

# All Saints

## Catholic Primary School

# NEWS

## FROM THE PRINCIPAL

Liz Keogh

Dear Parents, Families and Friends of All Saints,

Thank you for supporting the children for the Book Week Parade. We had some wonderful costumes depicting some of the fantastic reading the children have done at home and at school.

Book Week is all about reading and this year the theme was 'Old Worlds, New Worlds, Other Worlds'. They were certainly on display during the parade. We are trying to make sure we share as many photos as we can, as we missed having all the families join us for the morning.

Reading is one of the most important skills we can teach our children. It is a predictor of future success and outcomes for living are increased by learning to read fluently. It is not a natural skill like talking – it is a skill that needs to be learnt and practised in order to become fluent and skilled. Reading can be used for relaxation and pleasure, travelling to other worlds and places, information seeking and research and it's a skill that's required in everyday life and underpins all learning.

The acquisition of reading skills is similar to acquiring the skills to play football or to learn to swim or learning to drive a car. Whilst we can be taught the fundamental skills unless we practise regularly, reading skills do not become fluent and embedded.

That's why learning to read is a partnership between families and teachers in order to develop the skills and practice together. Without frequent practise, some children are at risk of not being able to read with fluency and understanding.

At school, we work on a number of different strategies to begin learning to read. The first key area is oral language – talking, listening, repeating, rhyming, singing and playing with words. We also use a sequential way of explicitly teaching letters and sounds.



We use decodable texts as the children's first books to provide successful attempts at reading with known sounds and letters. We share stories both through reading and orally. We introduce more words and discuss these books and we have the children write letters, then words and then sentences and stories. However, we need the children to be practising these skills frequently and that requires work at home.

In class, the teachers do many of these things as well because they know modelling these skills is as important as teaching them. At home children need to see that reading is important to you – just as important as football or netball or swimming or learning to ride a bike or drive or playing games on a device. It takes frequent practise as it's not a natural skill.

I wonder where reading has taken you? This week I've been in the UK!

Check In Survey – this week and next the children will complete the Classroom Pulse Check-In. This occurs each term. This is our way of providing an opportunity for the children to check in with how they are going. As a school, we analyse the students' responses in order to support their learning, wellbeing, and engagement. This survey provides us with an immediate snapshot of how they are doing, which assists us in supporting any social, emotional or learning needs that they may have. All Saints have our own processes, practices and procedures that assist in supporting students if they are faced with periods of doubt or low confidence, friendship issues or learning challenges.

We are looking forward to Learning Conversations in the next few weeks and keep our fingers crossed that we can do this face to face.

With every best wish,  
Liz Keogh

## Learning is for everyone.

*We learn what matters. This means that sometimes, you'll get frustrated, fed up or even fail. Strong relationships are the key to us being able to take on meaningful, difficult challenges, to learn deeply, and help each other with our ideas and feedback. The way we design learning at All Saints makes sure we meet the unique needs and passions of every individual.*

## FROM THE APRIM Stephanie Crowe

### In Memoriam

Please keep Father Josy and his family in your prayers. Father Josy's brother, Sabu Sebastian passed away last week as a result of a vehicle accident in India. Sabu had a deep faith and is remembered dearly by his family in India, America and Australia.



Socktober invites our school to engage with mission in a holistic way within the head, heart, hands model: encouraging a learning mind, an open heart and hands for action. With the world game of soccer at a basis of connection, our students can learn about life in mission countries and be moved to act in solidarity. Socktober provides children with the opportunity lead in mission by sharing their story of support with their family and friends.

One of the most popular elements of Socktober encourages children to create their own recycled 'sockball' – a replica of the type of ball thousands of children around the world play with each day.

### WHO is participating in Socktober?

This year, our Year 5 and 6 classes are participating in Socktober. The program consists of a suite of online resources that bring mission into the classroom or the home and allow students to continue their commitment to social justice throughout Terms 3 and 4. We are taking part in the online platform at [socktober.org.au](http://socktober.org.au) with our unique school page already setup.

This year, our collective fundraising efforts will support vulnerable children in Thailand through a kindergarten run by the Good Shepherd Sisters in Bangkok. The kindergarten provides a caring learning environment for the children and allows their parents, often single mothers, to work and support the family.

As a school, we have the opportunity to contribute in a special way, but only if all of our stars jump onboard. I'd like to invite you to take a moment to register your child/ren for Socktober so they can join their friends and make a difference for children in need in Thailand. Setting up your child's page takes only a few minutes.

In Term 4, we'll have a chance to come together at our school's Socktober Event Day, where the children will be able to kick goals for kids in need around the world. This is a fun and educational day, and you are invited to join us if you are able.

We will keep you updated in school newsletters and emails about our work with Socktober.



### Refugees

The plight of refugees is a focal point in the news at the moment. There are images and stories that are heartbreaking and at times over whelming. The staff and Year 5 and 6 classes have been and will continue to learn about and support the migrants and refuge community.

*God our refuge,  
you share the journey with migrants and refugees,  
lightening their footsteps with hope.  
For you, Lord, are close to the broken-hearted.  
Pour out your Spirit upon world leaders.  
May they see the tragedies of our human family,  
and be moved to respond with wisdom,  
compassion and courage.  
Open our eyes and hearts to the God-given  
dignity of all your people.  
Move us to welcome our neighbours,  
and so bear witness to your love.  
Through Christ our Lord,*

*Amen*

God Bless,  
Stephanie Crowe

## PARISH SACRAMENTAL PROGRAM

**Workshop 1: Wednesday 6pm on 1st September (All Saints Library)**

**Workshop 2: Wednesday 6pm on 8th September (All Saints Library)**

**First Communion is 24th October 10:45 (SEM)**



## FROM THE SCHOOL COUNSELLOR Cynthia Geldenhuys

Hi families!

This week's topic is mindfulness. Mindfulness is a hot topic right now in the mental health world, so we are going to learn more about what it is, why it's important, and how you and your children can practise it.



### What Is Mindfulness:

A general definition of mindfulness is the practice of focusing on the present moment, and observing your thoughts and feelings in a non-judgmental way. It can be helpful to think about mindfulness as the opposite of mindlessness. When we are doing things mindfully, we are doing them intentionally, being fully present in the moment. Mindfulness also has a component of awareness – of being aware of our own thoughts and feelings. Not judging them, or pushing them away, but acknowledging what is happening in our bodies and minds.

### Why Mindfulness Is Important:

One of the great benefits of mindfulness is its effect on mental health. Studies have shown that practicing mindfulness can lead to decreased symptoms of depression, anxiety and stress. One reason for this is that it keeps your thoughts focused on the present moment, keeping you from worrying about the past or future. It can also lead to decreased behavioural problems in children, as it helps with self-control. If children are being more mindful and thoughtful with their actions, they are less likely to make poor choices impulsively. Mindfulness can also lead to increased executive functioning, specifically in the areas of attention, working memory, and self-regulation.

It is important to focus on you first before moving to ideas for kids because it is you who sets the culture and the tone in your home. If your children see that this is a priority in your life, they will be more likely to adapt it to theirs as well.

The world we live in today is a busy one. It seems like there is always something going on – a phone ringing, practises to get to, an e-mail coming in, etc. This keeps our minds constantly busy and can cause us to be juggling many different activities at once. However, it is important to take time to slow down - to be focused on the present moment. Not only can this help you feel calmer and more focused, but it can also improve the quality of the task you are doing.

One area that I encourage you to practise this in is driving. So often, we can get to a place without even realizing how we got there – our minds were on something else. Instead, I encourage you to be present in what you are doing – to pay attention to the turns you're making and the things you see. This can be difficult at times, so it can also be helpful to try to eliminate distractions such as your phone, or even the radio.

There are some useful apps you could also check out: Headspace, the Calm app, or Stop, Breathe & Think to encourage mindfulness.

Here are some specific ways to encourage mindfulness in your child/ren:

- Deep breathing can be helpful for anyone. However, there are many fun and creative ways you can help your child use this strategy. Blowing bubbles give children an easy way to learn and practice deep breathing.
- Another fun game that many kids love is to practice blowing a feather. You stand across from your child and you both place your hands in front of you face up. Place a feather in your palms and blow it over to your child as they catch it in their palms and then blow it back. Keep going to see how many times you can do this before the feather hits the ground.
- Just as noticing what you are doing can be helpful for adults, the same is also true for children. As you go about your day with your child, encourage them to try to notice new things. Whether it is outside, at school, or even in their own bedroom, encourage them to use their 5 senses to see what new observations they can make.
- It is important for children not only to notice their surroundings, but also what is going on within their bodies. Invite your child to journal or draw about how they are feeling each day. Making this a part of their daily routine will help them to build a natural habit of noticing how they feel.

Although mindfulness can seem daunting at first, it doesn't have to be scary. Mindfulness can be practised anywhere, anytime, by anyone. I hope these ideas will help you understand more about what mindfulness is and how you can encourage a culture of mindfulness in your family.

Take care,  
Cynthia – School counsellor

## WHAT'S HAPPENING IN Year 4 Ireland

This term in technologies we are learning about coding and have taken a particular interest in working with the Spheros.

We have used the Spheros to navigate around the classroom and overcome obstacles we have created. Our class' favourite activity with the Spheros has been playing soccer. We choose two different colours and work on teams to score goals using the Spheros.

*'I really enjoyed learning about and using the Spheros'- Alexis*  
*'The Spheros were fun and exciting, but were hard to control and the beginning. I really enjoyed playing soccer with them!'- Jaxon*



In the Arts this term we are focusing on drama. We are exploring essential features of drama and manipulating dramatic elements to shape and enhance meaning. So far, we have enjoyed playing some warm-up drama games and using improvisation with our classmates to create mini storylines.

*'Drama is lots of fun to do and I enjoy interacting with others'- Eliza*  
*'Drama was pretty fun and I enjoy expressing myself and I look forward to doing it again.'- Jake*



Our science focus for this term is Chemical Sciences, and we are learning about materials and their properties. After identifying different material's properties, we began to explore why these are important for each item. As a class we brainstormed some ways to repurpose items and how their properties would make them valuable being used for something else. Independently, we chose an object and gave it new meaning. We brainstormed how its properties would make it valuable being used as something else and talked about why repurposing materials is important.

*'It was challenging at first but I learnt a lot in this unit'- Leilani*



At All Saints we believe in recognising positive behaviour and the children who meet our school expectations by continually demonstrating they are ready to:

**BE A LEARNER**  
**BE SAFE**  
**BE RESPECTFUL**

Our Acting Principal, Trish O'Toole celebrated with these children by sharing a drink and a chat together.

*Congratulations, you are All Stars!*



Reception - Year 2



Year 3 - 6



**BOOK NOW**

# Term 3, 2021

# Learning Conversations

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Term 3 Learning Conversations will be held on

**Tuesday, 14 September,**  
**Wednesday 15 September**  
**Thursday 16 September, 2021.**

Online bookings are now open and will close  
Monday, 13 September at 3pm.

To book, please go to [www.schoolinterviews.com.au/code](http://www.schoolinterviews.com.au/code) and  
simply enter the code **4buuc** to make your appointment.

# COVID UPDATE FROM CATHOLIC EDUCATION SA

We share with you a recent COVID update from Catholic Education SA.

1. Access to school sites by parents, school tours etc.: We have fielded some queries on whether there are any changes forecasted about access to school sites that varies from the existing guidelines in place.

The risk of a COVID-19 outbreak is extremely high for SA. We share borders with 5 states and territories, two of which are in complete lockdown and cases are now occurring in regions. A leak into our state seems inevitable and the delta variant is significantly more transmissible than previously. All COVID Safe requirements at present are in the interests of minimising and limiting risks, particularly in the case of potential unknown transmission yet to be identified. There will be no change in measures for the foreseeable future.

In the case of allowing potential small groups of parents onsite for orientation or enrolment purposes the preference is to do it virtually. However, it has been deemed that small and short tours with all COVID Safe provisions can fit within the bounds and intent of minimising parents on site and as such are allowed.

2. Vaccinations: Current media reports indicate that Pfizer vaccinations for 12 to 16 year old students have been approved in Australia. We have also recently supplied SA Health with data on school demographics. We have not been given any further information on the possibility of a student vaccination program but understand some modelling is being conducted by authorities. As soon as we are informed of any implications for schools, we will make you aware.

## KEEP OUR SCHOOL HEALTHY



### FACE MASKS MUST BE WORN:

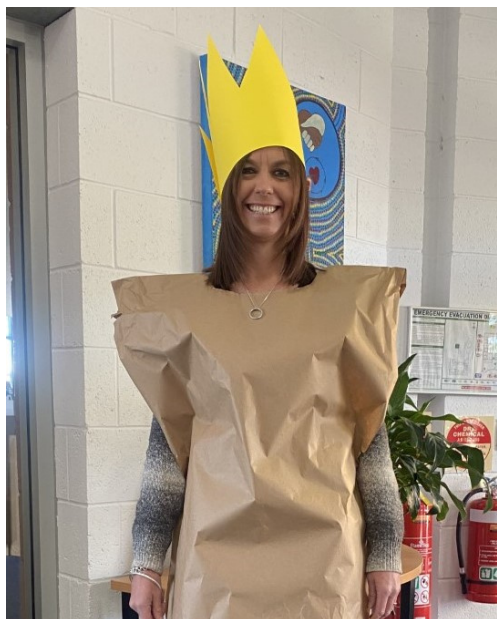
- by students in Year 8 and above should carry a mask with them and wear it indoors – and where congregating (i.e. canteen)
- by adults while indoors, except when teaching or engaging with students
- by staff in meeting rooms when present with other adults, and not eating and drinking
- on school buses and public transport
- by all adult visitors to sites, including Early Childhood Education.



### FACE MASKS DO NOT NEED TO BE WORN:

- by primary school students
- by any student who attends a disability setting
- by Early Childhood Education and Care staff and children
- by staff when teaching or engaging with students
- during PE lessons
- by all staff and students when outside
- by students or staff who have a medical condition, such as problems with their breathing, a serious skin condition on the face, a disability, or a mental health condition.

# BOOK WEEK 2021





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# SCHOOL CLOSURE DAYS

Monday, 30 August 2021  
Friday, 10 December 2021



PLEASE NOTE: These dates are subject to change. Please check the eNewsletter and School Star App for any amendments throughout the year.

# 2022



# SIBLING ENROLMENTS NOW DUE

