



MEL MARIA
CATHOLIC PRIMARY SCHOOL

MEL MARIA NEWS

TERM 1 WEEK 7

ISSUE 03

Sculptures by the
Sea



Head of Campus News

Religious Education

Mel Maria Turns 50

Year Four News

Swimming Carnival

P&F Events

#MakingADifferenceEveryday

1 February	Term 1 Begins
7 February	Parent Information Night Session 1 5.30pm- 6.15pm Session 2. 6.30pm - 7.15pm
8 February	SJP Mass 9am PN Mass 11am
10 February	Year 6 Leadership Commissioning Assembly 9.00am
13 -24 February	Swimming Lessons Years 3 & 5
16 February	Cyber Safety Presentation - Paul Litherland PN Hall 6pm
20 February	PN & SJP House Keeping Assembly
21 February	Shrove Tuesday
21 February	SAC Meeting 6pm P & F Meeting 7pm @ SJP Campus
22 February	Ash Wednesday
27 February - 10 March	Swimming Lessons Years 1, 2,4 & 6
6 March	Labour Day
15 -24 March	NAPLAN - Years 3 & 5
20 - 5 April	Parent Teacher Interviews
21 - 24 March	Year 6 Camp
29 March	Swimming Carnival Years 4-6
31 March	School Disco
3 April	PN Housekeeping Assembly
5 April	End of Term 1
6 April	Pupil Free
7 April	Good Friday

The full term calendar can be located on page 11 or on the website

<http://www.melmaria.wa.edu.au/our-parents/calendar>

Parents are able to sync the online calendar to your devices.

2023 Pupil Free Days

6 April
24 April
2 June
21 August
21 August
9 October

Whole School Events Save the date

31 March School Disco
29 March Swimming Carnival
5 May Inter-school Swimming
12 May Mother's Day Morning Tea
1 September Father's Day Breakfast
25 October Grandparent's Morning tea

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FROM THE
SOCIAL
WORKER





Redefining Learning - A Brighter future for all

We are excited to announce our involvement in the Early Childhood Leaders' Project at Notre Dame University. This project will provide us with valuable local and international research, including neuroscience background, to better understand holistic pedagogies that include spirituality.

Last Tuesday the Leadership team and Leaders in the early years, Miss Samantha Cripps and Mrs Tia Horsley attended a professional development day with Professor Dee O'Connor, who shared her research on neuroscience and how the brain develops. It was inspiring to listen to her share her insight on current international and local research and how the pedagogies and practices that schools adopt impacts the brain not only in the early years but into adulthood.

What is Holistic Early Learning and Development?

Holistic early learning and development focuses on creating unique educational experiences that meet the individual and diverse needs of the students. It is important to also incorporate learning environments, outdoor learning, and nature pedagogy to give students meaningful experiences in and with their environment. Play pedagogies and the Play Inquiry continuum provide teachers and caregivers guidelines to create educational experiences that are progressive in difficulty and challenge students to think critically and creatively. Developing higher order thinking skills such as critical and creative thinking are essential for students to be prepared for today's job opportunities. This comprehensive approach to educational and developmental growth empowers students and will lead to more successful, efficient, and innovative operations.

We look forward to the insights this research will bring to our school.

STEM MAD -#MakingADifferenceEveryday

Mel Maria students aim to 'Make A Difference' through STEM.

STEM MAD is a celebration of student learning that recognises and supports STEM initiatives which resolve real-world problems, reflecting the unique character of Catholic Schools. Through this, students are inspired to act for justice and the common good to positively impact our shared world, in keeping with Pope Francis' call to action in Laudato Si': On Care for our Common Home.

Using the Design Thinking Model our students empathise with real world issues and think of a solution that may improve the world we live in. We can't wait to showcase our students ideas later in the year.





Camp

Our Year 6 students will embark on a camp to Rottnest Island next Tuesday, which promises to be an incredible experience for many who will be away from their parents for the first time. With excellent weather forecasted, we anticipate that they will thrive and enhance their leadership abilities. We express our appreciation to the staff, who are sacrificing their time and knowledge to support the camp.

Kindergarten 2024 – Applications are Now Due

Enrolments are now being taken for siblings and new students wishing to commence Kindergarten at Mel Maria Catholic Primary School in 2024. Families with children eligible for Kindergarten in 2024 are required to fill out a Kindergarten Enrolment Application Form. Forms can be obtained from the office or on the school website.



Prayer for the Week

O God, Light for the journey,

Your word is a lamp for our feet,

and a guiding light for our path.

Open our minds, illumine our hearts,

That we may see your love's glow in all we meet,

and that even in the dark,

we may trust your light to shine.

May your light bring us clarity of vision,

peace of mind,

and courage to act justly in our world.

We ask this prayer through your Son,

Jesus Christ, who is the light for the world.

Amen



Happy St Patrick's Day

Today our students celebrated St Patrick's Day to fundraise money for Caritas. Our students had lots of fun dressing up in

The patron saint of Ireland is St. Patrick, a fifth-century missionary and bishop who is credited with converting the Irish to Christianity. He is honoured every year on March 17th with St. Patrick's Day, a holiday that celebrates Irish culture and heritage. St. Patrick is also known for using the shamrock to explain the Holy Trinity and for driving the snakes out of Ireland.

The school raised over \$700 for Caritas. #MakingADifferenceEveryday

We would also like to wish all our families who originate from Irish culture and heritage Lá fhéile Pádraig sona dhaoibh (Happy St Patrick's Day!)

Pater Noster Commitment Masses

This weekend our Year 4 Pater Noster students will be attending mass on Saturday, 18th March at 6pm and 19th March at 9.30am as part of their preparation to make their First Holy Communion on the 10th June 2023.

We ask you to please keep these young children in your prayers over the coming months.

End of Term Mass

Each campus will be concluding the term with a campus Mass on Wednesday, 5th April at 9.00am. Our five students will be leading this mass and be presented with their blessed Young Vinny badges. We invite all parents to come along and join us.

CORPUS CHRISTI CAMPUS (PN)



Year 5 Excursion

Sculptures by the Sea

Year 5 classes took to the beach on Wednesday 8th March to visit the inspiring sculpture works on display at Cottesloe beach. Many parents volunteered their time to give our students rich, small group experiences whilst viewing the 71 sculptures on display.

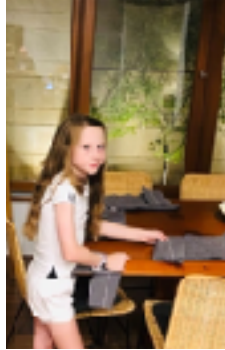
We were in awe of the towering presence of many of the art works. Students explored the different types of sculptures, kinetic, abstract, reflective, recycled and multiples alongside the diverse messages the artists wish to portray. In the following weeks students will be piecing together their own ideas workshoping to showcase an exhibition where their creativity materialises into their own individual sculpture piece.



Acts of Kindness

What does this look like in Year Four at Mel Maria?

World kindness day does exist but at Mel Maria we are working hard to ensure every day is a day of kindness, particularly during the season of Lent. One way of showing kindness includes doing extra chores at home and earning some pocket money so we can donate it to Caritas Turkey. The devastation experienced by millions affected by the earthquake in Turkey has saddened us and we are determined to do help those suffering and #MakeADifferenceEveryday.



Dear Lord, please help us to raise money for the Turkish and Syrian people who have suffered through the terrible earthquakes. Help the victims so that they can rebuild their lives. Lord, please keep them safe and provide them with shelter, food and water. Amen.



Lent Video

PN Year 4 Class News



The year 4 students at PN have had an amazing start to the year. We are in the season of Lent and we are raising money for Caritas by doing extra jobs at home. Some of us will receive our First Holy Eucharist this year and we are starting our preparation for this very special Sacrament by attending a commitment mass this weekend.

In English, we have been focusing on poetry and developing our figurative language skills. Onomatopoeia, cinquain, alliteration and personification are very big, interesting words but in year 4 we are learning how to use these techniques to make our writing more interesting.

We have just finished swimming lessons at the Melville Aquatic Centre. Everyone loved being in the water, cooling off and learning new skills.



This week we started our unit of work on Indigenous history. We were lucky enough to go on an Indigenous tour to Point Walter with the amazing Greg Nannup. Mr Nannup taught us so much about the plants and river and how the Whadjuk people used the resources in this area for bush medicine, shelter, food and fire. They never took more than they needed and lived a sustainable life.

A highlight for all of us was sitting near the beach at Blackwall Reach while Mr Nannup told us an incredible Dreamtime Story. We learnt so much about Indigenous culture and history!



Physical Education

SWIMMING CARNIVAL UPDATE

Thank you to all students and parents who have been thinking about and deciding on their events for the swimming carnival. Final Divisions for the Year Fives will be released today and draft division for Year Four and Six will be released today as well. If there are any issues arising from the Year 4 and 6 drafts, please contact me by Sunday afternoon so I can make any changes before I leave for Year Six Camp. Thank you for your patience and cooperation during this process.

The Mel Maria Swimming Carnival will be held at HBF Stadium (Indoor Pool) on Wednesday 29th March. A program will be released as soon as possible once all divisions have been finalised. Parent seating will be on the Northern side in the permanent grandstand, with students on the southern side in the temporary stand. Parents will not be able to mix with students except for emergencies, but will be able to assist during the day with timing and ribbon awarding. I will call on parents to assist throughout the day, so please be prepared to come down to help; **I will need twelve parents at a time for ribbons (4) and timing (8)**. Hand sanitiser will be available at the end of the pool for parents assisting.

As this is a school event, students are expected to stay until the end of the day and leave with their parents or teachers after the presentations. If you are wanting to take your child with from the stadium, please inform your child's classroom teacher.

Please remember that **all races are timed** at the carnival, and as such any students competing in 50m events or the Open events (100m Freestyle and 50m Butterfly) are eligible for Interschool qualification. This means that students can qualify for an interschool position from any division. Times will be recorded after the carnival and the Interschool Team will be named in the following week. Interschool qualification information can be found below.

Interschool Qualification Information:

- All figures below are for each Gender/Year Level.
- Interschool selections will be made on times from the carnival in the days after its completion. These will not just be from 'A' Division - all races will be considered.

Event	Number of Qualifiers	Number of Reserves
50m Freestyle	4	1
50m Breaststroke	4	1
50m Backstroke	4	1
100m Freestyle	2	1
50m Butterfly	2	1



As we are inside for the carnival, hats will not be necessary but all students will need to bring plenty of water and all the food they will need for the day. Students may bring thongs or slides to wear between races, but as with swimming lessons joggers must be worn to and from the pool. There is a fountain for refilling water bottles at the venue, but if your child is able to bring more than one water bottle that would be ideal. The cafe is off limits for students during the carnival - if you are looking to buy something for your child could you please wait for the end of the carnival.

If you have any questions, please let me know.

Dave John
Physical Education teacher

PHYSICAL EDUCATION STAFF

Contact Details

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St Joseph Pignatelli Campus: Wednesday

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St Joseph Pignatelli Campus: Monday, Thursday & Friday

Digital Technology



The esafety website provides valuable tools to assist parents on keeping their child safe online. Below is information on how to apply parental controls on a variety of devices.

Parental Controls

How to use parental controls and other tools to maximise online safety in your home.

Know your devices

All the devices that connect to the internet in your home offer lots of benefits. But you also need to understand the risks associated with these devices and how to protect yourself and your family. The eSafety website contains valuable information for parents and carers on how to keep their children safe online.

Explore how to use parental controls:

- on your [home wi-fi network](#)
- built into devices, including [computers](#), [mobile devices](#), [gaming consoles](#) and smart TVs
- through [third-party](#) software
- in apps and programs, including [streaming services](#), [web browsers](#) and search engines

Use parental controls

Parental controls are software tools that allow you to monitor and limit what your child sees and does online.

They can be set up to do things like:

- Block your child from accessing specific websites, apps or functions (like using a device's camera, or the ability to buy things).
- Filter different kinds of content
- Allow you to monitor your child's use of connected devices, with reports on the sites they visit and the apps they use, how often and for how long.
- Set time limits, blocking access after a set time.

This video helps parents and carers to understand more about the different parental controls available and which settings are best suited to your family. It's designed for parents of kids aged 4 to 13 years old.



The full article can be found on the esafety website - <https://www.esafety.gov.au/parents/issues-and-advice/parental-controls>

#MakingADifferenceEveryday

Library



St Patrick's Day

This week in the Library we learnt about St Patrick's Day. We learnt about the history of Saint Patrick and practiced our Irish Dancing.

Wastewise News

Mel Maria is a WASTEWISE SCHOOL and has been for over 5 years. I would like to thank all the parents who prepare their child's lunch box with healthy choices and with zero waste. The lunch boxes are a credit to you. By minimising our general waste we decrease the amount of waste going to landfill. This in turn decreases the amount of times our big bins need to be emptied. The school is saving \$\$\$\$. More money for books!

Another way to minimise waste is to compost food scraps. The compost is used for our edible gardens within the school.

Harmony Day & World Poetry Day 21 March

Check out the Libraries on both Campuses for these displays.

Noongar Kaartdijin

Word of the week is demban - grandmother.



Reminders - P&F Events

Hot Cross Bun Fundraise

Choice of 3 hot cross buns to buy and pick up will be from the school
<https://events.humanitix.com/easter-hot-cross-bun-fundaiser>

Easter Raffle

Parents just need to buy 1x ticket per child.
<https://events.humanitix.com/easter-raffle-2023>



School Disco

The school Disco's are scheduled for Friday 31st March (end of week 9) at Pater Noster Campus Hall:

- The years 1-3 will dance away from 4:30pm-5:30pm. They will receive a small packet of popcorn and a juice box
- The years 4-6 will dance away from 6:00pm-7:30pm. They will receive pizza and a juice box.

<https://events.humanitix.com/mel-maria-disco-yr-1-3-6lll6p9m>

<https://events.humanitix.com/mel-maria-disco-yr-4-6-t4cyab2y>

From the School Social Worker



How to model healthy coping skills for our children:

Helping kids learn strategies for handling big emotions

Painful feelings are unavoidable, but how we respond to them is a choice. And showing children how to cope effectively with uncomfortable emotions is one of the most important ways we can support their wellbeing and development.

Healthy coping skills take many forms, including mindfulness, exercise, deep breathing, and positive self-talk. They help us manage our most intense emotions, and they're also linked to lower levels of impulsivity.

Children pick up behavior patterns from adults, so one of the best ways to teach your kids good coping skills is to practice them yourself. This can mean taking space after a tense interaction, practicing paced breathing when the train is running late, or having a daily yoga practice. It can be helpful to narrate your behavior to your kids as you model ("Okay, that phone call made me feel anxious, so I'm going to do some belly breathing and walk around the block to help calm myself down"). Leading by example is also usually more effective than trying to tell kids what to do.

If you struggle with regulating your emotions (like most of us!), you may worry about your ability to model effectively. Remember that you're only human, and that all parents make mistakes. Start with practicing one or two skills that feel manageable and add on from there. Taking it slow will help you build confidence and internalize the habits you are working on.

Many parents find it hard to prioritize working on their own coping skills. When you're balancing competing responsibilities, it can feel like there's just not enough time in the day. You might even feel like setting aside time for your personal development is selfish. But kids pick up on how we treat ourselves, and they are likely to copy our habits, positive or negative. Sometimes, the best way to care for your child is to show up for yourself, too.

The link below expands on these suggestions:

<https://childmind.org/article/how-to-model-healthy-coping-skills>



'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.'

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