



EPISCOPAL VISIT – ARCHBISHOP PETER A. COMENSOLI

St Paul's & St Oliver's Parishes



FRIDAY 23 OCTOBER – (Venue: St Paul's
MINISTERS & COMMITTEES Church)

3.45pm • Meeting with ALL parish ministers
and parish committees from both parishes



SATURDAY 24 OCTOBER –
ST OLIVER'S PARISH PASCOE VALE



9.30-11.30am • Both Parishes Forum
(Lunch in St Oliver's Parish Centre, (Register via QR Code)
no 10am confessions
4.30pm • Youth & Young Adults Meeting
5.00pm • Archbishop celebrates Vigil Mass



SUNDAY 25 OCTOBER –
ARCHBISHOP PARISH MASSES

9.00am Mass • **St Paul's**
Light refreshments in Parish Hall afterwards
10.30am Mass • **St Oliver's**
Light lunch in Parish Centre afterwards



All parishioners are warmly encouraged to
participate in these special gatherings with
Archbishop Peter during his pastoral visit.
You are welcome to bring a plate on Saturday
or Sunday to share. (not compulsory)



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

To celebrate St Francis Feast Day on 3 October. A St Francis blessing for a *GREAT TERM 4*.

*The Lord bless you and keep you.
The lord let his face shine UPON YOU
and be gracious to you.
The lord look upon you kindly
And give you peace.
The Lord bless you!
AMEN*



Term 4 - 2026 Dates - Monday, 5 October - Tuesday, 15 December	
OCTOBER	
Monday, 5	Term 4 commences
Thursday, 15	'One' school production - 6.00pm Coburg Town Hall
Monday, 19	Confirmation Retreat Day
Friday, 23 October	Year 6 CONFIRMATION 7:00pm
Friday, 30	Australian Teachers' Day
NOVEMBER	
Monday, 2	School closure day
Tuesday, 3	Melbourne Cup Day public holiday
Thursday, 12	Prep 2027 orientation - session 1
Wednesday 18 - Friday 20	Scholastic Book Fair
Thursday 19	Prep Orientation - session 2
Thursday 26	Prep Orientation - session 3
Friday, 27	Senior excursion - Melbourne museum
DECEMBER	
Tuesday, 1	ABC School Concert
Wednesday, 2	Year 6 graduation speeches - Church
Thursday, 3	Year 6 graduation speeches - Church
Monday, 7	Year 6 graduation speeches - Church
Tuesday 8	Year 6 Graduation
Friday, 11	End of Year mass
Tuesday, 15	LAST DAY TERM 4 12PM FINISH



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 and future.





ONE

ST. PAUL'S WHOLE SCHOOL PRODUCTION

SAVE THE DATE



Thursday 15th October 2026



Coburg Town Hall



6pm

Based on the picture story book 'One' by Kathryn Otoshi.

A MESSAGE FROM OUR PRINCIPAL, MARIA MERCURI

Welcome back to Term 4! I hope all families were able to spend time relaxing and regenerating, sleeping in and spending time together.

It was good to see the children return to school on Monday, bright and happy, despite losing an hour of sleep due to daylight savings. It didn't take the children long to get back into school – especially reconnecting with friends. The term has started with lots of energy!

Our rehearsals for **ONE** production is in its final stages. Cobie and Paige are doing an amazing job preparing for the children for this inaugural performance.

We have a **whole school rehearsal on Thursday**. Children will be walking to Coburg Town Hall. Thank you to all families for completing the online permission forms.

ONE TICKETS: Ticket sales for the production are on. Parents have received communication via the nForma portal about purchasing tickets via CDF PAY or scan this QR code



After a big night we will give the students a soft start on **Friday 16 October**. School will be open as usual from 8.30am with all students expected to be at school by 10:00am.

We will send more information about the evening next week.

Episcopal Visit - Archbishop Comensoli will be visiting St Paul's and St Oliver's parishes on the weekend of 23 – 25 October. Archbishop Comensoli will be celebrating the Sacrament of Confirmation on Friday 23 October at St Paul's. St Paul's families are invited to attend some special gatherings to meet Archbishop Comensoli [See further details](#)

Summer Uniform - In the first two weeks of Term Four, students will have the option to wear summer or winter uniform, as the weather slowly transitions to warmer temperatures - not a mix of both. All students will be expected to wear full summer uniform from **Monday 19, October**.

Please remember 'No Hat, No Play' Please see [uniform page](#) for ordering details.

Term 4 Learning Overviews - All families have received a learning overview which outlines the learning and wellbeing focus for Term 4, as well as timetables and term activities. These outlines give parents a thorough understanding of the learning focus for the term. Please see your child's teacher if you have any questions.

Class Groupings for 2027 - In the coming weeks, staff will begin the process of creating 2027 class lists. If you have any information we need to be aware of that may impact your child's learning, or a request regarding your child's class placement for wellbeing or academic reasons, please email me, mmercuri@spcoburg.catholic.edu.au by *Friday, 30 October*. Please understand that there are many factors that need to be considered when we group students. Requests will be considered in line with staff recommendations, however can not be guaranteed.

*Have a fabulous weekend,
Maria Mercuri.*

A MESSAGE FROM OUR PRINCIPAL, MARIA MERCURI

Athletics Carnival - The Coburg Athletics Track is under construction, unfortunately we are not able to book the venue for our annual athletics carnival this year. We have tried to book some other Merri-Bek sports grounds but have been unsuccessful. Mr Smith will organise some school sports events with each year level. We will share more information later in the term.

School Picnic - Our end of year celebrations are a wonderful opportunity to come together as a school community and celebrate our children's talents and achievements. This year, our students have been working hard towards our school production, led by Mrs Cobie. Preparing for a performance of this scale takes significant planning, organisation, rehearsal and we are very excited to share the children's hard work with our community next Thursday.

As we have our school production this year, we will be doing things a little differently for our end of year celebrations. Instead of our usual Carols Evening at school, we invite all families to join us for a Whole School Picnic and Carols at Coburg Lake on Friday, 11 December, following our end of year mass. The celebration will begin at 11.30 am. The children will have the opportunity to sing some Christmas carols and enjoy fun activities together.

Our usual Carols Evening at school will return next year. In the meantime, we look forward to finishing the year together with a relaxed and joyful celebration with our St Paul's community. Further details will be shared in the coming weeks.

Ride & Stride Biketober . This year St Paul's is participating in the Ride & Stride Biketober. We encourage all our families to ride to school. We will go into the draw to win the the ultimate prize – an ice-cream bike for a day from *The Icycle Bicycle*! Each week there will be a new challenge. Miss Taylor launched Biketober with the “back on your bike” challenge. Check out the [winner](#) for this week.

BIKETOBER
THE NATIONAL BIKE CHALLENGE

Cyber Security
Action Month
2026



October is CyberSecurity Action Month.

The esafety Commissioner has some free eSafety [webinars](#) for parents with some very important information about keeping our children safe online

Topics include:

[Online Safety Guide](#), [Build your child's critical thinking skills](#), [Family tech agreements](#), [Understanding and using parental controls to help protect your child online](#), [Supporting healthy tech use as your child transitions into secondary school](#)

I encourage parents to visit the website to access some of this very important information



ZOOOPER DOOPER FRIDAYS

are back for term 4.

Please order Zoooper Doopers via
CDFPay by 4pm Thursday.

STUDENT AWARDS

Student of the Week

Student of the Week awards will be presented at our Friday Morning Gathering at 8:45am.

Be sure to check our Friday newsletter each week to see if your child's name is featured.

Families are welcome to attend the Friday Morning Gathering at 8:45am.

Reading Champions

75 nights

100 nights

Rafael M - 1/2F

Rafael M - 1/2F



CONGRATULATIONS TO THIS WEEK'S CERTIFICATE RECIPIENTS

Class	Name
Prep P	Harvey F
Prep T	Declan N
1/2C	Waleed
1/2E	Amani Z
1/2F	Dom L
3/4MH	Elyssa T
3/4B	Jack M
3/4D	Bhisaj S
5/6J	Poppy V
5/6T	Maya T
5/6H	Sofia K



OCTOBER

Valentino C - 6th

James W - 7th

Mrs Jo V - 7th (staff)

Riva B - 8th

Oliver P - 9th



LITERACY

VOCABULARY

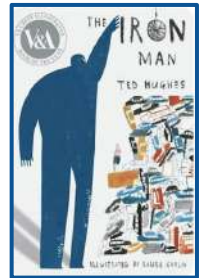
Vocabulary is key for successful reading. To understand spoken and written language, students use their knowledge of word meanings, sentence structure and context. Research supports a strong relationship between **vocabulary knowledge** and **reading comprehension**.

How We Teach New Vocabulary

At St Paul's, we build vocabulary through the explicit instruction of new words, using a mentor text. We provide explicit and repeated opportunities to learn and use new words, to build both vocabulary breadth and depth.

This includes:

- creating a student friendly explanation, so students can understand what each word means, including synonyms and antonyms;
- examining base words, prefixes, suffixes (morphology) to infer meaning when reading a text;
- repeated exposure to new words through mentor texts and multiple opportunities to use the words in different contexts.

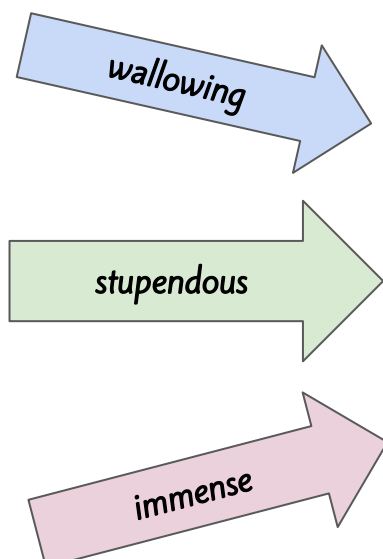


VOCABULARY WALL

Each term students use a mentor text to build vocabulary. As texts become increasingly complex, students are introduced to more Tier 2 vocabulary, essential for reading comprehension.

Do you know the meaning of these Tier 2 words?

In Term Three, Years 3/4 read the text, 'The Iron Man' (Ted Hughes). They developed a vocabulary wall with Tier 2 words.



WELLBEING



Mindful Moments Simple Strategies for Finding Calm

Children experience many emotions throughout the day. Excitement, frustration, disappointment, worry and tiredness are all normal parts of growing up. We can help children build a toolkit of simple strategies they can use when they need to pause, reset or find calm. Mindfulness is one strategy that can help.

Mindfulness means paying attention to what is happening in the present moment. For children, this might include noticing their breathing, tuning into their senses, recognising how their body feels or simply slowing down. It doesn't need to involve long periods of sitting quietly. Short activities can easily become part of everyday family life.

Simple strategies to try at home

Finger breathing: Spread out one hand. Using a finger from the other hand, slowly trace up each finger while breathing in and down while breathing out. Continue around the whole hand.

Breathing buddy: Have your child lie comfortably with a favourite soft toy on their tummy. Encourage slow breathing while noticing the toy gently rise and fall.

Notice your senses: Pause and notice what is happening around you. Ask your child to identify things they can see, hear and feel. Try this outside, on the way to school, in the car or at home.

Tense and relax: Gently tense part of the body for a few seconds, then relax it. Try making tight fists and releasing them, lifting shoulders towards the ears and letting them drop, or scrunching and relaxing the face.

Notice and name feelings: Help your child pause and identify how they are feeling. You might say, "I wonder if you're feeling disappointed?" or "What is your body telling you right now?" Recognising emotions and body signals can help children understand what they need.

Take a mindful moment outside: Spend a few minutes noticing the environment together. Listen for sounds, notice the breeze or sunshine, look closely at a tree or plant, or take a slow, mindful walk.

Practise when things are calm

Calming strategies are easier to learn when children are already settled, rather than introducing something new when emotions are heightened.

Try adding a short mindful moment to an existing routine:

- three slow breaths before bed;
- finger breathing in the car;
- a quiet walk together or simply pausing to notice how everyone is feeling.

The goal isn't for children to feel calm or happy all the time. It is to help them build a range of strategies and recognise: "I know some things I can try when I need help finding calm."

Small moments of practice can help children develop skills they can draw on as they grow.

[Please see flyer on the next page](#)

WELLBEING

1

Finger breathing:



Spread out one hand. Using a finger from their other hand, slowly trace up each finger while breathing in and trace down while breathing out. Continue around the whole hand.

2

Breathing buddy:



Lie with a favourite soft toy resting on your tummy. Breathe slowly and notice the toy gently rising as you breathe in and falling as you breathe out.

3

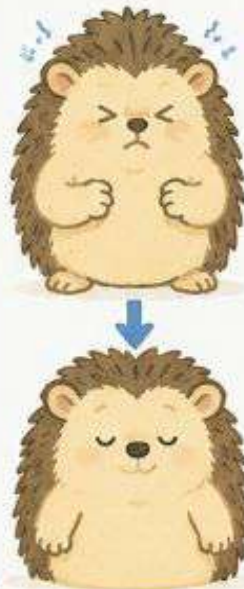
Notice your senses:



Take a moment to notice what is happening around you. What can you see, hear and feel.

4

Tense and relax:



Gently tense a part of your body for a few seconds and then let it relax. Try making tight fists and then releasing them, lifting the shoulders towards the ears and letting them drop or scrunching and relaxing the face.

5

Notice and name feelings:



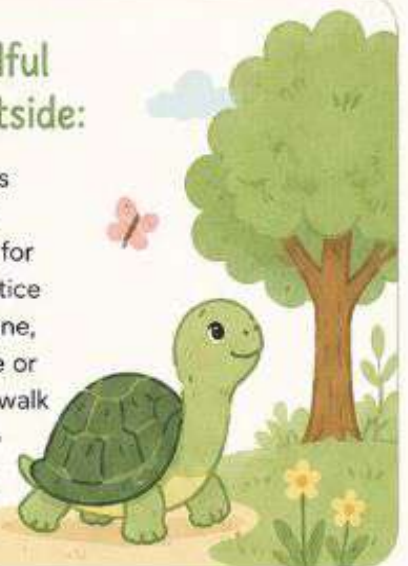
Pause and identify what you are feeling.



6

Take a mindful moment outside:

Spend a few minutes outside noticing the environment. Listen for different sounds, notice the breeze or sunshine, look closely at a tree or plant or take a slow walk and pay attention to what you see along the way.



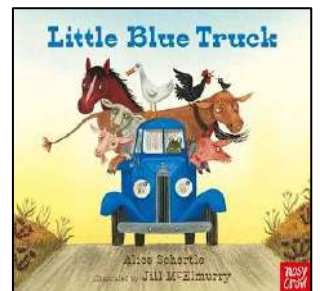
LEARNING DIVERSITY

ONIP - Oral Narrative Intervention Program

During Term 3 a small number of students participated in a MACS pilot program, named ONIP - Oral Narrative Intervention Program. This program ran successfully throughout Term 3, led by Ms Briana Maurici, Ms Makayla D'Angelo and Mrs Kerrie Campagna, providing sessions 3 times per week for a total of 6 weeks.

The ONIP program was designed and evaluated as part of a Master of Philosophy research project, at Curtin University in 2014. It has been modified by MACS Speech Pathologists to align with current classroom pedagogy/practices.

Through the specific use of select picture story books students worked through this program to achieve the following.



Broad goal:

For students to improve their narrative comprehension and production skills in their ability to:

- answer a range of literal and inferential comprehension questions related to stories;
- produce narratives that are longer and more complex in both macro and microstructure.

Specific goals:

For students to improve their narrative comprehension skills by being able to:

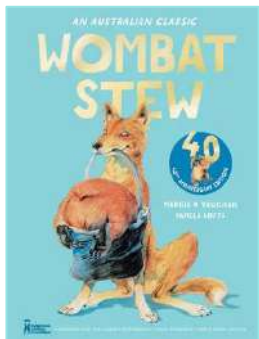
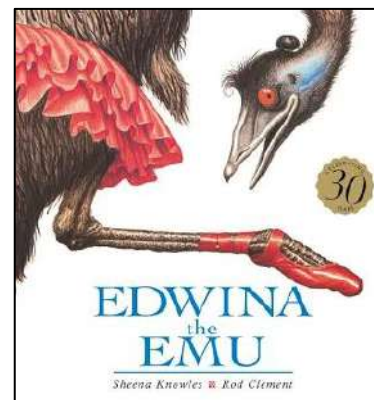
- answer questions about the 'beginning' (who, when, where) in a story;
- answer questions about the 'problem' in a story;
- answer questions about the 'internal response' (feelings and plan) in a story;
- answer questions about the 'events/actions/attempts' in a story;
- answer questions about the 'end' (resolution and consequence) in a story.

For students to improve their narrative production skills by including:

- a 'beginning' (who, when, where) in a story;
- a 'problem' in a story;
- an 'internal response' (feelings and plan) in a story;
- 'events/actions/attempts' in a story;
- an 'ending' (resolution and consequence) in a story.

And increasing:

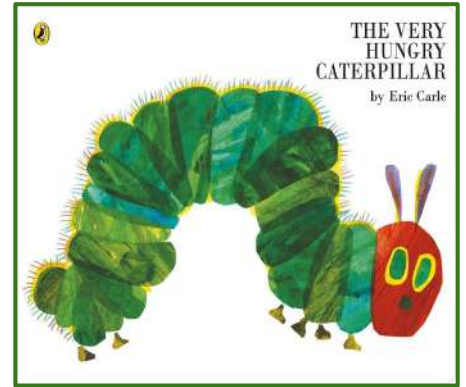
- the number of adjectives included in a story;
- the number of adverbials of place, time and manner in a story;
- the number of conjunctions used to link clauses together in a story;
- the number of complex sentences produced in a story.



LEARNING DIVERSITY

WHAT IS ORAL NARRATIVE?

Oral narrative is the telling and retelling of a series of causally related events in sequence and requires the speaker to include information about setting, character, the central plot or theme of a story and enough detail about characters' actions, emotions and motivations throughout, to entertain a listener (Westby, 1985).



Good oral narrative skills are integral to communicative success in everyday social interactions and the school context. Oral narrative has been shown to predict later academic and linguistic success and is often referred to as the "bridge to literacy" (Fey, Catts, Proctor-Williams et al., 2004; Lynch, van den Broek, Kremer et al., 2008; Paul, 1995; Westby, 1985). The development of a mature narrative macrostructure occurs by five years of age, in typically developing children (Applebee, 1978; Westby, 1985; Stein & Glenn, 1979). Mature oral narratives have a consistent internal structure, which includes a macrostructure and microstructure.

GOING FORWARDS

We are always looking for research based programs that support our students' needs. We will continue our ONIP journey in Term 4 and into 2027.





Understanding and using parental controls to help protect your child online

Parental controls can be a useful addition to the strategies you use to help protect your child online.

This 45 minute webinar covers:

- the types of controls available for use on devices;
- how they can be used to help prevent children accessing harmful content;
- how to use them alongside other online safety measures.

It's suitable for parents and carers of children, including teens, in primary and secondary school.

Term 4 22 October 2026, 12:30pm (AEDT)

REGISTER NOW

Supporting healthy tech use as your child transitions into secondary school

This 45 minute webinar explores the social pressures, peer influences and technological challenges children face as they transition into secondary school. It also offers practical strategies for navigating online friendships and connections to help minimise negative experiences.

You'll learn:

- what social pressures they may be experiencing online;
- how they can build digital resilience and critical reasoning;
- how to talk to your young person about what they see and do online;
- practical strategies for promoting positive peer interactions and help seeking behaviours.

It's suitable for parents and carers of children in upper primary school (ages 11 to 12) and those with children in Year 7.

Term 4 24 November 2026, 12.30pm (AEDT)

REGISTER NOW



SUSTAINABILITY



BIKETOBER SCHOOLS CHALLENGE



Our Biketober competition started today! It was great to see so many people walking, scooting or riding to school!



This week's challenge winner

Congratulations to Anabelle for jumping back on her bike and riding to school for the first time in a while and winning this week's challenge award!

Pictured with our sustainability captains Valentino and Isabella.



Next Week's Challenge...

An award will be given to a student with the...

MOST CREATIVE RIDE!

Whether it's a cool new way of getting to school, a mix of walking, riding and public transport or an inventive route to take!

*If you think you have the **most creative ride**, write a note for Miss Taylor to be in the running to win next week's prize!*



Term 4, 2026

eSafety parents and carers webinars

Join eSafety's free live webinars for parents and carers.

Term 4 topics:

- **Navigating screen time: tools for today's families (45 minutes).** Suitable for parents and carers of children in primary and lower secondary school.
- **How connection and belonging shapes children and young people's vulnerability online (45 minutes).** Suitable for parents and carers of children in primary and secondary school.
- **Understanding and using parental controls to help protect your child online (45 minutes).** Suitable for parents and carers of children in primary and secondary school.



For more information and to register now: [eSafety.gov.au/parents/webinars](https://esafety.gov.au/parents/webinars)



eSafety Commissioner

[eSafety.gov.au](https://esafety.gov.au)



Term 4, 2026

eSafety parents and carers webinars

Join eSafety's free live webinars for parents and carers.

Term 4 topics:

- **Supporting healthy tech use as your child transitions into secondary school (45 minutes).** Suitable for parents and carers of children in upper primary school (ages 11 to 12) and Year 7.
- **How AI is influencing new online risks for children and young people (45 minutes).** Suitable for parents and carers of children in primary and secondary school.



For more information and to register now: [eSafety.gov.au/parents/webinars](https://esafety.gov.au/parents/webinars)



eSafety Commissioner

[eSafety.gov.au](https://esafety.gov.au)

Brand-new Online Safety Guide now available

Helping children and young people navigate the online world can be challenging. That's why we're thrilled to launch the [Online Safety Guide](#), a practical guide designed to help parents and carers better understand the online environments young people use every day.

[Read the guide](#)

Build your child's critical thinking skills

Parents and carers play an important role in helping children and young people navigate the online world safely. Encourage your child to be alert to scams, online manipulation, misinformation and AI-generated content by remembering to [stop, think and check](#):

Encourage your child to pause before clicking a link, sharing personal information, sending money or responding to unexpected messages. Scammers often rely on people acting quickly without thinking.

Help your child consider who sent the message, why they are contacting them and whether they may be trying to create urgency, fear or excitement to influence their decisions.

Show your child how to verify information by checking trusted sources, confirming requests through official channels and looking for signs that a message, profile, image or offer may not be genuine. You can also remind them that it's always okay to ask you or another trusted adult, if they're unsure about a message, offer or request.

Family tech agreements

Having regular conversations about online safety can help your child build the skills and confidence to make safer choices online. A [family tech agreement](#) can help turn those conversations into clear, shared expectations that grow with your child.

Creating an agreement together is a practical way to stay connected, encourage open communication about online safety and support your child to build the skills, judgement and confidence they need to navigate the online world.

Whether your child is just starting their online journey or preparing for social media, [our free agreements](#) for **5 to 8 year olds**, **9 to 12 year olds** and **13 to 15 year olds**, can help support safer, more positive online experiences.

[Start your agreement](#)

SCHOOL UNIFORM

Summer Uniform

In the first two weeks of Term Four, students will have the option to wear summer or winter uniform, as the weather slowly transitions to warmer temperatures - not a mix of both. All students will be expected to wear full summer uniform from **Monday 19 October**.

'No Hat, No Play.'

Please ensure your child has a school hat for outdoor play and activities.

Hats can be purchased from the office (Limited stock)

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:



Jewellery - Only stud earrings can be worn. For safety reasons no dangling earrings to be worn. Necklace that displays religious symbols eg: crucifix, etc.

Watches - Smart watches must have connectivity switched off.

Hair - Hair of shoulder, or longer, length must be tied back with hair accessories in school colours - black or blue hair ties. Hair should not cover eyes.

Fringe must not be in students eyes.

Hair colour must be of natural colouring - no extreme hair colours.

All hair accessories (eg. clips, ribbons, headbands) to be blue, black or white in colour.

Decorative hair accessories must not be worn.

**NEW UNIFORMS CAN BE PURCHASED FROM
SPARTAN WORLD UNIFORM SUPPLIER**

To place an order, please visit: [Spartan School World](#)



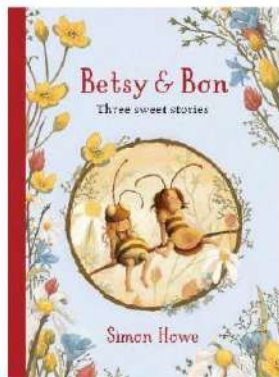
SECONDHAND UNIFORMS - \$10 an item - Packed & processed on Wednesday only

Email - office@spcoburg.catholic.edu.au

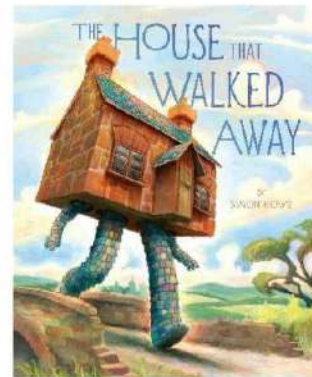
Thank you for supporting our uniform policy.

PICTURES AND PAGES BOOKSTORE OCTOBER EVENTS

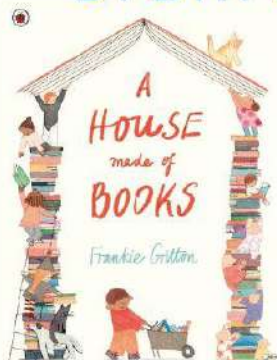
SAT 10TH OCTOBER 2026
'LOVE YOUR BOOKSHOP DAY'
STORYTIME AND CRAFT EVENT
WITH SIMON HOWE



AT 11AM



SAT 17TH OCTOBER 2026
WITH FRANKIE GRITTON
STORYTIME AND ACTIVITY



AT 11AM



St Paul's & St Oliver's

Parish Dinner

*Faith
Community
Celebration*



 Northern Golf Club, 97 Glenroy Rd, Glenroy

 Fri Oct 16, 2026 • 6pm for 6.30pm start



Adults:

\$75

Children
Under 12

\$35



3 course meal



DJ & Surprise
Dance Recital



Drinks at
bar prices

RAFFLE

Raffle tickets can be
purchased on the night.
3 for \$5.



Major raffle prizes include:
32" Google Smart TV,
portable induction hotplate,
garment steamer



Book now at trybooking.com/dogev

