



# St. Damian's Newsletter

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Thursday May 5th, 2022

No. 13 - 2022

The St Damian's School Community acknowledges that we come together on the ancestral lands of the Wurundjeri people of the Kulin Nation

**SUPERVISION OF STUDENTS IS BETWEEN 8.30am TO 3.30pm ON SCHOOL DAYS.**

**FROM THE PRINCIPAL**

**Dear Parents/Guardians & Carers**



This Sunday is Mothers' Day. I wish all the mums, grandmothers and mother figures a very happy day. May it be a day surrounded by much love and happiness.

A Happy Mother's Day to all.

### **Child Safety Standards**

As mentioned in last week's newsletter as from 1<sup>st</sup> July, the Child Safe Standards are changing. Eleven new Standards will replace Victoria's current seven standards and principles.

Key changes include new requirements:

- to involve families and communities in organisations' efforts to keep children and young people safe
- or a greater focus on safety for Aboriginal children and young people
- to manage the risk of child abuse in online environments for greater clarity on the governance, systems and processes to keep children and young people safe.

**Child Safe Standard 1** – Organisations establish a culturally safe environment in which the diverse and unique identities and experiences of Aboriginal children and young people are respected and valued.

In complying with Child Safe Standard 1, an organisation must, at a minimum, ensure:

- 1.1** A child's ability to express their culture and enjoy their cultural rights is encouraged and actively supported.
- 1.2** Strategies are embedded within the organisation which equip all members to acknowledge and appreciate the strengths of Aboriginal culture and understand its importance to the wellbeing and safety of Aboriginal children and young people.
- 1.3** Measures are adopted by the organisation to ensure racism within the organisation is identified, confronted and not tolerated. Any instances of racism are addressed with appropriate consequences.
- 1.4** The organisation actively supports and facilitates participation and inclusion within it by Aboriginal children, young people and their families.
- 1.5** All of the organisation's policies, procedures, systems and processes together create a culturally safe and inclusive environment and meet the needs of Aboriginal children, young people and their families.

Reference:

<https://ccyp.vic.gov.au/news/new-child-safe-standards-start-in-victoria-on-1-july-2022-to-better-protect-children/>

### **Mothers' Day Stall**

A huge thank you to the wonderful mums who organised the mothers' day stall. Their selflessness in giving up their time to organize the purchase and then co-ordinate the stall, has ensured that all the children in our school have the opportunity to purchase a special gift for their mum/mother figure in their lives. A big thank you to all the mums who will support the stall on Friday morning by volunteering their time. There are some very lovely gifts on offer so I am certain all the recipients of these gifts will not only be pleased, but enjoy their gift.

### **School Review**

Last Tuesday the Reviewer, Gavin Healey visited our school. The purpose of this visit was to ensure that we meet all the compliance requirements for both VRQA and Child Safety and to collect all the documentation we had worked on during our closure day held last term. Gavin spent a considerable amount of time with myself and two members of the School Leadership Team to review this documentation. As he put it, he needed to go through everything forensically. I am pleased to report to our school community that Gavin was very satisfied with our work in this area and that we are therefore compliant. This is a very important aspect of review as the continuation of our school's registration is dependent on being compliant with all Government requirements. Whilst he was here he also met some of our staff, visited some classes briefly and got a sense of our school. Gavin will return next Monday and Tuesday to work with groups of staff, students and parents. He will conduct focus groups with each of these stakeholders to gain a sense of our school to complement all the information and documents he has already gathered.

**Proposed Liquor Store at Bundoora Square**

I am very pleased to inform our community that due to the large number of objections received by Council opposing the establishment of another liquor store in Bundoora Square, the application was withdrawn. Thank you to everyone who lodged an objection, this is a wonderful outcome for our school and the wider community.

**School Assembly**

Our next school assembly is this Friday 6<sup>th</sup> May at 2.30pm in the hall. The Year 5M class will present their celebration of Learning at this assembly. All families welcome.

**Capital Works Progress**

The completion date for the building works is looming closer. The Architect has informed me that we would be taking possession of the site by the end May. We will be able to move into our new facilities and enjoy the lovely new spaces. I must commend our students and teachers for their patience and persistence in continuing to work in what is essentially a building site. We are all very excited about the prospect of finally using and enjoying our new facilities.

**Prayer**

Dear Jesus, You placed yourself as an infant into the hands of a human mother. Let this trust placed in Mary be an inspiration to all mothers today. Not an inspiration to be perfect, but rather an inspiration to love fully, to embrace good times and bad. To guide and trust their children so they make a positive contribution to the world which has been entrusted to us to care for and nurture. We ask this in Your Holy name, Amen.

*Have a great week everyone,*

# Faith News

**Social Justice - Project Compassion**

Thank you to each family on behalf of Caritas for your generosity in supporting Project Compassion throughout Lent. With the assistance of our enthusiastic Social Justice Leaders – Erik, Herman, Siddhant, Franny, and Jordan – our School Community raised \$659.15. Our Social Justice Leaders inspire our community to act for others.

*The core of faith is equated with the doing of justice....*

*The doing of justice is not the application of religious faith, but its substance.*

*Without it, God remains unknown....*

John O'Donohue

**Mary-Ann Wright**

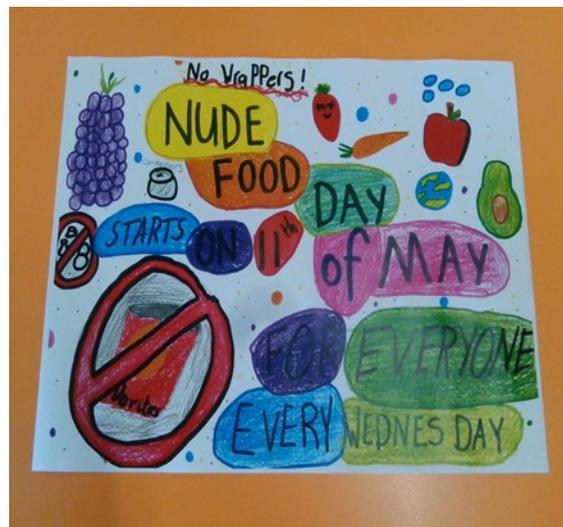
**Religious Education Leader**

**Writer of the Week—Jonathan J—4C****An ANZAC Poem**

Bombs are dropping from the air,  
I am trembling and full of fear,  
It is freezing, cold as ice,  
The food is terrible, there's not even rice,  
The ANZAC biscuits were quite good though,  
But I still have my head down low,  
The beds for sleeping are very rough,  
And the enemy army are very tough,  
The enemy army have arrived,  
Some soldiers are about to lose their lives,  
My leg is hurting very badly,  
So I lie down watching very sadly,  
This is a nightmare, it is so painful,  
But I am alive and so very grateful



Nude Food Day will be every Wednesday this term. It will start on Wednesday the 11th of May. Nude Food is when there are no wrappers and all food is brought to school in containers or reusable bags. We will be increasing the days that we do nude food throughout the year. Our goal is to become a Nude Food School. We will be introducing this at the assembly tomorrow Friday the 6th of May 2:30pm. We hope you can make it!



## **St Damian's Parents and Friends**

### **Mother's Day Stall**

#### **This Friday 6th of May**

Wonderful gifts for Mums, Grandmas and Carers. Something for everyone.

Each class is given an allocated time to buy a gift at our stall.

Cash only, placed in envelopes for the youngest. Gifts starting at \$2.

Please bring a bag for the child to carry present home.

Mothers Day Stall Volunteers SIGNUP here : <https://signup.com/go/aHyfenT>

#### **Second Hand Uniform Shop**

The Second Hand Uniform Shop will be open this Friday morning

9am - 10am

Located in the School Hall- behind stage

Cash Only /Masks Required

Yellow and Red Polos at \$5 - Winter Jumpers \$10

# STUDENT WELLBEING NEWS

In Term Two we are  
learning about the value of

**HOPE**

## ONLINE SAFETY AND BEHAVIOUR

Digital technology and the internet are wonderful tools for learning and communicating with others but they can also pose many challenges if used irresponsibly.

Parents and carers play a big role in helping their child become good online citizens. Being a good online citizen means your child uses digital technology in responsible ways.

Talk with your child about:

- how to show respect to others online
- if someone is disrespectful to them, what can they do
- what information about others is OK to share online
- online behaviours that may be illegal.

Like all things, balance is important. Support your child to:

- be involved in offline activities (for example, sport, clubs and community events)
- have screen free time during the day, and especially before bed
- be physically active
- stay connected with family and friends offline, as well as online.

Ensure your child has support so they can get it right. Problems will happen. Problems can be used as opportunities for learning.

## PARENTING RESOURCE – PODCAST

Dr Justin Coulson's Happy Families

By Dr Justin Coulson

The Happy families podcast with Dr. Justin Coulson is designed for the time poor parent who just wants answers now. Practical tips and advice from people who understand and appreciate the challenges of a time poor parent.

<https://podfollow.com/dr-justin-coulsons-happy-families/view>

# Busy Bees Garden News

FROM YOUR SUSTAINABILITY LEADERS -  
GRACE O, LUCA L AND ORLANDO A



## GARDENS OF THE WORLD

### Keukenhof Gardens - Lisse, Netherlands

Also known as the Garden in Europe, Springs Garden Keukenhof is the world's largest flower garden, and also one of the world's best spots to see colorful flowers.

## WHAT IS OUR SCARECROW'S NAME?

**YAY! We are finally going to name our vegetable garden scarecrow. Students have the chance to name him/her and win a prize. To vote, please send your suggestions to Miss Beeby by May 13th [charissa.beeby@sdbundoora.catholic.edu.au](mailto:charissa.beeby@sdbundoora.catholic.edu.au)**

## IN THE GARDEN

This week in the school garden we began preparing the garden beds for our winter vegetable planting. We spent a lot of time weeding and clearing the garden beds. We mulched each of the beds with leaves and sugar cane. Mulching is important to help reduce the number of weeds, keep our soil at the right temperature and retain moisture. We will start planting our vegetable seedlings very soon!

## AROUND THE SCHOOL

Watch this space! We are beginning to plan a composting program for the whole school. Soon we will be helping everyone to put their fruit and vegetable scraps to good use and reduce waste around the school.

## TIPS AND TRICKS

Now is a great time to plant your brassicas. Try planting broccoli, cabbage, brussel sprouts and cauliflower. Plant some sage with these guys to deter caterpillars and cabbage moths. It's also a great time to plant delicious broad beans and peas! This gives them time to grow nice long roots over winter.



# PARADE SAINTS

JUNIOR FOOTBALL

# Players wanted U15 & U16

LIMITED SPACES STILL AVAILABLE  
INCLUDES GYM ACCESS & FITNESS PROGRAM

[paradesaints.com.au](http://paradesaints.com.au)  
call us on 0422 844 462



## DATES FOR YOUR DIARY

<b>Term 2</b>	
<b>May</b>	
Friday 5th	Assembly 2.30pm
Tuesday 10th	Naplan Year 3 & 5
Thursday 12th	Naplan Year 3 & 5
Friday 13th	Naplan Year 3 & 5
Monday 16th	Year 3 Excursion
	Year 5 & 6 Camp



HELPING YOUR CHILD

# BE BETTER THAN OKAY

PRESENTED BY DR HELEN STREET & LOYOLA COLLEGE

This session will include a focus on **challenging** traditional notions of success, **supporting** autonomous motivation, taking a **positive approach** to feedback and **developing** effective communication with your adolescent children.

Thursday 26 May, 2022 | 7 – 8pm

Inigo Theatre, Loyola College

Open to local parents of primary  
& secondary students

**BOOK NOW VIA [LOYOLA.VIC.EDU.AU/TICKETS](https://loyola.vic.edu.au/tickets)**

## Dealing With Burnout

After two years of on and off home learning, it's great to see everyone back at school. However, the return to 'normal' also means return to a busy schedule with school and extra curricular activities. This sudden shift back to normal may cause some burnout in children. Lots of hard work and stress can lead to children feeling overloaded and overwhelmed in school.

### Signs of burnout

- Burnout can be difficult to identify and may take some time before you notice it.
- Procrastination: your child used to be motivated to start schoolwork right away.
- Apathy: your child seems to have stopped caring about things.
- Avoiding situations: your child used to love an extra curricular activity (e.g. piano, soccer). Now your child comes up with excuses not to go.
- Anxiety / fear: your child may dread or try to avoid school or other activities.
- Negativity: your child's positive attitude has disappeared. They might say, "what's the point?" or previously loved activities aren't fun.
- Trouble concentrating: your child can only focus for half the time they used to.
- Irritability: your child seems easily annoyed or upset by little things that weren't a big deal in the past.

### Dealing with burnout

#### Make time for downtime

Build downtime into your child's routine by rethinking their schedule. If you feel they need time off from some activities, let them take a break or ask your child which activity is burdening them. Evaluate your family schedule too, you might realise you're all overloaded. While it may include many worthwhile activities, doing them all can take a toll. Maybe you can reduce the number of obligations you take on as a family. Or let your child skip some once in a while. Some alone time might be helpful for your child to unwind whilst the family is in another room or outside. Just make sure your child knows not to use that time to do work. Free time should be free!

**Normalising their feelings**

Solving problems and completing schoolwork is generally hard work, acknowledge this. Help your child understand that learning can sometimes feel challenging and let them know it's ok to feel unsure about some parts of their schoolwork. Explain to your child it is normal to feel tired after a long day of school or extra curricular activities, but not everyday.

**Enforce daily routines**

Routines provide predictability and comfort for kids. They can also help kids learn to manage time and stay on track, which helps to reduce stress. Having consistent routines and schedules help kids gear up for tasks they may struggle with.

**Keep work sessions short.**

If you child completes homework or tutoring, help them break it up into 10-20 minutes chunks. After this, have your child take a five-minute brain break. Let them grab a snack or walk outside.

**Limit expectations**

It's important to learn not to overburden children with expectations, as this can have a negative impact on their growth and could create a fear of failure or need to be "perfect". Whilst it's important for your child to have some responsibilities, it can help to let your child have a break. During an especially busy week, this might look like less chores or extra curricular activities. Just getting a little relief from any work can go a long way toward feeling relaxed and restored. It teaches your child that it's ok for people to give themselves a break now and then.

**Eliminate distractions**

Multitasking or doing too much at once can be distracting and overwhelming. Placing electronic devices in another room (unless required for their work) can help reduce potential distractions. If you child completes homework or tutoring, create a space that removes your child from household activity, such as siblings.

**Do fun things together**

It may be tempting to cram as much learning into your child's day as possible. But this can lead to burnout. Try to spend time together that doesn't involve extra work or doesn't focus on your child's challenges. Swapping 10 minutes of reading for 10 minutes of playing cards now and then can help your child leave work behind. It can also help you both relax and bond.

**Know and trust your child's limits**

Notice signals from your child they may be struggling with their workload and take these seriously. Talk to your child and the school to come up with ways to reduce their workload and build in recovery time.

If you have any questions or concerns, please reach out at:

[brigitteengage1on1@gmail.com](mailto:brigitteengage1on1@gmail.com)

Your GP / paediatrician

Parentline (13 22 89)

Kids Helpline (1800 55 1800 / kidshelpline.com.au)

Take care,

**Brigitte Dupé**  
**Provisional Psychologist**