

*Hello families,*

## Term 4

**Yr 6s** - This term our Yr 6s enter their last term of primary school and begin the transition process to secondary school - such an exciting, yet nerve wracking time for them all. There will be several transition sessions and parent information sessions at the different secondary schools - families are asked to communicate directly with the secondary school to find details. If you need assistance with this you may contact your child's teacher.

**Preps - Yr 5s** - Our other students all prepare for the transition to the next year level. We do a lot at St Peter's to prepare the students for the move across year levels and hopefully most will make the transition smoothly. However, sometimes there will be a student who can become quite anxious and worried and that's ok, but we can all support them by reassuring them that change is a normal part of life. We will support them by doing whatever is needed to help them make the change.

## 2024 Classes

The staff will be working out the class groups for 2024 in the coming weeks. If you have any specific concerns about 2024 please email us directly on [principal@spbendigo.catholic.edu.au](mailto:principal@spbendigo.catholic.edu.au)

## Prep 2024

This is the last call for any more Preps for 2024 - if you know of anyone who is still hoping to enrol their child, please ask them to contact us as soon as possible.

We will be visiting our Prep students at their kinders over the next few weeks and the first of the Prep Transition sessions at school will be 9.30am - 10.30am on Tuesday the 24th of October.

## Program Support Group Meetings (PSGs)

Program Support Group Meetings (PSGs) are an additional meeting that is conducted with the families of students with additional needs. This will be any child who has adjustments made to support their academic learning or social skills. PSGs will happen on various days and times throughout this term either in person or over the phone. Appointments can be booked via the SIMON Everywhere App.

## After School Care Provider

Just a reminder that for the start of Term 4 (and possibly the whole of the term) we will continue to use the YMCA at Lightning Reef for our service. From all reports this service and the travel required, has worked well for our families, so we are hoping it continues to work well for at least part of Term 4. If you have any questions, please give us a call.

## Teacher leave

Mr Wilkinson is away for the first three weeks of term - Mr Emmanuel Kerr will be in Wirrap.

## Junior Unit Swimming Program

The junior unit will be participating in their swimming program this term - please ensure you have completed the permission form via the SIMON Everywhere App.

Where:

**Peter Krenz Leisure Centre (Eaglehawk)**

When:

Week 4: Monday 23rd, Tuesday 24th, Thursday 26th & Friday 27th (October)

Week 5: Monday 30th, Tuesday 31st, Thursday 2nd, Friday 3rd (November)

Times:

P/1: Session 12:50am - 1:30pm (Bus pick up 12:30pm) Get back to school approximately 1:50pm.

1/2: Session 1:30pm - 2:10pm (Bus pick up 1:10pm) Get back to school approximately 2:30pm.

## The new building

As you are aware we have had the COLA end of the school refurbished throughout the first part of this year. While the building is finished, we are still not able to access it as we are waiting for the official sign off. We will let you know as soon as we can access it!!



## *A moment in Prayer*

The month of October is dedicated to the Holy Rosary.

It is a beautiful prayer expressing our love for Jesus and his Mother, 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 & Jeremy*

# UPCOMING

2	OCT, MON	● All day	Term 4 Begins
20	OCT, FRI	● All day	Milo cricket
23	OCT, MON	● All day	Junior Unit Swimming
24	OCT, TUE	● All day	Junior Unit Swimming
26	OCT, THU	● All day	Junior Unit Swimming
27	OCT, FRI	● All day	Junior Unit Swimming
30	OCT, MON	● All day	Junior Unit Swimming
31	OCT, TUE	● All day	Junior Unit Swimming
1	NOV, WED	● All day	Bendigo Cup Holiday
2	NOV, THU	● All day	Junior Unit Swimming
3	NOV, FRI	● All day	Junior Unit Swimming

You can always find this calendar on the home page of our website



LODDON CAMPASPE  
MULTICULTURAL SERVICES PRESENTS:

# ZINDA

MULTICULTURAL FESTIVAL

**SAT 7TH OCT 2023**  
11AM - 4PM | GARDEN FOR THE FUTURE,  
BOSQUET ST WHITE HILLS

LIVE MUSIC • FOOD • CULTURAL PERFORMANCES  
KIDS' ACTIVITIES • ARTS & CRAFTS

[ZINDA.ORG.AU](http://ZINDA.ORG.AU)

**Djaara**  
RELAX & RISE

**LODDON CAMPASPE**  
MULTICULTURAL SERVICES

**BENDIGO**  
CITY OF BENDIGO

**VICTORIA**  
GOVERNMENT

**Bendigo TAFE**

**BENEDICTO**  
BENEDICTO HANDCRAFTS

**BE.BENDIGO**

**WIN**

**VICTORIA**  
multicultural  
celebrating our diversity



Thursday  
**MORNING**  
coffee and catch-up

EACH THURSDAY MORNING AT 9AM

with  
the wellbeing  
team

# Catholic

## IDENTITY



25th Sunday in Ordinary Time

### Something to Think About

Jesus asks us to think about whether our words and actions are in agreement. It is easy to talk, to pronounce and to make statements. It is more difficult to give time, effort and attention.

*Are my actions and words aligned? Does what I do match with what I say?*

*Possibly, after some honest reflection, we may have to admit that we are not really in a position to sit in judgement of others.*

### The Story

Jesus is really challenging us in this gospel. Many of us have said yes to God by our baptism and membership of the Church, but can we say that we always carry out what God is asking us to do? Do we think that because we are practising Christians we are in a privileged position? Do we spend a lot of time praying in church but not doing much loving outside of it? Do we find ourselves speaking in a critical or condescending way of less devout Christians or of people who do not seem to be very moral by our standards?

### The Scriptures ~ Matthew 18:15-20

“Tell me what you think about this: There was a man who had two sons. He went to the first son and said, ‘Son, go and work today in my vineyard.’ The son answered, ‘I will not go.’ But later the son decided he should go, and he went. Then the father went to the other son and said, ‘Son, go and work today in my vineyard.’ The son answered, ‘Yes, sir, I will go and work.’ But he did not go. Which of the two sons obeyed his father?”

The priests and leaders answered, “The first son.”

Jesus said to them, “I tell you the truth. The tax collectors and the heathens will enter the kingdom of God before you do. John came to show you the right way to live. And you did not believe him. But the tax collectors and heathens believed John. You saw this, but you still refused to change and believe him.

## Ecological

### STEWARDSHIP PROJECT



**We are collecting bread tags.  
Please drop them to the office or  
Djak-tjarra.**

### WHO'S AT DJAK-TJARRA

#### THIS WEEK

Tuesday = 5/6 Guwak,  
Wednesday = 1/2 Mur Murra and Thursday = 3/4 Barran-  
gal.

ALL classes run from 12 noon - 1:50pm.  
**DON'T FORGET HATS AND DRINK BOTTLES!**





# St. Peter's Primary School Wellbeing

Kristy Dupille & Sherree Jorgensen  
[wellbeing@spbendigo.catholic.edu.au](mailto:wellbeing@spbendigo.catholic.edu.au)  
 ☎ 5443 9319



**mckern steel™  
foundation**

## Benefitting the health and wellbeing of our Bendigo school children

School visits coming  
in TERM 4

Proudly funded by:



[f](https://www.facebook.com/mckernsteelfoundation) [i](https://www.instagram.com/mckernsteelfoundation) @mckernsteelfoundation



OCTOBER 2023

## Look after your mental health, Australia.

[www.lookafteryourmentalhealthaustralia.org.au](http://www.lookafteryourmentalhealthaustralia.org.au)



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



01  
Join us!

Sign up for our  
campaign and get ready  
for a special October.

### RAISING AWARENESS FOR MENTAL HEALTH AND WELLBEING

02

#### Sharing is caring

Share this calendar to promote  
positive mental health  
and wellbeing.

03

#### Call a family member

Connect with a family  
member or loved one today.  
Be present and open.

04

#### Look after you

How can you be kind  
and loving to yourself today?  
What do you need?

05

#### Show gratitude

What are three things you  
are grateful for?  
Write them down.

06

#### Boundaries

Reflect on your boundaries.  
How can you communicate  
them to others?

07

#### Help-seeking

Check out [lookafteryourmentalhealthaustralia.org.au](http://lookafteryourmentalhealthaustralia.org.au)  
for support and some  
great resources.

08

#### Make connections

Who can you connect with  
today? A neighbour? Family  
member? Friend?

### HOW TO GET INVOLVED WITH WORLD MENTAL HEALTH DAY

09

#### Be kind

Focus on ways you  
can be kind, generous and  
compassionate today.

10

#### World Mental Health Day

Post an image and tag –  
[#MentalHealthMosaic](https://www.instagram.com/mentalhealthmosaic).  
Be part of our digital Mosaic!

11

#### Be colourful

Add some colour to your  
wardrobe to brighten  
up your day!

12

#### Set some goals

Achieving goals builds  
confidence. Write yours  
down (big or small).

13

#### Support others

Check in with your loved  
ones. Tell them you care and  
appreciate them.

14

#### Try something new!

A new coffee shop, new  
clothes, new morning walk,  
new recipe – anything!

15

#### Sleep well

Try to get 7 – 9 hours  
of sleep each night  
this week.

### BELONGING TO A COMMUNITY! AND CONNECTION TO YOURSELF

16

#### Take a walk

Get out into the fresh  
air for a walk. Maybe try  
a new path.

17

#### Be mindful

Take time today to do  
some breathing exercises.  
Look online for tips.

18

#### Self check in

How are you feeling?  
How can you best look after  
yourself today?

19

#### Belonging

As humans, we all crave  
belonging. Who can you reach  
out to today?

20

#### Freshen up Friday

What can you do to feel  
fresh for the weekend? Swim,  
pamper, bath...?

21

#### Explore nature

Try mindfully observing  
nature. What can you smell,  
hear, sense?

22

#### Dance in the morning

Start today with a dance.  
Play your favourite song  
out loud!

### HAVE FUN!

23

#### Laugh

Laughter is key to our  
wellbeing. Watch or listen to  
something funny!

24

#### Movement

How can you move  
your body today and make  
it enjoyable?

25

#### Hobbies

Take up a new hobby  
today! Is there something  
new you want to try?

26

#### Create

Paint, draw, bake, play,  
create. Let your creative side  
shine today!

27

#### Small wins

Celebrate your wins today.  
What are you proud  
of yourself for?

28

#### Meditate

Meditation is a powerful  
tool for our minds.  
Try a new meditation.

29

#### Your toolbox

Reflect on the tips,  
tricks and habits that worked  
for you, and why?

### LOOK AFTER YOUR MENTAL HEALTH EVERYDAY, AUSTRALIA

30

#### Future you

How can you keep practicing  
these tools in your life  
moving forward?

31

#### You did it!

Congratulations on  
committing to look after your  
mental health, Australia!



#LookAfterYourMentalHealthAustralia #MentalHealthMosaic #WMHD2023

#### Need Support?

Lifeline 13 11 14  
Lifeline Text 0477 13 11 14  
Beyond Blue 1300 224 636  
Butterfly Foundation 1800 334 673

Suicide Call Back 1300 659 467  
Kids Helpline 1800 55 1800  
MensLine Australia 1300 789 978  
QLife 1800 184 527

Carer Support 1800 242 636  
SANE Australia 1800 187 263  
Open Arms 1800 011 046

