

All Saints

Catholic Primary School

NEWS

FROM THE PRINCIPAL

Liz Keogh

Dear Parents, Families and Friends of All Saints,

It's the month of celebrations here for the All Saints staff. During the holidays, Cassie McKenna (Year 3) will be married and then at the end of the first week back in Term 4, Peta Patterson will also be married. And last weekend Lucy Pinkerton became engaged. All these life events are celebrated by the staff, and the children enjoy sharing in these special moments as well. We wish all these staff members the very best as they embark on new life experiences.

In addition, we congratulate Maddy Ireland who has been appointed to a permanent teaching position at Antonio Catholic Primary School commencing in 2022. We will be sad to see Maddy leave, however we are excited for her future career. We thank Maddy for her contribution to our community as both an Education Support Officer and Teacher.

Thursday was milkshake day, the time we celebrate our All Saints Stars. I love sharing this time with the children and also love it when I have new children join me for this celebration of their dedication to their learning. Today one of the Year 6 children shared they were coming to the end of their primary school years and that they were a little nervous about that. Going from something familiar to an unfamiliar situation always makes us a little anxious. We see that in the children every day when something changes from their normal routine – even if it is a normal life stage change like moving to high school. These feelings of anxiety are normal to experience and here at All Saints we often say 'If you're not a little uncomfortable then you're not learning.' So we all feel uncomfortable at times - nervous or anxious – the main strategy to manage this is to make sure we continue to acknowledge the uncomfortable feeling and not develop habits that will increase the feeling by avoiding having the feelings or avoiding the situation altogether – it is natural to be anxious about changes and unknown situations!

I am sure some of our children were feeling a little anxious yesterday as they prepare to perform in the Catholic Schools Music Festival at the Adelaide Entertainment Centre. The school choir spent Thursday in rehearsals and then performed with hundreds of other primary school children last night. All the children performed beautifully and it was a wonderful evening of music. With many thanks to Daniel Roberts for his choir training efforts and to the staff who went along to support the choir.

Next term you will be invited to be part of our planning for our future years here at All Saints. With an ever-growing enrolment, we have much to consider to ensure our community is one that we all feel we can belong to, in whatever way that suits. Encouraging growth, compassion and learning for the leaders of tomorrow. Please consider contributing to that strategic planning process.

Wishing you all a relaxing break from the normal school routine, whether you're hanging around at home, going camping or travelling or joining in with vacation care.

With every best wish,
Liz Keogh



FROM THE APRIM Stephanie Crowe

Season of Creation

The Season of Creation is a time to slow down and focus on what matters. During this special time each year, we repair and restore our relationships with each other and with all creation.

From September 1 to October 4, Christians around the world celebrate the Season of Creation. Please see attached flyers on what simple things you can do to help care for our common home.

Liturgical Celebration

Last Wednesday the children from Reception and their families joined together in prayer. The theme for our prayer was 'Gratitude'.

The children thanked God for family, friends, creation, their gifts and talents. We listened to the Gospel of Luke, where we were reminded that it is important to say thankyou to God for all of the things that we have.



Diocesan Assembly

On the weekend, Liz Keogh and I, along with more than 400 representatives of parishes, migrant communities, schools, clergy, religious orders and Catholic agencies listened and shared their stories at the Diocesan Assembly held at Cabra Dominican College. We broke into small groups to discuss a number of key themes arising from the consultation process for the Diocesan Assembly.

Issues included outreach and accompaniment of young people and families, inclusion and healing, parish life and liturgy, responding to the cry of the earth and the cry of the poor, and leadership and formation.

The final session was held on Thursday night at the Capri Theatre where the assembly shared recommendations that came out of the small group discussions.

"There's a lot of work ahead, but it's good work, the work of the people, a liturgy of sorts," said Mr Bierer, Diocesan Assembly coordinator.

Thank you to the families that responded to the Archdiocesan survey sent home earlier this term.

Dear Lord,

We thank you for the many blessings we have received this term.

We voice our gratitude for the good things you have done in us, and we praise you for all who have shared in the work of our school.

We ask you to please bless all our learners, their families and staff, and give them refreshment and peace during the holidays.

Amen

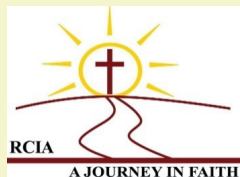
I hope you all have relaxing and refreshing school holidays.

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!

In the previous Newsletter we covered part one of **Positive Discipline**: 'Ways to be proactive with discipline'. This week in the second part we will look at 'Consequences and ways to respond when misbehaviour occurs'.

Discipline and behaviour can be some of the most difficult parts of parenting. Discipline however is not a one size fits all approach. Each child is different, and each family dynamic is different therefore 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.

Establishing Consequences: When it comes to consequences, strategies can be put in place before the misbehaviour occurs, as well as in response to it. When we think of the word consequence, we typically think of negative consequences such as losing a privilege, etc. However, consequences can also be positive e.g., allowing your child to play a video game after they complete their homework. For effective discipline, both positive and negative consequences need to be set in place.

Consequences need to be established ahead of time and done with your child. Allowing your child to have a say in what the consequence for a certain action should be will increase their ownership in their behaviour and makes it less personal. It helps your child to view the consequence as something that was caused by his/her behaviour choice instead of just something that the "unfair" parent decided to do.

Establish logical consequences whenever possible. A logical consequence is related to the child's behaviour that does not shame or punish the child. Instead, these consequences help the child fix their mistakes and take responsibility for their actions e.g. having your child sit and calm down until he/she is ready to comply with directions. Another example that can be used if the child has made a mess is having your child clean up the mess before they are allowed to move on to another activity.

Regardless of the consequence, it is important to follow through. By being inconsistent with consequences, you are showing your child that their misbehaviour isn't a big deal. The inconsistency can also make them less likely to abide by the expectations in the future. Even after you have been proactive and have set expectations in place, there will still be times when your child misbehaves.

Following are some strategies to address misbehaviour in the moment:

- **Stay calm.** Take time to manage your own emotions if needed.
- **Address the behaviour, not the child.** It is the behaviour that you don't approve of – not the child. Make sure your children know this. This reminder can protect your child from feeling ashamed or even developing low self-esteem.
- **Follow through with consequences** – positive or negative.
- Use **logical consequences**.
- Help your child use their **coping skills** e.g., deep breathing, mindfulness, distraction.
- Consider what need your child is trying to meet – **behaviour is communication**. If your child is throwing a tantrum about a seemingly insignificant event, it may be that they are dealing with strong feelings that haven't been addressed.
- Work with your child to help them **problem solve**.
- **When possible, address behaviour concerns in private** to avoid your child feeling embarrassed and ashamed for their behaviour. This could keep them from calming down and may even lead to more misbehaviours.

Lastly, it is important to remember that you and your child are on the same team. When they are making poor behaviour choices, remind them that you want to help them. Then, work together to help your child manage his/her emotions and make better decisions.

Remember, kids are trying to learn how to handle their emotions as well as trying to understand where they fit in the world. This can lead them to make behaviour choices that aren't always the best.

Take care,
Cynthia – School Counsellor



"Positive discipline is based on maintaining dignity and respect by using kindness and firmness at the same time" Dr. Jane Nelson

WHAT'S HAPPENING IN Year 2 Rowe

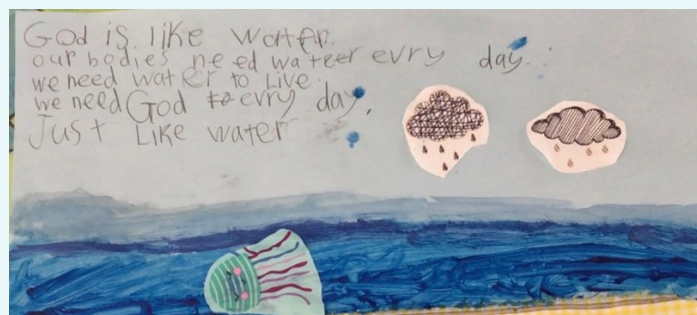
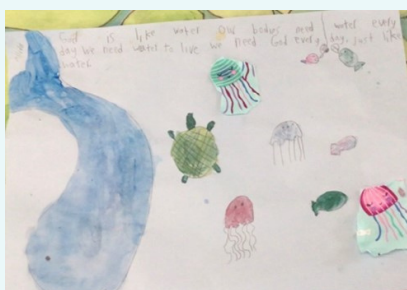
What a great term of learning we have experienced! Our favourite learning has been in Religious Education where we have been focusing on spiritual self-awareness and linking that into what we think or believe God to be like.

We used the book "What is God Like" as a provocation to interpret and understand God in our own context. This kind of interpretation gives students agency and ownership of their learning.

We discussed how God was like water and the students showed their understanding through craft.

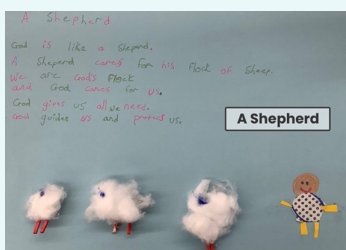
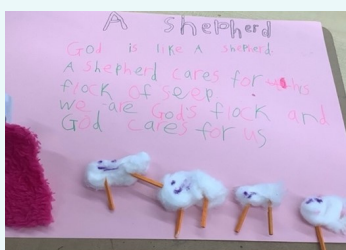
Water

We discussed how God was like water and the students showed their understanding through craft.



Sheep

We looked at how God was like a shepherd and the children created pictures to show their thoughts.



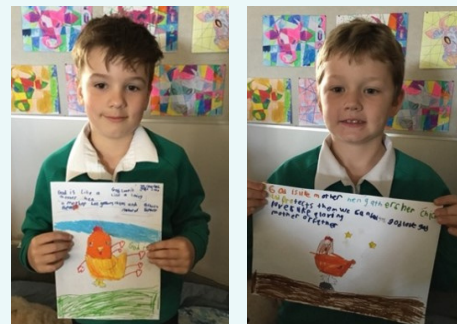
Clay

To understand how God is like clay, we used modelling clay to model a shape, as God models us into his likeness.



Hen

The children interpreted how God is like a mother hen through artwork.



Rocks

The children enjoyed demonstrating how God is like a rock, building the foundations for our faith.

Light

We often think of God as a light in our lives.



Love

The most important Love is God's.



We can't wait to see where our learning will take us next term!

ALL SAINTS CATHOLIC PRIMARY SCHOOL NEWS



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

UNIFORM CHANGEOVER

A reminder that the children will return to school after the holidays in their full Summer uniform, available from Lowes at Colonnades. If we still have some cool weather in the first 2 weeks of Term 4, they may wear their full Winter uniform.

It is important to note that children must wear either the complete Summer uniform or the complete Winter Uniform, not a combination.

The wearing of the correct uniform is a requirement of all children attending All Saints and we greatly appreciate your support in this matter. Please see the School Uniform/Dress Code Policy for further information.

TERM 4
commences

Monday
11 October 2021



WE ARE HAVING A LITTLE BREAK AT

Little Saints PLAYGROUP

JOIN US FROM
MONDAY, 11 OCTOBER 2021



SCHOOL CLOSURE DAY

FRIDAY, 10 DECEMBER 2021



Shopping for the Planet

Learning to use our influence as purchasers for a better world
Inspired by Pope Francis' encyclical 'Laudato Si' (2015)

Simple actions in the supermarket



Wrapping

Take your soft plastics to recycle stations. Many stores provide a collection point for returning your soft plastics.



Soap

Consider changing your plastic soap bottles for bars of soap. This will reduce your plastic.



Palm Oil

Palm oil is taking the natural habitat from orangutans. Look for products that don't include palm oil.



Fair Trade

Look for the fair trade symbols on products. This ensures workers are offered fair pay and have better working conditions.



Difference

Make a difference today. If we all make small changes in our choices when shopping it adds up.



Planet

Our planet is crying out for our help. You can make a difference to the health of our planet.

An initiative prepared by Council for Integral Ecology

Words by Ann (O'Callaghan) Henry

Shopping for the Planet

Learning to use our influence as purchasers for a better world
Inspired by Pope Francis' encyclical 'Laudato Si' (2015)

Simple actions in the supermarket



Paper

Buy sustainably sourced paper. Products labelled 'sustainably sourced' do less damage to the planet.



Recycled

Source products from recycled paper. This can be toilet paper, tissues, note pads & napkins.



Plastic

Swap plastic bottles, cups and cutlery for paper alternatives. Plastic stays in the environment for hundreds of years.



Bamboo

Bamboo is a sustainable resource. Switch from a plastic toothbrush to bamboo.



Packaging

Change your plastic packaging as most of it can't be recycled. Buy carton milk instead of plastic bottles.



Biodegradable

Buy biodegradable products when possible. These include cling wrap, alfoil, baking paper and bin liners.

An initiative prepared by Council for Integral Ecology

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