



# St Matthew's Catholic Primary School

Term 4, 7th October 2020. No 20

**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

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

A BIG Hello to all our students, parents and members of our Parish School community,

As we have only just started back this week's newsletter will be fairly brief, but we are certainly looking forward to all our students (Prep-6) returning back to school full time next Monday 12th October. I must say it was a bit of a surprise when Daniel Andrews announced it recently as we were expectedly probably a week or two later at the very best.

If you haven't already referred to the "**Return to School information**" that came home yesterday via our Skoolbag App, in English and Arabic, then please read through it thoroughly before we commence back next Monday. Even though we are back at school the restrictions we had in place at the end of Term 2 are still very much in place. We, as I am sure you don't, want to have to go backwards and have to endure a third lockdown.

So please abide by the restrictions when dropping off and picking up your children. You will notice that the two crosses that were in front of each school gate have been removed as unfortunately back in Term two many parents were congregating in this area and not adhering to the social distancing. Please keep the entrances clear and wait on the crosses, an extra number have been painted, that are spaced 1.5 metres apart. Parents also please make sure you have a mask on and are wearing it properly, covering both your nose and mouth. Let's keep St Matthew's and all our students, parents and staff safe.

#### **ARE YOU MOVING??**

If you are leaving St Matthew's could you please let us know as soon as possible via email or a phone call to school as we are in the process of finalising Grades for 2021. Some grades are full and we have had some enrolment inquiries regarding these levels so we need to know who is staying and who will be leaving.

Kind Regards

Bob Brown

Principal



**PRAYER FOR THE WEEK**

# PRAYER FOR THE WEEK

Dear Lord,

We have tackled and overcome many adversities this year and have come through stronger.

We ask that you be present in this space.

Lord, as we prepare for Term 4 make us ready, attentive and available to hear you.

Thank You for the gift of being able to rise each day with the assurance that You walk through it with us.

Thank You for the gifts of creativity and uniqueness, and the energy to put them to good use.

May all that we are today, all that we try to do today, may all our encounters, reflections, even the frustrations and failings all be placed in your hands.

May the work we do and the way we do it, bring new hope, new life, and courage to all we come in contact with this semester.

We thank you, Lord.

We make this prayer through Christ Our Lord, Amen.



## LEARNING AND TEACHING

# Return to school priorities

## Learning and Teaching Term 4

As we all move from an online platform back to a physical classroom platform there are a few elements that need careful consideration. The Catholic Education Commission of Victoria has presented us with a School Operations Guide which outlines what the priorities are for our learners in Term 4, priorities which we align ourselves with also.

### Priority 1 – Mental Health and Wellbeing

Our highest priority is the mental health, safety and wellbeing of every student and member of staff. This means encouraging and sustaining motivation for learning, re-engaging students and families where needed, and supporting the social and emotional learning of children and young people alongside curriculum-based learning. This also means ensuring support for school staff, who have sustained their efforts through multiple transitions in modes of teaching and learning delivery.

### Priority 2 – Learning and Excellence

Some students have been better able to progress in their learning in the remote and flexible learning environment, others have maintained their rate of progress, and some have, despite their best efforts and those of their families and teachers, fallen behind. Our priority will be to ensure those who have fallen behind can catch up and those who have progressed significantly can continue to be extended and stretched in their learning. Student voice and student agency should inform how we provide continuity of learning and support for every student in this environment. Literacy and numeracy across the curriculum remain a focus, with schools also adapting their teaching and learning program in Term 4 to be responsive to student needs.

### Priority 3 - Transitions

Term 4 is a critical period, particularly for the children moving from kindergarten into Prep, from Grade 6 into Year 7, and those in Year 12 moving into employment or further education and training. Some students with disability face a significant milestone transitioning from school to community engagement, vocational pathways and independent living. Students in other year levels will also prepare for a change of teachers and new classmates. A key focus of Term 4 will be to make every effort to ensure each of these end-of-year and beginning-of-year transitions occurs as successfully as possible. This includes finding contextually appropriate ways to conduct orientations and end-of-year celebrations and ensuring transition information captures additional details as necessary

We are looking forward to seeing all students back at school from Monday 12th October ready for another great term of learning and getting to know each other once again!

Mrs D'Amato

Deputy Principal/Learning and Teaching Leader



## 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 **Smiling Mind - transition from home to school**.

See the attached power point that has some great suggestions for transitioning back to school.

[Download](#)

## October Wellbeing Calendar

The one thing we all need to be doing daily whether in the midst of a pandemic or not is...**CHECK-INS!**

In order for us to work on emotional regulation for ourselves and our children, we need to become more aware of how we are feeling. Daily check-ins are a perfect way to do that.

**Check in with yourself** each morning and see how you are feeling. Rested? Anxious? Excited? Make sure to give yourself compassion and care throughout the day. Can you go on a walk, read, connect with a friend, take a nap, do something specifically for YOU today?

**Check in with your child** each day and ask them how they are feeling. Ask them what they are looking forward to or worried about. Ask about their highs and lows of the day or something that went well or not so well. Use a 5-point scale to identify their feelings with 5 being the best ever and 1 being the worst.

Once you identify how they are feeling, ask them if they might want to learn a new strategy for the times when things are hard or they are sad or disappointed.

Identifying how a child feels and modelling this yourself is a great way to build awareness, emotional IQ, and connection, which are the most important things for protecting our children right now. For daily tips, check out this month's Calendar.....

# October Wellbeing Calendar



# October 2020

and emotional

MAKE SOCIAL ^ LEARNING STICK **TODAY**

Theme of the Month:  
Emotions

Simple activities to help your  
child become aware of emotions  
and how to manage them

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		 <p>(C) MakeSocialLearningStick.com</p>		<b>1</b> Put photos of emotions on the refrigerator to refer to.	<b>2</b> Talk about your feelings with your child.	<b>3</b> Check in & ask your child how they are feeling.
<b>4</b> Help your child rate how big their feelings are... small, medium or big?	<b>5</b> Help your child understand emotions by making a collage.	<b>6</b> At night, talk about the highs and lows of the day.	<b>7</b> Make a list of things that bring happiness.	<b>8</b> Make a list of things that bring sadness.	<b>9</b> Introduce a new emotion word today.	<b>10</b> Pick one emotion to notice and talk about today.
<b>11</b> Read a book & talk about how the characters feel.	<b>12</b> Teach how to look at faces & bodies to identify emotions.	<b>13</b> Talk about the emotions of characters in movies.	<b>14</b> Act out different emotions & have your child guess the emotion.	<b>15</b> Role play how to manage uncomfortable feelings.	<b>16</b> Make a book of photos of things that bring your child joy.	<b>17</b> Validate your child's feelings.
<b>18</b> Model how <i>you</i> manage emotions.	<b>19</b> Encourage your child to say kind things to themselves.	<b>20</b> Teach your child how to do a body scan.	<b>21</b> Help your child become aware of sensations in the body.	<b>22</b> Be an emotion detective by identifying emotions in others.	<b>23</b> Help your child identify emotions in themselves.	<b>24</b> Talk about emotions related to Halloween.
<b>25</b> Pick what emotion they want to draw or carve on their pumpkin.	<b>26</b> Teach your child a new breathing strategy.	<b>27</b> Discover places in the house that bring comfort and calmness.	<b>28</b> Identify things that trigger uncomfortable feelings.	<b>29</b> Talk about how to manage uncomfortable feelings.	<b>30</b> Ask your child "What went well today?"	<b>31</b> Let your child know that all feelings are okay.



## Guess The teacher Competition!

How did you all go with the Guess the teacher competition? Remember to email your entry forms to Mrs Annie Torres : anniet@smfawknernth.catholic.edu.au OR bring them to school on Monday 12th October. we have attached the photos again with the template and a list of teacher's names to help you out.

GOOD LUCK!



### Guess the teacher Photos

[Download](#)



### Names

[Download](#)



### Guess the teacher template

[Download](#)

A background image of a library shelf filled with books of various colors and sizes.

LIBRARY NEWS





## MRS PENGELLY'S VIRTUAL LIBRARY

A place where you can sit back and enjoy listening to stories! Mrs Pengelly is regularly adding links and stories to her library, so make sure you keep checking. If there is a story attached to a book, you will see a hand displayed..... otherwise it's coming soon!

[Mrs Pengelly's Virtual Library LINK](#)

### Returning Library Books

Last term, the students had the opportunity to borrow some library books to take home during Distance Learning. Can ALL library books please be returned on Monday.

## Community News



### Lorne St Kindergarten Enrolments

If you have a younger child who is ready to attend Kinder in 2021, Lorne St Kindergarten are taking enrolments. Please see the attached flyer for details.

[Download](#)

## 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](#)

# 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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