



# St. Michael's Primary School Tallangatta

## Newsletter

Term 4, Week 4: Thursday the 1st 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 4*

*Friday the 2nd of November*

*Program Support Meetings*

#### *Term 4 Week 5*

*Monday the 5th of November*

*Bishop's Holiday (School Closure)*

*Tuesday the 6th of November*

*Melbourne Cup Holiday*

### **OUR SCHOOL WIDE EXPECTATIONS**

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



# MESSAGE FROM THE PRINCIPAL

Dear Families,

A huge thank you to everyone who donated, supported and volunteered their time to make our Day for Daniel Fun Run a huge success. In total, our small community raised a massive \$2415.61. This tally includes all gold coin donations on the day as well as money raised on and off line. This money now goes to a foundation that is dedicated to keeping kids safe. A tremendous thank you must go to our brainstorming and volunteer group of parents who made this all possible. The kids had an absolute blast running around and being squirted by water pistols, running through bubbles, crawling through tunnels, stopping to hoola hoop or skip. The teachers also had a range of activities where the kids were given a little break from the run. All in all, everyone had a great time and learnt a little bit more about staying safe.

Michael from the Victorian Police Force came along to help our children begin the race. When leaving, Michael commented on our lovely school and how much money the students were able to raise for such a good cause. Following the race, children and our volunteers listened to a Child Safety Lesson conducted by the Daniel Morcombe Foundation. This very powerful message highlighted the importance of child safety in our community. Following the lesson, all children were presented with a certificate and cupcake for their efforts. Three lucky students were also presented awards based on their ability to represent the expectations of St. Michael's Primary School. Congratulations to Lois, Olivia and Lara on your awards.

Last week, the Grade 5/6 class enjoyed their camp to Canberra. Camps are a great time to stop and reflect on the benefits of having such a lovely small school community. These students were outstanding examples of St. Michael's in the city of Canberra. Many of the places we visited commented on how wonderful our students were. Our camp was a great time to stop and think about just how lucky we all are.

Blessings,

Cassie Lynch

**OUR SCHOOL WIDE EXPECTATIONS**

**Be Safe Be a Learner Be Responsible**





## Catholic Identity - Mr. Andrew Dear

Yesterday, the F/1/2 class walked up to visit the residents of Bolga Court. The F/1/2 read stories to the residents and also had a shared morning tea. The fruit platter was delicious. Our visit is aimed at strengthening the relationship between Bolga Court and St. Michael's Primary School.



Next Friday the 9th of November is a huge celebration for our school community. It is our annual St. Michael's Feast Day Mass. An invite has been included in the Communication Folder asking if you would like to attend the Mass and also a very special afternoon tea. The F/1/2 class took great pride scouring through newspapers looking for letters to help create the invite. To help those at home who might find it hard to read the invite it here are the important details:

**When: Friday the 9th of November at 1:30pm**

**Where: St. Michael's Church and School**

**Dietary requirements:**    yes ☐                      no ☐    If yes, please specify \_\_\_\_\_

**Family Name:**

**Number attending :**

**Afternoon tea and activities to follow at our school**

**RSVP by Wednesday 7th of November, 2018**

There will be lots of student involvement within the Mass and we would love to see as many people there as possible.

Any questions, please don't hesitate to contact me via the Classdojo app.

## OUR SCHOOL WIDE EXPECTATIONS

**Be Safe    Be a Learner    Be Responsible**





## PBIS - Mr. Nat Sariman

The PBIS store has been a buzz with students cashing in their hard earned Dojo points. Well done to all the students who spent some points here is a sneak peek into some of the people who claimed the lucky dip.



Penny, Bridie, Ebony and Josh all with their lucky dips. This time some students are lucky enough to spend time in another class for a session, eat lunch with a staff member and enjoy a lunch bought by the PBIS team. Well done on demonstrating our 3 expectations !  
*Be Safe, Be Responsible, Be a Learner...*



Our new PBIS focus is 'We use things safely' with the importance on ensuring the equipment we use on the yard is being used for its intended purpose. Our latest video will be revealed at this week's learning release. At St Michael's we are lucky to have such a range of new and various equipment for our students to play with, we want to instill our students with the idea of being safe and responsible to look after their property.



PBIS Team

## OUR SCHOOL WIDE EXPECTATIONS

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



## 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 just thinking about who you take your parenting advice from. Well worth the read!

## 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 5: Procedures for responding to and reporting suspected child abuse.

Child Safe Standard 5 requires staff to be informed, equipped and professional in responding to and reporting suspected child abuse. Staff undergo regular training in the area of understanding reportable information and age appropriate behaviours in children. Our school also has an appointed Child Safe Officer, so staff are able to consult at any time and discuss concerns. St. Michael's has a documentation procedure in place for any reports and take all safety concerns for our students very seriously.

As teachers, we are mandated to report suspected abuse. This is something we at St. Michael's take seriously and are always updating our training on. The children in our community will always come first.

## IMPORTANT DATES FOR TERM 4

**Please note the following dates in your calendars now!**

Week 5	Week 8	Week 11
<b><i>Monday November the 5th: Bishop's Holiday (School Closure)</i></b>	<i>Friday November the 30th: Report Writing Day (Pupil Free Day)</i>	<i>Wednesday December the 19th: End of Year Mass 6.00pm &amp; Final Day for Term 4</i>
<b><i>Tuesday November the 6th: Melbourne Cup Holiday (School Closure)</i></b>		<i>Thursday December the 20th: 2019 Planning Day (Pupil Free Day)</i>
		<i>Friday December the 21st: Staff Final Day</i>

## OUR SCHOOL WIDE EXPECTATIONS

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

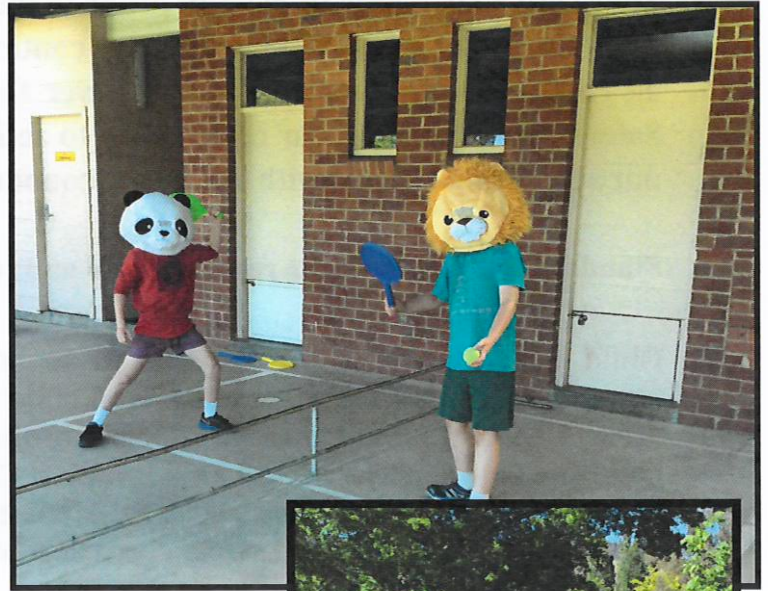




# Day for Daniel



Here are some happy snaps from our  
**Fun Run!**



**OUR SCHOOL WIDE EXPECTATIONS**

**Be Safe Be a Learner Be Responsible**

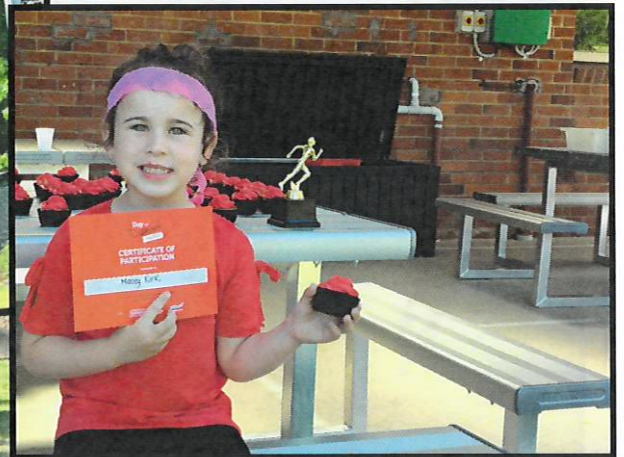




# OUR SCHOOL WIDE EXPECTATIONS

Be Safe Be a Learner Be Responsible





## OUR SCHOOL WIDE EXPECTATIONS

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





## OUR SCHOOL WIDE EXPECTATIONS

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

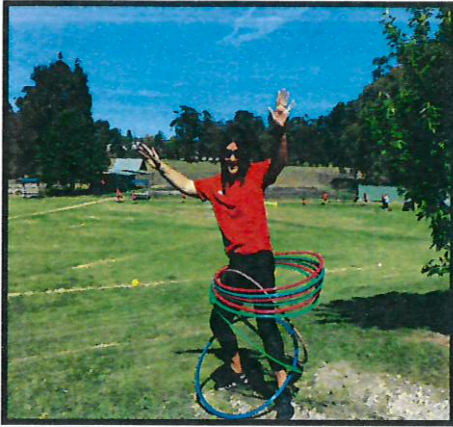




## OUR SCHOOL WIDE EXPECTATIONS

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





**OUR SCHOOL WIDE EXPECTATIONS**  
**Be Safe Be a Learner Be Responsible**



Corryong Health

# Disability Retreat Day

SATURDAY 24TH NOVEMBER 2018

STARTING 11:00AM

## FREE EVENT

A range of fun activities for both carer's and their families. Including information sessions, massage, golf, arts & craft & yoga

## CATERING PROVIDED

If TRANSPORT is required, please contact Corryong Health to discuss this option

*Let us look after you!  
Celebrating young people in our community  
with disabilities and their families*

AT UPPER MURRAY RESORT, WALWA

8680 MURRAY RIVER ROAD, WALWA, VICTORIA

BOOK BY 12TH NOV AND FOR MORE INFORMATION PLEASE CALL (02) 6076 3200



# **BEFORE AND AFTER SCHOOL CARE**

Are you interested in Before and After School  
Care in Tallangatta?

Towong Shire Council is assessing the  
feasibility of delivering this service.

Have your say by completing an online survey at:

[https://www.surveymonkey.com/r/Before-  
After-School-Care](https://www.surveymonkey.com/r/Before-After-School-Care)

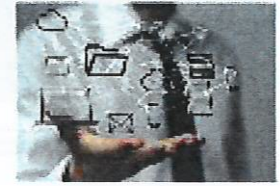
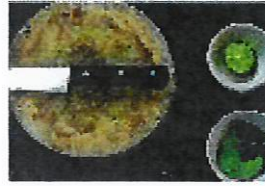
by 20 November 2018

For further information contact Council on  
(02) 6071 5100 or [info@towong.vic.gov.au](mailto:info@towong.vic.gov.au)



# WHAT'S ON

NEIGHBOURHOOD HOUSE  
Supporting Life-long learning



**NOVEMBER**

## SKILLS AND JOB CENTRE (RESUME AND JOB APPLICATION ASSISTANCE)

When: 1 November  
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

## 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](mailto:kbee@westnet.com.au) call (02) 6071 0210 or just turn up

## GARDEN WALKS (FIRST DAY)

When: 7 November  
Time: 10.00am – 3.30pm  
Cost: Free  
Registration: By 1 November. Please phone Towong Shire Council on (02) 6071 5100

Property Owner: Rhonda and Mal Hale  
Time: 10.00am - 11.30am  
Address: 967 Yabba Road, Tallangatta South

Property Owner: Robyn and Wal Wood  
Time: 12.00noon - 12.30pm Garden picnic. BYO lunch, drink, chair/billabong rug.  
12.30pm - 2.00pm Garden walk  
Address: 'Georgia', 1614 Georges Creek Rd, Georges Creek

Property Owner: Brenda and Peter Haysey  
Time: 2.10pm - 3.30pm.  
Address: 'Little Oak', 28 Mulholland Road, Georges Creek



tallangatta neighbourhood house

Tallangatta Library & Community Centre

33 Towong Street, Tallangatta Victoria 3700  
Phone: 02 6071 5100 Email: [nhh@towong.vic.gov.au](mailto:nhh@towong.vic.gov.au)





### **GARDEN WALKS (SECOND DAY)**

When: 13 November  
Time: 10.30am – 1.30pm  
Cost: Free  
Registration: By 9 November. Please phone Towong Shire Council on (02) 6071 5100

Property Owner: Marie Dove  
Time: 10.30am -11.30am  
Address: 461 Kiewa East Rd, Tangambalanga

Property Owner: Bev Jamison  
Time: 11.45am – 12.15noon  
Address: 395 Gundowring Rd, Gundowring

Property Owner: Maureen and Dale Mastenbroek  
Time: 12.30pm – 1.30pm Walk includes a garden picnic  
BYO lunch, drink, chair/billabong rug.  
Address: 15 Bells Lane, Huon

### **MULTICULTURAL TASTES OF TALLANGATTA SOMALIAN COOKING CLASS AND CULTURAL PRESENTATION WITH MOHAMMAD ABDI, AHMED FARAH AND ABRAHAM SHARIF**

When: 14 November  
Time: 3.00pm - 4.00pm Cooking Class  
4.00pm - 5.00pm Tasting and Cultural Presentation  
Where: Tallangatta Library and Community Centre Kitchen  
Cost: \$10/person for the Cooking class, tasting and cultural presentation  
\$5/person for the tasting and cultural presentation  
Registration: By 9 November please phone Towong Shire Council on (02) 6071 5100

### **YOGA WITH PAULA KISSANE**

When: 13, 20, 27 November and 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](mailto:paula.kissane20@gmail.com) or call 0429 353647

### **PILATES WITH PATSY KIRK (MORNING CLASS)**

When: 9, 30, November, 7, 14 December  
Time: 9.30am – 10.15am  
Where: Tallangatta Library and Community Centre  
Cost: \$90 for an 6 week program  
Registration: To Patsy Kirk on email [pkfitbodz@bigpond.com](mailto:pkfitbodz@bigpond.com) or call 0418 965 988

### **PILATES WITH PATSY KIRK**

When: 17, 24, 31 October 7, 14, 21 November  
Time: 6.30pm - 7.15pm  
Where: Tallangatta Library and Community Centre  
Cost: \$90 for a 6 week program  
Registration: To Patsy Kirk on email [pkfitbodz@bigpond.com](mailto:pkfitbodz@bigpond.com) or call 0418 965 988



### **AFRICAN DRUMMING WORKSHOP**

When: 18 November  
Time: 2.00pm – 3.30pm  
Where: Tallangatta Library and Community Centre  
Cost: \$20 (Payment required by 13 November)  
Registration: By 13 November, please phone Towong Shire Council or register at the Library on (02) 6071 5100

### **AUTHOR TALK – ANDREA PALMER**

When: 20 November  
Time: 10.00am – 11.00pm  
Where: Tallangatta Library and Community Centre.  
Cost: Free  
Registration: Please phone Towong Shire Council on (02) 6071 5100

### **HEARING TESTS**

When: 21 November  
Time: 9.00am – 3.00pm  
Where: Tallangatta Library and Community Centre.  
Cost: Free  
Registration: Please phone Towong Shire Council on (02) 6071 5100

### **WHAT'S COMING?**

Skills and Job Centre 6 December 9.30am – 3.00pm, Wide Angle Short Film Festival 5 December 1.00pm – 2.00pm  
For more information or any suggestions for future programs please email [NH@towong.vic.gov.au](mailto:NH@towong.vic.gov.au) or call (02) 6071 5100.



# insights



## Be careful who you take parenting advice from

by Kate Johnson

It's not until you have kids that you realise that everyone has an opinion about how they should be raised.

The rise of the internet has just multiplied the number of voices, giving many unauthorised people a voice in the parenting space. It is no longer just our close family and friends who share their opinions with us as occurred in the past. Now there are countless expert pieces, parent blogs, chat rooms and articles on any topic you can imagine.

It's confusing enough when your kids are born without special gifts and challenges, but more so when you are a parent with a child on the autism spectrum. They have to deal with many voices including those who can be non-accepting and judgemental. It's my belief that everyone has an opinion, but not everyone has earned the right to share it.

If you're a parent of a child on the autism spectrum, how do you drown out the noise? Who do you listen to? Here are some thoughts.

### **Listen to autistic voices**

Look the advice, stories and opinions of people on the autism spectrum. Their voice shouldn't be discarded. They have lived experience and have incredible insights for you as you parent and your child. Also listen to what your child has to say. We can all learn a great deal from their lived experience. If they can share it (and this may be when they are older), then embrace this knowledge.

### **Listen to understanding professionals**

Identify a support team of professionals including your child's teacher, general practitioner, specialist health workers. They can provide you with not just greater knowledge of autism but provide you with insights into your child's capacities and strengths. Staying focused on your own child can help drown out the noise. It is easier to shake off the voices of others when you have quality support telling you the truth about your child specifically, as opposed to others expressing their general opinions.

### **Listen to family and friends who love you**



# parenting\*ideas

Gravitate toward friends and family who will love and support you and your child and steer clear of those who have a need to send you the latest article they've found on autism, or tag you in a random on social media. Seek out people who genuinely want to help and who are willing to spend time with you and your child. If someone's opinions are not real, positive or helpful, then you don't have to listen to them.

After a child is diagnosed, it can be so easy to go into overdrive and research for hours on end. This is normal! We want to be equipped to do our best at parenting our children. However, set boundaries when it comes to taking on other's opinions about autism and your child.

## **Steer clear of unhelpful discussion groups**

It's common for parents with children diagnosed with autism to hit online discussion groups. It can be so overwhelming to have so many voices telling you what 'they' think you need to know. Politely move on from conversations that make you uncomfortable, unless you can take the opportunity to share your perspective and use them as educational moments.

As an active parent and professional in the online space I've often experienced outlandish statements from well-meaning people. I use these situations to share my personal experience (and the strengths of my child) to debunk myths such as autism is caused by bad parenting. Be clear about how you use discussion groups. Use as a way to feel a part of a community, a source of knowledge and inspiration and a place to share your story and experiences.

All parents need to be mindful about protecting their emotions and accepting advice from trusted, knowledgeable sources. I'd suggest that it's even more important to choose well when you're raising kids with autism. Protecting your heart and listening to quality voices is an ongoing journey. But it is essential to looking after your own mental health and ensure that the main thing – your child – remains the main thing.



### **Kate Johnson**

Kate is the Founder and Director of Spectrum Journeys Inc, a not for profit Autism service that equips and empowers families and educators as they support children on the Autism Spectrum to flourish. Kate leads an amazing team in the Outer East of Melbourne and focuses on practical Autism education as well as community projects and supporting carers. Kate is married to Joel and they have 4 beautiful children (their eldest being on the Autism Spectrum).