



# St Gerard's Primary School

# NEWSLETTER



Term 4 Week 7

[www.sgdandenongnth.catholic.edu.au](http://www.sgdandenongnth.catholic.edu.au)

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19 November 2021

## HAPPY BIRTHDAY

Happy birthday to those students and staff who have celebrated their birthday this past week:!

- Beyonca - 5/60
- Jsbel - Prep

## SUBWAY LUNCH

Thursday,  
2 December  
Orders to be  
returned by Friday,  
26 November



*Please notify the office if your child is to be absent. This can be done via phone, email, Seesaw or on our website. We are required to follow up all unexplained absences each day.*



@st.gerards3175



<https://www.facebook.com/stgerardsps>



This Sunday we celebrate the feast of Christ the King. The Kingdom that Jesus proclaimed was so different to what was expected. His Kingdom was about serving others, showing justice, mercy and peace to others, and caring for the poor, the weak, the lonely and the rejected. He calls us to build his kingdom here on earth. We pray that we can be kingdom builders.

Loving Jesus, you are our king and we celebrate your kingship. We thank you for all that you have taught us and pray that we listen to you and follow your ways. Help us to be kingdom people who willingly serve those most in need. We ask this prayer in your name.  
Amen

# MESSAGE FROM THE PRINCIPAL

Dear families,

Yesterday the Victorian State Government made announcements about the easing of restrictions. While this is welcome news, at the moment schools are still required to follow our current COVID Safe procedures. This includes the wearing of masks when staff, parents, visitors and Year 3-6 students are inside our school buildings. Having attended a briefing yesterday (Thursday) afternoon, I should receive some updated information over the weekend or early next week. I will then communicate any changes to you as soon as possible via Seesaw.

Our **Art Show** is really starting to take shape and having had a 'sneak preview' I am impressed by the creativity, skills and variety that is being presented. A link to a **video of the Art Show will be sent out along with a booklet next Friday** for everyone to be able to see our students' gifts and talents. A big **thank you** to **Mrs Carol Stewart** for her coordination of this event.

Having just mentioned **Mrs Stewart**, I also wish to inform you that she will be retiring at the end of the year. Carol has been part of the St Gerard's School Community for 32 years and her contribution cannot be understated. Throughout her time here she has been a classroom teacher, held numerous leadership roles including Learning and Teaching, Deputy Principal and Acting Principal and has had a positive impact on the hundreds of children who have passed through our gates. While it is with sadness that we will farewell Carol, we also thank her and wish her all the very best for the next stage of her life. We will provide opportunities for our community to farewell her, so please keep an eye out for information.

In other staffing news, **Mrs Helen Cox** will be leaving St Gerard's at the end of the year and returning home to Brisbane to be closer to her family. Helen has been a friendly and welcoming face in our School Office over the past 5 years and her contribution to our school has been significant. While we will miss Helen, we understand that family comes first.

A reminder that if your child is **displaying COVID-19 symptoms, please do not send them to school**. While some restrictions have been eased, as a school we need to remain vigilant to keep us all safe. I thank you for your continued understanding and support.

COVID-19 symptoms include:

- loss or change in sense of smell or taste
- fever
- chills or sweats
- a cough
- sore throat
- shortness of breath
- a runny nose

Lastly, I am asking families to **contact the school office** if your child(ren) **will not be returning to St Gerard's next year**. Having accurate information helps us to be able to plan 2022 with a level of certainty.

Continue to stay safe and God bless.

Paul Cowan  
Principal

# RELIGIOUS EDUCATION NEWS

## Important Dates for Term 4

<b>TBC</b>	Year 6 Reflection Day
<b>Friday, 26th November</b>	Advent Assembly at 2:50 pm
<b>Friday, 10th December</b>	Special Christmas Carols Evening sent via Vimeo
<b>Friday, 10th December</b>	End of Year Mass - TBC
<b>Tuesday, 14th December</b>	Year 6 Graduation, 7 pm

## Mission Walk Around Thailand

Socktober for Mission Month encourages students across Australia to make a difference in the lives of vulnerable children in Thailand and around the world. During term 4 we are encouraging students to learn what life is like for children from Thailand, specifically those from slum areas in Bangkok.

Students are challenged to get fit and raise funds for Catholic Missions by using a map of Thailand to track the distance they have covered when they walk (run, hop, skip, walk backwards, whatever) around the walking track on the oval. Students will be timetabled to walk around the track, 15 minutes a day for the whole term. The Mission Walk Around Thailand will become our main fundraising event for Mission Month.



## Carols Evening

Due to the COVID-19 restrictions, our Carols Event will again be held remotely this year.

We hope to distribute a Vimeo link to our Christmas event for families on

**Friday, 10th December.**



# WELLBEING NEWS



This week Prep C enjoyed their Garden lesson. The students harvested some juicy mulberries, weeded the garden beds, planted parsley seeds and collected the eggs.

Thank you to all of our amazing families who supported our garden program by purchasing a produce bag. Produce bags will be available for purchase next Friday.



# WELLBEING NEWS CONT'D

## GIVE ME FIVE WEEK

Students who display the expectations present on the school Matrix are rewarded with a raffle ticket from their classroom teacher. Once a month the raffle tickets from each class are collected and drawn during the Friday assembly.

The raffle tickets were drawn on the 12<sup>th</sup> of November and the following lucky winners will have a special picnic with Mr Cowan:

- |                    |                   |
|--------------------|-------------------|
| 1. Antonette (5/6) | 4. Denay (1/2)    |
| 2. Joshlyn (3/4)   | 5. Alfie (1/2)    |
| 3. Trevor (5/6)    | 6. Prophet (Prep) |

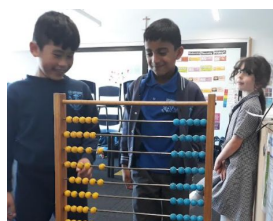
### Positive Behaviours for Learning

This week in our SEL lesson we revised the "Being Cooperative in the Playground" expectations from our Give Me 5 matrix.

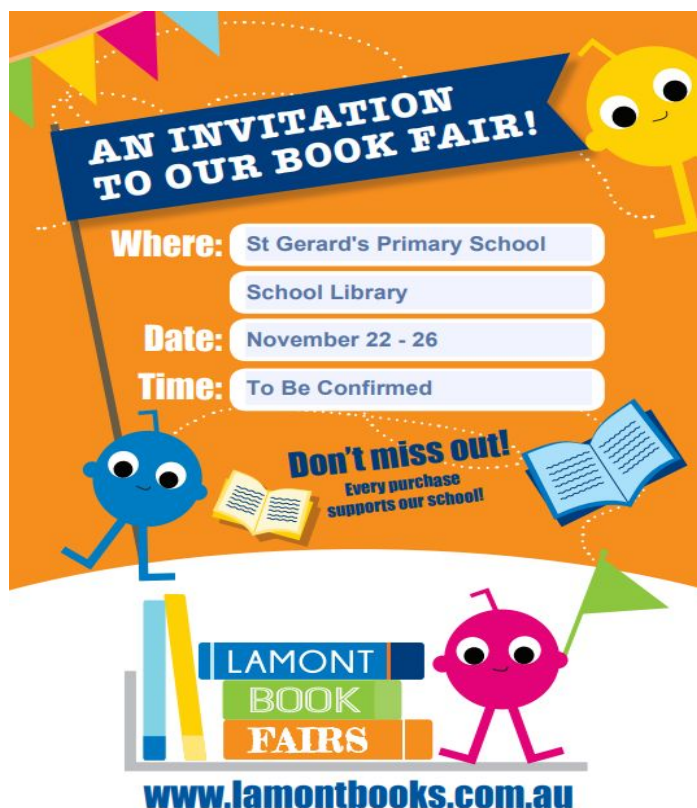
The Prep to 6's discussed the importance of being Cooperative in the garden by following directions and moving safely.

The students worked collaboratively to determine if

a scenario demonstrated students being cooperative or not. The student's role played different scenarios of how they could be cooperative in the garden. Students from 1/2FP being cooperative using strategies in the classroom to count the mulberries from the garden.



**The next SRC meeting will be held on Thursday, 25 November.**



## What's self-regulation?

**Self-regulation is learning about your own feelings and emotions, understanding how and why they happen, recognising them (and those of others), and developing effective ways of managing them.**



When children and young people learn to self-manage their emotions, they feel more confident, capable and in control. They have stronger relationships, are more able to pay attention, learn new things and can cope better with the normal stresses and disappointments of daily life.

## How can you help?

**Children and young people need repeated experiences of having their needs met by a caring adult.**

Warm, trusting and responsive care helps children to respond with appropriate emotions, internalise a positive view of themselves and others, and learn appropriate behaviour. Children and young people also develop self-management skills by watching and experiencing how other people manage their emotions. Here are some tips about how you can support the development of self-management in children and young people

### Explicitly teach skills

- Talk about ways of managing upsetting situations.
- Help them to develop strategies to use when they're feeling out of control.
- Help them express their emotions in productive ways (for example, by drawing or acting out their feelings).
- Practise mindful breathing with older children and young people.
- Explore the immediate and long-term consequences of actions.
- Promote empathy by talking about emotions and understanding how people will have different reactions to events depending on their circumstances.
- Teach problem-solving and decision-making skills.

### Talk about emotions

- Acknowledge and respond to emotional communication.
- Role-model how you manage your own feelings.
- Talk about strategies to manage strong or uncomfortable emotions.

### Promote a calm environment

Environment contributes to children and young people's self-management. Promote a calm, welcoming and encouraging environment by:

- providing structure and predictability
- establishing age-appropriate routines and limits
- avoiding competitive experiences for young children
- including relaxation breaks in the day
- encouraging ways to release tension they might be holding in their body
- demonstrating calmness and staying in control of your own feelings and behaviours – self-awareness allows you to maximise your positive interactions with children and young people and better manage situations where they 'push your buttons'.

# **Walk or Ride To School Friday, 26<sup>th</sup> November 2021**



**Friday, 26<sup>th</sup> November is a Ride to School Day. Students are encouraged to walk or ride to school from home or from a nearby drop off point. If your child doesn't normally walk to school, you could do this together.**

**Students who ride are given a sticker and the class who has the most students riding or walking get to keep our Ride to School trophy in their classroom for that month.**

**Students can ride bikes, skateboards or scooters.**

**They must wear a helmet at all times.**

**Upon arrival at school, students must hop off their bike or scooter and lock up their bike or scooter in our bike parking area (behind the 1/2 gathering space).**