

St. Mary's Catholic Primary School

Weekly Newsletter



Term 4 Week 2

13.10.2023

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At St Mary's School we encourage an inclusive, learning community that values safety, love and faith.

Gratitude is a conscious, positive emotion one can express when feeling thankful for something, whether tangible or intangible.

From the time we are little, we are asked to thank others when they give us a gift or extend a nice gesture. We learn to thank automatically and as a social rule. But, how many times do we extend thanks for the little good things that happen to us daily? Do we *really* know how to be grateful? We have all heard or read many definitions of gratitude, but experiencing gratitude at its core requires a conscious effort. How many times do we say 'thank you' without taking a moment to actually *feel* thankful?

Gratitude implies much more than showing good manners. It's a practice that requires acknowledging someone else's gesture towards us or the things that are going well in our lives. It involves both a process of recognition of the positive and its outcome.

Practicing gratitude can be a game-changer: it has far reaching effects, from improving our mental health to boosting our relationships with others. Living your life with gratitude helps you notice the little wins—like the bus showing up right on time, a stranger holding the door for you, or the sun shining through your window when you wake up in the morning. Each of these small moments strings together to create a web of well-being that, over time, strengthens your ability to notice the good.

Building your capacity for gratitude isn't difficult. It just takes practice. The more you can bring your attention to that which you feel grateful for, the more you'll notice to feel grateful for!

Start by observing. Notice the *thank yous* you say. Just how much of a habitual response is it? Is it a hasty aside, an afterthought? How are you feeling when you express thanks in small transactions? Stressed, uptight, a little absent-minded? Do a quick scan of your body—are you already physically moving on to your next interaction?

Pick one interaction a day. When your instinct to say "thanks" arises, stop for a moment and take note. Can you name what you feel grateful for, even beyond the gesture that's been extended? *Then* say thank you.

Teaching your children gratitude helps set them up to be more empathetic towards others, which in turn will help them in their interpersonal relationships throughout life.

When they can understand the emotions and feelings of others, they understand why people say and do what they do, in certain situations – better equipping them to navigate the ins and outs of interpersonal relationships.

In addition, teaching gratitude to your child will set them up to be less demanding and entitled in life; as they grow and develop, the ability to feel grateful for what they have will help them to approach what they want in the right ways, making it easier for them to get what they want in the right ways. And of course, gratitude gives your child important tools to help increase their overall happiness as they grow through life and develop into adulthood themselves.

How to teach your child gratitude?

- 1 Have discussions about gratitude
- 2 Model gratitude and express appreciation out loud
- 3 Model, and practice, a positive mindset
- 4 Ask gratitude questions
- 5 Make a gratitude jar or tree
- 6 Give to others or perform acts of kindness together
- 7 Journal/draw gratitude entries together
- 8 Schedule regular appreciation sessions
- 9 Practice gratitude conversations and talk through results
- 10 Have a thankfulness board or window
- 11 Add gratitude books to your child's library of books

Try and complete one these activities and see how you go.

Kathryn Stuart



REMINDERS AND NOTICES

Assembly

Every Monday Morning 9:00am
and
Every Friday afternoon 2:45pm.

18th F/1/2/5 Puffing Billy excursion
26th **School Concert 12pm & 6pm**

NOVEMBER

1st 2024 Foundation Transition visit
6th **School Closure**
7th **Melbourne Cup Public Holiday**
8th **School Closure— Staff PD**
9th ASC Transition Yr 6
15th 2024 Foundation Transition visit 9-12
22nd 2024 Foundation Transition visit 9-12
29th 2024 Foundation Transition visit 9-12

DECEMBER

13th **Family Picnic**

AusNet will be undertaking some tree pruning around the power lines on Myrtle St.

This work is anticipated to be carried out between 19th October & 19 December. This may affect parking.

Thank you for your understanding

**Even in the chaos
of everyday life,
moments of
gratitude remind
us to hold on to
the good things.**

BRIT MORIN

Weekly Church Service ~ Fr Jose Mathew Ph: 5772 1167

Tuesday: 6:00pm Yea
Wednesday: 9:30am Yea
Thursday: 9:30am Alexandra

Friday: 9:30am Alexandra
Saturday: (Vigil) 5:00pm Eildon

Sunday: 8:45am Alexandra
 10:45am Yea
All families are welcome to attend Mass.

PRINCIPAL'S AWARD

PRINCIPAL'S AWARDS

Izabella

Izabella is a hardworking and compassionate member of our class. She invites others to work with her and play with her if they are needing help or need a partner. Izabella cares about our classroom and is always one of the best cleaners when tidying up. She listens beautifully and attentively. Izabella confidently answers questions and accepts feedback. She has a positive and cheerful attitude. Izabella lives out our school values by being an inclusive learner, creating a safe classroom and showing kindness to others.



STUDENT AWARDS

Izabella, Bella, Bradley, Abigail and Ryan

Well done to this week's students who have shown encouragement, inclusion, safety, love and faith in their learning and behaviour.

(Values taken from our Vision Statement)



4. Invite your child to do other things

Rather than dictate when children can or can't use computers, prioritise other things. Have a family board game night. Watch sport together. Take a weekly walk with your child.

Rather than just setting a time limit, create spaces for the things you know are also beneficial and good for your child and family. Then, 'screentime' becomes less important as an idea and how we spend time doing a variety of things as a family and for ourselves becomes the focus.

Prayer for Perseverance

Lord, I pray for the strength and perseverance to endure the trials and challenges of life.
 Help me to remain steadfast in my faith, trusting in Your promises and Your goodness.
 Give me the strength to keep moving forward, even when it seems impossible, knowing that with You, all things are possible.
 I pray in Jesus' name.

Amen

prayray.com

Thank you to Ms Smith for this lovely prayer.

2023 SCHOOL CALENDAR

Term 4, 2023

ST MARY'S ALEXANDRA

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
WEEK 1 Oct 2 - 8	2 Term 4 Begins	3	4	5	6 Yr 3/4 Jungai day 5/6DJ Assembly	7	8
WEEK 2 Oct 9 - 15	9 Division Athletics	10 P & F Meeting 6pm	11 ASC Transition Day	12	13 Regional Athletics Albury 1/2C Assembly	14	15
WEEK 3 Oct 16 - 22	16	17	18 F/1/2/5 Puffing Billy Excursion	19 Dress Rehearsal Concert	20 Foundation Assembly	21	22
WEEK 4 Oct 23 - 29	23 Japanese Incursion 10-11	24	25	26 CONCERT 12pm/6pm Matinee & Evening	27 1/2S Assembly	28	29
WEEK 5 Oct 30-Nov 5	30	31	1 Foundation 2024 Transition 9-12 Foundation 2024 Parent Information Session and Morning Tea	2	3 Walkathon 3/4O'C Assembly	4	5
WEEK 6 Nov 6 - 12	6 School Closure Day	7 Melbourne Cup	8 School Closure Day Staff PD	9 ASC Transition Day Year 5 Leadership Day	10 Wellbeing Day	11	12
WEEK 7 Nov 13 - 19	13	14 P & F Meeting 6pm	15 Staff v Students Netball Game 12:50pm Foundation 2024 Transition 9-12	16	17 5/6 KH Assembly	18	19
WEEK 8 Nov 20 - 26	20	21	22 Foundation 2024 Transition 9-12 - Buddies	23	24 Fete 3/4C Assembly	25	26
WEEK 9 Nov 27-Dec 3	27 Swimming Starts	28	29 Foundation 2024 Transition 9-12 - Buddies	30	1	2	3
WEEK 10 Dec 4 - 10	4 Swimming Continues	5	6 Year 6 Cathedral Golf Excursion	7 House Swim Sports day	8 Whole School End of Year Mass Year 5 Assembly	9	10
WEEK 11 Dec 11 - 17	11	12 ASC Transition Day Year 6 Graduation P & F Meeting 6pm	13 Family Picnic	14 Year 6 Pool Party	15 Nativity Play/Year 6 Assembly/Final Goodbye Colour Run Students Finish	16	17
WEEK 12 Dec 18 – 20	18 School Closure Day Staff PD	19 School Closure Day	20 School Closure Day Term 4 Ends				

70s 60s 80s

St Mary's
presents

MUSIC OF THE AGES

Thursday 26th October
Matinee 12:00pm
Evening 6:00pm

Please arrive 30mins prior for students to
get organized and for guests to take their
seats.

RSVP via Operoo. Tickets will be sent home
to families.
Please present these on arrival.

90s 00s

ST MARY'S PRIMARY SCHOOL

Walkathon

Friday **3rd November** 2023

FUNDRAISER HOSTED BY OUR
PARENTS AND FRIENDS ASSOCIATION

ON FRIDAY 8TH SEPTEMBER, STUDENTS AND STAFF WILL BE
WALKING ALONG THE GREAT VICTORIAN RAIL TRAIL AS A
FUNDRIASER FOR OUR SCHOOL.

THE WALK WILL BEGIN AT ST MARY'S PRIMARY SCHOOL,
HEADING TO THE EGLINTON LOOKOUT BEFORE RETURNING
BACK TO SCHOOL.

STUDENTS WILL BE ENCOURAGED TO COMPLETE AS MUCH
OF THE 10 KILOMETRE COURSE AS THEY ARE ABLE TO.

THERE WILL BE ACTIVITIES, SNACKS AND A SAUSAGE
SIZZLE PROVIDED.

STUDENTS WILL RECEIVE A SPONSORSHIP FORM AND ARE
ENCOURAGED TO GATHER SPONSORSHIP FROM THEIR
FAMILY AND FRIENDS BEFORE THE WALK.

SPONSORSHIP CAN BE A SINGLE AMOUNT OR IT CAN BE AN
AMOUNT FOR EVERY KILOMETRE COMPLETED.

MONEY RAISED FROM THE WALKATHON WILL GO TOWARDS
NEW SPORTS & PLAY EQUIPMENT.

WE ENCOURAGE FAMILIES TO JOIN IN AND WALK WITH
STUDENTS AND STAFF ON THE DAY.

KEEP AN EYE OUT IN FUTURE NEWSLETTERS FOR MORE
INFORMATION AND REQUEST FOR HELPERS.

UNIFORM

St Mary's School Uniform 2024

The new uniform will include the following items:

- polo shirt to be worn each day by all students (including sports days)



- Long sleeve option will be available at a later date for cooler weather.
- Summer – plain navy shorts (basketball or drill) or skort
- Winter – plain navy pants, tracksuit pants or skort with navy tights worn underneath (no leggings)
- Shorts to be worn at mid thigh or longer



- Plain white socks and plain black shoes or runners to be worn by all students each day. On sports days students may wear another pair of runners.



- The school jumper will remain the same.

Transition Period

The transition for the new school uniform will be 12 months. This means that students will still be able to wear the current uniform for the 2024 school year and as they grow out of the old uniform they will be able to move into wearing the new polo shirt.

Due to the generous donations all students will receive their first shirt free, which has already been ordered and will be distributed to students in December 2023.



Peaceful Kids Program

'Peaceful Kids' is a Mindfulness and Positive Psychology based program to lessen anxiety and stress and increase resilience in children. The program gives children the skills, practice and support to utilize coping strategies that lessen the symptoms of anxiety and stress. The program also involves parental involvement and commitment to supporting the strategies at home.



Peaceful Kids Outcomes

- To minimise the symptoms of anxiety and stress
- To build emotional resilience
- To empower children to self-manage their anxiety
- For children to use a range of effective coping strategies
- Teaches children how to self-regulate
- To develop emotional intelligence skills
- Teaches children lifelong skills to manage stress and prevent stress build up

Program structure

- Peaceful Kids is a 5-8 week program for children
- Sessions are for approximately 1 hour each week. (40-50 minutes for Prep and Year 1's)
- Sessions include learning a range of mindfulness strategies and meditations and positive psychology exercises.
- Students are guided through meditations daily online via the Peaceful Kids website: peacefulkids.com.au

More information on the Peaceful Kids program: peacefulkids.com.au

We are pleased to offer this to our Foundation students this term



Well done to all those who represented St. Mary's School at Division Athletics.

Congratulations to Declan. B, Koa, Eli. W and Harish who are going to Regionals this Friday.



FOUNDATION MURRINDINDI PRESENTS

SATURDAY 21 OCT

STAND UP COMEDY NIGHT

FEATURING

MARK MC CONVILLE

GLENN RIDGE MC

DOUG CHAPPEL

DOORS OPEN AT 7.00 PM, SHOW STARTS AT 7.30 PM

ALEXANDRA FOOTBALL NETBALL CLUB

BOOK TICKS AT WWW.HUMANITIX.COM OR SCAN THE QR CODE

\$40 INCLUDING FINGER FOOD, DRINKS AT BAR PRICES, RAFFLE, AUCTIONS

This is a major fundraising event for Foundation Murrindindi. Join us for a fun night of comedy and laughs and help raise funds to support youth projects across Murrindindi Shire.

Foundation Murrindindi

Helen Haines MC



National Carer's Week Afternoon Tea

We invite carers and the community to come along to an informal get together for cups and cakes. Carers will have an opportunity to chat, make connections, and gather information about services available to support carers.



National Carers Week, 15 to 21 October 2023, is a time to recognise, celebrate and raise awareness about the 2.85 million Australians who provide care and support to a family member or friend. Learn more: carersweek.com.au

Emergency Services Expo

10am to 2pm October 21st at Yarck Recreation Reserve

Proudly hosted by Alexandra, Koriella, Merton, Molesworth, Terip Terip, Whanregawen & Yarck Brigades

FREE EVENT

TEST YOUR SKILLS

Have a go at fighting a fire in the realistic Virtual Reality Unit.

See how easy (or not) to feel your way through a Smoke House

Check out CFA training Car Fire Prop.

See how accurate you can be squirting a frubee with a fire hose.

Vote for your favourite Historic Vehicle.

Win one of many excellent Raffle prizes, all generously donated by local businesses.

Work up an appetite for a sizzling sausage or a snack from the food van.

Have your photo taken on a fire truck.

Face Painting, Sausage Sizzle

FOREST FIRE MANAGEMENT VICTORIA

Captain Koala

Jumping Castle

SES

Facebook, Instagram

The Laughter Clinic

Mental Health & Suicide Prevention Strategies

Never underestimate the power of laughter!

Friday 20 Oct
6.00 - 7.30pm
Yea Community House

Saturday 21 Oct
1.00 - 2.30pm
Alexandra RSL Hall

Comedian Mark McConville, with a Master's degree in Suicidology, offers a unique perspective about mental health and encourages his audiences to regain control of their happiness.

Combining comedy and laughter with the latest information and research in the field of Suicidology, this presentation offers the right balance of humor and laughter with easy to remember mental health strategies and take away messages.

These are **FREE** events. Booking is required for catering purposes. Light refreshments provided. Scan QR code to book.

Foundation Murrindindi

Alexandra RSL

Yea & District Murrumbidgee

Community House

Australian Government

Murrindindi Shire

VICTORIA

JUNIOR GOLF CLINICS

WITH PGA PROFESSIONAL MATT JAGER & CLUB CAPTAIN LUKE HEARD

16th October 4pm - 4.45pm - Primary School Age

23rd October 5pm - 5.45pm - High School Age

30th October

13th November

20th November

COST: \$5 A SESSION

@ ALEXANDRA GOLF CLUB

To register please email or message Luke Heard: lukeheard@yahoo.com 0418 376 176

Association for Children with a Disability

Free online workshop

Starting Prep

Is your child starting Prep in 2024?

Then now is the time start planning for your child to start school.

This **FREE** workshop clearly explains what you need to know so you can feel confident to support your child's transition to Prep.

When:

- Monday 4 September 7:00 pm
- Tuesday 5 September 10:00 am
- Wednesday 6 September 10:00 am
- Thursday 7 September 10:00 am

More information:

- This workshop is for families of children with disability starting school in 2024
- Workshop is 2 hours with time for questions
- Bookings are essential
- For families in Victoria only
- Professional facilitators are parents of children with disability who have personal experience advocating for their child at school

Topics include:

- Understanding the language schools use
- Transition planning with kindergarten and school
- How the school can support your child
- Building positive partnerships with school

Read more and register now

bit.ly/SPsept23

Contact us

acdw@acd.org.au

03 9880 7000 or 1800 634 013 (regional callers)

www.acd.org.au

ALEXANDRA AMATEUR SWIMMING & LIFESAVING CLUB

Season 23-24 Registration Period
OPEN: Friday 13th October 6:00pm
CLOSE: Friday 27th October 6:00pm

Season 23-24
Our season will commence on Monday 20th November 2023 and conclude on Thursday 7th March 2024.

Our Programs Include:
Learn To Swim
Advanced Learn To Swim
Junior Squad
Intermediate Squad
Senior Squad

Registration
Please use the link below to register. A link will also be available on our Facebook page.
If you would like to be added to our email list or have any question please contact us via Facebook or email alexandraswimmingclub@gmail.com <https://www.trybooking.com/CLUXC>

The Regional Parenting Service

Is pleased to announce for fathers/male carers of children 2-12 yo Term 4:

Dads Emotion Coaching – Connecting with our Kids
2 hour introductory session on 9th October 2023
[CLICK LINK](#)

Dads - Tuning in to Kids
full program commencing 16th October 2023
[CLICK LINK](#)

Both are now open for Registration.

Alexandra & District Kindergarten 2024

EXPRESSIONS OF INTEREST NOW OPEN

OUR SERVICES

PRE-KINDER PROGRAM 3-4YR OLDS

YEAR BEFORE SCHOOL PROGRAM 4-5YR OLDS

Please note to be eligible for either the Pre-Kinder or YBS Program, children must have turned 3 years of age by the 31st day of August in the year of enrolment or intake.

PHONE: 67221287

LODGE YOUR EXPRESSION OF INTEREST AT: WWW.ALEXANDRASCHOOLCLUBS.COM.AU

Closing date September 6th

MARRIAGE ENCOUNTER Weekend
"Live Your Best Married Life in Love"

Every relationship is a journey and the grind of everyday life can cause you to lose touch with your spouse. This experience gives married couples the tools to keep your passion alive in a gentle, nurturing environment, away from pressures and distractions of daily living. The weekend is based around Catholic values and couples of all faiths are welcome. Please check our website for more details.

3-5 November 2023 in Melbourne
(Book early to avoid disappointment)
Information/Bookings: Phone Mercy & James 0409 183 676 or Email: vicbookings@wme.org.au Website: wme.org.au