



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,

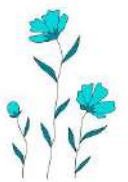
We thank you for this term.

For our challenges, our successes, and the mistakes from which we have learnt.

Be with us as we enjoy the love and presence of our families

Keep us safe in our activities; give us good rest, recreation and good fun

Bring us back refreshed and ready for a new term.



We thank you for our classmates, teachers, parents and a community that cares for us.

May we always be conscious of you in our lives.

Amen

Dates To Remember:

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

OCTOBER:

Monday, 2: Term 4 commences
Saturday 14: Referendum Voting Site-St Paul's Hall

NOVEMBER:

Wednesday, 1: Whole School Photo
Monday, 6: School Closure Day
Tuesday, 7: Melbourne Cup Day Public Holiday

DECEMBER:

Friday, 15: Last Day of Term 4 for students

WISHING
ALL
FAMILIES
A HAPPY,
RELAXING &
SAFE TERM
BREAK!

ST PAUL'S PRIMARY FOR

2023 AUSTRALIA REFERENDUM



Saturday, October 14, 2023

This year a Voting Centre will be held in our school Hall. This a great opportunity to promote our school Community and raise money and continue to create an enriching environment for our students.

VOLUNTEERS NEEDED

We will be holding a Sausage sizzle booth and are looking for parent volunteers to support us on the day for as little 1 hour.

Please contact the school office if you can support us.

Soft drink donations; Please support us by kindly donating 6 cans of any soft drink to sell on the day.

Thank you for your support!



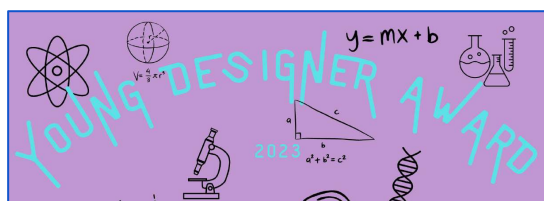
HELP US HELP OUR SCHOOL!

FROM THE PRINCIPAL

A message from our Principal, Maria Mercuri

Can you believe that Term 3 is almost over? Where did the 10 weeks of the term go? Some highlights this term have included 100 Days of Prep, Book Week, Book Fair, Science Week, Young Designer, excursions/incursions, Athletics, Year 6 Confirmation, Premiers' Reading Challenge, visiting authors, Buddy sessions, Fathers' Day Breakfast, and lots of rich learning experiences. Quite a few students (and staff) are very ready for a rest!

Thank you to everyone for your dedication and support this term. I wish our students and families, along with our greatly valued and hard-working staff, a refreshing and restful break. May you all take the time to recharge and re-energise, returning for Term 4 on Monday 2 October.



We had our annual **Young Designer Awards** yesterday. What an amazing group of young designers we have at St Paul's. The brief was to build a boat from sustainable materials. This year's challenge required the gifts of; creativity, problem solving and an understanding of physics as students & families used their engineering skills to design and build a boat that utilises sustainable materials and power sources. We gathered as a school to see all the wonderful designs. Congratulations to all the children who entered. A huge Thank You to Mr Alex, Mr Jorge and Miss Ryan for organising this event for our children.

Summer Uniform & Hats Reminder!

From the start of Term 4 all students can begin to wear their School Summer Uniform. The full transition to Summer Uniform will be by Monday 16th October (Week 3, Term 4)

As we are a SunSmart School, all students will be required to wear their hats to school from the first day of Term 4. Students have the option of wearing either their summer or winter uniform for the first two weeks of the term, but not a combination of the two. A reminder that all students wear black shoes, except on their sports days. Lots of great quality second hand uniforms. Please contact the office for orders.

First Day of Term 4 - Monday, 2 October

FROM THE PRINCIPAL

2023 REFERENDUM

14 OCTOBER 2023

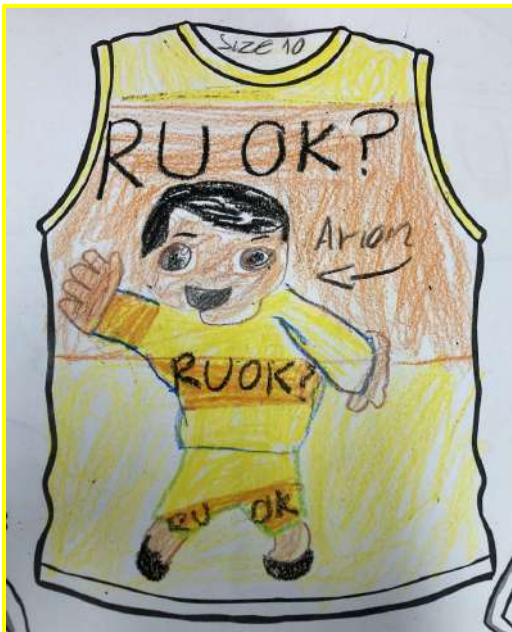
ST PAUL'S HALL - POLLING SITE

Referendum - Saturday, October 14 -

St Paul's hall has been selected to be a polling site for the upcoming Referendum. This will be a great opportunity to showcase our school and run some fundraising activities. We will be holding a BBQ and cake stall. We will be asking for volunteers at these stalls. Please keep a couple of hours free to come along and support our school. Please see flyer in this newsletter with more information.



We farewell Esosa & Ivie who are moving to a new house and school. We wish the children and their family the very best from our community. May God continue to bless you in your new surroundings.



RUOK? This week the children celebrated RUOK? Day. Together our community recognised the importance of reaching out to others and asking R U OK? We know that there are four steps that could make someone's day brighter: 1. Ask - are you okay? 2. Listen 3. Encourage Action - what can we do? 4. Check in **REMEMBER** Everyday it's important to ask - Are You OK?

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

FROM THE PRINCIPAL

HAPPY BIRTHDAY!

Wishing the following a
blessed & joyful birthday!

SEPTEMBER

Gabriella C	-	13th
George C	-	13th
Gabriela J H	-	15th
Meghna R	-	17th
Tina N	-	20th
Gabriel G	-	21st
Pari V	-	22nd
Natasha C	-	25th
Ms Pat Villa (staff)	-	27th

HAPPY BIRTHDAY

Self Care September

Self-Care September 2023

MONDAY



4 Plan a fun or relaxing activity and make time for it

11 Make time to do something you really enjoy

18 Ask a trusted friend to tell you what strengths they see in you

25 Avoid saying 'I should' and make time to do nothing

TUESDAY



5 Forgive yourself when things go wrong. Everyone makes mistakes

12 Get active outside and give your mind and body a natural boost

19 Notice what you are feeling, without any judgement

26 Find a new way to use one of your strengths or talents

WEDNESDAY



6 Focus on the basics: eat well, exercise and go to bed on time

13 Be as kind to yourself as you would to a loved one

20 Enjoy photos from a time with happy memories

27 Free up time by cancelling any unnecessary plans

THURSDAY



7 Give yourself permission to say 'no'

14 If you're busy, allow yourself to pause and take a break

21 Don't compare how you feel inside to how others appear outside

28 Choose to see your mistakes as steps to help you learn

FRIDAY

1 Find time for self-care. It's not selfish, it's essential

8 Be willing to share how you feel and ask for help when needed

15 Find a caring, calming phrase to use when you feel low

22 Take your time. Make space to just breathe and be still

29 Write down three things you appreciate about yourself

SATURDAY

2 Notice the things you do well, however small

9 Aim to be good enough, rather than perfect

16 Leave positive messages for yourself to see regularly

23 Let go of other people's expectations of you

30 Remind yourself that you are enough, just as you are

SUNDAY

3 Let go of self-criticism and speak to yourself kindly

10 When you find things hard, remember it's ok not to be ok

17 No plans day. Make time to slow down and be kind to yourself

24 Accept yourself and remember that you are worthy of love



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 Spartan.
- Orders from Spartan are dispatched on Wednesday and delivered to school on Thursday.

WHOLE SCHOOL PHOTOS

Whole School Photos will be on Wednesday 1 November 2023

There will be more information to follow

DREP

We had a very busy last week of term in Prep!

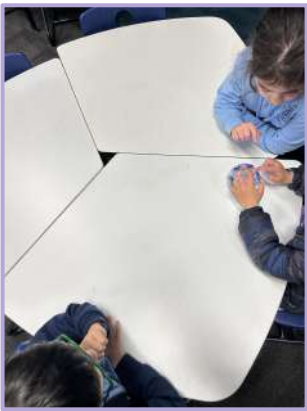
We celebrated R U OK? Day, had a visit from Anne Sgro Kinder and watched the entrants for The Young Designer Award. We are ready for a well deserved holiday break! Have a restful and fun holidays everyone :)



We loved going outside and watching our friends enter The Young Designer Competition!



 Anne Sgro
Children's Centre



We were so excited to teach the kinder children from Anne Sgro how to use the beebots!

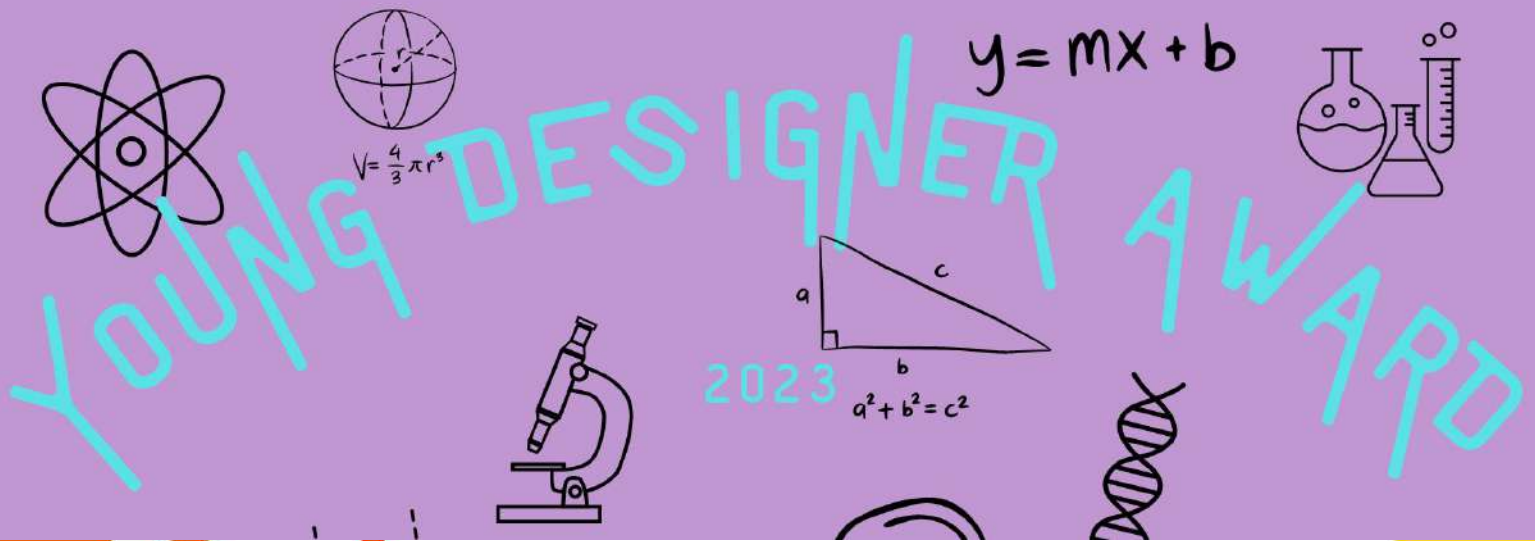


RU OK?™

We wore a splash of yellow and made listening ears for R U OK? Day. We learnt about the importance of listening to people when they are talking to us, especially if they are sharing a problem.



STEM



Big thank you, again to the students, parents and teachers that helped make the Young Designer Award 2023 happen.



Shout out to all the girls that entered. Women only make up 36% of enrolments in STEM courses at university. It's amazing to grow curious minds at a young age.

GIRLS TO THE FRONT!

ST PAUL'S PLAYGROUP

We have had a great term at Playgroup this term and the children have enjoyed the fun activities. It's wonderful to see relationships developing in our playgroup community. If you are interested in joining us next term, please email Rita at playgroup@spcoburg.catholic.edu.au



MARBLE PAINTING



PIC•COLLAGE



PICNIC TREATS FOR END OF TERM 3



PIC•COLLAGE



NURTURING RESILIENCE IN OUR CHILDREN: Part two

FOOD FOR THOUGHT



Dear Families,

In a previous newsletter, the term “**resilience**” was introduced to describe how children can bounce back in order to deal with unhappy or challenging experiences they sometimes go through.

Here are more ideas about developing resilience in our children:

- Teach children problem solving skills. At times we are tempted to solve problems for our children that they may be capable of solving themselves.
- It is important to have high, but realistic, expectations of our children
- Failure and feeling bad are actually building blocks for success. When children make mistakes, talk to them about things they may have learnt from the experience.
- Work in partnership with teachers to help develop resilience in children
- When children discuss a conflict experience with another child, encourage them to explore the other child’s perspective. Ask them to think about: “what else could it be?”

Think about:

Perhaps you could continue your discussion about resilience with your children 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:

Come up with a series of solutions that reflect upon your child’s strengths and remind your children that whatever it is they are going through, all problems have a beginning, a middle and an end. This problem, like Melbourne’s weather, will not last forever!

Happy Adventures!

Kind Regards,

Edward Faraci



COMMUNITY NEWS



Short story competition

Creators of all ages are invited to enter the 2023 Merri-bek Libraries short story competition

Write a story in 500 words or less, or recorded in 3 minutes or less

Your story can be about anything, your only guideline is that the story includes the word **library**

Entries close 8 October
Winners announced 31 October
Great prizes to be won!

Entry details

Pick up an entry form from any Merri-bek library, scan the QR code or check the library website.

merri-bek.vic.gov.au/libraries



SCAN ME

Merri-bek Language Link

Italiano	Italian	9280 1911	Türkçe	Turkish	9280 1914	普通话	Chinese (Simplified)	9280 0750
Ελληνικά	Greek	9280 1912	Tiếng Việt	Vietnamese	9280 1915		National Relay Service:	
عربي	Arabic	9280 1913	नेपाली	Nepali	9280 0751		13 36 77 or relayservice.com.au	



COBURG LITTLE ATHLETICS CENTRE COME AND TRY DAY 16.09.23

U6-U10: 9AM - 11AM
U11-U17: 11AM - 12PM

COME ALONG TO OUR BEAUTIFUL ATHLETICS CENTRE TO TRY TRACK AND FIELD EVENTS & FIND OUT ABOUT THE UPCOMING SEASON.

IDEAL FOR CHILDREN AGED 5 - 17, LITTLE ATHS IS INCLUSIVE, FUN AND A GREAT WAY TO MAKE FRIENDS!

REGISTER YOUR CHILD'S ATTENDANCE AT:
[HTTPS://LAVIC.COM.AU/CENTRES/COBURG/](https://lavic.com.au/centres/coburg/)
(Complete the expression of interest form)



HAROLDS STEVENS ATHLETICS TRACK COBURG
20 OUTLOOK ROAD, COBURG NORTH

Hey, young artists!

JUMP

into 2024!



Coburg Little Athletics and Coburg Harriers want YOUR artwork for our 2024 calendar! The theme is JUMPING.

Open to all artists aged 5 -12.
Entries close 15/9/2023.

Send a scan of your artwork to art@coburgharriers.org.au

MBFF

Merri-bek Family Festival

A new arts festival for children and their families.

Brunswick Library
Brunswick Town Hall
Counihan Gallery

Theatre
Music
Story Telling
Workshops
Installations
VR Cinema

Limited tickets.
Book now!

Free or low cost



18th to 24th Sept



www.mbff.au



coburglittleathletics.teamapp.com
coburgharriers.org.au

