



St Patrick's School

Ovens St, Wangaratta, Vic 3677 Phone: (03) 5721 5795 Fax: (03) 5721 9604
Email: principal@spwangaratta.catholic.edu.au

St Patrick's Primary School, Wangaratta, would like to acknowledge the Yorta Yorta Nation, whose clans include Bangerang (Pangerang) Kaitheban, Wollithiga, Moira, Ulupna, Kwat Kwat, Yalaba Yalaba and Ngurai-illiam-wurrung, as the Traditional Custodians of the land on which our school is situated.

This school supports the CHILD Safe Standards (Ministerial Order 870) and actively seeks to ensure that all students are kept safe from all forms of harm at all times.

ST. PATRICK'S SCHOOL NEWSLETTER

29th May 2019

The Gifts that keep on Giving

Some of our students have been preparing, with their families, to receive the Sacraments of Confirmation and Eucharist. The reception of these Sacraments will take place this weekend.

Confirmation is one of the Initiation Sacraments. When we were babies, our parents had us Baptised. Now, as young people, it's up to the individual to confirm that they wish to become full members of the Church. At Confirmation, the children are bestowed with the gifts of the Holy Spirit (Understanding, Right Judgement, Courage, Knowledge, Reverence, Wonder and Awe and Wisdom). Remembering what it was like for me all those years ago, I remember thinking that... BAM!..... all of a sudden, as if by magic, I had all of these extra abilities/superpowers (incredible Hulk ... eat your heart out!). As I grew older and studied a bit more, a bit of "wisdom" kicked in and I realised that there was no magic moment that I acquired these gifts. I had them all along. They are a part of who I am, of what God made me. Confirmation is a chance to revisit these gifts from God and refocus. To be better.

Imagine, for example, a world where everyone had the gift of Understanding. It would be a world where we could see the world and each other from different perspectives and understand the difference. If that were so, there'd be no wars, no poverty, no need for Aboriginal Reconciliation and we would all be aware of God's presence in our world. Now, imagine our children growing up with all seven gifts and what truly outstanding people that they would grow to be. Isn't that what we all want for our children? I hope that, as these magnificent children grow and learn, that they become rich in these gifts and become the outstanding young people that they have the potential to be.

So, don't be a "dummy" like I was and think that this is some form of magic. There's nothing magic about God because magic is an illusion and God is real (if you have the "courage" to believe).

Dear Parents,

Yesterday, I had the privilege of attending a Mass of Reconciliation at Our Lady's Church. Our F.I.R.E Carriers (**F**riends **I**gniting **R**econciliation through **E**ducation) also joined with other schools in the district (from Wodonga to Benalla) to share this special time with some elders and members of the Aboriginal community. It was a lovely experience and one that gives me hope for a more equitable future for our Indigenous brothers and sisters. I have lots of thoughts going through my head as to how these experiences bind us more closely together. Perhaps I'll share them next week, when I've had a chance to think about what I want to say. I was very proud of our students though, in the way they participated and showed due respect for what was happening.

THANK YOU ANITA HAMILTON HAIRDRESSING FOR SUPPORTING OUR SCHOOL

Confirmation/Eucharist – This weekend

The Bishop of Sandhurst will be here this weekend (1st and 2nd June) to celebrate the Sacraments of Confirmation/ Eucharist with the children who have been preparing these past few weeks.

Families have already nominated with the Presbytery as to which celebration that they will attend (11.00am St Patrick's Church, 6.00pm St Patrick's Church on the Saturday - 1st June OR 9.00am at Our Lady's Church on Sunday the 2nd June)

There will be practice tomorrow Thursday (30th May), commencing at 7.00pm at whichever Church families have nominated to attend (St Patrick's or Our Lady's). At this practice, children and parents will be given a quick run through of events and expectations to make the celebration run smoothly. It's important that all children celebrating these Sacraments attend this practice.

School Closed

St Patrick's School will be closed **next Wednesday, 5th June** for a Report Writing Day. The following Monday (10th June) is a Public Holiday for the Queen's Birthday (long live the Queen I say!!! LOL).

Ladies Long Lunch – TOP JOB!

I was honoured to be able to drive the bus for last weekend's LADIES LONG LUNCH (at REMEL in Whorouly). If, for no other reason, it gave me an opportunity to "spy" on the secret women's business that was happening. NAH! Not really, but I did find it a bit daunting to be the only male in a sea of women (every man's dream and every man's nightmare all at the same time! LOL). It was a truly magnificent day! The feedback from the attendees was nothing but positive. Great company, great food and great refreshments! The venue was fantastic!

As an "outsider" I was particularly interested in the warm friendly atmosphere. The venue looked fantastic. Thank you to the organising committee: Kyra Huhn, Sally Newton, Alecia Roman, Anita Hamilton and Lisa Matheson for a job well done. They even managed to raise nearly \$3000 for the school, not that it was the intention of the day. It was a **FUN raiser** NOT a FUND raiser. Clearly, tickets will be highly sought after again next year.

There were **two jackets (one black and one navy)** left behind and a **pair sunglasses (tortoise shell – Pink Mink)** left behind. If you wish to claim any of these, pop into the office and see Annette. Well done again to the organisers and those who went along to have some fun.

School Board News

We have the results from the survey conducted by the Board looking at what areas parents would be interested in learning more about. There were four main areas with the majority of responses coming from the junior school parents. The areas that we will investigate in the next twelve months are:

(1) Resilience, (2) Mental Health, (3) Bullying and (4) Children and Friendships.

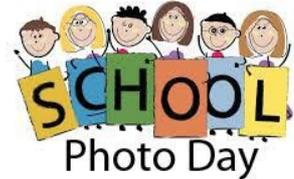
The plan for this year is to cover two areas (one in term three and one in term four). Next term, there is a Resilience team coming to Wangaratta and we will explore ways of perhaps subsidising entry for interested parents.

In covering the term four topic, we would like to know if anyone has any ideas or contacts who could address either of the remaining three areas. It may be someone whom you've come in contact with that impressed you as a speaker or someone that you have heard about. If you have any ideas, could you send an email to either Kristen Glenister (Kristen.glenister@unimelb.edu.au), Connie Cudini (conniecudini@gmail.com) or myself (tcorrigan@spwangeratta.catholic.edu.au).

THANK YOU HAML A OLIVE GROVE FOR SUPPORTING OUR SCHOOL

Photo Envelopes

Photo envelopes are being sent home today. School Photos will take place on Wednesday, 19th June. Family envelopes are available from the office.



Councillors to Visit

Councillors from the Rural City of Wangaratta will be at St Patrick's this Friday at 11.30am to speak with the Year 5/6 students about local governance and to answer any questions that they may have.

St Vincent De Paul – Winter Appeal

St Vinnies are running their Winter Appeal again this year. As they are having renovations done to their storage facilities, they are unable to collect foodstuff this year. Instead, they are hoping to collect blankets and money (to purchase food vouchers). Apparently as the weather has turned cold quite quickly, they have had a bit of a “run” on blankets.

If you have any blankets that you would like to donate (in reasonable to good condition), then please send them along to school. Our **Social Justice Team** will also be involved in purchasing some blankets for St Vinnies using money collected for just such a thing over the past twelve months. Please give if you are able as it can make a world of difference to those who have less than we do.

Multiple Sclerosis (MS) Day – Tomorrow

Katelyn Papakostas, a current Year 12 student at Galen College, came and visited me last week. Katelyn was diagnosed with MS last year and she is very keen to organise an awareness fundraiser. I was very impressed with her drive and determination.



World MS Day is on Thursday, 30th May. On that day students and staff are encouraged to wear an item of RED clothing (the colour of MS Awareness in Australia) for a gold coin donation. Funds raised will be used to fund MS research to find a cure.

Those electing not to support this fundraiser, need just wear their regular uniform to school on that day.

Learning Walk – 11th June at 9.00am

Parents are invited to come along to a learning walk. Teachers will escort parents through the school (Foundation to Year 5/6) to observe how our literacy programs run and to give parents a perspective on developmental stages and ideas they can use to assist their child's learning journey. It should take about an hour to visit a class in each area of the school and discuss elements of interest to parents over a coffee. Everyone is welcome to attend.

After School Care

Just a reminder that due to increasing numbers on certain days, we would appreciate that, if you require your children to be booked into After School Care on a casual basis, that you ring the office or email Rosie at rpane@spwangaratta.catholic.edu.au to see if the day you require is not fully booked.

At this stage Tuesday's is nearly full and you may not get your child in unless there are absences. Please call the office to make sure a position is available.

Also, attached at the bottom of the newsletter is some information regarding Child Care Subsidy.

If your child is registered in After School Care, you are eligible to receive a rebate. All you need to do is register with Centrelink on the MyGov website.

THANK YOU JOHN BATCHELOR CLEANING FOR SUPPORTING OUR SCHOOL

Assembly

This week's Assembly is being run by Years 1/2 Capper and Rinaldi. Please feel most welcome come along and join us if you are free.

Closure Days

There are two closure days coming up in June:

5th June – Report Writing Day
21st June - Professional Development Day (Maths Conference in Melbourne).

Vacation Care Program



Following the success of our Vacation Care trial last holidays, we have decided to continue to run this service to parents next holidays. The Vacation Care program will run from Monday, 1st July until Friday, 5th July (first week of the holidays). Bookings can be made by filling in the form at the end of this newsletter or contacting Rosie in the office (57 21 5795) during school hours. Place are limited so it will be a "first come, first served" basis.

A booking form can be found attached to this newsletter. Cancellations can be made up until a week prior with no charge. Cancelling within the week of Vacation Care beginning, will incur a fee of \$20.00.

Coming Up

A few things coming up this month:

30th May	Practice for Sacraments of Confirmation/ Eucharist (7.00pm in either St Pat's or Our Lady's Churches)
31st May	Year 5/6 students to meet Councilors (11.30am)
31st May	Year 5/6 students to meet with RCOW Councilors (11.30am – School Hall)
1st & 2nd June	Sacraments of Confirmation and Eucharist
5th June	SCHOOL CLOSED – Report Writing Day
10th June	Queen's Birthday Holiday – School Closed
21st June	SCHOOL CLOSED – (staff attending Mathematics Conference in Melbourne)

Web Calendar

If parents access the school's website (www3.spwangaratta.catholic.edu.au) you will have access to a calendar of events as they come up. A calendar of events is also published in our newsletter. I will have as many available dates as possible on this site within the next week or so. Please check it periodically as I also add dates as they become known.

St. Patrick's PS APP REMIND

If you want to keep up with what's happening around the school, you can join REMIND.

It can be downloaded from the app stores to your devices using either of these links:

Apple - <https://goo.gl/IHQHGn> or Android - <https://goo.gl/FJWEv>

You will need to join our "Class" after you install and sign up - @spatwang, or St Patrick's Primary School Wangaratta



THANK YOU **THE UNIFORM ZONE WANGARATTA** FOR SUPPORTING OUR SCHOOL

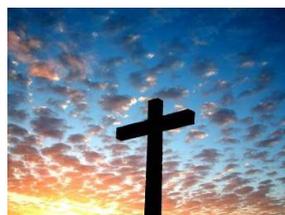
Newsletter

Our newsletter can be accessed on our website and our Facebook page. Annette (in the Office) also has a mailing list that she is happy to include you on. Simply email Annette on:

abeitzel@spwangeratta.catholic.edu.au or phone the office (0357215795) and Annette will put you on the list. If all else fails, you can request a hard copy from the office.

Mass Times

- * Saturday 6.00pm St Patrick's
- * Sunday 8.00am St Patrick's
- * Sunday 9.00am Our Lady's
- * Sunday 10.30am St Patrick's
- * Sunday 10.00am Moyhu
- * Sunday 10.30am Whitfield (1st Sunday)



Terry

DATES TO REMEMBER

JUNE	1 st & 2 nd	-	Confirmation/Eucharist
	3 rd	-	6.00pm P & F Meeting
	5 th	-	Report Writing Day – PUPIL FREE DAY
	10 th	-	Queen's Birthday holiday – PUPIL FREE DAY
	11 th	-	9.00am Learning Walk
	19 th	-	School Photos
	21 st	-	Math's Conference – PUPIL FREE DAY
	28 th	-	2.30pm END OF TERM

SCHOOL BOARD

The St Patrick's School Board proposes to run one information session per Term during 2019, (Terms 2-4). Please select sessions you would find beneficial for your family and yourself.

<https://www.surveymonkey.com/r/NX3MSRC>

THANK YOU **BOOKTIQUE** FOR SUPPORTING OUR SCHOOL

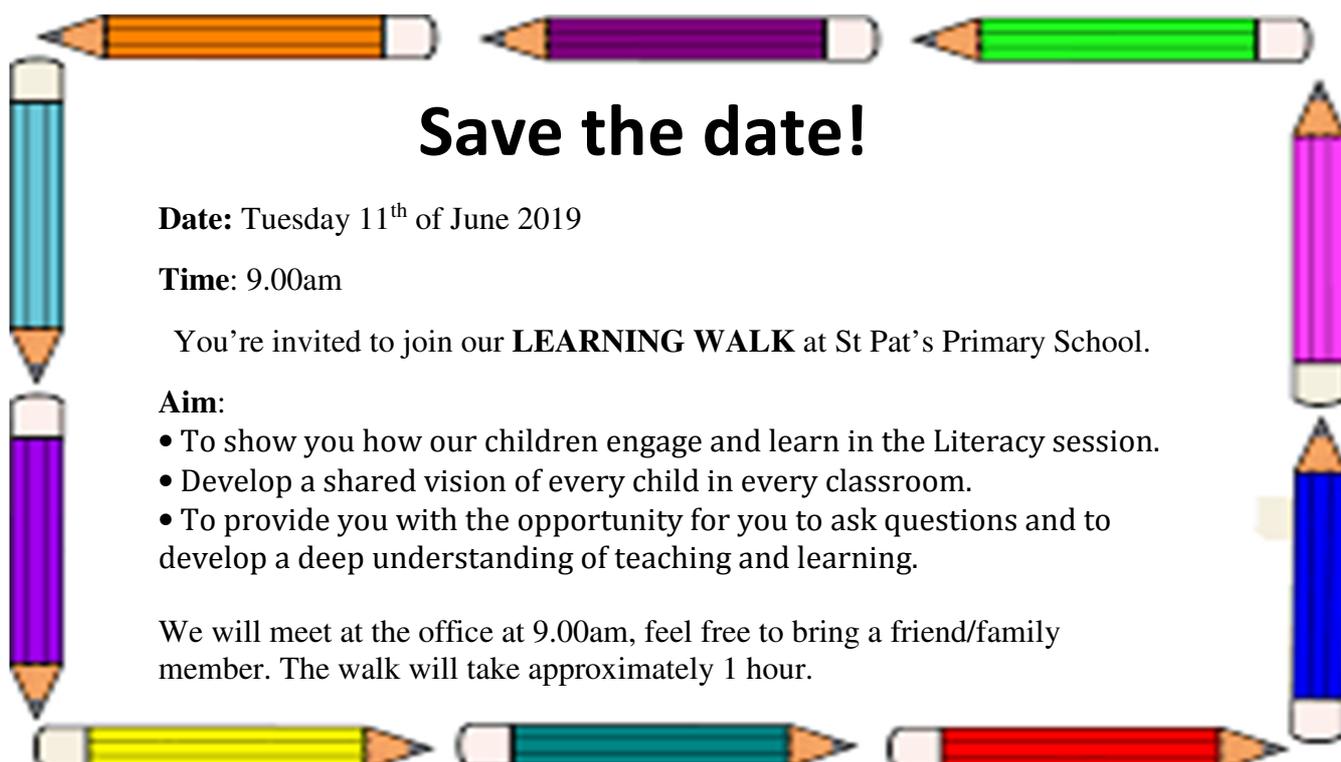
CHATTER MATTERS

An activity to build vocabulary, **Morphology**: Morphological awareness is a skill that helps students read and spell. It involves breaking up words into their base word, prefixes, and suffixes. These can be added or taken away from a word to alter its meaning. For example, the word unhelpful can be broken into: a prefix – un (meaning not), base word – help, and a suffix – ful (meaning full of). This could be explained as: not full of help. The following activities will help develop your child's morphological awareness and improve indirectly their fluency, reading comprehension, and spelling.

Resilience, Rights and Respectful Relationships

This week all students will:

- Students investigate developmental changes and transitions
- Students recognise the influence of emotions on behaviours and discuss factors that influence how people interact
- Students describe their own and others' contributions to health, physical activity, safety and wellbeing
- Students explain and apply strategies to enhance their own and others' health, safety and wellbeing at home, at school and in the community



Save the date!

Date: Tuesday 11th of June 2019

Time: 9.00am

You're invited to join our **LEARNING WALK** at St Pat's Primary School.

Aim:

- To show you how our children engage and learn in the Literacy session.
- Develop a shared vision of every child in every classroom.
- To provide you with the opportunity for you to ask questions and to develop a deep understanding of teaching and learning.

We will meet at the office at 9.00am, feel free to bring a friend/family member. The walk will take approximately 1 hour.

THANK YOU **NUFRUIT** FOR SUPPORTING OUR SCHOOL

PAT ON THE BACK

Foundation Mrs Levesque	Congratulations to INDIANA WINSLADE for the care and kindness she gives to her peers and teachers. Indi is always ready to help others with a smile.
Foundation Mrs Shaw	Congratulations to OLIVER ROBINSON for the beautiful writing he has been working on. He is really thinking about the sounds in words as he writes them. He consistently uses spacing and his presentation has improved enormously. Great writing, Oliver!
Year 1/2 Mrs Bray	A big pat on the back to RILEY GRASSO for the wonderful way he has settled into our school. We are pleased you are a part of Year 1/2 Bray!
Year 1/2 Cassidy/Russell	Congratulations to CHARLIE HOURIGAN for using excellent reading strategies whilst trying to decode unknown words during reading groups. Charlie demonstrated 'sounding out' & 'reading on' strategies to help him and his peers to understand the text. Keep up the great work, Charlie!
Year 1/2 Ms Rinaldi	A big pat on the back to CAITLYN BARNDEN for displaying maturity and being a positive student, both in and out of the classroom. Well done, Caitlyn!
Year 1/2 Mr Capper	Congratulations to MANI D'AGOSTINO for having a kind, polite and friendly nature. He produces outstanding work in all subject areas and is a great problem-solver. Keep up the super effort! It is a pleasure having Mani in 1/2DC!!
Year 3/4 Nicoll/Lynch	Congratulations to FREDERICK HUH for the focus and persistence that he is applying to his learning. Frederick has also realised that positivity is the key to overcoming challenges.
Year 3/4 Mrs Newton	A big pat on the back to FINLAY MATASSONI for her wonderful piece of persuasive writing on 'Homework should be banned'. Great job Finlay, however, you are still required to hand in your homework Monday☺!
Year 3/4 Mrs Rizzo	A big pat on the back to ROXY SMITHWICK for the conscientious manner in which she approaches her learning. She always gives 110% and accepts challenges with positivity and enthusiasm. Well done, Roxy!
Year 3/4 Mr Levesque	A big pat on the back to HARVEY FITZGERALD for being a kind and caring friend who always thinks of others.
Year 5/6 Mrs O'Connor	Congratulations to WILLIAM MCCLLEN for the growth mindset he has shown towards his learning, taking responsibility for ensuring he is organised and ready to learn.
Year 5/6 Ackerly/Higgs	Congratulations to CHRISTIAN PRESTIANNI for the inclusivity he shows to all members of the class. He is a living model for 'Respectful Relationships' at our school. Keep up the great work!
Year 5/6 Mrs Rickard	Congratulations to DREW WINTER & JAXON AUGER for their perseverance and determination as they built their weather station. You kept trying new things and never gave up, boys! Well done!
Special Award Mrs Patterson	Congratulations to JYE EYKENBOOM for the excellent determination he has displayed over the last few weeks, whilst his reading accuracy increases.

WHAT'S HAPPENING IN THE CLASSROOM

FOUNDATION – Caz & Trish

REMINDER

This weekend, some of the students at St Patrick's will be receiving the Sacraments of Confirmation/Eucharist. We have had some of the candidates join us for prayer in the Foundation area on Tuesday and Thursday mornings. We would like to wish them all the very best for their upcoming special Mass.

*****There has been a report of Head Lice in the Foundation area.*****

Please keep your child's hair tied back and check regularly for any eggs or lice present. (To check your child's hair, saturate your child's hair with conditioner. Using a fine comb, comb out the conditioner, wipe on a tissue. Check for any eggs or lice on the tissue. Repeat regularly.)

Religion: This week we have begun our new unit, 'I Care for God's World.' We will be looking closely at nature and the many beautiful things God has created for us. In this unit students will begin to appreciate and express wonder at God's creation. They will be introduced to the fact that they have certain responsibilities to live in harmony with creation.

Literacy: The Foundation students will work through a variety of activities related to the big book in their class. They will continue to write lists, letters and wanted posters relating to the big book. The students continue to practise the most used words daily and sounds and letters.

Foundation Levesque - 'The Hungry Giant's Lunch'.
Foundation Shaw - 'Dan the Flying Man and Dan's Lost Hat'

Thank you to the parents who have been able to read with the students, we appreciate your time. A huge thank you to the wonderful reading routines that have been established. Congratulations to the students and families who have read over 50 nights.

Mathematics: This week the students have been investigating and describing position and movement. They have been carrying out a specified sequence of actions to move an object from one location to another. The students have been playing a simple rule-based game moving a specified number of places according to the result on a die in a chance-based game.

Inquiry: This week during the unit, '**Our Sustainable World**' the students have investigated the word, 'sustainability' and have identified the many different environments around us. We have viewed the consequences of humans damaging the environment and how we here at St Patrick's can be the ones to make a change.

Show and Tell:

This week - An item that sinks

Next week - Something that is round

Have a great week!

THANK YOU **SPOTLIGHT WANGARATTA** FOR SUPPORTING OUR SCHOOL

YEAR ONE/TWO – Janina, Amanda, David & Karen

Important Dates to Remember:

Friday 31st May – Year 1/2 Capper Mass
Friday 7th June – Year 1/2 Bray/Cassidy Mass
Friday 14th June - Year 1/2 Rinaldi Mass
Thursday 25th June – Year 1/2 Expo

Literacy:

This week in spelling we are focusing on the ‘l’ as in log and ‘tr’ as in trap. In our literacy groups we are focusing on conjunction (and, so, if, because, or, but) and question marks. Students have enjoyed reading and writing their own information reports and are becoming more confident in including a title, general statement, description and evaluation in their writing. In addition, whilst writing reports we have been looking at the language features of an information report including the inclusion of nouns, adjectives and present tense verbs.

News:

This week – Something we need to keep healthy is...
My favourite healthy snack is...because...

Next week - My favourite animal is...
An interesting fact about my animal is...

Numeracy:

In numeracy this week students are focusing on ‘Time’. Students will be learning how to tell the time to the half hour and how to tell the time to the quarter-hour, using the language of “past” and “to”.

Daily practise activities at home could include pointing out the time on an analogue clock at key moments during the day.

Inquiry:

As a part of the Year 1/2 Inquiry topic 'Tip Toe Through Our World', we are collecting scraps of material and pillowcases which could be recycled into something new. Boomerang bags will be made using old pillowcases, so if families have any odd pillowcases they might like to donate, it would be greatly appreciated.

We are also interested in hearing from any parents/grandparents/friends who may be able to assist with some simple sewing projects.

On Tuesday 25th June, from 2.30pm – 3.30pm we will be having an expo to showcase our learnings for the term. We would like to invite our families and friends to come into our classrooms during this time.

In conjunction to the expo, this time will be an opportunity for students to swap a book or toy, linking in with our focus of reduce, reuse and recycle. If families would like to donate an old book or toy that they no longer use and bring into school prior to this day it would be greatly appreciated.

THANK YOU **GABBY HANDMADE RESIN JEWELLERY** FOR SUPPORTING OUR SCHOOL

Cross Country:

Our Junior School Cross Country was a success last week. It was a lovely morning for the students to participate in the timed running event. We were extremely proud of the way in which the student conducted themselves, encouraging their peers and giving their personal best efforts.

Religion:

This week we started our new unit 'Sacraments Are Special Celebrations'. During this unit students will develop a greater understanding of celebrations. They will explore the different ways we celebrate God in our lives; through the world around us, through people and in a unique way through the Sacraments of the Church.

Meetings:

Please note that the Year 1/2 teachers have meetings scheduled every Tuesday morning before school and Wednesday after school. Just a reminder that teachers can be contacted via email on:

acassidy@spwangeratta.catholic.edu.au

kbray@spwangeratta.catholic.edu.au

dcapper@spwangeratta.catholic.edu.au

jrinaldi@spwangeratta.catholic.edu.au

YEAR THREE/FOUR – Sarah, James, Karen, Paul & Nara

We congratulate the children receiving Confirmation and Eucharist this weekend.

Reminders:

- **Thursday 30th June: Confirmation Eucharist Rehearsal for children. Venue: St Patrick's and Our Lady's Church at 7.00pm**
- **Saturday 1st June & Sunday 2nd June: Celebration of the Sacraments of Confirmation & Eucharist at St Patrick's and Our Lady's Church.**
- **Wednesday 5th June: Whole School Closure [PUPIL FREE] for Report Writing Day**
- **Friday 21st June: Whole School Closure [PUPIL FREE] (Mathematics Conference, Melbourne)**

Literacy:

This week our students are beginning to explore information texts as we research the flora and fauna of the different climate zones in our environment. This is linked to our Inquiry Unit, 'Look at What We Have Got'. This unit looks at caring for our environment and what we can do to help our natural habitats. The children are excited to research an endangered animal and present it as an information report.

Our spelling focus this week is '-i' as in *light, fly, kite*

THANK YOU **HEY GORGEOUS** FOR SUPPORTING OUR SCHOOL

Homework:

Homework contracts are due on Friday or the following Monday, depending on your child's teacher. Please ensure that your child has carefully completed each task before recording your signature.

Also, please check that your child is reading every night and that he/she records a comment in his/her reading log to describe what they have learnt/where they are up to in their story.

Numeracy:

This week our students are exploring addition written strategies that can be applied to problem solving scenarios. The focus will be on the place value of each digit, for example 345, represents 300, 4 represents 40 and 5 represents 5. We will be using vertical addition modelling with materials to represent the process.

Head Lice:

It's that time of the year where there have been a few reported cases of nits in the 3/4 area. Could you please check your child's hair and treat if necessary? Also, with winter fast approaching could **parents please ensure your child's jackets/jumpers have names on them.** Thank you for your cooperation!

YEAR FIVE/SIX – Andrea, Helen & Sharyn

Numeracy Focus

All Year 5 & 6 students will be participating in Maths Games conducted by The Australasian Problem-Solving Mathematical Olympiads. APSMO is a *not-for-profit*, professional organisation that offers a range of mathematical competitions for students aged from around 8 to 14. The programs are unique in that they focus on the students' ability to solve mathematical problems in a creative manner - as opposed to simply reaching a solution using a prescribed method. Each month there is a different focus/strategy with this week the focusing on Guess, Refine & Check as well as Draw a Diagram.

Reading Focus - Reading a variety of Information text/Procedures with a focus on **Within the Text**. We have also started our Literature Circles within our classes.

Writing - Information Text/Procedures.

RRRR (Resilience, Rights and Respectful Relationships)

This term the Years 5 and 6 will be focussing on Help Seeking.

Children can experience all kinds of challenges as they grow and develop. The help-seeking behaviours of children are fundamental to their mental health and wellbeing. Encouraging and fostering help-seeking behaviours is one way to improve mental health and wellbeing.¹⁶ It is important to work with students to make sure they are aware about help-seeking avenues and confident to seek help from an appropriate source when needed.

Learning activities in this topic area are designed to help students discuss the importance of seeking help and providing peer support when dealing with problems that are too big to solve alone. This helps to normalise and de-stigmatise help-seeking behaviour. Scenario-based activities help students identify situations in which help should be sought, identify trusted sources of help, and practice seeking help from peers and adults.

THANK YOU **HARVEY NORMAN WANGARATTA** FOR SUPPORTING OUR SCHOOL

National Reconciliation Week:

To acknowledge National Reconciliation Week the Year 5 FIRE Carriers attended the North East Deanery Mass on Tuesday. The classes have also been learning about this year's theme Grounded in Truth, Walk together with Courage. To foster positive race relations, the relationship between Aboriginal and Torres Strait Islander people and the broader community must be grounded in a foundation of truth.

Zone Cross Country:

The students who qualified to compete in the Zone Cross Country on the 6th June have received permission slips and a request for a \$3.00 payment. The forms and money must be returned to your child's class teacher.

Interschool Sport:

Draw for Friday 31st May, 2.00pm:

St Pat's Yellow V Yarrunga
St Pat's Green V Our Lady's

Communication:

To contact your classroom teachers, we encourage you to use the school emails or call the school directly (57215795). As always you are also welcome to visit the classroom.

aconnor@spwangeratta.catholic.edu.au

sackerly@spwangeratta.catholic.edu.au

hrickard@spwangeratta.catholic.edu.au

khiggs@spwangeratta.catholic.edu.au

MAYFAIR SHOWBAGS



WANTED PLEASE –

McDonald's Toys (in the wrappers),
COLES Stikeez (in wrappers),
Keyrings, Lanyards
Woolworths Tiles (in wrappers) for
Mayfair 2020 showbags.



Please deliver to the office, thank you.

THANK YOU MAWSONS CONCRETE & QUARRIES FOR SUPPORTING OUR SCHOOL

BE INFORMED

How to support your child's body confidence

As a parent you are in a position to have a positive impact from an early age on how your child feels about their body and their self-esteem. Often what we do and say in front of our children can influence their body image and where they see their value.

TIPS ON HOW YOU CAN BE A POSITIVE BODY IMAGE ROLE MODEL FOR YOUR CHILD

Your own relationship with your body – This may not be easy but being aware of your own body image will help you be conscious of the messages you send your kids. Try to avoid making negative comments about the way you look. If your child knows you feel comfortable with your body, this can help them feel comfortable in their own skin.

Do not talk about diets – Dieting is the biggest risk factor for developing an eating disorder. Avoid talking about diets, your “naughty” eating habits, or your weight and size. This can give kids the impression that weight and size are highly valued and they may feel pressure to look a certain way or be a certain size. Focus on eating to nourish our bodies and the pleasure it brings.

Talk to your child about how they feel about their body – Acknowledge if they are feeling uncomfortable or bad then focus on what their bodies can do rather than what they look like; not just physical activities but their other skills such as playing musical instruments, creative outlets and how amazing their brain is! Our worth should not be determined by the number on a scale.

EARLY INTERVENTION

Even with the best of intentions, sometimes life throws us a curve ball. It is important to recognise the warning signs of body dissatisfaction and low self-esteem as early as possible.

BEHAVIOURS TO BE AWARE OF:

- Withdrawal from social events and activities that they used to enjoy
- A focus on diets, calories and health; talk about wanting to be healthier or fitter; becoming obsessive about checking the nutritional content of what they are eating; excessive exercise.
- Being irritable or anxious around meal times or refusing to eat certain foods or whole food groups.
- Complaints about the way they look, e.g. “I’m ugly” or “I’m fat”, or their abilities, e.g. “I’m hopeless”.
- Frequent weight changes or rapid weight loss.
- Change in clothing style such as wearing baggy or oversized clothing.

SUPPORT

If you notice any of these signs it is important to seek help as early as possible.

You can speak to an experienced counsellor about any concerns through our

Butterfly's National Helpline , 8am – Midnight (AEST) 7 days a week

1800 ED HOPE (1800 33 4673)

support@thebutterflyfoundation.org.au



Butterfly Education

P.T.O



INFORMED

Further information

BALANCED AND ON-MESSAGE RESOURCES AROUND WEIGHT, SIZE AND HEALTHY EATING

- ASDAH - Association for Size Diversity and Health – sizediversityandhealth.org
- Body Positive Australia – bodypositiveaustralia.com.au
- If Not Dieting, Then What? – Dr Rick Kausmann – ifnotdieting.com.au
Available: thebutterflyfoundation.org.au/butterfly-resources/
- Moderation Movement – facebook.com/moderationmovement

STORY BOOKS FOR CHILDREN

- *Full Mouse Empty Mouse* by Dina Zeckhausen
Available: thebutterflyfoundation.org.au/butterfly-resources/
- *Shapesville* by Andy Mills and Becky Osborne
- *Your Body is Awesome* by Sigrun Danielsdottir

EATING DISORDER RESOURCES

- National Eating Disorders Collaboration – nedc.com.au
- RESET – a conversation about boys' body image – <https://thebutterflyfoundation.org.au/reset>
- Feed Your Instinct – feedyourinstinct.com.au
An interactive tool for parents if they are concerned their child may be developing an unhealthy relationship with food, weight, exercise or their body.
- How Far Is Too Far – <http://www.howfaristooofar.org.au/learn-about-eating-disorders>
To increase understanding of risk factors and warning signs related to eating, exercise and body image

SOCIAL MEDIA MANAGEMENT

- Office of the eSafety Commissioner – www.esafety.gov.au/parents
- Instagram – wellbeing.instagram.com/

BODY ESTEEM EDUCATION

- Butterfly Education provide evidence based, age appropriate workshops and presentations to young people in Years 3 – 12. Sessions address body esteem and associated topics; self-esteem, media and peer influences, language, food and exercise behaviours and weight based teasing.

For further information contact:

education@thebutterflyfoundation.org.au Tel: 02 8456 3908



Butterfly Education

St Patrick's Vacation Care – Monday 1st July to Friday 5th July 2019

Please complete the form and return to the office.

Name and Age of Children

- 1)..... Age
- 2)..... Age
- 3)..... Age

Please indicate the day/s you would like to book your child/ren in:

Days of Attendance (please tick)

- | | | |
|--------------------------|-----------|----------------------|
| <input type="checkbox"/> | Monday | 1 st July |
| <input type="checkbox"/> | Tuesday | 2 nd July |
| <input type="checkbox"/> | Wednesday | 3 rd July |
| <input type="checkbox"/> | Thursday | 4 th July |
| <input type="checkbox"/> | Friday | 5 th July |

Please know that all activities and any excursions will be told prior to commencement of the holidays.

All meals to be provided by parents.

Signature of Parent..... (Mother/Father/Guardian)

NOTES.....
.....
.....

*School resumes on Monday 15th July, 2019



Child Care Subsidy rates

Child Care Subsidy

The Child Care Subsidy is a payment from the Australian Government that helps families with the cost of child care. It has been designed to assist people who work, train or study while also supporting early learning opportunities for children.

How will Child Care Subsidy be paid?

The Child Care Subsidy is paid directly to child care providers to pass onto families as fee reductions. Families will pay the provider the difference between their subsidy and fees charged. Families will no longer be able to elect to receive their subsidy as a lump sum at the end of financial year. Families will need to make a claim for Child Care Subsidy when (or before) each child starts attending care.

Any Child Care Subsidy owed to families following the end of year reconciliation process will continue to be paid directly to families as a lump sum.

How much Child Care Subsidy will a family receive?

Families earning \$66,958 or less will receive a subsidy of 85 per cent of the actual fee charged (up to 85 per cent of an hourly fee cap). For family incomes above \$66,958, the subsidy tapers down to 20 per cent when family income reaches \$341,248. Once family income reaches \$351,248 or more there is no subsidy.

Combined family income	Subsidy per cent of the actual fee charged (up to relevant percentage of the hourly rate cap)
Up to \$66,958 [^]	85 per cent
More than \$66,958 [^] to below \$171,958 [^]	Tapering to 50 per cent*
\$171,958 [^] to below \$251,248 [^]	50 per cent
\$251,248 [^] to below \$341,248 [^]	Tapering to 20 per cent*
\$341,248 [^] to below \$351,248 [^]	20 per cent
\$351,248 [^] or more	0 per cent

*Subsidy tapers down by 1 per cent for each \$3000 of family income.

[^]These amounts are correct for 2018-19 and will be subject to adjustment through indexation in subsequent years.

Is family income based on taxable income?

The applicable percentage of Child Care Subsidy that families receive during the year will be based on an estimate of their combined Adjusted Taxable Income (ATI). Each family's actual subsidy entitlement will be worked out at end of year reconciliation, usually after they have completed their tax returns and their actual ATI is known.

Is there an annual cap on Child Care Subsidy?

Families earning \$186,958 (in 2018-19) or less will have no cap on the amount of Child Care Subsidy they can claim. Families earning over \$186,958 and under \$351,248 will have an annual cap of \$10,190 per child, per year. The annual cap will be increased each year.

What is the hourly rate cap?

The hourly rate caps place an upper limit on the amount of Child Care Subsidy the Government will provide. Child Care Subsidy is calculated as a percentage of the actual fee charged, or of the relevant hourly rate cap (whichever is lower). The hourly rate cap is designed to place downward pressure on child care fee growth.

The hourly rate caps will be:

If a family uses:	Hourly rate cap (children below school age)	Hourly rate cap (school aged children)
Centre Based Day Care	\$11.77	\$10.29
Outside School Hours Care	\$11.77	\$10.29
Family Day Care	\$10.90	\$10.90
In Home Care	\$32.00* (per family)	\$32.00* (per family)

*\$25.48 from 2 July 2018 to 31 December 2018.

These hourly rate caps are correct for 2018-19 and will be subject to adjustment through indexation in subsequent years.

Does withholding apply to Child Care Subsidy?

Yes, five per cent withholding will apply to families' Child Care Subsidy payments. Withholding does not apply to Additional Child Care Subsidy payments. Withholding is intended to help families avoid or minimise debts at reconciliation, which could otherwise occur due to changes in circumstances throughout the year, for example, changes to family incomes or activities. For more information on withholding, see the fact sheet Child Care Subsidy Withholding.

Where can I get further information on the child care package?

- Visit the Department of Education and Training Child Care Package website at education.gov.au/eccc
- Visit the Department of Human Services Child Care Subsidy website humanservices.gov.au/childcaresubsidy