MESSAGE FROM THE PRINCIPAL

Dear Parents, welcome to the third week of our first term. Our new school year is now well underway and most of us seem to have settled back confidently into the routines of school life. In following up on this topical subject (routines) I thought it would be helpful to include some additional tips from Michael Grose as we seek to reinforce these key concepts for our children and ourselves. I hope you find the attached article by Michael Grose from Parenting Ideas helpful. I also take this opportunity to remind all families that in being mindful of our Duty of Care for all children NO child should be on the school site before 8:25am. If your child needs to be at school prior to that time they MUST be booked into our Before Care Program. In the interest of our children’s safety, I thank you for your understanding and support.

Family Cricket Day: Congratulations and Thank You

Last Sunday I spent some time in the afternoon at our fourth Family Cricket Day also known as St Mary’s Premier League 4. The event has grown in size and success since its inception. This year ten teams battled throughout the day for the winning honours along with a larger gallery than ever before who were not shy when it came to providing support for their team. The games I watched had all the hallmarks of great cricket including fabulous entertainment and exceptional players demonstrating elite cricket skills. At the end of a competitive series two teams, captained by Shane Yole (Supersonics) and Rick Cullinan (Sunrisers), played in a final that exemplified the type of cricket played throughout the day. As in all sports there can only be one winner and this year victory went to Rick Cullinan and the Sunrisers.

I would like to take this opportunity to both congratulate and thank Rick Cullinan for his inspiration, passion and commitment to the ongoing and increasing success of this event. Rick’s passion has been infectious and has produced an equally inspiring team that has been instrumental in making sure that the competition has grown from strength to strength. I would also like to thank and congratulate everyone who participated in the event and came along to provide support, in addition to all who volunteered. These people are many and included umpires, bar staff and BBQ staff, as well as the numerous incidental jobs that needed to be done before and after Game Day, and on the day itself.

We are very excited about the potential capacity of the funds raised from this event to have a direct, immediate and continuing impact on sporting outcomes for all our children with plans well advanced to implement what promises to be a unique coaching program for sport at St Mary’s.
Pending Events - As we continue to celebrate the start of another new school year we are looking forward with great excitement to some significant events on the school calendar that will take place over the next few weeks. Monsignor Stuart Hall is expected to join us at some stage tomorrow and is anticipating being present, if possible, at our Assembly next Monday afternoon and at our Welcome Drinks (second significant event) on Friday 24 February. Our third important date is that of our Commissioning and Senior School Mass on Saturday 4 March at 6:15pm. We also ask parents of students in Grades 3-6 to put Tuesday 14th March 6:30-8pm in their diaries. This session is part of the licensing requirements for families using Chromebooks. Please keep an eye out for more information on this important event. In order to keep informed about dates and events I encourage you to regularly check the school calendar on our website.

Wishing you a wonderful week

Shane Tobin
Principal

Family and Emergency Contact Forms/Photo/Video Permission Forms

Family and Emergency contact forms and Photo Permission Forms have been distributed to families. It is important for us to have an up to date family and emergency contact details for each child and Photo/Video permission forms. Please return these forms to the office as soon as possible, even if there are no changes. If there are changes throughout the year, please email the office.

Enrolments—For parents with siblings for 2018 please collect an Enrolment Form from the office.

Working with Children Check

It is a requirement at St Mary’s that any parent, grandparent or anyone wanting to volunteer has a current Working with Children Check. This check assists in protecting children from sexual or physical harm by ensuring that people who work with, or care for, them are subject to a screening process.

It is simple to apply:

Go to http://www.workingwithchildren.vic.gov.au/home/applications/apply+for+a+check/ and select either ‘Apply in Victoria’ or ‘Apply from interstate’

Fill in the online application form, providing details about yourself and the organisations where you’ll be doing child-related work

Finalise your application using the barcode and instructions that will be emailed to you.
Welcome back to the 2017 school year. We have lots of exciting things to look forward to in the area of Education in Faith this year.

This term we will have a focus on Lent and Easter in classrooms. Our Year 3 students will be very busy preparing to receive the Sacrament of Reconciliation for the first time. We wish them every blessing as they prepare for this special occasion. All Grade 3 students wishing to receive the Sacrament of Reconciliation for the first time should have already completed a registration form.

What’s happening this term at St. Mary’s?

Friday 17th February - We welcome Monsignor Stuart Hall to our community. There will be many opportunities to meet him over the coming weeks.

Thursday 23rd February - Grades 1 and 2 attend parish mass at 9:05am. Reconciliation Information workshop for parents and child 7pm in the Narthex/church. Children registered for this sacrament, then need to enrol at a parish mass the weekend of Saturday 25th/Sunday 26th February.

Tuesday 28th February Celebrate Shrove Tuesday with delicious pancakes prepared and cooked by our wonderful parents.

Wednesday 1st March – Ash Wednesday Mass at 12noon. The whole school will be attending Mass.

Thursday 2nd March - Grade 5/6 students attend the ecumenical prayer service of World Prayer Day at 11am

Saturday 4th March - Welcoming and Commissioning Mass at 6:15pm in the Church. We are looking forward to seeing everyone in our community at the Mass. Everyone is welcome to join us afterwards for a drink in the Narthex.
A new school year means a fresh start for students. Regardless of your child’s performance last year, they start school with a clean slate. A break offers students the chance to begin new habits and adopt new behaviours. Here are five ideas to help you make the most of the fresh start and make this year your child’s best year ever at school:

1. **Commit to your child going to school every day on time**
   One of the most important things you can do to ensure your child has a bright future is to make sure he or she goes to school every day – and gets there on time. Kids spend more time asleep than at school, so we need to maximise every day to get full value.

2. **Help kids start each day well**
   A good night’s sleep, a healthy breakfast and some words of encouragement from you will help set a positive tone for a day of learning. This may mean that you adjust your morning routine so that kids have plenty of time to get up, eat and get ready for the day.

3. **Establish work & study habits**
   The most successful students are those that develop regular study habits that suit their lifestyle, their study style and their school’s expectations. Find out the work expectations from your child’s or young person’s school and help them establish a work routine that matches.

4. **Make sure your child gets enough sleep**
   Many children and young people are sleep-deprived, which impacts on their wellbeing and their learning. A good night’s sleep consolidates learning, as well as assisting future learning. Children need between 10-12 hours of sleep each day, while teens need a minimum of nine hours. Help kids get sufficient sleep by having a regular bedtime and get-up time each day. Have a 45-minute wind-down time each night, and remove screens and mobile phones from bedrooms.

5. **Insist kids exercise**
   The old saying about ‘a healthy body and a healthy mind’ is so true. Exercise releases the chemicals needed for learning and wellbeing. Yet kids today get less exercise than those of past generations, which is an impediment to learning and mental health. Health professionals recommend a minimum of 60 minutes of exercise per day for kids of all ages. Encourage your child to play sport; promote free and active play and look for ways to make moving part of their daily lives.

6. **Focus on being friendly**
   Schools are very social places requiring kids to negotiate many different social situations each day. Yet we often only focus on academic learning. There are strong links between social success, and academic success and wellbeing. Encourage kids to be open and tolerant; to be friendly; to be sensitive to others; to be involved in plenty of activities and to be social risk-takers. These are all characteristics of socially successful kids. At the same time discourage anti-social behaviours such as over-competitiveness, self-centredness and lack of sharing.

7. **Develop self-help skills**
   Successful students are often well organised, self-directed and self-motivated. Personal organisation seems to come more naturally to girls than boys, however both genders benefit from coaching in this important area. You can foster organisational skills and self-direction by developing simple, age-appropriate self-help skills related to their every day lives. Such skills as making lunches, packing school bags, and organising after school schedules can be great lessons that impact on how kids perform at school.

At the start of the school year kids are likely to adopt changes than at any other time. Make the most of the opportunity by focusing on two or three areas to really focus on and you’ll find that the rest will fall into place.
SUMMER WELCOME DRINKS

Friday 24 February, 2017

6pm - 10pm
St Mary's School, Upper Playground
Book the babysitter, this event to welcome new families and teachers to our school community, is not to be missed!
SECOND HAND UNIFORM SHOP

We are facilitating the collection and sale of second hand uniforms. The proceeds will be donated to the school. Below is a list of what we currently have. If you would like to purchase an item please email sarah.barnett@au.pwc.com. The prices vary depending on the age and condition of the item.

Please drop any donations of clothes on the porch at 25 The Grange, Malvern East (just around the corner from the school).

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<td>Left over from uniform shop</td>
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St. Mary's Primary School
91 Manning Rd
Malvern East 3145
Phone: 9571 1358
Fax: 9563 5808

Principal
Mr. Shane Tobin
Phone: 9571 1358
Email: office@smmalverneast.catholic.edu.au
www.smmalverneast.catholic.edu.au

Parish Priest
Fr. Paul Newton
Phone: 9571 2407
Email: malverneast.cam.org.au
www.cam.org.au/malverneast
Come and join and be a Cub (7-10) or Scout (10-14) and have heaps of fun!

13th Malvern Scout Group is very close to St Marys and runs Cubs (Tuesdays) and Scouts (Mondays) during term time so if you are interested, or know someone who might be, please contact:

Email gl.malvern13th@vicscouts.asn.au or 0438 562 072

"One of the best things about being a Cub or Scout is that you can learn lots of useful things and earn cool badges"

ST MARYS EAST MALVERN NETBALL CLUB

A reminder to all our netballers and their families to join us for a barbecue to celebrate the launch of the season on Sunday February 26 at 5pm. We will be holding the AGM beforehand at 4.30pm. If you are able to take up a role on the committee we would love to hear from you.

Sarah Tidey 0409 162897
STAR OF THE SEA COLLEGE

Martin Street, PO Box 7001, Gardenvale LPO, BRIGHTON 3186
T: 9595 9595 / F: 9596 6821 www.starmelb.catholic.edu.au

2017 College Tour
Saturday 18 February
9.30am

An address from the Principal, Mary O’Connor will commence at 9.30am sharp.
Please allow time for parking as we have a large number of families attending.
For further information please contact the Registrar, Josephine Aquilina on 9595 9595.
Extend OSHC at St Mary’s Primary School

Weekly Recap

Let’s recap week 2 Term 1

Week 2 has been abuzz with creativity and fun as we started with some fantastic origami. Monday morning, we mixed a big batch of playdough to use that afternoon to make stick houses! It was great collecting natural materials to use in our construction. The playdough later inspired our very own bakery with lots of very tasty looking treats. It was a great team effort and looked fantastic.

Tuesday we made some very colorful paper chains. The paper chains inspired everything from crowns to belts to rainbow snakes! We also had some very crafty top hats take shape. They were fit for an Easter hat parade!

Wednesday begun with some crazy balloon experiments, filling them with rocks, glitter and sparkles for a very spectacular pop! We then had an afternoon of food science exploration! We tested the strength of spaghetti and the buoyancy of oranges.

Thursday we kept cool inside with some very tasty baking. In a very hands on recipe we mashed, mixed and made nice cool choc balls! We kept busy with some awesome wind chime making as well as some more great origami.

We kicked off Friday with a pizza party in the hall. Followed by some fantastic plays and performances put together by the group. In the art room we got crafty with some 3D salt art.

I look forward to seeing everyone next term.
Katie, Team Leader.

Important Notices & Reminders:

Hats:
As it begins to warm up it’s important to think about sun protection. It appears most kids leave their hats in their classroom overnight so I would like to request that parents put a spare hat in kid’s bag for after school care.

Art smocks:
If anyone has old shirts or jumpers they were going to throw out, we’d love to take them off your hands to use as art smocks.

Welcome back! We hope you had a wonderful break over the summer. Please see important information below to ensure you are ready and organised to use Extend’s service this year.

NEW FAMILIES – ENROL TODAY
Enrolling is simple and can be done online via our Parent Portal. The annual enrolment fee will not be charged until you use the service, so it’s a great way to ensure you can have emergency access if the need arises. See information on operating hours, fees, and how to enrol & book at extend.com.au.

HAVE YOU SECURED YOUR 2017 BOOKINGS?
If you have used our services before, we look forward to seeing you again throughout Term 1. Please ensure you have made your 2017 bookings on the Parent Portal in advance.

QUESTIONS?
Check out the FAQs on our website which contains useful information for new parents.

PARENT PORTAL: extend.com.au

Our Extend Superstar is...

Malachy Carney- For the incredible creativity and patience you have shown in your origami and construction. And the kindness you have demonstrated by teaching others. We can’t wait to see what you make next!

Term 1 Week 4 activities

Monday 20th February:
Art
Crate paper pendants and keyrings

Tuesday 21st February:
Craft
Fire breathing dragon

Wednesday 22nd February:
Art and science
Colour mixing on coffee filters

Thursday 23rd February:
DIY Funny faces book

Friday 24th February:
Create and paint
Make your own puffy paint

PARENT PORTAL: extend.com.au
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Clancy’s Bakehouse

St. Mary’s Primary School
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Parish Priest
Fr. Paul Newton
Phone: 9571 2407
Email: malverneast.catholic.org.au
www.cam.org.au/malverneast