



MEL MARIA
CATHOLIC PRIMARY SCHOOL

MEL MARIA NEWS

TERM 3 WEEK 2

ISSUE 10



From the Principal

Head of Campus

50th Anniversary Mass

Year 6 News

Morning Sunrise on Our Campuses

#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 th 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



Week Two Term Three

Dear Parents and Carers,

Welcome back to Mel Maria Catholic Primary School. We hope you had a restful and enjoyable break. As we embark on Term Three, we have many exciting events, activities, and learning opportunities planned for our primary school students. We would like to share some important updates and reminders with you.

Staff Updates: We extend a warm welcome to our new staff members who have joined the Mel Maria Catholic Primary School family. They bring a wealth of experience and expertise, and we are thrilled to have them on board.

- Karen Gan – Marketing Team
- Tess Ryan Special Education Assistant
- We also welcome back Irene Windsor, Jo Scouler and Andy Carr from LSL

50th Anniversary Mass and Morning Tea

Organisation and planning for 50th Anniversary celebration are well in hand with invitations being sent to the Mercy Sisters, former Principals, teachers, and other dignitaries from Catholic Education Western Australia. Please refer to further information contained within this newsletter regarding our 50th Anniversary celebration.



Mercy Week Celebrations

Mercy Week provides many opportunities for our students to celebrate community. Our student leaders run Mercy Day activities for interaction and fun to finish off a busy term.

Mel Maria Colour Run will be held on Friday 22nd September at 1.30pm. Please save the date to join in the celebrations.

Curriculum Highlights

Term Three will bring exciting new topics and subjects for our students. From science experiments to creative writing, robotics, Tournament of Minds and the Mystery Maths workshop for parents we have planned engaging lessons that will challenge and inspire our young learners. Our teachers are dedicated to creating an enriching educational experience for each child. We also have our Open Night this Term on Wednesday 13 September, which showcases all the work our students have been doing.

Communication Channels: To stay informed about school activities, news, and updates, please make sure you are able to access our school newsletter and follow our official social media accounts. We also encourage you to check our school website regularly for any announcements or changes.

Health and Safety: The health and safety of our students are of utmost importance. We will continue to follow the necessary protocols and guidelines to ensure a safe learning environment. Please ensure that your child maintains good hygiene practices and stays home if they are feeling unwell.

We look forward to a successful and productive Term Three at Mel Maria Catholic Primary School. Together, we can make this a memorable and rewarding experience for our primary school students. If you have any questions or concerns, please do not hesitate to contact the school office. Thank you for your continued support.

Connected Learners

At Mel Maria Catholic Primary School, we believe in the development of the whole child and that our children must be equipped for the future. We understand that the children of today do not live in the world of yesterday and as such believe in an innovative, curiosity driven education based upon traditional and new pedagogy and understanding.

Mel Maria Catholic Primary School offers so many exciting opportunities and I encourage students and parents to attend relevant events and to be as involved as possible in the life of the school. Our vision, at Mel Maria Catholic Primary School, is to provide "Excellence in Catholic Primary Education" where students and staff flourish. We provide a safe school environment where parents, teachers and students work together to provide a supportive and connected school culture.



All parents of children in the school are members of the Mel Maria P & F Association. This Association is a community-based group, which has the primary function of supporting, providing community gatherings and parent involvement in the school. It is essential for parents and teachers to cooperate for the good of the child. By showing interest in the child's activities at school and by involving themselves in the school community parents will ensure that their child receives the full benefits of a Christian education.

It is important that parents support the school and ensure that their child is well prepared for each day. This support from the home helps foster pride in the child, their family and in their school.

At Mel Maria Catholic Primary School, we believe in:

- A culture of excellence as evidenced by high expectations and expressed through a shared vision.
- Encouraging relationships of mutual respect with one another, by developing empathy and care.
- Striving to develop skills to equip students with the necessary social etiquette and expectations to navigate their world both digitally and physically.
- A learning community that builds relationships and trust.
- Developing and maintaining a healthy partnership between the home, parish and school.
- Encouraging students of all ages to work alongside each other to form an Mel Maria Catholic family and **#MakeADifferenceEveryday**.

School Reports

The conversations, therefore, that parents have with their child/children are critical and would include reflecting on the work shared through Seesaw, the student's portfolio and the Mid Semester Report. As you take time to sit and discuss your child's report and portfolio, look for areas for celebration and areas for encouragement by:

- **Focusing on strengths.** Look for strengths first even if they are not in the traditional 3Rs or core subjects.
- **Considering your child's effort and attitude to learning.** If your child is putting in the required effort this is to be recognised and celebrated. If the report or portfolio work indicates that more effort is required, then this is something to work on next semester.
- **Taking note of teachers' comments.** Teacher comments are very important and should be used as 'indicators' in areas where child/ren may work towards improving. A collaborate approach between home and school greatly assists in each child's development and learning.

We recognise that it is essential for parents and teachers to cooperate for the good of the child. By showing interest in the child's activities at school and by involving themselves in the school community parents will ensure that their child receives the full benefits of a Christian education.

Interschool Cross Country

Congratulations to our Interschool Cross Country Team who competed this week at Perry Lakes. Fifteen schools were represented at this year's carnival and our students tried exceptionally hard, coming in second place overall. An amazing effort! There were some standout performances by different students which Mr John has listed in the "Sport Section" on the newsletter. Well done to all!

Many thanks to Mr John, Mr Williams for all their efforts with the team and for the additional trainings of a morning. Thank you also to the staff who assisted at these trainings and at the carnival.



NAPLAN Individual Student Report Information For Parents And Carers

NAPLAN is a national literacy and numeracy assessment undertaken by students in Years 3, 5, 7 and 9. It is the only national assessment that all Australian children undertake. Literacy and numeracy skills are the critical foundation for all learning and for the ability to participate effectively in society. NAPLAN questions assess content linked to the Australian Curriculum in English and Mathematics.

NAPLAN tests are only one aspect of each school's assessment and reporting process. As they are held once every 2 years for each student, they cannot replace the extensive, ongoing assessments made by teachers about student performance. Your child's teacher will have the best insight into your child's educational progress. Along with other school assessment reports, NAPLAN individual student reports can be used to discuss your child's progress with their teacher.

New Proficiency Standards

From 2023, new standards were introduced to NAPLAN reporting. This reporting replaces the previous numerical NAPLAN reporting bands and national minimum standards. Education ministers agreed 2023 was the right time to introduce this change alongside moving NAPLAN to March.

Proficiency standards provide clear information on student achievement. They are set at a challenging but reasonable level expected for the child at the time of NAPLAN testing, based mainly on what has been taught in previous years of schooling.

There are 4 proficiency levels:

- **Exceeding:** The student's result exceeds expectations at the time of testing
- **Strong:** The student's result meets challenging but reasonable expectations at the time of testing.
- **Developing:** The student's result indicates that they are working towards expectations at the time of testing.
- **Needs additional support:** The student's result indicates that they are not achieving the learning outcomes expected at the time of testing. They are likely to need additional support to progress satisfactorily.

How were the proficiency levels determined?

Panels of expert teachers identified the levels of proficiency against learning expectations for each assessment area and year level. Parent and carer input on student reports was also provided through focus groups and national parent organisations.

NAPLAN is a valuable tool that can give useful insights into a student's performance, but individual reports should be interpreted with care as they reflect the student's performance on the day of testing.

Three-Year-Old and Four-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 Sylvia Tamigi at the school office for enrolment forms for 2024 Three-Year-Old program.

Four-Year-Old Kindergarten Program

In 2024, Mel Maria will be offering three, four and five days (depending on numbers) of Kindergarten. Hopefully, this gives parents more flexibility with their child to attend more days if that is what is desired. The three fixed days will be Tuesday, Wednesday and Thursday which all Kindergarten children will attend.

Please see or contact Sylvia at the Pater Noster Campus for enrolment forms.

Email: enrolments@melmaria.wa.edu.au



From My Readings . . .

Busy, busy, busy!" That seems to be the catch-phrase from everyone I talk to lately. When I ask "How are you?", that is the answer I often get, even from children. It is not uncommon for some students to have four or five outside school activities a week. We do live in a world where things seem to move at a frenetic pace, constantly moving from work to home, to sport, to social activities with very little breathing space in between.

I have always been a believer in keeping my own children busy, especially with sports and outdoors activities. My mum always said it would "...keep them out of trouble!"

Parenting expert Michael Grose says that there is "Nothing wrong with kids being busy as long as they have plenty of chances to relax and unwind." He also points out that relaxation is the key to good mental health and well-being and is an important life skill for us all to learn. So how do we strike a happy and healthy balance?

One way to ensure busy kids unwind, Michael Gross assures us, is to make sure kids get bored every so often. There is a temptation to fill kids' days with activities so that no time is wasted.

"I'm bored!" is the last thing most parents want to hear their kids say. Many parents feel compelled to do something to alleviate a child's boredom.

There is nothing wrong with a little boredom now and then.

Boredom can be good for kids' mental health and well-being, giving them the chance to muck around and take it easy for a time.

Here are 5 ideas to help you unwind your kids:

1. Let your kids regularly stare into the 'fire'.

Ever sat around a campfire and stared at the flames? If so, you will know how calming it is. No exertion! No need to think! No need to talk to anyone! Just a chance to chill-out and relax. The TV is the modern version of the camp fire. Yep, TV used in this way is good for kids' mental health.

2. Let kids exercise without rules

Kids are the kings and queens of play. Always have been. Until lately that is, when their lives have become highly organised and scheduled. Free, child-initiated play is the ultimate in relaxation. Fun games, games with few rules and games that kids control help them to unwind.

3. Let kids experience flow

Flow is a state we get into when we are so engrossed in an activity that time disappears. It is the ultimate unwind. We get flow when we pursue our passions so encourage teens to find activities that they truly love and get lost in. Free play generally takes young children to flow very quickly so opportunities for unstructured play are essential.

4. Help kids calm down around bedtime

Have a bedtime routine that calms kids down rather than winds them up. You can become part of this routine by reading books, telling nursery rhymes, providing soothing back rubs and other ways.



5. Unwind with your kids

Just think about your best memories from childhood. I am willing to bet that some of those would involve doing very little, or 'just hanging out' with family. These times are precious and a great way to rejuvenate and unwind with your children.

We want our kids to be busy and involved rather than inactive and apathetic. However, activity needs to be balanced with unscheduled time so that perspective as well as everyone's sanity is maintained.

Prayer for the Week

Dear God



We pray for ourselves, our families, our communities and our schools.

May our hope in the future be nurtured,
May our trust in each other be encouraged,
May we be a sign of God's love on this earth
and enable those we touch to be
models of your goodness.

Empower us to be your servants,
leading as You would in justice and charity.
Enlighten us today with the power of your Spirit.
May You bless us and keep us always
in the palm of your hand.

Amen

Thought for the Week

A community is like an orchestra. Each instrument is beautiful when it plays alone, but when they all play together, each giving its own weight in tune, the result is even more beautiful.

Warm Regards

A handwritten signature in blue ink that reads "Paul Hille".

Paul Hille
Principal

#MakingADifferenceEVERYDAY



MEL MARIA CELEBRATES 50 YEARS OF EXCELLENCE

Mel Maria was established in 1973 with the amalgamation of four surrounding Catholic primary schools that would be best served by joining under one united entity to provide the best educational opportunities for all students.

Following a meeting in 1972 involving the community of each of the schools Mel Maria came to be founded.

Mel Maria today is a tribute to the wisdom and foresight of the then principal of Corpus Christie Myaree Sr Joan Smith. She will always be remembered for her work in sowing the seeds from which Mel Maria has grown today.



Sr Joan recently joined our Principal Paul Hille and our senior students at Saint Mary's Cathedral in Perth for the Catholic Performing Arts opening liturgy. The liturgy was a celebration of our heritage of Mercy Spirit.

Mel Maria was represented by our Year Six students during the liturgy. Matteo Benino, Charlie Gribble, and soloist Georgia Maher accompanied by Mr Hille and Sr Joan Smith.

Symbols of our Mercy tradition were placed on the altar and accompanied by Georgia Maher who sang:

***Mercy alive in our hearts,
Mercy alive in our bodies,
Mercy alive in the stories we share,
Set us dancing new steps of Mercy today.***

At Mel Maria we continue to uphold the Spirit of Catherine McAuley and the Sisters of Mercy.

Our Mercy cross is a reminder of Catherine McAuley and her sister's faith, fortitude and persistence in service to education for the poor in our presence.



Our ancient School Bible is a sign that our faith in Christ is central in our journey to our and being present in community today – it has travelled with us through the 50 years.

Our Yellow McAuley roses are a visual living symbol of our commitment to continue to grow our Mercy communities in faith and Service. And to live the legacy we have been gifted.

“Our gift is to know God’s loving kindness and to share it with others”.
(ISMA constitution)



A sense of belonging

A spirit of cooperation

A happy place

A respect for each person who is made in the image and likeness of God

Recording from the Performing Liturgy at Saint Mary’s Cathedral



PN Year 1 News



This week in year 1 we celebrated NAIDOC week. We had an incursion with Ngunja mentoring. Nixon Hamlet the presenter taught the year 1's about the didgeridoo and tapping sticks. We learnt one of the Aboriginal names for didgeridoo is Yidaki. We got to engage in fun activities such as listening to animal sounds through the didgeridoo, guessing their names and learning their name in an Aboriginal language.

Throughout the week we have been learning the importance of NAIDOC week. We have discussed the difference between a Welcome to Country and an Acknowledgment of Country and created a traditional piece of artwork using symbols to tell a story. We ended our fantastic week by making a traditional food in Aboriginal culture called Damper.





Year Six Confirmation Retreat

This term the Year 6's at PN are learning about Confirmation in preparation for receiving the sacrament of Confirmation. Last week, the students took part in a Confirmation Workshop where they were accompanied and supported by their parents. This was followed by a Retreat on Thursday. The students learned about the purpose and importance of Confirmation and the gifts of the Holy Spirit they will receive during Confirmation. We keep these students in our prayers during this special time in their faith journey.



SJP Year 6 News



We have made a wonderful start to Semester Two! During our first week back of Term 3, we had a wonderful visit from Sr Sally Bradley RSM from Mercy Works. Sr Sally is the Executive Director of Mercy Works, and kindly offered to speak to us whilst she was visiting Western Australia. Mercy Works was established by The Sisters of Mercy and is based out of New South Wales. Sr Sally shared information about the vision and mission of Mercy Works, and how their organisation was inspired by the example of Catherine McAuley. We were able to ask a range of questions about Sr Sally's vocation, the international programs that Mercy Works run and how we, as Mel Maria students can contribute to this amazing cause. On Monday, 24 July, we enjoyed a visit to the Pater Noster Campus to listen to the twelve students that were selected to move through to the second round of the Speak Up Competition. All Years 5-6 students were given the opportunity to deliver a speech in class at the end of Term 2, and from this, twelve finalists were chosen. All of the speakers did an outstanding job and the audience members were highly engaged and respectful throughout the event.



INTERSCHOOL CROSS COUNTRY

Our Interschool Cross Country Runners had a successful day at the CPSSA Cross Country Carnival last Tuesday 25th July. The weather looked threatening all day but the heavens never truly opened up - a relief to all involved! Up against fifteen of the biggest Catholic Primary Schools in the metropolitan area, our runners performed admirably, regularly finishing in the places and generally all in the top half of the 48-strong field.

Our Lady of Grace walked away with all three shields, but few were hot on their heels all day. Mel Maria were third in the Girls' Aggregate, second in the Boys' Aggregate and second overall. Our students gave their best efforts in uncomfortable conditions up against some very strong competition. A list of students who finished in the top ten in their races can be found below - well done to these runners!

Thank you and well done to the team, who were fantastic as always. Mr Williams and Mrs Yensch were in charge of marshalling the troops throughout the day so a big thank you to them too. Lastly, we had a great parent and grandparent turnout on the day, so thank you to those family members who were able to get down to UWA Sports Park to cheer our team on.

Onwards and upwards for next year!

| Name | Event | Division | Placing |
|-------------------|------------------|----------|---------|
| Zoe Salter | Three Girls 1km | A | 5th |
| Lucy Minchin | Three Girls 1km | A | 10th |
| Amelia O'Donnell | Three Girls 1km | B | 1st |
| Emily Loftus | Three Girls 1km | B | 3rd |
| Hallie Shemeld | Three Girls 1km | B | 4th |
| Koby Coleman | Three Boys 1km | A | 10th |
| Hugo Reid | Three Boys 1km | B | 4th |
| Max Murphy | Three Boys 1km | B | 5th |
| Emme Jones | Four Girls 1.5km | A | 2nd |
| Mia Giancola | Four Girls 1.5km | A | 7th |
| Jack Doody | Four Boys 1.5km | A | 4th |
| Huon Moore | Four Boys 1.5km | A | 7th |
| Felix Coad | Four Boys 1.5km | B | 1st |
| Reggie Boston | Four Boys 1.5km | B | 3rd |
| Caiden Parasiliti | Four Boys 1.5km | B | 4th |
| Preston Taylor | Five Boys 2km | B | 7th |
| Emma Pascoe | Six Girls 2km | A | 4th |
| Freddie Miller | Six Boys 2km | A | 2nd |
| Finn Kelly | Six Boys 2km | A | 4th |
| Christian Faria | Six Boys 2km | A | 8th |
| Sam O'Donnell | Six Boys 2km | B | 3rd |
| Ashley Kent | Six Boys 2km | B | 4th |
| Sam Yeo | Six Boys 2km | B | 5th |



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 help with training the Interschool Cross Country team and support general fitness during Athletics preparation in Term Three.
- 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.

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!

Mr David John and Mr Damian Williams
Physical Education Teachers

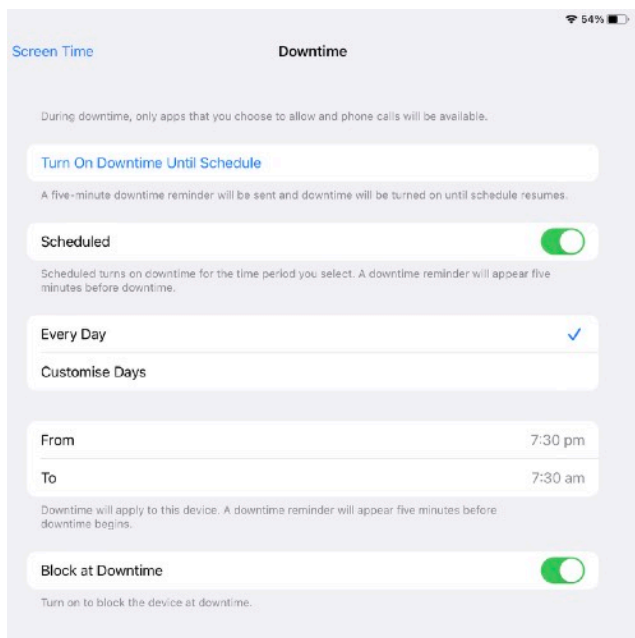
Use parental controls on your child's iPhone and iPad.

Did you know you can schedule downtime on your Child's iPad? Using the Screen Time option located in Settings, you can block them from using the device during a certain time of day. You can make all apps unaccessible during Downtime or only a select few. You can change or turn off any of these settings at any time.



How to Schedule Downtime

1. Go to Settings > Screen Time, then turn on Screen Time if you haven't already. Enter a Screen Time passcode. This code is used to change the Screen Time settings. Please keep a record of the code and do not share it with your child.
2. Follow the onscreen prompts.
3. Tap Downtime.
4. Turn on Scheduled
5. Select the day and the times the iPad will not be available



Turn on 'Block at Downtime.' During the scheduled outage, all apps will be blocked. Parents using the Screen Time code, can add extra time or make modifications to the device

Why is Downtime great for parents?

Downtime can be set during meal times and overnight. Downtime will send your child a reminder five minutes before the designated time. The only disadvantage with Downtime is that you are unable to create multiple schedules throughout the day.

More information can be found here:

<https://support.apple.com/en-au/guide/ipad/ipadb15cb886/ipados>

Prevent explicit content and content ratings

You can also prevent the playback of music with explicit content and movies or TV shows with specific ratings. Apps also have ratings that can be configured using content restrictions.

To restrict explicit content and content ratings:

1. Go to Settings and tap Screen Time.
2. Tap Content & Privacy Restrictions, then tap Content Restrictions.
3. Choose the settings that you want for each feature or setting under Allowed Store Content.

Here are the types of content that you can restrict:

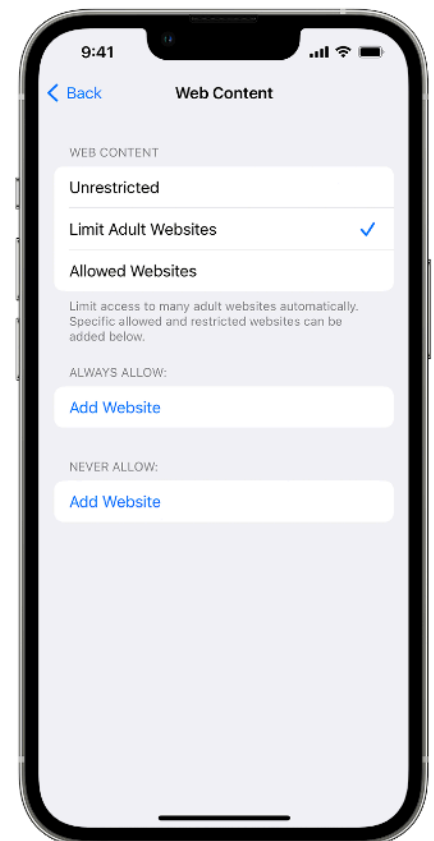
- Music, Podcasts, News, Fitness: Prevent the playback of music, music videos, podcasts, news and workouts containing explicit content
- Music Videos: Prevent finding and viewing music videos
- Music Profiles: Prevent sharing what you're listening to with friends and seeing what they're listening to
- Movies: Prevent movies with specific ratings
- TV Shows: Prevent TV shows with specific ratings
- Books: Prevent content with specific ratings
- Apps: Prevent apps with specific ratings
- App Clips: Prevent app clips with specific ratings

Prevent web content

iOS and iPadOS can automatically filter website content to limit access to adult content in Safari and other apps on your device. You can also add specific websites to an approved or blocked list, or you can limit access to only approved websites. Follow these steps:

1. Go to Settings and tap Screen Time.
2. Tap Content & Privacy Restrictions and enter your Screen Time passcode.
3. Tap Content Restrictions, then tap Web Content.
4. Choose Limit Adult Websites

Website can be added to the "Never Allowed" list. Enter the full web address and the site will not display on the iPad.



Book Week Character Dress Up Day and Indigenous Great Book Swap DAY 2023

It's that time of the year again when Mel Maria will be participating in the CBCA Book Week character dress up day. The dates for each campus are below.

PN Campus Tuesday 22 AUGUST
SJP Campus Thursday 24 AUGUST

Kindy – Year 6 children please dress up as their favourite book character. Try to make your character costume as sustainable as possible. Why not use recycled clothing and props to create your character. The theme for this years CBCA Book Week is 'Read Grow Inspire' "<https://cbca.org.au/cbca-book-week>



On the same day as the book character dress up, Mel Maria will be hosting the Indigenous Great Book Swap to raise funds for the Indigenous Literacy Foundation. Each child is asked to donate a second-hand book prior to the event. If you are able to donate more than one book, we would greatly appreciate it.

On their dress up day the children will have the opportunity to purchase a donated book with a gold coin. The children absolutely love it. We will require helpers for the Great Book Swap, so if you are able to assist, please see the Library staff on both Campuses.

Donated books need to be age appropriate and in good condition.

For more information click on the Indigenous Literacy Great Book Swap link below.

<https://www.indigenousliteracyfoundation.org.au>

Author Illustrator visit from Frane Lessac

We were privileged to welcome author illustrator Frane Lessac to Mel Maria this week. Frane's book A is for Australian Reefs is in the Eve Pownall section of the Children's Book Council of Australia awards, for Book Week.

The children from Pre Primary to Year 2 were inspired by Frane, who took us on a journey of her life, and how she became an author illustrator. The children were engaged and enthusiastic throughout her visit, especially when Frane guided the children to draw characters from one of her many books. It was an absolute pleasure and delight to see the children gain a wealth of insight into how to be a great writer illustrator during Frane's enthusiastic presentation. The children were inspired.



How to handle children's tantrums and meltdowns.

In order to help a child who's having a meltdown or tantrum, parents need to understand what's causing it. This is hard because it could be anxiety, fear, anger, frustration, or something else. Try to think of a tantrum as a reaction to something upsetting. Your child isn't responding in the way a grown-up would, like by talking or asking for what they want. Instead, they cry or yell. If you give in to tantrums, kids will learn that having a tantrum will get them what they want. Your goal is to get your child to unlearn this.



But first you have to understand which situations set off a tantrum. When your child has a tantrum, think about what happens immediately before. A lot of kids have tantrums in the same situation over and over. This may be when it's time to go to school, do homework or get ready for bed. When you know what triggers your child's tantrums you can come up with a plan to manage them. Can you build in more breaks during homework time? Or start an enjoyable bedtime routine?

Think about what happens during and after the outburst, too. The way we respond (like by being inconsistent or giving in) can make tantrums more likely to happen again.

When a tantrum does happen, parents should ignore it if it isn't dangerous. When kids get attention for tantrums, they are more motivated to keep having them. Instead, give attention to your child when they do something good. Give lots of praise when they compromise, try to calm themselves down or do something difficult without a tantrum.

Parents need to show kids how to self-soothe, too. Come up with a list of things you can do to calm down and share it with your child. Slow breathing, counting to ten and mindfulness can all help.

The link below has more suggestions, plus the school social worker is available for parents to discuss such issues as well.

<https://childmind.org/article/how-to-handle-tantrums-and-meltdowns>



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HEALTHY FRIENDSHIPS ONLINE

How you relate to your friends and peers online matters.
Keep your friendships healthy by following these tips!



THE GOLDEN RULE

Treat others how you would like to be treated – online, as well as in real life! Show kindness and respect to others.



YOUR WORDS MATTER

Before you text, email or post, ask yourself if the content will **HELP** or **HURT** you, or **HELP** or **HURT** someone else.

Could the content:

- Be misinterpreted or taken the wrong way?
- Create gossip about you or someone else?
- Damage your reputation, or the reputation of someone else?
- Ruin a friendship?



A LITTLE TEXT CAN GO A LONG WAY

As soon as you send a text or photo, you **lose control** of the content. Before you hit send, think about what could happen if your message gets passed on. You never know who might see your text or photo.



CHECK YOUR FEELINGS FIRST

Sometimes we might send a message or photo out of anger, hurt or frustration. Give yourself some time to calm down first - then think again about hitting send.



THE MISSING ELEMENT

When we communicate using text, email or social media, we miss out on observing the other person's body language, facial expression and tone of voice. Think about how the other person might **interpret** your message – and if it might be better to have that conversation face to face, instead of online.



IN REAL LIFE

Stay connected with your friends in real life. Balance time online with time face to face. Time together and shared experiences build strong friendships!



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