



St. Matthew's School

PRINCIPAL: Mr Bob Brown
DEPUTY PRINCIPAL: Mrs Carmela D'Amato
R.E. LEADER: Mr Steven Hubbard
EMAIL: principal@smfawknernth.catholic.edu.au

PARISH PRIEST: Father Florentino (Boy) Galdo
SCHOOL PHONE: (03) 9359 5423
SCHOOL FAX: (03) 9359 6400
WEBSITE: www.smfawknernth.catholic.edu.au

NEWSLETTER

Tuesday 4th September 2018. No 27.

TERM 3

Wednesday 12th September ~ **YEAR 3 RECONCILIATION WORKSHOP, 7:00pm in the Library.**

Friday 7th September ~ **3V & 3PW COMBINED ASSEMBLY, 2:45pm in the Hall. Italian awards presented also.**

Thursday 20th September – **SACRAMENT OF RECONCILIATION, 7:00pm in St Matthew's Church.**

Friday 21st September ~ **4Y & PRINCIPAL'S AWARDS ASSEMBLY, 2:45pm in the Hall.**

Friday 21st September ~ END OF TERM 3, ALL STUDENTS DISMISSED AT 3:25PM.

Monday 8th October ~ **FIRST DAY OF TERM 4.** School commences at 8:50am sharp. Make sure you are on time.

Wednesday 17th October ~ **YEAR 2 WORKSHOP WITH FACILITATOR PAUL SPENCE, 7:00pm in the Library**

Thursday 18th October ~ **READY SET PREP SESSION 1 FOR 2019 PREPS, 9am – 10am in the Library.**

Thursday 25th October ~ **READY SET PREP SESSION 2 FOR 2019 PREPS, 9am – 10am in the Library.**

Thursday 1st November ~ **READY SET PREP SESSION 3 FOR 2019 PREPS, 9am – 10am in the Library.**

Monday 5th November ~ **REPORT WRITING DAY, NO SCHOOL FOR STUDENTS.**

Tuesday 6th November ~ MELBOURNE CUP HOLIDAY, NO SCHOOL FOR STUDENTS & STAFF.

Thursday 8th November ~ **READY SET PREP SESSION 4 FOR 2019 PREPS, 9am – 10am in the Library.**

Friday 9th November ~ **ANNUAL SPORTS DAY.** More details to follow closer to date.

Thursday 15th November ~ **READY SET PREP SESSION 5 FOR 2019 PREPS, 9am – 10am in the Library.**

Monday 12th – Friday 16th November~ PREP & YEAR 1 SWIMMING PROGRAM COMMENCES at Fawkner Leisure Centre.

Thursday 22nd November ~ **1ST PREP ORIENTATION DAY, 9:00am – 10:45am.** Gathering in the Hall and then moving to the classrooms.

Monday 19th – Friday 23rd November YEAR 2 & 3 SWIMMING PROGRAM COMMENCES. Same Venue.

Monday 26th - Friday 30th November YEAR 4 & 5 SWIMMING PROGRAMS COMMENCE. Same Venue.

Friday 30th November ~ **PARENTS & FRIENDS' TWILIGHT MARKET, 5:00PM – 9:00PM IN THE HALL.**

Thursday 6th December ~ **2ND PREP ORIENTATION DAY, 9:00am – 10:45am.** Gathering in the Hall and then moving to the classrooms.

Dear Parents, Students, Staff and Friends of St Matthew's,

If you have been keeping an eye on the upcoming dates you would have noticed that there are a number of dates to do with the "Ready Set Prep Program" and St Matthew's swimming program from Prep to Year 5.

THIS YEAR'S SWIMMING PROGRAM

The Federal Government, Department of Education and Catholic Education Melbourne have all been pushing that swimming programs should be in all schools for as many students as possible. This obviously is in the hope that the number of children drowning each summer becomes almost non-existent. As a result of this, at St Matthew's this year, all students in Year Prep-Five will be participating in swimming lessons at Fawkner Leisure Centre. The Year 6 students have had many additional inter-school activities and tournaments so they will not be a part of the program. As bus prices have almost doubled this year we will be walking to and from the Pool like the students did in the past. This is where we will need the assistance of parents, especially with the junior grades.

READY SET PREP PROGRAM

Also we will be conducting our "Ready Set Prep program" over five sessions again as it was so successful last year. The feedback from this year's Prep parents about last year's sessions was very positive. They agreed that it was very informative and very enjoyable being a part of the activities that their children participated in. We certainly look forward to refining the program even further so that the children and their parents get even more from it this year.

FATHER'S DAY LITURGY

I would like to take this opportunity to thank the Prep teachers for preparing the Prep students so well for last Friday Father's Day Liturgy

RECYCLING PLANT'S RETHINK PROGRAM

The Grade 6 students enjoyed their recent trip to the Recycling Plant's Rethink Program in Banyule. It was a great day full of interactive activities, catchy songs and game shows to demonstrate how and why we should reduce, reuse and

recycle. Read some of the comments shared by the students:

"I enjoyed learning what happens to our household waste and where it ends up. I really enjoyed how the activities were interactive and engaging." **Christian M**

"I loved seeing Mr Brown dancing." **Jesse A**

"We were able to visit the actual recycle plant and we saw where all the action takes place. I blocked my nose using my jacket because it was extremely stinky due to the remaining food waste left in the products. Remember to rinse every recyclable item!" **Meitian**

"My favourite part was getting to see the MRF (Material, Recovery Facility). Although it was stinky it was interesting to see" **Mia**

"We learned all about the five different types of things we can recycle and how the machines separate and clean them. These include glass, paper, steel, Aluminium and plastic" **Daniela**

"I enjoyed when the Material Girls got Mr Brown to dance with them" **Marissa**

"I liked the supermarket activity", "When students had to find the right food". **Tegan and Jamilya**

"I really enjoyed how we learnt how the MRF (Material, Recovery Facility) works" **Athena**

"I liked how we learnt about what the number means in the recycling number codes found on certain items." **Rosabella**



LUNCHTIME IN THE LIBRARY

Lunchtime in the library has been a great success this year. We have had several groups of students coming in on a regular basis. In the past few weeks the junior students have been busy making book marks for Father's Day. Below are some pictures of the jigsaw puzzles that have been completed. The turtle was a mammoth effort that took us all term to conquer.

Mrs Lisa White – Library Technician.



I hope all the Dads of children at St Matthew's had a most enjoyable day on Sunday with their families and friends. I also hope they remembered those Dads that were a big part of their lives.

Bob Brown – Principal

P.S Please take the time to read the attachments on **pages 6, 7 & 8** which are very informative and parents may find useful, both now and in the future.

"Our School is committed to the safety, wellbeing and dignity of all our children and vulnerable adults."

EDUCATION IN FAITH

FATHER'S DAY REFLECTION

We hope all Fathers in the St Matthew's School and Parish Community had a wonderful day celebrating Father's Day on Sunday with their families and friends. Below is a poem that was given out as a prayer card to all fathers, grandfathers or special male carers who attended the Father's Day Prayer Service led by the Prep level last Friday.

A POEM FOR FATHERS

I call him Dad...

He gives me strength, love & advice,

I barely have to ask him twice.

There with money, or just an ear,

I never have to live in fear.

'Cos he is there my guiding light.

Giving comfort, day or night.

My friend, my hero, tall and proud,

And now I'm here to say aloud.

I love you, Dad.



Mr Steven Hubbard

Religious Education Leader

STUDENT WELBEING NEWS



Moreland City Council

Upcoming Parent Information Sessions:

GREAT KIDS HAVE GREAT DADS
A THREE (3) WEEK PROGRAM FOR DADS

Date/Time: Wednesday 5, 12 & 19 September 2018, 7 – 9 pm
Venue: Coburg Early Years Centre, 1 Wardens Walk, Coburg
Presenter: Parentzone
Cost: FREE

Bookings are essential as places are limited. **For further information or to make a booking please visit:** www.moreland.vic.gov.au/community-care/children-and-families/parent-information/

Please promote and advertise the above sessions at your school. [Flyers attached.](#)

Regards

Cathy Marinelli

Children's Services Administration Officer

Moreland City Council

90 Bell Street, Coburg 3058 | Locked Bag 10, Moreland 3058

9240 2316 cmarinelli@moreland.vic.gov.au



Extend at St Matthews

Last Week Recap:

We started our week in a quiet morning. We decided to make it slow and sweet but with lots of fun. Building houses with Lego, playing board game with peers, making own yummy breakfast, having strawberries and avocado smoothies and did yoga before we went to school! We then spent the rest of the week to work on our Father's Day present and card. We used pop stick to make unique and colourful coaster. First, we stuck pop stick together, it sounds simple but quite challenging. It needs patient and never give up spirit to complete it, and everyone did it! Wow! So excited! Then we let our creative juice flow while decorating coaster. On Friday, we decided to bake cookies as part of our Father's Day present too. Everyone enjoyed the process, from the preparation, mixed all ingredients till baked. It was full of love and joy to wrap up our week.

*Yee Yin,
Team Leader*

Our Extend Superstar is...

Sophie Carrafa – being an understanding, friendly and caring person to younger friends at Extend. Well done Sophie! Keep it up!

Announcement

Spring Extend Squad - Fantabulous school holiday experiences

Extend's school holiday programs are a fantastic opportunity for your child to do fun and engaging activities with friends.

Book 14 days in advance to receive the early bird rate.

Bookings now open!

Find your local Extend Squad: extend.com.au

What's on this week?

Monday 3rd September:

Indoor: Twister Challenge

Outdoor: Playground Challenge

Tuesday 4th September:

Indoor: My Body Safety Rules

Outdoor: Sport Activities

Wednesday 5th September:

Indoor: Sensory Play & Baking Cupcake

Thursday 6th September:

Indoor: Colouring Competition & Straw Bubble Art

Friday 7th September:

Indoor: Lego Building & Pass the Parcel

Outdoor: Treasure Hunt

School Assembly

To be presented at assembly on Week 8, Term 3

Classroom Achievement Awards		
Prep F	<i>Divan Elio</i>	<i>Nigar Pataq</i>
Prep GP	<i>iliana rink</i>	<i>Hannah Dowler</i>
Prep L	<i>Nabil Maalouf</i>	<i>Adele Fileccia</i>
1M	<i>Angelina Gawro</i>	<i>Harrison Goss</i>
1P	<i>Carla Nehme</i>	<i>Nicholas Yovanche</i>
2D	<i>Malak Sabagha</i>	<i>Mariam Khoshaba</i>
2VF	<i>Nicholas Grillo</i>	<i>Katelyn Dowler</i>
3PW	<i>Sophie Carrafa</i>	<i>John Nunez</i>
3V	<i>Aaylia Cox</i>	<i>Amani Arif</i>
4C	<i>Monica Cuic</i>	<i>Gabriel Safo</i>
4D	<i>John Isho</i>	<i>Talia Wassillief</i>
4Y	<i>Yusuf Malik</i>	<i>Marianna Matti</i>
5M	<i>Ricardo Aziz</i>	<i>Charlise Segi</i>
5P	<i>Natasha Farah</i>	<i>Thomas Matti</i>
6L	<i>Yohan Qiya</i>	<i>Athena Mati</i>
6T	<i>Peter Matti</i>	<i>Arianna Demontis</i>
6TH	<i>To be advised</i>	<i>To be advised</i>

PROTECTING CHILDREN

IS EVERYONE'S BUSINESS

WHAT ROLE
DO YOU PLAY?



Supported by Department of Social Services

NATIONAL CHILD PROTECTION WEEK

Find Out More →

NAPCAN NATIONAL
CHILD PROTECTION
CENTRE
www.napcan.org.au

Boosting teenagers

- 25 Don't impose your opinions. Be interested in their different ideas, even if you don't agree. If you respect your children's views, they will be more likely to respect yours.
- 26 Young people need space and time alone so allow your teenager to have their privacy....
- 27 ... but do remember that adolescence is an emotional rollercoaster. If a teenager seems to be spending too much time alone in their room, they may be depressed or stressed. Encourage them to talk about their worries.
- 28 Talk with your adolescent about personal safety, like how to say "No" to anyone who suggests abusive or unsafe behaviour. Teach them about internet safety.
- 29 Let them know that if they get into trouble or tricky situations you will support them doing what's best.
- 30 Let your young person know that you are interested and available whenever they need you. No matter how independent they may seem, adolescents still need their parents' support and understanding.

Finally, how do you rate your confidence as a parent?

Remind yourself each day of all the things you have done for your family and give yourself a big pat on the back!

For more parenting information and support:

Parentline ACT	(02) 6287 3833
Parentline NSW	1300 130 052
Parentline NT	1300 301 300
Parentline QLD	1300 301 300
Parent Helpline SA	1300 364 100
Parenting Line TAS	1300 808 179
Parentline VIC	13 22 89
Parenting Line WA	(08) 6279 1200 (Metro)
	1800 654 432 (Freecall STD)

Parenting lines provide a telephone service providing information and good ideas about caring for babies and children.

Content consultants:

Gillian Lee (Clinical Psychologist)
Dr Sue Packer AM (Paediatrician)

NAPCAN is an independent charity and the leading advocacy body for prevention of child abuse and neglect.

www.napcan.org.au
NAPCAN
PREVENTING CHILD ABUSE

13A-1731 Revised 09/09

30 WAYS TO BOOST A CHILD'S CONFIDENCE

30 WAYS to BOOST Child's Confidence



30 ways to boost a child's confidence

From the day they are born, children learn by watching and copying adults. They need parents to spend time with them, give them lots of encouragement, and show them how to be confident but fair. Spending time with children can remind us how to enjoy the simple pleasures of life again! Many of these tips are useful with children of all ages ... and even adults!

Boosting babies and toddlers

- 1 Give your baby lots of kisses and cuddles.
- 2 Smile and talk to them from day one.
- 3 Tell them you love them often.
- 4 Show pleasure at how your baby is developing. What can they do today that they couldn't last week?
- 5 Don't expect too much too soon. Look at a book on how babies generally develop - but remember that all babies are different!



Boosting pre-schoolers

- 6 Play with your child as much as you can. Getting down and dirty with kids can be fun!
- 7 Act out favourite stories with them. Children learn to speak more confidently through play-acting.
- 8 Take time to listen to your children. Let them try to explain what they mean before interrupting or correcting them.
- 9 Encourage children to try out new skills. Let them experiment doing things their own way.
- 10 Talk kids through the steps of doing something new, rather than doing it for them.
- 11 Try to 'catch' children behaving well. Instead of just saying "Well done!" tell them exactly what you liked about their behaviour. This will give them confidence to do it again.
- 12 When your child misbehaves, make it clear how. Let them know it's just the behaviour that needs to change but they are still OK.
- 13 Help young children to be proud of their work. For example, putting their artwork on the fridge.
- 14 Allow them to make simple choices about which clothes to wear: "This top or that?"
- 15 Share daily activities like clearing the table or sorting the washing. Small children like pairing up socks.
- 16 Try to be consistent. Children become more confident when they know what to expect and see adults following their own rules.



- 17 Routines help children feel safe and secure. Try to keep regular times for meals and bedtime.
- 18 Encourage your child to play with others but don't force them to join in. Let them watch with you until they feel more confident.
- 19 To help children relax before sleeping, take it in turns to remember something happy that happened during the day.

Boosting school children

- 20 Spend time talking together about everyday things. Have family meals together - without the TV on!
- 21 Everyone benefits from outdoor activities like swimming, bike riding or bush walks. Exercise helps us all to stay positive and healthy.
- 22 Children's self-respect grows when parents watch them perform. Try to make time to go to school sports matches and concerts.
- 23 Encourage children to see that mistakes and awkward moments are just part of growing up. Help them to work out what went wrong and how to put things right, like apologising.
- 24 Avoid arguing with your partner in front of the children. Choosing which parent to side with is upsetting and undermines children's confidence.