



Newsletter

St. Vincent de Paul Primary School

Principal: Shane Byrne

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Reflection



Over this term the students have been learning about ways to make our world a more sustainable place and the roles that we, as human beings, have, in caring for our world. Within this learning we have focused on a letter (encyclical) written by Pope Francis in 2015, called Laudato Si. Laudato Si means 'Praise be to you'.

Pope Francis' encyclical was written about the care for our common home. It encourages us to reflect on the values we share and create a more just and sustainable future, to "hear both the cry of the earth and the cry of the poor" (n. 49).

Laudato Si has been welcomed as a document that calls upon all of humanity, prompting people around the world to reflect more deeply on our Creator and creation.

The students have learnt that by being a part of creation, made in the image and likeness of God, allows a deeper understanding of the connection between us and God, and also God's Creation.



A special prayer within the encyclical is titled:

The Canticle of Creatures (St. Francis)

Most High, all-powerful, good Lord,
Yours are the praises, the glory,
and the honour and all blessing.
To You alone, Most High, do they belong
and no human is worthy to mention Your name.

Praised be you, my Lord,
with all Your creatures,
especially Sir Brother Sun,
who is the day,
and through whom You give us light.
And he is beautiful
and radiant with great splendour;
and bears a likeness of You, Most High one.



Praised be You, my Lord,
through Sister Moon and the stars,
in heaven You formed them
clear and precious and beautiful.
Praised be You, my Lord,
through Brother Wind,
and through the air, cloudy and serene,
and every kind of weather
through which you give substance to your creatures.



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Principal's Message

Next week is the last week of Term 3 and what a successful term it has been. The learning that has taken place has been the highlight with children working hard at reaching goals and improving their understanding of many different curriculum concepts. With the term beginning with a lot of illness, it is encouraging to see we have had only 1 case of COVID in the school community in the last 3 weeks. Hopefully with the weather improving we should continue to see the decline of unwell children and staff when Term 4 begins on Monday October 3.

FATHERS DAY BREAKFAST, STALL & FOOTY MATCH

It was great to see so many dads attend last week's Father's Day Breakfast, which was so well organised by the Parents Association. I am sure the dads appreciated the opportunity to attend this event for the first time since 2019. The festival of events continued on Saturday with football matches against St. Monica's. The girls and boys teams put in a great effort to compete against the St. Monica's team and their courage and determination showed through. The dad's team continued their run of wins having not lost since 2016. Thank you to all those who were involved in the Father's Day stall, breakfast and football matches.

YEAR 5 CAMP

The Year 5 children are currently on camp at Anglesea and will return tomorrow after enjoying a number of activities including skateboarding, giant swing, beach walks and beach volleyball. Below are a few images of some of the children involved in the different activities.



MACSSIS

A reminder for the families who have received an email about the Melbourne Archdiocese Catholic School School Improvement Surveys (MACSSIS), we ask that the survey is completed before the end of next week. MACSSIS is an annual process whereby schools listen to the thoughts and feelings students, families and staff have about how their school can improve. These surveys help inform the ongoing improvement of schools across the Archdiocese of Melbourne.

BOOK WEEK PARADE

Below are some images of the Book Week Parade. Families and staff went to a lot of effort to make it a memorable day for everyone involved.



CONCERT TICKETS

Thank you to those families who have already purchased tickets for the school performance on October 18 & 19. Now that families have had the opportunity to purchase 2 tickets, **more tickets will be released on Monday September 12 at 9:00am.**

Families in Donovan (Red) & O'Shea (Green) house can purchase tickets for the 18th of October.

Families in Walsh (Gold) and Parker (Blue) house can purchase tickets for the 19th of October.

Tickets cost \$20 each.

Tickets can be purchased by clicking on the link below.

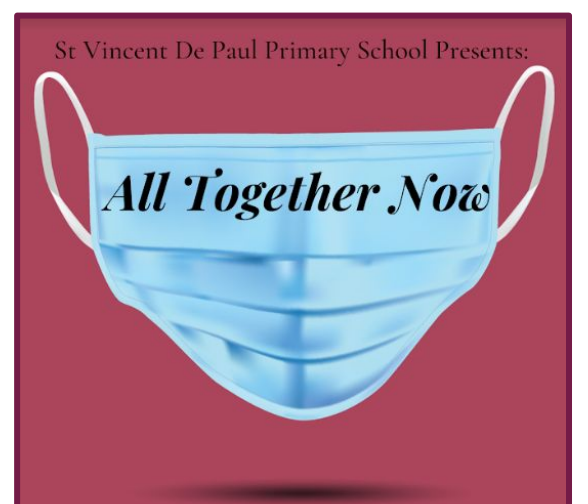
<https://www.trybooking.com/CBDPS>

Ms Grindrod is still seeking some parent volunteers for the bump in morning on the 18th October, to help with transporting props, costumes and set items from the school to Penola. If anyone has a small moving truck that they can lend us for the morning of the 18th of October, and the evening of the 19th of October please send an email to egrindrod@svstrathmore.catholic.edu.au.

END OF TERM

A reminder that Term 3 ends at 1:30pm next Friday September 16.

Shane Byrne
PRINCIPAL



“St Vincent de Paul School empowers students to become lifelong learners facing life with faith, hope, humility and resilience.”

Zones of Regulation

Many of you would have heard your children talking about the Zones of Regulation and how being in the 'Green Zone' is optimal for learning.

The Zones of Regulation develops awareness of feelings, energy and alertness levels while exploring a variety of tools and strategies for regulation, prosocial skills, self-care, and overall wellness. There are four coloured zones, red, yellow, green and blue and all of them are expected in life. Once we understand our feelings in each of these zones, we can learn to use tools and strategies to manage them and re enter the Green Zone. The language used through this program helps make the complex skill of regulation more concrete for learners and those who support them.

In addition to addressing self-regulation, the students will gain an increased vocabulary of emotional terms, skills in reading other people's facial expressions, perspective about how others see and react to their behavior, insight into events that trigger their behavior, calming and alerting strategies, and problem solving skills.

You can support your child by discussing the zones at home and by doing the following:

- Use the language and talk about the concepts of The Zones as they apply to you in a variety of environments. Make comments aloud so your child understands it is natural that we all experience the different Zones and use strategies to control (or regulate) ourselves. For example, "This is really frustrating me and making me go into the Yellow Zone. I need to use a tool to calm down. I will take some deep breaths."
- Help your child gain awareness of his or her Zones and feelings by pointing out your observations.
- Validate what Zone your child is in and help them brainstorm expected ways to self-regulate so their behavior is expected for the context.
- Share with your child how his or her behavior is affecting the Zone you are in and how you feel.
- Help your child become comfortable using the language to communicate his or her feelings and needs by encouraging the student to share his or her Zone with you.
- Show interest in learning about your child's triggers and Zones tools. Ask them if they want reminders to use these tools and how you should present these reminders.
- Make sure to positively reinforce children for recognizing their Zone and managing their behaviors while in it, rather than only pointing out when they are demonstrating unexpected behaviors while in a Zone.

It is important to note that everyone experiences all of the Zones—the Red and Yellow Zones are not the "bad" or "naughty" Zones. All of the Zones are expected at one time or another. The Zones of Regulation is intended to be neutral and not communicate judgment.



eSafety News

New learning resources to help your family stay safe online: eSafety has released new resources to help parents and carers from all backgrounds protect their families online.

The new videos and advice sheets from the [Online Safety for Every Family suite of resources](#) covers how to:

- get started with social media
- enjoy safer online gaming
- help your child if they are bullied online.

[Learn more](#)



Webinar: Online sexual harassment and image-based abuse: Did you know almost a third of reports made to eSafety about [image-based abuse](#) relate to people under 18?

While it can be devastating for a young person to have nude or intimate images of themselves shared without their consent, getting the right support can reduce the harm.

eSafety's [parent guide to online sexual harassment and image based-abuse webinar](#) covers how to report image-based abuse and where to get support if your child experiences abuse online.

[Register now](#)

Use parental controls to keep your family safe online:

Many games, apps and social media sites now come with parental controls, with [Snapchat](#) the latest to launch an in-app Family Center to support young people to have safer experiences online.

eSafety's [parental controls video](#) helps parents and carers understand the benefits and limitations, the different controls you can access and what safety settings to use when there are no parental controls available. [Watch now](#)

Online safety for every family:

All parents want their children to be safe when learning and playing online.

These short videos and easy-to-read advice sheets will give you the confidence to talk with your children about online safety. They include tips to help them stay safe, and important information about what to do if something bad does happen online. [Learn More](#)

Helping your family stay safe online:

Learn how to keep your family safe online, including:

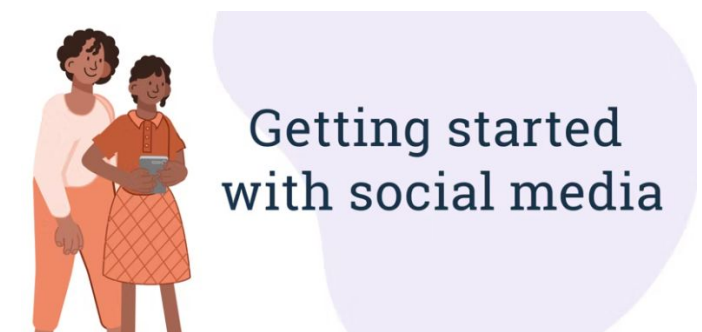
- why online safety is important
- how eSafety can help
- setting up family online safety rules
- conversation ideas and tips. [Video](#)



Getting started with social media:

Understand social media for children and young people, so you can:

- talk with your child about social media
- set up their online account
- use social media safely
- report problems. [Video](#)



Safer online gaming:

Make gaming a safe and enjoyable part of family life, by learning about:

- setting up games so they are safe
- making friends in games
- reporting issues in games. [Video](#)



Sports Update

Victorian State Primary Schools Soccer Championships:

Congratulations to our wonderful Yr 5 & 6 Soccer team on finishing **RUNNERS UP** at the Victorian State Championships.

This is a wonderful achievement for the team after playing together all Term 2 at District level and winning 2 further tournaments to reach the State Competition.

A fantastic result on the day, only losing the grand final in extra time 1-0.

The first two games we played against Guthrie St Shepparton and Templestowe Primary. As we won these two games we qualified for the final game where we

would meet Oakleigh Grammar. The game was super close going into overtime, they unfortunately scored in the first minutes of overtime. We came runners up

which was a great effort. We would like to thank Ms Graham and Mr Sweeney for coming along and supporting the soccer team throughout our journey. A big thank

you to the parents that came along to support us.

Michael & Adam, Year 6

SVDP Soccer Team:

Alessandro La Vita, Anthony Lo Giudice, Daniel Connelly, Adam Torcaso, Luke Figliola, Luca Palmisano, Michael D' Alberto, Julia Zanko, Bridget Faelis, Isabella Chiodo, Marina Trevisiol, Ethan Thompson, Ethan Bates, Noah Farrugia, Lucas Laverde.



Athletics:

Congratulations to the 19 students who competed at the Divisional Athletics Event on Tuesday 6th Sept. It was a great achievement to get to this level and there were some wonderful personal best results and great teamwork in the relay teams. The following students progressed to the Divisional Athletics Competition which will be held in October.

Year 4

Bodhi Ciantar, 2nd in 100m

Year 6

Charles Hall, 1st in Discus

We wish them good luck in their events.



Footy Colours Day

**FOOTY
Colours
Day**

When: Thursday 15th September, 2022

Where: Junior and Senior Yards

What: Wearing footy colours
Join in Footy Colours Day games and activities



Looking forward to some footy fun!

**SHOW
YOUR TRUE
COLOURS!**

Wear your footy colours for the whole day!

On Footy Colours Day, please bring along items from the list below to support the School Fete:

Year level/Class	Donation item (children should bring to class for collection)
Year Prep	Bag of small lollies for cupcake decoration (mini-M&Ms, skittles, sour worms, mini marshmallows, freckles, mini jelly beans, choc chips etc)
Years 1 & 2	Gourmet bottle (wine, balsamic vinegar, dessert sauces, dressings)
Year 3	Bag of small lollies for cupcake decoration (mini-M&Ms, skittles, sour worms, mini marshmallows, freckles, mini jelly beans, choc chips etc)
Years 4, 5 & 6	Lucky dip prize (for older kids - ideas include bouncy balls, stationery, squishies, footy, soccer or Pokemon cards, lip gloss, nail polish)

Project Circle



Project Circle is a group, time and a place where you can bring along your ongoing project or use this time to start something new!

**EVERY SECOND TUESDAY OF THE MONTH
STARTING TUESDAY 13 SEPTEMBER 2022**

Bring along any easily portable project; it might be sewing, knitting, crochet, painting, sketching, designing a photo book, mending or that project you started last year and haven't got back to.

Time – 7pm to 9.30pm

Place: Parish Centre at St Vincent de Paul, **Strathmore**, in the grounds of St Vincent de Paul Primary School, enter from The Crossway

Cost: Gold coins to cover tea/coffee/use of room

To find out more: contact organisers
Rosa (Mb) 0412 445 239 or Belinda (Email)
tompkins.bel@gmail.com

Anyone wanting to get creative and share experience welcome.

Term 3, 2022 School Fees

SCHOOL FEES

A reminder that all outstanding balances for school fees are due. The due date was Friday 12th August.

If you are unsure of your amount outstanding or have any queries please don't hesitate to contact the office on 9379 5723, or email Liz at

lpiccione@svstrathmore.catholic.edu.au

If you have any concerns about your financial situation and are experiencing hardship, please contact Mr Shane Byrne (principal@svstrathmore.catholic.edu.au), so that a confidential financial arrangement can be discussed.



St Columba's College



St Columba's
College

125 YEARS
— GOING TO THE MARGINS —

You're Invited

Join us on **Saturday 8 October** 3-5pm for the grand opening of our heritage center 'The Heart of Columba' and General Alumnae Reunion, in celebration of our 125th year.

Come along and see the extraordinary items from our archives, tour the College, spend time with old friends over afternoon tea and celebrate 125 years of St Columba's College.

Bookings are free, visit
www.trybooking.com/CANIU
to confirm your attendance.

**School Holiday
Writer's Workshop**

ST COLUMBA'S COLLEGE
GIRLS' DAY OUT
TUESDAY 20 SEPTEMBER

WE INVITE GIRLS IN GRADES 4 AND 5 TO JOIN US FOR A DAY OF WRITING AND CREATIVE FUN! LED BY YEAR 7 ENGLISH TEACHER EXTRAORDINAIRE, MADELEINE MARTIN AND VCE ENGLISH GURU, THERESE CHAPMAN.

SAVE THE DATE: TUESDAY 20 SEPTEMBER, 9AM TO 3PM
BOOKINGS WILL BE MADE AVAILABLE VIA OUR SOCIALS IN THE COMING WEEKS, BE SURE TO FOLLOW US ON FACEBOOK OR INSTAGRAM FOR THE CHANCE TO SECURE A SPOT.

Important Dates

SEPTEMBER 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			1 Fathers Day Stall	2 Fathers Day Breakfast Assembly - Yr 3 ONLINE	3 Battle of the Saints Football Matches	4 Father's Day
5 School Closure Day	6	7 Year 5 Camp Year 4 Mass	8 Year 5 Camp Yr 2 Parents Night Out Yr 5 Parents Night Out	9 Year 5 Camp Yr 6 Parents Night Out	10	11
12 Second Hand Uniform Sale 2:30-4pm	13	14 Year 3 Gold Mass - POSTPONED	15 Footy Colours Day	16 Last Day of Term 3 1:30pm finish	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

OCTOBER 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					1	2
3 Term 4 Commences	4	5 St Vincent de Paul Day	6	7 School Disco Prep to Yr 2 - 5:30-6:30pm Yr 3 to Yr 6 - 6:45-7:45pm	8	9
10 PA Meeting 7:30pm	11	12 Year 3 Mass	13	14 Colour Run	15 Year 2 Family Mass 6pm	16 Year 2 Family Mass 9:30am
17	18 School Concert Rehearsal (Penola) School Concert Night 1 - 7:30pm	19 Year 2 Gold Mass School Concert Night 2 - 7:30pm	20	21 Nominations for School Advisory Council OPEN	22	23
24	25	26 Year 2 Blue Mass	27 Hot Food Day	28 Crazy Hair Day	29	30
31 School Closure Day						

NOVEMBER 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	1 Melbourne Cup Day Holiday	2 Year 2 Green Mass	3 School Athletics Day	4	5	6
7	8 Prep Information Evening	9 Year 1 Gold Mass	10	11 Nominations for School Advisory Council CLOSE	12 Year 1 Family Mass 6pm	13 Year 1 Family Mass 9:30am
14	15	16 Year 1 Blue Mass	17	18	19	20
21	22	23 Year 1 Green Mass	24 Parents Association & School Advisory Council AGM	25	26 School Fete	27
28	29	30 Prep Mass				



TC Titans MasterChef Program

The children on Friday afternoons have been enjoying Vanessa from the TC Titans coming out and facilitating the MasterChef cooking program where they have been learning to read a recipe, measure out ingredients and gain an understanding of what healthy eating means. This program will be running every Friday ASC 4.00pm-4.45pm from the 26th of August until the 16th of September.

We have just completed week two of four of the MasterChef cooking program. In the first week the children made healthy icy poles using different fruits and yogurt and last week the children made veggie pasties using different vegetables and puff pastry.

A friendly reminder to ensure bookings for BSC and ASC are made **well in advance** as numbers are dramatically increasing. This will help staffing as there is an increase of educator shortage in the childhood education sector. If we cannot staff accordingly, we may have to cancel late bookings and cap sessions.

If you have any questions, please don't hesitate to call Kirsten on 0474 007 664.

Have a great week 😊

- Kirsten & Lisa