

St Peter's Primary School

NEWSLETTER

Issue No. 7
23 March 2020

Good afternoon,

Extended Holidays

As you are all aware the Victorian Government has made the decision to start the Easter School Holidays as of tomorrow. The return date is Tuesday the 14th of April - however this is subject to change. Please keep your eyes on the media, your emails, the Community Circle Facebook page, PAM App and your text messages for further updates.

Work Packages

If school does not resume on April 14th, we will have packages of work for the students to complete at home. You will be notified on how and when to collect these packages.

Please make sure your contact details are up to date so we can keep you informed.

Winter Uniform

Just a reminder that when school returns we will have the change over to winter uniform. There is a gradual change over so that by April 25th everyone is in winter uniform.

Easter Raffle

We have decided to postpone the Easter Raffle. Many people had not returned sold tickets - so we will draw the raffle upon our return to school after the holidays.



Awards

Mummumburra: Katrina Hakim

Balam Balam: Djerriwarrh Hudson-Morgan

Mur Murra: Elle Pusa

& Kadisha Moore

Duan: Grace Ford

& Jasmine Hkee

Barrangal: Oscar Mathers-Jones

Wirrap: Seth Arthur

& Addison Keller

Guwak: Charlotte Stingel

Njana Nganity: Richshell Pichett

& Madalitso Patterson

Enviro: 1/2 Duan

PE: Mummumburra

Co-Principal Award

Last week's Co-Principal award went to Chelsea Howell. Chelsea has been showing all 4 school values consistently throughout the year. Chelsea has been particularly consistent at showing Care for Others, checking in with others around their work and wellbeing. Well done Chelsea - what a remarkable role model to have in our school.

What we are praying for....

At this time we are asking God to look after everyone in our community.

We are asking for guidance and strength to look after each other and those most vulnerable in our society.

Help us to follow the rules and recommendations given by the government to reduce the impact of this virus on our beautiful country.

Stay safe, God Bless,

Jen & Mick

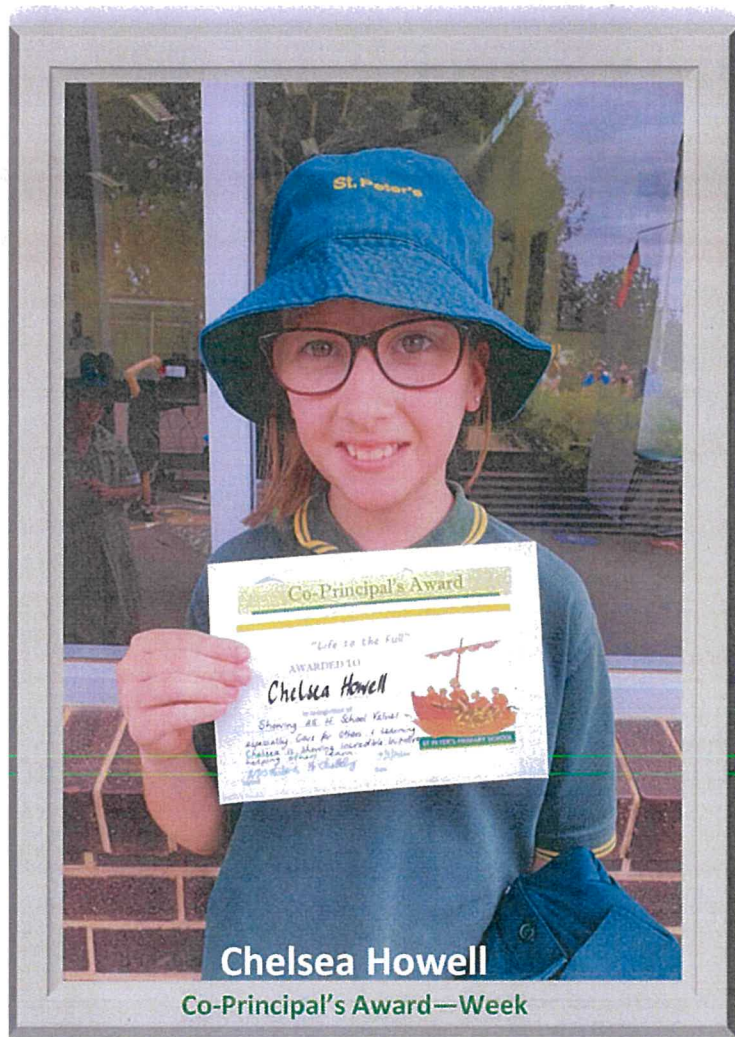
Co-Principals: Mrs Jennifer Roberts & Mr Michael Chalkley

23-45 FENTON STREET, NORTH BENDIGO 3550

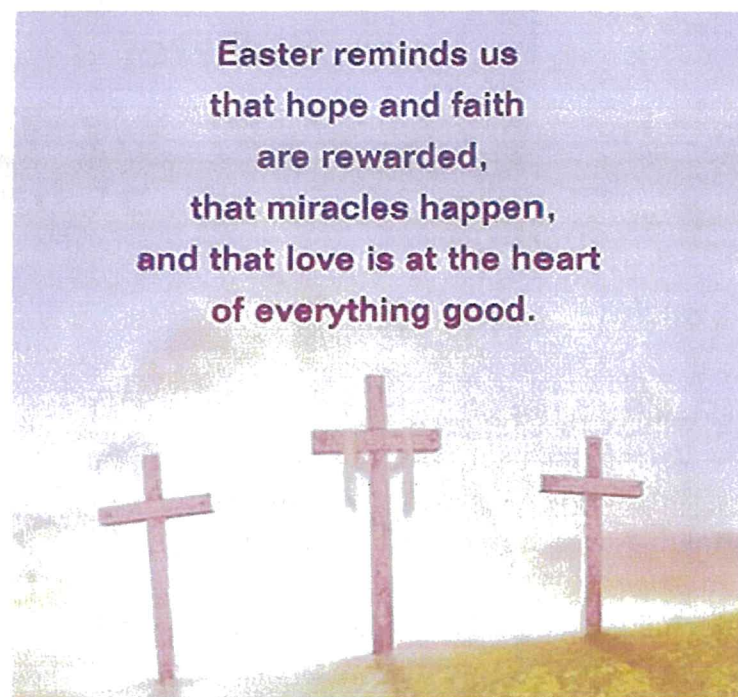
Email: admin@spbendigo.catholic.edu.au

Phone 03 5443 9319 Fax 03 5443 9722

Web: www.spbendigo.catholic.edu.au



Chelsea Howell
Co-Principal's Award—Week



The Easter Raffle draw has been postponed until our return to school in Term 2



Health & Wellbeing

SLEEP TIPS

Sleep is vital for children's growth, learning and development. Having a good sleep every night makes your child happier, helps them to concentrate and remember things, and improves their behaviour.

How much sleep do children need?

The amount of sleep we need changes with age. Everyone is different, but as a guide, children need the following amounts of sleep every night:

Ages 3 to 5: 10 to 13 hours

Ages 6 to 13: 9 to 11 hours

Ages 14 to 17: 8 to 10 hours

Getting enough sleep is vital for your child's physical health, brain function, emotional wellbeing, safety, and ability to function day to day. Not having enough sleep or not sleeping well can affect how children learn and lead to mood swings and behavioural problems.

Tips to help children sleep well

Getting enough sleep is as important for your child as healthy eating and exercising. Here are some tips to help your child fall asleep, stay asleep and get enough good quality sleep.



Look after yourselves and one another during the break

Establish a sleep schedule: Make sure your child goes to bed early enough to get the sleep they need. Once you have set an appropriate bed time, stick to it - even at the weekend.

Establish a bedtime routine: Follow the same routine every day: bath or shower, change into pyjamas, brush teeth, read or spend quiet time in their bedroom, lights out and go to sleep.

Turn off technology: Turning off computers, tablets and television 1 hour before bedtime should help your child sleep better.

Help your child wind down: Busy children need some time to relax. Consider playing soft music or reading to them.

Make sure the bedroom is suitable for sleep: Ensure the bedroom is dark and quiet. If your child is anxious or afraid at night, use a night light.

Avoid stimulants: Make sure your child avoids tea, coffee, chocolate or sports drinks, especially in the afternoon.

<https://www.healthdirect.gov.au/sleep-tips-for-children>

Catholic Identity

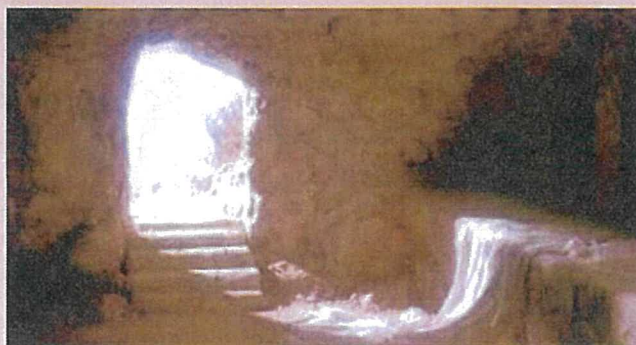
Mr P, Catholic Identity Coordinator

In Australia we haven't had an event that has reshaped society like what the Coronavirus has. It will affect all aspects of our human life, locally to globally.

All over the world we have seen and heard stories of loss, heartbreak and death. Small businesses are closing down. Human interaction is restricted. Thousands of lives have been lost.

It is difficult to see the light on the other side with all this suffering in the world.

As Christians, we have seen this suffering before. Easter is a time of the year where we remember the suffering that Jesus went through. Jesus had the whole world turn on him, was spat on, mocked, ridiculed. Even the Father left him. The death of Jesus was a time of darkness and uncertainty.



But God, even in that darkness, was able to make something beautiful out of it. Out of that darkness came our salvation. Out of all of Jesus' suffering came the most beautiful thing we could ever have - Eternal Life was granted to us.

*May God bless us all at this time,
keep us safe and keep us focused on
God's mercy and love.*



**ENHANCING CATHOLIC SCHOOL
IDENTITY**

Dear Parents & Carers,

We would love as many of our parents to complete this survey so that we have the most accurate information about the Catholic Identity of our school.

If you want to complete the survey you can access the survey at <https://www.schoolidentity.net/empirical/>.

From there, follow these steps:

- Click on 'New User'
- Use the bottom box saying 'Select the group you belong to' and choose 'St. Peter's - North Bendigo (E3047)'
- Record your username and password (This is so you can access the surveys again after you log out)
- Click next. From then on, choose the options that best apply to you here at St. Peter's.

If you have any questions please don't hesitate to contact me on my email (below) or come and speak to either Jenny, Mick or myself.

Thanks and God bless
Mr. Podosky

ECOLOGICAL STEWARDSHIP PROJECT



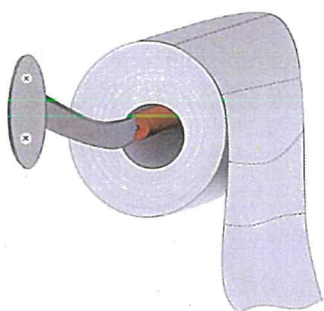
By Mrs Lauren White, Eco-Stewardship Coordinator

"Don't be afraid, just believe."

(Mark 5:36)

WHAT **CAN** BE FLUSHED?

Toilet paper is the only type of paper or material that can be flushed down our toilets without causing problems to our sewage system.



WHAT **CANNOT** BE FLUSHED?

Paper-towel, tissues, wipes, serviettes, cotton wool, sanitary items, nappies, dental floss, band-aids, medicines, hair and even flushable wipes are NOT to be flushed down our toilets.



WHAT COULD HAPPEN?

If people flush items down the toilet that shouldn't be flushed it can cause problems in the home, and at wastewater treatment plants and networks. These items stick together and can block pipes and pumps, which leads to flooded gardens and homes. Some items also end up on our beaches...GROSS!!



TIP

Have a bin in the bathroom, so nobody's tempted to flush litter.



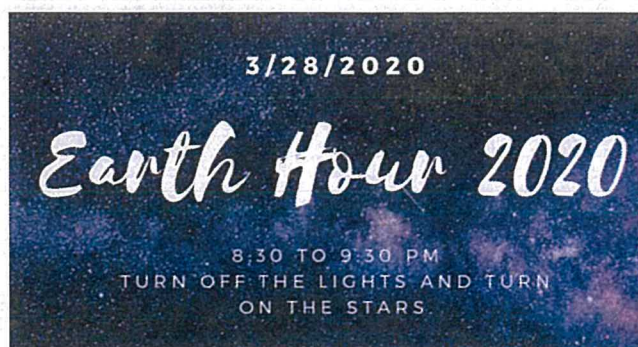
UPCOMING EVENTS

'Earth Hour' : Saturday 28th March,

8:30pm - 9:30pm

*Give our poor old Planet
a well deserved break!!*

*You can turn your lights and devices off
at home for an hour (or more) to show your
solidarity with those suffering from
the effects of climate change.*





after the
BELL
SHOWING CULTURE IN 2018

St Peter's OSHC Newsletter

EXCITING PROGRAM AHEAD

Monday - Today we are planting seeds and watch them grow.

Tuesday - We will make a flower thermometer today.

Wednesday - Come join us as we make a bird feeder to hang in our garden.

Thursday - Handmade Easter cards

Friday - We will make an Easter basket to take home.



COOKING CLUB

We will be making
Sweetcorn Fritters

JOKE OF THE WEEK

Q: Why were the apple and orange
all alone?

A: Because the banana split!

JUNIOR LEADER GOES TO

Harley is our Junior Leader this week, He knows how to make a great paper plane and helps others to make theirs

HIGHLIGHTS

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



MARCH/APRIL 2020

SUN	MON	TUE	WED	THU	FRI	SAT
22 MAR	23 MAR END OF TERM 1	24 MAR	25 MAR	26 MAR	27 MAR	28 MAR 60+ EARTH HOUR 8.30pm
29 MAR	30 MAR	31 MAR	1 APR	2 APR	3 APR	4 APR
5 APR palm SUNDAY Daylight Savings ends	6 APR	7 APR	8 APR	9 APR	10 APR GOOD FRIDAY	11 APR EASTER SATURDAY
12 APR EASTER SUNDAY	13 APR	14 APR START OF TERM 2	15 APR EASTER RAFFLE DRAW TBC	16 APR	17 APR	18 APR



Did you know your child's best learning time is the start of the school day?
That's when every minute counts the most. Please try and be on time all day, every day!

SIGNIFICANT DATES

March

- Monday 23: End of Term 1

April

- Friday 10: Good Friday
- Saturday 11: Easter Saturday
- Sunday 12: Easter Sunday
- Monday 13: Easter Monday
- Tuesday 14: Term 2 Commences



Uniform Shop

TUESDAYS 8:30—9:00am
THURSDAYS 3:00—3:30pm

Term Dates 2020



Term 1: Fri. 31 Jan - Fri. 27 Mar
Term 2: Tue. 14 Apr - Fri. 26 Jun
Term 3: Mon. 13 Jul - Fri. 18 Sep
Term 4: Mon. 5 Oct - *Fri. 18 Dec



23- 45 Fenton Street,
BENDIGO NORTH. 3550

Ph: 03 5443 9319

Fax: 03 5443 9722

Email: admin@spbendigo.catholic.edu.au
www.spbendigo.catholic.edu.au

'Life to the Full'

Dear Parents and Carers

March 23, 2020

We write to you to confirm that our school will follow the recommendation from the Victorian Government and the Chief Medical Officer that school holidays commence from Tuesday 24 March. As a result, Monday 23 March will be the final day of classes for Term 1, 2020.

For those parents who are currently working in essential services (ambulance, fire, hospitals, medical profession etc), the school will be providing supervision for their children during school hours for the remainder of this week. If you are intending to send your child to school, could you please notify the school as to the essential service you are involved with along with your child's name, this will allow us to have adequate supervision during the day. As of Tuesday the 24th of March, After the Bell will only cater for children whose parents are working in the essential services. The program will operate for those families until the end of the week and normal charges will apply.

We expect that Term 2 will begin on Tuesday 14 April, which is a student-free day, with students returning as scheduled on Wednesday 15 April.

Any changes to these dates will be guided by the ongoing advice of the Chief Health Officer, and will be communicated to parents.

DHHS has a number of resources on their website, which explain the virus, detail risk reduction practices and behaviours and answer frequently asked questions. The website address is www.dhhs.vic.gov.au/coronavirus.

You can also find information about Catholic education's response at <http://www.ccecv.catholic.edu.au/Coronavirus-information-for-parents>.

In the meantime, we thank all in our community for your ongoing understanding as we seek to keep our school communities safe.

Further updates will be provided if there are additional changes.

If you have any queries or concerns, please contact the school.

Yours sincerely

Jenny Roberts and Michael Chalkley
Co-Principals

Protect yourself and your family

Wash your hands regularly



1

Wet your hands.



2

Put soap on
your hands.



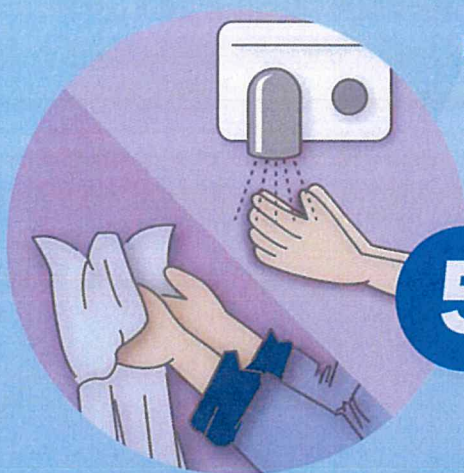
3

Rub the soap over all
parts of your hands for
at least 20 seconds.



4

Rinse your
hands under
running water.



5

Dry your hands thoroughly
with disposable paper towel
or hand dryer.

Stay germ free and healthy

Protect yourself and your family

Cover your cough and sneeze



1

COVER your mouth and nose with a tissue when you cough or sneeze.

Put your used tissue in the rubbish **BIN**.

2

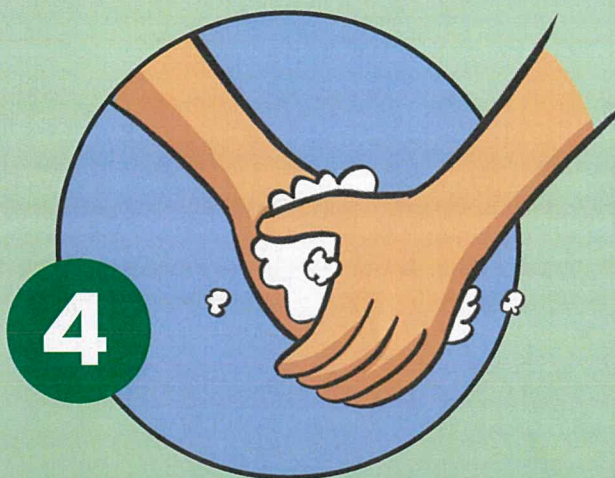


3

If you don't have a tissue, cough or sneeze into your upper sleeve or elbow, **NOT YOUR HANDS**.

WASH your hands with soap and running water. Dry your hands thoroughly with a disposable paper towel or hand dryer.

4



Stay germ free and healthy



SUGGESTIONS Natural Ways of Learning in the Home

Pastoral Wellbeing Team
Catholic Education Sandhurst
March 2020

Practical, low cost and easy to access ways to tap into the six natural ways of learning at home with your children.

Play

- ☐ Schedule outdoor and indoor play opportunities through the day.
- ☐ Encourage play in bedrooms or other rooms in the house - change locations!
- ☐ Make a fort, cubby or tent out of a sheet or blanket.
- ☐ Construct a town with blocks.
- ☐ Free play with construction materials - blocks, packaging, etc...
- ☐ Water play with kitchen items in the bath or kiddy pool. (*Supervise water activities!*)
- ☐ Sand play with sandpit toys or kitchen items.
- ☐ Set up an actual tent outside (or inside) - pretend camp.
- ☐ Imaginary play with 'loose parts' i.e. collection of random, recycled or small household items e.g., buttons, spools, nuts & bolts, scraps of material, pieces of wood, etc...
- ☐ Look for minibeasts in the backyard e.g., snails, worms, slaters, etc...
- ☐ Play shops, businesses, jobs and or roles e.g. what would you like to be when you grow up?
- ☐ Play superheroes or story characters. Play dress ups.

Games

- ☐ Card games.
- ☐ Board games.
- ☐ Invent a card or board game - test it - improve it - play it!
- ☐ Computer games. (*Monitor & limit screen time!*)
- ☐ Hold a family Lego building competition.
- ☐ Create a family version of a favourite TV gameshow!
- ☐ Play charades.
- ☐ Use scrabble pieces or letters written on paper squares to make words.
- ☐ Stand face to face. One person 'perform' actions - other person 'mirror' actions. Swap roles.



Story

- ☐ Read books, magazines, comic books, newspapers, brochures, etc...
- ☐ Sign up for online book sites for children.
- ☐ Read with your children e.g., a paragraph or page each - take turns!
- ☐ Make up & tell stories. Make books!
- ☐ Create written stories or play scripts - act them out!
- ☐ Write a song and perform - record yourself and replay!
- ☐ Write 'choose your own adventure stories'.
- ☐ Ring up a friend or relative and read or sing to them.
- ☐ Ask a friend or relative to phone and read to your child.
- ☐ Write and perform poems.
- ☐ Play rhyming games.
- ☐ Play 'I' spy.
- ☐ Brainstorm fairy story plots, characters and write/act your own. Change the endings!
- ☐ Make flashcards with characters, settings, events and problems. Draw cards from each pile and create, write or act out story using the drawn idea suggestions.

Dialogue

- ☐ Discuss memories of events, experiences e.g., outings, school excursions, etc...
- ☐ Hold a mock debate.
- ☐ Ask open ended questions e.g., Can you tell me of your favourite holiday?
 - Tell me about where you would like to visit in the world and what you would do there?
- ☐ Act out a comic book or cartoon strip taking parts of the characters and reading or paraphrasing the text.
- ☐ Set up a 'newsdesk' in the loungeroom. Write and share 'breaking' news stories on given topics. Discuss the 'news' items as a 'panel'.
- ☐ Finish one another's sentences. Do this as a 'funny' conversation.



Art

- ☐ Make and do with recycled products, sticky tape, glue, etc...
- ☐ Make pictures in shaving cream on a table.
- ☐ Make flour-based playdough or 'playdoh' to create objects.
- ☐ Introduce your children to your music - pull out your tapes, vinyl records. (If you still have them!)
- ☐ Dance - teach children the Bus Stop, Macarena, Nutbush, etc... (Invent a new dance!)
- ☐ Draw pictures in a sand tray e.g. baking tray with thin sand layer.
- ☐ Create pictures from squiggles or scribbles on a page.
- ☐ Collect natural items from the yard and make a picture.
- ☐ Design and make jewellery from threadable items and string.
- ☐ Use textas to create a design on a white or light coloured shirt.
- ☐ Make mud cakes, pies, pictures or pottery items.
- ☐ Draw your dream house, car, holiday location, etc...

Ceremony

- ☐ Put out family photos, photo albums.
- ☐ Watch home movies of family events.
- ☐ Have your child plan their next birthday party or family event - create a guest list, make invitations, make a list of party needs, brainstorm games & activities, make party hats / streamers / decorations. You can store this 'party pack' until later.
- ☐ Hold a mock celebration.
- ☐ Organise a family disco. Create playlists, decorations, invitations, posters.
- ☐ Cook or create the family meal together with your children (Breakfast, snacks, lunch, & dinner!)
- ☐ Plan and hold a fashion parade. Design new fashions!
- ☐ Design and hold a family olympics. Create a number of events to participate in. Include the presentation ceremonies after each event. Make flags to represent your team.

