



# St. Damian's Newsletter

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Thursday September 3rd, 2020

No. 24 - 2020

## FROM THE PRINCIPAL

Dear Parents and Families,



This Sunday is Fathers' Day. A special time when we celebrate our dads and father-figures in our life and appreciate all they do for us. Even though in lockdown, I hope that all our families make the time to enjoy this special day together. I wish all the Fathers and Father-figures a wonderful day and I hope that each one of you is duly spoilt.

Also, this Sunday the Premier, Daniel Andrews, will make an announcement regarding a roadmap for easing lockdown restrictions. Hopefully, this roadmap will put us back on the path to reopening schools and a return to some form of normality. It is highly likely that some type of restrictions will be in place, however we are ever hopeful that students will return to school and that people can return to work. I get a sense from the staff and by looking at the children's faces online, that they are tired of online learning and are wanting to return to the classroom. Online learning has been the 'norm' for far too long now and it is important for us as a school community to be given the opportunity to finish off our school year at school. We are all keen to reconnect with each other and that can only happen when we are face to face – or mask to mask.

### Please let us know if you are leaving

I understand that this may be the last thing on families' minds at the moment. However, to assist us with planning for next year, could any family leaving St Damian's at the end of the year, please advise us as soon as possible. We would be most appreciative of the notice as this will help us to plan our class structures for 2021.

### National Child Protection Week 6 – 12 September

This year National Child Protection Week will celebrate its 30th year with the theme: **Putting children first**. This is an excerpt from the NAPCAN website.

*Putting children first' was front of mind when the National Child Protection Week campaign was launched in 1990, with the aim of bringing abuse and neglect out of the shadows and putting child wellbeing on the national agenda. Since then, the need to put children first has been recognised time and time again as an important pillar for boosting the wellbeing of all children in Australia.*

*Putting children first means prioritising the safety and wellbeing of children. To grow up well children need to feel safe and loved, have a chance to play and explore, have a say in decisions that affect them, and access to essential things like food, shelter and healthcare.*

*For children to thrive we need to come together as a community and put children's needs first.*

Please feel free to use the theme in the way that resonates best for you. Also please feel free to go to the website and browse for activities: <https://www.napcan.org.au/national-child-protection-week>

### Gospel Reflection – 23<sup>rd</sup> Sunday of Ordinary Time, 6 September 2020

Mt 18:15-20

Dear Friends,

On this Sunday we celebrate Father's Day. We honour all fathers and acknowledge their selfless care, generous love, untiring labour and enormous energy given to their children. We thank God for the gift of the fatherhood and pray for all those who are fathers, especially those our fathers who have passed away. Though we cannot celebrate Father's Day with social gatherings because of the virus pandemic restrictions, but we can let them know our joy of celebration with words of appreciation and gratitude, messages of love and support. At least on this Father's Day we can pray with our own words or say this special prayer:

***Almighty God and Loving Father, Creator of all life and Source of all love. We turn to you on this Father's Day. We thank all fathers especially our own for their hard work, constant love and enormous sacrifice for our families. We pray that they may be blessed with your love and peace. Strengthen their faith, grant them good health, and give them comfort in moments of sorrow and difficulty. May they always enjoy your loving care and protection. We ask this through Christ our Lord. Amen.***

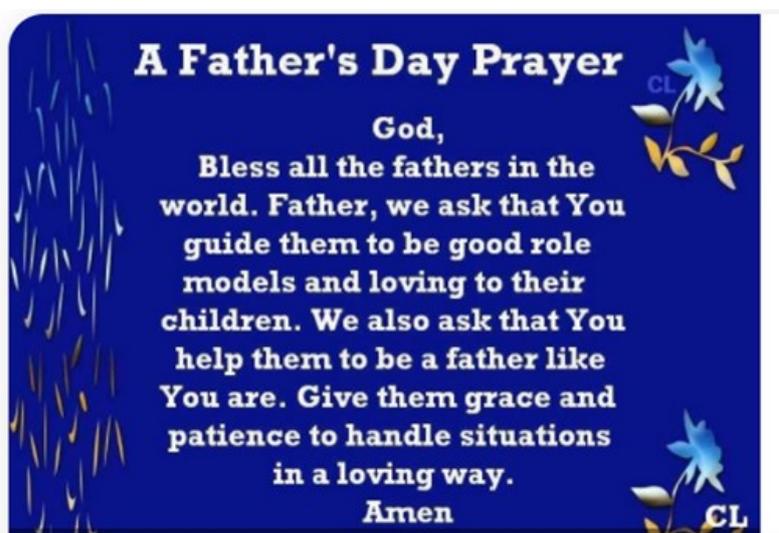
In the Gospel, Jesus calls us to go back to the matter of the heart. We are reminded of our duties as God's children, to live up to our best possibility, to care for those in need and to maintain a family life that is just, loving and forgiving. We learn that our God is a merciful father and that we are loved, understood and forgiven in ways beyond our comprehension.

Heart-felt appreciation is the strength of our relationships. Forgiveness is like the water, that brings life and freshness to the barren land, fills heaven and earth with God's glorious presence, and becomes the source of goodness for the human hearts. We should live each and every day with courage and trust in God, knowing that He is with us in our daily struggles.

This Sunday also begins the National Child Protection Week, 6-12 September 2020. The focus of our attention as families, communities and nation is the safety of children and to create and maintain a safe environment for all children to grow to their full potential. This year's theme is 'Putting children first', which means paying attention to the safety and wellbeing of children as our first priority. At St Damian's parish and school, we are fully committed to the safety, wellbeing and protection of all children under our care.

**Fr Vincent Le PP**

*Have a good week everyone and keep safe and well  
Rosanna*



September		
3rd	Rafael	6G
4th	Henry	1/2J
	Aiden	1/2B
6th	Aniketh	1/2B
7th	Michael	1/2J
	Kaini	1/2MZ
9th	Candice	6C
	James	1/2MZ

# FAITH NEWS

## Feast of the Nativity of the Blessed Virgin Mary – 8<sup>th</sup> September

The Church has celebrated Mary's birth since at least the sixth century. A September birth was chosen because the Eastern Church begins its Church year with September. The 8<sup>th</sup> September date helped determine the date for the feast of the Immaculate Conception on 8<sup>th</sup> December.

Saint Augustine connects Mary's birth with Jesus' saving work. He tells the earth to rejoice and shine forth in the light of her birth. "She is the flower of the field from whom bloomed the precious lily of the valley. Through her birth, the nature inherited from our first parents is changed." The opening prayer at Mass speaks of the birth of Mary's Son as the dawn of our salvation, and asks for an increase of peace.

We can see every human birth as a call for new hope in the world. The love of two human beings has joined with God in his creative work. The loving parents have shown hope in a world filled with challenges. The new child has the potential to be a channel of God's love and peace to the world.

This is all true in a magnificent way in Mary. If Jesus is the perfect expression of God's love, Mary is the foreshadowing of that love. If Jesus has brought the fullness of salvation, Mary is its dawning.



*The Birth of the Virgin* fresco by Giotto

## Father's Day

### A Prayer for our Fathers, Grandfathers and Father Figures in our Lives

*God our Father,*

*we give you thanks and praise for fathers young and old.*

*We pray for young fathers, newly embracing their vocation;*

*may they find courage and perseverance to balance work,  
family and faith in joy and sacrifice.*

*We pray for our own fathers around the world whose children are lost or suffering;*

*may they know that the God of compassion walks with them in their sorrow.*

*We pray for men who are not fathers*

*but still mentor and guide us with fatherly love and advice.*

*We remember fathers, grandfathers, and great grandfathers who are no longer with us but who live forever in our memory  
and nourish us with their love. Amen.*

**John Stegeman**

**Mary-Ann Wright**  
Religious Education Leader

# St Damian's Adventures Around Australia

2020 has been a year of ups and downs. Many of our plans have been disrupted, in particular, our travel plans.

So... St Damian's presents  
'Adventures Around  
Australia.'



## What is this?

This fun initiative is designed to enhance the collective wellbeing of the school community through a shared goal of travelling around Australia (walking/cycling).

Whilst we are in lockdown, we have been restricted to our one hour of daily outdoor exercise. However, we are all covering many kilometres.

This exciting adventure will allow us to collaborate together and track how many kilometres the St Damian's community covers each week!

The tally of our kilometres will take us on a virtual adventure around Australia.

***How many destinations can we reach?***

## How will it work?

Each Wednesday of each week, families and staff will email in their collective kilometres covered by all members of the family. These kilometres will be calculated together and the accumulated distance will be plotted on the map above, taking us to many locations around our great country!

***If a family of 4 walks or cycles 20km over the course of the week, it is counted as 20km per person. So that would be 80km for the family.***

Please email your weekly kilometres to either Elisa Answerth, Tania Micomonaco or Amy Starr by **no later than 6:00pm each Wednesday.**

[elisa.answerth@sdbundoora.catholic.edu.au](mailto:elisa.answerth@sdbundoora.catholic.edu.au)

[tania.micomonaco@sdbundoora.catholic.edu.au](mailto:tania.micomonaco@sdbundoora.catholic.edu.au)

[amy.starr@sdbundoora.catholic.edu.au](mailto:amy.starr@sdbundoora.catholic.edu.au)

# WELL BEING



## ADVENTURES AROUND AUSTRALIA

It has been so exciting to see many members of the school community take on this challenge and provide us with such positive feedback as well. We hope that for those participating, that it is enhancing your wellbeing. It's not too late to join in the fun! Well done to the following families who added kilometres to our journey:

**ADAMS, APICELLA, BOSSINI, CARAPPELLOTTI, CAUSOVSKI, CHEN, CONSTANTINOU, DAVIDE, GANNON, GONZALES, GREY, HARPER, LICCIARDO, LIM, LIU, MAROGE, MICOMONACO, MOUDGIL, PANTELIDIS, PECAKOVSKI, SALVO, STINGAS, TARANTELLI, TRIKILIS, ZHANG, ANSWERTH, CANNATELLI, CIURLEO, COCCHIARA, DRAGONETTI, SOBEY, STARR, TANSKI and WALSH.**

## SELF-CARE SEPTEMBER

This month's calendar theme is Self-Care September. Self-care is not selfish, you can not pour from an empty cup. Attached to the newsletter are 9 Mental Health Activities that are beneficial to do with your children.

<https://www.actionforhappiness.org/calendars>

Stay Well and Keep Safe,

Tania Micomonaco—Student Wellbeing Leader.

## ACTION CALENDAR: SELF-CARE SEPTEMBER 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 <b>7</b> Remember it's ok not to be ok. We all have difficult days	<b>1</b> Remember that self-care is not selfish. It's essential	<b>2</b> Be willing to share how you feel and ask for help when needed	<b>3</b> Free up time in your diary by cancelling any unnecessary plans	<b>4</b> Forgive yourself when things go wrong. We all make mistakes	<b>5</b> Plan a fun or relaxing activity this weekend and make time for it	<b>6</b> Focus on the basics: eat well, exercise and go to bed on time
<b>14</b> Talk kindly to yourself like you would to someone you love	<b>8</b> Notice the things you do well today, however small	<b>9</b> Avoid saying 'I ought to' or 'I should' to yourself	<b>10</b> Give yourself permission to say No to requests from others	<b>11</b> Aim to be good enough, rather than perfect	<b>12</b> Let go of being busy. Allow yourself to take some breaks today	<b>13</b> Make time today to do something you really enjoy
<b>21</b> Remind yourself that you are loved and worthy of love	<b>15</b> Find a caring, calming phrase to say to yourself when feeling low	<b>16</b> Notice what you are feeling today, without any judgment	<b>17</b> Leave positive messages for yourself to see regularly	<b>18</b> Don't compare how you feel inside to how others appear outside	<b>19</b> Get active outside and give your mind & body a natural boost	<b>20</b> No plans day - make time to slow down and be kind to yourself
<b>28</b> Accept your mistakes as a way of helping you make progress	<b>22</b> Look at photos from a time with happy memories	<b>23</b> Let go of other people's expectations of you today	<b>24</b> Ask a trusted friend to tell you what they like about you	<b>25</b> Release yourself from inner demands and self-criticism	<b>26</b> Find a new way to use one of your strengths or talents today	<b>27</b> Take your time. Make space to just breathe and be still
<b>30</b> You matter. Remember that you are enough, just as you are	<b>29</b> Write down three things you appreciate about yourself today	<b>Self-care is not selfish. You can't pour from an empty cup</b>				

ACTION FOR HAPPINESS

[www.actionforhappiness.org](http://www.actionforhappiness.org)  
**Keep Calm · Stay Wise · Be Kind**

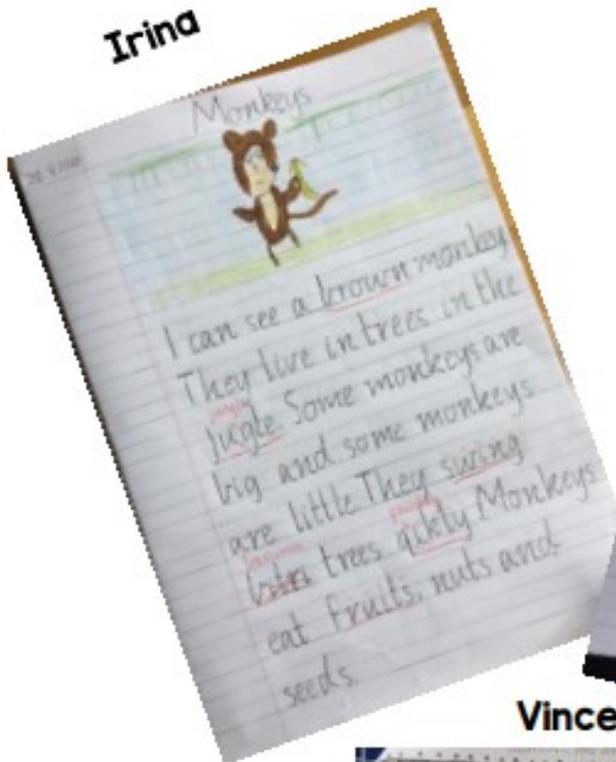
Learn more about this month's theme at [www.actionforhappiness.org/self-care-september](http://www.actionforhappiness.org/self-care-september)

# PREP M's WRITING!

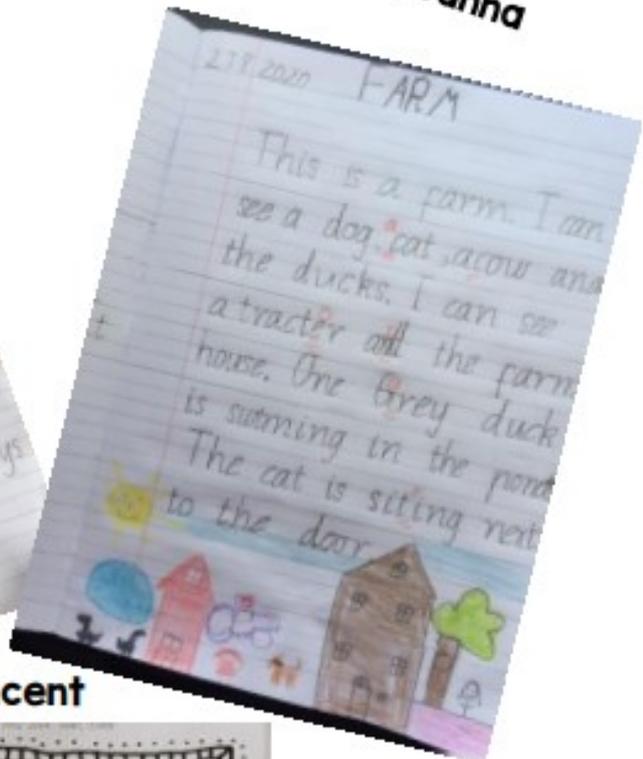
We have been learning about the writing process!

We are learning to revise our own writing ☺

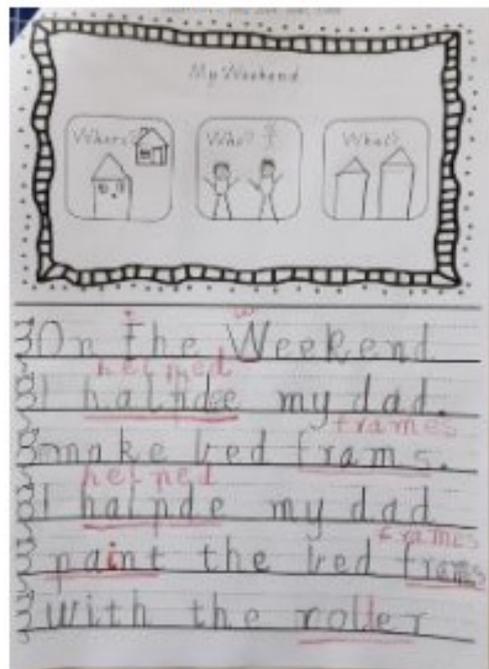
Irina



Joanna



Vincent



Year 1/2 Learning—'Eat a Rainbow'



Lucia Bernardi 1/2C



Alessia P—1/2S

Hengyi—1/2S





## WHOLE SCHOOL DISCO EVENT

In celebration of the Dance Unit the children have participated in this term for Performing Arts, we will be holding a whole school disco for all of our families to join in! Please put this in your diary:  
Wednesday September 16th

1.00pm

Link via Zoom with more details will be sent shortly so keep your eyes out! This is guaranteed to be A LOT OF FUN!!

Miss Lorkin



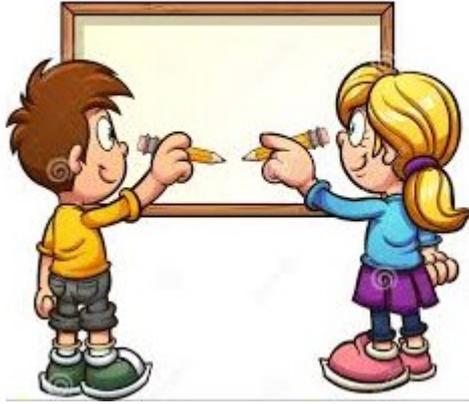
Djaru Pascoe—PA	For doing his best and writing lots of sentences about the life cycle of a butterfly.Bravo!
Salome Ramirez Suarez—PA	For consistently doing her best in all that she does. Brava!
Tristan Razif Bigtas—PA	For being a great listener and sharing his thoughts and ideas with the class. Thank you for your beautiful manners!
Angie Zhang—PA	For the perseverance she has shown during remote learning and trying her best. Brava!
Joshua D'Errico —PA	For working hard and showing improvement in both reading and writing. Bravo!
Tiffany Wang—PM	For consistently presenting work to a high standard. Well done Tiffany!
Alissa Meng—PM	For being a wonderful listener and for sharing her thoughts and ideas with the class during Google Meets!
Grace Williams—PM	For working really hard to learn to read and spell many sight words.
Spencer McDonnell—PT	For making great progress in writing. Well done on working so hard to improve your handwriting and for creating such interesting and well-written animal reports. You are a superstar!
Serena Yu—PT	For always using her manners in class and for respectfully listening to her peers and teachers. I love your positive attitude. Well done Serena!
Phoebe Gueressi—PT	For trying so hard to write sentences all by herself. You are doing such a great job sounding out words. Keep up the great work Phoebe!
Ethan Lin—PT	For being an outstanding student who strives to do his best at all times. Keep up the great work Ethan!

James Hondros—1/2B	For consistently bringing joy to our whole class and small meets by sharing his thoughts and ideas
Olivia Salvo —1/2B	For always bringing a happy and positive attitude to all of our class meets
Johnny Xie —1/2B	For sharing his wonderful creations and ideas to all of all of our class meets.
Soraya Mutuku —1/2B	For sharing her thoughts openly with the class during meets and contributing beautiful prayers during prayer time.
Jack Polizzi —1/2B	For reading with outstanding phrasing and expression during small group meets and assessments.
Thomas O'Reilly—1/2C	For working hard in your maths whole class meets and maths learning activities during Remote Learning. Thomas shares his maths thinking with class and gives all questions a try. Well done Thomas and keep up the great work!
Jay Mazna —1/2C	For practising your reading everyday and trying to sound out tricky words by yourself. Well done Jay!
Chelsea Liu —1/2C	For having a positive attitude and always trying your best in all your learning activities. Chelsea has worked very hard during Remote Learning, well done!
Robbie Mullick —1/2C	For the fantastic improvement with your writing this term. Your sentences are interesting to read and you are rereading your work to make sure that it makes sense. Well done Robbie and keep up the great work!
Emily Zheng —1/2C	For sharing her ideas with the class during small groups Google Meets and being involved in a fantastic discussion about a Dreamtime story during our whole class reading session. Keep up the great work Emily, well done!
Max Dunstone—1/2J	Congratulations Max for all your hard work and dedication during Remote Learning. You have always challenged yourself and done more than what is expected. Your work is both detailed and well presented. Thank you for consistently sharing your work with me and for being enthusiastic about your learning. It is a pleasure having you in 1/2J. Keep up the wonderful work.
Antonio Rocca —1/2J	Congratulations Antonio for always doing your best and for all the wonderful contributions you make to our class discussions. Your maths work on arrays has been very impressive and shows that you have been an attentive and forward thinker. Keep up the fabulous effort and your enthusiasm towards learning.
Zoey You —1/2J	Congratulations Zoey for always attending our Google Meets with a cheerful and happy attitude. Thank you for always sharing your ideas and thoughts with the class and for always doing your best. Your maths work on arrays has been excellent and I have enjoyed looking at all the learning you have done. Keep up the wonderful work and keep smiling!
Samuel Gusatto —1/2J	Congratulations Samuel on all the learning you have been doing during Remote Learning. I have continuously been impressed by all your hard work and your perseverance. Thank you for always sharing your ideas with the class and making lots of connections with your learning. Keep up the wonderful effort and the enthusiasm you show towards your learning.
Keerath Kaur —1/2J	Congratulations Keerath for showing a remarkable improvement in your focus and attitude towards your learning. Thank you for sharing your learning with me and for making a big effort to present your work neatly. It is a pleasure to read your work and to see all the learning that has been taking place. Keep up the fabulous effort and your positive attitude towards your work. Well done
Zoe Then—1/2MZ	For always being ever so polite and respectful on the Google Meets. For ongoing excellence in Maths focus groups, showing clear understanding of her multiplicative thinking. Well done!
Peter Stingas —1/2MZ	For excellent self motivation in all areas of the curriculum and for applying himself to all tasks that are set. For also demonstrating excellent inferencing skills whilst reading detailed texts. Well Done Peter!

Alexander Gannon —1/2MZ	For always approaching Remote Learning with positivity and enthusiasm. For trying very hard in Maths and Writing. Keep up the good work Alexander!
Orion Tian —1/2MZ	For high standard work in all areas of the curriculum and for always working to the best of his ability.
Lori Davide —1/2MZ	For persistence and perseverance during Remote Learning. For demonstrating excellence in reading aloud through expressive, fluent and accurate reading of complex texts. Well Done Lori!
Stephen Trikilis —1/2S	For always showing a positive attitude to your learning and sharing your ideas with the class. You have shown great progress in all areas. Well Done Stephen!
Justin Wilam —1/2S	For always persevering to do his best and sharing his ideas with the class. You should be proud of your efforts and willingness to do your best in all areas.
Maiya Egorov —1/2S	For always being enthusiastic and ready to share during Google Meets. You have developed independence during Remote Learning. Well done and keep it up!
Leo Chen —1/2S	For being responsible and respectful during Google Meets. You are a great role model who always does his best and shows a wonderful energy and enthusiasm for learning.
Hengyi Ji —1/2S	For always working hard to improve his reading fluency and comprehension during teacher groups. Keep up the great home reading you are doing!
Francisco Trevean—1/2S	For using different strategies to solve multiplication problems and explaining your working out. Well Done!
Madeleine Vlahopoulos—1/2S	For always doing her best and building her confidence when sharing her ideas and learning during Google Meets. Well done, keep up the great effort!
Joshua Sorbello—3BM	For sharing your AMAZING mathematical thinking during our class meets and for always putting effort into every task you complete.
Ryan Wang —3BM	For showing a huge improvement in your contribution to our class meets. We love hearing all of your fabulous ideas. Keep it up!
Amaya Ristevski —3BM	For displaying a positive attitude to all areas of learning. You have really shown what it means to have a growth mindset in the past few weeks. Well done Amaya!
Andrea Hagliassis —3BM	For having such a positive attitude to online learning and always asking questions when you are unsure of something
Ella Yu —3BM	For being a kind and encouraging classmate during our class meets. Your smile brightens our day. Good work
Craige Yao—3T	For stepping up and being an independent learner. You have really taken up the responsibility for your learning and are doing your best, well done!
Angela Huang —3T	For making changes to improve your own learning. I love the way you have set alarms to make sure you attend the meets and how you are never afraid to ask any questions, keep it up!
Abby Wang —3T	For being an absolute gem during class meets and helping others succeed. You always volunteer to help explain your thinking to help your peers and are patient with everyone, including me!
Scarlett Farrugia —3T	For exploring and investigating your math strategies. Well done on thinking outside the box and having a growth mindset to try new things!
Neveah Walter —3T	For always asking questions to make sure you are on track. You are very kind and always strive to do your best!

Joshua Dunn—4M	For always doing his best.
Orlando Arfi —4M	For your enthusiasm when working in guided reading sessions.
Terry Chen —4M	For always trying his best during Mathematics.
Andrew Groom —4M	For contributing to small group discussions.
Christiana Lamperty —4M	For being an excellent contributor to all whole group discussions.
Ned Moulin —4M	For taking a positive approach to learning everyday.
Mattea Proseva—4M	For writing a moving poem titled 'Old Lives Matter'.
Thomas Stubbs —4M	For being an excellent contributor to all whole group discussions.
Lucas Mennillo —4M	For your enthusiasm when working in guided reading sessions.
Ruby Bourke —4M	For taking a positive approach to online learning.
Alex Baker —4M	For always doing his best.
Ethan Lucas—4WT	For putting in a lot of effort creating an information text about Minecraft! Well done on creating your own background on the slideshow and for teaching me new things about Minecraft.
Ipsita Mandal —4WT	For consistently putting in 100% of your effort into <u>all</u> of your work during remote learning. Keep up the great work!
Luca Canturi —4WT	For being a respectful, polite and well mannered student in 4WT. Well done on all of your efforts during remote learning.
Ava Soklev —4WT	For demonstrating outstanding participation across all areas of her learning. You are doing such an amazing job!
Bianca Bellissimo—4WT	For completing all work on time to the best of her ability. Keep up the great work!
Zac Licciardo —4WT	For displaying leadership qualities by modeling examples of responsibility. Zac has been extremely helpful when presenting his screen to assist Miss Walsh and the whole class.
Janet Lopez —4WT	For attending all classes with a positive attitude to remote learning. Well done Janet.
Jason Teng —4WT	For always being on time for meets and displaying an enthusiastic attitude to remote learning. Well done Jason!
James Stanis —4WT	For participating in class discussions and providing feedback to assist others in their writing.
Demi Georgantis —4WT	For your creative videos and presentations which you have presented on See Saw.
Caoimhe Kelly—4WT	For completing all assigned tasks each day and also entertaining the grade during our meets.

Herman Pannu—4WT	For your generous and professional approach to remote learning. Thank you for your patience and assistance with technical issues and for consistently producing work of a high standard.
Ryan Stubbs —4WT	For always taking on feedback positively to improve your writing. Well done Ryan!
Sara Cassarino—5L	For always having a positive mindset towards her learning and contributing eagerly to all class discussions. Well done, Sara!
Nathaniel Mavridis-Taneski —5L	For being an enthusiastic participant in class activities and striving to do his best in all areas. Well done, Nathaniel!
Tracy Chen —5L	For being a diligent student who is always striving to give her best in all areas of the curriculum. Great work, Tracy!
Ronit Mirpuri —5L	For being an enthusiastic learner in all areas of the curriculum and always striving to do his best. Great work, Ronit!
Caleb Akom —5L	For displaying a positive attitude towards all areas of his learning. Well done, Caleb!
Sebastian Kapoulitsa—5S	For his wonderful contributions to discussions in his reading group. Sebastian always shares his valuable knowledge and ideas. Well done Sebastian!
Emma Nguyen—5S	For being a hardworking member of 5S. Emma is punctual when attending Google Meets and always strives to do her best with all tasks. Great work Emma!
Aarchi Khathuria—6C	For outstanding efforts in all online tasks and for a detailed, wonderfully written email to her Prep buddy.
Olivia Sorotos —6C	For her wonderful organisation, detail and effort in all set tasks.
Ava Raso —6C	For her positive attitude to online learning and for two wonderful, engaging Storytelling videos for her Prep buddy
Gennaro Tatasciore —6C	For his insightful contributions to group chats about text whilst online learning.
Archer Werner —6C	For his detail and effort in all tasks and fantastic Weekly summaries, week in, week out.
Stephanie Comito—6G	For her excellent caricature of her dad.
Alexis Efstathiou —6G	For her consistent efforts in the Art Creation activities
Massimo del Brocco —6G	For his entertaining innovation and story telling of the 'Three Little Pigs'
Justin Lin —6G	For consistently completing all set tasks to the best of his ability.
Sophie Simonetto —6G	For her excellent storyboard illustrations for her innovative text 'The Three Goats Gruff'
Aadi Khooblall —6G	For his excellent response to the Visual Literacy 'La Luna'.
James Dieng —6G	For his excellent snapshot to the Visual Literacy 'La Luna'



## A Huge Congratulations to our **Super Star Writers of the Week**

**Adan Bugueno** from 1/2 B worked extremely hard to revise his writing and used feedback to change the start of many of his sentences, so they had different beginnings. Well done Adan and a huge congratulations goes to you for being a Super Star writer of the week. Keep up the great work! From Mr Bossini and Mrs. Foley-Smith.

A Huge congratulations to **Chelsea Maroge** from 1/2 MZ - for her excellent research of a cheetah and writing such a detailed plan. Well done and a huge congratulations goes to you for being a Super Star writer of the week. From Mrs Micomonaco.

**Max Dunstone** from 1/2 C for his thorough and imaginative pieces of writing. His writing always displays careful and thorough planning. Well done and a huge congratulations goes to you for being a Super Star writer of the week. From Mrs Cannatelli.

**Laura Xiao** from 1/2C for practising writing sentences - she can now write a sentence that has a capital letter and full stop at the end. She also remembers to reread to make sure the sentence makes sense. Well done and a huge congratulations goes to you for being a Super Star writer of the week. From Miss Cocchiara

**Jonathan Jiang** from 1/2C for reading and writing many interesting facts about Arctic foxes in his information report. Well done and a huge congratulations goes to you for being a Super Star writer of the week. From Miss Cocchiara

## And a Huge Congratulations to our **Super Star Readers of the Week**

**Kaity Mylonas** from 1/2S for her great effort to finish Reading Recovery resulting in fluent reading, a big increase in words she can read and write, and huge improvement in her Handwriting. Thanks to her mum also.

**Felix Longford** from 1/2S for trying hard to complete Reading Recovery resulting in an all round improvement in Literacy, a difficult achievement online. Thanks to his mum also.

From Mrs Cockayne.

### Loyola College Survey

Loyola College is wanting to gain feedback from families who currently don't have a direct relationship with the college. This includes families whose oldest child is in Grade 4 or below plus families who sent or are sending their older children to a secondary school other than Loyola. If you fall into one of these 2 categories, could you please complete the 2 minute survey below. Many thanks for your time.

<https://www.surveymonkey.com/r/QMDYD5F>

I understand that everyone is busy during this time and Loyola really values the support of our feeder schools.

Many thanks,

Michael O'Keeffe  
Director of College and Community Engagement

# 9 MENTAL HEALTH ACTIVITIES TO DO WITH YOUR CHILDREN

 @BELIEVEPHQ

## WORRY TIME

- Set aside a time each day for your child worry. Discuss with your child how long the worry time will be for. In this time your child can write down their worries, discuss them with your or problem solve to overcome them

## THOUGHT CHALLENGING

- Help your child to write down any unhelpful thoughts they that experience. Try to challenge them with your child and come up with more realistic and helpful ones

## BEING PRESENT

- Help your child to be present and live in the moment. Go for a walk and see how many different things you can both take in with all your senses

## ACTIVITY PLANNING

- Create an activity diary with your child and help them to schedule in some pleasurable and achievement related activities

## TALKING ABOUT FEELINGS

- Why not create a time each week where your child can speak to you about their thoughts and feelings

## 3 GOOD THINGS

- Before bed spend some time with your child to identify and write down three good things they achieved from the day

## THOUGHT TESTING

- Try setting out some simple activities to help your child test out the validity of a thought.

## WELLBEING

- Support your child to look after their wellbeing. Cook healthy meals with them, exercise or play sport with them and make sure they are getting enough sleep

## IMAGERY

- Work with your child to imagine themselves in an imaginary future where everything has turned out in a positive way

