

NEWSLETTER

TERM 2 WEEK 2
All Saints Catholic Primary School

FROM THE PRINCIPAL NICK WRIGHT



Welcome back!

It has been great to see the children return to school with such big smiles on their faces as we begin Term 2. It has also been lovely to return to such amazing weather for this time of year too.

This term we have welcomed two new staff members to our school. Monica Doherty, Acting Deputy Principal, has joined us as additional support with wellbeing and inclusion. Monica has already been getting to know staff, students and parents.

Please say hello to Monica if you see her around. We also welcome Paula Gerrard, our new Year 2 teacher. Paula is well known to our staff and student community as a relief teacher over the past year. Again, if you see her around, please welcome her to our community.

All Saints Values and Expectations

As part of All Saints, we have school-wide values and expectations which are spoken about and taught across the school. Our school values are Compassionate, Kind, Courageous and Committed to learning. These values relate to the Saints we have as our Houses and our Catholic Identity. With our values, we also have our school expectations of Be Kind, Be Respectful, Be a Learner. Over the year we will be focusing on both of these as we continue to develop our community of All Saints.

Cybersafe Families

On Wednesday of Week 7, we have Cybersafe Families coming to deliver their Parent Session presentation that was postponed from last year. I would encourage all parents to make the time to attend this as it is an extremely informative presentation for living in our ever evolving technological world. More information on how to book a place at the presentation will be out shortly.

Building Update

Things are moving on well with our build. You will have noticed we had the Blue Playground moved during the holidays, following the transportable relocation during the Christmas break, so that the site is clear in preparation for the impending build. The Playground should be finished in its new location by the start of Week 4 for the children to enjoy. Whilst the building process is progressing, we will continue to keep you updated. Watch out for upcoming images.

All Saints is 30!

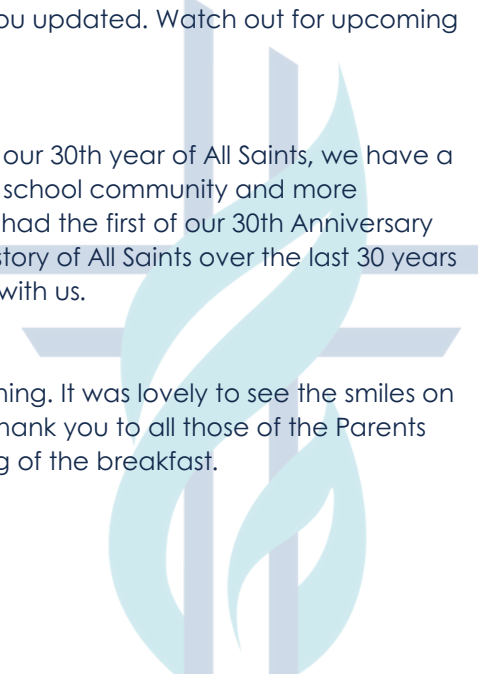
This year we are celebrating 30 years of All Saints. We are very excited that in our 30th year of All Saints, we have a number of special events planned. We look forward to sharing these with the school community and more information about these will be out soon. You will have noticed that we have had the first of our 30th Anniversary Newsletters come out during Term 1. We will continue to share some of the history of All Saints over the last 30 years and ask for you to share any memories, you have of All Saints over the years, with us.

Mother's Day

It was wonderful to see all our mothers at the Mother's Day Breakfast this morning. It was lovely to see the smiles on their faces as they shared this special occasion with their families. A massive thank you to all those of the Parents and Friends Group and staff who helped with all the preparation and cooking of the breakfast.

Wishing all our mothers a very Happy Mother's Day.
Have a great week everyone.

Nick Wright





FROM THE APRIM STEPHANIE CROWE

Sacramental Program

The Sacramental Program has begun. At All Saints, we have 22 children participating in the program. Children are preparing for the Sacrament of First Reconciliation, Confirmation and First Holy Communion. We will meet regularly on Wednesday nights. If you would like your child to be involved, please contact me before next Wednesday. scrowe@allsaints.catholic.edu.au

Breakfast Club

Breakfast Club continues for children who have not had breakfast at home. Breakfast Club is every Tuesday, Wednesday and Thursday mornings in the school kitchen from 8:30-8:45. Thank you, Mr Goldfinch for your help in feeding the hungry.

Social Justice

This term our Social Justice focus supporting the St Vincent DePaul Society. The Saint Vinnies's blue bins have arrived for donations of blankets, used clothing and non-perishable food items. Your donations of used quality clothes can help vulnerable people, providing them with warm clothes and blankets this winter.

Matthew 25:35-37

35 For I was hungry, and you fed me. I was thirsty, and you gave me a drink. I was a stranger, and you invited me into your home. 36 I was naked, and you gave me clothing. I was sick, and you cared for me. I was in prison, and you visited me.'

Lighting Prayer Candles for Mothers and Women.

Within the Catholic tradition and many other faith traditions, candles are lit as prayers of intercession are prayed. Let us watch and pray as these three candles are lit.

We light a candle and pray for all mothers in our community.

Lord, hear us

All: Lord, hear our prayer

We light a candle and pray for all our mothers and grandmothers who have died.

Lord, hear us

All: Lord, hear our prayer

We light a candle for all mothers and women in war torn lands, all mothers who are refugees, all mothers who watch their children die hungry and all mothers who live in violent situations.

Lord, hear us

All: Lord, hear our prayer

We think about our mothers, our grandmothers or women who do or have played a significant role in our lives. Let us offer a prayer of thanks for these women who have touched our lives in so many ways.



YEAR 4
MASS
MAY 15
9:15AM
AT SCC

PENTECOST
MASS
YEAR 3-6
MAY 22
9:15AM
IN THE HALL

RECONCILIATION
LITURGY
MAY 27
9:15AM
IN THE HALL

YEAR 1
MASS
MAY 29
9:15AM
AT SCC

BACK TO SCHOOL

FROM THE SCHOOL COUNSELLOR
CARLY BEST

8 tips to help your child manage back to school anxiety

It's normal for children to feel nervous about returning to school, each term can bring with it a sense of change and uncertainty.

The good news is, there are lots of things you can do to help your child manage back-to-school anxiety and reduce its impact on their mental health, learning and wellbeing.

Look for signs your child might be feeling anxious as each school term approaches. It can be hard to recognise child anxiety, since many of the signs may also be symptoms of physical illness or just a normal part of growing up. But things to look out for include physical symptoms, such as stomach aches, headaches or nausea, trouble sleeping, or changes in appetite or behaviour. Separation anxiety is common among younger children, while older children and teenagers may have trouble concentrating or seem overly tired or irritable more often. It's also important to be aware of what's happening in your child's social life and look out for signs their anxiety could be caused by bullying.



Create time and space to talk with your child about what's on their mind. Even a couple of minutes in the car on your way to/from somewhere can help. In fact, if your child doesn't usually like talking about their feelings, sitting side-by-side in the car and not having to make eye contact with you can help them to feel more comfortable.

Ask open-ended questions. 'How are you feeling about starting/going back to school?' This gives your child a chance to share their thoughts, feelings and anything that's worrying them.

Listen closely and acknowledge your child's feelings. 'I can see why you would be worried about starting in a new class. I know that lots of kids feel anxious about making new friends.' Remember, school is a major part of your child's life, so try to see things from their point of view and don't dismiss their worries, even if they seem small or silly to you. You don't need to have all the answers or be able to fix things. Instead, the most important thing is that your child believes they can overcome their feelings of anxiety and knows that you're there to help them through it.

Get organised together. For younger children, get them involved in organising their school bag ready for the first day. If you can, practise the journey to school and visit the grounds to explore and play on the equipment, so your child is more familiar with their surroundings on their first day. If you have older children, ask them to help you create a back-to-school checklist, with everything they need to do and have ready for the term ahead. Work together to plan a weekly schedule that they're happy to stick to, with time for homework, play, exercise and relaxation. Any opportunity (even small) for children to make decisions and feel prepared and in control can help ease their anxiety.



FROM THE SCHOOL COUNSELLOR CARLY BEST

Help your child to come up with a list of ways to manage their anxiety and support them to practise these strategies both when they're feeling anxious and when they're not. Physical activity is a great way to burn off excess energy, release tension and feel calmer, so help your child find activities that they enjoy doing. Time outdoors, breathing and relaxation exercises, and unstructured play (where your child makes all the decisions) can also be helpful ways for children and teenagers to calm anxiety. Remember, everyone's experience of anxiety is different, so figuring out which strategies work for your child and family might take some time. Keep encouraging your child to try new things until they find what works for them.

Find ways to help your child feel excited about going to school. Talk to children of all ages about some of the fun activities that they'll do at school. Encourage older children to sign up for teams or extracurricular activities, like a school choir or club, or to make plans to see their friends outside of school. You could even play games on the way to school, or let your child choose the music or radio station and have a sing-along. Having something to look forward to can help to distract your child from their worries about school.

Acknowledge your child's efforts and praise them for doing something they were anxious about. Talk about how they managed their feelings and if possible, be specific in your praise to reinforce the skills and strategies they used. For example, 'I know you were really nervous about going to class today, but I heard you doing your breathing exercises in the car and I'm proud of you for getting through your day.'

If you feel additional support is needed, please contact us to further support your child's journey here at All Saints.

Information sourced by Emerging Minds



RECEPTION EXCURSION

This week, the Reception children visited the Marine Discovery Centre! Through interactive learning stations, the children were introduced to all kinds of marine life and learnt how we can care for our oceans. The children were also taught about the cultural significance of places to our First Nations people and treated to a visit to Henley Beach!

Thank you to the Reception teachers for organising this excursion, and to our wonderful volunteer parents for helping out!



Local Area Coordination Place-based Sessions

Mission Australia is the NDIS Partner delivering Local Area Coordination Services in your area and will be based at your school to provide information, support and answer questions about:

- Mission Australia and the services they offer
- What services are available for people with disability
- Understanding the NDIS and eligibility, NDIS plan applications and reviews
- Accessing supports and services for those not eligible for the NDIS, or who do not wish to access the Scheme

All Saints Catholic Primary School, Seaford

1.00pm-4.00pm

Thurs 30/05/2024

No need to register, come along and have a chat.

No need to wait for a session, if you require support in the interim, please contact

Mission Australia - t: 1800 931 543, e: ma.cesasupport@ndis.gov.au



**MISSION
AUSTRALIA**

Delivering the NDIS in your community



**RAISING
HEARTS
AND
MINDS**

CALENDAR - TERM 2 2024

WEEK 3	Catholic Education Week
14 May	Principal's Tour 9.30am
14 May	Boys Football Round 1 - Woodcroft College
15 May	Class Mass Year 4 at SCC 9.15am
15 May	Sacramental Program 6pm
16 May	Boys Netball Carnival (Southern Metro) - Aldinga Netball Club
17 May	Year 6 Assembly 9am in the Hall
18 May	Principal's Tour 9.30am
WEEK 4	
21 May	SACPSSA Lacrosse Carnival - SA Softball Grounds
22 May	Pentecost Mass Year 6 at SCC 9.15am
22 May	Sacramental Program 6pm
24 May	Tackle Rugby Year 5/6
WEEK 5	Reconciliation Week
27 May	Reconciliation Liturgy
29 May	Class Mass Year 1 - The Most Holy Trinity at SCC 9.15am
29 May	Girls Football Round 1 Port Noarlunga Primary
31 May	Year 3 Assembly -
WEEK 6	
5 June	Class Mass Year 3 - The Body and Blood of Christ at SCC 9.15am
7 June	School Closure Day
WEEK 7	
10 June	Public Holiday - Monarch's Birthday

Please note these dates and mark them in your calendar/diary. These dates are subject to change. We also ask that families check current Newsletters, the School Star App and Seesaw on a regular basis for any updates/changes through-out the term.


The dentist
is coming
to visit!



Consent forms must
be returned by:

Tues, June 4th 

Please return
your forms to:

Front Office 

The dentist will be
visiting from:

Mon, June 17th 



Australian
Dental
Foundation

REMINDERS



Seaford Community Centre

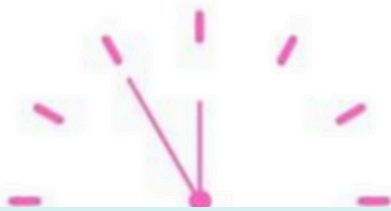
Did you know we host 2 FREE drop and go programs for young people here at Seaford Community Centre and are located within walking distance to Seaford Shopping Centre?

Drop your children off at one of the below programs and let trained staff supervise your young people whilst putting on fun activities and also food and WIFI all for FREE!

Seaford Hangout - Mondays 3:30-5:30pm - 10-15 years of age (Already started)

PALS - Wednesdays 3.15 - 4:45pm - 5 - 10 years of age (Starting 8 May)

Places limited, call the centre on 8386 3319 to book!



IF YOU HAVE ANY SYMPTOMS, PLEASE STAY HOME

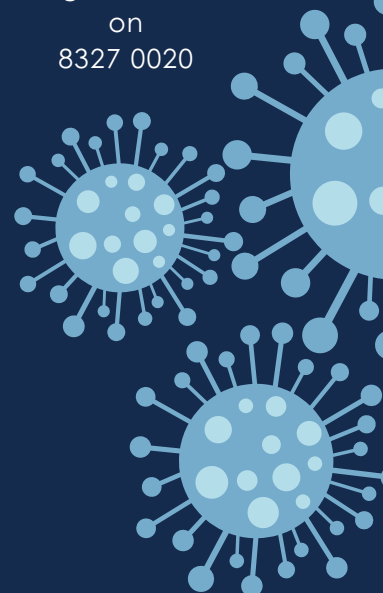
Runny noses, coughs, and sneezes are common this time of year. By sending your child to school they are passing these on to others in their class and our teachers. Please keep our community safe and keep your child/ren home when they are unwell.



COVID-19

If your child tests positive to COVID-19, please inform the school.

You can do this via email to
info@allsaints.catholic.edu.au or directly to your class teacher on their email
OR
via SMS: 0418 117 541
OR
by calling the Front Office on
8327 0020



ABSENTEES



0418 117 541

Please remember to send an SMS every day that your child is absent from school.

The SMS should include the child's name, class and reason for absence. Please also state if your child will be absent for more than one day.

Any absence of 5 or more consecutive days requires a medical certificate or *Exemption from School Form* (available from the Front Office).

Thank you!



REMINDERS

THREE VINNIES BINS ARE NOW LOCATED IN THE COURTYARD READY TO RECEIVE THE FOLLOWING DONATIONS. PLEASE GIVE WHAT YOU CAN:



What can I donate?

When considering whether something can be donated to Vinnies, our rule of thumb is if you'd give it to a friend, then it's ok to give to Vinnies.

- Homewares, including manchester
- Kids toys
- Books, CDs and DVDs
- Footwear
- Men's, women's and children's clothing and accessories.

All Saints

Breakfast Club

For those hungry tummies who missed breakfast

*Tuesdays, Wednesdays & Thursdays
8.30am - 8.40am*

Toast with Vegemite or Jam

