

Issue Date 25 November 2022



Important Dates

1st Sunday of Advent Sunday 27 November 2022 9am Mass 3/4KF Tuesday 29 November 2022 R-6 African Drumming Workshop Tuesday 29 November 2022 6pm School Board & EOY Dinner Tuesday 29 November 2022

9-11am 2023 Rec Transition Visit 1 & Parent Information Session

Wednesday 30 November 2022

Italian Day & Pasta Lunch Thursday 1 December 2022 6pm Principal Tour Thursday 1 December 2022

2nd Sunday of Advent Sunday 4 December 2022

9am Liturgy R/1BD 9am followed by Community Cuppa and Chat

5.30pm-7pm End of Year Picnic Tuesday 6 December 2022 9am Assembly 6CD Friday 2 December 2022

4pm Stirling Christmas Pageant Sunday 4 December 2022

9-11am 2023 Reception Transition Visit 2 Wednesday 7 December No Canteen Friday 2 December 2022

Final Forest Friends for 2022 Monday 5 December 2022

12pm Catholic Charities Mass at Cathedral Wednesday 7 December

1 / 23

Tuesday 6 December 2022

2022

2022

9am Final Bambini Program for 2022 Friday 9 December 2022

Pizza Lunch Day Friday 9 December 2022 3rd Sunday of Advent Sunday 11 December 2022 10-11am Whole School Transition Visits Monday 12 December 2022

Student Reports go home

Monday 12 December 2022

Final Day of Term 4 Dismissal 3.05pm Wednesday 14 December 9.30am EOY Mass Wednesday 14 December 2022

sday 14 December Graduation Assembly

Wednesday 14 December 2022

10.30am 6C

6pm Year 6 Graduation Dinner Wednesday 14 December

2022

Pupil Free Day Thursday 15 December 2022 Pupil Free Day Friday 16 December 2022 Term 1 2022 Commences Tuesday 31 January 2023

^{25.11.22} From the Principal

Dear Parents, Friends, Staff and Students of St Catherine's,â€⁻

What a frustrating week it was last week for our school and so many of our families. The loss of power over such a long period of time caused a variety of challenges. Our thoughts go out to those families who experienced several days without power and we hope those affected by storm damage are recovering as quickly as possible. Thank you for your patience, understanding and kindness demonstrated throughout the week as we navigated this unusual occurrence.

We were disappointed not to be able to proceed with our R-4 water safety program last week. Thankfully we have been able to secure a booking for 2023 to participate in the program early in Term 1, which we hope will provide better weather and will also be a similar timeframe to our Year 6 Aquatics program and Year 5 Beach Safety program.

Quiz Night

Thankfully with the power restored, we were able to proceed with our Quiz Night which was held on Friday evening. It was great to see so many parents and friends come along and join in. A great night was had by all with approximately \$5000 raised which contributes to our P&F goal of covering the cost of having our school play equipment updated. Thank you to Russell who conducted his final stint as Quiz Master and thank you to all those families who generously supported with donations. A huge thank you to Elise and her team who worked tirelessly to ensure it was a great night.

75th Anniversary Mass

Following the Quiz Night we held our St Catherine's School 75th Anniversary Mass on Sunday. We came together to celebrate 75 years of St Catherine's School, a Catholic school started and run by the Dominican sisters in 1947 and it was wonderful to welcome members of the Parish, the school community, and past staff, students and families. St Catherine's has a rich history of providing a Catholic education in the Dominican tradition, built on the firm foundations of those pioneering Dominican sisters, and it was fitting to give thanks as a community for all those who have gone before us.

Athletics Carnival

Congratulations to the 37 year 3 to 6 students who participated in the Catholic Schools Athletics Carnival on Monday. They did exceptionally well in less than ideal weather conditions.

Employment of an Occupational Therapist and Speech Pathologist

Through a Catholic Education SA Partners in Practice initiative, we have been able to secure funding in partnership with St Francis de Sales College and St Josephs' Murray Bridge to employ an Occupational Therapist and Speech Pathologist to work across our three schools. I am pleased to share that late last term, we were able to finalise the appointment of these positions for the commencement of the 2023 school year.

Nikki Snell will be joining our three schools' community in the role as Speech Pathologist. Nikki has been employed as a Speech Pathologist with the Department for Education since 2018 and has experience supporting the development of children in schools working out of the Port Augusta, Whyalla and Elizabeth South offices.

Rachel Vince has been appointed to the position of Occupational Therapist, having worked in health and private practice settings since 2003. Her experience has involved work at Calvary Rehabilitation Hospital, with the ACH Group and at Glenside Inpatient Rehabilitation, as well as extensive work since 2015 in Pediatrics †in both school and clinic based settings. Most recently Rachel has worked at Act for Kids, supporting children who have experienced developmental impacts of abuse and or neglect.

Nikki and Rachel will each spend a day a week at St Catherine's providing targeted support for students, as well as build knowledge, skills and understanding for our staff and parents.

Staffing

There are a few staffing changes taking place next year. Gaby O'Dwyer, who has been a Reception teacher at St Catherine's for the past 12 years has decided that the time is right for her to pursue other teaching opportunities and so will conclude her time with us at the end of the year.

Genevieve Jong commences parenting leave in 2023 and we wish her and her husband Mike every health and happiness as they welcome their first child into the world.

Mandy Herbert concludes her time with us at the end of the year as a curriculum ESO and Art Club facilitator. Mandy's contribution and support of students this year has been very much appreciated.

Kelly-Ann Kirby returns to us in a part-time capacity (3 days) next year, following long service leave this term.

Two new teachers have been appointed to St Catherine's in 2023. Laura O'Connell and Jessica Barolo. Laura is currently teaching at McAuley Community School where she has been working as a year 5/6 teacher. She has previously worked at St Brigid's School, Kilburn and St Joseph's School, Renmark where she was the Middle Primary Teaching Coordinator.â€⁻Jessica is currently the Reception teacher for the Term 3 intake of students at St Martin's Catholic Primary School and has also worked at St Paul's College as a year 4 class teacher and full time relief teacher. We look forward to Laura and Jessica joining our community next year.

2023 Leadership Structure

I am pleased to share that in 2023 the following staff will continue in their roles as Leaders of Learning, joining Krystina and myself as the Leadership Team. â€⁻

- Kerry Cornelius: R-6 Wellbeing and Inclusion Leader of Learning
- Narelle Brine: R-2 Curriculum and Assessment Leader of Learning
- Corey Lewis: 3-6 Curriculum and Assessment Leader of Learning

Kerry, Narelle and Corey have contributed significantly to the work of our school strategic plan and we look forward to their continued leadership across these key areas next year.

ICT Usage Review

The past two years have shown us the important role digital technology can play in teaching and learning and enabled us to be able to provide learning opportunities and connection with students during times when they were unable to be at school. Hopefully these times of pandemic restrictions are well and truly behind us. Like many parents, we are asking ourselves how much of a role digital technology should play in the daily life of a primary school student, conscious of the modern construct of 'screen time' and what experts have to offer in this space with regards to childhood development. Early next year we will be undertaking a review of our ICT usage (what devices, applications, curriculum requirements, screen time and so on) which will inform an agreed code of practice for the use of digital technology across the school.

Advent

This Sunday, November 27th is the first Sunday of Advent. Advent reminds Christians to remember and prepare for the birth of

Jesus.â€⁻In the Catholic Church, on each of the four Sundays preceding Christmas, an Advent candle is lit. The four candles of Advent (hope, love, joy and peace) represent the virtues Jesus brought us.

As we enter this very special time of year, I encourage you to spend some time reflecting on all that brings you and your family hope, love, joy and peace.

Warm regards,

John Low Principal

Upcoming Events

Tuesday 6th December: End of Year Picnic
Monday 12th December: 2023 transition visits for all classes
Wednesday 13th December: End of Year Mass, Graduation Assembly and Graduation Dinner
Thursday 14th and Friday 15th December: Pupil Free Days

Recent News

Quiz Night & 75 Year Anniversary Mass



25.11.22 Quiz Night

A wonderful evening was held for the Quiz night on Friday 18th November. A round of applause to Russell Gwynne for being the night's quiz master and Jane McCaffrey who did most of the running around to collect donated prizes from businesses across Stirling, Crafers and Aldgate. We also thank the families who donated goods and those who attended and bid on items on the night. Together with ticket sales, silent auction and small games and a couple generous sponsorship donations **we raised a further \$5000** towards our outdoor play space. THANK YOU!

Thank you to all these amazing businesses who supported us by donating goods for the silent auction and prizes:

Kari Bienert - Artist, Honey Bang Bang, Offe Jewellers, Janelle Stevenson (FIA), The Stirling Hotel, Stockpot, Cibo-Stirling, Stirling

Variety Meats, Woolworths Stirling, Matilda Bookshop, Oak Plaza newsagency, Woodhouse Activity Centre, Saiyuki Sushi, Coco's hair and day spa, Red Cacao, Hokey Pokey, Crafers Garden centre, Lobethal bakery, Spaghetti Head, Fred Eatery & Fred Living, Hahndorf Fruit & Veg Market, Glass Foundry Leadlight designs, Beyond the Fringe Hairdresser & Crafers Hotel.

Please support our major sponsors:

JPM electrical & solar and Galpins



Elise Campbell-Hand P&F Chairperson

25.11.22

Quiz Night Major Sponsors



At JPM Electrical and Solar we pride ourselves on quality and delivering above customer expectations. JPM can help with all your electrical needs, Switchboard upgrades, general electrical, solar and battery. We have all In house designers and installers. building quality systems that last, Passionate about Solar, Battery and Off Grid.

https://www.facebook.com/jpmelectricalandsolar/

SOLAR / BATTERY / OFFGRID JPM Electrical and Solar Pty Ltd info@jpmelectrical.com.au 0401 966 529

Galpins

Galpins provides a comprehensive range of services including audit, taxation, accounting and business services, and financial planning and superannuation services to meet our clients' complete financial needs.

From our offices in Stirling, Norwood and Mount Gambier, we service Western Victoria to Ceduna and everywhere in between.

Find out how we can assist you or your business by contacting us today! Phone: 08 8339 1255 Email: stirling@galpins.com.au

^{25.11.22} Uniform Committee



UNIFORM FEEDBACK SUMMARY

Thank you to everyone who provided feedback on the move to One Uniform Activewear in 2022. The results and feedback / suggestions were excellent. $\hat{a} \in \hat{a}$

Here is a summary of feedback:

- 86% of parents and caregivers are satisfied to extremely satisfied an outstanding result. 72% said they were EXTREMELY satisfied!
- Most loved item the new Polo top in short & long sleeve
- · Other popular items were the Rugby jumper and skort
- Most desired additional item a fleecy jumper available at Hills Schoolwear, please!

Some of the comments received included:

• "The polo shirt is just so classic and smart looking. Also love the long sleeve version.

- The design looks good and made from quality materials, it's a great improvement
- Wearing sport shoes instead of black laces is an excellent idea
- We are very happy with the current active wear uniform and that the formal uniform is no longer used as the activewear uniform is practical and comfy.
- Well done team on making it easier for kids to play
- The kids miss the fleecy jumper option for warmth
- Well done uniform committee, you've done a wonderful job. The children look very smart and comfortable in the new designs.
- Thank you for the opportunity for feedback"

Some points made, with our feedback:

- · Vests run small and are short in comparison to long rugby jumper
 - Committee comment We know! We have tried to fix this, but unfortunately there is no other suitable option at this time. We recommend that you SIZE UP in the vests by 1-2 years above your child's age.
- · Soft shell jacket took too long to order and would like jackets to be in stock
 - Committee comment Unfortunately we were caught in a major covid delay which affected the arrival of the 2022 jackets.
 As you know we already have jackets on order for Term 2 2023.
- New shorts are lovely, but pull
 - Committee comment Oh dear! We didn't know this and will have to look into this. However if we move from this item we would lose the zip and nice soft material that presents well.
- Some people loved the new jacket (and it was their favourite new item) and a few find the arms too long
 - Committee comment Unfortunately the arm sleeves is something we cannot change however we will feed this back to the supplier
- A preference for the rugby jumper, or a fleecy jumper, available at Hills Schoolwear
 - Committee comment The reason the rugby is sourced direct from Silverfleece is that it keeps the cost down and is also made in Adelaide.

Already in action: We have listened and are now working on a higher quality fleecy jumper for 2023. New products can take 6 months to create, so we hope to have news in Term 2, 2023.

IN SUMMARY: The feedback, suggestions and extremely positive response were so appreciated by the Committee. This has been a two-year project, spearheaded by Principal John Low's vision to have children in clothing that enables them to be active and enjoy our beautiful St Catherine's grounds as part of their daily learning.

Obtaining the right range, design and items at a fair price is a challenge for a small school. Some suppliers will not consider our orders with the quantities we order. But we can see that, in the majority, this has been a great move for our school and most importantly our children.

Thank you for your feedback!

The One Uniform Activewear Committee: John Low Cathy Fischle Elise Campbell-Hand Miriam Whitford

25.11.22

APRIM news

Remembrance Day 2022

On Remembrance Day our Year 6 class walked into Stirling and attended a beautiful service, planned by the Stirling RSL. We joined together with members of the community and distinguished guests to mark the occasion. Our Senior students created a wreath that our School Captains placed at the memorial. Our students represented the school well in what is a significant opportunity during their final year of Primary school.

75 Years Mass

The schools 75 year milestone was celebrated with a Sunday Mass held in our Siena Hall. Parish and school came together for this special occasion on the Feast of Christ the King with parents, students and old scholars assisting with the Mass. We shared in morning tea and cake afterwards which was a great opportunity to share our memories of St Catherine's and hear about each others experiences.

Vinnies Appeal



Sacramental Program 2023

Children in Year 4 or above are invited to receive the Sacraments of Reconciliation, Confirmation and First Eucharist by joining with the Parish and School in the Sacramental Program during 2023. For those interested, an information session will be held early in 2023, however applications are now open. Please see Krystina Dawe for application forms or contact the Parish Pastoral Coordinator, Cathie Oswald: catherineoswald@ozemail.com.au

Nativity Play at St Matthew's Church

The Parish is looking for a generous and talented person to oversee the production of the Nativity at the Vigil Mass at St Matthew's Bridgewater this Christmas. The costumes, script and children will be arranged however we are looking for someone to assist on the night of the Mass. Krystina Dawe will assist in the preparation of the children prior to the event. If interested, please contact to Cathie Oswald catherineoswald@ozemail.com.au or Krystina Dawe.

Help Wanted

I am looking for someone who has the time and skills to be able to build a small wooden tabernacle that we could use to store communion. The picture is just for inspiration however, if you feel that you may be able to assist, I would be most pleased to talk with you about this project.



Expressions of interest are being sought for any students that would be interested in the Youth Environment Council next year. Check out the website for more information and to submit an expression of interest so that you can be contacted when nominations open in 2023.

https://www.yecsa.net.au/how-can-i-join.htmlâ€⁻

YEC description

South Australian students aged 11-17 who are passionate about sustainability are invited to express interest in the Youth Environment Council.â€[−]

Why join the Youth Environment Council?

- To share your passion for the environment and sustainability with other like-minded students across the state,
- To develop leadership, team building and public speaking skills at camps, workshops and forums,
- To take action for the environment and make a difference,
- · To share your views and actions with government.



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

25.11.22

Remembrance Day

Remember me

Dead bodies everywhere Blown up holes here and there Planes falling from the air Remember me

Limping with no time to spare Smoke and dust everywhere Breathing at the speed of light Nerves kicking in without a fight Remember me

Finally ending brutal hell Returning home under a spell Traumatised from what I've seen What am I to do without you? Remember me

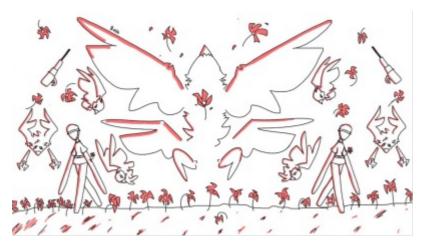
By Ellie Year 5

Remembrance Day Haiku

So Many Lives Gone A Poppy For a Soldier Their Great Sacrifice

By Nathan Year 5

Remembrance Day Artwork



Remembrance Day



Around the Classrooms

ROW

This term ROW has welcomed Miss Mather to our class. Miss Mather is co teaching alongside Mrs O'Dwyer and Mrs Williams. She has settled in beautifully and has become a wonderful asset to our teaching team.

In week 2 the Early Years neighbourhood visited the Art Gallery and Museum to support our history learning of the past and present. We were lucky to have an art experience in the studio where the children made an object that was special to them - using collage paper. This was inspired by Jasmine Crisp's portraiture paintings. We recreated our own self-portraits back at school that we could add our object to.

In Maths we are learning about sharing and subtraction. The children are enjoying using hands on materials to explore these concepts. In writer's workshop we are focusing on Non Fiction and Fiction texts. We are focusing on our class bump it up wall and the children are very motivated to improve their writing skills.

R1B/D

We have been very busy learners in R/1BD.

We began the term with an inquiry about old and new things. Our visit to the museum was a great way to explore what items looked like in the past. We are very interested in toys and games from the olden days, so we have been learning how to play games like pick up sticks, marbles, checkers, snakes and ladders and hopscotch.

In Maths we have been discovering ways to count quicker and accurately. We have explored patterns when counting in multiples and found that it's much easier to count in groups of 10, 5s and 2s. We have enjoyed singing rap songs to help us remember the sequence of numbers.

Thursday November 10 was Outdoor Classroom Day which is celebrated across Australia. By spending time in nature and connecting to the natural environment we learn to appreciate God's creation and will hopefully take action to protect it. Our class joined with ROW to engage in a variety of Maths tasks outside. The children created patterns, counted objects, measured containers and found shapes in the schoolyard. It was a great day full of fun hands-on learning.

1/2J

1/2J have been learning all about 'Then and Now'. After our excursion to the Museum and Art gallery, we have been exploring schooling from the past and what it is like now! We have been using venn-diagrams to organise our thoughts. We have also been discussing Indigenous perspectives. We learnt about the game Marngrook which is said to have inspired modern day AFL.

In Numeracy, we have finished our learning about data and have now moved on to chance and probability. We have been learning about the language used to describe the chance of things happening such as likely, certain and impossible.

In Writing Workshop, we have been learning about procedure texts and how to use bossy verbs to give instructions. The children will soon be writing their own procedure text on how to make a worm farm, tying in with our learning about being moral and ecologically aware.

1/2F

In 1/2F this term the children are learning a variety of interesting topics. In Writing, the children are learning about procedures and how we use vocabulary, text structure and illustrations to ensure others can easily follow along. In Maths, the children have learnt measurement where they ordered and compared 2D shapes and objects based on their length and area. Now the children are focusing on collecting and representing data by using pictographs.

In religion, the children are learning about the Bible and how this is the main sacred text. Everyone has enjoyed reading and learning from the Bible stories and are implementing these lessons into their lives today.

We all had an exciting time on our R-2 excursion to the Adelaide Museum and Art Gallery. Here we focused on artifacts and artworks from the past and how they have evolved overtime to be useful today.

3/4FW & 3/4LD

Students are really living and engaging in their learning with the Student Directed Learning Project. They were able to choose a topic they wish to study further and based on Bloom's Taxonomy higher order thinking, students have had tasks to choose and had weekly goal setting and reflections based on their topic.

This term we borrowed a set of drones and iPads from Catholic Education. Students have thoroughly enjoyed having a go at flying drones and they have created an obstacle course to fly their drones through. Finally they will be entering a competition with their obstacle course.

In addition to this, students have been creating a dance video, using the 5 elements of dance, body, time, space, action, and energy. They are learning about different camera angles and recording their dances using the drones.

5M

In 5M this term, we worked very hard to rehearse and perform the musical, "Into the Woods." It was a mammoth effort from all involved and we were so proud of the final production.

In between rehearsals and preparations, we have been working very hard to understand the relatively new world of algebra and have been having fun making kaleidoscopes and shadow puppets in our Science unit about light.

Mrs Melhop is settling in well and we are growing together as a new learning community.

6CD

Of course, a bit hit of Term 4 has been the use of drones. We were extremely lucky to be able to borrow 16 drones and iPads from Catholic Education. The students have loved creating their own obstacle course for the drones, as well as creating a dance video using a variety of camera angles from the drones.

Students in Year 5/6 were excited to present the 2022 Musical Experience "Into the Woods" to our St Catherine's School community. A musical is a wonderful opportunity for our students to participate in the Performing Arts, but it is a massive undertaking. Rehearsals have been happening since the beginning of Term 3 and a lot of time has been spent in preparing the children. Congratulations to all students, Mrs. Thomson, Mrs. Dawe, Mrs. Cornelius, Mrs. Melhop, Mrs. Kirby and everybody else who contributed to such a wonderful performance and experience for our Upper Primary children.

Year 6 Kangaroo Island Camp

Krystina Dawe, Kerry Cornelius and Steven DeGiovanniello accompanied the class on camp this year from Tuesday 22nd November through to Friday 25th November. We had a busy itinerary which took us to many of the wonderful tourist spots around the island and we were excited stay once again in American River at Kingsgate Haven.

Year 6 Principal's Podcasting Award

Each year, Arch D Radio and Podcasting celebrates outstanding achievement by Catholic school students, including the "Principal's Podcasting Award," which is an award presented to the Podcasting team that we believe stood out the most in reference to the Living Learning Leading Capability "self-aware, collaborative and socially adept." Congratulations to our 2022 Year 6 winners of the Principal's Podcasting Award for St Catherine's School – Allegra, Elena and Lily! The girls will now be in the running to be the CESA-wide "Podcasting Team of the Year" which will be presented later next month at the Arch D Awards Ceremony to be held at Sacred Heart College. We wish the girls the best of luck!

Into the Woods Musical





25.11.22

Year 3/4 News

We have had a wonderful term of learning. The year 3/4's were very fortunate to be a part of the Limitless Social Enterprise Pilot Project, run by Catholic Education. This enabled the students to work on real world problems such as meeting the needs of people who are not getting their basic needs met. They came up with an actionable problem statement. As this was a pilot project, we were invited to be a part of the filming of our project in preparation of this resource to be delivered to Catholic schools across Australia.



Of course, a bit hit of Term 4 has been the use of drones. We were extremely lucky to be able to borrow 16 drones and iPads from Catholic Education. The students have loved creating their own obstacle course for the drones, as well as creating a dance video using a variety of camera angles from the drones.



Year 6 Kangaroo Island Camp



25.11.22

Curriculum

Book Fair

Our Book Fair was another success this year. We were able to raise over \$500 for the library to purchase more books. Thank you for supporting our Scholastic Book Fair and we hope you enjoy reading your new books.



Reports

Teachers have been busy finalising assessments and writing students reports for the end of Semester 2. Our reports are a celebration of learning and also a celebration of each child's unique key capabilities as described on the Living Learning and Leading Framework.



To find out more about the Key Capabilities go to: https://kcc.cesa.catholic.edu.au/

Year 1 to Year 6 student reports feature the A to E grades which is given for achievement in each learning area. Reception student reports feature the Working Beyond to Working Towards grades.

The Reception report uses the following Achievement scale

Your child is demonstrating achievement beyond what is expected at this year level
Your child is demonstrating competent achievement of what is expected at this year level
Your child is in the beginning stages of demonstrating what is expected at this year level
Not Applicable
tes the following Achievement scale:
Excellent achievement of what is expected at this year level
Good achievement of what is expected at this year level
Satisfactory achievement of what is expected at this year level
Partial achievement of what is expected at this year level
Minimal achievement of what is expected at this year level
Not Applicable
ses the following Commitment to Learning scale:
Excellent commitment to learning
Good commitment to learning
Satisfactory commitment to learning
Needs to improve

Pupil Free Days in Week 9

In Week 9, we have 2 pupil free days. Have you ever wondered what the staff are up to in that time?

We have a rigorous hand over of student information between teachers. This means that we share with the new teacher information about their students that they will have in the following year. We share information such as: PAT results, NAPLAN results (if applicable), PULSE results, learner dispositions, friendship and social experiences to ensure that students and teachers are supported to have a successful transition for the beginning of the new school year.

Corey Lewis & Narelle Brine Curriculum and Assessment Leaders of Learning

25.11.22

Wellbeing

Dear Families,

How quickly this term is flying by! We are fast approaching the time in the term and the end of the school year where our young people are potentially becoming tired. I hope among the busyness of the current school term, you are all finding time for yourselves and your families to rest, relax and recharge.

Transition Tips

Typically around this time of the year, anxiety for both parents and children can start to creep in as families begin to face the prospect of change. We have 21 Year 6 children facing the reality of moving on from the comfort of St Catherine's in just a few short weeks to begin a new adventure at a different school next year. While this is exciting, it is also a big step that can bring about some feelings of uncertainty. Likewise, even those of us that are just moving to a new grade or class with a different teacher can experience some anxiety around this idea and that is very normal. So, what are a couple of things we can do as parents to help our young people?

Empathise with the stress

If your child is feeling stressed, it's okay to acknowledge those feelings. Adjusting to new situations and learning to cope with change is a part of life. Coping with the change of a new school year is a good way for children to learn the skills they will need later in later life to manage stress, such as when they change jobs, start a new career or move to a different city or state. Empathising that change is hard makes it easier to move beyond the stress, and naming your fears makes it possible to conquer them.

Focus on the positives

If your child has the tendency to focus on the negatives of a new school year transition, it's important that we as adults actively help them to see the positives. It can be helpful to point out the benefits of the school, the teacher or the classroom. We need to keep our emotions in check. It's very normal for us to feel anxious too, but we need to make sure that our emotions don't rub off on our children. Stay as calm as you can and be confident.

Things you can do over the summer holiday to help with the 2023 transition:

- Practice the school routine during the holiday break
- Walk / drive to the school to familiarise / re-familiarise
- · Practice wearing uniform and school shoes

- Practice packing / using lunchbox
- Consider introducing an older student mentor
- Meet up with other children going into the class
- Closer to school going back, wake up slightly earlier to avoid the stress of rushing

Neurodiversity and Transition

While the process of change and transition can indeed be difficult for many of us, it can be particularly challenging and overwhelming for our students who are Neurodiverse. To support the families of the children in our St Catherine's community with Neurodiversity, I recommend you read the following relevant tips and tricks within the 2023 transition booklet by Sue Larkey.

Term 4 Classroom Pulse Check In

All students from Reception - Year 6 have recently completed their last Classroom Pulse Check In for the 2022 school year. The Classroom Pulse Check In is a Wellbeing Initiative with its primary purpose to be able to find out how students are feeling about their experiences of school. Remember, If you would like some further information about the Classroom Pulse Check In, please have a look at the link provided below:

https://www.cesa.catholic.edu.au/news/wellbeing-initiative

Mission Australia - Thursday 1st December from 9am

Unfortunately our morning with Mission Australia needed to be postponed due to the Week 5 school closure. As a result, a representative from Mission Australia will be visiting St Catherine's on the morning of *Thursday 1st December from 9am*. **Parents are welcome to email me so that I can secure you a 20 minute appointment.** This would be useful for anyone already accessing NDIS but may have some questions, or for those families with a new diagnosis who may want to know more about what support you can be accessing for your child / family through Mission Australia. I suggest it would be a very useful 20 minutes just to explore the possibilities.

NDIS and Mission Australia Createabilty Festival

Please consider supporting the NCCD and Mission Australia Createability Festival which will be held on Saturday 3rd December from 10:30am - 3pm. The Createability Festival will be held at Eastern Fleurieu R-12 School in Strathalbyn and is a fantastic way to support and celebrate the talented individuals who are living with a disability.



Warm Regards,

Kerry Cornelius

Leader of Learning (R-6) – Wellbeing and Inclusion kcornelius@stcaths.catholic.edu.au



Community Notices



Gingerbread House fundraiser - CLOSES 30th November



Dł.		
	24 .3	
Ż		
O,		

Gingerbread House fundraiser - CLOSES 30th November. Order your gingerbread house using this link/QR code and the school receives \$15 from each house sold. So <u>far</u> we have raised \$135. Thank you to the families who have ordered.

https://share.gingerbreadfolk.com.au/6mRJb7

Italian Day Thursday December 1







Thursday 1st December 2022

Special Italian Lunch order

Penne Bolognese	\$5.00
Gluten Free option	\$5.50
Spaghetti Napoletana	\$5.00
Gluten Free option	\$5.50

Gelato \$2.00 Flavours: Cioccolato / Fragola / Mango / Limone (Chocolate / Strawberry / Mango / Lemon)



All orders via QKR! Orders close 3pm Tuesday 29th November

Wear the colours of the Italian Flag with your school uniform

Activities include:













Mask making and Carnevale Parade



Vinnies Christmas Hamper Collection



St Catherine's School are proudly supporting Vinnies again this year by donating food hampers to ensure that families facing challenging times may still have an opportunity to enjoy Christmas.

While all donations are gratefully accepted, below is a list of preferred items to make up this years hampers.

Christmas Day	Tinned & Pre-packaged Foods:	Drinks:	General Grocery Items:
 Meats – ham, turkey, salmon, tuna Soups Vegetables Baked beans, spaghetti or similar Beans, lentils or similar (dried or tinned) 	 Pasta Rice Spaghetti & sauce Pasta & sauce Cakes Biscuits Gravox Baby foods Sugar 	 Milo Tea Coffee Cordial Long-life milk Juice cartons 	 Jams Vegemite Honey Spreads

** Consider donating supermarket gift card so purchases can be made to enjoy meat and fresh fruit/vegetables on Christmas Day **

Each class will have a collection box for you to place your donations.

We are asking that all donations are received by:

Friday 9th December

Representatives from the local Vinnies will be collecting our hamper goods in the last week of the school term.

We thank our school community for your ongoing generosity!

It is greatly appreciated by those less fortunate at this special time of the year.

End Of Year Picnic December 6



Ch ristmas themed clothes encouraged

We hope to see you there.

Please register your attendance indicating the number of people in your group via our school website: https://www.stcaths.catholic.edu.au/community/parent-attendance-registration-form





All Content Copyright 2024 ©