



# St Matthew's Catholic Primary School

Term 3, 1st September 2020. No 17

**Parish Priest:** Fr Florentino (Boy) Galdo

**School Principal:** Mr Bob Brown

**Deputy Principal:** Mrs Carmela D'Amato

**RE Leader:** Mrs Helen Howden

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**School Phone:** 0393595423

## MR. BROWN

*by Roger Hargreaves*



## A BIG HELLO to all our Students, Parents and Friends of St Matthew's,

We have a very short Newsletter this week with a few reminders.

## 2021 Prep Enrolment Interviews

Again this week Mrs D'Amato and myself have been conducting Virtual Interviews using the "Whereby" platform for our 2021 Prep enrolments. We have been meeting with the Students and their Mums and Dads (new and existing families) for approximately ½ hour each time, which has

been excellent. It has been wonderful catching up with existing students and their families who we haven't seen for such a long time and also meeting our new students and their families for the very first time. Our 2021 Prep students are so excited about coming to St Matthew's next year

If there are still any families who haven't chosen an interview time slot yet please do so as interview conclude this week.

All prospective families will receive via email, a link, just prior to their meeting time which they just have to click to attend the interview. Please contact the office at your interview time if you don't received a link .

## ENROLMENTS FOR 2021 P-6

If you know of any family (Relatives, Friends & Neighbours) that has not yet enrolled and intends to do so please let them know to ring the office or download an enrolment form and get it to the school asap as enrolments are closing very soon and places are limited in Prep and other Grade levels.

## ASSEMBLY

We hope you have been enjoying our fortnightly assemblies! Please join us again on Friday at 2.45 for our Prep assembly. We will be announcing our classroom achievement awards also. The assembly link will be shared via Skoolbag app.

Again in the City of Moreland known case numbers are decreasing slowly every day so thank you everyone for continuing to doing the right thing and keeping this virus at bay and for making sure St Matthew's PS remains a COVID-19 Free Zone.

Keep safe, well, enjoy the company of your loved ones and don't forget to keep Smiling.

Yours Sincerely,

Bob Brown

Principal



PRAYER FOR THE WEEK

# Prayer of Pope Francis During the Coronavirus Pandemic

O Mary,

You always shine on our path  
as a sign of salvation and of hope.

We entrust ourselves to you, Health of the Sick,  
who at the cross took part in Jesus' pain keeping your faith firm.

You, Salvation of the Roman People,

Know what we need,  
and we are sure you will provide  
so that, as in Cana of Galilee,  
we may return to joy and to feasting after this time of trial.

Help us, Mother of Divine Love,  
To conform to the will of the Father and to do as we are told by Jesus,  
who has taken upon himself our sufferings

and carried our sorrows  
to lead us, through the cross,  
to the joy of the Resurrection

Amen



Well Being

# Wellbeing News

## Wellbeing News

One of the best tools I've discovered for helping kids develop intrinsic motivation is to encourage a growth mindset, one that values inquiry and learning over results. It's a mindset we can instil and nurture in our children and ourselves.

Keep up the great work in enjoying Wellness Wednesday afternoons. There are more activities listed below.

Enjoy the September calendar below for daily activities to help your child develop a growth mindset, a positive way of thinking! It's a lifelong gift, but one that's especially useful right now.



## Wellness Wednesday

Don't forget about taking some time out each day without any devices. Make Wednesday afternoon a Wellness Wednesday! Have a look at the attached photo for some great ideas!

This Wellness Wednesday you might also like to do an activity based on OUR SENSES. Our senses teach us about the world around us. See the attached power point with a wonderful activity to help understand what embracing our senses means.

[Download](#)

## Wellbeing Activities

### Strengths I admire...

Personal strengths are defined ways of thinking, feeling, and behaving (Linley, 2008)

Everyone has personal strengths some will be the same, some will be different.

Think about a person whose character strengths you admire.

This person is: \_\_\_\_\_

I admire this person because they are someone who:

- Think about when you have seen them demonstrating their character strengths
- Give an example of how they might be e.g. loyal
- Are they a person who you would like to be like?



Riddle: What travels around the world but stays in one spot?

Answer: **A Stamp!**

### Mindful Belly Breathing Meditation

Click on the below link and scroll down to Mindful Belly Breathing. Look for the picture below.

<https://www.peacefulkids.com.au/meditations1.html>



**Flow time** – being completely involved in an activity for its own sake

Origami dolphin  
Watch this short clip & have a go:

<https://www.youtube.com/watch?v=z1MMV-7J6Q>



### Strengths and Challenges

Make the strengths chain with your child. Working together will help both of you see your child's strengths and how they link together.

[Strength Chain Clip](#) [Strength Chain](#)



### Sleep tracker

Track how many hours of sleep you are getting each night of the week?

Record the hours below. You should be getting at least 8 hours.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY

- Is there anything you need to change?
- Should you be going to bed earlier?
- Should you be getting up earlier?
- Do you need to stop watching a screen before you go to bed?





# Wellbeing Calendar for September

# September 2020

Theme of the Month:  
Growth Mindset

*and emotional*  
MAKE SOCIAL ^ LEARNING STICK **TODAY**

Help Your Child Build a Growth  
Mindset One Day at a Time

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>(C) MakeSocialLearningStick.com</p>		<b>1</b> Focus on the process, not the outcome.	<b>2</b> Praise your child for their effort.	<b>3</b> Teach your child that mistakes are part of learning.	<b>4</b> Talk about a mistake you learned from.	<b>5</b> Ask your child how it felt to see the outcome of hard work.
<b>6</b> Instead of saying "Good job", say, "You worked so hard on that!"	<b>7</b> Model trying something new today.	<b>8</b> Talk about something new you learned today.	<b>9</b> Instead of saying "You are so smart," say, "You have great ideas!"	<b>10</b> Tell your child that you believe in them.	<b>11</b> Ask your child to share their opinion or ideas for something you are working on.	<b>12</b> Talk about the joy of learning something new.
<b>13</b> Encourage your child to be happy for other's accomplishments.	<b>14</b> Start a family "idea jar."	<b>15</b> Teach your child about the brain and how it works.	<b>16</b> Say "I see how hard you are trying."	<b>17</b> Encourage collaboration and making a plan together.	<b>18</b> Talk to your child about what a strategy is and how they can help.	<b>19</b> Practice calming strategies for when things get harder/stressful.
<b>20</b> Teach and model positive self-talk such as "I can do this."	<b>21</b> Set goals and break them into smaller chunks together.	<b>22</b> Try a new cooking recipe with your child.	<b>23</b> Brainstorm with your child to come up with a new game.	<b>24</b> Tell your child a story of how you overcame something.	<b>25</b> Read stories about characters trying hard at something.	<b>26</b> Ask your child how to turn a negative situation into a positive.
<b>27</b> Look up inventions that were born out of a mistake.	<b>28</b> Brainstorm a new invention together.	<b>29</b> Keep a journal/record of cool things learned each day.	<b>30</b> Help your child notice what gets in their way.			

## VISUAL ARTS

## Great Works of Art!

## Visual Art

Congratulations to all the Students who continue to participate in Visual Arts Online Distant Learning.  
Thank you for being so creative!

This term the students  
are experimenting with natural materials and ingredients discovering how Science and Art can go  
hand in hand. Keep up the great work!

## Grade 3 AND 4

When science meets art through sculpture! Look at the amazing sculptures created by our year 3 and 4 students using homemade dough!





## Book Club

[Download](#)

## Community News

### Secondary School Enrolment Flyers

Please find attached flyers from various schools regarding enrolments for 2021 and 2022.



## Penola Catholic College

[Download](#)



## BR. PETER COLE SCHOLARSHIP (PARADE COLLEGE – PRESTON)

The Br. Peter Cole Scholarship was created to honour a great man and to acknowledge his connection to the Preston area. Through the generosity of the College Foundation, we are pleased to offer a limited number of academic scholarships into the Altior Gifted and talented program at our Preston Campus, a reward and acknowledgement of the boys who have achieved exceptional academic outcomes in Year 5. Applicants must have a confirmed enrolment in Year 7 Preston for the applicable year.

[Download](#)



## Pascoe Vale Girls College

[Download](#)





## Mercy Catholic College

Download



## Simonds College

Download

# MARRIAGE ENCOUNTER ONLINE WEEKEND

If you are spending time together, but feel the distance between you ...

**THIS IS A GREAT OPPORTUNITY TO SPEND A WEEKEND IMPROVING YOUR COMMUNICATION IN THE COMFORT OF YOUR OWN HOME**

This VIRTUAL Weekend gives couples the chance to sleep in their own beds and check-in on kids or animals during meal times.

Come and learn how to keep/rekindle the passion in your relationship and how to keep your love growing!

The weekend we offer is based around Catholic values but couples of all faiths are welcome.

Couples from regional areas may find this option ideal.

Next weekend is on 9-11th October 2020.

Information/Bookings: Phone Mercy & James 0409 183 676 or

Email: [vicbookings@wwme.org.au](mailto:vicbookings@wwme.org.au) Website: [wwme.org.au](http://wwme.org.au)

## Download the SkoolBag App

The SkoolBag app is the easiest way keep up with school events, last minute notices, newsletters and all school communications.

# 5 Easy Steps to Staying Informed



SkoolBag is the easiest way to stay up-to-date with school events, last minute notices, newsletters and all your school's communications.

## 1. Download SkoolBag

Search SkoolBag in the Apple App or Google Play Store, download the FREE app:

SkoolBag: School Communication



## 2. Create an Account

Follow the prompts to create your account in seconds.

## 3. Add your School

Type your school's name and press enter. Tap the plus icon to add.



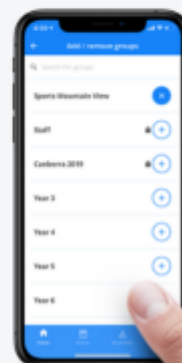
## 4. Allow Notifications

Ensure you Allow SkoolBag to send you push notifications when prompted.



## 5. Subscribe to Groups

Select Year Groups / Sports Teams to appear in your feed.





# St Matthew's Catholic Primary School

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