



St Matthew's Catholic Primary School

Term 3, 20th July 2021. No 11

Parish Priest: Fr Florentino (Boy) Galdo

School Principal: Mr Bob Brown

Deputy Principal: Mrs Carmela D'Amato

RE Leader: Mrs Helen Howden

School Email: principal@smfawknernth.catholic.edu.au

School Phone: 0393595423

Principal's Message

Hello to Students, Parents, Staff and Friends of St Matthew's,

Once again, unfortunately we find ourselves in another lock down and I know how well everyone has settled into online learning. As you have been made aware, in the alert on Skoolbag app that has been sent today, lock down has been extended to next Tuesday evening.

We are awaiting on information regarding church services which will determine our upcoming Year 6 Sacrament of Confirmation. As soon as we are made aware, you will be informed as to whether we are going ahead and if so how many numbers will be able to attend.

One again, my sincere thanks and congratulations to all our students, parents/guardians and staff who are doing an amazing job with online learning. Please stay safe , warm and dry.

Hopefully we will be able to resume back at school next Wednesday 28th July.

Take care everyone

Bob Brown (Principal)

Prayer For the Week

Prayer for strength in Lockdown No 5.0

Keep us, good Lord,

under the shadow of your mercy

in this time of uncertainty and distress.

Sustain and support the anxious and fearful,

and lift up all who are brought low;

that we may rejoice in your comfort

knowing that nothing can separate us from your love

in Christ Jesus our Lord.

AMEN.

2021 Term Dates

2021 TERM DATES

TERM 3 Monday 12th July - Friday 17th September

TERM 4 Monday 4th October - Friday 17th December

RELIGIOUS EDUCATION

Celebrating Grandparents

THE ELDERLY HAVE EARNED RESPECT IN ALL CULTURES

"When a grandfather dies, a whole library is buried with him" (African proverb).

"Our grandmother used to tell us stories of our dreamtime. Much of our sense of being part of a people comes from her" (Aboriginal parent).

Children and the elderly build the future of peoples: children because they lead history forward, the elderly because they transmit the experience and wisdom of their lives.

Pope Francis - Angelus, Rio de Janeiro, 26 July 2013, quoting Aparecida Document, 447.

Long Distance (Tech-savvy) Grandparents



Whats App, Facetime, Zoom...

...and a host of other apps are good but prepare for them. Have a news item or interesting fact to pass on at each video-chat. Put a prompt in your calendar to remind you at a regular time.

Texting is quick...

... and perfect for passing on jokes, today's photo or interesting quotes. Get your grandkids to show you how to include emojis and gifs to take it up a level.

Email is so easy...

... and perfect for sharing an attachment from a store of photos, news items or interesting family history.

Snail mail is slow...

...yet unsurpassed in communicating your personal attention and delivering the delight of a physical letter or package.



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Acknowledgement: Parts of the text of this leaflet are based on a resource of the Australian Catholic Marriage & Family Council



Celebrating Grandparents and the Elderly

Pope Francis has proclaimed the First World Day for Grandparents and the Elderly, to be held on Sunday 25 July 2021 (Feast of Sts Anne & Joachim, grandparents to Jesus).

In announcing this, Pope Francis has chosen the theme *"I am with you always"* (cf. Mt 28:20) to express the closeness of the Lord and the Church to every older person, especially in these challenging pandemic times.

This promise of closeness and hope is one that can be shared by young and old alike. Not only are young people called upon to be present in the lives of grandparents and older people, but the elderly also have a mission - to pass on their faith.

Each of us, whether married or single, religious or priest, share this mission. Let's reflect on the particular ways in which this is lived out by grandparents and the elderly.

THE OLDER GENERATION: THEY'VE 'SEEN IT ALL BEFORE'

In the confusion of a pandemic, older people are the ones with the longest experience of unpredictable and challenging times. They are survivors whose experiences often include migration, war, droughts, bushfires, financial recessions, business failures, to name just some. They can provide perspective in the face of uncertainty.

WELLBEING

Dear Families,

Over the last number of weeks, it has come to the attention of our classroom teachers and through discussions in meetings that many of our students are not sleeping well. Many are spending a lot of time on their devices at night after parents have gone to bed. Some have even boasted in class of how long they have stayed awake, one who said they were up till 4 AM.

These children come into class exceptionally tired, can be very grumpy and often can lash out about the simplest of things. These reactions and lack of resilience in the children is something that can affect them for a long time even after they have left school.

It is important that you are aware that your child is going to bed at a reasonable time and is actually falling asleep without the TV on in their bedroom or any devices too.

- At 5-11 years, children need **9-11 hours' sleep** a night. For example, if your child wakes for school at 7 am and needs approximately 10 hours sleep per night, your child should be in bed before 9 pm.
- Some children fall deeply asleep very quickly when they go to bed. Others sleep lightly, fidgeting and muttering for up to 20 minutes, before getting into deep sleep.
- Children have different kinds of sleep during the night. The first few hours of sleep are usually the deepest. Most dreams happen in the second half of the night.

As adults, we know that if we do not have a great sleep at night then we too can have a tough day ahead and not feel well. It is the same for the children – we need to make sure that they have the best night sleep to help their learning.

CYBER SAFETY

In the world that we live in today, children are extremely connected to technology and devices. For this reason, as adults we need to be on top of what games, apps and social networking our children are using.

Our leading experts in this field offer the following tips to enable our children to be responsible, respectful and happy when they are online.

TIPS FOR CHILDREN

- Know who you are talking to and playing games with
- Keep your password private.
- Whatever is posted online can never be removed - be careful what you post.
- Speak to a trusted adult when concerned about anything online.

TIPS FOR ADULTS

- Limit the time children spend on technology
- Ensure they are in a room where they can be heard and seen
- Know what apps and games your children are playing, as well as who they are playing with

Please see the attached poster about different ways to keep safe online.

It is important that we are not taking technology off our children but helping them navigate technology safely.

Top Internet Manners

internet
matters.org

As the online world becomes a bigger part of our daily lives, it's important to make sure we all, especially our children learn the difference between good and bad behaviour online.

To get started see our top internet manners to encourage us all to make the online world a kinder place to be.



1. Treat others as **you** would like to be treated



2. If you wouldn't say it to someone in person, **don't say it online**



3. People can't see your facial expressions or hear the tone of your voice online so **don't over-use icons and punctuation** to convey meaning

4. Don't make a situation worse by provoking people even more



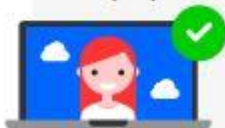
5. Don't start rumours or spread gossip about someone online



6. Don't make fun of someone in an online chat



7. Post things that will **inspire and motivate** people in a positive way



8. Make sure you **don't create a negative environment** in an online world or game through name calling



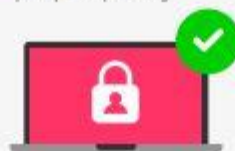
9. **Include people** in online games and social forums, and don't intentionally leave people out



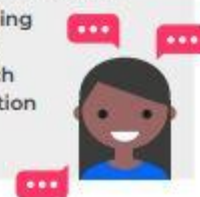
10. You can't retrieve material once it's sent or posted online so if it might embarrass you or someone, **don't put it online**



11. **Respect** other people's privacy



12. Respect other people's time and bandwidth by **avoiding posting too much information**



Our BIG questions for Term 3

Each Term, the students inquire into a BIG question to do with a curriculum area. This term our Focus area is HISTORY and the Big question range from learning about our own history, the history of FAWKNER and Australian History. This year , our Parish also celebrates 60 years, what a lot of history for us to look at!

Here are the various questions that we will be inquiring into:

PREP	YEAR 1	YEAR 2	YEAR 3	YEAR 4	YEAR 5	YEAR 6
What is my story?	What is my family's story?	What clues in the past tell us about the present?	Fawkner, HOW did we get here?	How did the great journeys of the world impact people and places?	Australia: Where did we come from?	Australia: Who are we?

Year 3 questions: Can you help us?

The Year 3 students have compiled a list of questions to help them with their investigations. if you grew up in Fawkner, or your family grew up in Fawkner, could you please take some time to answer some of these questions. The Year 3 students thank you for helping them.

Year 3 Inquiry: Fawkner, HOW did we get here?



Parade College - Grade 5 Boys



APPLICATIONS FOR YR 7 2023 FOR CURRENT YR 5'S CLOSE ON 20 AUG 2021



Limited places are available in some other year levels.

Contact the College Registrar on **9468 3304** (enrol@parade.vic.edu.au) for further information

PARADE COLLEGE – A WORLD OF OPPORTUNITIES!

Mercy College- Discovery Day



Discover Mercy College

The Mercy culture of learning together through collaboration, partnerships and life-giving relationships enables all in our community to fully flourish.

The QR Code will take you to our College website where you can:

- Take a virtual tour of our College
- Understand our mission and values
- Learn more about our curriculum and the importance of our wellbeing program
- Book a Discover Mercy Open Day session or private guided tour



Applications for Year 7 2023 are open

Limited places available for 2022

P: 03 9319 9299

E: registrar@mercycoburg.catholic.edu.au



Extend outside school hours care

The information provided in the following attachment will assist families with any bookings and services provided by Extend.

[Download](#)



EXTEND HOLIDAY PROGRAM

Please click on the link below to view an information flyer provided by EXTEND regarding their holiday program.

[Download](#)



St Matthew's Catholic Primary School respectfully acknowledge the Wurundjeri People of the Kulin Nation, who are the Traditional Custodians of the land on which we live, learn, work and play. We pay our respect to their Elders past, present and emerging.

Download the SkoolBag App

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



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.

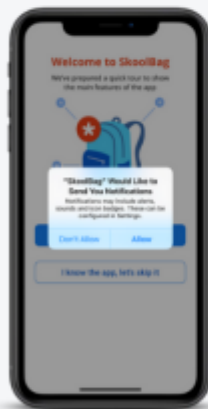
3. Add your School

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



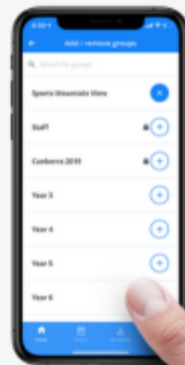
4. Allow Notifications

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.



SkoolBag 



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