



Please join us On
the Feast of Sts
Anne & Joachim
we have a special
program scheduled
for

GRAND PARENTS/FRIENDS DAY

Celebration

July 31

FRIDAY

TIME:

09:00am - 10:30am

The event will commence with a
Paraliturgie IN THE PAC, followed
by opportunities for Grandparents
/ Grandfriends to visit classrooms
concluding with coffee & tea for
guests in the PAC building

ST GERARD'S PRIMARY SCHOOL PAC



PRINCIPAL'S MESSAGE

Dear families,

We are well and truly into Term 3 with our students being provided with learning opportunities both in and out of the classroom.

I want to start with a **follow up from our Year 5/6 Gala Day** that was held last Friday. There were several aspects of the day which we as a school should be proud of with the first being that we had 2 of our teams (1 Tag Rugby and 1 Soccer) win their categories! While it is great to win, it is important to win with humility, which our children did. Another sense of pride was that we had 2 Tag Rugby Teams which is a sport that we have not participated in previously. This shows that our children are open and willing to take on new challenges and step out of their 'comfort zones'. The third, and most important source of pride came from our Girls Soccer Team who stopped play to check on an opposition player that had been injured. Well done to all our Year 5/6 children!

We conducted our latest round of **3 Way Conversations** on Tuesday afternoon/ evening.

If you were unable to attend and are not involved in Program Support Group (PSG) Meetings next week, please contact your child's classroom teacher(s) to arrange a time to meet. This is an important aspect of your child's learning as the key stakeholders are involved in supporting the learning of our children.

Today (Friday) our **Year 3/4 children went on a 'One Tree per Child' excursion** which was rescheduled from Term 2. This saw our children plant trees which will enhance the public space near Dandenong Basketball Stadium in the years to come. I would like to thank Ms Leonardi, Mrs Wilson, Mrs J and Mrs Lucky for supporting our children.

We have 3 **OPEN DAYS** planned for prospective families to see all that we offer here at St Gerard's **on Thursday 6 August, Tuesday 11 August and Wednesday 19 August**. So if you know families that are looking for a school in 2027, I would appreciate it if you could please let them know.

Two reminders to families at the start of this term. Firstly, if **any of your contact details have changed**, eg: address, phone numbers, email address, etc. please contact the School Office. Secondly, those families who have children with a **Medical Management Plan** that if there are changes to any aspect of the plan you need to **contact the School Office. It is vital that the information we have here at school is current and accurate and that Medical Plans are not out of date.**

After-school Pick up / Car park Arrangements

We are asking **families that arrive before 3.25pm to park in the carpark. Joining the drop off/ pick up line, particularly just before the pedestrian crossing, creates a backlog of cars down the laneway and prevents families from parking in the car park, which causes issues and frustration.** A reminder that **the driveway from Gladstone Road is an EXIT only.** We are asking that families **enter the car park via McNab Court and the speed limit in the laneway and carpark is 5 km/h.**

Lastly, we have our **annual Grandparents Day planned for next Friday 31 July**. Please see the **Invitation** contained in **this Newsletter** and sent out through **Seesaw** and **nForma**. We look forward to welcoming all those people that play this significant role in our children's lives

God bless.

Paul COWAN
PRINCIPAL

Key Dates

Term 3, 2026 Dates

July

- 27th 8:55 am Monday Meditation
- 29th 8:30 - 8:40 am Reading before school in the library
- 30th 8.30 - 8:40 am Before School Skipping in the Courtyard
- **31st 'Grandparents Day' 9.00 - 10.30 am**
- 31st 2:50 pm Assembly

August

- 3rd 8.55am Monday Meditation
- 5th 8:30 - 8:40 am Reading before school in the library
- 6th 8:30 - 8.40am Before School Skipping in the Courtyard
- 6th Ride/Walk to School Day
- 6th OPEN Day
- 7th 2:50 pm Assembly
- 10th 8:55 am Monday Meditation
- 11th OPEN Day
- 12th 8:30 - 8:40 am Reading before school in the library
- 13th 8.30 - 8.40 am Before School Skipping in the Courtyard
- 13th SUBWAY Lunch
- 14th Living Rosary to celebrate the Feast of the Assumption
- 17th 8.55am Monday Meditation
- 19th 8:30 - 8:40 am Reading before school in the library
- 19th OPEN Day
- 20th 8.30 - 8.40am Before School Skipping in the Courtyard
- 21st 2.50pm Assembly
- 24th 8.55am Monday Meditation
- 26th 8:30 - 8:40 am Reading before school in the library
- 27th 8.30 - 8.40am Before School Skipping in the Courtyard
- 28th Book Week Dress up Day and Assembly
- 31st 8.55am Monday Meditation

September

- **1st School Hats must be worn when outside**
- 2nd 8:30 - 8:40 am Reading before school in the library
- 3rd 8.30 - 8.40am Before School Skipping in the Courtyard
- 3rd St John's Taster Day (Year 5 children)
- 3rd Walk/ Ride to School Day
- **4th Father's Day Breakfast from 8.00am**
- 7th 8.55am Monday Meditation
- 9th 8:30 - 8:40 am Reading before school in the library
- 10th 8.30 - 8.40 am Before School Skipping in the Courtyard
- **10th School Production 7.00pm**
- 11th 2.50pm Assembly
- 14th 8.55am Monday Meditation
- 16th 8:30 - 8:40 am Reading before school in the library
- 17th 8.30 - 8.40 am Before School Skipping in the Courtyard
- 18th Footy Day
- **18th End of Term 3 - school finishes at 3.30pm**

Religious News

Lunchtime Rosary

The Legion of Mary Group is teaming up with the school to lead Rosary prayer sessions during lunch breaks. These will take place during the first lunch on Tuesdays in Weeks 4 and 8 of each term.

An Invitation to Bring Mary Home

We invite families to take the Our Lady statue into their home for a week as a special way to deepen family prayer time. Each family will receive a brochure with simple instructions for praying the Rosary, as well as a set of rosary beads. If you would like to take the Our Lady statue home, please let Mrs O'Brien know.



Altar Servers

Altar Server practice will resume on Thursday 23 July and will continue every Thursday evening at 5:30 pm at St Gerard's Church. To be eligible to serve, children must have received their First Communion. This is a wonderful opportunity for young members of our parish to take part in the liturgy and learn the responsibilities of altar service. For further information about practice times or eligibility, please contact the parish office on **9792 4422**.



Wellbeing



How are nutrition and mental health linked?

Healthy eating helps children and young people cope more effectively with stress, better manage their emotions and get a good sleep – all of which assist learning.

Most research about nutrition and mental health has focused on adults. We know that good nutrition is associated with better mental health outcomes, whereas a poor diet is associated with a greater risk of depression and anxiety. However, emerging research that focuses on children and young people has also found a relationship between unhealthy diets and poorer mental health outcomes.

Poor nutrition has been associated with:

- externalising behaviour (such as hyperactivity, aggression, disobedience)
- symptoms of attention deficit hyperactivity disorder
- poor concentration and tiredness, which interfere with learning
- immune system function, which is also linked to mental health
- delayed brain development – high-fat, high-sugar diets can affect proteins in the body that are important for brain development
- iron deficiency, which has been linked to cognitive function impairments associated with learning and memory
- nutrient deficiencies, which have been associated with mental health conditions including depression and anxiety (we know that fruits and vegetables, grains, fish, lean red meats and olive oils are rich in important nutrients such as folate, magnesium, vitamins and zinc which all impact on body and brain functions, including mood regulation).

Dietary habits aren't always a choice

‘Food insecurity’ – where people don’t have enough food due to because of things such as unemployment and poverty – is also a problem for many families in Australia. Food insecurity can result in poorer academic performance, time off from school, stress, depression, anxiety, aggression, and difficulty getting along with others. Food insecurity can result in:

- psychological stress – high levels of ongoing stress have been related to depression and delayed brain development
- poorer academic performance
- time off from school
- anxiety
- aggression
- difficulty getting along with others.

The good news is that improving what you eat can lead to improvements in your mental health, so it’s never too late to encourage healthier eating patterns.



Parent/Carer Newsletter

6



Melbourne Archdiocese
Catholic Schools

**Working
together for
Child Safety**

Child Safe Standard 6

"People working with children and young people are suitable and supported to reflect child safety and wellbeing values in practice."

As Catholic educators, we have a moral, mission-driven and legal responsibility to uphold and actively promote the wellbeing and safety of every student entrusted in our care. Our commitment to the protection of students involves ensuring families and community members actively participate in promoting and upholding child safety and wellbeing. Our Catholic communities develop, review and uphold robust systems, processes, and policies that support staff and volunteers to act with professionalism, integrity, and care; ensuring child safety and wellbeing are embedded in all aspects of school life.

This newsletter series provides an overview of what the Child Safe Standards are, how they are designed to help keep children and young people safe and what schools governed by Melbourne Archdiocese Catholic Schools (MACS) are doing to prioritise and achieve this.

Why is it important that all adults who work with children are suitable and supported?

Everyone who works with or around children has a responsibility to act with integrity, care, and accountability. When staff, volunteers, leaders, and contractors are suitable, supported, and well-informed about child safety, **children feel safe, valued, and able to thrive.**

Schools can uphold high standards of safety and wellbeing when all adults understand their roles, follow clear expectations, and receive ongoing guidance and supervision. This shared responsibility ensures that children experience **consistent, safe, and respectful interactions every day.**

Child Safe Standard 6

Child Safe Standard 6 reminds us that everyone who works with children has a responsibility to act with integrity, care, and trustworthiness.

As 1 Corinthians 4:2 teaches, "Now it is required that those who have been given a trust must prove faithful." This scripture highlights that safeguarding children is a sacred trust, and we are called to be faithful stewards of their wellbeing.

By ensuring that all staff, volunteers, and leaders are suitable, supported, and accountable, the standard helps us live out this trust every day,

creating a safe, nurturing environment where children can thrive.

Child Safe Standard 6 focuses on ensuring that adults are carefully selected, appropriately trained, and are supported to maintain high standards of child safety. It recognises that safeguarding is not just about rules, but about everyday behaviours, professional conduct, and living out our shared responsibility to protect children.

Working together for Child Safety



Reviewed: June 2026

St Gerard's is a Child Safe School. Promoting the safety, wellbeing and inclusion of all children.

What does this look like in a school environment?

- **Recruiting safely:** We ensure all staff undergo thorough screening, including thorough background checks, reference checks, and interviews, to make sure they are suitable to work with children. As part of this, we ensure that all staff hold and maintain appropriate professional qualifications and registrations, including current Working with Children Check (WWCC) or Victorian Institute of Teaching (VIT) registration, in line with the Workforce Screening and Accreditation Policy.
- **Providing clear expectations:** Everyone is informed about the school's child safety policies and procedures, professional standards, code of conduct, and reporting responsibilities.
- **Ongoing support and guidance:** Staff and volunteers receive annual induction, professional learning, mentoring, and supervision to help them maintain safe and respectful practices.
- **Accountability in practice:** We encourage adults to speak up if they have concerns, follow clear reporting pathways, and model behaviours that prioritise children's wellbeing. We also ensure that professional qualifications and registrations are maintained.



How Parents, Carers and Guardians can get involved!

Child Safe Standard 6 ensures that all adults are carefully selected, appropriately trained, and supported in keeping children safe.

Families can help by:

- **Knowing who works with your child:** Be aware of the staff, volunteers, and other adults involved in your child's learning and care
- **Asking questions:** Check that adults in your child's life have the training and support to maintain child safety standards
- **Staying informed:** Read updates from the school about professional learning and child safety initiatives
- **Partnering with the school:** Share observations, concerns, or ideas that might help all in our community ensure interactions are safe and supportive.



Want to know more?

If you have any questions or would like to learn more about how we're supporting child safety, please get in touch.

More information on the Child Safe Standards can be found via the [Commission for Children and Young People \(CCYP\) website](#).

The Victorian Government has clear guidance around ensuring Child Safe Standard 6 is enacted in all schools, further information about how this standard is upheld and reviewed for every school can be found [here](#).

The Federal Government developed a [Child Safe Framework policy](#) and in May 2024 the Federal Government's Department of Education released its updated [Child Safe policy](#).



Working together for Child Safety



Foundation

Our Foundation students focused on the letter "R" this week. They enjoyed exploring the letter through a range of fun learning activities and put their creativity to work by making their very own robots. It was a wonderful way to reinforce letter recognition while encouraging imagination and hands-on learning by acting out the story below also!

The Robot Friends

We are robots!

Every morning, we zoom to school because we love learning and playing together.

We can dance with spinning arms, run super-fast, fly through the sky, and climb tall buildings.

When someone needs help, we work as a team. We help people, rescue lost pets, and make sure everyone is safe.

We are kind robots who make new friends wherever we go. We share, laugh, and play games together.

We live in our friend's bedrooms and their help families. We tell funny jokes, tidy up toys, and read bedtime stories.

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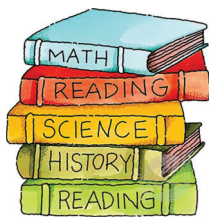
Beep! Boop! Hooray for the Robot Friends!



Reading before School

Reading Before School has started full steam ahead.

We had a very good turn out with parents and students reading to each other this week. Children receive a raffle ticket and go into a draw to win a prize. Students are encouraged to attend and read a book by themselves, to each other or with their families.





LIBRARY NEWSLETTER



Week 2, July 2026

Exploring New Worlds at the Library, Together!

Come join us at the library, where there's more than just reading books! Engage in our library club and explore a world of knowledge, creativity, and community. Whether it's through interactive sessions, engaging discussions, or collaborative projects, there's something for everyone to enjoy and learn.

LIBRARY CLUB UPDATES

This week at Library Club, students took part in an exciting Puzzle Race Competition. Working in teams, students raced to complete their puzzles as quickly as possible while demonstrating excellent teamwork, communication and problem-solving skills. It was wonderful to see the perseverance shown by all students as they worked through the challenge. Once several teams had finished, they showed great kindness and sportsmanship by helping the remaining teams complete their puzzles.

Congratulations to our winning teams:

- 1st Place: Dekota, Ameya and Nyadut
- 2nd Place: Alfie, Sanaya and Rutesh
- 3rd Place: Dia, Grace and Drishika

Well done to everyone for your fantastic effort and positive attitude throughout the competition!

Library borrowing has now started again for the term. Please remember that students must bring a library bag or another suitable bag to safely carry their books home. I will be checking for overdue library books next week (Week 3), so we encourage all students to return any outstanding books on time, as overdue books may affect their borrowing privileges. Thank you for your ongoing support in helping students care for and enjoy our library resources.



Miss Stephanie Adrien





LIBRARY CLUB



Week 2, July 2026



Miss Stephanie Adrien

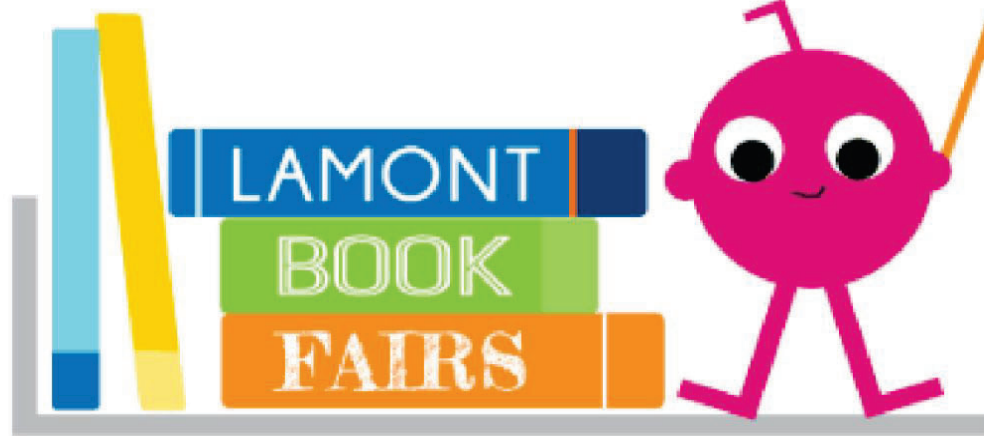


LAMONT BOOK FAIR

Coming soon,
Don't miss it! 1st
September - 9th
September

Every purchase
supports our school!

BOOKS FOR EVERYONE



www.lamontbooks.com.au

Important Notes

Medical Plans And Asthma Plans

This is a friendly reminder to provide the school with updated medical and asthma plans for 2024. If your child has asthma or requires other medications, please ensure that Ventolin, a spacer, and any necessary medications are supplied on the first day back to the school office.

All medications will be stored in individually labeled bags in the school office for safekeeping.

Any families who hold a current Health Care Card are asked to please provide a copy to the school office.

This will ensure you receive the MACS Concession on your school fees.

Please note, this must be a valid Centrelink Health Care Card. Private health insurance cards or Medicare cards are not eligible.

Happy Birthday to all who have celebrated and will celebrate their birthdays, this week including this weekend.

- ❖ DENAY YR 6
- ❖ MILA YR 6



ST GERARD'S PRIMARY SCHOOL

SERVICE CONTACT:
0402 192 685 (Marina) | sg@ylv.com.au

SERVICE HOURS

COST

Before School Care
6:45AM – 8:45AM

\$30/\$35
PERMANENT/CASUAL

After School Care
3:30PM – 6:30PM

\$35/\$40
PERMANENT/CASUAL

Pupil-Free Day
7:00AM – 6:00PM

\$83

fees effective 02 Mar 2026

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