



MEL MARIA  
CATHOLIC PRIMARY SCHOOL

# MEL MARIA NEWS

TERM 2 WEEK 7

ISSUE 07



Principal's Message

Religious Education

Year 3 Class News

Digital Technology

Library News

#MakingADifferenceEveryday



2 June	Pupil Free Day
5 June	WA Day Public Holiday
7 June	Pn Year 4 Mass 9am PN Year 3 Reconciliation 10am
8 June	Author Visit Years 3-6 SJP @ 11.40am PN@1.20pm
10 June	PN Year 4 First Holy Communion 3pm
14 June	PN Year 4 Assembly
15 June	Year 6 Winter Carnival
20 June	SJP Japanese Incursion
21 June	School Cross Country Carnival
22 June	SJP Japanese Incursion
23 June	PN Red Edudance Concert
26 June	PN Japanese Incursion SJP Green Edudance Concert PN Green Edudance Concert
28 June	PN Japanese Incursion SJP Red Edudance Concert
30 June	Last Day of Term 2

The full term calendar can be located on the website  
<http://www.melmaria.wa.edu.au/our-parents/calendar>

## 2023 Pupil Free Days

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

## Whole School Events Save the date

23 June PN Red Edudance Concert  
 26 June SJP Green Edudance Concert  
 26 June PN Green Edudance Concert  
 28 June SJP Red Edudance Concert  
 1 September Father's Day Breakfast  
 25 October Grandparent's Morning tea

# Contents

4

**PRINCIPAL'S  
MESSAGE**

10

**HEAD OF  
CAMPUS  
NEWS**

12

**RELIGIOUS  
EDUCATION**

13

**YEAR 3 NEWS**

15

**LIBRARY NEWS**

16

**PHYSICAL  
EDUCATION**

18

**DIGITAL  
TECHNOLOGY**

19

**JAPANESE  
NEWS**

20

**FROM THE  
SOCIAL  
WORKER**



# Principal's Message



## Week Six Term Two

### Dear Parents and Carers,

It is fantastic to see the children's enthusiasm, excitement, engagement and effort across all areas of the school curriculum.

In continuing to contribute our gifts, talents, effort and time our children have taken many opportunities to improve and to experience success in their learning and development. This learning includes the nine curriculum areas and also encompasses social and emotional development which can be applied across all tasks both in and out of the classroom. Student dispositions about learning also impact their approach to experiences within the school day. The disposition that have a positive impact on learning includes, enthusiasm, confidence, curiosity, co-operation, commitment, persistence and reflection. As partners in their learning, parents also encourage and support the development of these dispositions as they are needed in all aspects of education.

### Supporting the Parents in the Faith Education of the Children

The primary role of a Catholic school is to support parents in the faith education of their children. Parents play an essential role in the life of the school and contribute in many positive ways to the education of their children. Our Religious Education program is based on the Religious Education units of work produced and issued by the Catholic Education Office with the approval of the Archbishop of Perth and the Catholic Education Commission of Western Australia. Parents are encouraged to attend the various Masses and prayer services, that are an integral part of life in a Catholic school.

Notices of school and class Masses and prayer services are given on the term calendar and upcoming liturgical celebrations are noted each week in the school newsletter.

We are reminded that as parents, we have made a conscious decision to send our child/ren to a Catholic school. Therefore, when we enrol our children in a Catholic school we agree to:

- Be supportive of a full Catholic education.
- Support the educational and spiritual programme of the school.
- Be actively involved in the life of the school.



At this time of the year, we are called to keep in mind the Year Six and Year Four students, their families and teachers who are preparing for the Sacrament of Confirmation and Sacrament of First Eucharist (First Holy Communion). This is a most significant time for each individual child and one of the most special celebrations and gifts that they have an opportunity to receive.

This term in particular, our Year 4 students at Pater Noster will receive the Sacrament of First Holy Communion. This is a most important time in their life when they receive Jesus for the very first time. We keep all our students preparing for sacraments this year in our prayers.

## School Curriculum

Over the next few weeks, I will be reading every student Mid-Year Report. I look forward to seeing the improvement by individual students and reading the comments that teachers make about their performance and the achievement of the various outcomes. This week, I would like to share with you some information on the curriculum within Catholic schools, and ways parents can support their children through school.

As has been highlighted many times before, collaboration between home and school is vital in providing our students at Mel Maria with the best possible educational advantages and it is an area that we are always endeavouring to improve.

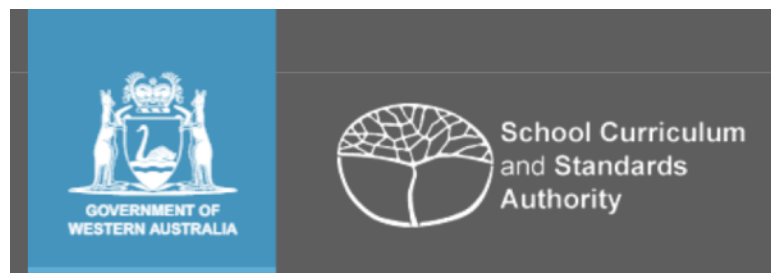
The curriculum is the program of teaching and learning that leads to desired educational outcomes. Catholic schools follow the same curriculum as government schools; however, there is a religious dimension in everything that is taught in a Catholic school. This creates the additional and most important learning area of **Religious Education**.

## How is the Curriculum Organised?

Mel Maria School implements the **Kindergarten to Year 10 Western Australian Curriculum and Assessment** to meet the learning needs of all

students. The Western Australian curriculum is based on the Australian curriculum. It has been

designed to meet the specific needs of students in Western Australia. Subjects are grouped in key learning areas and teachers within our Catholic schools refer to the Western Australian Curriculum (English, Mathematics, Health & Physical Education, Humanities & Social Sciences, Language, Technology and The Arts) and other documents to develop their teaching programs. Schools and teachers are responsible for organising student learning. To effectively deliver the curriculum, teachers respond to their students' needs and interests, which inform their approach to teaching, learning and assessment.



## How does the Pre-Primary to Year 10 curriculum work?

Schools use the Western Australian curriculum for Pre-primary to Year 10 to:

- plan student learning programs.
- assess student progress.
- report student achievement to parents.

The Western Australian curriculum outlines the content for students to be taught each year. It is designed to be coherent and comprehensive. Achievement standards describe expected student performance in relation to the curriculum content for each year level.

The curriculum is organised into eight learning areas. Each learning area contains a year-level syllabus. This syllabus includes a year-level description, specific curriculum content and the Achievement Standard for each year of schooling, from Pre-Primary to Year 10.

## Outcomes

Subjects and courses taught in schools today are outcomes based; that is, they are given direction by clear descriptions of what students should know,



understand and value and be able to do as a result of the learning experience provided by the teachers at the school.

Outcomes are explicit statements of what students must demonstrate to show they have achieved the required knowledge and skills. Each learning area lists specific outcomes that students must cover over the years of K - 12. Teachers then use a range of fair, valid, explicit and comprehensive assessment processes to inform and evaluate the progress of student learning against the outcome prescribed for the particular learning area. This is how the student's achievement levels are determined for each learning area. Teachers also make comment on the effort a child has applied to their learning for a particular learning area.



## School Fees

Thank you to the many parents who have made effort to pay their school fees early this term. This term's accounts have been sent and all families are asked to pay these accounts as soon as possible. If any families are having trouble paying their fees, they are asked to contact the office to make an appointment with Mr Hille.

## Drive-Through Area – Pater Noster & St Joseph Pignatelli Campus

### **Parking and Use of Roads at Drop Off and Pick Up (PN Campus)**

Our afternoon drive through operates between 3.00pm and 3.20pm. We appreciate your understanding and cooperation in refraining from queuing up before 2.55pm, as this prevents early parking obstruction and the backing up of cars onto Marmion Street. It also creates a safety issue for our younger students who finish school at 2.50pm. Arriving after school at 3.10 pm does alleviate some traffic congestion, so if you are able to come a little later, please do so. Students will never be left unsupervised.

Parents are also reminded to be vigilant whilst walking back to their car and not walking through the drive through whilst it is operating.

It's great to see so many families taking advantage of this wonderful weather and community to walk or ride to school. We remind parents to not to arrive too early in the afternoon and block access to the drive through areas on both campuses. Parents should not line up in drive through until 2.45pm. If you arrive early, please park in one of the parking bays.

### **Junior Drop Off and Pick Up (SJP Campus)**

Junior drive through at Saint Joseph Pignatelli campus is working well. With winter weather approaching please be mindful of arriving too early as traffic banks quickly onto Wichman road. Staff work quickly to supervise children into cars.



## Mel Maria Catholic Primary School 3-Year-Old Kindergarten Program 2024



The Three-Year-Old Kindergarten at Mel Maria is an educational program for pre-kindergarten children. The program at the school is very much play-based and helps the children develop independence and creativity by offering interesting and fun activities, that are developmentally appropriate, in a semi-structured form. The program follows a routine similar to Kindergarten where the children are in the care of a teacher and a teacher assistant for the duration of the session, but parent help is encouraged.

### Who May Attend the Program?

The 2024 program is offered to children who will have turned THREE by 30 June 2024 and plan to continue attending Mel Maria Catholic Primary School in 2024 and beyond. Regulations prevent us from taking children until they have turned three years of age. Please note that enrolment at the Mel Maria Three-Year-Old program does not guarantee a place in the Four-Year-Old Kindergarten Program. Interviews will be conducted for both places.

Interested parents are asked to contact Mrs Maree Passmore at the school office for enrolment forms for 2024 Three-Year-Old program.

### From My Readings . . .

#### Managing your Child's Anxiety

If your child feels anxious, reassure them that these feelings are a normal response to new people, events or potentially challenging situations. Help your child understand that there is a great deal they can do to manage their anxious feelings, so they can get on with the activities they enjoy.

#### Explain anxiety

If your child is anxious, they may struggle to explain how they feel. An important first step in anxiety self-management is explaining to your child how anxiety works.

- Teach your child that the part of the brain that protects them from danger. (the amygdala – pronounced ahh-mig-dah-la), is always on high alert when they are anxious.
- Explain that the amygdala sees danger where there is none, but the body prepares to fight for life or flee from danger as if it's protecting them from a hungry lion.
- Discuss that the amygdala can't differentiate between a hungry lion and public speaking or some other tasks they must face.

A blue speech bubble with a white outline and a tail pointing towards the bottom left. Inside the bubble, the following text is written in white: "Sufficient sleep, good nutrition and exercise are essential for anxious kids. Support your child to adhere to their optimal bedtime so they wake naturally each morning, reduce sugar, take care of their gut health through good nutrition and encourage regular exercise for optimal mental health."

Sufficient sleep, good nutrition and exercise are essential for anxious kids. Support your child to adhere to their optimal bedtime so they wake naturally each morning, reduce sugar, take care of their gut health through good nutrition and encourage regular exercise for optimal mental health.

- Talk about the changes that happen in their body to power them up to fight or flee, including increased heart and breathing rates and the pumping of the blood from the stomach to the arms and legs, which can cause nausea and even vomiting for some.

## Help Recognise Anxiety-inducing Events

There are many things that can evoke anxiety in your child, including:

- Stressful events
- Life changes
- Transitions
- Difficult experiences
- New or unfamiliar situations

Help your child to recognise the specific situations and events that make them feel anxious such as meeting new friends, sitting tests and fear of rejection. In this way you can help your child manage and minimise their feelings of anxiety.



## Respond with Empathy

When your child feels anxious, the part of the brain that controls rational thinking, decision-making and concentration temporarily goes offline. They can feel easily overwhelmed by simple, everyday events and situations. Rather than protecting your child by allowing them to avoid meeting these challenges, or dismissing them as trivial, validate their feelings with statements such as:

- "I can see you're feeling worried about going to camp without your brother."
- "Thanks for telling me you feel nervous about the test. It's understandable."
- "I see you're really anxious about this right now. I know it's hard for you."

Resist the temptation to rescue or fix a situation. Respond with empathy and understanding to your child's concerns.

## Manage Anxious Moments

Help your child develop the tools to regulate and push their anxious feelings to the background. Practise these anxiety management tools when your child is feeling calm, and it will be easier for them to practise when they are nervous. These include:

- Taking some deep breaths: Deep belly breathing from the diaphragm calms the amygdala, reducing feelings of anxiousness.
- Bringing their attention back to the present: Use their senses to bring their attention to the present moment and away from their worries – "Tell me five things you see, four things you hear and something you smell."
- Getting them moving: Physical exercise is not only a great distraction, but it releases feel-good endorphins that help children and young people feel better and more optimistic about the future.
- Defusing their thoughts: Anxious thoughts can get stuck, refusing to budge no matter how unwanted they are. Help your child to distance themselves from their thoughts by placing distancing statements in front of their thoughts. Replace "I'm going to fail the test" with "I had a thought that I'm going to fail the test." Rather than changing their thinking, assist your child to distance themselves from unhelpful thoughts.



## Get the Fundamentals Right

Sufficient sleep, good nutrition and exercise are essential for anxious kids. Support your child to adhere to their optimal bedtime so they wake naturally each morning, reduce sugar, take care of their gut health through good nutrition and encourage regular exercise for optimal mental health.

There is a great deal you can do to help your child manage their anxiety. Start by assisting your child to understand the fundamentals of anxiety, show your genuine understanding of their feelings and be ready to support them emotionally to push their anxiety to the background.

## Prayer for the Week

May today there be peace within  
May you Trust God that you are exactly where you are meant to be.  
May you not forget the infinite possibilities that are born of faith.  
May you use those gifts that you have received,  
And pass on the love that has been given to you.

May you be content knowing you are a child of God.  
Let this presence settle into your bones,  
And allow your soul the freedom to sing, dance, praise and love.  
It is there for each and every one of us.  
Amen.



## Thought for the Week

"Miss no single opportunity of making some small sacrifice, here by a smiling look, there by a kindly word; always doing the smallest right and doing it all for love."

— St. Therese of Lisieux

Kind Regards

**Paul Hille**  
**Principal**

**#MakingADifferenceEveryday**

## WA Public Holiday

We are excited to celebrate Western Australia Day (WA Day) this weekend, as it marks an important moment to honour the cultural heritage and accomplishments of our community. Held annually on the first Monday in June, WA Day acknowledges Western Australia's rich history, diversity, and progress.

This special day commemorates not only the founding of the Swan River Colony in 1829, but also the shared experiences and achievements of all Western Australians - from the Indigenous people who have called this land home for thousands of years to the immigrants who have made significant contributions to our society.

Throughout the day, various activities and events will be held across the region to bring people together in celebration. Look forward to food festivals, concerts, family-friendly activities, and cultural presentations that showcase the diverse talents, experiences, and traditions that make up our community.

Don't miss this opportunity to come together with friends, family, and neighbours to honour the rich tapestry that is Western Australia. We hope to see you there as we celebrate our unity, achievements, and shared sense of pride on this momentous day.

## Author Visits to Mel Maria

Australian author Steve Herrick's visits Mel Maria will visit Mel Maria Years 3-6 students next Thursday.

Saint Joseph Pignatelli 11.40am  
Pater Noster Campus 1:20pm

Author visits to Mel Maria are highly beneficial for students, staff, and the school community as a whole. It helps promote a culture of reading, strengthen critical thinking, and deepen empathy among its participants.

Overall, author visits to Mel Maria can foster a love for reading, writing, and learning that extends far beyond the confines of the classroom. Students are able to gain invaluable insights, expand their horizons, and form connections that will enrich their educational experience.

## 65 Roses Day

On Friday 26th May 2023, we celebrated 65 Roses Day, which is the National Day Awareness for Cystic Fibrosis. We are privileged to have Zara at Mel Maria as an ambassador for children living with cystic fibrosis and working together with the Ackinclose family, Primrose and Alice, the girls raised \$1035 for the Cystic Fibrosis Association.

Amazing to see our students Making A Difference Everyday.



## Partnership with families

We're incredibly grateful for the dedicated parents who volunteer in our classrooms. Their time and efforts not only enrich learning experiences, but also foster a strong sense of community. These partnerships make our school a special place where students thrive and grow. Thank you to all our amazing parent volunteers!

## Edu Dance

Please look out for costume information for your child's Edu Dance performance in your teacher's correspondence. We can't wait for the concert.



<p><b>EDU DANCE CONCERT</b></p> <p>SJP</p> <p>Event starts at 2.15pm</p> <p><b>SAVE THE DATE</b></p>	<p>MONDAY <b>26 JUNE</b> GREEN</p> <p>WEDNESDY <b>28 JUNE</b> RED</p>
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<p><b>EDU DANCE CONCERT</b></p> <p>Pater Noster</p> <p>Event starts at 2.15pm</p> <p><b>SAVE THE DATE</b></p>	<p>FRIDAY <b>23 JUNE</b> RED</p> <p>MONDAY <b>26 JUNE</b> GREEN</p>
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## Expression of Interest

### EXTRA DAY PRE-KINDY PATER NOSTER

Friday, commencing Term 3

**REGISTER NOW**

[www.enrolments@melmaria.wa.edu.au](http://www.enrolments@melmaria.wa.edu.au)



## Living a Sacramental Life

Our Year Six students who attend the Parish of Saint Joseph Pignatelli were confirmed on Sunday. Families and parishioners gathered to celebrate Mass and to support our students in receiving the Sacrament of Confirmation. Fr Don was delegated by Archbishop Timothy Costello to preside at the Mass and confirm our candidates.

“I chose Saint Raphael because he was on the Arch Angels and performed many miracles. He always helped people on their faith Journey.”

Marcel

“I chose Saint Catherine of Sienna because she led an interesting and mystical life in her relationship with God.

Matilda

“My sponsor is an important person in my life. We share a love of piano playing and I enjoy spending time with him.”

Chiara

At Pentecost, fifty days after Easter we celebrate the coming of the Holy Spirit into the lives of Jesus apostles. Our students now gifted with the Holy Spirit are transformed to become who God has gifted them to be. We never lose our dependence on the Holy Spirit to love us, nurture us, inspire our imaginations and, at the same time, provide the boundaries, the sense of right and wrong, within which we can grow.







## Year Three PN

Term Two in Year 3PN has been filled with more commemorations and celebrations than you can shake a pencil at! Our learning started with the significance of Anzac Day to our nation. We munched our way through delicious Anzac biscuits as we delved into the picture book of the same name.

We took a delightful detour into the world of art, looking at the beautiful flower masterpieces by Georgia O'Keeffe. We grabbed our watercolour paints and unleashed our inner Picassos to craft our glorious flower paintings. And the best part? We chose one of them as the cover for our Mother's Day card.

Week Four came rolling in; Laudato Si' Week! A week dedicated to reflecting on a letter written by Pope Francis himself addressed to every single person on the planet, urging us to protect our common home, Earth. We placed our "Prayer Plant" on our prayer table. It became the superstar of our daily prayers throughout the week. We pondered the Cry of the Earth, the Cry of the Poor and even dove into the world of Sustainable Lifestyles. We've been trying to make little changes like turning the light switch off when not in the room! So much eco-excitement!

We've got another celebration on the horizon. It's WA Day! In class, we're unlocking the mysteries of what WA Day is all about, and why and how we celebrate it. But that's not all – our adventurous minds are going global! We're sharpening our research skills as we explore different celebrations around the world – a world tour of festivities! So much to celebrate. Who knows where the adventures will take us!





## Year Three SJP Dragon Den

This term in Year Three we are reading the novel 'How to Train a Dragon' by Cressida Cowell. We have been discussing the main events that are taking place. We are analysing the motivations and emotions of the characters, enabling us to empathise with their experiences. Through engaging discussions, we are exploring the themes of friendship, bravery, and overcoming challenges, which are prevalent throughout the novel.

Story writing is playing a significant role in our study of "How to Train Your Dragon." We are learning about story structure, including the introduction, rising action, climax, and resolution. Using our imagination, we are crafting vivid descriptions of dragons.

Overall, our study of "How to Train Your Dragon" is incorporating various art elements, comprehension exercises, and story writing activities, fostering creativity, critical thinking, and literacy skills among Year Three students. It is an enchanting journey into the world of dragons, leaving us inspired to explore our own creativity and face challenges with bravery, just like the characters in the novel #making a difference everyday.





## Dates to remember

### National Sorry Day May 26

On 26 May each year, we acknowledge Sorry Day to mark the anniversary of the tabling of the Bringing Theme Home report in the Australian Parliament in 1997. We are remembering and acknowledging that not so long ago in Australia's history, Aboriginal and Torres Strait Is people were taken from their families. Sorry Day is a day to remember the survivors of the stolen generation and their families.

### 27 May to 3 June Reconciliation Week

National Reconciliation Week is a time for all Australians to learn about our shared histories, cultures, and achievements, and to explore how each of us can contribute to achieving reconciliation in Australia. In the library the children learn Aboriginal Noongar Kaartdijin (knowledge) through songs, poems and prayers. They are also taught about bush tucker, the 6 Noongar season, symbols, dance, art and lore through high quality books that are written by Aboriginal and Torres Strait Islander people. Each week we learn a new Noongar word. This weeks Noongar word is wonnil (peppermint tree). Wonnil is bush tucker. The leaves are used for smoking ceremonies and healing.

### National Simultaneous Storytime 2023

On Wednesday 24 May 2023 Mel Maria participated in National Simultaneous Storytime. This Year's book was The Speedy Sloth. Rebecca Young is an award winning author from Sydney. Heath McKenzie is an award winning children's book illustrator who has written and illustrated countless books for children.



### Author News-

Bookflix has been very popular in the library and this term we have been focusing on a few of our authors who will be visiting us over the next two terms.



**Frane' Lessac** is an artist and author-illustrator who lives in WA. Many of her book showcase the beautiful aspects of Australia and she will be visiting all students in PP-Year 2 in Term 3.

**Steven Herrick** author and poet will be visiting both campuses on June 8. His books are focused on the upper primary grades which some of our students have been busy reading. Children will also be able to purchase a signed copy of his book.



## RUNNING CLUB

Mel Maria's Running Club program continues again this year throughout terms Two and Three. The program:

- Is held during this time to support students in the lead up to the Faction Cross Country, and help with training the subsequent Interschool team
- Provides students with a physical experience to start the day, which is proven to help with learning
- Provides a safe, social atmosphere to allow students to engage with others socially as they exercise

We use a QR scanning software which allows us to keep track of the number of laps and kilometres each student completes as they use a personalised card that they retrieve and return each session. This data also allows me to generate one point per kilometre that will go towards each students' faction total for the Cross Country Carnival at the end of Term Two.

Who: Years K-6 (all students have a laminated QR card with their name on it)

Where: SJP and PN Ovals

When: 8:00am-8:30am, Mondays at SJP; Fridays at PN

How it works:

- When they arrive, students come and retrieve their card from one of the staff or Year Six Leaders.
- Start running!
- Every time a student completes a lap, they scan their card at one of the devices next on the tables provided.
- When they are finished or at 8:30am, students return their cards to their year level containers and head to class. Staff and Year Six leaders assist with this process for younger/new students.

Do I need to sign up?: No! The more the merrier, so please come down at any point during the half hour.

We hope to see you there!

## CROSS COUNTRY

The Faction Cross Country Carnival is fast approaching, to be held on Wednesday 21st June at Troy Park, Attadale. A timetable of events can be found below, as well as distances run by each year level.

Students are encouraged to attend Running Club to build fitness and confidence ahead of the carnival. Remember the every kilometre travelled at Running Club earns a point for your faction!

Course maps will be posted on SeeSaw and emailed to teachers for Year 3-6 students for students who are keen to test themselves on the course in the lead up to the carnival.

### Year Level Distances

Year Three: 1km

Year Four: 1.5km

Year Five: 2km

Year Six: 2km

### **RACE PROGRAM**

**\*Students to marshal ten minutes before their event**

Time	Year Level
9:30	Walk through of Year 3/4 courses
9:50	Year Three Girls
10:05	Year Three Boys
10:20	Year Four Girls
10:35	Year Four Boys
10:50	Year Five and Six students arrive at Troy Park
10:50	Year Three & Four Students return to school
11:00	Walk through of Year 5/6 course
11:20	Year Five Girls
11:45	Year Five Boys
12:05	Year Six Girls
12:25	Year Six Boys
12:50	Year Five & Six Students return to school

***Please note that all times are approximate.***

## SPORTS DAY & ATHLETICS CARNIVAL CHANGES 2023

The way that the school's Athletics Carnival and Sports Day are carried out will change in 2023. This is with a view to exploring new ways of running age-specific events ahead of upcoming changes to the structure of Mel Maria as a two-campus school.

### Junior Carnival: Pre Primary-Year Two

Our Pre-Primaries, Year Ones and Year Twos will be involved in a tabloid sports day on Friday 15th September (Week Nine, Term Three). This will involve students participating in five games and running race throughout the day, before the parents get to have some fun competing at the end of the day. More information will be provided in due course.

### Senior Athletics Carnival: Year Three-Six

This event will be an amalgamation of the Senior Sports Day tabloid events and the Track and Field Day that have historically been held at Mel Maria. The rationale for this is to provide more meaning to the Track and Field Day by adding the tabloid games from the Sports Day so every student is able to participate in both team and individual events on the day. This event will be held on Friday 13th October (Week One, Term Four), as the facilities required for the track events (200m, 400m, 800m) are not available locally until after the September/October school holidays. This event will serve as a qualification event for all Track events at the Interschool Athletics Carnival (100m, 200m, 400m, 800m), while all trials for Field events (Turbo Jav, Shot Put, Long Jump) will be held at school towards the end of Term Three.

## BREAD BAG RECYCLING

This term, our school is involved in a bread bag recycling program through Wonder White. All soft plastic bread bags and wrap bags can be sent to school to be delivered to the Sports Shed on Running Club days and your child's Physical Education lesson days. Thank you to the students, parents and staff who have already been dropping their bags off so far!

The motivation for this is twofold:

- Recycling the soft plastics into more bread bags to prevent them going to landfill.
- Earning sports gear for our school!

Please see the flyer attached for more information.

We have nearly filled two bags, with two bags still to fill! Thank you to the students who have been bringing their bread bags to Running Club and PE - some of our students go through an amazing amount bread or are collecting from others! Keep it up, team!





## Online games can be great fun for your child, but make sure you can help them manage the risks.



Many games can improve your child's coordination, problem-solving and multi-tasking skills, as well as help build social skills through online interactivity with other players. But it is also important to understand what might go wrong and could have a negative impact on your child.

### How to create a safer gaming environment for your child



#### Prepare

- Locate the computer or games console in an open area of your home, or if your child is playing on their handheld device, get them to do it in the family room.
- Install current security software on all devices to protect against viruses, malware and other online threats.
- Activate parental controls and safety features on the device or in the app or browser. These controls can help restrict access to certain content and limit spending on in-game and in-app purchases.

#### Build good habits

- Help your child to protect their privacy online – get them to use a screen name that does not reveal their real name.
- Teach your child not to click on links provided by strangers, like 'cheat' programs to help with game play, which might expose their device to viruses or malware.
- Agree on strategies to help them to switch off, like a timer that signals game time is nearly over, with consequences for not switching off.

#### Stay involved

- Talk regularly with your child about their gaming interests and who they play with online. Help them understand the risks.
- Play alongside your child to get a better sense of how they are handling their personal information and who they are communicating with.
- Monitor the time your child spends online and keep a look out for any changes in their activity, school or social behaviours.

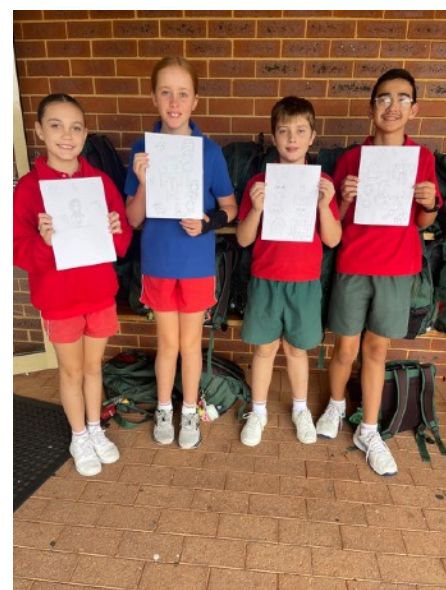
The full article can be found here:

<https://www.esafety.gov.au/parents/issues-and-advice/gaming#how-to-create-a-safer-gaming-environment-for-your-child>

## Japanese News

As part of the Japanese Program at Mel Maria CPS, our Year 5 and 6 students enjoyed a Manga Incursion with renowned manga artist Kenny Chan.

Kenny Chan delighted students with his amazing artistic ability to draw Japanese Manga. The sessions were empowering, fun and enhanced everyone's drawing, creative skills, and understanding of this amazing Japanese art form!





## How to Help Kids Learn to Fail

*Only through trial and error can children  
become resilient adults*

Failure is a part of life. Teaching kids to fail and bounce back makes them stronger and more ready to face life's challenges. When kids fear failing, they're at risk for anxiety and meltdowns when things go wrong. But how do parents teach kids to fail well?

It's hard, but parents need to try step back and give kids room to mess up. If you're always over their shoulder guiding them, they can't fail and try again. That's an important experience that they need to learn and grow.

When your kid does fail at something, let them know you see how frustrated and disappointed they are. Skipping right to bouncing back doesn't give kids the time they need to feel their feelings.

Then, you can make failing a teachable moment. When your kid is ready, talk about what went wrong and how they might do things differently next time. Or how they might try again. Help them weigh the pros and cons of their choices.

You can also talk about your own mistakes or failures. Show them those moments are part of life. It's okay that things don't always go our way.

The link below provides additional suggestions for parents.

<https://childmind.org/article/how-to-help-kids-learn-to-fail/>





**'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.'**

**MELBIA**

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