

Good afternoon families,

Lockdown

On Friday afternoon we watched Daniel Andrews giving his press conference telling us all the state was going into lockdown. We had two hours to organise and produce take-home learning packs for the students. And we did it. We would like to take this opportunity to thank our amazing staff who worked very hard to ensure every child had a work pack to take home. Please go gently, as with lockdown in 2020, get done what you can and look after each other. We are open for the children of essential workers and vulnerable children. We, like all Victorians, are hoping we will be back fully open on Thursday. If we get any information stating otherwise - we will be in touch via email and Facebook.

Simon Everywhere App

The main tool of communication with families is now the Simon Everywhere App. You will have received a flyer explaining how to download and login to the new app. If you have questions please come to the office and see Kate once lockdown is over. You can use this app to give permission for excursions (eg. swimming program) and to inform the school that your child is absent. You will see calendar events and the Newsletter on the app as well.

Marong Cup

The Marong Cup was held on Saturday. While the event went ahead with no crowds or volunteers we would like to thank Chris Ring for his organisation prior to the event. The Catholic Primary schools in Bendigo benefit from the day - hopefully we will still benefit even though the day was so different.

Hello Night - Pancake Tuesday

Hello night will obviously be postponed - we will let you know when we are able to reschedule the get together.

Ash Wednesday - Opening School Mass

Due to the lockdown our Opening School Mass will also be postponed. Ash Wednesday Mass can be live streamed from St Kilian's at either 10am or 12.10pm.

Middle and Senior Swimming Programs

At this stage the Swimming Programs for the 3/4s and 5/6s will still take place in weeks 5 & 6. The students will be swimming Monday, Tuesday, Wednesday and Friday both weeks - starting Monday the 22nd of February and finishing Friday the 5th of March.

3/4s will be swimming 12.50pm to 1.30pm.

5/6s will be swimming 1.30pm to 2.10pm.

Permission can be given via the new PAM App - now the Simon Everywhere App

School Board - Advisory Council

The School Board is now called the Advisory Council. This is a group of parents who work with the staff to help make decisions about the future of St Peter's. We are seeking more members for the Council - you don't need any experience to join the council, just a love for St Peter's and a willingness to meet twice a term. If you are interested in joining, or know someone who might be, please just come and have a chat with either Mick or Jen at any time.

A moment in Prayer

God of mercy,

give us the courage to be vulnerable.

God of mercy,

give us the wisdom to reach out for help.

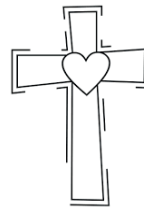
God of mercy, give us Christ every day.

We ask God to bless Mr Chalkley and his family

at this time while his mum is unwell

Amen

God bless,



AWARDS

Term 1 Week 3

Mummumburra	Novalee Bailey
Duan	n/a
Balam Balam	Zander Divola
Mur Murra	Tanisha Gurnett
Barrangal	Mason Tanner
Yulawil	Jiana Woodman
Wirrap	Leo Cronin and Oscar Mathers-Jones
Guwak	Anthony Gibson
Njana Nganiny	James Ford and Richshell Pickett
PE	Ethan Miller
Enviro	Peter Bosco
Music	Annaleise Bergman

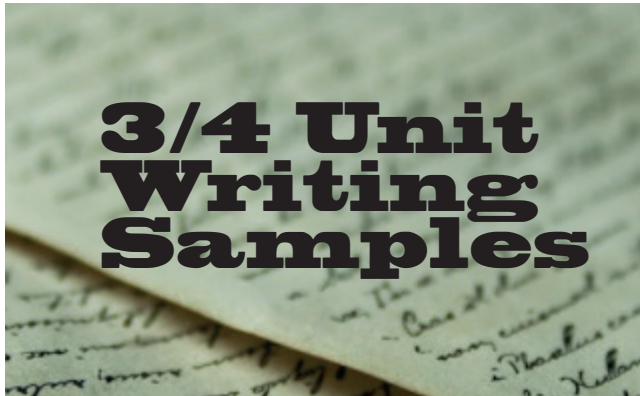
Co-Principal Award

Last week's Co-Principal award went to Abrianna Atkinson. Abrianna has shown all 4 school values, but particularly Care for Self and Others during the first few weeks of the school year. Abrianna has been friendly and helpful to others and has focussed on her own work. Congratulations to Abrianna - what a great start to Yr 6 and what a great role model!



Students in my Literacy group were given a picture of a waterfall to jumpstart their writing. As a class, we completed a Y chart, looking at what we see, what we hear and how we feel. After we brainstormed, together we wrote a class snapshot. Students then wrote their own pieces. We edited, conferenced, shared and gave feedback to each other. Students then published their piece in their best handwriting. We are all so proud of their work and I know I can't wait to see further writing from them. Well done!

Mrs Jones



The Waterfall

I stepped in the mud. Birds chirp. It was cold. I could hear a waterfall. It was coming down. It was lovely. There was moss covered rocks. The rocks are so green. I took a photo. I saw a kangaroo bouncing along. There was a lot of rocks. My socks were soaked. By Yarran.

The Waterfall

The waterfall is in the forest. The waterfall looks like it's going slow. The waterfall looks cold. By Lucas.

The Waterfall

I dip my toes in to the water. It's cold. The trees look beautiful. I slowly breathe in the fresh clean air. In and out. I hear the birds chirp. By Oscar

The Waterfall

I slowly breathe in the clean fresh air. The slippery moist moss stones. All around and I hear water crashing. The wind flows between the trees. Birds flying through the forest. By Mason

The Waterfall

I slowly breathe in the clean fresh air. In and out. I step into the fresh water, the jagged stones are hard to balance on as they are covered with slippery soft moss. I stop and listen to the beautiful waterfall. The small brown birds chirp in the tall green trees swaying side to side. I feel the wind pushing me and my family side to side into the icy cold water. I feel free.

By Logan

The Waterfall

I slowly breathe in the clean icy fresh air. In and out. In and out. The cold water hits my already chilled face. I hear the birds chirp. I feel free. By Malakai

The Waterfall

The cold wet water splashes on my feet. The shallow water splashes on the moss covered stones. The rainbow coloured birds sing as I look at the bright green trees. I feel free and calm. The frosty water splashes in my face and I feel closer to nature than ever before.

By Sam

The Waterfall

I slowly breathe in the clean fresh air. In and out. In and out. The big trees are swaying side to side. The small fluffy birds are gliding across the sky. The water is crashing and splashing. I feel cold and free. There are hard slippery stones covered in soft moss. The bright forest makes me feel like an animal all around me. By Jiana



St. Peter's Primary School

Catholic

IDENTITY



Mr. Miggy Podosky. - Catholic Identity Coordinator

5th Sunday in Ordinary Time

Something to Think About

Where do I sense hope, encouragement, and growth areas in my life?

By looking back over the last few months, I may be able to see which activities and occasions have produced rich fruit.

If I do notice such areas, I will determine to give those areas both time and space in the future.

The Story

The most painful wounds we carry with from the past are more wounds of the spirit than of the body. Of these spiritual wounds that one that causes us most pain is that of a belief that we are insignificant. In this Gospel story we hear in Jesus' words to the leper, his concern to heal this wound we carry with us from the past.

In your prayer today tell Jesus of some way you were hurt or wounded by something people said or did to you. Listen to how sensitive and responsive he is when he is "moved with pity" or compassion for you. Tell him how you feel about him being like this.

*"A voice cries in the wilderness:
prepare a way for the Lord"*

The Scriptures

A Reading from the Gospel of Mark- Mark 1:40-45

A leper came to Jesus and, kneeling, he begged him, "If you choose, you can make me clean." Moved with pity, Jesus stretched out his hand and touched him, and said to him, "I do choose. Be made clean!" Immediately the leprosy left him, and he was made clean. After sternly warning him he sent him away at once, saying to him, "See that you say nothing to anyone; but go, show yourself to the priest, and offer for your cleansing what Moses commanded, as a testimony to them." But he went out and began to proclaim it freely, and to spread the word, so that Jesus could no longer go into a town openly, but stayed out in the country; and people came to him from every quarter.

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

UPCOMING events

23	FEB, TUE	● 12:50 – 1:35pm	3/4 Swimming
		● 1:30 – 2:10pm	5/6 Swimming
24	FEB, WED	● 12:50 – 1:35pm	3/4 Swimming
		● 1:30 – 2:10pm	5/6 Swimming
25	FEB, THU	● 12:50 – 1:35pm	3/4 Swimming
		● 1:30 – 2:10pm	5/6 Swimming
26	FEB, FRI	● 12:50 – 1:35pm	3/4 Swimming
		● 1:30 – 2:10pm	5/6 Swimming
1	MAR, MON	● 12:50 – 1:35pm	3/4 Swimming
		● 1:30 – 2:10pm	5/6 Swimming



St. Peter's Primary School

Ecological

STEWARDSHIP PROJECT



Mrs. Lauren White - Eco-Stewardship Coordinator

The Seed Sowing Psalm

"Divine Mystery, assist me to be a wise gardener, who, with great care, will sow only good seeds this day, those deeds and attitudes that truly will give you glory. If by habit, sloth or accident, I might sow an evil seed, in haste, before it takes root, may I pluck it up at once, lest it grow an evil harvest. Every word, deed and hidden thought is a seed whose DNA ensures a fruit unfolding to ripe maturity that someday will be my life-harvest returned to me.
May it be, O Holy One, a harvest of Life"

[Psalms for Zero Gravity, Ed Hays]

What is a GARDEN?

According to the Cambridge Dictionary a garden is: 'a piece of land next to and belonging to a house, where flowers and other plants are grown, and often containing an area of grass.' Of course there are council, community and group gardens too.

Why are GARDENS more important than ever?

The awareness of the importance of nature for student health and wellbeing was magnified last year during lockdowns due to COVID 19. With children spending more time inside and an increase of childhood anxiety and depression last year, it is more important than ever that they are immersed in a green environment. This not only benefits their health and wellbeing, but creates new and engaging learning opportunities in an exciting environment.

Why do schools have a GARDEN?

The inclusion of a school garden undoubtedly benefits the whole school community, with everyone involved: gaining more opportunities for fresh air, sunshine and exercise; sharing hands on and practical learning experiences; practising cooperation, teamwork and patience; learning about healthy living, sustainable practices, biodiversity and cultivation; discovering and engage with the natural world; and feeling a greater sense of ownership, pride and the need to take care of the space.
A school garden allows everyone to BLOOM!

Research shows that involving students in gardening activities and natural settings in schools through collaborative, hands-on, cross-curriculum, student-centred learning can lead to:

- Bio-psychological benefits - enjoyment, relaxation and lower stress levels.
- Environmental benefits - stewardship and care of the natural environment.
- Developmental benefits - enhanced physical, cognitive and emotional development.
- Academic benefits - better performance on standard tests, higher grade averages. (in reading, writing, maths, science, social and personal studies)
- Personal and social benefits - improved attendance, improved behaviour, reduced playground accidents, reduced boredom, reduced bullying and vandalism.



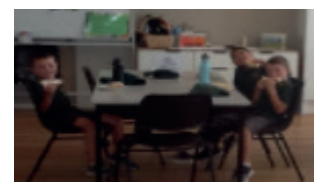
What types of GARDENS are there?

There are many different types of gardens including: quiet gardens to nurture wellbeing and quiet play; sensory gardens to enjoy a variety of smells, tastes, colours, shapes, textures and noises; edible/bush tucker gardens or orchards to enjoy the experience of tasting different herbs, vegetables, fruits and flowers; and habitat gardens to attract birds, butterflies, bees, beneficial bugs and insects, frogs and small animals.

TIP- You can collect the "Woolworths Discovery Garden" seeds to start a herb, vegetable or flower garden at home. Just add water, sunlight and love.



RESOURCE: Victorian Schools Garden Program, Est 1977





Well here we go again.... Welcome to Remote Learning 3.0 Here's hoping it is only for a short time. Please take care of yourselves during this time and call or send us an email if there is anything you need.

You can contact either of us by e-mail wellbeing@spbendigo.catholic.edu.au or by phoning the school.

Kristy and Stacey



We are excited to be running Art Group for the grade 5's and 6's. Our next session will be this Thursday at 2nd break in the Art Room. All students are welcome to come along. It is a lovely time to experiment with different types of art and have a chat with Stacey and Kristy. Check out some of the things our students created last week



Tips for Good Sleep

Why sleep is important for children?

When your child sleeps well, your child will be more settled, happy and ready for school the next day. Good-quality sleep helps your child concentrate, remember things, regulate emotions and behave well. This all helps your child learn well. Getting enough sleep also strengthens your child's immune system and reduces the risk of infection and illness

At 5-11 years, children need 9-11 hours sleep a night. For example, if your child wakes for school at 7 am and needs approximately 10 hours sleep per night, your child should be in bed before 9 pm.

Bedtime routine

A bedtime routine is very important at this age. It helps your child wind down from the day.

For example, a child who normally goes to bed at 7.30 might have a bedtime routine that looks like this:

6.45 pm: put on pyjamas, brush teeth, go to the toilet.

7.15 pm: quiet time in the bedroom with a book and a bedtime story or quiet chat.

7.30 pm: goodnight and lights out.

Relaxing before bed

After a big day at school, your child might still be thinking about the day's events and worries. If your child's mind is still busy at bedtime, it can cause a restless night or bad dreams.

You can help your child settle and relax for sleep by keeping activities quiet in the hour before bed. For example, you could play gentle music or read a story together. Making a bath part of your child's bedtime routine can also help with relaxation.

Good sleep habits

Your child might sleep better at night if they:

- Keep regular sleep and wake times, even on the weekend
- turn computers, tablets and TV off an hour before bedtime
- have a quiet and dimly lit place to sleep
- get plenty of natural light during the day, especially in the morning
- avoid caffeine in tea, coffee, sports drinks and chocolate, especially in the late afternoon and evening.





after the
BELL
GROWING CURIOUS MINDS

St Peter's OSHC Newsletter

EXCITING PROGRAM AHEAD

Monday - PLASTER MONEY BOX CREATIONS

Tuesday - WOODEN CAR KIT CONSTRUCTION

Wednesday - ROCK OIL PAINTING - For the School Veggie Garden Area

Thursday - HAMA BEADS DESIGN

Friday - PLAYDOUGH CONSTRUCTION



COOKING CLUB:

Jam Drop Cookies

JUNIOR LEADER

Elvis - Starting the new year with great enthusiasm and helping with the shopping bags when it arrived at the program.
Well Done!

JOKE OF THE WEEK

HOW DID THE BARBER WIN THE RACE
HE KNEW A SHORTCUT

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

