. The videos you create, sharing and explaining your thinking, are fantastic! Thank you for your continued enthusiasm.

Connor S

For always participating in our Google Meets with enthusiasm. Thank you for always having a go and contributing your wonderful ideas. Keep up the great work!

1W

Beatrice N

For showing resilience when completing challenging tasks. You always have a go and work hard to complete all of your work. Well done!

Aston P

For always participating in Google Meets with enthusiasm. You are always willing to have a go and share your thoughts. Great work!

2P

Sophie V

For going above and beyond with your SeeSaw tasks during remote learning and showing resilience throughout remote learning.

Lucas B

For the polite and kind attitude you show every day on Google Meets and for working so hard on your SeeSaw tasks. Well done Lucas.

2M

Gemma

For consistently working in a conscientious way and completing neat and top quality pieces of work during our remote learning. Well done to you Gemma!

William Si

For greeting each day with a smile and always being keen to share your thoughts and participate enthusiastically. You have demonstrated such a positive and conscientious approach to your remote learning. Well done to you!

2S

Liam D

For actively participating in Google Meets with enthusiasm. For putting your hand up and waiting your turn, telling great jokes and bringing a sense of fun and joy to our class Google Meets. Thanks Liam! You're a ray of sunshine.

Charlotte J

For your excellent information report on LeBron James, submitted via SeeSaw. The report included neat handwriting, coloured subtitles and well-researched, interesting information. Great effort Charlotte, I was impressed!

3G

Finn L

For demonstrating so much resilience learning onsite throughout this remote learning period, and for demonstrating responsibility and respect towards your peers, teachers and St Mary's community. You are doing a wonderful job, Finn. Keep up the great work!

Ivy K

For demonstrating resilience and determination with all of your learning tasks throughout remote learning. You are positive and caring during all of our meets. Keep up the amazing work, Ivy!

3S

All Year Three S students for demonstrating determination, courage and kindness throughout the term.

3L

Addison M

For showing resilience, respectfulness and responsibility through all of remote learning. You always put your full effort into everything and show a growth mindset in all Meets!

Isla T

For putting your best effort into your learning whilst at home. Your positive attitude shines through in all our Meets. Well done Isla!

4HW

Jessica L

For your excellent narrative 'The White Woods'. Jessica, you executed your ideas brilliantly. Your narrative was creative, well planned and easy to follow. Well done Jessica!

Remy D

For your diligence and dedication to completing all activities to an excellent standard and in a timely manner. You have made fantastic progress in all areas of learning this term and you should be so proud!

Student of the Week

4L

Sophia B

For your excellent work ethic in ensuring you complete all tasks to a high standard. You have also been able to affect your learning and show great improvement. Awesome work Sophia!

Aleksandar B

For your excellent work on your Narrative 'The Big Bad Wolf'. You executed and followed the plan and showed your ability to take on feedback by adding some interesting vocabulary words. Well done Aleksandar!

4M

Alexander

For excellent work in Italian throughout the term.

Penny

For excellent work in Italian throughout the term.

5G

Mia H

For remaining positive throughout this remote learning period, always putting in 100% effort into all your work. You should be very proud of yourself!

Ruth J

For demonstrating our term value, 'determination', by always completing your work to the best of your ability. You approach all tasks with a growth mindset and a willingness to learn. Well done!

5V

Eva K

For giving your best effort to all learning tasks and always joining our Google Meets with a smile. I love the creative videos of your work you have shared on Seesaw! Keep up the fantastic work, Eva!

Will H

For making a fantastic effort to join our Google Meets and having a go with all his online tasks. Keep up the great effort Will!

5W

Annabelle J

Well done Annabelle for being a great participant during our online meets. You always show a positive attitude and commitment to your work tasks. Keep up the great work.

Ethan D

For showing determination and resilience during Remote Learning and consistently attending all meets and uploading your work. Keep up your great work ethic.

6O

Archie F

For your vision and foresight to offer the suggestion of having a fun, engaging, enjoyable YES day as part of our Remote Learning experience. Without your input, this day would not have gone ahead. The fruits of the day were there to be seen by all who participated. Thank you Archie for your wonderful student contribution to our learning.

Talia D

For your fabulous, amazing, bright and colourful sun creation as part of our school R U OK? Day learning. The detail and effort that you put into this art piece is fantastic. The statements summarise exactly what you are grateful, proud and thankful for Talia. Well done.

6B

Ella C

For always displaying a positive attitude to your learning during remote learning. You have shown hard work and resilience while still smiling each day. Keep up the great work!

Sam S

For showing determination during remote learning. You have faced each challenge with determination to keep going. Keep up the positive mind set.

6C

Eleanor F

For always being positive and supportive in the Google Meets. You are a hardworker and show resilience in all tasks. A big congratulations for being voted into Council and organising the YES DAY for the Year Level! Keep it Up Eleanor!

Bailey O

For always trying your best and showing resilience in all tasks. Bailey you are always working hard to complete your work and your determination to keep positive is an excellent quality. Great job Saint Baz!

Art

Chloe PD - For being an enthusiastic artist. Thank you for completing all Art projects and sending a photo showing your big smile and marvellous creations. Great Work Chloe!
Yvette IV - For being an enthusiastic artist. Thank you for completing all Art projects and sending a photo. Your big smile and marvellous creations have brightened my days. Great Work Yvette!

Alexis 3S

For being an enthusiastic artist and completing all art projects during Remote learning. It has been delightful to receive your photos on seesaw showing your big smile and marvellous creations. Great Work Alexis!

Sport

Charlie W 4L and David H Prep S

For always submitting your weekly tasks through Seesaw and completing those tasks with such enthusiasm and well thought out responses. Good on you, Charlie and David!

Ella M 1W

For always submitting your weekly tasks through Seesaw and completing those tasks with such enthusiasm and well thought out responses. Good on you, Ella!

Music & Drama

Annie and William A, Year 1

For being keen and enthusiastic singers in the Junior Choir.

Shania A, 6O - For being an awesome timekeeper, a dedicated musician and for making sure we join our band rehearsals on time.

Aiden L, 5W - For being thoughtful, caring and sharing towards class members and teachers.

Science & Digi Tech

Eva Z 6B

For willingly sharing your knowledge and ideas during our Science and Digital technology Google Meets and extending your learning beyond the classroom. Keep stretching your thinking Eva!

Lennox A Prep D

For the amazing song you wrote and performed to reflect on your boat investigation. Keep up the great work Lennox!!

Italian

Lucy, 2P

Always so focused and attentive in Italian workshops.



**Where Did I Come From?
and Preparing for Puberty**

Wellbeing

Family Life Sessions

When: Term 4

Thursday 7th October or Thursday 14th October

Families can book for either the

Where did I come from session 6.00 - 7.00pm recommended for Year 3 and 4 students
or

Preparing for Puberty session 7.15 - 8.15pm recommended for Year 5 and 6 students

Cost: \$35 (incl. GST) per family to attend one or both sessions

There is a maximum capacity of 120 people in each online session, and tickets have been allocated accordingly.

Students must be in attendance with a parent or guardian.

Link to reserve a place in the 7th October session(s)

<https://events.humanitix.com/stmarysgreensborough-7october-uljg6ip4>

Link to reserve a place in the 14th October session(s)

<https://events.humanitix.com/stmarysgreensborough-14october-uljg6ip4-u56xxawd>

These sessions aim to create a framework for parents and children to begin having conversations about uncomfortable topics such as structure and functions of the reproductive system in males and females, conception, foetal development including birth, physical changes and emotional changes at puberty that children begin to start asking about at these ages.



Please see below for the objectives and content of each session.

Session 1: Where did I come from? - (Years 3 & 4)

Objectives

- To help children aged 8-10 years gain an understanding of the structure and functions of the reproductive system in males and females.
- To provide information on conception (describing sexual intercourse, associated with love in the context of a caring relationship), foetal development and birth of a baby.
- To provide opportunities for parents and children to discuss various aspects of reproduction in an informal way.
- To reinforce the role of parents as a source of information on matters pertaining to sexuality and reproduction.

Content

- Introduction • Sexual intercourse & conception including assisted
- Family structure and family relationships • Foetal development
- Male/female babies – which is which? • Twin explanation
- Protective behaviours • Birth
- Male/female reproductive systems • Conclusion

Session 2: Preparing for Puberty (Years 5 & 6)

Objectives

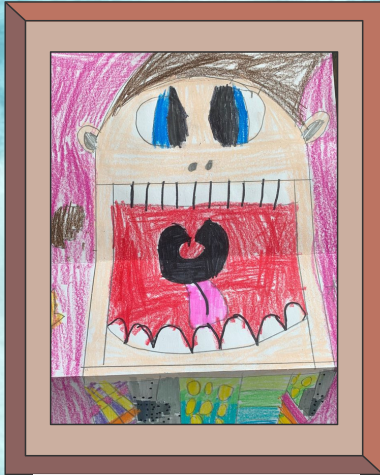
- To provide information on puberty for 10-13 year olds, in relation to the physical changes and emotional changes (in particular, helping them feel comfortable about their bodies and its functions; preparing them for the changes during puberty and dispelling the myths and providing accurate, understandable information).
- To help young people feel okay about being different. Everyone develops at a different rate, especially during puberty.
- To confirm their individuality and promote self-esteem.
- To facilitate communication between parents and their children and encourage young people to take their questions, problems and concerns to their parents.

Content

- Introduction • Changes to boys only
- Revision of Session 1 • Changes to girls only
- How, why and when of puberty • Why are these changes happening?
- Physical and emotional changes to both boys and girls • Conclusion

Artists at Work during Home Learning

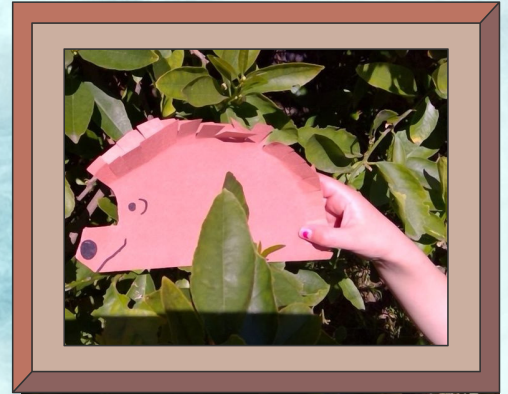
Presented by Jan Tivisini, Visual Arts Teacher



Behind the Mask
Lucas R, 4L



Romero Britto Inspiration
Sophia 4L



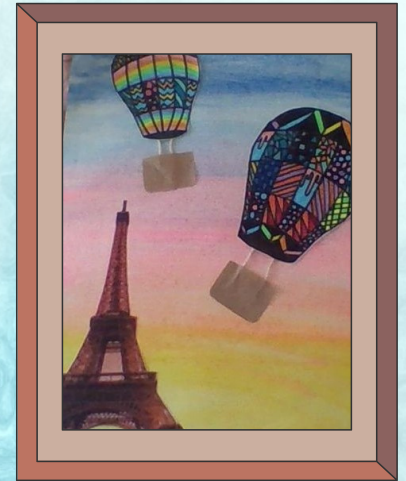
Echidna on the move
Tori PD



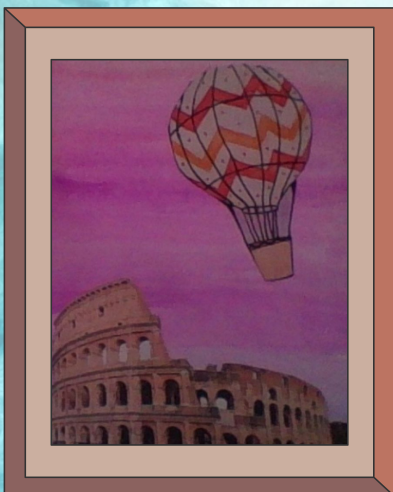
Freefall from Space
Grace Laf 3L



Flower inspired by
Romero Britto
Tyler 2P



Floating above the
Eiffel Tower
Netanya 6O



Flying over the
Colosseum
Talia 6C



Keith Haring
Inspiration
Archer P. 5G



Koala in a Gum
Tree Audrey B 1W

Year 6 Winter Interschool Sports Results!



Winter sport awards- Schools who finished 1st or 2nd on the ladder will receive a Premiership or runners up flag/pennant.

Schools who finished equal first on points will both receive a premiership pennant.

Soccer- equal 1st St Marys & Bundoora

Netball A- equal 1st St Marys & Greensborough

Softball Girls- equal 1st St Marys & Greensborough

AFL- 1st Watsonia North 2nd Watsonia Heights

Netball B- Watsonia Heights 1st Bundoora 2nd

Congratulations to all our Year 6 students who participated in Interschool Sports and well done on those who were awarded a pennant.



SPORT UPDATE

Dear Parents and Caregivers,

On behalf of our school, I attended a Watsonia and District School Sports Association Meeting on Monday September 13th. The purpose of this meeting was to identify if it would be possible to have a roadmap of District Sporting events, for students in Years 3-6, for the remainder of 2021. Unfortunately, as you can gather, due to the current ongoing Covid response and lockdown in Metropolitan Melbourne, all district, division, region and state school sporting events have had to be cancelled. This is disappointing for all of us, but the timeline of the number of events to be held is not workable with only a Term of school left in 2021.

We will endeavour, as a school here at St. Mary's, to have our House Sports event when we return onsite at school as well as our weekly PE classes to ensure that our students reconnect with one another and get active!! We can then look forward to all sporting events occurring in 2022.

Any questions or concerns, please do not hesitate to contact me
foreilly@smgreensborough.catholic.edu.au

Kind regards,

Fergal O'Reilly

2 MILLION DRIBBLES!

The Following Students had the most bounces (dribbles) in 7 days!

YEAR LEVEL	CRAZY HANDLES	CRAZY TOUCHES	BALL TRICKS	YEAR LEVEL TOTALS
	Basketball Dribbling (1 or 2 balls)	Soccer Kicks/touches	Pre-juggling	
PREP	45,132	4,450	100	49,682
YEAR 1	67,542	1,554	1,020	70,116
YEAR 2	86,738	3,030	2,500	92,268
YEAR 3	135,697	7,500	257	143,454
YEAR 4	413,869	16,423	7,390	437,682
YEAR 5	905,516	23,700	0	929,216
YEAR 6	240,483	56,600	1,525	298,608
STAFF	12000	0	0	12000
CLUB TOTALS	1,906,977	113,257	12,792	
LIVE SCORE	2,033,026			
TARGET	2,000,000			

Dashbaord Update	Friday 3 September 2021	11:50:00 AM
Challenge Ends	Thursday 2 September 2021	4:00:00 PM

**St Mary's
Parish
Primary
2 MILLION
Club
Challenge**

10K Crazy Handle Club

David H, PS: Contributed 13,923 basketball bounces
 Aston P, 1W: Contributed 10,750 basketball bounces
 Joshua F, 2P: Contributed 11,000 basketball bounces
 Lachlan H, 2P: Contributed 11,000 basketball bounces

20K Crazy Handle Club

Cooper A, 3L: Contributed 21,000 basketball bounces

50K Crazy Handle Club

Taya HD, 6B: Contributed 60,000 basketball bounces

Illustrious 100K Crazy Handle Club

Olivia P, 4HW: Contributed 100,567 basketball bounces
 Parker F, 5V: Contributed 100,000 basketball bounces
 Elouise D, 5G: Contributed 100,000 basketball bounces
 Jack E, 5V: Contributed 100,000 basketball bounces

Illustrious 125K Crazy Handle Club

Ethan D, 5W: Contributed 138,700 basketball bounces. This was the highest individual total score overall! Well done Ethan!!

National eSmart Week

- It's a Wrap!

Thank you to all those who actively participated in National eSmart Week from **Monday 6 September to Sunday 12 September 2021**.

This year's theme was 'Responsible Actions'. By taking responsibility for our actions we can all play a part in creating a safer environment online and offline.

The Slides shared with Parents/Caregivers via Seesaw Announcements can be accessed by following the link [National eSmart Week 2021 Slides for Parents/Caregivers](#) To read the wrap from the Alannah & Madeline Foundation please follow the link [National eSmart Week 2020 – it's a wrap!](#)

We hope the students enjoyed engaging in the optional activities on Seesaw.

The Prep, Year One and Two students viewed "Cyberbullying - You're not alone" to Understand the inappropriateness of bullying online and identify strategies for dealing with cyberbullying including telling a trusted adult. This is because **we take responsible action when we respect the feelings of others.**

The Year Three and Four students visited the eSafety kids website to learn about sharing photos and my personal information online to understand how **we can take responsible action to share online safely. This is because once you share something online it is very difficult to take it back so it is important to stop and think first.**

The Year Five and Six students considered current platforms and scenarios to reflect on and understand how we can take responsible action for the online safety of ourselves and others. This is because **by taking responsible action, we can demonstrate how we all keep each other safe online and offline.**

Research tells us now is the time!

Research released by the eSafety Commission in 2021 indicates that Australian students spend around two hours per day online and have up to four social media accounts by the time they are teenagers. Along with this, three in 10 have experienced unwanted online contact from a stranger, and two in 10 have received unwanted content through their social media channels (eSafety Commissioner, 2021).

As they reach secondary school age, young people are likely to be spending more time online for educational purposes, connection with family and friends, and relaxation activities. This may result in young people being at higher risk of exploitation.

Younger students, especially those having grown up with devices and social media, are likely to feel comfortable sharing a lot of personal information online. They may not understand the potential for unwanted contact that this can create.

Although it can be challenging to consider in the primary years, teachers and parents must provide children with opportunities to identify where there may be risks when participating in online activities and feel comfortable reporting tricky people and situations. Source: <https://www.coolaustralia.org/esafety-for-kids-education-resources>



We're taking part in National eSmart Week.

This year's theme is 'Responsible Action'.

What does responsible action mean?

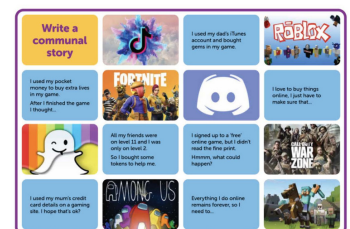
- being thoughtful and purposeful
- being an 'upstander' and speaking up when something doesn't seem right
- sharing your knowledge with others
- being responsible for your actions both online and offline.

eSmart
alannah & madeline foundation

esmart.org.au



Why do I need to be careful?
Once you share something online it is very difficult to take it back.
So it is important to stop and think first.
Are you about to share some information that you should have private, and please remind that you may have someone's feelings!



Digital Detox - Will you take up the challenge?

With school holidays just a few days away, who in our community will take up the “Digital Detox” Challenge? <https://kidshelpphone.ca/get-info/digital-detox-unplug-recharge/>

DIGITAL DETOX HOW TO UNPLUG AND RECHARGE

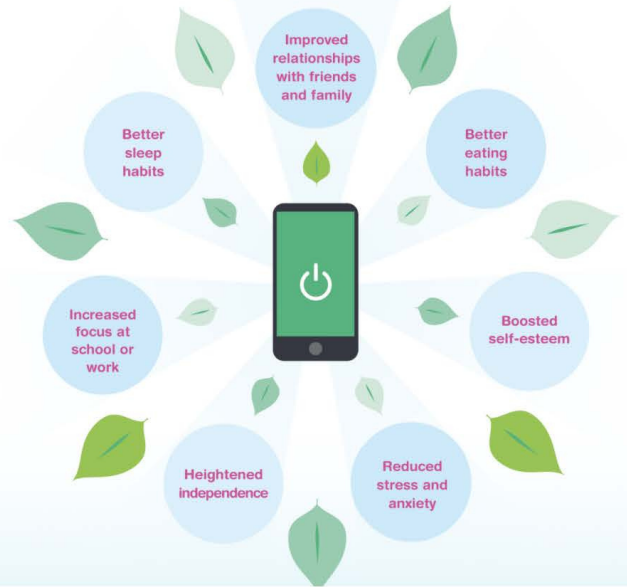
Taking a break from technology can be a good thing from time to time and can be good for your physical and mental health. Here are some ways you can unplug from your devices (and still stay connected).

WHAT IS A DIGITAL DETOX?

A digital detox is when you stop using your phone, computer, TV, gaming console and other technology devices for a set amount of time.

WHY DETOX?

Switching off from your screens has many physical and mental health benefits:



HOW TO DETOX:

When you disconnect from technology, you'll be able to focus more on the things you may not have the time or energy to do otherwise. Here are a few tips for making your digital detox work:

REMEMBER:

If you can't completely log off your devices, there are other things you can do to reduce your reliance on technology. You can limit the amount of time per day you spend looking at the screen, turn off email/push notifications or reserve your devices for weekend/emergency use only.

1

Pick a time

Decide on how long you'll be away from your devices. You could try a day or week at a time.

2

Give notice

Let your friends, family and followers know you'll be taking a break from your devices. It may be a good idea to provide them with a way to reach you in case of emergency.

3

Plan ahead

It's a good idea to think ahead to how you'll keep yourself busy during your digital detox. Here are some ideas:

Volunteer your time

Take a nap

Catch up on schoolwork

Hang out with friends

Pick up a new hobby or sport

Experiment with a new workout routine

Spend quality time with family

Read a book

Write in a journal

4

Shut down

When you're ready to start your digital detox, turn off your devices and put them in a safe place where they'll be out of sight, out of mind.

5

Stick with it

The fear of missing out can be strong, but it's important to stick to your goal. You'll still be able to catch up with family and friends (and build more personal connections along the way).

6

Get support

It may be helpful to try a digital detox with a friend or relative so you have someone to go through the experience with. (You can help keep each other on track, too.)

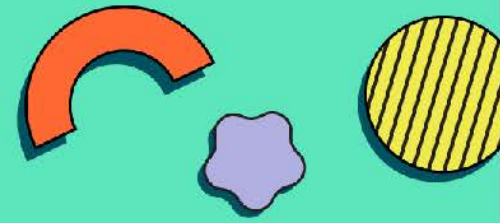
**SAVE THE
DATE!**

**FESTA DELLA
REPUBLICCA**

FRIDAY, OCTOBER 22ND



Newsletter



EXTRAORDINARY HOLIDAY ADVENTURES

Bookings now open for Mission III

www.campastralia.com.au/rocketeers



IMPORTANT DATES

- **Friday 17th Sep 2021** End of Term 3 (OSHC open from 1:45pm for ASC)
- **Monday 20th Sep to Friday 1st Oct 2021** Rocketeers Holiday Care
- **Monday 4th Oct 2021** Start of Term 4 (OSHC open for regular BSC and ASC)

COVID 19 Mandatory Requirements At YOUR OSHC

We ask that all families please check in via our displayed QR codes every time you drop off or pick up your children from OSHC. You must also wear a mask at all times unless medically exempt. School aged children are also encouraged to wear a mask while at OSHC.

A message from your Coordinator

As we reach the end on another term we reflect on the amazing resilience that the children who have attended this term have shown. Spending most of the term in lockdown, we had much lower attendance, but this didn't stop educators from planning super fun and engaging programs each week; or stop the children from being involved, creative, imaginative, inclusive, active and determined to make every experience meaningful and fun. We enjoyed so many fantastic activities throughout the term; learning so much during our Japanese, Better Buddies, Circus, Science, Superheroes and Spring theme weeks. We wish everyone a safe and restful term break, and look forward to welcoming you all back for a fun filled term 4.

It's free to register

To attend our program, you must register your child. You can register an account with us at pp.campastralia.com.au or by downloading our Camp Australia smartphone app from the Apple App Store or on Google Play. Once registered, it's easy to make bookings and manage your account.



Activities Coming in Term 4

- Calming Jars
- Italian Week
- Under the Sea
- Christmas Crafts

Menu Highlights for Term 4

- Pita Pizza Bites
- Peach Crumble
- Banana Smoothies
- Cheese and Corn Scones

Visit our

New articles are added each week for parents and cover various topics to help families.

Visit our blog

BANYULE CITY COUNCIL SCHOOL HOLIDAYS PROGRAM

For further information please go to the link below:

[https://www.banyule.vic.gov.au/Events-activities/Whats-on?
div_BCC%20CL%20Public%20Events%20Listing%20Full%20Width%20Grid=
\(keyword=holidaysprogram\)\(dd_0C%20Composite%20Date=13%20Sep%202021\)](https://www.banyule.vic.gov.au/Events-activities/Whats-on?div_BCC%20CL%20Public%20Events%20Listing%20Full%20Width%20Grid=(keyword=holidaysprogram)(dd_0C%20Composite%20Date=13%20Sep%202021))



Solve a nature mystery

📅 20 Sep 2021

Attention enquiring young minds! Belinda the Bush Detective has a mystery to solve and she needs your help! Come and enjoy this 1.2km self-guided audio tour through the beautiful Rosanna Parklands.

📍 Rosanna Parklands, Ruthven Street & Lower Plenty Road, Rosanna 3084



Mindfulness and yoga for kids

📅 21 Sep 2021

These online sessions will be an introduction to mindfulness and a physical practice in strength and flexibility. Classes are suitable for school aged kids.

📅 3 more dates



Mindfulness and yoga for teens

📅 22 Sep 2021

These online sessions offer a little more insight into body awareness, and for balancing adolescent anxiety with tools in stress relief. Classes are suitable for kids age 13-17.

📅 3 more dates



Cooking workshop for kids

📅 22 Sep 2021

Join a chef on a cooking adventure from home. Make some delicious scrolls and thumb print cookies.

📅 1 more date



Gardening workshop for kids

📅 30 Sep 2021

Collect your gardening kit from one of our local Banyule venues and join in our online workshop for kids age 6-12.



Webinar for Parents

of 2 - 12 year olds

A webinar for parents to learn simple strategies to reduce anxiety and build resilience in your child

ENROL NOW!

NO SCAREDY CATS

This interactive webinar offers parents of 2-12 year-olds reliable and easy-to-implement strategies to help parents identify and challenge anxious behaviours and build resilience in their child.

Presented by Michael Hawton, MAPS. Held over 3 interactive webinar sessions

Thursdays 4th, 11th, 18th November 2021

From 6.30 - 8.45 PM AEST

Over 3 sessions you will learn to:

- Identify and combat your child's anxious behaviours.
- Learn simple strategies to reduce anxiety.
- Build resilience in your child for greater social and academic success.
- Improve your parenting confidence and family bonds.



Tickets on Sale

~~\$99~~ per person

\$59

"Good for learning practical aspects of parenting regarding building resilient kids - All with a neat scientific background to assist in understanding." **RHEA, PARENT.**

"Very practical, user-friendly evidence based information to support parents, so they can better support their children." **TRACEY, SCHOOL PRINCIPAL**

Join over 110,000 parents who have already participated in our courses

Recommended by child & family specialists

<https://www.parentshop.com.au/no-scaredy-cats-for-parents/>

Archer, Koby and Mum, Bree in the Herald Sun on Sunday!

SUNDAY, SEPTEMBER 12, 2021

heraldsun.com.au

05

2021 AFL FINALS

FEEL JUST GRAND



Let's hope they win and go back to back so we can see it all again next year

BREE LEE

Decider awaits as Gawn gives Demons one hell of a ride

GLENN McFARLANE
ALEXANDRA MIDDLETON

MELBOURNE legend Ron Barassi has backed skipper Max Gawn and his Demons squad to break a 57-year premiership hoodoo in Saturday week's AFL grand final.

Barassi, 85, watched Friday night's 83-point preliminary final thrashing of Geelong on television with his family and cannot wait to see the Dees chase history on September 25.

The pandemic and the closure of state borders means Barassi - Melbourne's last premiership captain in 1964 - will be unable to travel to Perth for the game, but he will passionately follow the club's fortunes.

"They'll win it," Barassi declared on Saturday after Melbourne advanced to its first grand final in 21 years.

"We've waited so long for this, it would be absolutely beautiful if we can win one after all these years.

"They can do it, of course they can do it."

Gawn came in for special praise from Barassi for his extraordinary five-goal preliminary haul that set the scene for one of the most stunning finals wins in modern memory.

"How was that for a captain's game?" Barassi said of Gawn. "It was fantastic - what a performance."

Demons hearts were pulsating across the country as they began to dream of a drought-busting premiership.

Gawn's wife Jessica, who is 33 weeks pregnant with the couple's first child, said she was very proud.

"(I'm) very excited to watch Max and the team in the grand final. So proud of the club's success so far and how much happiness they are bringing to Melbourne fans in lockdown."

WIN A \$2K FOOTY FINALS PACK

- 4K UHD TV
- BLUETOOTH SPEAKER
- WEBER Q BBQ ESSENTIALS

FIVE TO BE WON STARTS MONDAY

Ms Lee said: "I was speechless."

Ten-year-old Archer told the Sunday Herald Sun he was "very excited but nervous".

Father of three Andrew Di Pietro, a Melbourne supporter of 40 years, has been there for all their "ups and downs".

The Lower Plenty dad said watching Melbourne make the grand final with his three daughters was "a massive moment" for the family and an experience he would always cherish.

"It is an exciting time for all Melbourne supporters and hopefully we can do it one more time on that last day in September," he said.

Mr Di Pietro said daughters Stefani, 11, Alessia, 9, and Madeleine, 7, are diehard Demons fans.

"My youngest daughter Madeleine wants to marry Max Gawn and went to bed last night wearing the Melbourne jumper," he said.

Melbourne cheer squad members Matthew Nolan and Nikka Narduzzo got their fairytale ending on Friday when Matthew popped the question, just hours before the Demons conquered the Cats.

While most fans couldn't attend the game in person, some were able to watch the lifelong supporters get engaged via a Facebook live-stream organised by the club.

"So many fans watched and it lifted their spirits. When they saw it they knew the Demons were going to win," Mr Nolan said.

Members of the Anglican Parish of Warrambool say Father Scott Lowrey's devotion to the Dees is a second religion.

"I'm trying to arrange how I can borrow someone's submarine and sneak into WA," he said.

Father Lowrey said the unusual two-week build-up to the grand final would add to the drama and excitement for Melbourne fans. "It's a thrilling time for supporters like me, and I think the circumstances of the pandemic have made it even more memorable."

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DEES SKIPPER MAX GAWN CELEBRATES A GOAL ON FRIDAY NIGHT



DON'T MISS YOUR ULTIMATE BROWNLOW MEDAL GUIDE, IN NEXT WEEK'S

Sunday Herald Sun