

St. Luke's Catholic Primary School Community Newsletter

629 Goulburn Valley Highway, Shepparton North, Victoria, 3631 Phone: 5822 1834, Fax: 5822 2503 Email: principal@slshepparton.catholic.edu.au ~ newsletter@slshepparton.catholic.edu.au

Web: www.slshepparton.catholic.edu.au Twitter: https://twitter.com/StLukes_PS F/book: https://www.facebook.com/slshepparton

Annual Theme: 2016: Be the Face of Mercy

> Term: 3 Week: 7 Friday 26th August

Journeying Together in Christ

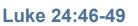
What's on next week?

Monday 29th August Assembly at 2.20pm Year 3/4 Library Excursion Tuesday 30th August

Wednesday 31st August

Thursday 1st September Sandhurst Arts on Show Prep Excursion

Friday 2nd September Father's Day Breakfast from 7.30am Netball & Soccer Presentation





After the Resurrection, Jesus appears among the disciples and teaches them from scriptures, "opening their minds." They are commissioned to preach to all nations, but are to wait in the city until they receive power from the Holy Spirit.

This weekend students in Year 3 and some in higher grades will receive the **Sacraments of Confirmation and Eucharist**. These children, their families and all who are reading this do not need to wait. We can share our love with 'our neighbour'. As discussed in Children's Liturgy last Sunday, we can all be disciples of Jesus by simply caring for the world and each other. This love is the Holy Spirit working in all of us. We keep all our young people in our prayers.

St. Luke's Catholic Primary School acknowledges the Bangarang and Yorta Yorta people, the traditional custodians of the land on which our school is situated. We commit to working in partnership with Aboriginal people for reconciliation and justice.



PRINCIPALS REPORT:

This weekend we welcome our Bishop of Sandhurst, Bishop Tomlinson. He will celebrate with our community at the four Sacramental masses: Friday 6:00pm, Saturday 6:00pm, Sunday 11:00am & 2:00pm. We give thanks for the ministry Bishop Tomlinson, Fr. Joe and Fr. Bernie share with our community.

NAPLAN results went home to our Year 3/5 parents. There are a few things to consider when reflecting about your child's results:

- If your child is in Year 5, what growth have they shown from 2014? What factors may have impacted on positive or negative growth?
- If a child recorded excellent results in Year 3, 2014, they only have to get one less incorrect answer (Numeracy for example) to show negative growth.
- Other assessments and diagnostic school based tests, along with NAPLAN give us a clearer picture of how your child's growth.
 4 answers above or below a band may place a child in another
- band, hence a year below or above the expected standard.
 40 questions in Numeracy- how do we know if a child is
- guessing? Maybe, it would be better to have 3-5 questions for each skill and we would most likely nullify this query.

NAPLAN is compulsory and we use components of it to help us set our goals and targets, along with other forms of recognised tests and assessments such as PAT R. We cannot forget the rest of the curriculum. How about History and PE for example? It raises the discussion around: Testing Knowledge v Problem Solving.

INTERNATIONAL standings have been discussed quite publicly for years and Australia's ranking has decreased. While we need to improve as a nation (and we do), we also need to be grateful for the young people we are preparing for the real world. We may want to be No.1 in the world (PISA figures based on 15 year olds PISA- Programme for International Student Assessment) but what do we remove from our curriculum if we want to achieve this for reading and numeracy? For example: Creative Arts, Sport, Leadership Opportunities, Excursions, History/Geography,

PARENTING IDEAS:

Social Justice...In 2012 (2015 results not available yet) the top three nations (PISA reading) were, Hong Kong/China, Japan, Korea. PISA mathematics- Hong Kong/China, Korea, Japan. We need to look at what age these students start (as early as 3), length of a school day, what the extra-curricular activities are, the family unit, average number of children per family. At St. Luke's we are striving to find that workable balance so we can set the bar higher academically for every child and still celebrate the wonderful opportunities we give you and your children as part of Catholic Education. We have a great community at St. Luke's. Relationships and the ability to work together is vital. Further considerations:

- We live in a great country
- We need to use what is working in other schools and countries
- and adapt it to our model of education, while supporting the family
 Growth is our focus
- Teachers, parents, students working together to set targets and goals
- Continue to engage parents in their child's education
- As a society, support the less fortunate and show 'mercy' toward others
- Inspire all to 'Chase their Dreams"

Sorry, I did say I would have a Community Group report in this week, but I have not been able to fit this in. One thing though, I can't wait to see as many Father figures here for breakfast next Friday 2nd September from 7:30am. If you cannot attend, mum's can bring their children to school and enjoy an egg/bacon roll. There will be coffee van here at school and it will probably stay beyond the 8:45am BBQ, so you are all welcome to purchase a coffee.

Have a great weekend and see you next week! David Keenan - Principal.

Parenting Ideas: Each week will either add an article to the newsletter or email and attachment, depending on the size. I hope this weekly edition may support you at some stage. Michael Grose is Australia's No.1 parenting educator (Parenting ideas School). Part of our membership is a weekly section for teachers to add to their professional reading.

Helping kids focus in the age of distraction, By Sarah Wayland

Finding ways to turn your kids from flitters to focusers – how teaching your children to 'stick with it' can have lifelong benefits. As a society we often debate about the 'right' amount of screen time, and with the introduction of personal screens over the last decade, to add to TV, laptops and desktops, the focus on a single task has slowly ebbed away. The British Psychological Society found that too much screen time (more than their recommendations of no more than 2 hours per day) could unintentionally cause permanent damage to a child's still-developing brains. Impacting the capacity to focus, to concentrate and to give attention to tasks.

Neuroscientists tell us that the more a young person can practice keeping focus and resist distraction, the stronger and more richly connected this child becomes. By the same token, the more distracted, the less so. Rebecca finds that the evidence is clear in our own homes and in classrooms 'we now have young people who are experts at 'flitting' from one device to another' and she refuses to take a defeatist approach because without refocusing those 'flitters' to 'focusers' who risk the next generations creative or scientific masterminds we risk losing children who are able to 'sit still and agonise over a task long enough to see it through to its marvellous end'

Tips for helping kids maintain focus and attention

1. Build your child's focus

As with all tasks the aim is to start small and build your child's capacity to master the concept of 'sticking with it'. Cath, a school counsellor, finds that she can use the same strategies with the teens she works with and her primary school aged children when she gets home: 'it's all about breaks and rewards. Set a timer between breaks and then on a break they need to do something active like a push-up. Then there is a little reward for staying on task for a particular amount of time.

2. Remember it's all about the journey

Parents and researchers agree that understanding what can be gained from being focused is the key to engaging your 'flittering' child. Our solution driven society is often focused on what we receive at the end rather than the process to get there. Teaching your children to tolerate the unexpected can have wonderful benefits, as can sitting with something that may have previously been viewed as unachievable.

3. Keep calm and focus

Use calm methods to engage children who become distracted: 'breathe, relax and high five each other' when working alongside your child or when with a group of children. Talk about what might be achieved at the end and make it a fun process.

Screens, for all their negatives and benefits, are here to stay. Many argue that they provide complexity and new experiences to our children's world by identifying exciting technologies but they also provide avenues to 'opt out' of the hard yards.

Reaching what you thought was unattainable by engaging in a single focus and 'sticking with it', can provide lifelong lessons.

MJR is centered on the belief that we are the image of Jesus to all those around us. We are his representatives and our actions should reflect His values".



EARNING COMMUNITY MASSES

FOUNDATION LEARNING COMMUNITY

No Mass due to excursion. Prep will have a prayer liturgy at St Brendan's church as part of their excursion

> SENIOR LEARNING COMMUNITY Friday 9th September 12.00pm - Gathering Space

Junior Learning **Community Mass**



Sacramental Masses When: 26th, 27th & 28th August What: Sacramental **Confirmation & Eucharist** Where: St Brendan's Catholic Church Time: TBC St Brendan's Parish When: Saturday 3rd September

What: Presentation of Sacramental Certificates Where: St Brendan's Catholic Church Time: Saturday 6pm. Sunday 11am

St Brendan's Parish When: Wednesday 31st August

What: Sacramental Celebration Mass -Parish Lawns Where: St Brendan's Catholic Church Time: 9.30am

Prayer Celebrations

When: Friday 9th September What: School Sacramental Celebration Where: Gathering Space Time: 10.30am

Whole School Social Skills Focus:

MJR: Forgiveness:

For week 7 our social skills focus is **FORGIVENESS**:

- 1. Able to say sorry
- 2. Able to forgive and forget
- 3. Able to try again

Forgiveness is a decision,

not a feeling. Always forgive others.



Throughout the year we invite our families to reinforce each set of social skills that are the focus for our fortnight. These social skills link with the Making Jesus Real (MJR) program in our school.

Our MJR scripture for this fortnight is:

Forgive us our trespasses, as we forgive those who trespass against us - Matt.6:12

Parish News:

You are Invited

School families are invited and encouraged to come and be a part of our Sacramental Masses. Bishop Les Tomlinson will be the main celebrant at all the Masses.

Friday 26th August 6.30pm Music provided by Parish Stronger Group

Sunday 28th August 2.00pm Music provided by Couples for Christ Victoria Music Core Group

Saturday 27th August 6.00pm and Sunday 28th August 11.00am Music provided by our regular but very talented parish music groups.



St. Brendan's Parish Sacramental Program 2016

Our Sacramental Candidates will be presented with their certificates at one of the following masses Saturday 3rd September 6.00pm Sunday 4th September 11.00am



Let's celebrate with our Sacramental Children.

Parents, family members and friends are invited to join with this year's Sacramental children as they celebrate becoming fully initiated into the Catholic Church. Celebrations will begin with

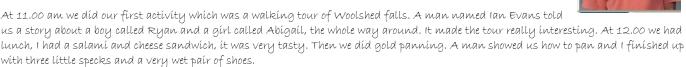
> Mass at St. Brendan's Church, Wednesday 31st August at 9.30am. Followed with a party on the Parish lawns.

Photo's—Year 3/4 Beechworth Camp

Beechworth Camp by Will Broom

Last Thursday and Friday, 3/4 M,H and C went to Beechworth for a school camp. We all went on the school camp to learn about Ned Kelly and other important people in Australia's History.

On the first day of camp we left at roughly 8.00 am and we got there at 10.00 am. We had our morning snack when we arrived and then put our luggage in the Old Priory, this is where we were staying for the night.



When we got back to Beechworth we did a very fun historic courthouse play about the trial of Ned Kelly. It went for about one hour.

We then went back to the Old Priory and found out which rooms we were in. When we got back to our rooms we fully unpacked and got started on our next activity, which was the Blacksmith demonstration. The fire was so hot that we didn't need a heater.

Then for dinner we had a chicken snitzel and veges with a side of chips, I enjoyed it. After dinner we had Lazy Harry perform some songs and Poetry. Mr Harmer had to help act out, 'The Man from Ironbark', it was funny. Then we did some bush dancing.

We were all very tired after that and pretty soon we were in bed and fast asleep.

At 8.00am the next morning we had breakfast. We could have as much toast or cereal as we wanted. I had four bits of toast and was full. After breakfast we headed into town and had a tour of the Beechworth Honey shop, a town walking quiz, a visit to the lollie shop, a look in the Kelly vault and explored the Burke Museum. It was a very busy morning.

At 1.00 we had lunch and went home. We all had a great time on camp.





Awards / Achievements:

St. Luke's CATHOLIC FRIMARY SCHOOL SHEPPACH MONTH		
Prep Hoskin	Eva Jinto	
Prep Kent	Amira James	
1/2 Black	— N/A —	
1/2 Johnson	— N/A —	
1/2 Ryan	— N/A —	
3/4 Calder	Fenil Dom	
3/4 Harmer/Segrave	Seamus Whitzell	
3/4 Murray	Caitlyn Brown	
5/6 Dainton	— N/A —	
5/6 Hicks	Alla Matthews	

St. Luke's CITOLE PHANE SCHOOL You Can Do It AWARD		
Prep Hoskin	Levi Duffy	
Prep Kent	Jack Forde	
1/2 Black	— N/A —	
1/2 Johnson	— N/A —	
1/2 Ryan	— N/A —	
3/4 Calder	Liam Tuohey	
3/4 Harmer/Segrave	Liam Logue	
3/4 Murray	Seamus Martin	
5/6 Dainton	— N/A —	
5/6 Hicks	Cohan Hall	

Curriculum Update:

Children's Chatter Matters!

Ten activities will be provided each term focusing on key areas of oral language supporting literacy. Feel free to adjust these 📈 activities according to your child's grade level.



Ten activities will be provided over this term targeting phonological awareness skills. Phonological awareness is one of the key building blocks for reading and writing. It is listening to, and thinking about the sounds in words.

7. It is important for your child to make longer sentences by joining two smaller sentences together. This can be achieved by using conjunctions/joining words. We use the conjunctions but, however, whereas help to compare two things. Play 'spot the difference' with your child and get them to generate sentences while comparing the pictures.



For instance:

* This picture has 2 sheep HOWEVER that picture has 1 pig and 1 sheep.

* This picture has chickens WHEREAS this picture has eggs. Spot the difference books can be purchased from newsagents or go to www.spotthedifference.com for extra resources.

Skoolbag

How To Install Skoolbag On Your Smartphone

For iPhone and iPad users:

- 1. Click the "App Store" icon on your Apple device
- 2. Type your school name in the search, using suburb name will help.
- You will see your school appear, click "Get" then "install".
- 4. The app is FREE to download. 5. When installed click "Open"
- 6. Select "OK" to receive push notifications, when asked. 7. Click the "More" button on the bottom right of the App, then "Setup".
- 8. Toggle on the Push Categories that are applicable for you by tapping the on/off switch.

For Android users:

- You must first have signed up with a Google Account before installing the app.
- 1. Click the "Play Store" button on your Android Device
- 2. Click the magnifying glass icon at the top and type in your school name, using suburb name will help.
- 3. Click the school name when it appears in the search.
- 4. Click the "Install" button
- 5. Click "Accept" for various permissions (please note, we do not modify any of your personal data on your device).
- 6. Click "Open" when installed.
- 7. Click the "More" button on the bottom right of the App, then "Setup".

8. Toggle on the Push Categories that are applicable for you by tapping the on/off switch. Please Note: Some brands of Android phones need the setting in "Notification Manager" changed to "Allow" instead of "Notify" in order for the push notifications to work. The phone

must also be running at least version 4 system software to run the app

For Windows 81 Phone and Windows 81 or 10 device users:

- 1. Go to the Windows Store on your 81 Windows Phone or Windows 81/10 Device
- 2. Search for "Skoolbag" in the keyword app search 3. Install the Skoolbag app
- 4. Find your school either by using the keyword search or location service.
- 5. Click the "Pin" icon to pin the school tile to your Windows Phone home screen 6. Click the "More" button on the bottom right of the App, then "Setup"

7. Toggle the Push Categories that are applicable to you by tapping the on/off switch. Please Note: The Skoolbag Windows App is for 81 version Windows Phones, or Windows 81 and 10 devices.

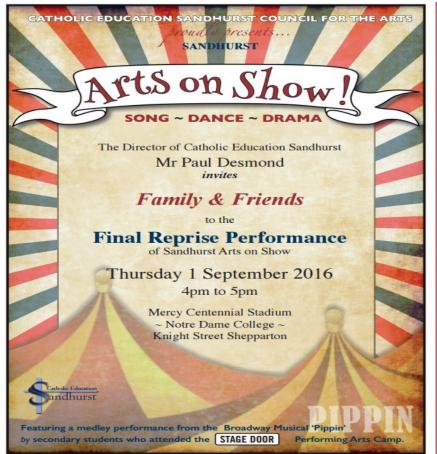


≽ Google play

Phone



Other:



Education Courses at Shepparton I Now on VTAC



La Trobe are pleased to inform that the new Education courses at Shepparton are on VTAC:

Bachelor of Early Childhood and Primary Education

Bachelor of Educational Studies

The Bachelor of Human Services/Master of Social Work has been on VTAC since applications opened on August 1.

Aspire Early Admissions Program | Closing 31 August 2016

Year 12 students are being urged to lodge their applications for study at La Trobe University via the popular Aspire early admissions program, with the **31 August** deadline for the popular program rapidly approaching.

Successful Aspire applicants will receive a La Tobe study offer in September, securing a 2017 University place even before they complete their exams this year.

Students can either apply via La Trobe's website or just call on 1300 135 045 to get the ball rolling.

VicHealth's 'Bright Futures'

The Greater Shepparton City Council and VicHealth are very interested in hearing from young people living in the Greater Shepparton area.

VicHealth's 'Bright Futures' regional funding focuses on key aspects of young people's lives to gauge their level of resilience and mental wellbeing. With an aim to explore and understand the impact or cause of poor mental wellbeing a series of questions have been collated by representatives from local education settings, health services and community organisations. Any ideas from young people about what would make life easier to feel mentally healthy more often, or what they would like to change to improve life for all young people can be

captured too.

All survey information will remain anonymous and will be be collated to share with local organisations that will work together to discuss the results.

To all youth aged 12 -25 years:

If you are a young person (between 12-25 years) please take 5 minutes to complete the survey using the link below for an opportunity to have your say:

https://www.surveymonkey.com/r/BrightFuturesSurvey

For more information about the survey please call our Healthy Communities Team by telephone 5832 9400.

Community Group:





St Luke's Sports Club

*Sports Results also now available on Skoolbag app under "News"

Netball

Netball Coordinator:

Jo Zampaglione: 0448 218 784

Under 13 Preliminary Final - 21/08/2016

Our Grade 6 Girls took the court last Saturday knowing that this was going to be a tough game, as we had lost to Guthrie St by one goal the week before at the Netball Victoria Championships in Bendigo. We needed to win to ensure we had a spot in the Grand Final.

Play was even in the first quarter but an exceptional second quarter gave us the lead to go all the way and win the game 21-15. Coaches' award went to **Emily Damionoplous** for her outstanding commitment in defense. Congratulations Andrea Tuohey and her Girls. We wish you all the best for this week's Grand Final against GVGS. Remember it's not about being the best but playing the best you possibly can. Enjoy your game and everything that comes with the privilege of playing in a Grand Final.



The game is being played at 10:30am at the Brauman St Courts and we would love to see as much support on the sideline as we can. I am certain this well be a great game right to the final whistle.



Soccer Coordinator: Peter O'Brien: 0412 594 194

Good luck to the U/12s who are playing in the Preliminary Final this Saturday 27th August against Grammar Gold at 11.00am on the Main Pitch (2), McEwen Reserve.

➡ PRESENTATION NIGHT (with Netball) is FRIDAY SEPT 2ND (3.30 – 5.00PM)

(Sausage and drink afterwards)

➡ Just a reminder to all team managers to bring soccer tops and tubs to presentation night. Also, email team photos direct to Jo Zampaglione (if not done yet).

Peter O'Brien

Victorian Country Primary Schools Golf Tournament

Students from Years 3 - 6 have been invited to participate in this Golf Tournament, organised by School Sports Victoria on Monday, 12^{th} September, from 10.00am. Students will play ten holes of golf, with a maximum of ten strokes per hole and must supply their own clubs and balls.

Students should have the skills to consistently hit the ball.

A number of boys and girls will qualify for the Regional Tournament, to be held at Benalla Golf Club on Monday, 14th November.

If interested, please email Mrs. Hicks at <u>mhicks@slshepparton.catholic.edu.au</u> by Wednesday, 31st August. The closing date for nomination forms is Monday, 5th September.



Thanking you, Michelle Hicks

Sports:



2nd SEPTEMBER to Wendy (0427 298385) to register teams.

Other:



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MELBOURNE

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Important Dates:

JULY:	TERM 3:
Monday 29th August	 Assembly @ 2.20pm Year 3/4 Excursion to Library
Thursday 1st September	Sandhurst Arts on ShowPrep Excursion to St. Brendan's church
Friday 2nd September	 Fathers Day Breakfast 7.30am—8.45am Netball & Soccer Presentation
Monday 5th September	Assembly @ 2.20pm
Friday 9th September	Senior Learning Community Mass
Monday 12th September	Assembly @ 2.20pm
Tuesday 13th September	Board Meeting
Wednesday 14th September	Community Group Meeting
Friday 16th September	Supporters Day - Led by Year 6
	Monday 29th August Thursday 1st September Friday 2nd September Monday 5th September Friday 9th September Monday 12th September Tuesday 13th September Wednesday 14th September

School Information:

Contact Numbers: PRE LOVED UNIFORMS		
Paula Holland	0438 311 991	
Kaylene Armstrong TOWN BUS:	0417 454 250	
Shepparton Transit COUNTRY BUS:	5831 2150	EcoStore is a retail outlet to sell much of the produce from EcoPark. A variety of seasonal parks and variations advantages and variations and the setting advantages and the setting advantages and the setting advantages
Co-Ord: Paul Lucas OUT OF SCHOOL CARE:	5825 2344	herbs and vegetables, sauces, chutneys, eggs and wooden and ceramic craft items are available to the community.
Stepping Stones SCHOOL BANKING	1300 665 699	Come in and explore the many items that are on display and purchase your favourite produce. Promoting Sustainability
Stacey East	1438 426 612 / stace_132@hotmail.com	EcoStore provides experience for people to further their work skills and create pathways to employment. Shepparton
		www.sheppaccess.com.au 03 5831 6180 Crreating Pathways into the Community



Subject to change—Most images from Google