

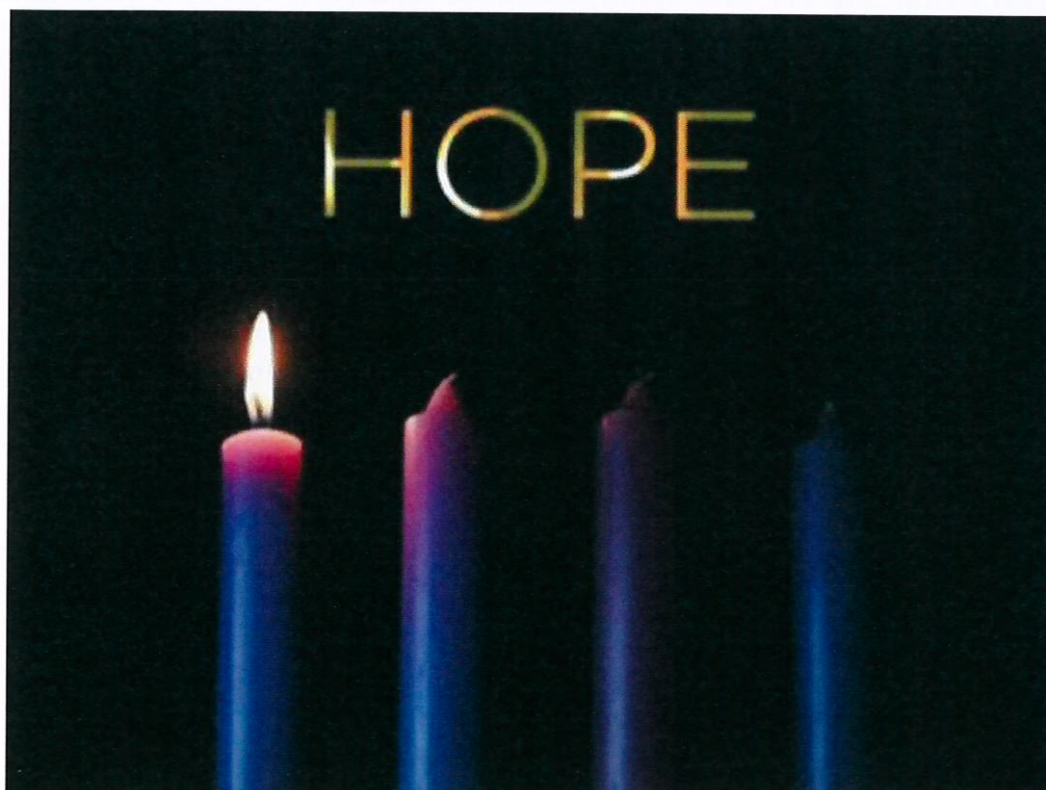


St. Michael's Primary School Tallangatta

Newsletter

Term 4, Week 8: Thursday the 29th of November, 2018

St. Michael's Catholic school community follows the Josephite tradition of being a learning and supportive environment that challenges the landscapes of our hearts and minds.



IMPORTANT DATES

Term 4 Week 8

Friday November the 30th

Report Writing Day (Pupil Free Day)

Term 4 Week 9

Monday December the 3rd

Swimming Program Week 1

Friday December the 7th

F/1/2 Camp Experience Day

Term 4 Week 10

Monday December the 10th

Swimming Program Week 2

OUR SCHOOL WIDE EXPECTATIONS

Be Safe

Be a Learner

Be Responsible

MESSAGE FROM THE PRINCIPAL

Dear Families,

We have had another exciting and action packed week at St. Michael's Primary School. This week was full of experiences for our students. On Monday, we had a special visit from St. John's First Aid. The first aid in schools program is designed to provide students throughout Victoria with basic first aid skills. The F/1/2 students learnt all about cuts and grazes, the 3/4 's about bites and stings and our Grade 5/6 class learnt all about anaphylaxis. The students all enjoyed this time and learnt many practical skills for the future.

In Art this week, we have had the pleasure of welcoming Libbe (Jayla, Bella and Maddi's Mum) into our art room and inspiring us with new amazing art ideas. With the theme of Christmas in toe, the students have been making some amazing Christmas crafts. The Grade 5/6 class started off the week by making some very cool balloon ornaments out of wool. The students were given some slime (made from potato starch!) and coated the wool until it was all gluey, then wrapped this around the balloon. This wool then dries, leaving the ornament in tact once the balloon is popped. This was a great, messy art activity that the children adored! Stay tuned for next week's adventures.

In the Grade 3/4 art activity, we made wrapping paper. With a bowl full of water, dishwashing detergent and paint, the students had to blow bubbles to create enough to make a bubble pattern on paper. The students were so engaged and had an amazing time! Today the F/1/2's will have their session - keep an eye out as some of our special crafts will be coming home for the Christmas tree tonight.

Over the weekend our school will transform for Advent. The students have all been busily creating ornaments for our tree so if you have the time during December, please come along and visit our school.

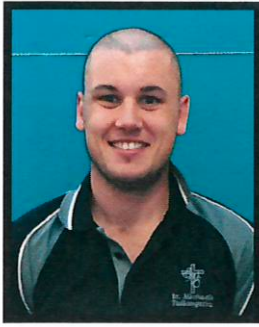
In closing, just a reminder that tomorrow is a school closure day for report writing. Many people don't realise the hours and hours of assessment, marking, moderation and time that is spent on reports. This day is a drop in the bucket for the work our teachers are currently completing.

Blessings,

Cassie Lynch

OUR SCHOOL WIDE EXPECTATIONS

Be Safe Be a Learner Be Responsible



Catholic Identity - Mr. Andrew Dear

This Sunday marks the beginning of Advent. This is a very special time in our Church calendar where we remember and prepare ourselves for the birth of Jesus.

What is Advent ?

Advent comes from the Latin word meaning "coming." Jesus is coming, and Advent is intended to be a season of preparation for His arrival. While we typically regard Advent as a joyous season, it is also intended to be a period of preparation, much like Lent. Prayer, penance and fasting are appropriate during this season.

Over the next few weeks a prayer will be attached to represent advent. We will be saying these same prayers in the classroom. The children will also start to get ready for the birth of Jesus by learning all about the First Christmas.

Prayer

"God of Advent Hope,
grant us above all to see
that our ways are not necessarily Your ways,
that we cannot fully penetrate the mystery of Your designs
and that the very storm of power now raging on this earth
reveals Your hidden will and Your inscrutable decision.
Grant us to see Your face in the lightening of this cosmic storm,
O God of holiness, merciful to all.
Grant us to seek peace where it is truly found!
In your will, O God, is our peace! Amen."

(Thomas Merton, 'The non Violent alternative' in 'Bridges' Book One, pp 53-54)



It has been really impressive receiving so many RSVPs to our End of Year Mass. If you haven't returned your RSVP could you return it at the earliest convenience as we need to finalise numbers for catering purposes.

Catholic Identity Team

Library

Today we had our final library lesson and borrowing session for the year. Can all families please make an effort to check at home for any library books to return to our library. Books are such a valuable resource and are very precious to us so please take the time to seek them out.



OUR SCHOOL WIDE EXPECTATIONS

Be Safe **Be a Learner** **Be Responsible**



PBIS - Mr. Nat Sariman

We are getting closer and closer to the end of the year! There is a HUGE reward for students that are displaying our 'Be 3' behaviours. Students who are following our 3 expectations (Be Safe, Be Responsible, Be a Learner)

are receiving GOLDEN TICKETS!!! A golden ticket gets our students on the bus to our whole school excursion during the last week of school.



How do you earn a golden ticket?

Simply get caught by your teacher doing the right thing! At St Michael's we love catching our students doing the right thing and rewarding positive behaviour.

What is the reward?

Our end of school excursion involves ropes, trampolines, popcorn and a bus ride into town. I will leave the rest for you to ponder!

Congratulations to those students who have already secured their place on the bus.

Here are some happy faces and some great role models!!

PBIS Team



OUR SCHOOL WIDE EXPECTATIONS

Be Safe **Be a Learner** **Be Responsible**

Child Safe

There are 7 Standards to meet in order to meet the Child Safety requirements within our school community. At St. Michael's, we continually strive to actively promote the safety of all children within our community. Over the coming weeks, we will share the 7 Child Safety Standards with our community to actively promote the culture we are creating at our school and sharing with our wider community.

Standard 7: Strategies to promote child participation and empowerment

Child Safe Standard 7 requires St. Michael's to develop strategies to deliver appropriate education about:

- standards of behaviour for students attending the school
- healthy and respectful relationships (including sexuality)
- resilience
- child abuse awareness and prevention.

At St. Michael's, we understand that education is paramount in keeping our kids safe. Participating and educating kids to keep themselves safe and understand respectful relationships is essential. Our Day for Daniel is one engaging way we are able to get the child safe message across while raising much needed funds for a child safe organisation. Alongside this, our teachers use Resilience, Rights and Respectful Relationships to teach and deliver a curriculum aimed at keeping our kids safe.

Michael Grose

Attached to this week's newsletter is an article from Michael Grose, a leading expert on parenting. This week's article is all about developing a technology holiday guide for our upcoming break. A great read and hopefully a helpful article!

PBIS Rewards at Work

On Wednesday, the lovely Miss Bowran spent a session as the Principal. Miss Bowran was able to complete yard duty, spend time in the office and then teach the Grade 3/4 Class for our exciting Christmas crafts.

This young student has a very determined attitude, spending most of the year saving up for this experience.

According to her Grade 3/4 peers, Miss Bowran was the best kid Principal ever!!!









OUR SCHOOL WIDE EXPECTATIONS

Be Safe **Be a Learner** **Be Responsible**

IMPORTANT DATES FOR TERM 4

Please note the following dates in your calendars now!

Week 8	Week 9	Week 10	Week 11
<p><i>Friday November the 30th: Report Writing Day (Pupil Free Day)</i></p> 	<p><i>Monday December the 3rd: Swimming Program Week 1</i></p> 	<p><i>Monday December the 10th: Swimming Program Week 2</i></p> 	<p><i>Tuesday December the 18th: Whole School Excursion</i></p> 
	<p><i>Friday December the 7th: F/1/2 Camp Experience Day (No Swimming)</i></p> 	<p><i>Tuesday December the 11th: Whole School Transition Day (No Swimming)</i></p>	<p><i>Wednesday December the 19th: End of Year Mass 6.00pm & Final Day for Term 4</i></p> 
			<p><i>Thursday December the 20th: 2019 Planning Day (Pupil Free Day)</i></p>
			<p><i>Friday December the 21st: Staff Final Day</i></p>

OUR SCHOOL WIDE EXPECTATIONS

Be Safe Be a Learner Be Responsible

The Scoop

The Happenings in Grade 3/4

This week's edition is written by Charlie and Charlotte. Our photographers are Eli and Mia.

First Aid

On Monday the 26th of November Sherwin from St John's came to talk to us about stings and bites. We learnt how to bandage a snake bite and we learnt the DRSABCD.

We also learnt about the epipen and how to use it in case of an emergency.

Sherwin also talked to us about the asthma puffer and about all of the different allergies.



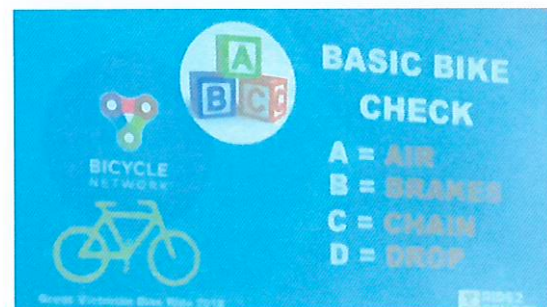
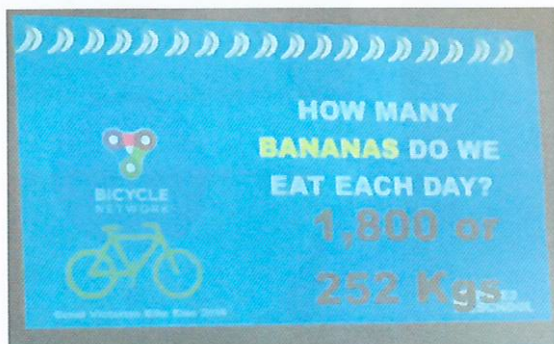
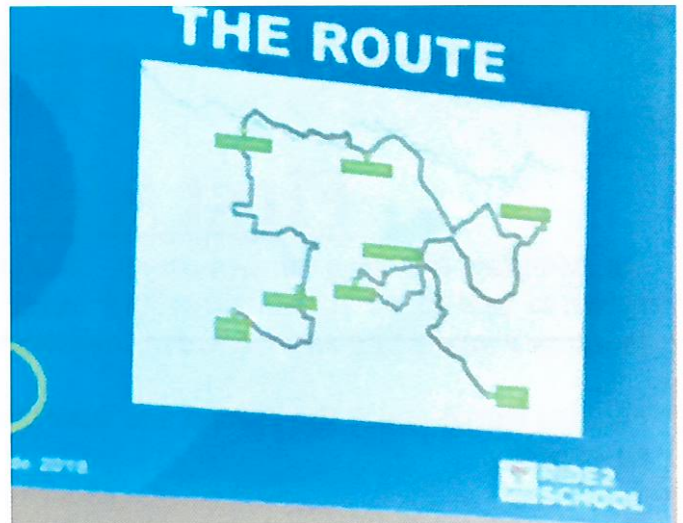
OUR SCHOOL WIDE EXPECTATIONS

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The Great Victorian Bike Ride

Visits Tallangatta

On Tuesday the 27th of November, Alex from the Great Victorian Bike Ride came to visit our school. There's 3,500 people involved in this event they have ridden from Bright to Beechworth. They stayed at Beechworth then went from Beechworth to Tallangatta to Rutherglen to Yarrawonga to Glenrowan to Benalla. We have included some fun facts that Alex shared with us.



OUR SCHOOL WIDE EXPECTATIONS

Be Safe Be a Learner Be Responsible

insights

Technology holiday guide for parents

by Martine Oglethorpe



As holidays approach, the role that screens and devices will play becomes an increasing concern for parents. Days when kids are usually tied up with school and activities make way for many an idle hour and, as such, parents fear those hours will be spent largely engaged with a screen or gaming console. While there is certainly no harm in some well-balanced screen time and developmentally appropriate online activities, we must remember that, as parents, we have an important role in helping our kids manage and balance that screen time. Here are a few things we can do:

Understand the battle

It is important parents know the beast they are dealing with. It is easy to shout from another room to get off a screen or whinge to our friends that 'kids of today' are all addicted to their phones, but we need to recognise the pull that many of these devices have. The social networks are designed to keep us liking, commenting and sharing. The games cajole us into having 'just one more' turn at being the last man standing. These technologies tempt us to reach just one more level, or to scroll for just a few minutes more. Our brains experience a dopamine release and a sense of insufficiency when we use a device. There is always something else to do or something else to scroll through, or one more YouTube video to watch. So our kids are up against it when trying to control their time on a device. We need to help them with that.

Get outside

We can complain that kids never go outside and play anymore, but sometimes we have to physically get out there with them or offer opportunities in which being outside and active play are appealing. We have to work a little harder at this today because we are competing with a device that answers many of our kids' perceived needs. We need them to know that their needs are greater and more varied than what their screens can offer.

Have some rules

Despite their apparent dislike of rules around technology, kids will (one day) appreciate having boundaries to help them manage their screen time. Rules can be established regarding time limits, devices in bedrooms, device-free meal times, etc. Whatever you decide is important, be sure that you have those discussions with your kids. And any discussion around rules or consequences should happen away from the screens so they are clear on the expectations. (Talking about their screen-time habits while they are just about to be the last man standing on Fortnite is probably not going to make for engaging conversation.)

One console on one television outside the bedroom

Having only one television that is connected to a gaming console or to Netflix is a good way of ensuring that the

device gets shared and one child doesn't monopolise the screen. And leave consoles out of bedrooms where the appeal of just one more quick game can very quickly rob them of important sleep time.

Role model

Make sure you are showing your kids how you want them to be. Have times when the devices are put away and you give full attention to the people around you. Don't answer calls or emails at the dinner table. Don't fall asleep with a device landing on your forehead. Take time to get outside and do things active and in nature. Don't ever use a phone while driving. Use the Screen Time feature on iOS products to monitor just how you are using your technology and whether you could be making some changes. Kids learn more from what we do than what we say.

We know the technology isn't going anywhere, and we know there are many wonderful benefits that screens provide. But ensure that holidays and downtime hours can be filled with many different experiences and in ways that leave your kids in control, even if you have to work a little harder to give them that.



Martine Oglethorpe

Martine Oglethorpe is an accredited speaker with the Office of the eSafety Commissioner and has presented to numerous parent groups, schools and teachers. She is a speaker, counsellor and educator with a passion for building resilient kids in a digital world. Contact details: info@martineoglethorpe.com.au, themodernparent.net, facebook.com/themodernparent

WHAT'S ON

NEIGHBOURHOOD HOUSE
Supporting Life-long learning



DECEMBER

SKILLS AND JOB CENTRE (RESUME AND JOB APPLICATION ASSISTANCE)

When: 6 December
Time: 9.30am – 3.00pm
Where: Tallangatta Library and Community Centre
Cost: Free
Registration: Drop in and see us, or call for an appointment on 1800 754 555

MAH-JONG

When: Every Monday
Time: 10.00am – 2.30pm
Where: Tallangatta Library and Community Centre
Cost: Free
Registration: To register please phone Towong Shire Council on (02) 6071 5100

CHRISTMAS FOOD GIFTS (Learn how to make spiced nuts, truffles, decorated cupcakes, decorated biscuits and lots more).

When: 5 December
Time: 9.30am – 12.30pm
Where: Tallangatta Library and Community Centre
Cost: \$30
Registration: To Mary Grant on email littlemg79@gmail.com or call (02) 6071 2311

WIDE ANGLE SHORT FILM FESTIVAL

When: 5 December
Time: 1.00pm – 2.00pm
Where: Tallangatta Library and Community Centre.
Cost: Free
Registration: By 3 December, please phone Towong Shire Council on (02) 6071 5100

MEDITATION CIRCLE FACILITATED BY KELLY BICK

When: Every Tuesday
Time: 6.00pm - 7.00pm
Where: Tallangatta Library and Community Centre
Cost: \$2/session/person pay as you go
Registration: Kelly Bick on email kbee@westnet.com.au call (02) 6071 0210



Tallangatta Library & Community Centre

33 Towong Street, Tallangatta Victoria 3700
Phone: 02 6071 5100 Email: nh@towong.vic.gov.au



YOGA WITH PAULA KISSANE

When: 4, 11 December

Time: 5.30pm – 7.00pm

Where: Tallangatta Library and Community Centre

Cost: \$15 regular \$18 casual

Registration: To Paula Kissane on email paula.kissane20@gmail.com or call 0429 353647

PILATES WITH PATSY KIRK (MORNING CLASS)

When: 7, 14 December

Time: 9.30am – 10.15am

Where: Tallangatta Library and Community Centre

Cost: \$90 for a 6 week program

Registration: To Patsy Kirk on email pkfitbodz@bigpond.com or call 0418 965 988

TALLANGATTA SECONDARY COLLEGE VCE STUDENTS ART EXHIBITION

When: 19 December 2018 – 10 January 2019

Time: Library opening hours

Where: Tallangatta Library and Community Centre

Cost: Free

Registration: Not required

WHAT'S COMING?

School Holiday programs in January, details coming soon.

For more information or any suggestions for future programs please email NH@towong.vic.gov.au or call (02) 6071 5100.

Thank you for a fabulous year in the Tallangatta Neighbourhood House. It has been wonderful having so many people participate in the various programs and services.

We wish you a Merry Christmas and look forward to seeing you in the Neighbourhood House in 2019.



St. Michael's

PRIMARY SCHOOL

Queen Elizabeth Drive, PO Box 13, Tallangatta 3700

Telephone (02) 6071 2386 Fax (02) 6071 2880

principal@smtallangatta.catholic.edu.au

www.smtallangatta.catholic.edu.au

29 November 2018

2018 Tallangatta Secondary College Band Tour & Children's Fair

Dear Parent/s,

The Foundation-Grade 6 students will be attending an excursion to attend a Children's Fair organised by Tallangatta Secondary School students and watch the TSC School Band on Friday the 14th of December, 2018. This excursion will take place at TSC and lunch will be provided to our students. The purpose of the excursion is to familiarise students with TSC. Students will depart school by walking at approximately 12.30pm to attend the festivities.

Andrew Dear, Amy Bilston and Nathaniel Sariman will be in charge of the excursion and will involve 35 participants.

If, in the event of an emergency, you need to contact your child please telephone the school on 6071 2386. To give consent for your child to participate in this excursion, please complete the **form below, detach and return to school by Friday the 7th of December, 2018.**

Regards,

Andrew Dear (Teacher in Charge)

Cassie Lynch (Principal)

X-----

To: St Michael's Primary School

I/We hereby give permission for my/our child _____ to participate in the excursion to Tallangatta Secondary College on Friday the 14th of December, 2018.

My child has developed the following medical conditions, which are not listed on their medical form:

Where I am unable to be contacted or it is otherwise impracticable for me to be contacted, I authorise the teacher in charge of the excursion or activity to:

- consent to _____ receiving medical or surgical assistance as recommended by a medical practitioner in the event of any illness or accident;
- administer or consent to such first aid as the teacher in charge of the excursion may consider to be reasonably necessary in the event of any illness or accident.

I accept all risks involved in the administration of medical, surgical or first aid treatment considered necessary and the responsibility for payment of all expenses incurred in relation to such treatment and any emergency transportation required.

I also accept that my child may be returned home early from the excursion or activity in the event of serious misbehaviour and that any costs associated with this be met by me.

Signed: Parents/Guardians. Date.....

