



St Christopher's Newsletter

St Christopher's Primary School
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PRINCIPAL:

Adrian Glasby

DEPUTY

PRINCIPALS:

Colleen Mahoney
Faith & Organisation

Denis Johnstone
Students, Staff &
Community

Term 3, Week 7
25 August 2022

Message from Adrian

Dear parents/carers,

Last week I attended Year 5 camp with Year 5 G and Year 5 B. They had a wonderful experience as did the Year 5 M and Year 5 W who went after the camp I went on. The students were pleasingly really well behaved and represented themselves, their families and their school in a positive and respectful manner. It was great to continue to see our camp programs running and back to a full range of activities. The students and the staff did an 8km bike ride, made wood fired pizzas, went on a beach walk, played many sports, cooked marshmallows and had a disco just to name a few things.

In this newsletter Colleen Mahoney has highlighted some new plans we have for creating more community celebrations based around our faith for term 4 and for 2023. Coming out of the COVID period we look forward to celebrating the season of Advent and preparation for Christmas with you and your children together as an STC community.

A reminder to all that Monday August 29 is a school closure day for professional learning for staff and is a student free day. As discussed in previous newsletters this day was an extra professional development day granted to all Melbourne Archdiocese Catholic Schools. Due to the fact that there have been staff shortages due to illness and the resulting reduction in relief teachers, has made it difficult to release teachers for professional practice time. St Christopher's teachers will be working on completing their professional learning journals and data reflections during this time.

I have received a number of calls/emails about some near misses with parents and their children crossing Roberts Road outside of the school crossing area recently. I'm asking all parents to use the crossing even though it may be slightly out of the way, for the safety of your children and to model the correct behaviour to all of our children. Please use the crossing!

TERM 3 2022 Upcoming Dates & Events

AUGUST

Friday 26 - Book Week Dress Up Day

Monday 29 - Staff Professional Learning - **SCHOOL CLOSURE DAY**

Tuesday 30 - Year 6 Graduation Photo

SEPTEMBER

Thursday 8 - 12pm finish for Parent Teacher Interviews

Friday 16 - Last Day of Term 3 - 12pm finish

Coming up

[**SCHOOL HOLIDAYS: Saturday 17 September to Sunday 2 October**](#)

OCTOBER

Monday 3 - Term 4 starts

Adrian Glasby
Principal

Wellbeing at St. Christopher's

Dear Parents and Carers,

The countdown is on to the end of winter! Not long to go now before we are welcomed by Spring and all the hope and optimism that this season brings. I for one am looking forward to not freezing out the front on yard duty each morning, my hairstyle is not made for the cold weather. Last weekend my entire family on my mother's side got away for a magical weekend to Wilsons Promontory. The weekend was filled with spectacular landscapes, hikes, wildlife and the best thing of all - no wifi or mobile phone reception. My cousin and I were even silly enough to head in for a dip at Squeaky Beach after we made the hilly run down there. I highly recommend the place for a family getaway. We stayed at the cabins in Tidal River, right in the middle of the Prom and they were terrific.



Wellbeing Science Whole School Professional Learning

A couple of weeks ago the STC teaching staff had the tremendous opportunity to undertake a day of learning in the field of Wellbeing Science with expert in the field [David Bott](#). David is the former Associate Director of Geelong Grammar's Institute of Positive Education and Co-founder of the [Wellbeing Distillery](#) among numerous other roles he holds within the Wellbeing space. He has been working with us for over a year and helped us develop a Wellbeing Science team at St Christopher's consisting of teachers from across the school who are engaging with current research in the field in order to help our school realise our SIP goal for our community:

*To develop the skills, knowledge and dispositions to know ourselves,
empathise with others and be full flourishing individuals.*

Our staff were engaged in a challenging, informative, stretching and motivating day of learning with David that saw them learn about the journey of Positive Psychology into Positive education, be shared in on the lessons Geelong Grammar learned from their implementation of Positive Education with Professor Martin Seligman, take a look into some of the current Science from the field and learn about the PERMAH model for flourishing that I have been writing to you all about.



We will continue our whole school learning in the Wellbeing Science space and look forward to the benefits it will bring to our students and community.

Child Safety

At St Christopher's we hold the care, safety and wellbeing of children and young people as a central and fundamental responsibility of our school. Our commitment is drawn from and inherent to the teaching and mission of Jesus Christ, with love, justice and the sanctity of each human person at the heart of the gospel (CECV Commitment Statement to Child Safety).

The person of each individual human being, in his or her material and spiritual needs, is at the heart of Christ's teaching: this is why the promotion of the human person is the goal of the Catholic school (The Catholic School on the Threshold of the Third Millennium, n. 9).

For Child Safety related policies, head to our website and click on **Child Safety** <https://www.stcapw.catholic.edu.au/>

Wellbeing Science at STC

This week we take a deeper look at the final two elements of the **PERMAH** model of flourishing:

- Accomplishment, and;
- Health

Accomplishment

Last fortnight I wrote about human beings being a hive species, this is true, and we are also a goal oriented species. Think about the first hour of your day. You might not think you are setting and accomplishing goals, but you are. The cup of coffee that you make for yourself; you set the goal because you are aware that you need caffeine to function or that you love the taste of coffee. Brushing your teeth; you set and achieve that goal because you want to ensure that your teeth are healthy and functional. Putting together the outfit for work and putting it on; also goals that were set and achieved. The converse side to this are those that unfortunately suffer from mental illness and depression. Depression is usually characterised by low energy and motivation to do even menial tasks like getting out of bed and self-grooming.

Accomplishment in the PERMAH model can be described as:

- ***the belief and ability to do the things that matter most to us***

So to harness this domain of Wellbeing in our lives we need only to set out to achieve something. It might be losing those couple of kilos we managed to put on over the winter period. It might be working for a promotion at work. Importantly, it won't necessarily be the achievement of the goal that gives us that wellbeing boost, but rather the effort and payoff of the journey moving toward that goal that gives us the greatest feeling of being well.

Health

There are two areas to this domain - physical health and mental health. We know from the evidence and from ancient wisdom that physical health and mental health are not discreet, but rather highly intertwined. As busy adults we often neglect our own physical health, choosing unhealthy options for food when life gets hectic and failing to slow down and stop when we are stressed. When our physical health is not in a good place, almost inevitably, our mental health will take a dive also.

Health in the PERMAH model can be described as:

- **eating well, moving regularly, sleeping deeply**

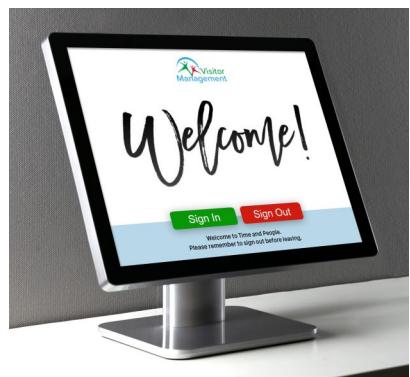
This domain can at once be the easiest area to improve and the hardest area to sustain improvement in. The key here is finding strategies that are in the mid range of difficulty and sticking at them in the short. The 10 000 steps a day for 5 days a week goal is far more sustainable than training for a marathon and then another straight after. Choosing to eat healthily during the working week and then allowing yourself the treat of takeaway or dining out on the weekend is a more sustainable way to focus on your health. And we should all remember that health is wealth.

Late Arrivals and Early Dismissals

From next week if your child arrives late or leaves early, you will be notified via email through our sign in/out system. This measure will further work to keep your child safe and you informed of their attendance at school. A reminder to all parents that every day and hour of schooling counts for your child.

Stay safe, stay healthy, stay connected,

Denis Johnstone
Deputy Principal - Students, Staff, Community



Reminder to all Year 6 students
Graduation Photo will be taken next Tuesday 30th August

Student Achievement - Grade 3/4 Premiership

On Sunday 14th August these four boys defied the odds to beat the unbeaten Greenvale team by winning their first Under 10 Mixed Division 1 Grand Final. Final score was 3-3-21 to 4-2-26. We are very proud of their achievement this year. Well done boys!!

Valentino Trombetta, Thomas Fotheringham, Luca Pitruzzello, Zac Potter



Religious Education

Dear Parents,

As I write this newsletter, I am drying off after being out at the front gate after school. I am certainly looking forward to warmer weather and especially daylight savings! Last week it was minus 3 degrees one morning when I left for school and last night we had light snow falling as I went to bed. As much as rain is welcome and needed, I always think of it as being more welcome at night!

First Communion

Congratulations to our children in year 4 and 5 who presented for their First Communion at our Parish Masses over the past two weeks. May this be the very first of many opportunities for you to come to the table of our Lord. I hope it was a special night for each of our families. Thank you to our wonderful teaching staff who have prepared the children and members of the Leadership Team who are attending each week.

Our masses continue with three more celebrations in the last few weeks of term. Please remember that parents will be invited to bring their child forward to receive their First Communion and to walk back to the pew with them. Following all of the children receiving, there will be an opportunity for the congregation to receive Holy Communion.



Term Four

As our teachers and leaders begin the planning for Term 4, we are looking forward to new ways of celebrating our faith with our school families. This year we are going to be celebrating across a four week period to learn about the meaning and importance of Advent in our liturgical calendar. We are looking at ways that we can celebrate in and around our school. Last year we welcomed families with the singing of carols as they entered the school. This year we plan to:

- Allocate buddy year levels to a particular week of Advent and to prepare some background information with them, to learn about the scripture stories, signs, symbols and messages that are associated with that week
- To choose a song/songs to accompany the theme for the week
- To create art work and have a gallery displayed on the outside of the classroom windows so that parents can visit this gallery when they pick up or drop off their children
- To prepare a video that explains what the children have been working on in class to prepare for their special week, to include the song/s so that they can share them with their families, and to give some background information about the scripture to go out on SeeSaw before the event. Families will be able to sing along with their children on the day of their celebration and/or discuss the information together

- To invite families to come and be a part of a gallery walk, to sing along with the song/s and to hear scripture stories and messages about Advent.

Some of these ideas were discussed at the School Advisory Council meeting on Monday night and we thank the members of the group for their input. We are still in the planning stages, but are very excited at the prospect of having parents come up to celebrate with us next term.

We are also planning ahead for 2023 and preparing further family celebrations of faith for each term. A highlight will be a special Grandparents day in term three. We look forward to sharing more information about this with you.

We Pray Together

Lord,

As our Year 4 and 5 children have come or are yet to come to your table for the first time this term, we pray that it is the first step towards a lifelong love of the Eucharist.

We pray that they know that they can turn to you for comfort, guidance and wisdom as they grow into full discipleship with you.

In the name of the Father, and of the Son and of the Holy Spirit.

Amen.

Wishing you all the best, stay warm and dry in this wintery weather.

Colleen Mahoney
Deputy Principal of Organisation and Faith

FIRST AID

Dear Parents/Carers,

All Medical Plans (ie. Asthma and Allergy Action Plans) need to be supplied annually. They must be signed by a doctor and have the practice stamp attached.

Medical Plans and medication should be supplied promptly upon request.

Thanking you,

Natalie Brooks and Mardi Agnew

First Aid Officers

FIRST AID



AIRPORT WEST

**dreaming with
eyes open**

**STC BOOK WEEK DRESS UP DAY!
FRIDAY, 26TH AUGUST**

LET'S CELEBRATE!!



Canteen

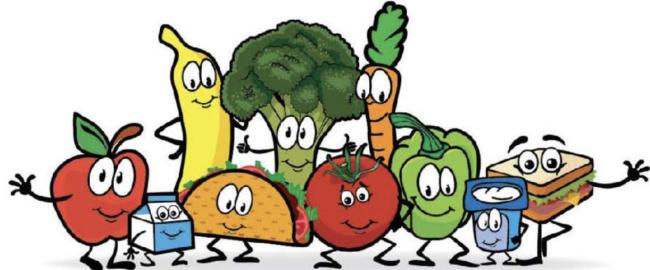
Dear Parents/Carers,

Please contact the school canteen if you have a problem with your child's lunch order. Call the school on **9338 3591** and ensure you **press option 2** to speak to the canteen or alternatively email them on canteen@stcapw.catholic.edu.au

If your child will be absent, please make contact **before 9am** on the day if you wish to transfer the order to another day.

Thank you,

School Canteen staff.



2022 IMPORTANT DATES TO REMEMBER

Term 3

Friday August 26
Monday August 29

Book Week - Dress Up Day
School Closure Day - Staff Professional Learning

Thursday September 1
Thursday September 8
Monday September 12

Father's Day Stall
12pm finish for Parent Teacher Interviews
Footy Day

Friday September 16

Last Day of Term 3 - 12pm finish

Term 4

Monday October 3
Monday October 31

First Day of Term 4
School Closure Day - Staff Professional Learning (Report Writing)

Monday December 19

Last Day of the Year - 12pm finish

STRATHMORE HEIGHTS
CRICKET CLUB



New Players for season **2022/23** **WELCOME**

OPEN AGE TEAMS 'ALL ABILITIES'

JUNIOR TEAMS 'ALL AGES'

GIRLS ONLY TEAMS

CRICKET BLAST PROGRAM (AGES 5-8)



Contacts

E | strathmoreheightscrc@gmail.com
W | www.strathmoreheights.com.au



Looking for a new sport?

Looking for a new team?

Just looking to try something new?

Come and try Netball with Park Panthers

Park Panthers will be running come and try sessions. These fun and interactive sessions are open to everyone from age 5 to adults and for both boys (up to age 13) and girls (any age) and run by our experienced coaches. They are an open and safe space to meet new people, learn new skills or look to build on skills that you may already have.

When: Friday 19th of August to Friday 2nd September

5:30pm and run through to 6:30pm for ages 5 – 11

5:30pm to 7:00pm for ages 12+

Where: Broadmeadows Leisure Centre, 41-85 Tanderrum Way Broadmeadows

Cost: No cost for these three week come and try sessions.

NetSetGo

We will also be running a NetSetGo program from Friday 7 October throughout Term 4 for boys and girls aged 5 to 10.

This is a great opportunity to learn the basics of netball, developing skills while having fun and making new friends.

This program will also be run on Friday afternoons at Broadmeadows Leisure Centre.



For more information on either of these programs, please contact us at parkpanthers@gmail.com or call us on 0429 338 158 and have a chat with Faye.

Airport West Swimming Academy
20 -22 Howes Street Airport West



Swim Lessons

NO Fixed Term or Pre Payment

We teach all ages from 3mths and run stroke corrections and Squad Groups

Pay as you go

Call Now 0413 1800 46

St Bernard's Old Collegians Cricket Club

**Have a ball playing cricket
with your mates in season
2022/23!**

Boys and Girls welcome
Junior Blast Under 10s Under 12s
Under 14s Under 16s

Whether you're a new cricketer
or an experienced junior
cricketer, come and join the fun
and great family environment.

Now taking registrations
<https://bit.ly/3SrOIUM>



Contact Junior Co-Ordinator - Anthony Jordan
on 0438 022 210 or email at snowpupscricket@gmail.com

HOME RUN HEROES

There's a hero in every kid!

Home Run Heroes is the greatest introduction for kids (aged 4-10) into the game of Softball. Kids throw, catch, run, swing, laugh, and build the confidence to uncover the hero within.

homerunheroes.com.au

UPCOMING PROGRAMS IN THIS AREA

WEST COBURG HOME RUN HEROES SIDEKICKS
Ages 4-7 6-week program

WEST COBURG HOME RUN HEROES SUPERHEROES
Ages 7-10 6-week program
Program Locations:
Keilor Park Softball Association,
81 Stadium Drive, Keilor Park
(Sunday's) starting 4 September
4pm - 5pm

Shore Reserve, 223 Reynard St
Pascoe Vale Sth (Wednesday's)
to start 7 September 4.30-5.30pm
Program Cost: From \$50
Contact Tiffany 0401 361 367
westcoburgredbacks@gmail.com

CALDER UNITED SC
COME
PLAY
SOCER

**SCHOOL HOLIDAY
SOCER CLINIC**

**KICK OFF WEDNESDAY
21ST SEPTEMBER**

TIME - 10AM - 1PM

JUNIOR GIRLS - 6 - 12 YRS
BEGINNERS WELCOME

CANTEEN - OPEN FOR LUNCH

KEILOR PARK RECREATION RESERVE
STADIUM DR, KEILOR PARK VIC 3042
SYNTHETIC PITCH

JOIN US ON
CALDER UNITED SC

Fun Friendly Football Fitness

FOR INFO CONTACT
M - 0402 482 393

Register using the Google Doc Link