

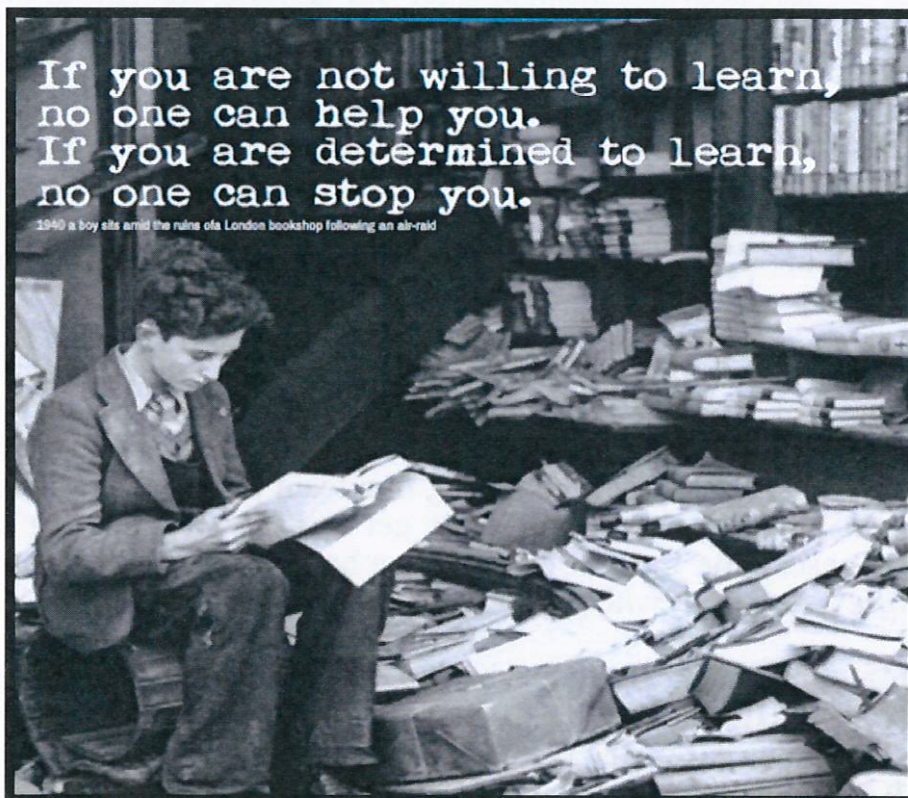


St. Michael's Primary School Tallangatta

Newsletter

Term 4, Week 7: Thursday the 22th 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.



If you are not willing to learn,
no one can help you.
If you are determined to learn,
no one can stop you.

1940 a boy sits amid the ruins of a London bookshop following an air-raid

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

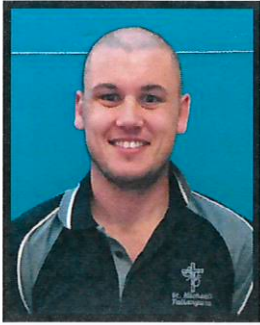
Swimming Program Week 2

OUR SCHOOL WIDE EXPECTATIONS

Be Safe

Be a Learner

Be Responsible



F/1/2 - Mr. Andrew Dear

Greetings Families,

We are almost at the end of Week 7! If this term were a spaceship, it would make the Kessel Run in less than twelve parsecs.

I was thrilled to hear about the kid's excellent behaviour while I was away, Mrs Murray and Mr K thoroughly enjoyed their time in the F/1/2 classroom.

These past two weeks have been busy, I apologise for the tired kids coming home each afternoon, but as the year winds down, assessments increase. The kids have done such a fantastic job with their assessments and should be really proud of all their progress this year.

Now for the big one, our CAMP experience. As stated in previous newsletter articles we are heading into Albury on the 7th of December. However, it won't be a typical school day for the F/1/2 team. Our Day will begin at 7:30 am for a special breakfast with Mr Dear and Mrs. Lynch. We will then head into Albury by bus to watch The Grinch, have a play and lunch at Oddies Creek Park and then finish the day knocking over some pins at Wodonga Ten Pin Bowling. A permission note has been included in today's Communication Folder outlining all the details. If you have any questions, please don't hesitate to send me a Dojo or give the school a call.



Grade 3/4 - Mrs Amy Bilston

Well here we are in Week 7. There is not long left in our 2018 school year. We have had a busy fortnight. I know I am tired, so I cannot begin to imagine how the children are feeling.

Last Tuesday and Wednesday we had our camp at the Great Aussie Holiday Park. I don't want to give too much away as the 3/4s have been writing their own recounts of how camp went. For my first ever camp I felt as excited and nervous as the children did! I learnt just as much about organisation as they did I think! From this experience it has made our class grow closer and develop the growth mindset that we have been working on in class prior to camp. I loved hearing them encourage and support each other when it got challenging. I am sure on behalf of Mrs Lynch I can say we were very proud of the behaviour and attitude of our students. St Michael's was very well represented, you should all be proud of your children.

It goes without saying but the next 4 and a bit weeks are full of learning, revision, swimming, end of year mass, pupil free days, town events, school wind down and Christmas excitement, I can see that we will be kept very busy!







Thank you for your ongoing support!

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>Wednesday November the 28th: Foundation Transition Day</p>	<p>Monday December the 3rd: Swimming Program Week 1</p> 	<p>Monday December the 10th: Swimming Program Week 2</p> 	<p>Tuesday December the 18th: Whole School Excursion</p> 
<p>Friday November the 30th: Report Writing Day (Pupil Free Day)</p> 	<p>Friday December the 7th: F/1/2 Camp Experience Day (No Swimming)</p> 	<p>Tuesday December the 11th: Whole School Transition Day (No Swimming)</p>	<p>Wednesday December the 19th: End of Year Mass 6.00pm & Final Day for Term 4</p> 
			<p>Thursday December the 20th: 2019 Planning Day (Pupil Free Day)</p>
			<p>Friday December the 21st: Staff Final Day</p>

OUR SCHOOL WIDE EXPECTATIONS

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get ready for bed, but everyone was still loud so it was hard to get to sleep. In the morning I woke up at 4:40 AM because I needed to go to the toilet but when I came back the girls wouldn't be quiet so I stayed up for the rest of the morning and the other girls played games with me and we played murder in The dark, hide and seek as well as charades. After that we packed our bags and went orienteering and did disk golf it was very fun. After all the activities we went on the bus and drove back to school

By Mikayla. 😊

On our school camp I went canoeing with my friends and it was fun to play with them. We went rock climbing together and then we went to the water park, it was really fun. After that we went to have a shower and change to get ready to go and feed the animals. There were kangaroos, sheep, ostriches, goats, ducks and geese. It was fun to feed them. Then we went to our bedroom to get to the movie then we went to bed to sleep. In the morning it was time for frisbee golf. It was really hot and then we went to lunch. After lunch we had the bus trip. It was a 1 hr trip back home.

By Jayla

It was really good, I loved rock climbing. It was my favorite activity, but I also liked the water park, it was also great! I thought it was pretty cool. The first night we had chicken schnitzel and roast potatoes, beans and corn. I thought camp would be boring but when we got there it was so cool. So I thought and said to myself, "this could be o.k." So later we went to the pool. It rained when we were swimming in the pool. When it came time to sleep I was home sick and so was Archer, so we couldn't get to sleep. So we stayed up. There was a goose there and it kept hissing at us and it sounded like this "sip". Someday you should visit the Great Aussie Resort because it's pretty awesome.

By Eli 😊



OUR SCHOOL WIDE EXPECTATIONS

Be Safe Be a Learner Be Responsible

insights

Developing a resilience mindset

by Michael Grose



If you want your child or young person to be resilient enough to cope with the hardships that come his or her way, and in doing so build strengths for the future, consider fostering your own resilience first. Parents are in the best position to influence their children's resilience. Children watch our reactions to adverse events and view first hand how we look after – or neglect – our own mental health and wellbeing.

Focusing on our own resilience is not as difficult as it may seem. If you adapt a resilience mindset you'll find that resilient behaviour follows. Want to get fitter physically? You could take up a new fitness regime or you could simply adopt a fitness mindset. Adopt the former and there's a reasonable chance that you'll start off gung ho and run out of steam after a month. Adopt the latter and you'll more likely take small, sustainable steps such as walking or riding to work, taking stairs instead of escalators and playing active games rather than sitting on the couch on weekends.

The mindset approach works well with resilience. Take the sustainable approach of looking after your mental health, becoming conscious of the messages you send yourself and developing coping skills that allow you to respond rather than react to adverse events. These simple ideas will help:

Watch your self-talk

The little voice inside your head can have a catastrophic impact when you allow it to. It can talk you into the blues, lower your confidence and build mountainous problems out of molehills. Once you're aware of its impact, you can switch it off or change its negative chatter to something more positive and realistic. It takes practice but it's worth it. When you have a resilience mindset you'll start to check that chatter in your head.

Park the bad stuff

Ever had an argument with a family member at breakfast only to find it messed up your whole day? A common trait with resilient people is that they can compartmentalise their lives so that difficult experiences in one domain won't interfere with their effectiveness elsewhere. When you have a resilience mindset you'll consciously park the negative stuff while you get on with the rest of the day, only revisiting it on your own terms.

Stay flexible in your thinking

People who lack resilience pepper their language with absolute, imperative statements such as 'I must always be on time,' 'They never do anything to help,' or 'They should always use good manners'. This shows inflexible,

END OF YEAR MASS & GRADUATION



We will be coming together as a school community for Mass at 6.00pm.

Mass will be followed by light refreshments in the Church Courtyard.

All families attending must RSVP for catering purposes.

MASS WILL BE
HELD AT
6.00PM
WEDNESDAY
19TH DEC

Come along to our End of Year Celebrations!!!

Students will be participating in our Mass with each class presenting a special song.

Awards & Scholarships will also be presented on this night.

Family Name: _____

Yes, we will be attending the Mass!

Dietary requirements? _____

No, we are unable to attend the Mass



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

Date: Thursday the 22nd of November, 2018

Dear Parent/s,

The whole school will be taking part in our Swimming Program on the days listed below. Swimming lessons are designed to assist children to develop water safety awareness and basic swimming skills.

Swimming will take place on the following days, with a total of 8 lessons provided;

December				
Monday	Tuesday	Wednesday	Thursday	Friday
3 rd	4 th	5 th	6 th	7 th
				No Swimming (F/1/2 Camp Experience)
10 th	11 th	12 th	13 th	14 th
	No Swimming (Whole School Transition Day)			

Students in F-3 will have swimming lessons from 11.00am – 11.30am

Students in 4-6 will have swimming lessons from 11.30am – 12.00pm

The students in Grade F-3 will depart school via walking at 10.50am and return by approximately 10.40am. The students in Grades 4-6 will depart school via walking at 11.20am and return to school by approximately 12.10pm.

Andrew Dear, Amy Liston and Nathaniel Sariman will be responsible for the excursion to Swimming which will involve 35 participants. We have four qualified instructors assisting with swimming along with a dedicated staff member in charge of first aid. All precautions and care are taken when swimming with children.

Children will need to bring along bathers, a towel, goggles (if required) a rash top, and a spare bag to put bathers in. Children will get changed at school prior to swimming.

If, in the event of an emergency, you need to contact your child please telephone the school on (02) 60712386.

To give consent for your child to participate in our swimming program, please complete the form below, detach and return to school by **Friday the 30th of November, 2018.**

Yours respectfully

(Teacher in charge)

(Principal)

To: St. Michael's School

I/We hereby give permission for my/our child to participate in
in the Swimming Program, with the dates listed below;

Monday 3rd, Tuesday 4th, Wednesday 5th, Thursday 6th of December, 2018

Monday 10th, Wednesday 12th, Thursday 13th, Friday 14th of December, 2018

My child has developed the following medical conditions, which are not listed on the initial 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.....

Contact phone numbers:



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22/11/2018

Foundation/1/2 Camp Experience

Dear Parent/s,

As part of our School Camps and Excursion program, the Foundation/1/2 students will be having breakfast at school then travel into Albury. The F/1/2 camp experience is designed to prepare students for overnight camps later on in their schooling journey. The students will come dressed in their pyjamas and make their own breakfast, then travel by bus into Albury to watch The Grinch (rated G), play at Oddies Creek Park and finish with Tenpin bowling. The students will travel by bus to and from each venue.

Date: Friday 7th of December, 2018

Time: 7:30am to 3:15pm

Venue: St. Michael's, Regent Cinemas, Oddies Creek Park and Wodonga Ten Pin Bowling

What the children will need: Casual Clothes to change into, toothbrush and toothpaste, drink bottle, snacks lunch.

Cost: Included in 2018 school fees

The students are required to come dressed in their Pyjamas and will get changed into their casual clothes after breakfast. Students will also brush their teeth at school, extending their independence.

Please complete and return permission slip by **Friday the 30th of November.**

If you have any questions or concerns, please contact me or arrange a meeting before or after school.

Andrew Dear

(Teacher in Charge)

Cassie Lynch

(Principal)

To: St. Michael's Primary School

I/ We hereby give permission for my/our child to participate in the excursion to Albury/Wodonga) on Friday 7th of December, 2018.

Where I am unable to be contacted or it is otherwise impractical for me to be contacted, I authorise the teacher in charge of the excursion 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 for the event of any illness or accident.

I accept all risk 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 camp in the event of serious misbehaviour and that any costs associated with this be met by me.

Signed Parents/Guardians Date.....

Contact phone numbers