

OFFICE HOURS

Monday - Friday
8.30am to 4.30pm
Tel: 5443 9319

UNIFORM SHOP

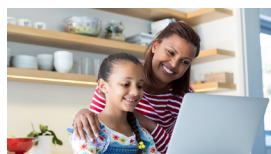
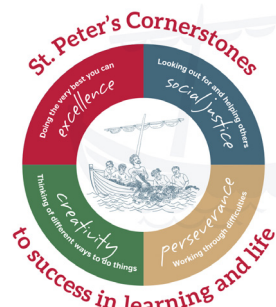
Closed for the time being.
Please call the office with
any enquiries or orders.

AFTER THE BELL

AFTER SCHOOL CARE
PH: 0448 375 923

TERM DATES

This term finishes
Friday 18th September.
T4: 5/10/20 - 18/12/20
2021
T1: 28/1/21 - 1/4/21
T2: 19/4/21 - 25/6/21



Webex Schedule:		Time
Mummumburra	Thu	12pm
Duan	Wed	10am
Mur Murra	Thu	10.30am
Balam Balam	Tue	12pm
Yulawil	Thu	10am
5/6 Unit	Fri	10am

Good afternoon families

Return to school in Term 4

Yesterday Premier Daniel Andrews announced some changes to Victoria's recovery plans - "Road Map". **Term 4:**

Week 1 - October 5th - Remote Learning continues - Learning Packs to be collected from school at 9am on Monday morning October 5th.

Week 2 - October 12th - **ALL CLASSES RETURN TO ST PETER'S** from Monday October 12th.

We will still have some safety measures in place - including parents and carers staying in their cars and not coming up into the school. Adults will still have to wear masks and we will continue with social distancing at all times. Again - we will have lots of staff down at the carpark in the mornings for children who will need a little encouragement returning to school. Last time the children were brilliant at returning and settled in immediately - let us hope and pray that it is the same this time around.

Learning Pack Collection

Thank you to everyone who was able to pick up the Learning Packs on Friday afternoon - we hope someone got to enjoy the Father's Day Treats!! This Learning Pack will see us through to the holidays.

You will have seen in that pack that you have the necessary materials to make your own "Spoony" to add to our Spoonville community - please return them when you are next at school.

**Please check if your child had a Medical Form in their Learning Pack - and if so - return it to the office the next time you are at the school.



Summer Uniform

All children and staff are expected to wear a hat from the start of Term 4. We appreciate that lots of kids are going to need new pieces of summer uniform and new hats. Please call the office for all uniform orders and enquiries.

What we are praying for....

Dear God please give us all the patience and understanding we need to accept the continued restrictions from the government and do our best to help stop this virus. Help us to all continue to do the right thing so we can all return to school for Term 4!!


Bless our friends and family living in Melbourne - Help them to look after themselves and stay positive in this difficult time.

Amen

St Kilian - Pray for Us.

St Peter - Pray for Us.

Stay safe, God bless, Jen & Mick



What are you up to during remote learning?

GIVE US A CANTEEN!!!

1. Yes because you might forget to bring your lunch if this happens then you can just get something from the canteen if you have to bring money that is.

3. You could get sick of the same food over and over again but at the canteen you can get something different every day.

5. You now must agree that we should have a school canteen because of the reasons above.



Nargis Bastakoti, Grade 4.



St. Peter's Primary School Wellbeing

Stacey Frost & Kristy Dupille

Despite school being a little different at the moment, Stacey (school social worker) and Kristy (wellbeing worker) are still available and ready to provide any support to our families, especially in these uncertain and challenging times. We can be contacted at: wellbeing@spbendigo.catholic.edu.au or you can call the school during regular school hours to speak to one of us or the principals. *Take Care, Kristy & Stacey.*



ACTION CALENDAR: SELF-CARE SEPTEMBER 2020



MONDAY



7 Remember it's ok not to be ok. We all have difficult days

14 Talk kindly to yourself like you would to someone you love

21 Remind yourself that you are loved and worthy of love

28 Accept your mistakes as a way of helping you make progress

TUESDAY

1 Remember that self-care is not selfish. It's essential

8 Notice the things you do well today, however small

15 Find a caring, calming phrase to say to yourself when feeling low

22 Look at photos from a time with happy memories

29 Write down three things you appreciate about yourself today

WEDNESDAY

2 Be willing to share how you feel and ask for help when needed

9 Avoid saying 'I ought to' or 'I should' to yourself

16 Notice what you are feeling today, without any judgment

23 Let go of other people's expectations of you today

30 You matter. Remember that you are enough, just as you are

THURSDAY

3 Free up time in your diary by cancelling any unnecessary plans

10 Give yourself permission to say No to requests from others

17 Leave positive messages for yourself to see regularly

24 Ask a trusted friend to tell you what they like about you

FRIDAY

4 Forgive yourself when things go wrong. We all make mistakes

11 Aim to be good enough, rather than perfect

18 Don't compare how you feel inside to how others appear outside

25 Release yourself from inner demands and self-criticism

SATURDAY

5 Plan a fun or relaxing activity this weekend and make time for it

12 Let go of being busy. Allow yourself to take some breaks today

19 Get active outside and give your mind & body a natural boost

26 Find a new way to use one of your strengths or talents today

SUNDAY

6 Focus on the basics: eat well, exercise and go to bed on time

13 Make time today to do something you really enjoy

20 No plans day - make time to slow down and be kind to yourself

27 Take your time. Make space to just breathe and be still



Self-care is not selfish. You can't pour from an empty cup



ACTION FOR HAPPINESS



www.actionforhappiness.org

Learn more about this month's theme at www.actionforhappiness.org/self-care-september

Keep Calm · Stay Wise · Be Kind

Breakfast Club is on every day from 8:30-9:00 in the Djak Tjarra. Lots of yummy brekky options including hot milo, toast and cereal.

Food Boxes

We have lots of food available thanks to **Foodshare** and **One Box**.

We are also very fortunate to have the support of Georges Bakehouse. If you would like a food box sent home please e-mail us or chat to Jen, Mick, Tyler or Sherree.



COVID-19 Assistance from the City of Greater Bendigo

The City of Greater Bendigo has a number of services and supports available through a helpline to assist families impacted by COVID-19, including general information and advice, food relief, financial relief information, etc.

The City of Greater Bendigo Helpline information is available 7 days a week on phone 5434 6237 or via email covid19relief@bendigo.voc.gov.au

Information is also available on www.bendigo.vic.gov.au



“If your brother or sister listens to you, you will have won that person back.”



The Story

In the gospel story today, Jesus teaches his followers about how they should live in community with one another. Jesus gives his disciples some advice about what to do when members of the community make a complaint or refuse to listen.

It is important for people to belong to a community. Belonging makes us feel secure and loved. Jesus wants us to live together as one happy family.

The Scriptures

A reading from the holy gospel according to Matthew 18:15-17

If your brother or sister listens to you, you will have won that person back.

Jesus said to his disciples:

“If one of my followers sins against you, go and point out what was wrong.

But do it in private, just between the two of you.

If that person listens, you have won back a follower.

But if that one refuses to listen, take along one or two others.

“The Scriptures teach that every complaint must be proven true by two or more witnesses.

If the follower refuses to listen to them, report the matter to the church.

“Anyone who refuses to listen to the church must be treated like an unbeliever or a tax collector.”

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

St. Peter's Primary School

Ecological

STEWARDSHIP PROJECT



Mrs. Lauren White - Eco-Stewardship Coordinator

"Everyone's talents and involvement are needed to redress the damage caused by human abuse of God's creation."

(SOUTHERN AFRICAN CATHOLIC BISHOPS' CONFERENCE,

Pastoral Statement on the Environmental Crisis, 5 September 1999)



WHAT IS THE SEASON OF CREATION?

The Season of Creation is a time where Christian communities pray and reflect on how people can better care for creation and be closer to God our Creator.

WHEN IS THE SEASON OF CREATION?

The Season of Creation begins on the 1st of September and finishes with the feast of Saint Francis of Assisi on the 4th of October.

WHY DO WE HAVE THE SEASON OF CREATION?

The Season of Creation is an annual celebration of prayer and action to protect our common home. Creation is a precious gift from God that needs to be protected and cared for by and for the sake of everyone. This year it coincides with the 5th anniversary of the encyclical Laudato Si written by Pope Francis in 2015.

HOW CAN WE GET INVOLVED IN THE SEASON OF CREATION?

We can get involved in the Season of Creation celebrations by:

- Praying- regularly for creation, ecological conversion and God as Creator
 - Reflecting on caring for creation- participate in an online Laudato Si' study group or Global Catholic Climate Movement webinar
 - Reducing our ecological footprint- explore ways the community can transition away from fossil fuels, considering meat free Fridays and following the reduce/reuse ideology
 - Advocate- encourage and educate others on taking action for climate change.
- *RESOURCE: <https://catholicearthcare.org.au/2015/08/season-of-creation-september-1-october-4/>

Upcoming EVENTS

MONTH OF
SEPTEMBER

Save the Koala Month -

September: the whole of September is dedicated

to raising awareness, raising funds and sharing the love of our Koalas. Get more information at <https://www.savethekoala.com/how-to-help/save-koala-month>

7th
SEP

National Threatened

Species Day, Monday 7th: raises awareness of plants and animals that are at

risk of extinction. Over the last 200 years more than 100 species have become extinct! Find out more at <https://www.wildlifevictoria.org.au/>

7th-13th
SEP

National Landcare Week,

Monday 7th - Sunday 13th September: celebrates the thousands of Australian

Landcare/environmental care community groups and volunteers. Visit <https://landcareaustralia.org.au/> to find out more.

13th
SEP

National Bilby Day,

Sunday 13th September: celebrates and educates the community on the

'Save the Bilby Fund' and their commitment to the recovery of wild bilby populations and saving the species from extinction. <https://www.planeta.com/national-bilby-day/>



We are SunSmart - a note for families



Too much UV can cause sunburn, skin and eye damage and skin cancer.

Overexposure to UV during childhood and adolescence is a major factor for future skin cancer risk.

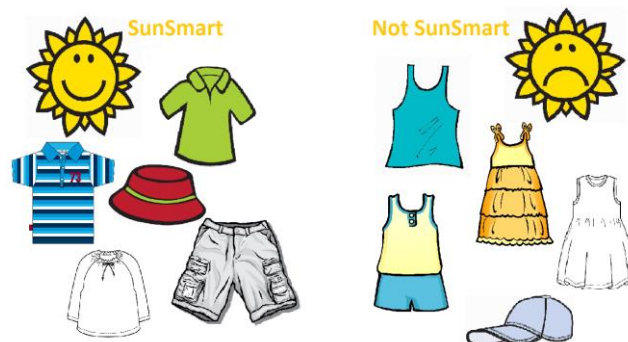
You can't see or feel the sun's UV so don't be fooled. Whatever the weather, if the UV levels are three or more, it's important to **Slip, Slop, Slap, Seek and Slide!**

Our service aims to protect children and staff from too much UV to help minimise future skin cancer risk. We are a registered member of the Cancer Council Victoria's SunSmart Program. Please help support our SunSmart membership by ensuring your child follows the SunSmart measures encouraged by educators.

During the daily local sun protection times (issued whenever UV levels are three and above), use these 5 SunSmart steps – even if it's cool and cloudy.

1. **Slip on a shirt** - dress your child in clothing that covers as much skin as possible (e.g. elbow length tops with a higher neckline or collar and longer style shorts or skirts). Densely woven fabrics are best.
2. **Slop on SPF 30 (or higher) broad-spectrum, water-resistant sunscreen** – apply a generous amount of sunscreen at the start of the day and provide permission for sunscreen to be reapplied to your child before they go outdoors. This should be applied every two hours. From 3 years of age, please help your child apply their own sunscreen so they can start to learn independent skills.
3. **Slap on a hat** – one that protects the face, neck and ears such as a broad brimmed, legionnaire or bucket style hat. Peak caps do not offer enough protection and are not recommended by SunSmart. Please help your child remember to bring and wear their approved sun hat.

4. **Seek shade** – choose shady spots for play whenever possible.
5. **Slide on some sunglasses** - if practical and approved by the service. Make sure they are labelled AS 1067 and cover as much of the eye area as possible.



Sun protection times

Don't just wait for hot and sunny days to use sun protection. Check the sun protection times each day so your family can be protected when they need to be.

Daily local sun protection times and weather details are available on the free SunSmart app or widget, in the weather section of the newspaper and on the SunSmart website at sunsmart.com.au. Sun protection times can also be found at the Bureau of Meteorology website and live UV levels are available from ARPANSA.



Further information contact SunSmart
P: 03 9514 6419
E: sunsmart@cancervic.org.au
W: sunsmart.com.au



after the
BELL
GROWING CURIOUS MINDS

St Peter's OSHC Newsletter

EXCITING PROGRAM AHEAD

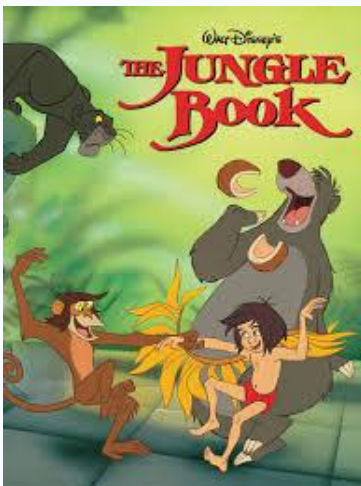
Monday- Today we are going to use our craft supplies to make fluffy jungle birds.

Tuesday- Jungle tree creations who will live in your jungle tree?

Wednesday- Let's create big cat masks.

Thursday- Sit back and relax and Michele will read "The Jungle Book Story"

Friday- Jungle activity sheets learning about the jungle.



JUNIOR LEADER GOES TO

Bella is this weeks junior leader, she has been away on remote learning and she has come back into OSHC with lots of manners and smiles.
Well Done!

JOKE OF THE WEEK

Q: What happens when you tell an egg a joke?

A: It cracks up!

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



SCHOOL HOLIDAY PROGRAM SPRING 2020

WEEK ONE 21 SEPT - 25 SEPT

CREATE WITH PAPER

Mon 21 Sept



Get creative making and decorating your own papier mache sculpture and have fun with paper themed games and activities.

LEGO MASTERS

Tue 22 Sept



You've seen the show, now test yourself in our Lego Masters day. Use your Lego skills with your team to complete the Lego Challenges. Lots of brick building fun!

SPACE DAY

Wed 23 Sept



Join us as we travel to outer space for some fun, out-of-this- world activities! From rockets to moon sand we explore all things space!

BOOK MANIA

Thur 24 Sept



Come dressed as your favourite book character and enjoy games, activities and art all about books.

AROUND THE WORLD

Fri 25 Sept



Pack your bags and travel with us as we explore art, craft and food from different countries around the world.

WEEK TWO 28 SEPT - 2 OCT

CAMPING FUN

Mon 28 Sept



We bring the camping fun to us. Enjoy toasted marshmallows by the fire plus fun games and activities throughout the day.

CRAZY CARTOONS

Tue 29 Sept



Learn the art of cartoon drawing with our virtual class then make your own picture frame to display your art. Relax in the afternoon with one of your favourite cartoon movies.

LIFE IS LIKE A DREAM

Wed 30 Sept



Have a dreamy day making dream catchers, friendship bracelets and other dreamy activities. Oh so relaxing!

ART ATTACK

Thur 1 Oct



We explore many ways to make art using clay, paint and even recycled materials. What masterpiece will you create?

PARTY DAY*

Fri 2 Oct



It's party time! Come along and celebrate the last day of the holidays with heaps of fun games, activities and yummy food!

*Please speak to service about any dietary requirements

\$84 per day - bookings can be made through your My Family Lounge account

What to bring: Don't forget your broad brimmed, bucket or legionaries hat, sunscreen, snacks, lunch and drink bottle.

BENDIGO
SCHOOL HOLIDAY
PROGRAM

Lightning Reef Primary School | 74 Holmes Rd, North Bendigo VIC 3552

p: 0428 516 192 | e: bendigohp@ymca.org.au | w: childrensprogram.ymca.org.au

