



From the Principal



Dear Parents, Friends, Staff and Students of St Catherine's,†Opportunities

I am grateful to the staff and parents who provide and support the vast array of opportunities for students at St Catherines. Over the past 3 weeks I have seen first-hand our students participate in Debating, Art Club, Mass at St Matthew's Bridgewater, Sewing Club, Book week, Choir, Science Week, Italian Day and as I write this email, I am anticipating listening to our students perform at the St Catherine's Instrumental Evening. What I notice about students at St Catherine's is the way so many of our students are willing to participate in events like these, particularly when it may not be their strength. I believe that it is the nurturing and supportive culture of the school that enables students to feel safe to "have a go". A judge at the recent debating competition awarded a St Catherine's team a one-point victory and offered that it was the cohesive way our team worked together that was the deciding factor. There is a strong sense of belonging and support at St Catherine's, perpetuated amongst the students, nurtured by the staff and evident in the way that so many of our parents and carers are involved in the school.

Staffing News

Tanya Davis has accepted the role of ESO 2 days per week with us. We are fortunate to have someone of Tanya's previous experience (as a teacher) in this role.

Laura O'Connell has accepted a position at Westminster School commencing in January 2025. I know that Laura has been a valued member of staff. I am confident that we will attract excellent staff to the school given the response to the advertised position mentioned below.

We have been interviewing this week for the new teacher position that came about because of our growing enrolments. We have

received a significant number of quality applications for this position. This is no surprise to me because St Catherines is highly regarded as a destination school particularly with its strong community, supportive families, positive student/staff relationships and delightful hills setting.

Building Masterplan

The School and the Board have recently received geotechnical and soil contamination testing summary reports from an engineer, and I am pleased to share that the reports give confidence to the architect's original intent and allow us to consider the next phase of the St Catherines Building Master Plan.

How frequently are computers (and iPads) in the classroom at St Catherine's?

I was asked this question recently by a parent. It seems to me that historically when computers and more recently iPads were introduced into schools, we decided to make them the centre of learning rather than an aid to learning. Often, they were permanently on student desks, in students' hands, and available to randomly search or play games. I wanted to reassure you that this is not the case at St Catherine's. They are a tool used occasionally and only for targeted purposes. In junior primary classes iPads are not kept in the classroom and when they are used it is largely to access learning programs that the school has carefully considered and purchased. In upper primary classrooms, laptops are used largely for designated topic research and construction of assignments. This week I surveyed staff to ask the percentage of a week that devices are used, and I can share with you that the average is less than 20 percent of time in the classroom.

Your child's wellbeing and social media

Much has been written and said recently about the negative impact of social media on the wellbeing of children and as a community minded school it is important for us to be part of the leadership of this conversation. I offer that I have seen little benefit and considerable harm caused by particularly younger children accessing social media. While it is a decision for individual families, I have heard often that parents feel pressured into providing their children with a device or allowing them to use social media. Usually, the argument is that "everyone else is allowed to" which is usually not the case. Given the current conversation, I encourage you to consider the invitation from our St Catherine's Parents and Friends Committee below.

From the St Catherine's Parents and Friends Committee:

Dear parents,

Parenting in this smartphone - social media world

When is the right time to give your child a phone? Are you worried about the impact phones are having on brain development/mental health/developing healthy relationships? Would you be interested in reclaiming a more experiential, nature-based childhood for your child? Do you feel that it is too late and too hard to put the genie back in the bottle?

As you may know, there are increasing calls from parents, teachers, and society at large to regulate the tech companies and their influence over our children. Premiers Chris Minns (NSW) and Peter Malinauskas (SA) have convened a joint Summit to look at restricting teen access to social media in October 2024. Some of the more confronting statistics are listed below with a link to several relevant articles. The studies are in and are increasingly worrying. That there will be legislation in this area is only a matter of time – however we'd like to be on the front foot for our children's sakes.

The P&F committee has been discussing this and we have an invitation for parents who would like to learn more about delaying/managing smartphones and social media. Here are the basics!

1. Pester power/peer pressure and how to combat it.

Most families cave into the demand for phones because "everyone else is getting one" and understandably, we don't want our children to be left out.

At present, the message most parents receive is to be tech-savvy and one step ahead of children - to monitor their usage/apps. We know that this is time-consuming, creates tension amongst family members and frankly, doesn't work. The kids are running rings around us.

However there is a very simple way to combat this. Parents come together as a collective and agree to delay giving smartphones. The age you choose is up to your cohort – some groups choose 13, others 16. The important thing is consistency and sticking with it!

The market is slowly responding to what parents are asking for in relation to phones. 'Start' phones (like the old Nokia 3210) are an efficient communication tool. Children can make and receive texts and calls, and are able to keep in touch with each other to organise catch ups.

2. In Real Life free play/community gathering

We know that children learn and grow through play and (calculated!) risk taking. We all live busy lives. Adults benefit too from slowing down and spending time in nature and socialising with others.

If we come together as a group to delay smartphones, it makes sense therefore to organise regular opportunities to catch up away from screens. This could look like bush walks, play at the park/oval, cubby making adventures (indoor or out)... We are hoping to begin our Friday after school stay and play sessions in the near future. This will also enable parents to connect. As we know, it takes a village!

If this is something you would like to learn more about, please get in touch and stay tuned! There will be more to come!

Jane McCaffrey (mother of Sylvie Dwyer) and the P&F Committee

Some relevant statistics

After the SA government banned phones in schools a year ago, the following happened:-

- Behavioural issues DOWN 54%.
- Social media incidents DOWN 63%.
- Violence related incidents DOWN 10%.
- Policy compliance issues DOWN 44%.

Australians over the age of 14 spend an average of six hours a week on social media (Uni Sydney report 2023). According to the eSafety Commissioner's Digital Lives of Aussie Kids report, 12–13-year-olds use an average of 3.1 social media services.

Common negative experiences include wasting time (54 percent), seeing unwanted ads/content (51 percent), sleep deprivation (27 percent), app overuse (37 percent) as well as cyberbullying (17 percent). Images or videos targeting groups or individuals based on gender, race, or sexual identity, and violent or abhorrent materials are seen as particularly problematic.

Access whole report here:-

https://www.sydney.edu.au/arts/news-and-events/news/2023/10/06/new-study-reveals-teenagers-social-media-use-and-safety-concerns.html

Up-to-date links

Information about the importance of play with hard-hitting data and some videos.

https://open.substack.com/pub/jonathanhaidt/p/a-cure-for-child-anxiety-hiding-and?r=sl67q&utm_campaign=post&utm_medium=email

Transcript of NY Times article – Jean Twenge, noted research psychologist speaks about correlation between smartphone use and poor mental health

https://www.nytimes.com/2023/05/19/podcasts/transcript-ezra-klein-interviews-jean-twenge.html

SEEN podcast "Mastering children's mental health in the digital age" – community conversation with panel including Professor Selena Bartlett, neuroscientist – August 2024

https://podcasts.apple.com/au/podcast/thriving-minds-podcast/id1471835230?i=1000665246008

Regards,

Mark Simpson

Together in Faith, Learning and Community

From the APRIM



Celebrating St Dominic: A Week of Reflection and Joy

Earlier this term, our school joyfully celebrated St. Dominic, whose life and teachings have deeply influenced our rich Dominican tradition. The celebrations included a beautiful whole school Mass, where we came together in prayer and gratitude. Students also enjoyed mini-Olympics during lunchtime, fostering community and fun. We were privileged to have a koala awareness talk by parent Sally Hicks, reminding us of our responsibility to care for all of God's creation and the way in which we can live a life of service through charitable works. Additionally, our students contributed to a special book about study, which will now be part of our library collection. A special thanks also to the Adelaide Hills Catholic Parish for sharing in a beautiful Mass with our Year 3 and 4 students at St Matthew's Church in Bridgewater.



Celebrating the Conclusion of Our 2024 Sacramental Program

We are thrilled to celebrate the successful completion of our 2024 Sacramental Program! We extend our heartfelt thanks to Fr. Fred and

Cathie Oswald for their dedicated guidance and support of our candidates throughout this sacred journey. We also wish to thank the families for their unwavering support, which has been instrumental in nurturing the faith of their children.

As we close this chapter, we offer a special prayer of blessing for our students:

Loving God, bless these children as they continue to grow in their faith. May they always feel your guiding presence in their lives and continue to seek you in all they do. Fill their hearts with your love, peace, and joy, and may their lives be a reflection of your grace.

Amen.





A Word of Thanks from the Food Pantry

Our contributions to the food pantry did not go unnoticed with the acting coordinator sharing a few words of thanks.



Embracing the Season of Creation

As we step into the Season of Creation, we are invited to reflect on our relationship with the Earth and all its inhabitants. This annual celebration, observed by Christians around the world, runs from September 1st—the World Day of Prayer for Creation—through October 4th, the Feast of St. Francis of Assisi, the patron saint of ecology.

The Season of Creation is a time for all of us—students, teachers, families, and communities—to renew our commitment to caring for our common home. This year, we are encouraged to deepen our connection with nature and take tangible actions to protect and restore the environment. Whether it's through planting trees, reducing waste, or simply spending time in nature, every effort counts in our collective mission to safeguard God's creation.

In our school, we'll be engaging in various activities that honour this special time. Our students will participate in prayers and reflections focused on gratitude for the Earth's gifts, seeking forgiveness for the harm we've caused, and asking for guidance in making sustainable choices. Our ECO reps created a prayer for our school community which will be used within our prayer during this time.

As we journey through the Season of Creation, let us remember that caring for the Earth is not just a task, but a joyful and fulfilling expression of our faith. Together, we can make a difference, nurturing a world where all of creation can thrive.



Worm Wee For Sale

Our R/1 class have been caring for the worm farms all year and we excited to have a good supply of worm wee for sale. This is liquid gold for the garden, provide valuable nutrients for the plants. The liquid should be watered down to a solution that looks similar to weak tea, so the contents of each jar will go a VERY long way. If you would like to get some worm wee for your garden, please visit the front office and make your purchase through Qkr!



Krystina Dawe Assistant Principal, Religious Identity and Mission kdawe@stcaths.catholic.edu.au

St Catherine's Looking Good!



What a champion! Congratulations Felix on having your photo on a bus shelter on Glen Osmond Road!

Keep an eye out as you head into the city.

30.08.24

Around the Classrooms

This term RB has welcomed 12 new students to our classroom. A warm welcome to Edison, Ellie, Grace, Baxter, Lily, Alexander, Sofia, Vivi, Spencer, Olivia, Georgie and Harriet. We have enjoyed spending a lot of time learning and playing together and I can't wait to see these students blossom in their friendships and time here within our beautiful school community.

R/1B

In R/1B we have been listening to our class novel The Faraway Tree. We have really enjoyed the magical settings and interesting characters. We designed our own pictures of what we visualise the Faraway Tree to look like. We have used our mathematical knowledge to hold our own mini Olympics with Lego characters and cotton balls.

1/2C

In 1/2C, we have been working hard in Numeracy, exploring the fascinating world of 2D and 3D shapes. Students have been busy building and making shapes, discovering their unique properties along the way. From triangles to cubes, our classroom has transformed into a hub of creativity and learning. It's been wonderful to see the students' enthusiasm and teamwork as they delve into features of different shapes!

2/3F

Students participated in Health afternoons where the Year 3's learnt about online safety and strategies to cope with changes in life. The students tapped into their creativity to make positive affirmation cards that they can use as a strategy when feeling overwhelmed.

3/4W

3/4W started our Kitchen Garden sessions this term. We have been very excitedly looking forward to it all year! We have started with time in the garden with Mrs Dawe. We weeded and had a good look at the chickens and their home. We have also spent some time designing a way that we can keep the rabbits and rats away from the garden beds.

4/5B

4/5B have undertaken a significant initiative to unpack the Australian Curriculum achievement standards for procedure and information report writing. We have begun kitchen/garden lessons, where students actively engage in planning to save our vegetable garden from pests. This practical application of knowledge enhances their problem-solving skills and connects classroom learning with real-world experiences.

5/60

We are continuing to expand our vocabulary in Word Study lessons, with an emphasis on morphology. Students have been enhancing their understanding of base/root words, prefixes and suffixes. We are also writing biographies about Australian Olympians, using language features such as cause & effect statements, adjectives & emotive words, present & past tense, and classifying language. Our Year 6s have been involved in various leadership opportunities, including visiting Little Nook in Hahndorf, running a Mini Olympics for St Dominic's week, and organising the collection of old shoes for Tread Lightly.

Specialist Subjects

Music

This term is a busy one for the Performing Arts, especially for those in Upper Primary. We have just commenced rehearsasl for our school musical which this year will be 'The Pirates of Penzance'. In addition, those students who have chosen to participate in the Catholic Schools Music Festival have been working hard to prepare for the event. The students in Years 3-4 are continuing to play their classroom instruments and have been undertaking small compositions on their devices using chrome music lab. Meanwhile the early years classes have one lesson a week this semester and they will continue to make and create music and drama in their lessons.

Sport

The students have been learning about Basketball and refining their dribbling, passing, catching and shooting skills. Great to have an Aussie Rules incursion on Monday 29th July run by the SANFL. Each class participate in some Fun Football skills run by Michael Wilden form the SANFL. Fantastic to see so many students participating in the SACPSSA Cross Country Carnival on Wednesday 7th August. The school had 43 participants on the day form years 3-6 with all runners completing a 2km course.

Italian

The year 1/2 students have been focussing on the Olympics and sport this term in Italian. They will be learning how to say the Olympic ring colours in Italian. They will also be learning the names for some sports in Italian as well as how to say what sport they like and don't like.

With thanks and appreciation



St Catherine's owes a debt of gratitude to Lucia and her parents for our Italian day lunch. Thank you for all your hard work. It was much appreciated by the students and staff!

Thank you to all the other volunteers who assisted and to Signora Puliatti for putting on the best ever Italian Day so far.

Thank you!

Italian Day



Sport News



SACPSSA Cross Country Carnival 2024 – Years 3-6

Congratulations to the 48 students that competed at the annual SACPSSA Cross Country Carnival at PAC Oval in the parklands on Wednesday 7th August. All students participated in training session during their lunch breaks to help prepare for the Carnival.

Students ran a 2km distance through the parklands in their year level and gender groups against various Catholic Schools across the state.

Congratulations to the Year 3 boys on being overall winners in the B Division for most points in this category.

Special thanks to Sally Hicks and Jane McCaffrey for assisting with supervision on the day. Also, thanks to Miss O'Connell, Mrs Williams and Mrs Fox for their assistance on the day.

Mr De Giovanniello

Congratulations



Well done to Joseph and Alex who had so much fun playing in the Hills team at the School Sport SA Football (soccer) SAPSASA State Carnival - in Division 1 Boys.

30.08.24

5/6 News



The Year 5/6 students have had an enjoyable term with some great learning opportunities and various events, including visits to Little Nook, Book Week, Science Week, and Choir to name a few. This week we went on our excursion to Parliament House where we learned from Josh Teague all about how Parliament works role played how a bill is passed. We then ventured to Adelaide Oval where we had a fantastic tour of the grounds, the scoreboard, and changerooms. We were so impressed with the students' respect, engagement, and gratitude for the day.

In writing this term we have been focusing on biographies and students have been producing texts about influential people such as David Attenborough, Steve Irwin, and Emma Watson. We have been focusing on sentence structure, using adjectives and emotive language, as well as cause and effect statements to strengthen the quality of our writing. We are focusing on inferring information from complex texts by identifying clues and using our prior knowledge. We have been doing lots of work on prefixes, suffixes, root and base words this term, with the intention of understanding the meaning of unfamiliar words, building our vocabulary, and improving our writing.

In Maths at the moment, we are deepening our understanding of decimals and how they are an extension of the Place Value system. The students have been able to plot decimals on a number line, order them, and multiply them by powers of 10.

Debating

This year we have been lucky enough to have 17 students take part in the Debating SA competition at Pulteney Grammar. We had four Year 5 teams and one Year 6 team, and we are so proud of all the students involved. There were many teams who were lucky to win their debates and a best speaker award, but all students have been successful. They have shown huge growth in their research, writing, and speaking skills. We would like to congratulate them for their efforts organisation and teamwork this year. We encourage any students

who are currently in Year 4 or 5 to put their hand up to take part in debating next year.

Tread Lightly

Thank you to everyone for donating your old shoes to Tread Lightly. I have taken one load of shoes to rebel sport at Mile End so far and I'll be ready to take the next box very soon. Please continue to look out for any old shoes that need to be recycled, or share with family & friends. A reminder to please check the list for which shoes they accept:





Laura O'Connell & Stefan Butler

5/6 News



30.08.24

Curriculum

Book Week

What an incredible Book Week Parade we had this year on Friday 23rd August! It was a fantastic celebration of reading, creativity, and community spirit. Thank you to everyone who participated and made this event possible!

Science Week

We enjoyed an exciting and educational Science Week at St Catherine's School. On Friday afternoon, students enjoyed hands-on workshops led by our talented teachers. From chemistry experiments to physics demonstrations, students had the opportunity to delve into various scientific fields and ignite their passion for discovery.

The cross age workshops were enjoyed by all!

- I made a super fast rocket with Miss McConnell- Lalia Year 2
- We made planet pictures and we mixed colours to make great Art Thomas Year 2

- I made volcanoes with lemons and we crushed the lemons and put vinegar and bicarb soda in them. We added blue colouring to make it look cool- Indie Year 3
- For science week we had an experiment to melt a block of ice. We used salt and water to melt it. It was super cool because we
 watched the salt make crystals Toni Mari Year 3 and Mary Year 4

Celebrate the 2024 Nature Festival

The 2024 Nature Festival is a fantastic opportunity to connect with nature through a variety of creative and inspiring activities. From art and music to outdoor adventures and mindful experiences, the festival offers something for everyone. Embrace the beauty of the natural world while discovering new ways to appreciate and protect it. Come together to celebrate and nurture our connection with nature!

Nature Festival

Congratulations to Our ICAS Participants!

We are incredibly proud of all our students who participated in the ICAS assessments this year. Your hard work, dedication, and commitment to excellence are truly commendable. Each of you has demonstrated a strong desire to challenge yourselves and grow academically. Well done to everyone involved for your outstanding efforts!

Scholastic Book Club

This fantastic initiative encourages a love of reading by offering a wide selection of books that cater to all interests and reading levels. Plus, every purchase you make helps earn valuable resources for our school library, enabling us to expand our collection and provide even more reading opportunities for our students. Thank you for your continued support in fostering a lifelong love of reading in our school community!







Kind Regards,

Narelle Brine and Krystina Dawe Leaders of Learning – Curriculum and Assessment

Book Week Parade





Wellbeing

STRONGER FAMILIES:

A POSITIVE PARENTING CONFERENCE







Regulation tips for Parents:

Supporting children through clear, consistent, and compassionate regulation is essential for their emotional and behavioral development. Here are some tips for parents to help regulate their children's emotions and behaviours:

1. Model Self-Regulation

- Children learn by observing. Demonstrate how to manage stress, frustration, and other emotions calmly. Use positive coping strategies, like deep breathing or taking a break, to show how to handle difficult situations.

2. Establish Routine and Structure

- Consistent routines provide children with a sense of security and predictability. Establish regular times for activities like meals, homework, and bedtime to help them know what to expect. Clearly communicate rules and expectations to your child. Be consistent in enforcing them, and explain the reasons behind the rules so your child understands their importance.

3. Teach Emotional Awareness

By using these tips, you can help your children develop the skills they need to regulate their emotions and behaviours, leading to healthier relationships and better coping mechanisms.

- Help your child recognize and name their emotions. Use simple language to discuss feelings and encourage them to express what they're experiencing. For example, "I see you're upset because you wanted more playtime."

4. Limit Screen Time

- Excessive screen time can affect children's behavior and emotional regulation. Set limits on the use of electronics and encourage other activities, like outdoor play or reading.

5. Encourage Physical Activity

- Regular physical activity can help children release energy and reduce stress, making it easier for them to regulate their emotions.

By using these tips, you can help your children develop the skills they need to regulate their emotions and behaviours, leading to healthier relationships and better coping mechanisms.



Stronger Families: A Positive Parenting Conference 31st August 2024

Presented by Catholic School Parents South Australia

This one-day event is tailored for parents and professionals involved with youth, offering a platform where prominent parenting experts from Australia come together to share invaluable insights on modern-day challenges affecting children and teenagers

Program

| Registration | 9.00am |
|------------------------------|-----------------|
| Welcome and Introduction | 9.30am |
| Maggie Dent | 9.45 - 11.15am |
| Madhavi Nawana Parker | 11.30 - 12.30pm |
| Lunch (Light Lunch Provided) | 12.30 - 1.15pm |
| Paul Dillon | 1.15 - 2.15pm |
| Panel Discussion | 2.15pm - 3pm |
| Close | 3.00pm |

Bullying - important conversations to have with your child

St Catherine's School participated in the Bullying No Way: National week of action - 12 to 16 August 2024.

By working collaboratively within our community, we can collectively help reduce bullying.

Parents and carers play an important role in helping your child understand bullying, and know how to respond to it.

If your child tells you about things at school, or you observe something in public that involves conflict or bullying, take the opportunity to talk about what bullying is. You can learn more about what defines bullying at bullyingnoway.gov.au.

Questions you could ask:

- · What do you think bullying is?
- Have you seen it? How did you feel?
- Have you ever felt scared at school because of bullying?
- As well as me, who are the other adults you would talk to when it comes to things like bullying?
- Have you or your friends left other kids out on purpose? Do you think that was bullying? Why or why not?
- Have you ever tried to help someone who is being bullied? What happened? What would you do if it happens again?

Remind your child that bullying is never okay and discuss how they can respond safely if they experience or witness it.

Encourage them to seek help from a trusted adult and keep seeking support if needed.

By promoting open communication, we empower children to stand up against bullying and create a safer environment where everyone can feel that they belong.

For more information, visit bullyingnoway.gov.au.

Genevieve Jong

Leader of Learning – Wellbeing and Inclusion

Community Notices



St Helen's Cottages



ST. HELEN'S COTTAGES

bed & breakfast

Winter Getaway Fundraiser in the beautiful Clare Valley

Situated just 5 minutes drive to the main street of Clare, it's the ideal location.

The Riesling Trail is at your doorstep, with Tim Adams winery next door,

and Greg Cooley winery just over the road.

4 individual cottages are strategically placed throughout the 4 acre property giving you privacy during your stay. (2 two bedroom cottages & 2 one bedroom cottages)

Winter Getaway bookings are available from 1 August —31 October 2024 (2 night min.)

As a special fundraiser for our school, St Helen's Cottages are generously donating 10% from each booking to the school!

Only valid for bookings made directly via

https://www.sthelenscountrycottages.com/ When booking, use the code STCATHS in the promo code section

All funds raised will be used towards our Italian Day activities later this year.





Only valid for bookings made directly via: https://www.sthelenscountrycottages.com/Â When booking, use the code STCATHS in the promo code section



Pumpkin Soup: \$3.00
Minestrone Soup:\$3.00
Half Cheese Toastie \$1.50
Half Gluten Free Cheese Toastie \$2.00
Cheese Toastie \$3.00

SOUP orders — BYO CUP/MUG

All money raised will be donated to Catholic Charities

All orders via



ONLY

Orders close 9am Thursday 5 September





Order on Qkr

St Caths Mums Night



Tickets available on Qkr

St Caths Wine Sale



2ND SEPT - 23RD SEPT

WINES BY: GEOFF

WINES FROM \$115 PER DOZEN

ST CATHERINE'S SCHOOL RECIEVES 15% OF TOTAL SALES.

HOME DELIVERY, ST CATHERINES PICK UP OR PICK UP FROM OUR CELLAR DOOR AVAILABLE.

FOR ST CATHERINES DELIVERY, PLEASE CHOOSE PICK-UP OPTION AND REPLY TO OUR CONFIRMATION EMAIL STATING YOU WOULD LIKE IT TO BE SENT TO ST CATHEIRNE'S.

SCAN



TO BUY

HTTPS://WINESBYGEOFFHARDY.COM.AU/PAGES/ST-CATHERINES-WINE-SALE

Wines by Geoff Hardy

from \$115 per dozen with 15% of sales going to St Catherine's.

Home delivery, St Catherine's pick up or from Cellar Door.

Wines by Geoff Hardy

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