

# RAISING HEARTS AND MINDS

Term 3, Week 3



## Important Dates

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**Pupil Free Day**  
Thursday 19 August

**Pupil Free Day**  
Friday 20 August

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## Upcoming Events

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### Community

#### Information Night

Date: Tuesday 24 August

Time: 6:00pm

Venue: St Mary Magdalene's  
School - Elizabeth Grove

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## From the Leadership Team

Dear Parents, Caregivers, Students and friends of St Mary Magdalene's,

### **PUPIL FREE DAYS**

**Thursday 19 August & Friday 20 August**

(OSHC available at St Thomas More Primary School – bookings essential - please contact Esther)

It has been an interesting start to Term 3. Thank you for your patience and support over the past few weeks to ensure we are all following the directions of our health authorities to keep ourselves and others safe. Thank you for supporting your children with home schooling and for providing feedback for us through the daily check-ins during the lock in, it was a great way for us to monitor how you were travelling.

It wasn't the welcome we expected for our new students and families and it was great to see our students back at school on Wednesday. Unfortunately, the restrictions mean limiting parents or caregivers on site, we know this is not ideal and thank you for your understanding. When we look at the positive we can see how capable students are of developing their independence during these times.

## COVID-19

Thank you to all community members for your co-operation and who are working hard not to become complacent during COVID-19. I have observed social distancing amongst adults whilst waiting for their child at our school. This continues to be of paramount importance.

We can easily forget and return to our previous way of greeting each other but, as we have seen interstate, things can quickly change. It is important to remember that if you or your children are not feeling well, it is best to not come to school, see a doctor and get tested if required to.

If you are being tested and awaiting results, we ask your family to self-isolate until you have the outcome of those results. If your child is absent from school, please notify the front office.

***Connecting Life, Faith, and Learning***

***Chris, Ciara, Melissa and Leah***

***St Mary Magdalene's School Leadership Team***

## OSHC Pupil Free Day

All St Mary Magdalene's Staff will be participating in the Professional Learning during our Pupil Free Days, **19 and 20 August**, which will occur at St Thomas More Primary School.

For this reason, OSHC will be available for St Mary Magdalene's students at St Thomas More Primary School OSHC. The OSHC will be open these days between 7.00am and 6.00pm. Families wishing to access this service will need to register through Esther.

On these days families will need to drop and pick their children up from St Thomas More Primary School, 50 Yorktown Road Elizabeth Park. Thank you for your support .

## Pupil Free Day

On 19 and 20 August we will be having pupil free days. Staff will be working with staff from St Thomas More Primary School. On the first day we will be working with psychologist, Angela Davis who will be working with us around proactive Whole School Wellbeing practices.

On Friday we will be looking at data from Staff, Parents and Students as we plan our future directions. Part of this day will be looking at our school history and sharing memories about St Mary Magdalene's and St Thomas More. **This is where we need your help!**

Do you know anyone who attended St Mary Magdalene's in the past who would have memories or photos that they would like to share with us to create a history walk for staff?

If you do can you please share these with staff by Wednesday 11 August, we will organise to scan any photograph as part of our memories for sharing.

We look forward to hearing your memories.

## Parent and Caregiver Survey

You are invited to participate in a survey about your school's performance. Similar surveys will be administered to staff and students to enable us to capture a community snapshot.

All responses are confidential and will be used for school improvement purposes.

Completion of the survey is on a voluntary basis.

## Your confidentiality

To protect your confidentiality all surveys are anonymous. All answers go directly to the National School Improvement Partnerships, where the results are analysed for your school. Answers from individual surveys will NOT be reported back to the school. Staff of the National School Improvement Partnerships staff are bound by a Code of Ethics and follow strict professional conduct.

## Use of the data

National School Improvement Partnerships will report the results to the school in an aggregated format so that individuals cannot be identified. To enable drill-down reporting, the information provided to the school will contain data based on background information. This anonymous data will be provided to CESA for reporting and consideration of support for schools.

## How to complete the survey

- For each statement, you are asked to rate how well you think the school is performing by circling one of six responses. The responses are numbered 1 to 6, with number 1 being the lowest or worst rating and number 6 being the highest or best rating.
- There are no 'right' or 'wrong' answers. Your opinion is what is wanted.
- Please be sure to answer all questions.
- Some statements may be fairly similar to other statements. Don't worry about this. Simply give your opinion about all statements.
- To get started, use the QR code above or go to [www.NSIPartnerships.com.au](http://www.NSIPartnerships.com.au) and enter the access code provided by your school.

## To respond the LLL Parent and Caregiver Survey at St Mary Magdalene's School in 2021.

Parents go to:

1. [www.NSIPartnerships.com.au](http://www.NSIPartnerships.com.au)
2. Enter the code **SMEGLLLP** in the Start Questionnaire field

You can access information about the survey [HERE](#).

For more information about the collection of the data go [HERE](#).

If you require more information or have any feedback, please contact Belinda Hurcombe.

Email: [Belinda.Hurcombe@cardijn.catholic.edu.au](mailto:Belinda.Hurcombe@cardijn.catholic.edu.au). Your time and consideration are much appreciated.

## Life skills Hub – Partners in Practice

Part of Catholic Education's Students with Disability Review recommendations was developing partnerships with allied health specialists to strengthen skills in ensuring that students with disabilities receive effective adjustments that meet the functional impact of their disability. Our school has been successful in receiving funding to develop this partnership with Life Skills Hub.

This week we welcome Barb from Life Skills Hub to our school community. We have developed a 12-month partnership with Life Skills Hub where staff will be working with Barb who is a Developmental Educator and Ellen who is an Occupational Therapist to further develop strategies in supporting student's engagement and wellbeing. Through this partnership we will be working with staff from St Thomas More, Catherine McAuley and St Brigid's.

## Enrolments

### 2021 TERM 3 RECEPTION ENROLMENTS

**Places are available.** If you have or if you know of anyone who has a child **turning 5 before October 31, 2021**, please complete and lodge an enrolment form at the Front Office.

### 2022 RECEPTION ENROLMENTS

**Places are available.** If you have or if you know of anyone who has a child **turning 5 before May 1, 2022**, please complete and lodge an enrolment form at the Front Office.

## 2022 TERM 3 RECEPTION ENROLMENTS

**Places are available.** If you have or if you know of anyone who has a child **turning 5 before October 31, 2022**, please complete and lodge an enrolment form at the Front Office.

## SCHOOL UNIFORM

We have noticed incorrect school uniform items are being worn, especially in regards to items such as jumpers and pants. If students are not wearing the correct uniform, a uniform note is sent home from the class teacher identifying the uniform area to be addressed. **All** St Mary Magdalene's School students are required and expected to wear the correct uniform. Please ensure your child is in **CORRECT SCHOOL UNIFORM**.

You can see our uniform information via this [LINK](#).

**St Mary Magdalene's School uniform items can be purchased through Lowes Elizabeth.**

We have a number of uniform items in lost property. If your child is missing anything please encourage them to go to the office to check.

## From the APRIM

### Liturgical Events and Celebrations

Events that we have celebrated through prayer during week 2 and 3 have included, National Aboriginal and Torres Strait Islander Children's Day, the Feast of the Transfiguration and the Feast of St. Mary Mackillop.

The theme for National Aboriginal and Torres Strait Islander Children's Day is Proud in Culture, Strong in Spirit. The theme highlights the importance of supporting strong family and community connections to help children achieve strong spiritual and cultural wellbeing and to form proud cultural identities. Children's Day is a time for Aboriginal and Torres Strait Islander families to celebrate the strengths and culture of their children. It is an opportunity for all Australians to show their support for Aboriginal and Torres Strait Islander children, as well as learn about the crucial impact that culture, family, and community play in the life of every child. This week classes celebrated this day in their classes with prayer and an activity.

We celebrate the church' feast of the Transfiguration of Jesus on August 6 each year. The feast commemorates one of the pinnacles of Jesus' earthly life when he revealed his divinity to three of his closest disciples, Peter, James, and John. The Gospel reading tells us that Jesus was praying upon the mountain and his appearance was changed by a brilliant white light which shone from him and from his clothing. The feast of the Transfiguration is an opportunity for believers to look to Christ as 'the light of the world'.

On August 8, we prepare to celebrate the Feast of St. Mary Mackillop. She was the first saint of Australia and her influence in the country has spread far and wide. She is recognised for her commitment to the poor, helping those who needed it the most in any way she could. Classes will focus on Mary Mackillop during prayer next week. You might like to share the following prayer as a family.

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*"Loving God, We thank you for the example of Mary MacKillop who, in her living of the Gospel witnessed to the human dignity of each person. She faced life's challenges with faith and courage. We pray through her intercession for our needs. May her holiness inspire us to be people of hope, love and forgiveness. We make this prayer through Jesus the Lord. Amen."*

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### Sacramental Program Dates

If your child is currently involved in the Sacramental Program for 2021, please take note of the following dates for Term 3.

#### **Week 4 Confirmation / Eucharist Workshop**

Saturday, August 14, 1pm - 4pm at St. Mary Magdalene's School.

#### **Week 6 Confirmation / Eucharist Parent Workshop**

Friday, August 27, 5.30pm – 6.30pm at St. Thomas More Church

### Week 7 or 8 Celebration of Confirmation

Wednesday, September 1 at St. Ann's Church

Wednesday, September 8 at St. Ann's Church

### Celebration of First Eucharist

Dates to be confirmed

## Student Safety and Wellbeing

### What is Mindfulness?

Mindfulness involves training our attention and attitude. Being mindful means awareness of your own moment-to-moment internal and external experiences, with gentleness and acceptance and without judgment. It's a state of being that encourages us to slow down, focus on the present, accept things as they are, and act with discernment. When we do this, we're less distracted by thoughts of the future and the past, which can often make us worry and stop us from enjoying the present moment.

### What does it mean to be unmindful?

To better understand what it means to be mindful, it helps to understand what it means to be 'unmindful'. When we're inattentive, distracted and disengaged from the present moment, the mind habitually and unconsciously slips into what's called 'default mode' – we're physically doing one thing but the mind is somewhere else. For example, someone might be speaking to us, but we're not listening, or we might be reading a book but not taking in the words on the page. Much default mental activity involves things such as worry or rumination about the past and future, which is one of the main reasons there's so much default mental activity in states like anxiety and depression.

To learn more about how you can help encourage mindfulness in your children visit **Be You** (formerly Beyond Blue).

### How much exercise do children and young people need?

The Australian 24-Hour Movement Guidelines outline the following recommendations for children and young people:

- Infants (birth to one year): 30 minutes of supervised interactive floor-based play including tummy time, reaching and grasping, pushing and pulling and crawling.
- Toddlers (1-2 years): at least 180 minutes a day, including energetic play such as running and jumping.
- Pre-schoolers (3-5 years): at least 180 minutes a day of which 60 minutes is energetic play such as running, jumping and kicking and throwing. Children (5-12 years) and young people (13-17 years): at least 60 minutes of moderate to vigorous intensity physical activity every day. The percentage of children meeting current guidelines is:
  - 61% of two to five-year-olds
  - 26% of five to 12-year-olds 7.9% of 13 to 17-year-olds.

To learn more about the benefits of exercise on wellbeing visit Be You (formerly Beyond Blue) <https://beyou.edu.au/fact-sheets>