

Good afternoon families

The Covid situation changes so quickly - it can be tricky to keep up! We left school Friday all going about our business, then 1pm Saturday - and we're back in Lockdown.

Jets Gym

We are very grateful to have finished the Jets Gym program on Friday - it was lovely to see the kids finish on a high note - they loved the program and improved so much during their visits!

Book week and Dress Up Day - Postponed

Book week was supposed to be celebrated this week - but seeing that we are not all at school we will postpone the celebrations until we are all back. This Lockdown gives you a few more weeks to plan the Dress Ups - it will still happen - just not this Friday. We will let you know as soon as we have a new date. This year's theme is "Old World, New Worlds, Other Worlds".

New Dates

As with everything else, many events have been postponed - but we are still hoping to get them all in later in the year. We will let you know the new dates for the following as soon as possible:

- Dental Van Visit
- School Photos
- Blurbs Concert
- Discovery Centre Incursion
- Book Week
- Book Week Dress Up Day
- Indigenous VR Incursion

Jenny Kerrins

Some of you may be aware that Jenny Kerrins has been unwell for the last few weeks and has not been at school. Jenny is currently in Melbourne receiving treatment for leukemia. She has been staying in touch and sends her love to all. We ask that you all join us in praying for Jenny's speedy recovery and that we will see her back at St Peter's in the future.

The PSGs will still be scheduled to take place in Week 9 and 10 (over the phone again) and Mrs Katrina Kerr is taking the 1/2 Literacy group every day.

A moment in Prayer

Today we ask God to look after Jenny Kerrins - please join us in praying the Hail Mary.

Hail Mary Full of Grace
The Lord is with you
Blessed are you among women
And blessed is the fruit of your womb, Jesus.
Holy Mary Mother of God
Pray for us sinners now
And at the hour of our death
Amen

God bless, Jen & Mick

AWARDS

Term 3 Week 6



At the moment we are unable to have our usual Assembly on Wednesday afternoons - so we have simply been handing out weekly awards over the PA system. Here are the award winners for the last two weeks:

Balam Balam

Mur Murra

Duan

Mummumburra

Barrangal

Yulawil

Wirrap

Guwak

Njana Nganity

PE

Enviro

Djerriwarrh Hudson-Morgan

Tanesha Gurnett

Brodie Runciman

Imogen Stringer

Hudson Wingrave

Rylee Botheras

Harley Arthur

Kartik Sharma

Cooper Russell, Shakira Mulcahy,

Thando Patterson, Seth Arthur

Lucas Parker

Leo Cronin


HELLO!

MY NAME IS


Mel Bradley

I'm a 3/4 Classroom Teacher

and Lexi's Mum



was "Miss Beames"



Lexi

HOW LONG HAVE YOU WORKED AT ST PETER'S? 4 years

DESCRIBE YOURSELF IN 3 WORDS Unique, Loud, Caring

DO YOU SPEAK ANOTHER LANGUAGE? AUSTRALIAN and Indonesian

SOMETHING THAT'S ON YOUR BUCKET LIST Go to a NHL game in Canada

IF YOU WERE A SUPER HERO, WHAT WOULD YOUR POWER BE? Telepathy

FAVOURITE SPORT/TEAM NHL - Anaheim Ducks AFL - Melbourne

FAVOURITE BOOK? Harry Potter

WHO DO YOU ADMIRE THE MOST My kids in 3/4 Yulawil - they inspire me every single day.

SOMETHING YOU DO TO TRY AND MAKE THE WORLD A BETTER PLACE Sometimes I like to pay for people's coffee's in the drive through behind me

SPORTS PERSON YOU'D LIKE TO MEET? Genevieve Gregson (Olympic 3000m runner)

FAVOURITE JOKE What do you call cheese that isn't yours? NACHO CHEESE

FAVOURITE MEMORY AT ST PETER'S my pre-wedding parade



21st Sunday in Ordinary Time

Something to Think About

Are there aspects of Jesus' teaching that I find too difficult to accept? What are they? Can I speak to Jesus honestly about them, and can I be open to hearing what he says in response?

The Story

"What about you, do you want to go away too?" The teaching and miracles of Jesus left his hearers with a decision: to believe and follow Jesus or to follow the crowd and go their separate ways. Today is no different: fewer practise their faith and truly open themselves to the guidance of the Holy Spirit when they have decisions to make.

The Scriptures

A Reading from the Holy Gospel according to John 6:60-69

When many of his disciples heard it, they said, 'This teaching is difficult; who can accept it?' But Jesus, being aware that his disciples were complaining about it, said to them, 'Does this offend you? Then what if you were to see the Son of Man ascending to where he was before? It is the spirit that gives life; the flesh is useless. The words that I have spoken to you are spirit and life. But among you there are some who do not believe.' For Jesus knew from the first who were the ones that did not believe, and who was the one that would betray him. And he said, 'For this reason I have told you that no one can come to me unless it is granted by the Father.'

Because of this many of his disciples turned back and no longer went about with him. So Jesus asked the twelve, 'Do you also wish to go away?' Simon Peter answered him, 'Lord, to whom can we go? You have the words of eternal life. We have come to believe and know that you are the Holy One of God.'



Reach out to others

We all love to receive a call or message from someone we love. Be that someone today.



Knowing your Teen

When: *Day Session* - Wednesday 8th September
Time: 12.00pm - 1.30pm
When: *Evening Session* - Thursday 9th September
Time: 7.30pm - 9.00pm
Cost: Free
Where: Online Zoom Session
Contact: Reception on 5438 1300

"LORD, TO WHOM
SHALL WE GO? YOU
HAVE THE WORDS OF
ETERNAL LIFE."

JOHN 6:68

St. Peter's Primary School

Ecological

STEWARDSHIP PROJECT



Mrs. Lauren White - Eco-Stewardship Coordinator

"We cannot expect to continue to grow on a material level without taking care of the common home that welcomes us." [Pope Francis, September 16, 2020]

What has lockdown done to the Environment?

During lockdown most people are staying home. With less people out, less cars on roads and less factories working, we have seen less air pollution, less water pollution and less waste blowing across the land. This has definitely helped reduce climate change, water and air quality has improved, habitats are less damaged and the survival chances of animal species has increased.

What can you do to help?

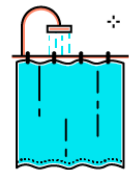
While we are in lockdown and stuck at home (apart from exercising near home) there are a number of things we can focus on to help save the environment. Start with these simple ideas:



- AVOID PLASTIC WRAP & BAGS
- REUSE CONTAINERS & GLASS JARS

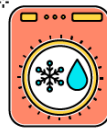
- REUSE PLASTIC BOTTLES

- USE SOAP BARS INSTEAD OF PLASTIC BOTTLES



- TURN THE TAP OFF WHEN BRUSHING YOUR TEETH

- HAVE SHORTER SHOWERS



- WASH CLOTHES IN COLD WATER

- PUT DRAINED PASTA WATER ON YOUR PLANTS

- WASH FOOD IN A SHALLOW BOWL OF WATER

INSTEAD OF UNDER A RUNNING TAP

- USE A LAPTOP/PORTABLE DEVICE



INSTEAD OF DESKTOP

- USE LED LIGHT BULBS



- DELETE OLD & UNWANTED EMAILS
- USE NATURAL CLEANING PRODUCTS

- CHARGE YOUR PHONE IN AIRPLANE/FLIGHT MODE

- UNPLUG UNUSED CHARGES

- SWITCH POWERPOINTS OFF WHEN NOT NEEDED



- HANG CLOTHES INSTEAD OF USER A DRYER

- SHOP LOCAL FOR FOOD

- STORE FRESH FOOD CORRECTLY

- USE CLOTH INSTEAD OF PAPER TOWEL/NAPKINS

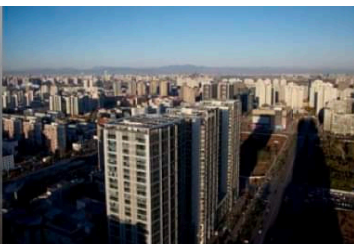


- TAKE CARE OF PLANTS & NATURE NEAR YOUR HOME.



RESOURCE: <https://www.unicef.org>

London



Beijing



DJAK TJARRA

With no classes being held due to the lockdown, I would encourage you to try cooking and gardening at home. Take care of nature if you go outside to exercise and remember this planet we call home is the only one we have!



St. Peter's Primary School Wellbeing

Kristy Dupille & Sheree Jorgensen

Here we go again - Lockdown 7.0. I have no words.
Please take care everyone and please make contact via phone 5443 9319
or email wellbeing@spbendigo.catholic.edu.au if you require any support.

New Peaceful Kids group will start once we are back to face-to-face learning. In the meantime you might like to visit the peaceful kids wesite and do some of the guided meditaions there.
<https://www.peacefulkids.com.au/meditations1.html>



In Kristy's 1/2s Social skills group last week we read "How to make a friend in 6 easy steps" and did a drawing activity related to the book - the kids really enjoyed this and chatted about ways to make friends.



'My name's Rosie. I have fifty-two teeth. Would you like to play with me?'
Rosie's book says making friends is easy: there are six steps to follow. But it's not as easy as she thinks!



Food Boxes will still be available on Fridays during lockdown.
Please get in touch if you require food assistance.



Sheree has been running a wellbeing cooking group each morning and on a Thursday - all the kids have been loving this - a great chance for connection, informal chat and to learn skills around cooking and learning in a creative way. Some of the delicious delights have been waffles, bacon and eggs, scrambled eggs, smoothies, rumballs and fun "pop it" chocolate - fun and delicious!



5/6 art group last week - beautiful spring creations inspired by the flowers that are currently coming out - the blossoms, the wattle, the daffodils.
Beautiful colour and connection.

A reason to smile.

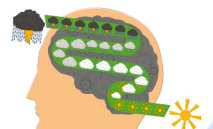


COPING CALENDAR: KEEP CALM. STAY WISE. BE KIND



30 actions to look after ourselves and each other as we face this global crisis together. Please use & share 🙏

- | | | | | | | |
|--|---|--|--|--|--|---|
| 1 Make a plan to help you keep calm and stay in contact | 2 Enjoy washing your hands. Remember all they do for you! | 3 Write down ten things you feel grateful for in life and why | 4 Stay hydrated, eat healthy food and boost your immune system | 5 Get active. Even if you're stuck indoors, move & stretch | 6 Contact a neighbour or friend and offer to help them | 7 Share what you are feeling and be willing to ask for help |
| 8 Take five minutes to sit still and breathe. Repeat regularly | 9 Call a loved one to catch up and really listen to them | 10 Get good sleep. No screens before bed or when waking up | 11 Notice five things that are beautiful in the world around you | 12 Immerse yourself in a new book, TV show or podcast | 13 Respond positively to everyone you interact with | 14 Play a game that you enjoyed when you were younger |
| 15 Make some progress on a project that matters to you | 16 Rediscover your favourite music that really lifts your spirits | 17 Learn something new or do something creative | 18 Find a fun way to do an extra 15 minutes of physical activity | 19 Do three acts of kindness to help others, however small | 20 Make time for self-care. Do something kind for yourself | 21 Send a letter or message to someone you can't be with |
| 22 Find positive stories in the news and share these with others | 23 Have a tech-free day. Stop scrolling and turn off the news | 24 Put your worries into perspective and try to let them go | 25 Look for the good in others and notice their strengths | 26 Take a small step towards an important goal | 27 Thank three people you're grateful to and tell them why | 28 Make a plan to meet up with others again later in the year |
| 29 Connect with nature. Breathe and notice life continuing | 30 Remember that all feelings and situations pass in time | <p>“Everything can be taken from us but one thing: the freedom to choose our attitude in any given set of circumstances” ~ Viktor Frankl</p> | | | | |



ACTION FOR HAPPINESS



www.actionforhappiness.org



after the
BELL
GROWING CURIOUS MINDS

St Peter's OSHC. Newsletter

EXCITING PROGRAM AHEAD TERM 3 - WEEK 8

Monday- Winter wonderland snow globes

Tuesday- Using paper plates and craft supplies create a snowman

Wednesday- Join in the fun of paper lantern making

Thursday- Hemma bead fun

Friday- Using sparkly paper make snowflakes



COOKING CLUB:
pumpkin scones

JOKE OF THE WEEK

WHAT DID THE PEN SAY TO THE PENCIL?
WHAT IS YOUR POINT

JUNIOR LEADER

Elvis is this weeks junior leader helping Michele with our new rules hand print poster. He worked hard on this with Michele Well Done!

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 - Text Message Only

Head Office- 9758 6744

Program Leader- Michele

HIGHLIGHTS





Calling All Dads!

Participants needed:

Fathers of children aged 2 - 18

PROJECT TITLE:

The Impact of Parental Wellbeing and Parent Gender on Parental Perceptions of Sibling Relationships

We are looking for **fathers who have at least two children aged 2 to 18** to complete an online survey about their views of their children's sibling relationships and sibling conflict, use of strategies for parenting support and their own wellbeing levels. The survey is completely anonymous, and the information collected will be used as part of Masters and Honours research projects. Participation involves completing an online survey, which will take approximately 30 minutes and asks a range of questions about parenting and sibling relationships. We are interested in factors that might influence how parents view their children's sibling relationships.

If you are interested in participating, please go to the following link for further information and to complete the survey:

<https://tinyurl.com/ACUParentSurvey>

Or scan the QR code below to take the survey:



Thank you!

Yours sincerely,

Daina Krasts & Emma McGregor

Under the supervision of Dr Emma Little

School of Psychology, ACU

17 Young St, Fitzroy