

Good afternoon families,

As we continue to do things differently around our school to ensure everyone is safe we would like to take this opportunity to thank you all for following the rules and regulations that have been put in place. We know it's tricky not being able to walk your children into their classes and catch up with the teachers on a daily basis - but please feel free to email your child's teachers at any time. You are also able to call the school and leave a message and the teacher will call you back as soon as they can. The teachers also walk the students down to the carpark at the end of the day - so you can catch them there as well.

Covid-19 Testing

Some people in the Bendigo community are having a Covid-19 test if they are feeling unwell.

If you are waiting for test results - please be aware: If the person and their immediate family or any other household member are NOT presenting with symptoms, children can attend school as usual.

OR

If the person and their immediate family or any other household member ARE showing symptoms, children should not attend school until they are notified of a negative test result.

**Please be aware that this also applies to our staff - so there may be more days than usual that teachers are away. Please be patient and kind and appreciate that we are doing whatever we can to keep our community safe.

If you have any questions about this please contact Jen or Mick.

School Captains

We would like to congratulate Anika Penrose, Nyssa Smith and Chelsea Howell who were selected as the School Captains for Semester 2, 2020. These three all show excellent leadership throughout the school in many different ways and deserve to be acknowledged for their efforts. The captains were presented with their badges at last week's assembly and their families were watching on via the internet. We look forward to working with the Captains for the rest of the year. Congratulations Anika, Nyssa and Chelsea!

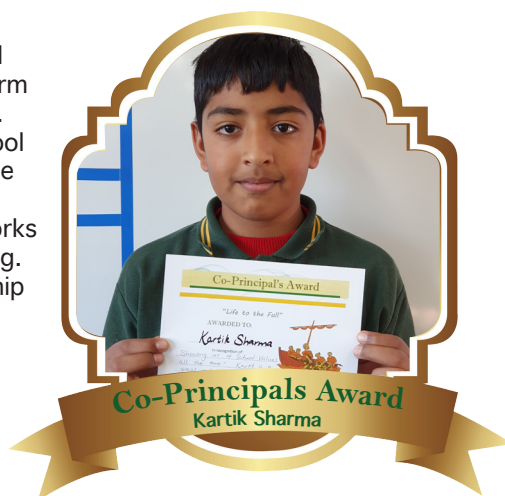


AWARDS - Week 11

Mummumburra	Liberty Taw
Balam Balam	Christopher Muir
Mur Murra	Lochlan Gittins
Duan	Annaleise Bergman and Alex Doran
Barrangal	Nargis Bastakoti
Yulawil	Emily Wybar
Wirrap	Addison Keller
Guwak	Vin Thomus & Liam Hovenden
Njana Nganity	Dave Nacua and Richshell Pickett
PE	James Ford
Enviro	Kartik Sharma

Co-Principals Award

The Co-Principal Award for the last week of term went to Kartik Sharma. Kartik shows all 4 School Values consistently. He is kind and thoughtful towards others and works hard with all his learning. He also shows leadership by helping others with their work and giving encouragement. Kartik is a great role model to those around him. Congratulations Kartik!



School Photos -Monday 27th July

By now families should have received the information about our School Photos which will be taken next Monday 27th July. This year only individual photos will be taken, no group shots. The class photos will be made up from the individual photos. All ordering is to be done online.

Final Call for 2021 Enrolments

Please call the office as soon as possible if you have a child you want to enrol in 2021 - or if you know anyone who does.

Live Online Mass with Fr Rob Galea

Our very own Fr Rob Galea offers a Mass each Sunday at 10am that you can watch live on his Facebook or YouTube. This is a beautiful way to celebrate Mass when we can't actually attend church.

Fr Rob is also offering a Novena - which is nine days of Prayer - starting tonight (Monday) and everyone is invited to join him each night at 9pm (via his Facebook or YouTube channel) for a few minutes of Prayer - as we ask God to rid us of the coronavirus.



*Stay safe, God bless,
Jen & Mick*

IMPORTANT CHANGES WE HAVE MADE AT SCHOOL TO KEEP US ALL SAFE:

- Parents are asked to remain in their cars at drop off and pick up.
If you need something you are asked to call the office. Ph: 5443 9319
 - There is hand sanitizer at every entry and exit point of the school.
 - Students are asked to wash their hands several times a day, for 20 seconds using soap.
 - We are all asked to adhere to the 1.5m social distancing requirements whenever possible.
 - Bubble taps have been shut off for hygiene reasons so please make sure your child brings their own water bottle
 - Anyone who is unwell is to stay at home.
 - Anyone who appears unwell during the day will be sent home.
- If we have a confirmed case of Covid-19 all families will be contacted immediately.**

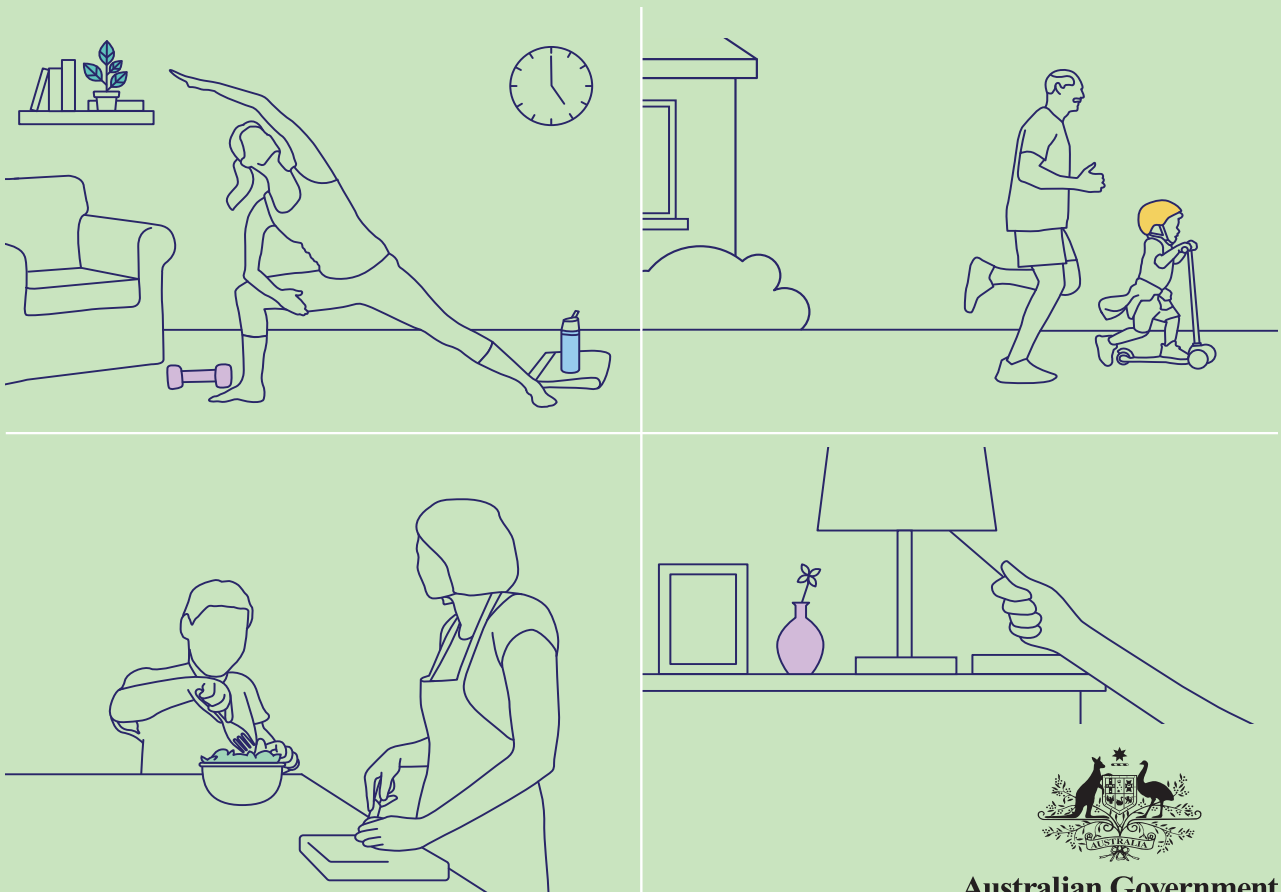
Prioritise your physical and mental health



We've all had to make changes to be COVIDSafe, but we still need to take care of our physical and mental health. This means being physically active, eating healthy food and doing what we can to get a good night's sleep. So whether you're getting back into the things you enjoyed previously or have started some new healthy habits, make your physical and mental health a priority.

Together, let's **BE COVIDSAFE.**

Visit **health.gov.au** for more information.



St. Peter's Primary School

Catholic

IDENTITY



Mr. Miggy Podosky. - Catholic Identity Coordinator

16th Sunday in Ordinary Time, Year A

Something to Think About

Sometimes we are quick to judge people. We might think it is easy to recognise a 'good' person or a 'bad' person. It is important to remember that every person is capable of both bad and good deeds. We don't always know the full story behind someone's actions. For example, we might condemn a child who takes other children's lunches. Yet, how would we think differently if we knew that child came to school hungry each day without any lunch? Jesus tells us to accept everyone, because only God truly knows a person's heart.



The Story

Today's gospel from Matthew is another parable with an agricultural context. A man sows good seed in his field but during the night an enemy comes and sows weeds. They both grow together, the good and the bad. The servants want to pull up the weeds immediately but the wise farmer says, leave them grow together until harvest time and then it will become apparent which is weed and which is wheat!

The Scriptures

A Reading from the Holy Gospel according to Matthew
13:24-26, 28-29

Jesus told his disciples this story:

"The kingdom of heaven is like what happened when a farmer scattered good seed in a field.

While everyone was sleeping, an enemy came and scattered weed seeds in the field and then left.

When the plants came up and began to ripen, the farmer's servants could see the weeds.

The farmer said,

'Leave the weeds alone until harvest time.

Then I'll tell my workers to gather the weeds and tie them up and burn them.

But I'll have them store the wheat in my barn.'

The Gospel of the Lord. Praise to you, Lord Jesus Christ.



CONFIRMATION EUCHARIST 2020

St Kilian's Parish plan on running their Confirmation/Eucharist program remotely in term 3 with the celebrations taking place in early term 4.

St. Peter's Primary School

Ecological

STEWARDSHIP PROJECT



Mrs. Lauren White - Eco-Stewardship Coordinator

"We are intimately interconnected with nature, whether we like it or not. If we don't take care of nature, we can't take care of ourselves. And as we hurtle towards a population of 10 billion people on this planet, we need to go into this future armed with nature as our strongest ally."

(Inger Andersen, UN's environment chief, 25/7/2020)

HAS THE PANDEMIC CHANGED THE ENVIRONMENT FOR THE BETTER?

Whilst air and water quality have increased during the pandemic due to less pollution and activity, the amount of unrecyclable and organic waste has actually increased which will have a long term effect on the air and water quality.

It has also left protected species at risk with the amount of illegal hunting, fishing and deforestation unable to be monitored and interrupted by tourism.



WHAT HAS CAUSED THIS INCREASE?

Waste problems have come from recycling centres closing, an increase in the use of plastic items at shops and food retailers, and an increased consumption of take-away food delivered with single-use packaging.

Many export-oriented businesses produce volumes far too large for local markets, and thus organic waste levels have mounted substantially. Because this waste is left to decay, levels of greenhouse gases are expected to rise sharply.

In many countries, environmental protection workers at national parks and land and marine conservation zones are required to stay at home in lockdown, leaving these areas unmonitored.

The stoppage of ecotourism activity has also left natural ecosystems at risk of illegal harvesting and encroachment.



HOW CAN WE HELP?

We need to prevent plastic pollution by continuing to reduce the amount of plastic we use and using our reusable items, to be mindful of where you dispose of your waste, to reuse what you can, and to reduce your consumption.

*RESOURCE: <https://unctad.org>

Upcoming EVENTS

2nd
AUG

National Tree Planting Day : Planet Ark is asking Australians to help us plant one million new native trees and shrubs across the country.

This week at

DJAK TJARRA

Tuesday - 5/6 Guwak

Wednesday - F Mummumburra

Thursday - 3/4 Yulawil

*You can bring your gumboots
along if you wish.*



St. Peter's Primary School

Wellbeing

Stacey Frost & Kristy Dupille

This term we have Kristy Dupille as our wellbeing officer at school on Tuesday, Wednesday and Friday.

We also have Stacey Frost (Social Worker) returning on a Monday, Tuesday and Thursday.

Stacey and Kristy are excited to be working together to support students in the classroom, working one-on-one with students, running small groups and promoting health and wellbeing. If you would like to contact Kristy or Stacey, please e-mail wellbeing@spbendigo.catholic.edu.au or call the school.

Windarring Disability Service

This is a new to Bendigo service that is now working with children under 18 that have a disability and have NDIS funding.

They are wanting to offer weekend activities/respite in a 1:1 or 1:3 care provision. This service will be developed based on interest and requests, so I encourage you to give Clare a call to discuss what is available. If you would like to chat more about it please contact Stacey via e-mail or Clare Horner - 0457 683 104

Breakfast Club is on every day from 8:30-9:00 in the Djak Tjarra. Lots of yummy brekky options including hot milo, toast and cereal.

Food Boxes

We have lots of food available and we are so lucky to have the support of Georges Bakehouse donating delicious goodies. If you would like a food box sent home please e-mail us or chat to Jen, Mick, Tyler or Sherree.



TAKING CARE OF OUR WELLBEING DURING COVID-19

PRACTICING SELF CARE

As most of us adjust to new ways of working and living during this challenging time, we also find we have more time at home than we are typically used to. This presents an opportunity to invest greater attention into our self-care and wellbeing to help guide us through the uncertainty. Take care of your wellbeing hygiene first – this is a great place to reinvest the usual commute time.



Sleep: Get a good routine in place. Maybe go to bed a little earlier and rise a little later. Be conscious to limit device time.



Exercise: Even if you can't leave the house, set aside time each day to be active. Try the 7-minute workout as a start.



Nutrition: Take advantage of having access to your kitchen, change up what you typically eat through the day. Watch the tendency to indulge in unhealthy foods or too much alcohol as a coping mechanism. Moderation is key!



Focus on what you can control or influence: Think of things that you can either directly control eg, thoughts, feelings, your impact on others, how you look after yourself, or you have some influence over eg, how your business navigates these times. Create an action plan for each of these areas.



Relaxation: Now is the time to try mindfulness, or to reinvest in your yoga practice. It is also a great time to read that book you have been putting off. Make time each day to be present with something you enjoy.



Focus on the good: Negative thoughts, feelings and emotions tend to stick to us like velcro while the positive ones slide off like teflon. Limit the time you spend on social media. Instead actively choose to see all the wonderful acts of kindness and community spirit around you.



Do things that bring you joy: With the additional time in your day, do things that make you feel good. It might be baking, dancing, singing, painting, watching comedy or things that make you laugh, connecting with others.



Notice your thoughts and feelings: Pay attention to where your mind goes. Acknowledge this and make a choice to re-direct your focus to activities and thoughts that are more productive and helpful. Think about what you have to be grateful for.

Taking Care - During Covid-19

At school we are working super hard to keep all students and staff germ free, we have sanitiser in every room, we have cleaners coming in through the day to sanitise spaces and we are doing all we can to make sure school remains a fun and safe place for everyone. We know it is a huge change not being able to come into school, we miss all your smiling faces.

Some things to remember:

- Don't be afraid to discuss coronavirus (COVID-19). Your children have already heard about it, please take the opportunity to talk to them honestly. Not talking about something can make kids worry more.
- Be guided by your child, remain calm and positive and be careful not to share too much information.
- Find out what your child already knows, or what they are worried about and if they ask you something and you don't know that answer, say so. Use the question as a chance to find out together.

When you wrap up a conversation it's important to recognise that they are feeling comforted and reassured. Remember to look after yourself.

If you have any questions or concerns or want to talk through anything related to the above please contact Kristy, Tyler or Stacey

What do I miss out on when I am not at school?

Lots!

Class discussions with friends and teachers.

Information and work that you will have to catch up on.

You will also miss out on seeing your friends



SCHOLASTIC Book Club



https://www.scholastic.com.au/media/5642/bc_520.pdf

SCHOLASTIC Book Club

Three **Easy** Ways To Pay

1

CREDIT CARD Your School is in the **LOOP!** When you order and pay by **LOOP**, do not fill in the order form or return anything to school. Your order will be electronically linked to the rest of your school's order. Visit [scholastic.com.au/LOOP](https://www.scholastic.com.au/LOOP)
OR download the app:



2

CASH If your school accepts cash payments, please enclose cash with completed order form and return to school.

3

CHEQUE OR CREDIT VOUCHER If paying by cheque, please make cheques payable to **Scholastic Australia**. Attach cheque or voucher to completed order form and return to school.

BECAUSE OF YOU...

- ✓ Book Club is more popular than ever!
- ✓ Reading at home is cool
- ✓ Parents can see the benefit of kids choosing their own books AND they can see the value Book Club offers
- ✓ Kids are reading MORE—they're also enjoying activity-based reading
- ✓ Your school earns Scholastic Rewards to spend on books or classroom resources

.....
THANK YOU!



after the
BELL
GROWING CURIOUS MINDS

St Peter's OSHC Newsletter

EXCITING PROGRAM AHEAD

Monday- Today we are going to create a solar system.

Tuesday- Come along and create the moon using paints and foil.

Wednesday- Let's make puffy paint and design some rockets.

Thursday- Come along and let's go on a scavenger hunt to find all the planets hidden around the room

Friday- Come along and have some fun completing some solar system printed puzzle sheets.



JUNIOR LEADER GOES TO

Addison, She has had great imaginary play with the new doll house and dolls and creating some amazing shrinky dink items. Well Done.

JOKE OF THE WEEK

Q: How do you put a baby alien to sleep?

A: You rocket!

JOIN THE FUN OF OSHC

Registration is FREE all you need to do is visit our website at www.afterthebell.com.au

and complete the online Registration Form.

Please feel free to contact our head office as we are happy to help you out with the process.

CONTACT US

OSHC- 0448 375 923

Head Office- 9758 6744

Program Leader- Michele

HIGHLIGHTS

