



ST PAUL'S PRIMARY SCHOOL NEWSLETTER

St Paul's Primary School is committed to the care, wellbeing and protection of children, young people and vulnerable people in our community

Lord,

I thank you for today,

A day of forgiveness,

A day of promise,

A day of unity,

A day of celebration.

Amen

Dates To Remember:

Term 3: Monday, 10 July - Friday, 15 September

JULY:

Monday, 24: Assembly 2.45 - 3.15pm - Year 3/4MO presenting

Tuesday, 25: Year 1/2 excursion

Wednesday, 26: Hamburger Wednesday!

Thursday, 27: St Paul's Playgroup 9.30 - 12.30pm

Monday, 31: Assembly 2.45 - 3.15pm - Year 1/2P presenting

AUGUST:

Tuesday, 1: Parent/Teacher Interviews 3.45 - 4.30pm

Wednesday 2: Parent/Teacher Interviews 3.45 - 4.30pm

Thursday, 3: Parent/Teacher Interviews 1.00 - 6.00pm -

SCHOOL FINISHES AT 1.00PM

Friday, 4: Australian Primary Principal Day

Monday, 7: Assembly 2.45 - 3.15pm - Year 5/6H presenting

Friday, 18: Pupil Free Day - No School (Staff Professional Development)

MONDAY,
Assembly

Year 3/4MO
presenting

St Paul's acknowledges that our school is on the land of the Wurundjeri people of the Kulin Nation and pay our respects to their elders, past, present & future

FROM THE PRINCIPAL

A message from our Principal, Maria Mercuri

It is only week 2 and Term 3 is well and truly underway. Our school is buzzing with activity. Our Senior students attended an excursion to the Botanic Gardens to explore Australia's Indigenous Peoples culture through plants, tools and weaving. Year 1/2 are going to the Como House next week to learn about things from the past and compare them to our present. They will explore the garden to see how time passes and look at the plants in preparation for Term 4, and developing and understanding plants that are native and not native to Australia.

Our community continues to come together to support the children at St Paul's. Working alongside our parents is critical to student engagement and learning. We had a Parents and Friends Meeting last week to discuss and plan for term 3 activities. On Wednesday we had our School Advisory Council Meeting. The School Advisory Council are an essential component of governing and operating St Paul's. Our council plays a significant role in supporting the spiritual and educational welfare of our students through its ongoing support of the Principal. I would like to extend my thanks to the members who were in attendance on Wednesday night, Hadleigh Morrissey, Matt Sullivan and Christina Rosetti, as well as some St Paul's staff. Together, the members of the council are working hard to support the school and drive improvement.



Parent Teacher Learning Conversations will be held in week 4 (August 1, 2, 3) Families can book via

<https://www.schoolinterviews.com.au/code/2v66e>

Check your email for further details. **School will finish at 1pm on Thursday 3 August. Academy For Kids will operate from 1pm on this day.**

Wet Weather Dismissal - It always seems to rain right on 3.30pm dismissal time!! As we don't have great amount of undercover shelter for parents waiting to pick up children when it rains, on rainy days we will use the Peppercorn Courtyard to dismiss all students. We will open the gates at 3.15pm. Teachers will walk their class to the Peppercorn Courtyard area and dismiss the class from 3.25pm.

Pupil Free Day Staff are participating in professional development on Friday 18 August. **There will be no school on this day. Academy For Kids will be available.**



Intentions for 2024- It's that time of year when we are starting to plan for 2024. If your child is not returning to St Paul's in 2024 (other than Year 6), please let us know in writing via email to office@spcoburg.catholic.edu.au

As always, thank you for your support of our school community,

Maria

FROM THE PRINCIPAL

HAPPY BIRTHDAY!

Wishing the following a
blessed & joyful birthday!

JULY

Makenna K - 17th

Rick Z - 18th

Ava B - 23rd

Lukas W - 17th

Thomas D S, T - 22nd

**HAPPY
BIRTHDAY**

Jump Back Up July - Let's find ways to bounce back!

Jump Back Up July 2023

SATURDAY

1 Take a small step to help overcome a problem or worry

8 Avoid saying "must" or "should" to yourself today

15 Set yourself an achievable goal and take the first step

22 Find 3 things you feel hopeful about and write them down

29 Be a realistic optimist. Focus on what could go right

SUNDAY

2 Adopt a growth mindset. Change "I can't" into "I can't...yet"

9 Put a problem in perspective by seeing the bigger picture

16 Find fun ways to distract yourself from unhelpful thoughts

23 Remember that all feelings and situations pass in time

30 Reach out to a friend, family member or colleague for support

MONDAY

Be willing to ask for help when you need it

10 Reach out to someone you trust and share your feelings with them

17 Use one of your strengths to overcome a challenge today

24 Choose to see something good about what has gone wrong

31 Remember we all struggle at times - it's part of being human

TUESDAY

4 Find something to look forward to today

11 Look for something positive in a difficult situation

18 Let go of the small stuff and focus on the things that matter

25 Notice when you are feeling judgmental and be kind instead

WEDNESDAY

5 Get the basics right: eat well, exercise and go to bed on time

12 Write your worries down and save them for a specific 'worry time'

19 If you can't change it, change the way you think about it

26 Catch yourself over-reacting and take a deep breath

THURSDAY

6 Pause, breathe and feel your feet firmly on the ground

13 Challenge negative thoughts. Find an alternative interpretation

20 When things go wrong, pause and be kind to yourself

27 Write down 3 things you're grateful for (even if today was hard)

FRIDAY

7 Shift your mood by doing something you really enjoy

14 Get outside and move to help clear your head

21 Identify what helped you get through a tough time in your life

28 Think about what you can learn from a recent problem



FROM THE DEPUTY PRINCIPAL

SOCIAL AND EMOTIONAL LEARNING An Overview of the Term ahead

Dear Families,

As the children work through their social/emotional curriculum, they continue to focus on the areas of self management, self awareness, social awareness, relationship skills and responsible decision making. This term there is a strong focus on cultural awareness and the importance of diversity.

The children are working on sharing their strengths and diversity within the classroom, this focus is then a stepping stone into racism, understanding what racism is and as a school community taking a stand against racism.

The children will **Stand Up Against Bullying** with an incursion hosted by **Bully Zero** and will acknowledge **National Day Against Bullying and Violence**. Further information is to follow in the coming weeks regarding these significant dates and events. Wrapping up the term, all year levels will focus on positive emotions and looking on the bright side. This will be further supported by the '**R U OK?**' curriculum.

Our social / emotional curriculum plays a critical and important part in our children's development. It is important that conversations around racism and cultural diversity (it's okay to be different) are also nurtured at home. Please take the time to discuss with your child the importance of inclusivity.



If your child requires any wellbeing support, do not hesitate to contact me. For all matters of wellbeing and learning diversity, I can be contacted on ssstedman@spcoburg.catholic.edu.au

Wishing everyone a wonderful weekend, stay warm and enjoy the special time with your family.

Kind regards,

Stephanie

UNIFORM

UNIFORM REMINDERS

Thank you to all families for ensuring your children are in the correct school uniform.

School Shoes: Black shoes - all black soles - are part of the St Paul's uniform. Children can wear runners on their sports day. Some black school shoes examples include:



Earrings Only stud earrings can be worn. For safety reasons no dangling earrings to be worn.

Hair Ties Reminder: Long hair should be tied back in black or blue hair ties. All hair accessories (eg. clips, ribbons, headbands) to be blue, black or white in colour.

SECOND HAND UNIFORMS

- \$10 an item
- Email - office@spcoburg.catholic.edu.au
- Packed and processed on a Wednesday only

NEW UNIFORMS CAN BE PURCHASED FROM SPARTAN WORLD UNIFORM SUPPLIER

Website: www.spartanschoolworld.com.au

Phone: online shop 1800 815 557

Email: onlineorders@spartanss.com.au

Shop: Spartan School World 97 Main Road, Lower Plenty
Monday, Wednesday, Friday: 12pm - 5pm
1st Saturday of every month: 9am - 12pm

- Spartan deliver to school or home for a delivery fee of \$9.95.
- Returns of incorrect sizes can be arranged directly through Sparta
- Orders from Spartan are dispatched on Wednesday and delivered Thursday.



STUDENT OF THE WEEK

TO BE PRESENTED AT ASSEMBLY ON MONDAY, 24 JULY

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Class	Name	Awarded for...
Prep D	Olivia W	Being RESPECTFUL by always speaking with kindness to others.
	Agam S	Being PREPARED for your learning by following instructions and listening well.
Prep B	Phoebe L	For being RESPECTFUL by always using kind words and her manners. Well done!
	Matias M	For being a RESPONSIBLE member of our prep class by helping to tidy up and organising our classroom. Thank you Matias!
1/2 A	Daniel R	For being PREPARED for his learning.
	Elyssa T	For being RESPECTFUL at all times.
1/2 G	Joshua S	For being RESPONSIBLE in his outstanding effort with Take Home Reading.
	Charlotte F	For her RESILIENCE when little problems arise. Way to Go!
1/2 P	Alexander P	For being PREPARED by showing that he is ready to learn, focussing on each task and consistently completing work to a high standard. Great effort!
	Mason D	For being RESPONSIBLE for his learning, working well with others, and striving to do and be his best at all times. Keep up the fantastic effort!
3/4 DM	Nicholas Z	For being RESPONSIBLE for his learning, and working hard consistently in all classroom activities. Great job Nicholas!
	Ryan B	For starting the term PREPARED for learning, persisting with tasks and striving to always do and be his best! Well done Ryan!!
3/4 MO	Caitlin L	Being RESPECTFUL by always speaking kindly and considerately to others. Thank you.
	Talia L	Being PREPARED by always getting ready for your learning efficiently and consciously. Thank you.
3/4 ST	James T	Being PREPARED to share his fantastic ideas and wonderings during small group and whole class learning. Thank you James.
	Anica M	Being RESPONSIBLE for always being ready to learn and working hard during clas
Senior H	Jennelle B	For being RESPECTFUL by always being kind to others. You use your manners and are always welcoming of others. Well done!
	Matilda Z	For being RESPONSIBLE by the way you conducted yourself and represented our school on our excursion to the Botanical Gardens. Well done!
Senior ML	Sienna A	For being a RESPECTFUL and friendly student who is always kind towards her classmates and teachers. Well done!
	Alessandro L	For being PREPARED and ready to learn by engaging in class discussions with great knowledge and enthusiasm. Well done Alessandro!
Senior O	Panagiotis Z	For being RESPECTFUL by showing kindness to others.
	Michaela G	For being PREPARED and working hard to complete her explanation text.

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SENIORS

In Seniors, our term has started off with an excursion to the Royal Botanic Gardens. On the excursion we had the opportunity to explore Australia's Indigenous Peoples culture through plants, tools and weaving. We also got a short time at the National Gallery of Victoria where we got to appreciate some modern and indigenous artworks.



Royal
Botanic
Gardens
Victoria

PERFORMING ARTS

JUNIORS

Students were introduced to NAIDOC week, a time to celebrate the histories, cultures and achievements of Aboriginal and Torres Strait Islander people. They learnt about traditional Aboriginal instruments and were encouraged to play and sing along to Aboriginal and Torres Strait Islander songs.



MIDDLE / SENIORS

Students were introduced to Indigenous Australian music in the form of 'Songlines'. Following the example of Indigenous Australian storytellers, children were encouraged to create their own musical composition using instruments, voice or a combination of both.



NURTURING RESILIENCE IN OUR CHILDREN

Dear Families,

During class time this term, the teachers and I will be exploring the topic of resilience with the children and what it means to bounce back and deal with situations in our life that may cause upset, frustration or anger.

Based on these workshops I thought I might share with you some ideas regarding resilience that you could choose to explore as a family.



- Children need to hurt sometimes because life is a series of ups and downs. It is not possible to protect or help children avoid all the downs they will experience
- Resilience is about developing skills that can be used for children to “get up” when they are feeling down
- Resilience is about bouncing back from negative situations as opposed to building a bridge to avoid them
- Developing resilience is a work in progress. It develops over time

Think about:

Perhaps you might take a moment to discuss this information with your child and brainstorm things they can do when they are going through one of life's downs. How are your children resilient on these occasions?

Remember:

Resilience is a skill that requires practice, time and patience to develop. We all have different ways of coping and bouncing back from life's challenging situations. The trick is to find a way that works for you.

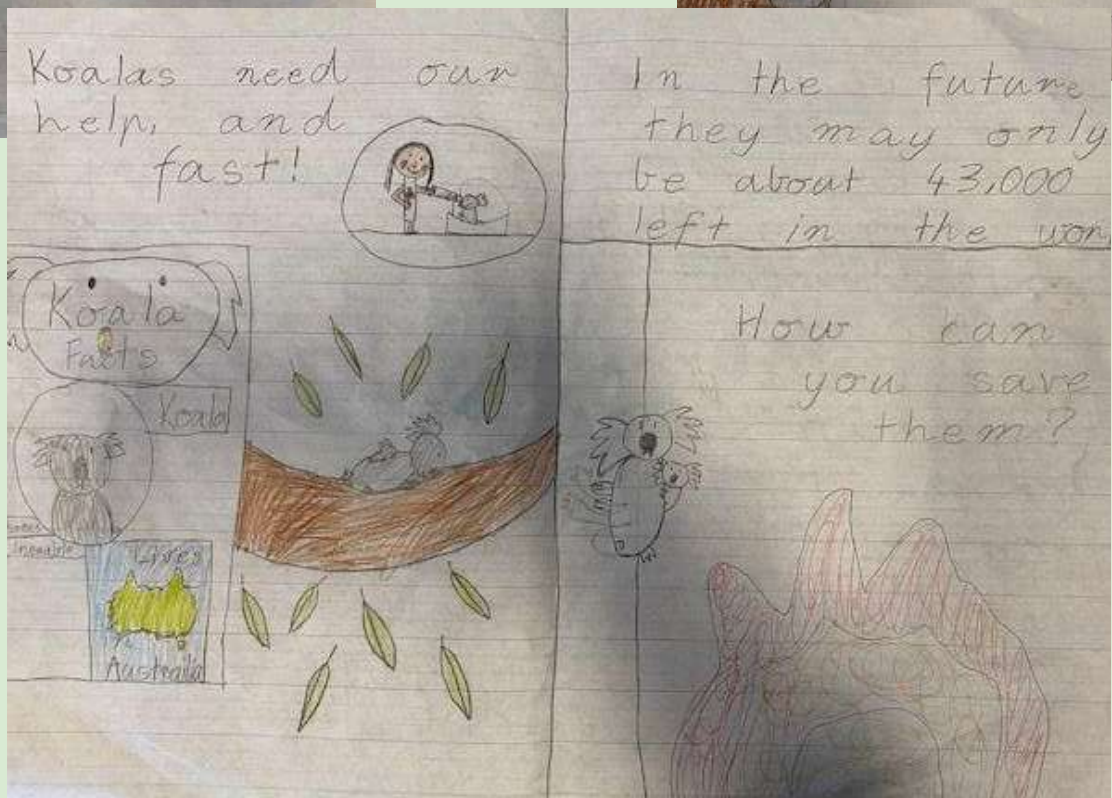
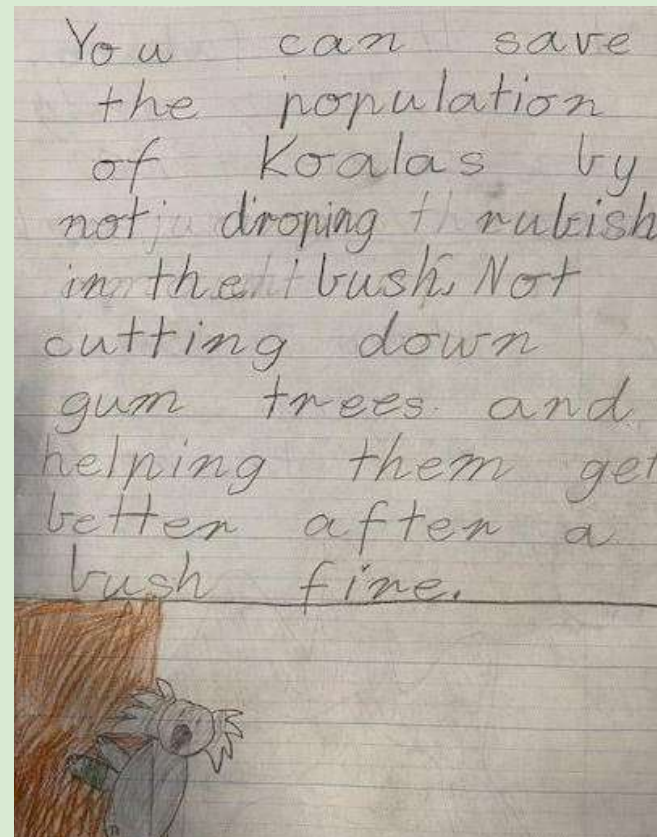
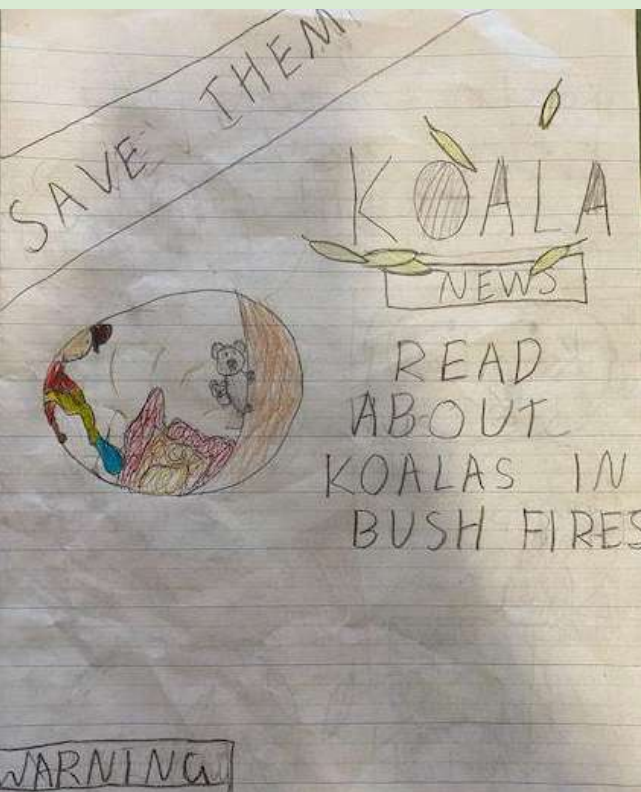
Happy Adventures!

Edward Faraci



SUSTAINABILITY

This week in Writers workshop, Isabella from 3/4 wrote about Koalas in bushfires and how we can save them! Check out her fantastic tips! Well done Isabella!



PREMIERS' READING CHALLENGE

Victorian
premiers'
reading
challenge



Congratulations to the following students who have recently completed the Premiers' Reading Challenge:

3/4DM:

Emma H
Chloe H

5/6H:

Alex C
Julian F
Sofia H
Jas K
Kleio T

5/6ML:

Isla Coleman
Hugh S

5/6O:

Khesmik R

Our whole school book tally is over 200 books read!

Please contact Ms Angela if you have not received your Reading Challenge password (agangi@spcoburg.catholic.edu.au)

The Premiers Reading Challenge is open to all students from Prep - Year 6 and is simply to encourage a love of reading and challenging yourself to read a variety of books!

Prep - Year 2 students must read/share 30 books to complete the Challenge

Year 3 - 6 students must read 15 books to complete the Challenge

However, ALL participants receive a certificate of completion or participation.

You can read more about the Reading Challenge [here](#).

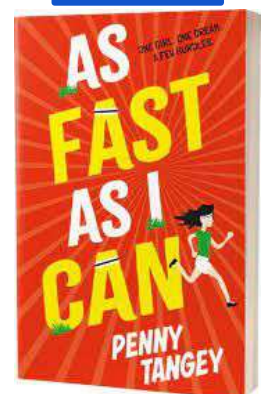
STUDENT BOOK REVIEW!

In order to encourage reading & promote the Premiers' Reading Challenge, we are featuring book reviews as recommended by the students of St Paul's!

This week, Aoibheann (Year 3/4ST) shares her book review and picture about the book titled "As Fast As I can" by Penny Tangey.

Ten-year-old Vivian really wants to go to the Olympics. Not just to watch, but to compete. But she and her best friend Olivia cannot find their right talent. But then it hit her. Running! Why not? When she gets into Cross Country, she is certain she will go into the Olympics. Then she finds out that her mum has long QT syndrome - a sickness that if you do something too fast, you can faint or even die. When it is discovered that Vivian has it too, can she still go to the Olympics? Or will she find another dream?

I recommend this book for Years 3 - 4 because you have to follow the storyline perfectly to know what is going on, otherwise you will get pretty confused. I loved this book because it was so interesting. I hope when you read this great book, you will be on the edge of your seat - like me!



SCHOOL COMMUNITY



Join

Pascoe Vale Hadfield Cricket Club

Catering for all age groups:

- Junior Boys and All Girls teams
- Woolworths Junior and Master Blast Programs
- Senior Mens and Womens teams

Want more information???

Get in Touch

E: pascoe vale hadfield dcc@gmail.com

Facebook: @PVHCricketClub

Instagram: p.v.h.c.c

Junior Online Registration

www.playcricket.com.au

then search "Pascoe Vale Hadfield"
and select our programs



JOIN THE GIRLS!

THE FUTURE OF AFLW STARTS HERE

Essendon FC - Pascoe Vale & Surrounds

Auskick Centre

Cole Reserve, Pascoe Vale
Monday 31st July - 4th September
4:30pm-5:30pm

\$60 for 6 weeks, a guaranteed AFLW half-time experience & awesome goodies!



DISCOVER MERCY OPEN DAY

Meet our Principal, explore the facilities and chat with our students and staff.

Wednesday 9 August 2023 9.30am and 6.00pm

Sunday 13 August 2023 10.00am

760 Sydney Road, Coburg - Entry via Gate 1
Presentation and tour takes approximately 90 minutes.

Book online or call 9319 9299.
mercycoburg.catholic.edu.au

CRICOS 922271



Visit www.parade.vic.edu.au to apply
For enquiries contact enrol@parade.vic.edu.au



Parade College | 1436 Plenty Rd Bundoora | 9468 3300

DISCOVER WHY WE ARE
LEADERS IN BOYS' EDUCATION



YEAR 7 2025 PARENT INFORMATION EVENING



Wednesday, 2 August 2023 at 7pm
Marcellin College Functions Room
BOOKINGS ESSENTIAL

Year 7 2025 Enrolments
APPLICATIONS CLOSE 18 AUGUST 2023
Secure your place today marcellin.vic.edu.au

MARCELLIN COLLEGE *Strive for the best*
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