



WELCOME BACK,

Students!

Let's make this a great Term 4

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TERM 4 2023 - Mel Maria

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|----|--|--|---|--|--|---------------------------|--|
| 1 | 9 Oct PUPIL FREE | 10 OCT Students Commence | 11 OCT Kindy Incursion – Farmyard on Wheels | 12 OCT | 13 OCT Senior Athletics Track & Field Carnival Y3-6 Yr 2 Bracks Library Excursion | 14 OCT | 15 OCT |
| 2 | 16 OCT PN Housekeeping Assembly Merit Awards | 17 OCT Yr 2's SJP & PN Excursion Kings Park | 18 OCT Yr 5 Mass 9am PN & SJP | 19 OCT LOUD SOCK DAY | 20 OCT | 21 OCT | 22 OCT SJP First Holy Communion 11am |
| 3 | 23 OCT SJP Housekeeping Assembly Merit Awards Yr 5 & 6 Incursion | 24 OCT Yr 3 BYOD Night 6pm PN Library | 25 OCT Grandparent's Day PP Grandparents Mass 9am SJP Kindy -Better Beginnings | 26 OCT Interschool Athletics | 27 OCT World Teachers' Day | 28 OCT | 29 OCT |
| 4 | 30 OCT | 31 OCT | 1 NOV All Saints Mass 9am PN Kindy -Better Beginnings | 2 NOV All Souls Day | 3 NOV | 4 NOV | 5 NOV |
| 5 | 6 NOV PN Yr 4 Cathedral Excursion | 7 NOV SAC Meeting 6pm P&F 7pm PN Yr 4 SJP Excursion | 8 NOV PN Yr3 Mass | 9 NOV Yr 1 PN Bunning Excursion | 10 NOV Coffee Cart Conversations SJP Pre-K to PP@PN 9am Remembrance Day Service 11am | 11 NOV Remembrance Day | 12 NOV St Joseph Pignatelli Celebrations |
| 6 | 13 NOV PN & SJP House Keeping Assembly 9am | 14 NOV | 15 NOV Yr 1 PN Assembly 9am Coffee Cart Conversations Yr 1 PN @SJP 10am SJP Festival of the Boot Pre-Kindy/Kindy Parent Night 6.30pm | 16 NOV | 17 NOV Yr 1 SJP Assembly 9am Orientation PP-Year 6 9.15am New Families PN Festival of the Boot | 18 NOV | 19 NOV Christ the King Feast Day |
| 7 | 20 NOV Coffee Cart Conversations Yr 2 PN @SJP 9am PN Yr 6 Transperth Incursion | 21 NOV PN Kindy Playdate 9.30am ACM 6pm (PN Hall) | 22 NOV SJP Kindy Playdate 9.30am SJP Yr 3 Mass 9am | 23 NOV | 24 NOV Mel Maria Christmas Markets | 25 NOV. | 26 NOV Advent Commences |
| 8 | 27 NOV SJP Pre-Kindy 9.15-10am | 28 NOV PN PP Assembly 9am Music Recital PN | 29 NOV SJP Kindy Concert SJP Festival of the Boot PN Kindy Concert | 30 NOV Music Recital SJP | 1 DEC SJP PP Assembly 9am PN Festival of the Boot | 2 DEC | 3 DEC |
| 9 | 4 DEC SJP Graduation 6pm PN Housekeeping Assembly | 5 DEC PN Graduation 6pm | 6 DEC End of Year Mass Transition Day Kindy SUPERSONIC Science Incursion | 7 DEC Yr 6 Fun Day Yr 5 Excursion SJP PP SUPERSONIC SCIENCE incursion | 8 DEC LAST DAY OF TERM FOR STUDENTS Assembly @PN 9.30am PN PP SUPERSONIC SCIENCE incursion | 9 DEC | 10 DEC |
| 10 | 11 DEC | 12 DEC | 13 DEC | 14 DEC | 15 DEC LAST DAY OF TERM FOR STAFF | 16 DEC | 17 DEC |

Principal's Message



Week One Term Four

Dear Parents and Carers,

I extend a warm welcome as we embark on the final term of the year. Although the two-week break was regrettably brief, it provided a valuable opportunity to rejuvenate and clear our minds from the previous term's demands, allowing us to gather the energy needed for the typically hectic end-of-year period. This final term spans nine intense weeks, swiftly passing by as our calendar fills rapidly with numerous meetings, deadlines, events, and celebrations marking the conclusion of the school year.



Amid the hustle and bustle of our daily routines, I hope that each of you finds time to savour and enjoy the upcoming months, relishing special moments, the camaraderie and support of one another, and the occasional opportunity to commemorate our shared identity and accomplishments.

Unity is a hallmark of exceptional schools, and our school motto, "Unity is Strength," underscores its significance. In Catholic schools, rooted in the teachings of Jesus Christ, a profound sense of unity should prevail. It is essential to recognise that unity does not require uniformity in thought; disagreements and diverse perspectives are natural aspects of life. These differences do not erode the underlying unity.

Let us take a moment to remember that we are not alone. As people of faith, it is vital to acknowledge the spiritual dimension of our lives and engage in prayer. As we know, October is the month where we remember Mary, Mother of God and are encouraged to pray the rosary daily. Praying together as a family is even more powerful. Regardless of life's challenges, there are always aspects for which we can be grateful, and it is crucial to remind our children of this regularly.

Working with the staff on Monday, I reminded them that in the pursuit of excellence, "Nothing good ever comes easy." Those striving to achieve their goals resonate with this timeless adage. Success is often a journey filled with trials and tribulations, with each day presenting reasons to consider giving up. The significant disparity between highly successful individuals and others lies in their chosen mindset. Those who achieve great success acknowledge the difficult path but equip themselves with the mental stamina to persevere. More important than the challenges we face is our response to them, which is contingent on the mindset we adopt [#MakingADifferenceEveryday](#).



All staff at Mel Maria are striving to 'Drive Excellence' in their classrooms each day. As we transition to the new model in 2025, this will continue to be our theme as we aspire to become a light house school in our system.

It has been pleasing to meet many new families excited about joining Mel Maria Catholic Primary School in 2024. They have heard many great things about the school, the staff, the community and are very supported and excited about the new model being implemented in 2025.

Our Lady of the Rosary

The month of October each year is dedicated to the Most Holy Rosary. This coincides with the liturgical feast of Our Lady of the Rosary and was instituted to honour the Blessed Virgin Mary in gratitude for the protection that she gives the Church in answer to the praying of the Rosary by the faithful.

The Rosary is a simple, repetitive prayer by which we reflect on the life, death and glorification of Christ through the eyes and heart of his mother. The Rosary is one way we can prayerfully contemplate the mysteries of our faith.



Athletics Carnival

We wish all the competitors and factions the best of luck for tomorrow's athletic carnival (Years 3 - 6). A reminder to parents that the carnival will be held at Len Shearer Reserve commencing at 9.30am. It is going to be a warm day, so please remind your children to apply sunscreen and don't forget their hats. We are all looking forward to a fun and exciting day. The P & F will be running a cake stall and sausage sizzle throughout the day.

School Uniform

It has been fantastic to see the students return to school wearing the correct uniform. As parents and students are aware, this term students move into their Summer Uniform. There will be a two week 'phase in' period. All students must be in their Summer Uniform by the start of Week 3. With the weather hopefully warming up, I am sure the students will appreciate this change of attire. Children are permitted to wear their "Sports Uniform" on the days they have Physical Education or sport. An essential part of the school uniform is a hat. The school rule is - 'No hat, no play'. Please ensure your child has a school hat and this is clearly labelled with their name.



Well Deserved Break

This term, Mrs Anna Rushton will be taking Long Service Leave from the beginning of Week 2. We wish Anna all the very best for her break and look forward to catching up with her when she returns.

Save the Date - Grandparents' Day Liturgy

We would like to welcome all Grandparents to Mel Maria Catholic Primary School on Wednesday 25 October, for a Grandparents' Day Mass/Liturgy and classroom visit. We would love for them to come into our classrooms to be with their grandchildren at school, to see their wonderful work, to read with them and to share some of your stories with the children. There will also be a Morning Tea in the hall at Pater Noster and the covered assembly area at St Joseph's Pignatelli. Please see further information regarding Grandparents Day attached to this newsletter.

School Fees

The year is drawing to a close quite rapidly, and there are still a number of families who have outstanding School Fee Accounts. We ask that all families please finalise their School Fees as soon as possible. Opportunities are continuously provided to all families who are experiencing difficulties to discuss the situation with the school Principal. Some families have acted on this, and we thank them for their sincerity and honesty. If you are experiencing legitimate difficulties in relation to your school fees, please contact Mrs Mardi Dodgson at the school office to make an appointment to see Mr Hille.

Old St Joseph Pignatelli Church

During the holidays, redevelopment work has commenced on the old St. Joseph Pignatelli church. The School of Early Learning has taken ownership of the site and has initiated the process of re-roofing the church. The entire area has been cordoned off, and it is essential for everyone to keep a safe distance from the construction site. Presently, there is no access to the school grounds that lie between the old church and the senior learning area.



Moreover, during the holidays, the parish have made some modifications, including removing a section of the brick wall in the Bourhill carpark to create a new driveway leading to the presbytery. Additionally, a new sliding gate has been installed in the junior carpark on Galloway Street. If you have any concerns, please contact the parish office.

Craig Silvey Award Winner 2023

Congratulations to Anya Aryaputri-Edi for achieving first place for her story in the Craig Silvey Award.



Welcome to Miss Belle Logan who will be teaching Year 4 Red during Mr Connolly's Long Service Leave.

From My Readings . . .

Term Four looks set to be an action-packed and exciting one, with plenty to keep us on our toes. Of course, the end of the school year is when students and teachers are working to achieve learning goals set at the beginning of the year, consolidate their understanding of new concepts learnt and look ahead to new challenges, whether it be starting high school or moving to another year level.

Teachers will be preparing school reports for the end of term by observing student progress and assessing how each child has fared throughout the year. This more than ever is a time to 'hang in there' and PERSIST to achieve goals and finish what we set out to do at the beginning of the year. The ability to persist at a task and to see it through is one of the most important success skills that you can teach a child.



Every day, each of us faces times when we must persist, rather than take the easy option to just give in. When learning any new skill, we must be determined to carry on even when things get difficult or when it seems as if we are getting nowhere.

Parenting expert, Michael Grose has some words of wisdom on the topic of persistence and explains that children need to be able to persist when schoolwork gets hard or life gets tough. He says that they need what he calls the 'stickability' to work through difficulties and keep going when things don't go their way. He points out that some children are more naturally predisposed to persist than others. They have a determined, even competitive streak in their temperament that doesn't allow them to give in. These children and young people can drive themselves very hard to succeed.

The good news is that we as parents and teachers can help to develop persistence in children. Research suggests that persistence is a temperamental factor that can be improved over time. Just as adults can promote persistence, they can also impede its development by making life too easy for children so that they don't have opportunities to persist or hang in there.

Parents who allow children to stop work when it gets too hard, stay home from school for a minor reason or give up on a sport because they are not succeeding straight away are not doing their children any favours. They are depriving children of opportunities to develop persistence. Parents can promote persistence by encouraging their children to keep going and not give in at the slightest hurdle or difficulty.

Parents can be a sounding board for children's gripes but they should show confidence in their ability to cope and get through their difficulties. "You can do it" is far more powerful in terms of promoting an attitude of persistence than "If it is a little too hard then try something else."

Let children know that there is a correlation between effort and success. In fact, they need to learn that by GIVING EFFORT they will more than likely experience more success.

The ability to persist in the face of difficulties maybe an old-fashioned quality but it is one of the best success attributes that children will ever develop.

To promote persistence in your children, try the following four strategies:

1. Develop a vocabulary for persistence. Words like Hang tough, Work Hard and Hang in there need to be part of their everyday vocabulary.
2. Point out to children when they stick at a task. Let them see when they have been persistent, and that persistence generally pays off.
3. Help children to remember times when they experienced success by 'hanging in' when they were younger.
4. Talk about hard work with your children. They need to understand that to be successful they need to do things that are NOT fun or easy. While it would be good if all work and learning was fun, in reality, this is not always the case.

Prayer for the Week

Heavenly Father,
At the commencement of this new term
We praise you and thank you for the gift of life
And for the opportunity of growth awaiting us.
We thank you for love – the love and concern of our families, our friends and our teachers.
We ask you to bless each of us for the term ahead.
Help us to grow in faith, in goodness and in generosity.
Create in us a capacity for giving that will make us
worthy to be called Christian.
Keep us strong in the face of temptation.
Let your wisdom be our guide.
Make each of us a messenger of peace, of truth and of joy.
We make this prayer through your Son, Jesus.
Amen.

Thought for the Week

The place to improve the world is first in one's own heart and head and hands....
Robert M Pirsig

Kind Regards



Paul Hille
Principal

#MakingADifferenceEveryday



On Monday, as part of our professional development day entitled 'Driving Excellence', staff were immersed in the insights and experiences gained from fellow teachers at the recent EduTECH Conference held in Melbourne.

Our Principal, Paul Hille, and fellow colleagues, Teresa Marra, Stephanie Figueira and Cathleen Massimi participated in a global 2-day conference with over 450 speakers covering the latest trends, market disruptors and technologies, shaping education.

Innovative practices, critical and creative thinking, and exposure to schools of thought in technology and AI, fuelled the EduTECH conference and inspired our school's vision, 'Excellence in Catholic Primary Education'.

While technical skills are crucial in the digital age, our team also emphasised the importance of nurturing critical thinking and problem-solving abilities. Education is not solely about mastering technology, but also about using it to enhance creativity and analytical thinking.

The conference fostered a spirit of innovation and collaboration. Our team engaged with educators and experts from around the world, sharing ideas and best practise that will ultimately benefit our students.

We also had a chance to visit some Catholic schools in Melbourne to see what they were doing in the STEM space. It was a very worthwhile learning experience and we came away confident in the programs we are running and what our students are achieving.





Mercy Week at Mel Maria

The last week of school was an absolutely wonderful celebration of Mercy at Mel Maria, as the school proudly celebrated as a community 50 years of excellence. It was a remarkable occasion to have Sister Florence O'Sullivan, the very first principal of Mel Maria, and other esteemed past principals like Mr Greg Stinton in attendance. The school has every reason to be proud of its achievements. Mel Maria boasts a vibrant community that is deeply rooted in Mercy traditions, creating a nurturing and inclusive environment for all. The students, parents, and staff members are truly amazing, contributing to the school's success and fostering a sense of unity and pride. The week of celebrations highlighted the rich history and bright future of Mel Maria, reminding everyone of the remarkable journey they have undertaken over the past five decades and the exciting future that it holds.

We look forward to our end of year Christmas Market celebrations with students performing carols and a 50 Years Musical.

#MakingADifferenceEveryday!





MEL MARIA
CATHOLIC PRIMARY SCHOOL

Head of Campus News

Joanne Scouler and Ros Nichols

HAPPY
**Grand
Parents
day**

MEL MARIA COMMUNITY

celebrates

All Grandparents

25 OCTOBER

MEL MARIA PRIMARY SCHOOL

TIME: 9.00-10.30AM

ALL GRANDPARENTS SPEND

TIME IN THE CLASSROOM

BETWEEN 9-10AM

FOLLOWED BY A MORNING TEA

[#MakingADifferenceEveryday](#)



MEL MARIA
CATHOLIC PRIMARY SCHOOL

Head of Campus News

Joanne Scouler and Ros Nichols

PATER NOSTER CATHOLIC CHURCH 20TH ANNIVERSARY BOOK FAIR

Corner of Marmion and Evershed Streets, Myaree

When?

Saturday 21 October -

9.00am to 4.00pm

&

Sunday 22 October -

9.00am to 3.00pm

Sausage sizzle

Cake and craft stall

Raffle



Religious Education

October Is the Month of The Rosary

Every year during October, the Catholic Church asks the faithful to spend some time thinking about the Blessed Virgin Mary and praying a prayer closely associated with her: the rosary.

Our students at Mel Maria are taught the Rosary as a significant prayer in catholic tradition, and get to pray it often at the end of Mass and during class prayers.

For many, many centuries, the Church has taught that the rosary is one of the greatest ways to pray.

The rosary – more specifically, the recitation of the prayers of the rosary – has been hailed as a “compendium of the entire Gospel” and a powerful means of praying to God. For nearly eight centuries, popes, preachers, saints and even Mary herself have urged the faithful to pray the rosary.

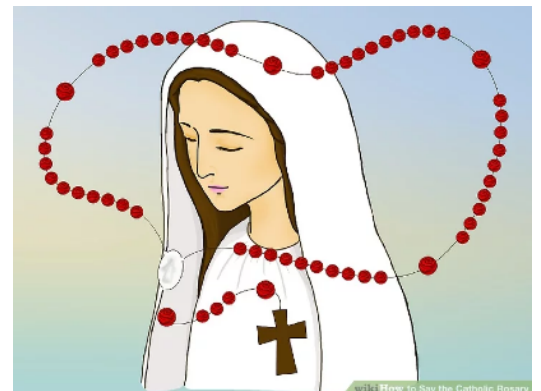
One hundred and five years ago at Fatima – on Oct. 13, 1917, to be exact – Our Lady urged the three shepherd children to pray the rosary every day. She called herself the Lady of the Rosary and urged the children to “continue to say the five decades of the rosary every day... to obtain peace in the world.”

While it may be easy to excuse ourselves for not praying the rosary because it is too time consuming or we are too easily distracted by the stresses of modern-day living, the graces one receives from reciting the rosary are too numerous not to set aside 15 minutes each day to recite those prayers.

For more than 800 years, the faithful have recited the rosary while contemplating on the joyful, sorrowful, glorious (and most recently luminous) events in the life of the Blessed Virgin Mary and Jesus.

As we begin the month of October – the month of the rosary – we can renew our regular praying of the rosary and our devotion to the Blessed Virgin Mary, or we can become acquainted for the first time with the graces and blessings that come from praying the rosary.

https://www.youtube.com/watch?v=6lueIJ_GGas



Year 3 PN News



Year Three PN News

Year Three, Term Three was like a whirlwind adventure. We embarked on the journey of preparing for our First Reconciliation. Armed with the wisdom of the Parable of the Lost Sheep, we discovered that even when we make wrong choices, God will always love and forgive us. We put a modern twist on this parable and unveiled “The Lost Daughter” at Assembly, proving once and for all that forgiveness is timeless. Then it was off to the Schoenstatt Shrine, guided by Sister Lisette who led us on our Reconciliation retreat. We crafted miniature shrines to Mary and we each received our very own lambs. On the last Wednesday of term, we celebrated mass and finally got to partake in our First Reconciliation.

Term Three also saw us crisscrossing the Land Down Under, exploring Australia’s jaw-dropping natural wonders. We became master builders, as we constructed caravans and coded Edison’s to embark on an epic road trip across Australia where we stopped at iconic landmarks like a family on a road trip. “Are we there yet?” became our motto, and we learned that patience is indeed a virtue, especially when coding robots. Sharpening our research and notetaking skills, we delved deep into Australia’s natural wonders. We penned informative reports and created model replicas that could give the real things a run for their money. Inspired by Aboriginal contemporary artists, we worked with warm and cool colours, painted in layers, and dived into patterns, to unleash our inner artists. Our paintings showcased the beauty of Australia’s natural features, and we daresay they’re as striking as a sunset over Uluru. So, Year Three, Term Three, you were a wild ride of learning, creativity, and spiritual growth. We laughed, we painted, we coded, we reconciled – what a fantastic adventure!





Year Three SJP Class News

Wow, what a term we had, we're excitedly looking forward to what Term Four has in store for us. We've had some memorable experiences and valuable learning opportunities that we can't wait to share. Here's a glimpse of some of the exciting events and activities we had.

Father's Day Celebration

We had an early morning Father's Day breakfast, where we had the chance to celebrate the special fathers and father figures in our lives. We appreciated the opportunity to show our love and gratitude to the Dads who mean so much to us.

Cross Country Carnival

Our school spirit soared as we participated in our first Cross Country Carnival. Running alongside our fellow students, we gave our best efforts, and it was a fantastic day of athleticism, teamwork, and friendly competition.

School Colour Run

The excitement continued with our very own school Colour Run. We put on our running shoes and ran even faster while being showered with vibrant colours. It was a riot of fun and a great way to promote fitness and unity within our school community.

Sacrament of Reconciliation Retreat

One of the most profound experiences this term was our retreat to the Shoestatt Shrine in Armadale. We had the privilege of meeting Sr. Lisette, who guided us in our preparation for the Sacrament of Penance. Throughout the day, we engaged in meaningful activities that taught us how to make a positive difference in the lives of others. The retreat left us with beautiful memories and a deeper understanding of our faith.

Mystery of the Mathematical Menace

We embarked on a thrilling adventure during the Lighthouse Maths Incursion. Through this incursion, we put our problem-solving, collaboration, and creativity skills to the test. The evening was filled with math activities, puzzles, and clues as we worked together to uncover the identity of the mathematical menace. It was a challenging yet fun way to enhance our mathematical skills and teamwork.

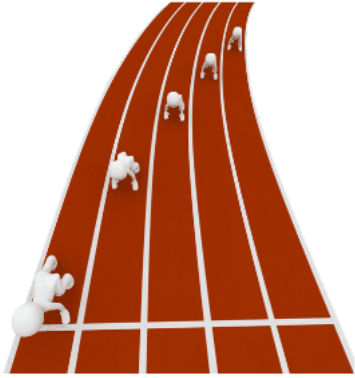
As we reflect on the incredible experiences and knowledge gained during Term Three, we can't help but feel grateful for the opportunities provided.

Here's to a fantastic Term Four ahead, filled with even more exciting experiences and growth.

SACRAMENT OF RECONCILIATION



MEL MARIA YEARS 3 - 6 ATHLETICS CARNIVAL



| 2023 SENIOR ATHLETICS CARNIVAL PROGRAM | | | | |
|--|--------------------------|-------------|-------------------|-------------------|
| Time | Year Three | Year Four | Year Five | Year Six |
| 9:15 am | Welcome and housekeeping | | | |
| 9:20 am | Marshalling | | | |
| 9:30 am | 100m | Marshalling | Tug of War | Leaderball |
| 9:40 am | | | | |
| 9:50 am | | | | |
| 10:00 am | | 100m | | Tug of War |
| 10:10 am | Tunnel Ball | | Marshalling | |
| 10:20 am | | | 100m | |
| 10:30 am | | Tunnel Ball | | Marshalling |
| 10:40 am | | | | 100m |
| 10:50 am | Marshalling | | | |
| 11:00 am | 400m | Leaderball | Tunnel Ball Relay | |
| 11:10 am | | | | |
| 11:20 am | | Marshalling | | |
| 11:30 am | | | | Tunnel Ball Relay |
| 11:40 am | Tug of War | 400m | | |
| 11:50 am | | | Marshalling | |
| 12:00 pm | | | 400m | |
| 12:10 pm | | | | Marshalling |
| 12:20 pm | | | | 400m |
| 12:30 pm | Marshalling | Tug of War | Passball Relay | |
| 12:40 pm | 200m | | | |
| 12:50 pm | | | | Passball Relay |
| 1:00 pm | | Marshalling | Leaderball | |
| 1:10 pm | | 200m | | |
| 1:20 pm | Passball | | | |
| 1:30 pm | | | Marshalling | |
| 1:40 pm | | | 200m | |
| 1:50 pm | Leaderball | Passball | | Marshalling |
| 2:00 pm | | | | 200m |
| 2:10 pm | | | | |
| 2:20 pm | Presentations | | | |

*Marshalling for track events is to start 10 minutes before the first race to allow races to start on time. This will take place at the start line for each event, led by a year group teacher and Mr Williams.

*All races will run girls first, then boys in numerical order as listed on the heat lists.

*Any breaks in the program above for a year group will allow students to eat, watch races, refill water bottles and use toilets.

*In the case of absence or injury, the first runner listed in the heat below will move up to take their place. Later year level heats may be merged if required due to absences or injuries.




2024 Year 3 BYOD Parent Meeting

Date: Tuesday 24 October

Time: 6 - 7pm

Location: PN Library

To help with the planning, please register your attendance using the link [here](#) before Monday 23 October. Parents unable to attend, will receive a comprehensive booklet containing all the information via Seesaw and email.



jamf PARENT

Year 3 - 6 iPad Parental Controls Jamf Parent

iPads come with the ability for parents to set parental controls which can block or limit specific apps and features. Some settings could have an effect on what the child can do at school. Therefore the school recommends parents use "Jamf Parent" which is part of the school's Mobile Device Management (MDM) system. Parents can restrict and allow apps and device functionality on their child's device. All settings applied by parents will not impact what students are doing at school.

Setting restrictions or rules is very easy. Parents download the Jamf Parent app from the Apple or Google Apps store on their phone or tablet. Once installed, a Jamf Parent account is created which is linked to their child's device.

Allowing and Restricting Apps

Jamf Parent allows parents to choose which apps their child can use on their school-issued device. Apps can either be restricted by category, such as social media or games, or specific apps, such as Safari or Messages.

Enabling App Lock

Parents can use App Lock to set a timer for app restrictions. While a child's device is in App Lock, they will only be able to use the apps allowed during the specified time period.

Setting Location Rule

Jamf allows parents to set device rules based on the location of the iPad. The rules/restrictions are automatically applied every-time the device reaches the location. Parents can also view the location of their child's device.

Setting Device Rules

Parents are able to set app rules that allow for scheduled homework time or bedtime. Once the set time is reached, the device /app will stop working.

The following document contains information on how to setup and link an iPad to Jamf Parent.

<http://www.melmaria.wa.edu.au/assets/2022/Jamf-Parent.pdf>

The theme for this year's "Mental Health Month" is: 'We all have a role to play'.

This month encourages all of us to think about our mental health and wellbeing. It gives us the opportunity to understand the importance of good mental health in our everyday lives and encourages help seeking behaviours when needed. One way of supporting our mental health is mindfulness. Everyone, including children can benefit from these strategies, illustrated in the link below.



Mindfulness - Mindfulness is about learning to make a conscious and discerning choice where our attention lies, rather than allowing it to be dominated by concerns which take us away from experiencing the present moment. See how practising mindfulness can help to promote positive wellbeing for you and your children.



Wear it Loud!

Loud Sock Day

to support children with a
hearing loss.

Thursday October 19th
(gold coin donation)





GILBERT'S
SUPPORT OUR SCHOOLS
PROGRAM

Join the Support Our Schools Program (SOS)

- It's free and available to all Gilbert's customers!
- Gilbert's Fresh Market donates 1% of the money spent by you to your nominated school every time you shop with us.
- Sign up at the checkout and simply present your SOS card for scanning each time you shop to earn funds for your school.

It's so easy!

gilbertsfresh.com.au



SIGN UP
IN-STORE TODAY

GILBERT'S
— fresh market —

HILTON, MIDLAND &
WILLETTON

OPEN 7 DAYS

An aerial photograph of a large green field where a group of students has formed the words 'MELBIE' and 'MARRA' in large, block letters. The students are dressed in white and dark clothing, creating a high-contrast pattern against the grass. The word 'MELBIE' is positioned above 'MARRA'. The background shows some trees and a paved area on the left side of the field.

'We strive to create happy and successful children who we are proud of... we are more than a school, we are a community, united by our motto, 'Unity is Strength.'

Contact Us

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