# FSMMS Newsletter

Issue Date 26 May 2021



## Important Dates

National Sorry Day Wednesday 26 May

National Reconiliation Week Thursday 27 May Year 4-6 Soccer and Netball Carnival Thursday 27 May Subway delivery Friday 28 May

Choir practice at St Thomas More School Tuesday 8 June

#### School Photos

Thursday 17 June

Combined choir rehearsal at Our Lady of Hope Wednesday 23 June

## Upcoming Events

### Little Maggie's Playgroup

#### Thursdays

Date: Thursday 3 June Time: 9:00am Venue: St Mary Magdalene's School - Elizabeth Grove

## Little Maggie's

#### Playgroup Tuesdays

Date: Tuesday 1 June Time: 9:00am Venue: St Mary Magdalene's School - Elizabeth Grove

Newsletter We have recently transitioned to a different way of creating our newsletter. When you recieve this via your email, select the Read More section on any article to view

## From the Leadership Team

Dear Parents, Caregivers, Students and friends of St Mary Magdalene's School,

During the first few weeks of Term 2 we have been discussing with students the environment we are working towards together at St Mary Magdalene's School; a safe, happy and productive learning community where every person is working to be the best they can be.

As we work towards this we have been talking to students about RESPECT. Each class has been asked to reflect on what respect looks like, feels like and sounds like at St Mary Magdalene's School.

Our Year 1 class shared photos with the school about respect for self, respect for others and respect for our environment. What an amazing community we have especially when we show respect to ourselves, others and our environment.

R.E.S.P.E.C.T find out what it means to me...and to everyone else in our school community. This term, in Religious Education, the Year 1 classroom have been focusing on the word respect and its meaning. We brainstormed what it looks like, feels like and sounds like in our school and discussed who and what we can show respect to. By having this knowledge of the word respect, it has made it easier for us to look at our A and B choices and decide whether or not our actions are respectful (A choice) or not respectful (B choice). The Year 1 students are able to voice how a person is being respectful to another, as well as acting out how we show respect to ourselves, to others and our environment.

self care



you can show and accept it

Respect to Self



mindfulness in and out of the classroom





Respect to Others offering support to people in need

using kind words



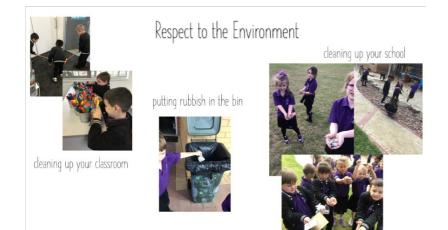
showing 5Ls (listen, look, lap, legs, lips)

respecting quiet spaces and the people in them









The colder mornings are certainly upon us and it really is that much harder to get out of a warm bed. With this in mind, we remind parents that regular attendance at school is very important. Going to school every day and getting there on time reinforces for children, that school is a significant experience. we cannot stress enough the value of arriving to school on time.

Most classroom teachers set out the day's routine, lunch orders, prayer, news, notes for the office, learning intentions and work expectations for the day. Missing out on these routines sometimes means that when a child arrives late, they are playing catch up for the remainder of the morning and are unsettled and unsure. If this happens regularly children can become anxious or even casual in their approach.

It is also important for children to attend school regularly. Allowing children to stay home without a good reason sends a message that learning can be interrupted and isn't important. When children attend regularly, the teacher is able to build a sequence of learning for each child and children develop a sense of increasing success.

Attending school regularly also supports a child's sense of belonging to the class, the school and helps them maintain friendships. We know that the cold mornings make for a slower start to the day; however we ask that families make the extra effort to be on time.

Connecting Life, Faith and Learning Chris, Ciara, Melissa and Leah

## From the APRIM



#### Celebrating 200 years of Catholic Education in Australia

Catholic Education is celebrating 200 years in Australia, marking the bicentenary of the first Catholic school established in Parramatta in October 1820. Over 200 years, Catholic schools have grown to become the largest provider of schooling in Australia (outside government) with one in five school age students attending a Catholic school.

The official national launch of the celebrations was held virtually on 18 February 2021 with local launches held across Australia during February. A National Mass is being celebrated in states and dioceses on the Feast of Our Lady Help of Christians on 24 May 2021.

As we celebrate this event here at St. Mary Magdalene's School, we call to mind all those who have contributed to the life of our school since its beginning and have made it what it is today. This week students have also been learning the song, 'Faith in the Future' which was composed by Fr. Rob Galea for this special event.

I wonder how Catholic Education has impacted your life.

#### **Reconciliation Week**

National Sorry Day acknowledges and raises awareness of the history and continued effect of the forced removal of Aboriginal and Torres Strait Islander people from their families, communities and culture. National Reconciliation Week celebrates and builds on the respectful relationships shared by Aboriginal and Torres Strait Islander people and other Australians. The 2021 theme for Reconciliation Week is: *More than a word. Reconciliation takes action!* 

During prayer staff and students reflected on this theme with a Christian lens. In the scriptures we are called to follow God's way of justice in both word and action. In his footsteps, then, we bring our whole lives and efforts today to the work of healing and reconciling action. Students dressed in Aboriginal colours in recognition of this day and brought along a gold coin which will go to support Aboriginal Catholic Ministry - Otherway Centre.

#### St Vincent de Paul Society

Vincent de Paul lived in France more than 400 years ago. He was born into a poor peasant family, but after he became a priest, he came to know some of the richest and most important people in France. Vincent was well known for his work among people who were poor, sick, abandoned, and in prison. Today the St. Vincent de Paul Society helps people just as Vincent did.

This term we are working with St. Thomas More School to support the St Vincent de Paul Winter Appeal. From Week 6 until Week 10 you will see two donation bins on our school site. We are collecting winter clothing and blankets to support those in need. Your donations are greatly appreciated.

#### Sacramental Program 2021

If your child is currently involved in the Sacramental Program for 2021, please take note of the following dates:

- Week 8 Celebration of Reconciliation at St Thomas More Church
- Friday June 18 5pm 6pm
- Saturday June 19 10am 11am
- Sunday June 20 11.30am 12.30am

## **Community News**

From time to time we hear news involving members of our school community. As a community we care about both the joys and sad

events in each other's lives. Not all of this news reaches the school office but we would like to include a regular section in the newsletter entitled 'Community News'. We hope this will enable us to better support each other in times of sadness and join in celebrating times of joy.

This week we heard the sad news of the passing of Year 2/3 teacher, Michelle's mother, Joy. We keep Michelle and her family in our thoughts and prayers during this difficult time.

## Children's safety at St Mary Magdalene's School

At St Mary Magdalene's School safety of our students and community is one of our highest priorities. We provide a secure environment that allows the students to move safely around the school. Staff are clearly identified by the badges that they wear. As our school is fully secure, with fences around all areas, visitors must enter through the Front Office and sign-in upon entering the school.

Safety in the yard encourages our students to play actively without fear. Each teacher on Yard Duty, wear a fluorescent vest and carries a bag that contains a first-aid kit for the treatment of minor injuries in the yard whilst more serious injuries are dealt with promptly in the sick room by staff who are trained in Senior First Aid.

To ensure that the students are safe during drop off and pick up times teachers are on duty at the school gate, supporting the safe use of the school crossing. On Monday 17 May our Staff and 5/6 students attended school crossing monitor training. As we plan how these students can support safe road crossing at our school, we would like to remind everyone of their responsibility in being a good role model and support the safety of our students by following the road rules. When crossing the road on Fairfield Drive please use the crossing.

Remember to Stop, Look, Listen and Think to ensure all cars have stopped before crossing the road. Parents are also asked to be aware of their speed when driving around our school, especially at drop off and pick up times when the lights are flashing. This will help to provide a safe environment for students at St Mary Magdalene's School.

Students and families are reminded to be wary of approaches from strangers, especially when they are unaccompanied or travelling to and from school. If they are approached students should not respond and should not accept offers of rides or gifts.

Students should seek the assistance of other nearby adults if they feel unsafe and should report the event to a trusted adult (parent or school staff member) as soon as possible.

SAPOL advises that taking out a mobile phone and calling police can deter the offender and they recommend the student making a formal report to their closest police station.

## Neon Dreams for Year 5/6

St Mary Magdalene's School's Year 5/6 students hit the dance floor in a fun and unique way this week. The students took part in the Northern Sound System's (NSS) Neon Dreams Workshop as part of the Dream Big Festival.

Students worked in small groups to create the beat and record their very own lyrics which combined to create their own class anthem. They used sawtooth waves in the Synth Space, drop beats in the Drums Den and recorded dreamy vocals in the Main Studio. Dressing up in neon colours, students danced and celebrated to their newly created track.

NSS is the City of Playford's youth music and creative industries facility located in the heart Elizabeth. Since opening in 2007, NSS has provided services and programs for the community, include DJ workshops, Hip Hop School, Youth Choir, industry-supported gaming and animation training, songwriting workshops and production courses supported by industry experts.

The students returned to school with an extra bounce in their step from the awesome experience! Thank you to Northern Sound System and all the crew for hosting us.

Families interested in finding out more about NSS and it's programs fro 10 to 25 year olds should visit their WEBSITE.



## The Importance of Sleep

The recent weather has been inconsistent, and it can disrupt the children's sleep patterns at night. We know how difficult it is to function the next day if we don't have a good night's sleep. Getting a good night's sleep often comes down to routines. It is important to avoid late-night technology use such as computers, mobile phones, and iPads etc. Recent studies have found that adolescents used multiple forms of technology late into the night, including gaming systems and as a result they have difficulty staying awake and alert throughout the day.

Any factor that decreases the quality or quantity of sleep will lead to difficulty with school performance and poor behaviour problems. When children stay up at night texting in bed or playing computer games, they are increasing their risk for neuro-cognitive problems. According to research, having a regular bedtime was the most consistent predictor of positive developmental outcomes in four-year olds.

In a sample of 8000 children, language, reading and maths scores were higher in children whose parents enforced regular bedtimes.

The number of night sleep hours required by children varies by age. In general, five-year olds should get 11 hours of sleep, nine-year olds need 10 hours and 14-year olds require at least 9 hours.

## The great time of Pentecost

Last Sunday Christian communities, of all denominations, in all parts of the world, celebrate the great feast of Pentecost. Pentecost is the Church's birthday! It is the time we remember that God's spirit was given to the disciples so that they could continue the work of Jesus. This happened thousands of years ago and continues to happen today in our time and place in the lives of people who are inspired to live with generosity, joy, kindness, patience and goodness.

The Catholic Identity of St Mary Magdalene's School and the focus of our Religious Education programme is always an invitation to live a life inspired by these 'Gifts of the Spirit' and the we see the fruits of this Spirit when we experience and live out the love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control that Jesus lived and taught.

We are all invited, every day to look for signs of this 'Spirit' in our school...we can choose to see these as insignificant events or we can choose to see them as 'sacred moments' that remind us of what is most important and open us to the mystery of God....saying hello to someone we don't know, offering to help when we see someone in need, being grateful to those who work hard for the good of our community, using positive language rather than finding fault or criticising....these are all ways that Christians believe we experience the presence of God's spirit.

## From the Community Hub

Please join us Monday to Friday for a range of activities like Adult English classes, Sewing, Playgroup, Craft and Support groups. Please see our flyers below or follow our Community Hub Facebook page for more information and session times.

Thank you to everyone who attended activities over in the hub last week and filled out a participant survey. We really appreciate your feedback.



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Playgroup

sdays & Thursdays 9am-10:30am

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Monday 9am-11am All skill levels are welcome

All resources provided

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Parenting Workshop

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#### Connect to Culture

