



MEL MARIA  
CATHOLIC PRIMARY SCHOOL

# MEL MARIA NEWS

TERM 3 WEEK 4

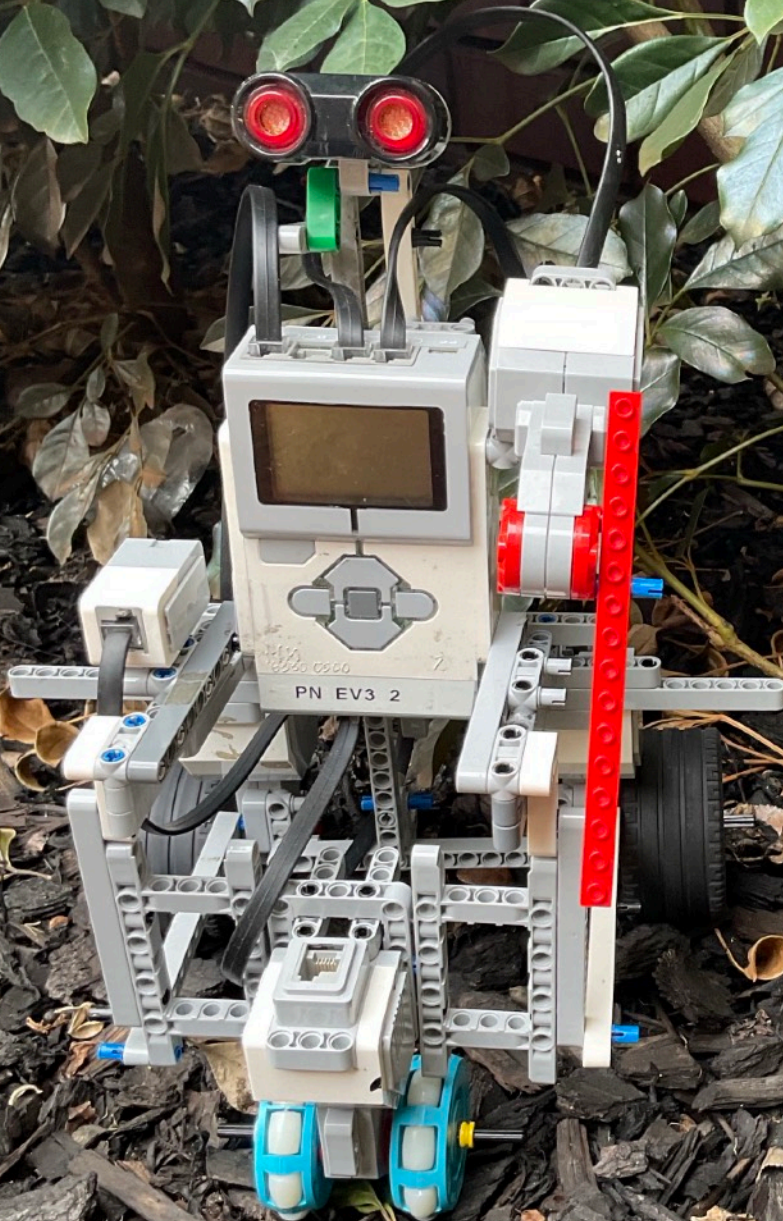
ISSUE 11

From the Principal

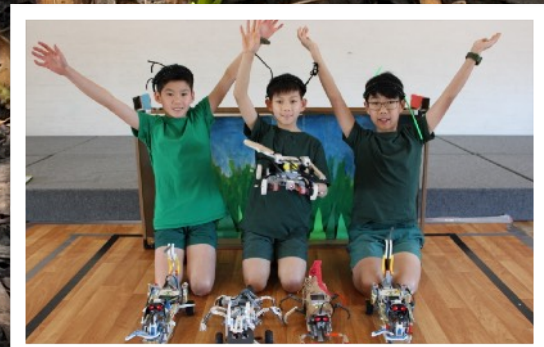
Head of Campus

Year 4 News

Science Week



ROBOCUP Junior



#MakingADifferenceEveryday



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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	17 JUL	18 JUL	19 JUL PN Confirmation Workshop 3.30pm & 5pm	20 JUL PN Confirmation Retreat  PAF Opening Mass 10am	21 JUL	22 JUL PN Reconciliation Commitment Mass 6.00pm	23 JUL PN Reconciliation Commitment 9.30am
2	24 JUL PN & SJP Housekeeping Assembly PN Author Visit PP – Year 2  Speak Up School Finals	25 JUL SJP Author Visit PP-Year 2  Interschool Cross Country Carnival	26 JUL School Photos PN & SJP Family Photos  Religious Education Prac Test	27 JUL School Photos PN & SJP Family Photos Year 6 Graduation Photo 9am – PN Campus	28 JUL School Photos SJP Family Photos	29 JUL	30 JUL
3	31 JUL SJP Reconciliation Parent/Child Workshop. 3.30pm & 5.00pm Yr 4 PN Excursion Yr 1 SJP Excursion	1 AUG Yr 1 PN Excursion	2 AUG CEWA RE Assessment Yr3 & 5	3 AUG CEWA RE Assessment Yr3 & 5 Yr 4 Ensemble Performance Yr 4 Red 9.30 – 10.46 Yr 4 Green 11.00-12.15	4 AUG CEWA RE Assessment Yr3 & 5 SJP Year 4 Assembly 9am	5 AUG Robocup	6 AUG Robocup
4	7 AUG SJP Eucharist Parent/Child Workshop. 3.30pm & 5.00pm	8 AUG Feast of Mary MacKillop Mass 9am  P&F 7pm SJP	9 AUG PN Year 6 Mass 9am PN Reconciliation 10am	10 AUG Pre-Primary Brownes Dairy Excursion PN & SJP	11 AUG PN Confirmation 6pm	12 AUG	13 AUG
5	14 AUG SCIENCE WEEK →  Year 3 Mystery Maths family afternoon PN 4-5.30pm	15 AUG Assumption Mass 9am  Year 3 Mystery Maths family afternoon SJP 4-5.30pm	16 AUG PN Year 3 Assembly 9am	17 AUG PP Constable Care Incursion CPAF Sacred Choir	18 AUG SJP Year 3 Assembly 9am  PN Confirmation 6pm	19 AUG	20 AUG
6	21 AUG Pupil Free	22 AUG SAC Meeting 6pm PN Bookweek CPAF Primary Choral Singing	23 AUG SJP Yr 4 Excursion	24 AUG SJP Bookweek PP Scitech Excursion	25 AUG School Tours PN 9.30am SJP 11.00am MAD STEM	26 AUG	27 AUG
7	28 AUG Education Assistants' Day	29 AUG	30 AUG SJP Year 3 Shoenstatt Shrine PN Year 5 Assembly 9am PN Reconciliation Workshop 4pm & 5.30pm	31 AUG	1 SEPT Father's Day Breakfast	2 SEPT TOMS	3 SEPT Father's Day
8	4 SEPT SJP Year 5 Assembly 9am	5 SEPT PN Year 3 Retreat Shoenstatt Shrine	6 SEPT	7 SEPT PN Billy Cart Day	8 SEPT SJP Billy Cart Day	9 SEPT	10 SEPT
9	11 SEPT	12 SEPT	13 SEPT Open Night 4.00-6.30pm	14 SEPT	15 SEPT Junior Athletics Carnival PP-Y2	16 SEPT TOMS State Finals	17 SEPT
10	18 SEPT SJP Eucharist Retreat 9am-3pm	19 SEPT	20 SEPT PN Year 3 Mass/Reconciliation 9am  SJP Reconciliation 3.30pm	21 SEPT PN/SJP Mercy Day Celebrations	22 SEPT 50 <sup>th</sup> Anniversary Mass 9.30am  P&F Colour Run 1.45pm	23 SEPT	24 SEPT
HOL	25 SEPT QUEEN'S B/DAY PUBLIC HOLIDAY	26 SEPT	27 SEPT	28 SEPT	29 SEPT	30 SEPT	1 OCT
HOL	2 OCT	3 OCT	4 OCT	5 OCT	6 OCT	7 OCT	8 OCT

# Principal's Message

Dear Parents,

## Setting the Right Example: Developing our Moral Compass

Have you ever thought about the powerful influence you have on your children's lives? Even if we don't always see it, we are constantly shaping the kind of people they will become. As Joyce Maynard once said, "It's not only children who grow. Parents do, too. As much as we wish to see what our children do with their lives, they are watching to see what we do with ours."

Humans learn primarily through modelling, and as parents, we can't escape being examples to our children, whether our actions are good or bad. Being a positive role model is vital for our children's development.

Through the way we behave, children gain information that helps them understand themselves and their identity. A boy may realize he shares similarities with his dad, and a girl with her mom. This unconscious learning includes recognizing the differences between genders in terms of strengths and abilities. As children grow into adolescence, their focus shifts to observing behaviour and learning about what is responsible and acceptable.

Parents have a significant influence on their children's character development, both within the family and in society at large. By promoting self-discipline, good work habits, kindness, consideration for others, and community involvement, we contribute to shaping responsible individuals. As a school, we are here to support YOU in the raising of your child. The values and behaviours expected at Mel Maria Catholic School are aligned to the same expectations you have at home.



As school, we are here to support you with the teaching of these morals and values. We expect our students to be considerate, kind and well-mannered. Just as you as parents do. When students choose to display behaviours that are not inline with the school expectations, we need to work with parents to ensure that the child understands where they have let themselves down and what they need to do to get back on track. If we don't follow through with these expectations, a child will not learn from their mistakes.

Children can't develop a strong sense of morality unless those closest to them clearly communicate the concepts of right and wrong. Guiding our children's attitudes and fostering healthy self-regard is crucial. As parents, we aim to provide the moral and physical environment for their growth. Remember the saying, "Parents can tell, but never teach, unless they practice what they preach."

When we encourage healthy self-esteem in our children, they grow up to be confident, capable, and independent individuals. In the end, "The most important thing that we can teach our children is how to get along without us," as Frank Clark wisely stated.



Children thrive on routine and stability, and family meals can provide a comforting and regular ritual for all family members. Family mealtimes should be a time of calm congeniality, free from arguments or lectures. These moments are excellent opportunities to introduce new foods and showcase healthy eating behaviours as role models for our children's long-term well-being.

Interestingly, the word "listen" shares the same letters as the word "silent." Teaching our children to be good listeners, an important skill for their education, is something we can benefit from ourselves.

Let's continue to guide our children's growth with positive examples and values that will shape them into responsible and caring individuals. Listed below are our basic set of School Rules. Take the time to discuss what these mean with your child/ren.

## School Rules

Our Pastoral Care philosophy is based on our School Vision, Mission and Values and we believe that all people can live in love and harmony with each other. Our Catholic School is, in essence, the face of Jesus for the whole community. The life of every human person is seen to have a God given value and meaning which is enhanced in our school community in an atmosphere permeated with the Gospel values of freedom and love.

Our school is a place where every individual is welcomed, cherished, respected and valued. Our Catholic ethos ensures that a Christ-centred approach is at the heart of all we do. We live and learn within a community that is caring, loving, compassionate and forgiving. Meaningful relationships form the basis of all our interactions.

We respond by promoting attitudes which foster:

- Love, joy, curiosity and challenge of learning.
- Connectedness, belonging and inclusion for all.
- Responsibility for one's own learning and behaviour.
- Acceptance and honouring of differences.
- Perseverance and self-discipline.
- A contribution to the wider community.



We have an expectation that everyone:

- Respects each person's dignity and self-worth.
- Develops a positive relationship with all people.
- Treats each other with kindness and respect.
- Takes responsibility for their own feelings. Use "I" statements and refrain from blaming.
- Listens with eyes, ears and heart. Ensure all our children are heard, welcomed, understood, given creative opportunities, recognized and treated as individuals.
- Communicates positively, honestly, directly and gives constructive feedback.
- Ensures all children belong to the community, are loved and supported and have opportunity for the development of positive self-esteem.

## Sacrament of Confirmation

### When we start to Speak for Ourselves

Catholics have no recollection whatsoever. This is because our baptism occurred a few weeks after our birth and we were incapable of knowing what was going on or of expressing an opinion on what was about to happen to us. It was our parents and Godparents when the Priest asked, "Will you be responsible for nurturing this child in the faith and the life of the Catholic church?" When the time came to receive Confirmation, the time also arrived for us to begin speaking on our own behalf.

Before the Holy Spirit came to the apostles for the first time, they were gathered in the upper room of a house. They were slowly recovering from the events of Good Friday; they were frightened nervous about Jesus' promise to them, "you will receive power when the spirit has come upon you". They did not realise that Jesus had prepared them well for what was about to happen to them. The spirit arrived with a great wind and with tongues of fire and their hearts were filled with the power of the spirit and as the saying goes "A burning heart will soon find for itself a flaming tongue."

They were able to speak about their faith with boldness and confidence and shared with others what they had seen, experienced and learnt from seeing Jesus in action. They were able to bring healing to people who were hurting. They were able to work out disagreements by remembering what Jesus had taught them: Blessed are the poor in spirit, the meek and humble, the merciful, those who hunger and thirst for what is right, those who mourn and are able to enter into the sufferings of others, those who are persecuted in the cause of what is right.



Over the next two Friday evenings, a new group of young people from our Pater Noster Campus are about to formally receive the power of the Holy Spirit in Confirmation and begin speaking for themselves, we might cast a timely glance over our own lives to see how well we have spoken for ourselves. What are our reactions as the power of the Spirit continues to be revealed in our lives; are the two greatest commandments (love of God; Love of our neighbour) alive and active? How "blessed" are we in living the inspiring words of Jesus about being humble and merciful, in contributing to the welfare of the disadvantaged, in standing up for Christian values?

If, as the most significant people in the lives of our children, we are making a real effort to exercise the power of the Spirit within us, then, our children will really begin to "answer for themselves" and follow our example to reveal Jesus to others by engaging in Christian thinking and action.

I would like to thank Fr Joseph, Deacon John, Mr Andy Carr and Ms Naomi Smyth, as well as Mrs Ann Chew, the Parish Sacramental coordinator and all the staff who have assisted our students on this journey.

***May the Spirit of Our Lord, Jesus Christ  
Be with you always  
And may we go in peace  
To love and serve the Lord.  
Amen***





## Mel Maria 2025

As we move to our 2025 transition date, there have been a lot of work happening in the background to ensure things are in place for a smooth transition. I would like to share some of the things that we have been working on to enable this to happen.

1. Early Childhood Position Statement (ECPS) – a team of ECE teachers and education assistance having been working fastidiously on developing an Early Childhood Position Statement for Pre-Kindergarten to Year Two at Mel Maria Catholic Primary School. This is important work as it will guide and direct the work, we do on the Pater Noster Early Childhood campus. The school has worked closely with Notre Dame University in this area.
2. Primary School Position Statement – similar to the ECPS, a group of primary school teachers and education assistants have come together to develop a position statement for our Year Three to Year Six students. This is critical work as it will outline a scaffold of what we hope to achieve on the St Joseph's Pignatelli campus.
3. Naturescape Adventure Playground - A fantastic initiative at the Pater Noster campus has been designed with both fun and developmental growth in mind. Playgrounds that incorporate nature and adventure elements provide numerous benefits for children, some of which improve cognitive development, social skills, risk taking, sensory development and more.



4. Undercover Area at Pater Noster campus (blue carpet area) – Plans have been submitted to redesign a wonderful space that promotes holistic development and joyful learning for children.

5. St Joseph's Pignatelli Courtyard – By prioritising aesthetics, environment, engagement and student well-being, the redesigned St Joseph's Pignatelli Courtyard can become a cherished and meaningful part of the school environment, contributing to the overall educational experience for students.
6. School Branding and Marketing – This is currently being reviewed by the Principal, the school Leadership Team and our Marketing staff member, and CEWA are also involved with this development.
7. School Uniform – Whilst the Principal of the school is responsible for the uniform, a committee (including parent representatives) will be set-up to look at redesigning our school uniform to commence in 2025. This committee will give advice and feedback to the Leadership Team on various school uniform items. A call-out for involvement in this committee will commence shortly.
8. Enrolments – these are continuing to take place with new families very excited about the new model being implemented at Mel Maria Catholic Primary School. Regular school tours for prospective families are held several times throughout the term. Late last term we had 30 families attending, resulting in higher enrolments.

## Speak Up Awards

Each year, the students from Years Five and Six compete in a public speaking competition, "Speak Up", that is conducted by the Freemasons Society of Western Australia. The aim is to provide students with an opportunity to express themselves confidently using appropriate speaking skills.

Yesterday, three of our students competed in the metropolitan heats where they delivered their speeches in front an audience from various schools and a panel of judges. Congratulations to Chloe Loftus (Year 5), Emma Pascoe (Year 6) and Georgia Mathews (Year 5) who have made it to the Preliminary finals of the competition. Well done ladies and good luck in the next round.



## ROBOCUP State Finals

Mel Maria Robotic Teams took to the stage last weekend to compete in this years Robocup competition hosted at All Saints College. The competition was held over two days. Day one involved the qualifying performances for the State competition on the Sunday. All three teams qualified for the Open section competing against Year 12 students. We were the only primary school in this category.

We thank Ms Marra and Mr Popadyne for all the support with Robocup this year. Giving up their lunchtimes, after school and whole weekends to enable our students to participate in these events is certainly going above and beyond their roles as teachers in the school. Thank you to the teachers and parents that came along to support our teams on the weekend.





## From My Readings

### Three Main Styles of The Words We Use Impacts Kids' Learning and Listening

The WAY we engage and talk to our kids has a huge impact on their **learning** and ability to **listen** to us. We are constantly modelling to our children how to act and behave, and the way to **talk** to others....

The following are some useful tips .....

1. Use your child's name. Your own name is music to your ears. Kindly used, children are no different.
2. Show your kids that they have your full attention and you care enough to listen to them. If you really can't talk at some point, don't pretend to be listening.
3. Connect through eye contact – Get down to their level or sit at the table with them. Closeness is often a bonus!
4. Use volume appropriately – If you use the volume of your voice appropriately the majority of the time, they'll pay attention when you raising your voice in an urgent situation because it doesn't happen all of the time.
5. Use positive language – try not to say “no” or “don't” all the time. Instead, use words that encourage what you want them to do. Ex. “Thank you for using your inside voice now.” This requires some thought and practice, but is well worth the effort. Eliminate words that shame, name-call, or ridicule: “You're being a big baby or “I'm ashamed of you.” Children will often shut down communication with those who talk this way.
6. Suggest options – If you desire cooperation, it is far easier if they understand why they need to do something and how it is to their advantage to do it. Offer alternatives rather than saying a straight out “no” or “don't”. For example, “We will eat lunch now, and then we will go outside.”
7. Keep it simple – Young kids have trouble following too many directions given at once. Give your requests in small chunks.
8. Be consistent – Don't say you will do something and then not follow through! Gentle, firm consistency is a big key to gaining respect and eventual honour of your children – no words needed. Children thrive on routines.
9. Keep away from nagging – If children know what is expected and when, you shouldn't have to nag. When they are playing they don't like to be interrupted, just as much as we don't when reading a good book. So I created a job chart and instituted a regular time for chores. I'd walk around afterward and pick which jobs were completed with excellence for their age. That child would receive an affirming word of praise or a surprise with hugs and laughter. Soon, I hardly had to say a thing!



10. Model and expect good manners – Start teaching your children to say the basics like “please and “thank you” before they can talk. Use these words with your children as you would anyone else.
11. Be gentle but firm and of one mind with your spouse – if you have made your decision about something, stick to it. Children will know they can't play one parent against the other. Wishy-washy directions give them the impression you can be challenged.
12. Check for understanding – if you find that your child is not responding to your requests or confused, check for their understanding before moving on to the next topic. Try to rephrase your choice of words with shorter and simpler sentences.
13. Give notice – Give them some advance warning so they get used to the idea. For example “Amy, we're leaving in 15 minutes. Start saying good-bye to everyone, please”.
14. Don't interrupt your spouse or your children.  
And finally, express gratitude often for I truly believe 'more is caught than taught'!

## Prayer for the Week

**Give us Wisdom** - make us wise so that we can learn from our mistakes and help other people.

**Give us Counsel** - to guide our thoughts and be someone to lean on in times of need.

**Give us Reverence** - so that we may show you how we love you.

**Give us Guidance** - so that our thoughts may be guided by you.

**Give us Understanding** - enlighten us so that we may understand people better and not get angry with them.

**Give us Knowledge** - to inspire us so that we may learn more about our faith, our world and ourselves.

**Give us Wonder** - so that we may respect what the Creator put here and love it even more.

**Give us Courage** - to strengthen us so that we may stand up for what is right and achieve our goals without hurting others.

Let us use these gifts so that we can become more like Jesus.

Amen



## Thought for the Week

A gentle word, a kind look, a good-natured smile can work wonders and accomplish miracles.

Thank you for your continued support.

Warm regards,

A handwritten signature in cursive script, reading "Paul Hille".

**Paul Hille**  
**Principal**





## Community Celebrations and Events for 50th Anniversary Year at Mel Maria

As we celebrate community at Mel Maria many events have been organised to commemorate this anniversary year.

MERCY WEEK in the final week of term will hold special significance this year as we will be visited by our founding Sisters of Mercy. We have invited the sisters, Sr Joan Smith, Sr Florence O'Sullivan and Sr Eileen McVite to share their stories with our students and to discuss and celebrate their great legacy. Our students will show them around our school in celebration of their early endeavours.



OPEN NIGHT on 13th September is a celebration of our excellent contemporary learning environment in which our students thrive. **IGNITE the HEART, INSPIRE the MIND** will be the lens through which we share our student's learning. Our students are looking forward to sharing their success and hard work with family and friends.

### 50th Anniversary Mass will be celebrated on each campus in Mercy Week

Catherine McAuley's Feast Day is celebrated by the Mercy Order on September 24th. Our Year Six leadership groups traditionally hold a Mercy Week Activities Day for all students to participate in.

A 50th anniversary Mass will be held at Pater Noster Campus on Thursday 21st of September at 9.30am for years Pre- Primary to Year 2. Mass will be celebrated at Saint Joseph Pignatelli Campus for Year 3 to 6 on Friday 22nd of September at 9.30 am.

Each celebration will be followed by morning tea with the Sisters of Mercy and other invited guests. All parents and community members are invited to attend.

OUR P&F Colour Run will be celebrated on Friday 22nd of September at 1.30pm on each campus oval to conclude our Mercy week celebrations.



Mel Maria Sports Carnival.  
@McAuley Campus

MEL MARIA 50th Anniversary WALK will be held on Friday November 3rd.

Our students walk along the Burke Drive River route, to raise money for future classroom resources. Students are sponsored per kilometre and enjoy fun activities when we reach Troy Park to rest and return. Families are welcome to join us as we enjoy our community surrounds to complete the walk. Sponsor forms will be sent home at the beginning of Term Four.

## Catholic Performing Arts

Congratulations to all of our Year 4 students and Mr. Murphy for their outstanding performance in the percussion section of the Performing Arts Festival last week. We are incredibly proud of each and every one of our students. We would also like to extend our appreciation to our piano students who have represented Mel Maria over the past few weeks. Your hard work and dedication to your craft is truly commendable. Additionally, a special congratulations goes out to the students who have received Awards. Well done to all!

### Merit Award

- Piano Duets or Solo
- Mabel Davidson & Justine Kryn
- Evan Kelly & Archie Wilson
- Leo Dumbell & Angus Rigg
- Georgina Luckhurst
- Cody Tan
- Stella Kurniawan
- Evan Kelly
- Matilda Subac
- Archie Wilson
- Justine Kryn
- Mabel Davidson



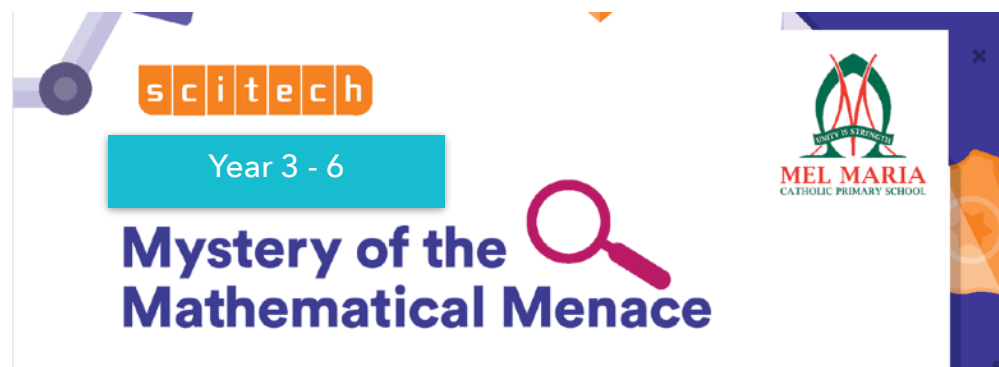
### Excellence Award

- Chiara Pranata

We wish our School choir and Mrs Sumich all the best as they prepare to represent Mel Maria next Thursday at the Sacred Choir Section. We can't wait to hear you sing.

## Mystery Maths Afternoon Comes to Mel Maria (Years 3 - 6)

Mel Maria is hosting a fun Mystery Maths afternoon where students, parents and teachers will be using mathematical techniques and analytical thinking to solve a series of challenges, including fictional crime.



The graphic features the 'scitech' logo in orange and white, a teal box with 'Year 3 - 6', and the title 'Mystery of the Mathematical Menace' in blue with a magnifying glass icon. The Mel Maria Catholic Primary School logo is in the top right corner.



## MEL MARIA CELEBRATES FATHER'S DAY

01

DAY

09

MONTH

23

YEAR

BREAKFAST

7AM TO 8:45AM

COME AND ENJOY  
A BACON AND EGG ROLL

### **Pater Noster Parish Movie Night**

Pater Noster Parish invites all families to their fundraising Movie Night on Wednesday, 16th August at 6.30pm at the Windsor Theatre (98 Stirling Highway, Nedlands.)

Tickets are \$30 per person which includes a glass of wine, soft drink, bottle of water or choc mint bomb prior to commencement of the movie.

Please contact Gail on 0433771648 or Lyn on 043893580 to purchase tickets.



## Music- Performing Arts Festival

In Week 3 the Year Four classes travelled to Orana CPS for the Performing Arts Instrumental Ensemble. Each class performed two items. 4 Red performed Midnight March and La Raspa with 4 Green performing La Curaracha and Are you Going. Both classes received excellent feedback. Well done



## Buddies

We are lucky in Year Four to have Pre-Primary as our buddies and have recently had the opportunity to enjoy reading books together. The Year Fours love any chance to catch up with their buddies.



## HaSS

This term we are studying the 'Age of Exploration' and learning about the journeys of famous world explorers. The Year Four classes travelled to the Shipwreck Museum in Fremantle and learnt about Dirk Hartog, Willem De Vlamingh and the Batavia shipwreck. We were inspired by these and the many other brave navigators, traders and explorers and their impact on our history.

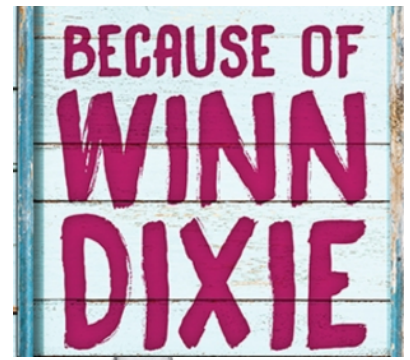


## Mathematics

This term we have explored fractions in detail and have now begun learning about all things money. The Fours are loving the hands-on activities in class (unfortunately for the students we use plastic coins).



## Meet the cast:



What better way to review and explore a novel than by enacting significant chapters? We embraced the novel *Because of Winn Dixie* by Kate DiCamillo, sharing our enjoyment of the novel at our Year 4 assembly.



Tickets sold out for the one and only show on Friday 4th August 2023. The play was a heartwarming story centered around a stray dog named Winn Dixie and the impact it had on the people in a Southern town. The story involved a preacher and his daughter who took in the dog, which led to a series of events that helped the community come together and find a new sense of hope and connection. With the involvement of renowned play writer Michael Corrie, his assistant Cathleen Massimi, costume designer Claire Moreschi and choreography Bianca Moreschi, the play delivered a memorable and uplifting experience for audiences of all ages.





Mel Maria has a high standard in the field of Robotics and experience at Robocup competitions. Mel Maria Robotic Teams took to the stage last weekend to compete in this years Robocup competition hosted at All Saints College. The competition took place over two days. Day one involved the qualifying performances for the State competition on the Sunday.

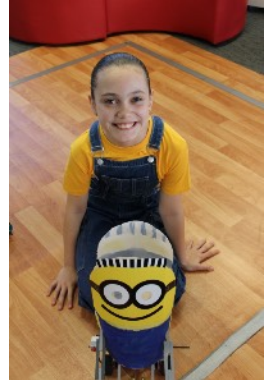


On-Stage challenges teams of students to design, build, and program robots to perform. This performance can be in the form of a dance in time with the beat of the music, or a theatrical presentation. Teams are scored on their performance and their technical interview, including a technical description paper.

Mel Maria CPS entered three teams in the Open Section of the competition. All three teams made the final consisting of 7 schools, three of which were secondary colleges. The three secondary colleges received the 1,2 and 3 places in this competition. Our students did extremely well considering some of the students they were competing against were Year 12 students. This shows the standard of our primary students; their builds were sophisticated, highly engineered robots and their performances beautifully polished.

The three Mel Maria teams were supported by an extensive parent and family community. They were amazing, learnt so much throughout the interview and competition, it was a real celebration of our gifted students. They will be showcasing their performances at our up and coming Open Night.

Ms Teresa Marra & Mr Roman Popadyec





## Online safety basics

**Help your children safely navigate their digital world and educate them to avoid harmful online experiences. Explore websites, games, apps and social media together and set some rules.**

Your support and guidance can give your children the confidence to make sound decisions online – and ask for help when they need it.

### 1. Be engaged, open and supportive

- Get involved. Share online time with your children as part of family life. Play games together. Talk about favourite apps, games or websites.
- Keep lines of communication open. Ask about their online experiences, who they are talking to and whether they are having any issues.
- Reassure your child they can always come to you, no matter what. Let them know you will not cut off internet access if they report feeling uncomfortable or unsafe when online – this is a real concern that may stop your child from communicating with you openly.

### 2. Set some rules

- Set age-appropriate rules for devices and online access, with consequences for breaking them.
- Get your child's input – this will help them understand risks. As they get older you can review your rules together.
- Consider creating a family tech agreement (sometimes called a family media plan or family online safety agreement). This is a set of rules about how devices, like smartphones, tablets, computers, TVs and gaming consoles are used in your home. It is written down and agreed to by all family members and kept in a place where everyone can see it, such as on the fridge.

### 3. Use technology and get information

- Get to know the devices you and your children use and set them up for privacy and online safety. Take advantage of parental controls to monitor and control screen time and access to content, based on your child's age and experience. See our guide to parental controls.
- Choose apps and games carefully and visit the App Store or Google Play for age ratings and consumer advice. Read the Australian Classification Board's online database for information about movies and games.



***The full article can be found on the esafety website***

<https://www.esafety.gov.au/parents/issues-and-advice/online-safety-basics>

## The Great Indigenous Book Swap

Book swap 2023 is fast approaching. During library the children have been discussing easy ways to create costumes for their book week character using upcycled and recycled material. They came up with some fantastic ideas.

A BIG SHOUT OUT to all the classes who have already donated good quality books for the Indigenous Book Swap. Please keep the books coming.

PN Campus Tuesday 22 AUGUST  
SJP Campus Thursday 24 AUGUST

## Mel Maria Waste Wise Warriors

Go Mel Maria!  
We have been collecting and sorting caring for our environment.  
Keep up the great work.





## Science Week 2023

It is that time of year again – Science Week. ‘Innovation: Powering Future Industries’ is the school theme for National Science Week in 2023. **The focus is on inventions, inventors/scientists, STEM/STEAM, coding, and AI.**

This year’s theme could not be more relevant to our society, where innovation is essential for economic growth, sustainability, and progress. Science and innovation are the driving forces behind significant progress in various fields, including health, technology, and the environment. We need to inspire and empower the next generation of innovators who will shape the world and drive future industries.

Next week the students will have opportunities to do this on both campuses by participating in activities that involve using creativity, science, technology, and engineering.

You could get involved at home by encouraging construction and building activities (e.g. - Lego, box construction), explore some coding activities on-line, build something together (e.g. – bird house, model cars or dinosaurs) or research famous inventors/scientist and inventions. Please bring in or send photographs of activities or interesting information to share with your child’s class.

We are looking forward to a week of exploring, thinking, problem solving, researching, and creating.

### Science Week activities:

- Monday: Science Week Welcome
- After school Year 3 Mystery Maths PN
- Tuesday: Lunchtime activities – PN
- After School Yr3 Mystery Maths
- Wednesday: Inventor and Invention fun facts
- Thursday: Science Quiz
- Friday: Lunchtime activities – SJP

Mrs Angie Cannell





## Sushi Party

This week our very clever Year 5 students have finished learning to read and write all 46 letters of the Japanese Hiragana alphabet.

We celebrated all our hard work in style with a sushi party. The wasabi and pickled ginger made it an unforgettable way to mark our achievement.



## Helping kids identify and express feelings

Learning to identify and express feelings in a positive way helps kids develop the skills they need to manage them effectively. Here are some tips from the Kidshelpline on how to encourage your child to express their feelings.



### Understanding feelings in kids

Kids experience complex feelings just like adults. They get frustrated, excited, nervous, sad, jealous, frightened, worried, angry and embarrassed. However young kids usually don't have the vocabulary to talk about how they are feeling. Instead they communicate their feelings in other ways.

Kids can express their feelings through facial expressions, through their body, their behaviour and play. Sometimes they may act out their feelings in physical, inappropriate or problematic ways.

From the moment kids are born, they start learning the emotional skills they need to identify, express and manage their feelings. They learn how to do this through their social interactions and relationships with important people in their lives such as parents, grandparents and carers.

Being a parent means you've got a really important role to play in helping kids understand their feelings and behaviours. Kids need to be shown how to manage their feelings in positive and constructive ways.

### When kids learn to manage their emotions in childhood it leads to positive attitudes and behaviours later in life

Kids who learn healthy ways to express and cope with their feelings are more likely to:

- Be empathic and supportive of others
- Perform better in school and their careers
- Have more positive and stable relationships
- Have good mental health and wellbeing
- Display less behavioural problems
- Develop resilience and coping skills
- Feel more competent, capable and confident
- Have a positive sense of self

The link below expands on these suggestions

<https://kidshelpline.com.au/parents/issues/helping-kids-identify-and-express-feelings>





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