

All Saints Catholic Primary School NEWS

FROM THE PRINCIPAL

Liz Keogh

Dear Parents, Families and Friends of All Saints,

How welcome is this hint of spring weather? It seems like winter has gone for a long time. I love spring and the hint of warmth it brings. It's amazing how much more energised you feel with a few days of warm sunshine.

Our wellbeing is so important for our resilience. And I think we all need lots of resilience at the moment.

You can build your resilience by having goals in four wellbeing areas. Attending to your physical needs – with healthy food and exercise. Making sure you have mental stimulus perhaps by reading or catching up with friends and socialising. Taking care of your emotional wellbeing and enjoying some laughter and fun and being aware of how you are feeling. The final area is through some spiritual input whether that's through things like formal religion or meditation or developing a sense of awe in the outdoors.

Thursday we acknowledged R U OK day and we are encouraged to ask R U Okreally? Such a hard question to ask and answer.

Every term we ask the children to complete a Check in Pulse where we ask just that. What we have discovered as the year has gone on that we have less children answering in the negative. However, when they do respond with concerns, we follow up to ensure we understand what is causing the negativity or concern.

Learn beyond the ordinary.

Let's have fun when we learn. Our learning adventures incorporate a wonderful mix of explicit teaching and hands-on learning through play, art and technology. We want to promote a love of reading, writing and maths through foundational skills of literacy and numeracy.



NATIONAL CHILD PROTECTION WEEK
5 - 11 September 2021



Child Protection Week

This week is Child Protection Week. Something we take very seriously. Each year the staff review our policies in child protection and this year they will renew their understanding of child safe environments through their Responding to Abuse and Neglect course. We are mandated, as are our volunteers to respond to abuse and neglect to ensure children are safe and secure and have their needs met. All our volunteers complete training as well.

We also ensure we understand how to create a safe environment at school. One that allows learning, living and thriving for all children at school. At the same time, we also need to be mindful of children's developmental stages and their ability to learn about how to be safe and ensure the safety of others. There is ongoing learning for the children and staff. As detailed in our policies part of our processes involves contacting families and keeping them informed of any issues or incidents. We also want our families to know that they can contact us at any time if they have concerns about their children and their safety. We know children will often confide in their family before letting the school know.

So this week might be a great time to ask your child.... R U Okreally!

We are looking forward to welcoming many parents and families next week during our Learning Conversations. Please take this opportunity to celebrate your children's learning and engage with their class teacher.

With every best wish,
Liz Keogh

FROM THE APRIM Stephanie Crowe

Over the last 2 weeks we have celebrated two beautiful liturgies. The Year 2 children prayed together and thanked God for their many gifts. They shared thanks for their families, friends, school and our world. Thank you to the family and friends who joined us.

The Year 1 children celebrated Dads and God our Father. At the liturgy the children not only thanked our Fathers for their love and support, but celebrated the blessing they are in our lives, and prayed for God's blessing upon them.

This week we also celebrated two special events in our Catholic Calendar. On the 5th of September it was St Mother Teresa's Feast Day. St Teresa worked with the poorest of the poor and always served others with a loving heart. On Wednesday the 8th of September it was the Nativity of The Blessed Virgin Mary.

Our four Year 5 classes visited the Mary MacKillop Centre this week and were immersed in the Josephite Tradition. Here are a few reflections from the children's visit.

"I really enjoyed visiting the Mary MacKillop Museum. I especially liked the image of Mary made up of thousands of faces. It shows me that Mary, as just one person made a difference to thousands of people." - Teagan

Jessica- *"When I visited the Mary MacKillop Museum, I liked seeing the clothes that Mary wore. There were a lot of displays showing why Mary is Australia's first saint."* - Jessica

God Bless,
Stephanie Crowe



ARE YOU SOMEONE OR DO YOU KNOW SOMEONE WHO...

*Has expressed an interest in becoming Catholic?
Was baptized Catholic as a child, but has not celebrated the Sacraments of Confirmation and Eucharist?*

We offer an opportunity to come together in a small group to learn more about our faith. Sessions focus on the teachings and experience of Church and prepare individuals to celebrate the Sacraments of Baptism, Confirmation and Eucharist during the Easter season. There are separate sessions for children or youth. You are welcome to participate in the process with your questions, your insights and your faith story in a warm accepting setting. For information, please contact St Luke's parish office 83821717 or email nswcp@tpg.com.au



PARISH SACRAMENTAL PROGRAM

*The last meeting of our Sacramental group will be Wednesday October 20th at the SEM.
We will be celebrating the Sacrament of First Holy Communion at 10:45am on Sunday the 24th of October at the SEM.*



FROM THE SCHOOL COUNSELLOR Cynthia Geldenhuys

Hi Families!

The topic for the coming weeks is about **positive discipline**. It will be covered in two parts: Part one 'Ways to be proactive with discipline' and the second part (Week 10 newsletter) 'Consequence and ways to respond when misbehaviour occurs'.

Discipline and behaviour are things that all parents deal with. However, they can also be some of the most difficult parts of parenting. I hope these tools make the discipline process go more smoothly for you. However, it's important to know that discipline is not a one size fits all approach. Each child is different, and each family dynamic is different. When trying any new strategy, I recommend trying it for several weeks and then assessing how it is going. If at that point you feel that it is not helping your child, then you can try something else.

PART 1

Be Proactive:

When thinking about discipline, many people simply think about punishments for misbehaviour. Although consequences are an important part of positive discipline, there is more to it.

Connection:

The first, and most important part of discipline is to spend time daily fostering connection with your child. This can be done through playing together, doing things your child enjoys, etc. Having a strong bond with your child will help them to trust you and understand that you are on their side.

Self-regulation:

Teach your child self-regulation skills. I've covered self-regulation in the previous newsletter. Many poor behaviour choices occur when a child is in an unregulated state – meaning that your child is angry, frustrated, anxious, etc. By providing and practising coping strategies with your child, you can give them the tools they need to manage their emotions in a positive way, thus cutting down on the misbehaviours. It is also important to model this self-regulation in your own life so they can get an idea of how to practise it, and understand that you think it is important enough for you to implement in your own life as well.

Control:

At times, some misbehaviour can occur because a child is trying to have a feeling of control over his/her life. A great, preventative way to combat this is by offering limited choices. This gives your child opportunities to make decisions that are acceptable to you. For example, you could let your child choose whether to have a snack before or after he/she completes homework.

Be consistent:

When you follow through with the things you say you will do, you are showing your child that you mean what you say. This helps them to understand that you will follow through with the consequences – positive or negative – that you establish.

Take care,
Cynthia – School Counsellor



Returning to All Saints in 2022



Planning is well underway for the 2022 school year.

A timely reminder for families that may be considering leaving All Saints at the end of 2021, that written leaving notification, one term in advance is required.

For further queries, please contact the Front Office.

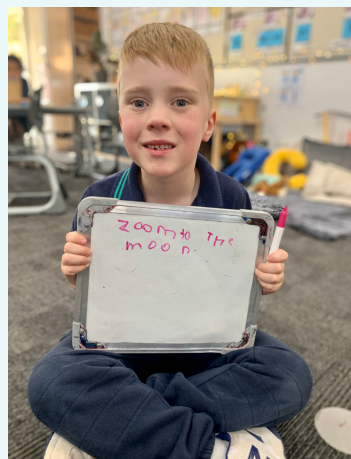
WHAT'S HAPPENING IN Reception Camisa

All About Phonics!

The children in Reception Camisa are making fantastic progress with their phonics knowledge. They have learnt all single letter sounds, many digraphs (two letters that make one sound) and are working hard to spell new words containing the sounds they know.

Every week the children learn to hear, read (decode) and write (encode) two new sounds. This week the children learned a new digraph /oo/. They learnt that this digraph can make two different sounds, short /oo/ as in book and long /oo/ as in moon. We spent some time listening to these sounds to make sure the children can hear and verbally segment them. We then decoded the sounds in /oo/ words to read them and encoded them to write /oo/ words.

To practise and apply their new knowledge, the children found many different ways to read and write words with the /oo/ sounds in. Here are some of the fun activities we have been doing to reinforce our learning.





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 Principal, Liz Keogh 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

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 and
simply enter the code **4buuc** to make your appointment.



RAISING **HEARTS** AND **MINDS**

SEAFORD SEAHAWKS YOUTH GROUP

**SEAFORD CHRISTIAN CHURCHES ECUMENICAL YOUTH GROUP.
FRIDAY NIGHTS DURING SCHOOL TERM WEEKS 1-8 ,
6:30PM - 8.00PM,
FOR KIDS & YOUTH 6 -16 YEARS OLD.**

About the group

Seahawks provides a diverse program for junior youth between the ages of 6 and 13 & senior youth, between the ages of 13 and 16. Typical program includes active & quiet games, craft, cooking & other fun activities, devotion and supper to round out the night. We also have many theme nights that see us at the beach, laser tag, indoor pool and doing lots of other awesome stuff.

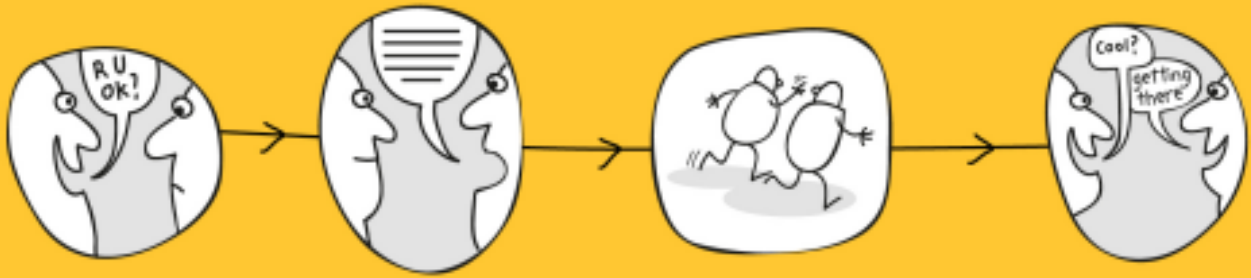
We meet Friday evenings for weeks 1 to 8 of each school term.

Contact Details

Coordinator: Daryl Hill
Seaford Christian Churches, Main Street Seaford
Phone: 0417 506 390
Email: lkdahill@bigpond.com

For further details, contact the Seaford Christian Churches (formerly SEM)
Phone: 08 8392 4522
Email: sem1@adam.com.au

How to have an R U OK? conversation



Ask R U OK?

Listen

Encourage action

Check in

really
Are they OK? Ask them today

RU OK?

SCHOOL CLOSURE DAY

FRIDAY, 10 DECEMBER 2021



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.