MESSAGE FROM THE PRINCIPAL

Dear Parents, welcome to the fourth week of our first term. In reflecting on the week ahead and those that have just gone there’s no doubt that we’ve had a very exciting and busy start to our new school year.

Special People: Monsignor Stuart surprised us all by his early arrival on Friday. He has had a hectic time since then trying to meet people here and fulfil the demands of multiple roles while simultaneously attempting to settle into his new land based abode. It was wonderful that Monsignor Stuart was able to find some time amidst all these demands to come and be at our Assembly last Monday as well as visit us in the Staffroom on Tuesday for Morning Tea. We look forward to helping Monsignor Stuart settle into our community in the days and weeks ahead and making him feel at home.

Recently we also welcomed Mr Ross Kimber to St Mary’s. Mr Kimber has been contracted by the school to take on the role of a ‘Critical Friend’ as we undertake the process of Review during 2017. Review is a cyclical audit process that we participate in every four years and we are pleased that we have been able to secure Mr Kimber’s services to support us in this process. Further information about Mr Kimber can be found at https://au.linkedin.com/in/ross-kimber-137a171b

Last week the staff and I worked with Mr Tony Levett from Catholic Education Melbourne and Ms Chris Daicos who many of you will know from our work with her last year on the subject of ‘resilience and success’. Tony and Chris helped us to deepen our understanding of the annual surveys that we conduct with all members of our community and to reflect on ways in which we might best be able to respond to this important data. The sessions were stimulating, thought provoking, productive and as you might imagine, good fun too! We have been delighted with the potential that this work provides for us in the future and I look forward to sharing more about this with you in the coming months.

We have also been excited by the presence and support of Jan Walker and Jo Pringle who are our two expert Mathematics consultants from Catholic Education Melbourne (CEM). Jo and Jan have been an inspirational presence for the staff and myself over the last fortnight. We are looking forward to welcoming them back again next Wednesday to continue their great work with us as we strive to deepen our understanding of ‘differentiation’ in the area of Mathematics, and the implications of this for us in teaching the wider curriculum.
MESSAGE FROM THE PRINCIPAL CONTINUED

We are equally excited about our ongoing collaboration with Ingrid Green from CEM who has committed to support us in our work in the area of Education in Faith and our involvement in a Faith Education Collective. The Collective includes a group of schools who are seeking to work together and consolidate practices established in 2016 as a result of our involvement in the RE Focus School Project. This is ground-breaking work and we look forward to sharing more about this with you too in the future.

Pending Events We are all looking forward to our Welcome Drinks tomorrow evening and the opportunity to renew existing friendships as well as the opportunity to make new ones too. Our first Working Bee for 2017 will be held this Saturday from 3 to 5pm and this is another wonderful opportunity to build friendships while also making a difference to our beautiful school. Finally, make sure you remember our Commissioning and Senior School Mass on Saturday 4 March at 6:15pm. In order to keep informed about dates and events I encourage you to regularly check the school calendar on our website.

Thoughts and Prayers Please keep Mrs Irene Poulton in your thoughts and prayers. Irene has been unwell over recent months and she has been advised to have a back operation to address her health concerns. It is anticipated at this stage that Mrs Poulton will be on leave until Term 3. We wish Irene a speedy recovery and look forward to welcoming her back to St Mary’s when she has recovered.

Reminders I take this opportunity to remind all families about the importance of giving due consideration to our neighbours especially at school pickup time. I am aware that both the police and local council are active in our neighbourhood regarding traffic management and parents have been fined in the past for failing to comply with traffic laws. In consideration of this I have reiterated to our staff the importance of all children being released promptly at 3:10 and children being reminded of their responsibility to go immediately to their agreed point of collection.

Recommended Reading: Finally I recommend the attached article from Michael Grose to you on the subject of ‘Four parenting priorities for 2017’.

Wishing you a wonderful week

Shane Tobin
Principal
Four parenting priorities for 2017

By Michael Grose

Like the earth's crust the parenting landscape is constantly shifting always bringing new challenges for parents. Not only are children and young people constantly growing and developing but societal trends evolve and change at such rapid rates that it's hard to keep up. It's also hard to differentiate between the significant and the frivolous when it comes to trends and changes.

The following four priorities are both current and significant, deserving to be top of mind for parents as the 2017 school year begins.

1. **Time to tackle technology**

   Want to travel along Parenting Easy Street? That's easy. Make tackling this parenting game-changer your priority. It's no point being all doom and gloom about technology because tablets, mobile phones and smartphones are here to stay. They connect us, educate us and entertain us like nothing has before.

   But the jury is still out on the impact of digital devices on children and young people. Currently there are studies being conducted on the effects of technology on children's brains, as well as studies on gaming addiction, social media addiction, attention-related issues, obesity, decision-making, hand-eye coordination and sleep to name a few.

   The technology genie maybe out of the bottle, but we need to bring some sanity into the area. Children and teenagers, (and yes technology, primary school and secondary school kids can be mentioned in the same sentence as first-time smartphone users become younger by the day) who use communication technology need constant parent vigilance and diligence, a flexible approach and the ability to say a loud and clear “NO you can’t have/use that now.”

   It takes a lot of parental backbone to swim against the current all-encompassing technology tide. You can’t hold it back, but you can slow it down. You can suggest it sits on the metaphorical shelf for a while or at least while you eat dinner together.

   You can insist that social media isn’t the only way to stay in touch with friends and show them that Dr. Google may be clever but he/she only knows so much and that accurate and current information can be found offline. When it comes to kids and technology, don’t be an onlooker. Make this a year for getting in the game with kids, tech boots on and all.
parenting ideas

Four parenting priorities for 2017

2. Promote physical and mental health

Finally, good mental health habits are top of mind in Australian schools. A focus on student wellbeing is now a well-established pathway to academic success for children and young people.

But kids’ levels of physical activity need a boost. Recent research tells us that children’s physical activity peaks at around four years of age in Australia and gradually decreases every year from there. It makes a mockery of the image of Australian childhood spent in the great outdoors.

Remember the old ‘healthy body, healthy mind’ maxim that past generations so fondly spruiked? Well, it’s true. Physical and mental health are inextricably linked.

So this year while we encourage our kids to practise mindfulness; get a good night’s sleep and ensure they relax and unwind, let’s also make sure kids get plenty of physical activity, preferably outdoors.

3. Put the spoon back in the drawer

I’ve hidden the controversial part in the middle of the article. Ready for it? I think that parents currently do too much for kids. We spoonfeed them. We make life too easy and don’t demand enough from them. Not all parents, but enough that we should be worried that our kids may grow up to become risk-averse, fearful adults who have difficulty making decisions lest they make a mistake. That is, if they ever do grow up? As reported in Fairfax Media recently, “In 1970’s only one in five under-30’s in Australia lived with their parents but now it’s one in two.” This high dependency of children and teenagers on adults is the exact opposite of what adults have done in the past, which is develop their children’s independence and achieve the most important parenting outcome of all – their own redundancy.

In 2017 remove the spoon, put it back in the drawer and make independence building a high priority in your family.

4. Put integrity top of the pedestal of character traits

Every parent wants their child to have the strength and fortitude to do the right thing and not follow the crowd. This is easier for young children because the pull of the group and the allure of the media doesn’t have such a strong hold as it so often does in adolescence. Strong-willed children and those who like to have their own way can also find doing the right thing less of struggle. But the development of integrity and related traits such as respect, honesty and fairness is an important part of a child’s moral compass that will help him/her make smart decisions when you’re not around. Generally, integrity is developed in childhood and put to the test in adolescence.

In 2017 put some focus on developing a sense of integrity in your kids – the rock star of character traits.

Visit our website for more ideas and information to help you raise confident and resilient young people.

Special note: I’m thrilled to announce that my latest book Spoonfed Generation: How to raise independent children is out. It’s available at parentingideas.com.au
"You must therefore be perfect just as your Heavenly Father is perfect"

What does 'perfect' look like? Society finds it much easier in identifying what is perfect when it comes to objects - buildings, bridges, art. Society struggles to agree what constitutes perfection when focusing attention upon a person or a group of people.

Today's readings challenge us to be perfect as our Heavenly Father is perfect. For the perfectionist this tough challenge is doomed to fail, and its fruits are anxiety and guilt. Since the perfectionist will always identify fault even in the presence of beauty.

Through the eyes of a young child, the idea of perfection might be experienced within a parent. Through the eyes of young love, perfection might be defined in the beloved. For parents perfection might be that of their newly born infant.

At various times our ideas of what perfection looks like and feels like is challenged, as we come to acknowledge the 'characteristic faults' that can be both simultaneously annoying and attractive in relating to others.

St. Paul reminds the Christian community that the striving for perfection is to be found in learning how to love, in learning how to live in the midst of a society that would label the gospel commands as foolishness. The follower of Christ views perfection through the optics of the presence of God "whose sun rises on the bad and the good, whose rain falls on the just and the unjust".

In striving for perfect love is to honestly acknowledge the faults within. With that knowledge, then we are able embrace and encounter the Wisdom of God that finds its fullest expression in a love that is perfectly self-giving and sacrificial.

The striving for perfect love can be found in the code of Holiness, a directive that is short and significant, "Be holy, for I, the Lord your God, am holy".
EDUCATION IN FAITH

As we look to the beginning of Lent next week, it is timely to reflect on some traditional practices.

Giving up something for Lent, eating fish on Fridays and fasting from meat, almsgiving and penance throughout the forty days of Lent—these are some of the practices for which Catholics are known. But why do we as Catholics do this? Because through these commitments—known as “Lenten practices” or “Lenten disciplines”—the Catholic Church calls us each year to renew our discipleship in Christ. Specifically, each year during the liturgical season of Lent the Church asks us to pray, give alms, and fast.

Prayer is especially important during Lent. The Lenten season is a time for reflection, evaluation, and repentance. During Lent we set aside time for prayer that is reflective in nature and reveals places where we have failed to open ourselves to God.

The Church calls us during Lent to be especially conscious of the needs of others and to act accordingly. Giving materially to another is an act of Christian charity known as “almsgiving.”

We are asked by the Catholic Church to fast on Ash Wednesday and Good Friday, and not to eat meat on the Fridays of Lent. Feeling an empty stomach, or fighting the urge to have that juicy steak or chocolate bar does more than just remind us that for some people an empty stomach is their daily bread. Fasting and abstinence help us to ask ourselves the question: “What sustains me and gives me life?” What nourishes me on my journey of life? We will find the answer, not in the steak or the chocolate bar, but at the end of these forty days of Lent—in the Resurrection of Jesus. We fast and abstain because, when we do, we are reminded of who we are—followers of the risen Christ.

Project Compassion, Caritas Australia’s annual Lenten fundraising and awareness-raising appeal, is an extraordinary, ongoing demonstration of the faith, love and generosity of the Catholic congregation and caring supporters throughout Australia to help end poverty, promote justice and uphold dignity.

Project Compassion demonstrates how love for our neighbours can transform lives this year.

Starting on Ash Wednesday, 1st March, we are sharing stories from people in Philippines, Timor Leste, Indigenous Australia, Vietnam, and Fiji. Their stories humble and inspire us, and show how your contributions to Project Compassion help people build better lives for themselves, their families and their communities. Money boxes will be coming home at the beginning of next week. Visit their website http://www.caritas.org.au/projectcompassion/about to see different ways of raising awareness and giving during Lent.

Sharon Daujat

Religious Education Leader
1000 Books Before School at your local Stonnington Library

Register now for this fun literacy program for babies and young children! Sharing stories with babies and young children helps develop literacy skills that will prepare them for reading at school.

Register for 1000 Books Before School to start your reading adventure!

How 1000 Books Before School works

- Register at any Stonnington Library to receive your first Reading Record and reading kit to get you started. A library membership is required to join the program
- Mark, colour or place a sticker on your Reading Record each time you read together with your child
- Each time you reach a milestone in your Reading Record, bring it in to your local library for a special reward. Milestones are set at 100, 250, 500, 750 and 1000 book
- Every book that your child completes, or actively listens to, counts – this includes stories read at Storytime sessions, daycare, playgroup, kindergarten, as well as the same book over and over again. You can read books from anywhere – not just library books.
- The program finishes once your child reaches 1000 books, or starts school.
Welcome back to a new year of your children being able to access our WONDERFULLY resourced school Library. Please help us out by sorting out any ‘Borrowing’ issues that need to be resolved from last year by either emailing myself on pf Flynn@smmalverneast.catholic.edu.au or coming in to see me at drop off time on any morning.

Now for the huge request.

PLEASE could I have some parent or grandparent helpers to assist me with covering books. I have literally a cupboard full of books waiting to go out on the shelves but they need to be covered first. I will supply the coffee, the easy to use contact and the amazing tool that deletes all bubbles in the contact. If you can help me out on the first Tuesday of any or every month at 8.45 in the Library that would be amazing, alternately if you would like to take a bag of books home to cover that would also be really helpful. Just shoot me an email if you can help.

Our first covering session will be on TUESDAY, MARCH 7th.

If you have a ‘burning desire’ to help out before then, I am in the Library every day straight after lunch from 2-3pm and will welcome you with open arms.

Thanks very much in anticipation,

Pam Flynn
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!
IT'S HERE!

2017 EASTER RAFFLE

BE PART OF THE MUCH ANTICIPATED ST MARY'S EASTER RAFFLE.

BUY RAFFLE TICKETS
10 raffle tickets will come home to each family in the week starting February 27. Tickets cost $1 each. More tickets available at the office. All raffle tickets are due back to school by Friday, March 24.

DONATE EASTER GOODIES
Donation boxes for Easter eggs, craft and themed goodies will be in the school foyer from February 27.

RAFFLE DRAW - FRIDAY, MARCH 31
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 but are generally around 1/5 of the original price.

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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<th>ITEM</th>
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<td>4</td>
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<tr>
<td>Girls tunic</td>
<td>3</td>
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<tr>
<td>Girls summer dress</td>
<td>3</td>
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<td>Girls winter shirt</td>
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<tr>
<td>Girls sports skort</td>
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<tr>
<td>Sports shorts</td>
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<td>Boys short sleeve shirt</td>
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<tr>
<td>Boys long sleeve shirt</td>
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<tr>
<td>Boys school shorts</td>
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<td>Boys school long pants</td>
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<td>Woollen jumper</td>
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<td>Sports top</td>
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<td>Rugby jumper</td>
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<td>Hat</td>
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<td>Art smock (new)</td>
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<td>Girls tights (new)</td>
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<td>Library bag (new)</td>
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<td>White socks (new)</td>
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<td>Navy socks (new)</td>
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<td>Auskick hoodie</td>
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FOOTY 2017
Developing skills, lasting friendships and love of the game

REGISTRATIONS NOW OPEN
Registrations must close 10 March 2017
No late registrations accepted.

BOYS TEAMS all age groups
GIRLS TEAMS will include under 10’s, 12’s, 14’s & 16’s

Be a part of the biggest community football club in Australia

Register online at
eastmalvernknightstraining.com.au
Associazione Culturale “L’Aurora”

ASSOCIATIONS INCORPORATION ACT 1981: Registered No. AOO28192Z

Italian Language classes run by Associazione Culturale L’Aurora have begun at St Joseph’s Malvern Catholic Parish Primary School, 49 Stanhope St, from Saturday 18th February 2017.

Classes will run during school terms and will be of 2.5 hours’ duration from 9.00am to 11.30am every Saturday.

The tuition fee for the year is $200.00 per student. A discount of $15 per child is allowed for families with additional children attending.

If you require further information please phone: 9898 4707 or visit our school website www.lauroraschool.com.au
Extend OSHC at St Mary’s Primary School

Weekly Recap

Let’s recap week 3 Term 1

We kicked off week three in the spirit of Valentine’s Day, combining science and art to make some beautiful fizzing hearts. The combination of bicarb and vinegar made for a great ‘pop’ effect. Outside we got out the chalk for some more colourful creations.

Tuesday we made wacky waving men! A simple craft project that was very popular and very entertaining. Outside we kept active playing night at the museum and giant’s treasure.

Wednesday we were busy in the hall cooking up a storm! After making pizzas for afternoon tea, we baked some very tasty weetbix slice. Later we had balloon relays and a few rounds of silent ball.

Thursday we ventured down to the lower to make the most of the lovely weather. We took down the crafts and made some awesome spinning drums. It was great to see everyone get creative and personalise their drums. We also had some clever construction, building a zipline for bags, hats and toys. We kept cool with some water games and got creative making stress balls with balloons and sand.

We wrapped up the week with some beautiful mask making, fit for a ball or superhero! We had some bracelet making too. We even turned the room into a fluffy wonderland as it transformed into “cloud town” for some imaginative play.

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.

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...

Tessa Lowry - I knew I could count on you to help show new students around and make them feel welcome and included. Thank you for being a friend to everyone at after school care.

Term 1 Week 5 activities

Monday 27th February:
Science
Rainbow foods and Magic Dancing marker

Tuesday 28th February:
Nature and craft
Bird feeders

Wednesday 1st March:
Art
Tye-dye butterflies

Thursday 2nd March:
Science
Bubble experiments

Friday 3rd March:
Art
Rainbow art coasters

PARENT PORTAL: extend.com.au

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Fax: 9563 3808

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PARISH PRIEST
Monsignor Stuart Hall
Phone: 9571 2407
Email: malverneast.cam.org.au
www.cam.org.au/malverneast
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Phone 9563 6044

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“Focusing on Your Financial Success”

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