

Good afternoon families,

Book Week Celebration

Thank you to all the families who helped us celebrate Book Week by getting costumes organised for the students. Friday was an exciting day - the kids (and staff) loved it!!

Prep Transitions

Tomorrow - Tuesday 27th of October - was supposed to be the first of our Prep Transition Days - however this first one had to be cancelled due to changes in the Covid restrictions. We are confident the remaining ones can go ahead as planned. The next one is scheduled for Thursday November 12th.

Day for Daniel

Day for Daniel is a special day all across Australia to focus on Child Safety. This year we invite the students to wear ONE red item of clothing (eg. shoes, socks, shorts, t-shirt) this Friday 30th of October and to bring a gold coin donation that will go to the Daniel Morcombe Foundation. The students will watch a short video and complete a few tasks focussed on Child Safety. If you would like further information please look up the website - danielmorcombe.com.au Please also see the information on Child Safety we are sending home with this Newsletter.

PSG (Program Support Group) Phone Calls

Thanks to Jenny Kerrins and several teachers who made many PSG phone calls last week. The remaining PSG phone calls will happen this week. This is a vital part of the process sharing information about goals and achievements for students with PLPs. Thank you to all the families who have been able to engage in this process. Your children benefit from us working together supporting their education.

2021 Planning

We are currently planning classes and teachers for the 2021 year. If you have a child in Year Prep - Year 5 and they will not be returning to St Peter's in 2021 please let the office know as soon as possible.

Public Holiday

This Wednesday is a Public Holiday for the Bendigo Cup.

School Closure Days

Thursday 26th of November - Planning Day - No school for students

Friday 27th of November - Report Writing Day - No school for students

A moment in Prayer

Fr Rob Galea is part of our St Kilian's Parish. Each week while Mass has been suspended due to Covid Restrictions, Fr Rob has conducted Mass online.

Yesterday's Gospel was simple, but had two powerful messages: The greatest commandment is to Love the Lord your God with all your heart, with all your mind and with all of your strength. And to love your neighbour as yourself.

Fr Rob encouraged us to pray this prayer: Jesus teach me to let you love me.

God bless, Jen & Mick

Awards

Term 4 - Week 3



Mummumburra	Libby Taw
Balam Balam	Chris Muir, Aryan Sharma, Imogen Keller
Mur Murra	Aziah Morgan
Duan	Zoe Goudge, Dom Wright
Barrangal	Nargis Bastakoti, Hudo Wingrave
Yulawil	Tahli Creeley, Elvis Turner
Wirrap	Whole Class
Guwak	Shakira Mulcahy, River Farrow
Njana Nganity	Dave Nacua, Anika Penrose
Enviro	Zander Divola

Co-Principals Award

This week's Co-Principal award went to Jett Mulcahy. Jett has shown incredible care for self and care for learning these first few weeks of term. He has worked really hard across all areas of learning and should be very proud of his efforts and progress!
Congratulations Jett.



UPCOMING events

27	OCT, TUE	● 9:30 - CANCELLED	Prep Transition
28	OCT, WED	● All day	PUBLIC HOLIDAY - Bendigo Cup
30	OCT, FRI	● All day	Wear something red - Day for Daniel
12	NOV, THU	● 9:30 - 10:30am	Prep Transition
25	NOV, WED	● 9:15 - 10:45am	Prep Transition
26	NOV, THU	● All day	Planning Day- Pupil Free
27	NOV, FRI	● All day	Report Writing Day-Pupil Free
8	DEC, TUE	● 11:45am - 1:15pm	Orientation Day / Prep Transition

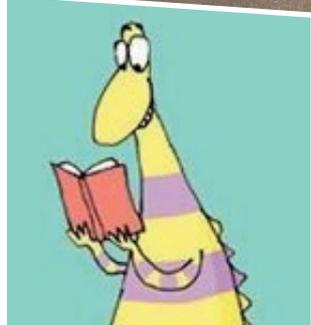
No School THIS WEDNESDAY - Bendigo Cup Holiday





CBCA Book Week

CURIOUS CREATURES, WILD MINDS



St. Peter's Primary School Catholic IDENTITY



Mr. Miggy Podosky. - Catholic Identity Coordinator

Something to Think About

What does it mean to love someone? Who do you love?

Sometimes it seems easy to love people but, at other times, loving is not easy. Is there someone that you find difficult to love? Since God loves us so much, we are called to love God and other people.

The Story

The religious leaders are trying to trick Jesus again in today's story, by asking him which is the greatest commandment. This is an easy one for Jesus! First of all you must love God and secondly, you must love your neighbour. The two commands go together and form the basis of the entire Scriptures.

The Scriptures

A Reading from the Holy Gospel according to Matthew 22:15-21

When the Pharisees heard that Jesus had silenced the Sadducees, they gathered together, and one of them, a lawyer, asked him a question to test him. "Teacher, which commandment in the law is the greatest?" He said to him, "You shall love the Lord your God with all your heart, and with all your soul, and with all your mind." This is the greatest and first commandment. And a second is like it: 'You shall love your neighbour as yourself.' On these two commandments hang all the law and the prophets."

The Gospel of the Lord.

Praise to you, Lord Jesus Christ.



Parish of St Kilian

With the easing of restrictions in regional areas we are able to have outdoor Church gatherings of 20 plus the Celebrant.

Please book in a few days before - phone the office on 5441 6244 between 9am-midday Tuesday to Friday or email stkilians@cdos.org.au. Wear a mask and follow Covid safe directions eg; sanitiser and social distancing.

Please bring a warm coat.

If you are feeling unwell please stay at home.

We welcome this small but significant step back for our parish community.



Mass

Outdoor Mass at 9am Tues-Sat and 8am, 9am & 11am

Sun (for 20 People) can be booked through the Parish office.

12.10pm Mass Tues-Sat and 10am Mass on Sunday are live-streamed.

RECONCILIATION; 9.30-10.30am Fridays

ROSARY—9PM-live-streamed on St Kilian's Parish facebook page.

St. Peter's Primary School
Ecological
STEWARDSHIP PROJECT



Mrs. Lauren White - Eco-Stewardship Coordinator

“For human beings... to destroy the biological diversity of God’s creation; for human beings to degrade the integrity of the earth by causing changes in its climate, by stripping the earth of its natural forests or destroying its wetlands; for human beings to contaminate the earth’s waters, its land, its air, and its life – these are sins”. [15] For “to commit a crime against the natural world is a sin against ourselves and a sin against God”. [16].”
(Pope Francis, Laudato Si’, 2015, Paragraph 8)

WHAT DOES ‘VEGAN’ MEAN?

“Veganism is a philosophy and way of living which seeks to exclude—as far as is possible and practicable—all forms of exploitation of, and cruelty to, animals for food, clothing or any other purpose; and by extension, promotes the development and use of animal-free alternatives for the benefit of animals, humans and the environment. In dietary terms it denotes the practice of dispensing with all products derived wholly or partly from animals.”
(The Vegan Society, <https://www.vegansociety.com/go-vegan/definition-veganism>)

WHY DO PEOPLE BECOME VEGAN?

Becoming Vegan is a great way to help animals, the environment and your health.

There are a number of reasons why people choose to go vegan and the most popular are:

- It eliminates suffering and saves the lives of thousands of animals;
- It boosts your health and increases your life expectancy; and It’s a lot kinder to the planet.



Vegans eat a plant-based diet avoiding all animal foods such as meat, seafood, insects, eggs, dairy and honey. They eat a richly diverse range of food including fruits, vegetables, nuts, grains, seeds, beans and pulses.

WHAT ELSE DOES BEING VEGAN ENTAIL?

Vegans also avoid anything that exploits animals, such as animal derived materials and products, products tested on animals and places that use animals for entertainment, eg. accessories, clothing, make-up, cosmetics, bathroom items, medicines containing animal products, zoos, animal races, aquariums and charities that support animal testing. They are careful to substitute these with animal friendly choices such as vegan products, animal sanctuaries and items not tested on animals.

*RESOURCE: <https://www.vegansociety.com/take-action/campaigns/world-vegan-day-month>

Upcoming EVENTS

Enviroweek
October 21st-27th
www.enviroweek.org/

**World Day for
Audiovisual Heritage**
Tuesday October 27th
www.un.org/en/events/audiovisual-day/

Howl-o-ween
Saturday October 31st
www.worldanimalprotection.org.au/

World Vegan Day/Month
Sunday November 1st
www.vegansociety.com/take-action/campaigns/world-vegan-day-month

This week at

DJAK TJARRA

Tuesday - 5/6 5/6 Njana Nganity
Wednesday - No School
Thursday - 3/4 Wirrap

*Please remember to bring along hats
and drink bottles!*



St. Peter's Primary School Wellbeing

Stacey Frost & Kristy Dupille

If you need more advice or just want to have a chat about how things are going please contact Stacey or Kristy through the school. We are here to help you.

email: wellbeing@spbendigo.catholic.edu.au

Peaceful Kids

Kristy really enjoyed running session 1 of a new "Peaceful Kids" with the grade 5 / 6 girls last week. Mrs Isaac is also part of the group and reported back that we are so lucky to have Kristy running Peaceful Kids and the girls favourite part was the mindful breathing. Kristy, Mrs Isaac and the girls are all looking forward to this weeks session.



Breakfast Club Now that we are back at school, our Brekky Club is in full swing! Make sure you arrive at school around 8:30 so you have lots of time to enjoy cereal, toast, fruit and milo before we start walking at 9. Some say Martyn makes the best hot milo... but who knows... make sure you go out to Djak Tjarra and find out!!

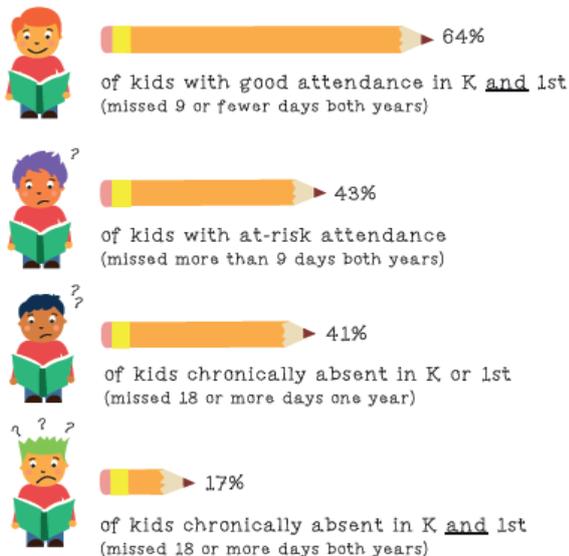


Why it matters

If children don't show up for school regularly, they miss out on fundamental reading and math skills and the chance to build a habit of good attendance that will carry them into college and careers.

Preliminary data from a California study found that children who were chronically absent in kindergarten and 1st grade were far less likely to read proficiently at the end of 3rd grade.

Who Can Read on Grade Level After 3rd Grade?³



What families can do



Find out what day school starts and make sure your child has the required shots.



Build regular routines for bed time and the morning.

Talk about the importance of regular attendance and about how your child feels about school.



Don't permit missing school unless your child is truly sick. Use a thermometer to check for a fever. Remember that stomach aches and headaches may be signs of anxiety.

Avoid medical appointments and extended trips when school is in session.



Keep a chart recording your child's attendance at home. At the end of the week, talk with your child about what you see.

Develop back up plans for getting to school if something comes up. Ask a family member, neighbor or another parent for help

Seek support from school staff or community groups to help with transportation, health problems, or no safe path to school.



after the
BELL
GROWING CURIOUS MINDS

St Peter's OSHC Newsletter

EXCITING PROGRAM AHEAD

Monday- Come along and create thing one and thing two

Tuesday- We will read together a Dr Seuss story and get our crafts out and make the Lorax

Wednesday- Join in and make cat in the hat, let's read the story too.

Thursday- Using Playdough can you create green eggs and ham

Friday- Today using a sock let's design and create fox in socks character



COOKING CLUB:
Chocolate Bliss Balls

JOKE OF THE WEEK

WHAT KIND OF MUSICIAN IS THE
CAT IN THE HAT ?...

A PURR-CUSSIONIST

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

JUNIOR LEADER

Imogen-Rose is this weeks junior leader
Imogen had her first week in our program
and she has fitted in and participated in all
activities.
Well Done!

HIGHLIGHTS



Fact Sheet

Talking personal safety



Funded by



Queensland
Government

It is the responsibility of adults to keep children safe, this includes helping them develop personal safety skills. It is not about scaring or frightening children but increasing communication and learning new skills. Our job as safe adults is to listen, believe and support.

Keep communication open

- Remind your child that it is always ok to talk to you, no matter what the issue, you care about them and want to help them to stay safe
- Discuss safe grownups to talk with if they felt unsafe
- Reinforce basic safety messages and ensure children know the phone numbers of people they can call on for help or to talk to
- Practice using stories and scenarios to problem solve. Do not always make these about strangers
- Explain that it is ok to say no to an adult or child if they are doing something that is not ok or makes the child feel unsafe. Let the child know they will not get into trouble if they tell you about an unsafe secret someone has asked them to keep

Listen and learn

- Have an awareness of the day to day life of your child
 - Who are their friends?
 - Where are they spending most time?
 - What are they doing online and who are they communicating with?
 - How can they contact you if there is a problem?
- Listen when a child tells you they don't want to see a particular person or go to a particular place. Most perpetrators are already known to a child and may include a family member or known adult or adolescent. Try and discuss in an open way
- Don't force children to kiss or hug people

Talk often, talk early and keep talking

- Regularly practice describing feelings and identifying body clues that might mean a person is scared, worried or unsafe. Develop a simple, clear and easy to follow action plan for these times
- Explain body boundaries and that it is not ok for anyone to look at or touch the private parts of another child or adult. It is also not ok to ask other children or adults to touch their private parts (you can talk about exceptions like if someone was hurt and the Doctor needed to help or if a child needs support with personal care)
- Early in a child's life teach them the anatomical names for their private parts – nipples, penis, vagina, vulva, anus
- Explain the difference between safe and unsafe secrets (ie a surprise birthday party for a family member is a safe secret. An unsafe secret might be if someone showed you rude pictures at school and told you not to tell because you would get into trouble)
- Teach children to Recognise, React and Report when they don't feel safe and use developmentally appropriate resources and games to reinforce safety messages

What should I be talking about and when?

As children and young people get older they go through a variety of developmental stages. Conversations about personal safety should match their age and experiences. This includes children and young people with a disability or learning need. As a child gets older the information they learn can be built upon. It is the responsibility of caring adults to teach relevant personal safety skills as children grow up and progress through the stages.

0-4 years	5-9 years	10-13 years	14-17 years
<p>Recognising basic emotions (happy, sad, angry)</p> <p>My body belongs to me</p> <p>Anatomical names for private body parts</p> <p>Public and private body parts</p> <p>Safe and unsafe secrets</p> <p>Identifying grown up safety helpers</p>	<p>Understanding feelings</p> <p>Body clues (If I'm not feeling safe what does my body do?)</p> <p>Public and private places and behaviours</p> <p>Rules for touch (it is not ok for anyone to touch your private parts or for you to touch theirs)</p> <p>Recognise, React and Report</p> <p>Keep talking to all your safety helpers till you get help to feel safe</p>	<p>Understanding puberty including physical and emotional changes</p> <p>Healthy relationships</p> <p>Sexual feelings</p> <p>Online competence (rules and responsibilities about safe gaming, sharing of images, talking to people online, bullying or pornography)</p> <p>What to do if you someone you know tells you they are unsafe</p> <p>How to get in touch with safety helpers via phone, online message</p>	<p>Respectful relationships (identifying healthy and abusive relationships)</p> <p>Making healthy and safe decisions about sexual activity (ie consent)</p> <p>Pornography ≠ Reality</p> <p>Online competence (dating, sexting, socialising)</p> <p>Peer to peer safety helpers and expanding the safety helper concept to support services such as KidsHelpline or ReachOut</p>
<i>Expert tip:</i>	<i>Expert tip:</i>	<i>Expert tip:</i>	<i>Expert tip:</i>
<p>Promote body ownership and teach the proper names for private body parts all while changing a nappy</p> <p>"I'm going to wipe your bottom because I need to make sure it's clean before I put your nappy back on. One day when you are old enough you will be able to look after your own private parts."</p>	<p>It is normal for young children to be curious about bodies and occasionally play games like 'I'll show you mine, if you show me yours'. This is ok if it is mutual, easily distracted and between children of the same age and developmental ability</p> <p>It provides a good opportunity for you to talk about the rules for touch.</p> <p>"What would you do if a child at school asked to see or touch your private parts? It's not ok for grownups or other kids to look at or touch your private parts or for you to see or touch theirs."</p>	<p>Develop safety rules for being online in partnership with your child. Do this before they are regularly using social media or viewing online content. Keep reminding and reinforcing as required</p> <p>"I know being online is such an important part of the way you will be learning and connecting with others. Let's work out together how we can make it fun and safe at the same time."</p>	<p>Talking about sex does not make young people go out and do it. Not talking about healthy relationships and sex can lead to harm</p> <p>"I want to make sure you are surrounding yourself with people who respect you. I'd like to talk to you about healthy relationships and what they look and feel like. If you don't want to talk to me who could you chat with?"</p>

Where to get help

- In an emergency call triple zero 000
- If you suspect that a child has experienced abuse or is at risk of harm you should contact the relevant state or territory child protection agency. The Australian Institute of Family Studies has an up to date contact list <https://aifs.gov.au/cfca/publications/reporting-abuse-and-neglect>
- Parentline 1800 30 1300 provide free telephone counselling and advice to parents and carers. Resources are available to support parents and carers to understand a wide range of issues related to raising children and young people
- Kids Helpline 1800 55 1800 provide free, confidential 24/7 phone and online counselling service for young people aged 5 to 25
- Find the right service for you <https://aifs.gov.au/cfca/publications/cfca-resource-sheet/helplines-and-telephone-counselling-services-children-young-people> the Australian Institute of Family Studies, helplines and telephone counselling services for children, young people, parents and carers
- Information for parents and carers to support conversations with your child about respectful relationships is available from ReachOut <https://parents.au.reachout.com/skills-to-build/wellbeing/things-to-try-romantic-relationships/help-teenagers-have-respectful-relationships>
- To learn more about healthy, concerning or problematic sexual behaviours in children and young people refer to True Relationships and Reproductive Health's Traffic Light framework <https://www.true.org.au/ArticleDocuments/337/Traffic%20LightsBrochure.pdf.aspx?Embed=Y>
- Bravehearts Information and Support Line is available to anyone wanting information, advice, referrals and support regarding child sexual assault. 1800 272 831
- Resources to teach child safety skills to children and young people are available from the Daniel Morcombe Foundation



Celebrate Children's Week

24 October – 1 November 2020

2020 Theme:

Children have the right to choose their own friends
and safely connect with others.

Fun and free family events are taking place across
Victoria during Children's Week 2020, including
online events.

Find out what's on at

www.education.vic.gov.au/childrensweek



Australian Government
Department of Education,
Skills and Employment



Education
and Training