



Melbourne Archdiocese
Catholic Schools



ST. VINCENT DE PAUL PRIMARY SCHOOL
FAITH AND LOVE
STRATHMORE

Newsletter

St. Vincent de Paul Primary School
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Reflection



Prayer is a central and beautiful part of life here at St. Vincent de Paul. It's more than just reciting words; it's about building a personal and loving relationship with God, our Heavenly Father, through his Son, Jesus Christ, and the Holy Spirit.

What is prayer? Why is it important to pray?
To 'Pray' means to 'Communicate' and in this context it means to 'communicate with God'. Remember always that communication is two ways – you have to convey your message, but you also have to LISTEN to the other person's message. One way to build a strong relationship with God is through prayer. Through prayer we can show our love towards God, we can feel joy when we experience God's love, we can ask God for guidance and we can thank God for the goodness in our lives.

Why did Jesus pray? One reason he prayed was as an example so that we could learn from him. The Gospels are full of references to the prayers of Christ, including these examples:

- “After he had dismissed them, he went up on a mountainside by himself to pray.” - Matthew 14:23
- “Then Jesus went with his disciples to a place called Gethsemane, and he said to them, ‘Sit here while I go over there and pray.’” - Matthew 26:36
- “Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where he prayed.” - Mark 1:35



**2025 St Vincent de Paul
Christmas Appeal**

This year at St. Vincent de Paul Primary School we will be collecting donations for the St. Vincent de Paul society and the Caroline Chisholm charity, who both support children who may not receive presents during Christmas.

To support both charities, it would be fantastic if you could bring **ONE donation per family** from the list below:

- Toys for children
- Children's books
- Puzzles
- Dress up costumes
- Children's colouring books & pencils and crayons
- Art supplies: canvas, paint, brushes, sketch pads
- Board games
- Items for older children (teenagers) - deodorant packs, beach towels, perfume spray packs, Christmas stockings, body lotions, caps or hats

We would very much appreciate it if these items were new. Please do not wrap the items as per the request of the charity.

Please bring your toy donation to school with your child. **Donations will need to be brought to school between Monday 10th November and Friday 5th December.**

Thank you, Mini Vinnies and Mrs. Petrie



Principal’s Message

SWIMMING PROGRAM

Next week, the Year 2 children will participate in the swimming program at Windy Hill Pool. This exciting program offers students the chance to develop essential water safety skills, improve their swimming technique, and gain confidence in and around the water.

Under the expert guidance of the centre’s qualified swim instructors, children will take part in a range of activities suited to their swimming ability. Lessons will focus on building water confidence, practising safe entry and exit from the pool, and developing stroke and breathing techniques through fun, structured sessions.

We encourage families to ensure their child comes prepared each day. Children are encouraged to wear their bathers under their uniform where possible. Children are also required to bring a towel, goggles, and a bag to place their wet bathers and towel in.

The swimming program is a wonderful opportunity for students to strengthen their swimming skills, stay active, and learn valuable water safety habits that will last a lifetime.

ATHLETICS CARNIVAL

Today the children participated in the Athletics Sports Day at Aberfeldie.

Thank you to our staff and parent helpers who were involved in the day and well done to the children for participating with such enthusiasm and energy. A special thanks to Daniel Igoe for organising such a successful day.

The Team Spirit Award went to Parker House.

The team with the overall highest point score was Donovan House.



CHRISTMAS CAROLS

Our Christmas Carols evening is only 3 weeks away and the children have been busy fine tuning their songs. We ask that children arrive no later than 5:45pm for a 6:00pm start. This year the children will be sitting with their classes throughout the carols. We encourage the children to eat something prior to the start with the carols expected to take an hour. Families are welcome to stay on until 7:40pm.

GRADUATION CEREMONY

The Graduation ceremony for the Year 6 children graduating this year will take place on December 11. The ceremony will be held in the Church and will begin at 6.00pm. The Graduation Dinner will be held at Melrose Receptions in Tullamarine and will begin at 7:30pm. Information on booking and costing for the dinner will be provided to Year 6 parents in the coming weeks.

The children in Year 5 are also expected to attend the Graduation Ceremony (not the dinner) together with the Year 6 children who will be graduating. The Year 5 children have an important role to play in the ceremony and we need their support in maintaining this tradition. We ask that parents of Year 5 & 6 children mark this date on your calendars to ensure your child is able to attend.

Keeping our kids safe online: A partnership with families

You may have heard about upcoming government changes in the law regarding social media accounts for children under the age of 16, which will take effect on 10 December 2025. We are committed to understanding these new changes and working with you to ensure our students have a safe and positive digital life.

Why are these changes happening?

The new rules are all about protecting our under-16s. Many social media platforms have inbuilt design features that can:

- encourage too much screen time (like non-stop notifications or content that disappears)
- expose children to upsetting, inappropriate or difficult content through their feeds.

Experts have linked these features to problems for young people, including increased stress, less sleep, and trouble concentrating.

What is the goal?

- These changes give us all a chance to help our children by:
- learning about the positive aspects of being online and the things they need to be careful of
 - building their digital, social, and emotional skills so they can navigate the online world confidently and safely
 - knowing where to seek help if they see or experience anything that worries them.

Are you ready to partner with us?

- While social media platforms have the main responsibility to enforce the age restriction, we all play a part in teaching our children to be safe online. The best strategies are:
- **Clear communication** – talking openly with your child about their online activities
 - **Effective teaching** – helping them understand online safety rules
 - **Positive modelling** – showing what responsible and kind online behaviour looks like
 - **Mindful timing** – holding off purchasing your child a smartphone.

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

Principal’s Message cont....





Social media age restrictions

New rules for under-16s

Popular platforms like Facebook, Instagram, Snapchat, TikTok, X, and YouTube may soon restrict account access for students under 16.

Other platforms may be added to the list impacted by the legislation.

What’s still accessible

- Public content that doesn’t require login.
- Educational platforms like Google Classroom and YouTube Kids.
- YouTube videos that can be viewed without signing in.

What it means for schools

- Schools may need to explore new ways to communicate with students and families.
- Teachers can still share age-appropriate educational content to support learning.

Learn more at the [eSafety Commissioner’s Social Media Age Restrictions Hub](https://www.esafety.gov.au/about-us/industry-regulation/social-media-age-restrictions-hub)

www.esafety.gov.au/about-us/industry-regulation/social-media-age-restrictions-hub

We will continue to update you as more guidance is provided. In the meantime, we encourage every family to subscribe to the [eSafety Commissioner alerts](#) so you can remain informed about the legislation change and ongoing digital trends.

Let’s work together to help our children become safe, skilled and responsible digital citizens, who can navigate the online world with confidence and care.

Shane Byrne
PRINCIPAL

St Vincent de Paul Christmas Carols



ST VINCENT DE PAUL
PROUDLY PRESENTS
CHRISTMAS CAROLS
IN THE SENIOR YARD

27
NOVEMBER
6PM

- Students to wear sport uniform
- Picnics welcome.

2025 School Fees

Thank you to all those families that have paid their school fees. A reminder to those with outstanding fees that all school fees are now overdue.

Please contact the school office if you are unable to finalise your payment.

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.

2025 School Closure Days

❖ Thursday 4th December

2025 Term Dates

TERM 4
Monday 6th October – Tuesday 16th December

Learning Diversity & Student Wellbeing

Teaching empathy and accountability

Empathy is the ability to understand and share the feelings of another person. When other people act in ways that are unkind, most kids think it’s their fault. This means they internalise negative interactions and can develop low self-esteem as a result, which can lead to acting out, holding themselves back, or being swayed easily by peer pressure. If children can learn to take a perspective of empathy, they realise: When other people act in ways that are hurtful or aggressive it means THEY are struggling and has nothing to do with ME. This way of thinking builds self-esteem, and it also helps children become more accountable for their own actions.

Tips for boosting your child’s empathy and accountability

1. Teach them to be objective

Help them understand that our actions always come from our own emotions – and are never anyone else’s fault. You can use real life examples and self-reflections from your own family to help with this learning. You can say things like: “When you are hurting, you lash out, when I am hurting, I panic, when your sibling is hurting, they cry”. Keep pointing out this link so they understand that they can never be responsible for anyone else’s actions, and that they are always responsible for their own.

2. Separate their actions from who they are

When children are acting out or being unkind, their minds are overwhelmed and defensive, so it is very difficult to reason or rationalise with them. Give them space to calm down or encourage them to do a self-soothing activity, and then come back and talk about what happened calmly and compassionately. You can say: “I know you are a kind person, and I know you don’t mean to treat me that way. What can we do to help you make different choices?” This is role modelling empathy, which teaches them to respond the same way to others.

3. Help them see the link between how they are thinking, feeling and reacting

You can draw it as a diagram for them - write their thought at the top of a page (eg “I’m not good enough”) then an arrow to show how the thought causes them to feel a certain way (eg. sad), and then another arrow to show them how that thought and feeling cause them to act a certain way (eg. lash out at their sibling). Doing a similar diagram for yourself and other people in the family also helps to normalise this experience and remind your child that there is nothing wrong with them for having these reactions. This takes the shame out of the situation, which makes it much easier for them to become self-aware and make changes.

4. Help them reflect on the actions of their peers

Once they are used to seeing their own actions and those of their family as simply a response to one's own thoughts and feelings, it’s easier for them to reflect on where actions come from in others. When someone in their peer group or class is unkind, you can ask them “what could they have been thinking and feeling that made them act that way?” This perspective serves as a buffer to protect them from being impacted by negative interactions with their peers.

Rebecca Glenton
Learning Diversity and Student Wellbeing Leader

SPS Speechbox

Using Lego to build communication skills

Lego can be used to help develop oral language and social skills!

Lego play can help children:

- Follow instructions.
- Give directions and information.
- Improve vocabulary (e.g., using describing words and specific names of Lego pieces).
- Speak in full sentences.
- Understand and use adjectives (e.g., blue, small, big) and position words (e.g., between and behind).
- Build relationships and work as a team.
- All of these skills are important for effective communication in everyday life.



How to use Lego to support communication skills

1. Choose a Lego kit with instructions and all the pieces inside. Start with a simple kit and gradually move to more complex ones.
2. Assign roles to players (based on LEGO®-based Therapy for Social Skills). Roles can be switched each play session so everyone has a turn at a different job.
 - **Engineer:** Reads the instructions and describes which pieces are needed and where they go.
 - **Supplier:** Finds the correct Lego pieces as described by the Engineer and gives them to the Builder.
 - **Builder:** Puts the Lego pieces together according to the Engineer’s instructions.

More ideas:

Speech Practice: For example, if a child has difficulty with the "L" sound, encourage them to say words like "Lego" often (e.g., "I need the blue Lego, please," or "This is a long piece").

Following instructions: Start with simple Lego instructions and gradually increase the number of steps (1, 2, or 3 steps). Use words like "next to," "on top," "before," and "after." For example, say, "Put the green Lego next to the yellow Lego."

Social: A ‘Lego Club’ can be formed. Children can communicate with others and build friendships. Encourage skills like problem-solving, patience, asking for help, and using kind words. Help them manage emotions by taking breaks and addressing any frustrations or sensory needs.

Improve vocabulary and sentences: Help your child build their vocabulary and sentence skills by using Lego play. Introduce them to specific names for different Lego pieces and encourage them to use full, descriptive sentences when asking for pieces. For example, they could say, “Can I please have the red 2x4 plate?”

Lego play offers many opportunities to work on communication skills. Be involved in what your child is doing, and most importantly, have fun! For more information, look up “What is Lego therapy?” on YouTube.

[Download PDF](#)

Awards

Please find listed below the names of those students receiving awards at the assembly on **FRIDAY 14th November at 2:25 pm** in the hall.

PREP BLUE	Sage Werner Sienna Porter	THREE GREEN	Dominic Pappalardo Mackenzie Hawken
PREP GOLD	Amelia Fisicaro Rio Orlando	FOUR BLUE	Sienna Godino Jawad Ibrahim
PREP GREEN	Timothy Mathews Maeve Bush	FOUR GOLD	Lucy Wooden Noah Marino
ONE BLUE	Felix Orlando Maeve O’Carroll	FOUR GREEN	Charan Wickneswaran Poppy Hegarty
ONE GOLD	Madeleine McKinley Hugh Watson	FIVE BLUE	Ava Petrongolo Christian Strattrop
TWO BLUE	Millie Arnup Eli Balik	FIVE GOLD	Levi Vitali Luke Hale
TWO GOLD	Leni Gittins Sylvia Wieladek	FIVE GREEN	Noah Nguyen Evie Anderson
THREE BLUE	Zak Robinson Zoe Macheda	SIX BLUE	Mitchell Lessware Sofia Haynes
THREE GOLD	Penelope Garbett Jimmy Keenan	SIX GOLD	Sofia Arnup Isabelle Sanza



St Vincent de Paul Tennis Club

St. Vincent's Tennis Club 70th Anniversary - Open Day & Fundraiser

We are excited to celebrate 70 years of St. Vincent's Tennis Club with a special Open Day and Fundraiser!

To make the day a success, we would love for as many people/families to come along and be part of the celebrations. **All funds raised will go towards resurfacing our tennis courts.**

We have a full day of activities from 1pm

Please spread the work to friends and family - the more people involved, the better the day!

We will also have **fantastic prizes and silent auctions** happening throughout the day.

We will be running a **bake sale** too!

We look forward to seeing everyone there!

ST VINCENT'S TENNIS CLUB'S
70TH CELEBRATION
PRIZE DRAW

TICKETS
\$2 EACH
OR
3 FOR \$5

12 PRIZES
TO BE WON
VALUED AT
OVER \$800!

SATURDAY 15TH NOVEMBER AT 6PM
St Vincent de Paul Tennis Club
13 Rosebank Ave, Strathmore

1st Prize = \$200 voucher to a Travel Agency

2nd Prize = \$100 voucher to the Royal Hotel

3rd Prize = \$72 voucher to Tiny Chef

4th Prize = \$50 voucher to Cichetti

5th Prize = \$50 voucher to Gustos

6th Prize = \$50 voucher to Edward Abbott

7th Prize = \$50 voucher to Rise Pilates

8th Prize = \$50 voucher to Cichetti

9th Prize = \$50 voucher to Gazman

10th Prize = 10 FREE coffees from St. Lloyd Cafe

11th Prize = HEAD Tennis Racquet Bag

12th Prize = \$25 voucher to Benny & Me

ST VINCENT DE PAUL TENNIS CLUB PRESENTS

RALLY THROUGH
THE DECADES:
70TH ANNIVERSARY
OPEN DAY!

ST. VINCENT'S
TENNIS CLUB
ROSEBANK AVENUE STRATHMORE 3041

SATURDAY 15TH OF NOVEMBER
1 PM TO 9 PM

FREE COACHING
SESSIONS
1 PM TO 3 PM
BOOKINGS REQUIRED
(SCAN QR CODE)



TENNIS GAMES/
TOURNAMENTS
3 PM TO 5 PM

PICKLEBALL
5 PM TO 6 PM

ALL WELCOME!
BRING YOUR FAMILY AND
FRIENDS FOR SOME FUN!

ST. VINCENT'S
TENNIS CLUB
13 ROSEBANK AVE,
STRATHMORE

FUN BEYOND THE COURT:

- FREE SAUSAGE SIZZLE,
- SILENT AUCTION,
- PRIZE DRAW,
- MARKET STALLS,
- BAKE SALE,
- LUCKY DIPS,
- GAMES AND COMPETITIONS,

Important Dates

NOVEMBER 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					1	2
3 School Closure Day	4 Melbourne Cup Day Holiday	5	6 Whole School Athletics	7 Zoooper Doopers Nominations for School Advisory Council CLOSE	8	9
10	11 Remembrance Day	12 Yr 1 Blue Mass 10am Music Soiree	13 Prep 2026 Information Evening	14 Zoooper Doopers Year 5 Assembly 2:25pm (Hall)	15 Yr 2 & Yr 5 Family Mass 6pm	16
17 Italian Week	18 Prep 2026 Orientation - Session 1	19	20 Hot Food Day School Advisory Council Meeting	21 Zoooper Doopers	22	23
24 Parents Association AGM 7:00pm	25 Prep 2026 Orientation - Session 2	26 Prep & Yr 6 Mass 10am	27 Christmas Carols	28 Zoooper Doopers Year 4 Assembly 2:25pm (Hall)	29	30

DECEMBER 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	2	3 Prep 2026 Orientation - Session 3	4 School Closure Day	5 Zoooper Doopers	6	7
8	9 Prep Nativity Play	10	11 Year 6 Graduation Ceremony & Dinner	12 Zoooper Doopers	13	14
15 2026 Transition Day	16 *End of School Year Mass - 10am *Year 6 Assembly 12:00 noon (Hall) *Last Day of Term 4 - 1:30pm Finish	17	18	19	20	21
22	23	24 Christmas Eve	25 Christmas Day	26 Boxing Day	27	28
29	30	31 New Years Eve				

JANUARY 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			1 New Years Day	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26 Australia Day	27	28 Preps only begin school Yr1-Yr6 - Testing Day	29 Preps only at school Yr1-Yr6 - Testing Day	30 Yr 1-Yr 6 begin school All students at school	31	

TheirCare News



PUPIL FREE DAY

On Thursday 4th December, Theircare will be running a pupil free day from 7am-6pm. If you require care, we ask to please book ASAP so as we can organise staffing accordingly.

WHAT TO BRING:

- ☐ Morning snack (nut free)
- ☐ Lunch (nut free)
- ☐ Drink Bottle
- ☐ Casual clothes
- ☐ Hat

END OF TERM 4 CLOSURE DAYS

Wednesday 17th December, Thursday 18th December and Friday 19th December

We will be running a SCHOOL HOLIDAY PROGRAM on these 3 days from 7am-6.00pm. Fun indoor activities are planned for the children. If you need care on any of these days, we ask that you please book 5 DAYS from the session. A \$10 late fee will occur if not booked 5 days prior to session.

BOOKINGS and CANCELLATIONS BSC & ASC

Due to increasing of numbers attending we ask that you please book your child in 48 hours prior to the session. If we are at capacity with ratio, walk-ins will not be able to attend the session.

If you need to cancel a booking, to prevent a late cancellation fee please cancel 48 prior to the session.

If you pick up your child after school, we ask that you PLEASE notify the service BEFORE 3.40pm by sending a txt message on

0474-007-664.

Thank you for your understanding, Lisa & Tulay