

St. Christopher's School Newsletter



Issue No 19, Term 4, Week 8

28th November, 2019

School Contact Details

Principal:

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Colleen Mahoney
Faith & Organisation
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Address:

34 Roberts Road
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Fax: 9330 0139
Web: www.stcapw.catholic.edu.au

Parish Priest:

Rev Fr Peter Hoang

Parish House:

Ph: 9338 3793

After School Care:

Ph: 0426 768 972

Dear Parents

Colour Run Day:

What a wonderful day we had on our colour run day. Thanks to all those who organised the day for their diligence and hard work. I know I went home looking a little different than I did at the start of the day. Our children, parents and staff all joined in and had a great day.

This year the P&F have raised an amazing \$57,026.97 with just over \$20,000 being generated from our colour run.

The proceeds of this fundraising will see some exciting projects happening at STC over the Christmas break. A new 'low ropes' playground will be going in next to the school oval, ready for our children to play on next year. The Year Prep/One building is getting new carpet and hard flooring, this completes the building as painting and the new bag hooks have just been completed.

P&F AGM:

A reminder to attend the P&F AGM next Monday December, 2 at 6:00pm. The nominations are closed for our Parents and Friends Executive Committee for 2020. I am happy to announce the following positions have been filled unopposed:

- **President:** Amanda Odoardi
- **Vice President:** Belinda Corsino
- **Treasurer:** Eliana Da Silva
- **Secretary:** No nominations. This role will be organised in 2020.

On behalf of our school community I wish to thank our outgoing Executive Committee for their endless work in organising and coordinating both fundraising and community events for the families and students of St Christopher's. Special thanks to Joanne Di Donato (President) and her leadership team of Sonia De Godoy, Jodie Tosone and Michelle Arulappu.

The AGM will still go ahead at 6pm on Monday December 2. Looking forward to seeing you there.

Regards,

Adrian Glasby
Principal

Duty of Care—
A reminder to parents to advise the school of any changes to diagnosis or treatment of your child's medical conditions in writing. A letter from your child's doctor is also necessary.

CANTEEN:

**LAST DAY FOR LUNCH ORDERS
FOR TERM 4 IS
MONDAY 16TH DECEMBER.**

**NORMAL CANTEEN DAYS
MON, WED & FRI ONLY**

If anyone "new" is interested in being a canteen helper next year, please email me your:

- Name
- Day preferred
- Contact No.

Our hours are: Mon-Wed 11:30am to 1:20pm
Fridays 9:30am to 1:30pm

Thanking you for your continued support.

Judy Hennessy
Canteen Manager

Phone: 0419 562 319

Email: jhennessy@stcapw.catholic.edu.au



R.E. NEWS:

Parish and School Connections:

Thank you to Year 2W for attending the Family Mass last Saturday night. Special thanks to classroom teacher Gabby and all of our school families who were involved. This concludes our Family Masses for 2020. They will resume again next year.

This coming Thursday at 9.15am, our class mass will also be with year 4B. The following Thursday the 5th of December will be with year 3G. That will be the final class mass for the year. The children will join in with the regular morning mass in the Church. Families are welcome to attend mass.

Sacraments for 2020:

Our Sacramental dates for 2020 have been set and were sent out last week via email and the Skoolbag App. These dates have also been added to this newsletter for your reference. Please note that the Year 6 Confirmation is very early next year and I will be sending home an information letter in the coming week to the Year 5 children. Please return this note as soon as possible so that we can make preparations for the coming Sacrament.

Christmas Carols:

Our Christmas Carols will be held on Wednesday the 11th of December starting at 5.30pm on the school oval (weather permitting). We will be providing seating (like last year) and this will be on a first come, first serve basis. Miss Elizabeth will be co-ordinating our Christmas Carols and each class will perform two songs for our audience. If you would like to bring a picnic dinner with you, the school oval will remain open for an hour after the final song for families to use. All children will sit with their class for the duration of the concert. More information will be available closer to the time.

Kindest regards,

Colleen Mahoney,
Deputy Principal—Faith & Organisation.



GOSPEL: Reading from this Sunday the First Sunday of Advent Year A

Lk 21:5-19

A reading from the holy Gospel according to Matthew

Stay awake, you must be ready.

Jesus said to his disciples: 'As it was in Noah's day, so will it be when the Son of Man comes. For in those days before the Flood people were eating, drinking, taking wives, taking husbands, right up to the day Noah went into the ark, and they suspected nothing till the Flood came and swept all away. It will be like this when the Son of Man comes. Then of two men in the fields one is taken, one left; of two women at the millstone grinding, one is taken, one left.

'So stay awake, because you do not know the day when your master is coming. You may be quite sure of this that if the householder had known at what time of the night the burglar would come, he would have stayed awake and would not have allowed anyone to break through the wall of his house. Therefore, you too must stand ready because the Son of Man is coming at an hour you do not expect.'

The Gospel of the Lord.

Prayer

Ps 84:8

Alleluia, alleluia!
Lord, show us your
mercy and love,
and grant us your
salvation.

Alleluia!



Sacramental Dates 2020

Confirmation – Year 6



Workshop Night – Parents and Children to Attend

Wednesday the 19th February in the school hall

6G and 6B – 6pm

6M and 6W – 7.30pm

Rite of Acceptance Masses

Please choose one of the two following masses to attend:

6pm on Saturday 29th February or 6pm on Saturday 7th March

Sacrament of Confirmation

6G and 6B at 1.30pm on Sunday 15th March

6M and 6W at 4pm on Sunday 15th March

Reconciliation – Year 3



Workshop Night – Parents and Children to Attend

Wednesday the 27th May in the school hall

3G and 3B – 6pm

3M and 3W – 7.30pm

Sacrament of Penance (Reconciliation)

Thursday the 11th of June

3G and 3B – 6pm

3M and 3W – 7.30pm

First Eucharist – Year 4



Workshop Night – Parents and Children to Attend

Wednesday the 15th July in the school hall

4G and 4B – 6pm

4M and 4W – 7.30pm

Presentation Masses

Please choose one of the two following masses to attend:

6pm on Saturday 25th July or 6pm on Saturday 1st August

Sacrament of First Eucharist

4G – Saturday 8th August at the 6pm Parish Mass

4B – Saturday 15th August at the 6pm Parish Mass

4M – Saturday 22nd August at the 6pm Parish Mass

4W – Saturday 5th September at the 6pm Parish Mass



Parent Calendar - Term 4, 2019

DECEMBER

DATE	DAY	EVENT
2 nd	Monday	PFA AGM 6pm
4 th	Wednesday	Year 6 Camp
5 th	Thursday	9.15am Class Mass – 3G
6 th	Friday	Year 6 Camp ends
11 th	Wednesday	5.30pm – Christmas Carols (weather permitting)
12 th	Thursday	School Closure Day
13 th	Friday	Sports Carnival and Christmas raffle to be drawn
16 th	Monday	5.30pm Graduation Dinner and Mass
17 th	Tuesday	Step Up Day 9.15am – 10.30am
18 th	Wednesday	12pm finish for last day of term (mass time to be advised)

2020 START OF THE SCHOOL YEAR DATES

- ⇒ **TUESDAY JANUARY 28 – STAFF RETURN TO SCHOOL**
- ⇒ **WEDNESDAY JANUARY 29 – STAFF ONLY**
- ⇒ **THURSDAY JANUARY 30 – YEAR 1– 6 BEGIN THE 2020 SCHOOL YEAR**
- ⇒ **FRIDAY FEBRUARY 31 – YEAR PREP WILL BEGIN SCHOOL**

TERM 1, 2020 SCHOOL CLOSURE DAYS

- ⇒ **MONDAY MARCH 9 (LABOUR DAY PUBLIC HOLIDAY)**
- ⇒ **THURSDAY MARCH 19**
- ⇒ **FRIDAY MARCH 20**

OPEN DAYS FOR 2021 PREPS

Tuesday March 10th 2020 and Thursday March 12th 2020

- ***Tours 9am & 12 midday***
- ***90 minute duration***
- ***No bookings required***
- ***Just come along to any session***
- ***It's your choice whether you want to bring your child or not***
- ***Enrolment Application forms will be available on the day***



Term 4 Week 8 Wellbeing @ STC

Dear Parents,

Wow! I can't believe we have come towards the end of the school year. For me personally, I'd like to say thank you for the warm welcome and support that I have been given in my role by staff, students and families this year. It's been a terrific experience having the opportunity to come back and serve the STC community and I look forward to an amazing 2020 next year.

Enjoying the Holidays with your Children

Enjoy the holiday break with your families. At my house, we are very much looking forward to the break! With my wife on maternity leave, it may well prove to be the last summer for a while that we get to spend together fully. We are off to Noosa in January and look forward to enjoying the sunshine together.

Try to implement some of the Mindful Parenting tips I've written in previous newsletters: be fully present with your children (no phones or other tasks), try to actively listen and use the reflective listening technique when problems are discussed and focus on gratitude and being thankful for the gift of having each other.

I've included some School Holiday Tips from Headspace below:

There are a number of ways you can support your young person's mental health and wellbeing in the holidays:

1. Encourage them to stay connected

Social relationships are important to your young person's general wellbeing.

It is okay if they take time out for themselves at times, but encourage them to keep in contact with friends over the holidays. Friends can provide both play and support, and spending time with friends is also important for keeping and building on existing friendships.

If your young person is not feeling up to going out, even a phone call, email, text message or Facebook message can help them to feel connected to friends and family.

2. Encourage them to stay involved

Encourage involvement with volunteer work, hobbies, clubs or committees, or sports – these can help young people feel connected to their wider community. Participate with them when you can.

Involve them in decisions and give them responsibility at home (e.g. deciding what to eat for dinner and helping to prepare it).

Help them to identify and set realistic goals. Setting and achieving realistic goals can be incredibly motivating and can help build self-confidence.

3. Encourage physical activity

Physical activity is important for everyone's health and wellbeing. If your young person is feeling down or finding things are difficult, physical activity may be the last thing they feel like doing. But even small activities, like walking around the block, can help relieve stress and frustration, provide a good distraction from worrying thoughts, improve concentration and improve mood.

If your young person is struggling to get active, find a physical activity that you both enjoy and can do together (e.g. swimming, playing sports with friends or cycling) and make a plan to do it regularly.

4. Encourage a regular routine

Getting a good night's sleep helps young people to feel energised, focused and motivated.

Adolescence is a time when a number of changes to the "body clock" impact on sleeping patterns and young people are more likely to have problems with sleep. Developing a sleeping routine can help. Encourage your young person to

wake up around the same time each day, get out of bed when they wake up, and go to bed around the same time each night.

Avoiding caffeine after lunchtime, having a quiet, dark and uncluttered bedroom and shutting down electronic devices before bed can also help them to get a good night's sleep.

5. Encourage healthy eating habits

Eating well doesn't only reduce the risk of physical health problems, like heart disease and diabetes, but it can also help with sleeping patterns, energy levels, mood, and general health and wellbeing.

A good balanced diet with less junk food/ lots of sugars and more veggies, fruit, whole grains and plenty of water will ensure your young person has all of the vitamins and minerals to help their body and brain function well.

6. Encourage play!

Devoting time to just having fun can help to recharge your young person's battery, revitalise their social networks and reduce stress and anxiety.

STC Colour Run 2019

What a fantastic fun-filled community day this was! I'm sure many parents got a laugh looking at Adrian's and my multi-coloured beards as we got around and took in the day with the students. It's days like these that the students will remember forever as an awesome part of their primary school experience at STC. It also proved to be a tremendous fundraiser for our community. What an amazing effort by all, thank you to everyone who fundraised, enjoyed the day and contributed.

Continued next

Term 4 Week 8 Wellbeing @ STC (cont.)

A special thank you to Amanda Odoardi and Belinda Corsino who did a spectacular job of organising the event and making it all happen on the day. A big thanks also to all of our wonderful parent community volunteers who got right into it in the spirit of the day and made the day run smoothly with a great deal of laughter and fun.



Regards,

Denis Johnstone
Deputy Principal - Student, Staff, Community

“Away” Emails

These email addresses are to be used when notifying the school of any student absence, early pickups or important information. Should you experience any difficulties around using these emails, please contact the school office.

Prep Gold: pgaway@stcapw.catholic.edu.au
Prep Blue: pbaway@stcapw.catholic.edu.au
Prep Maroon: pmaway@stcapw.catholic.edu.au
Prep White: pwaway@stcapw.catholic.edu.au

Two Gold: 2gaway@stcapw.catholic.edu.au
Two Blue: 2baway@stcapw.catholic.edu.au
Two Maroon: 2maway@stcapw.catholic.edu.au
Two White: 2waway@stcapw.catholic.edu.au

Four Gold: 4gaway@stcapw.catholic.edu.au
Four Blue: 4baway@stcapw.catholic.edu.au
Four Maroon: 4maway@stcapw.catholic.edu.au
Four White: 4waway@stcapw.catholic.edu.au

Six Gold: 6gaway@stcapw.catholic.edu.au
Six Maroon: 6maway@stcapw.catholic.edu.au

One Gold: 1gaway@stcapw.catholic.edu.au
One Blue: 1baway@stcapw.catholic.edu.au
One Maroon: 1maway@stcapw.catholic.edu.au
One White: 1waway@stcapw.catholic.edu.au

Three Gold: 3gaway@stcapw.catholic.edu.au
Three Blue: 3baway@stcapw.catholic.edu.au
Three Maroon: 3maway@stcapw.catholic.edu.au
Three White: 3waway@stcapw.catholic.edu.au

Five Gold: 5gaway@stcapw.catholic.edu.au
Five Blue: 5baway@stcapw.catholic.edu.au
Five Maroon: 5maway@stcapw.catholic.edu.au
Five White: 5waway@stcapw.catholic.edu.au

Six Blue: 6baway@stcapw.catholic.edu.au
Six White: 6waway@stcapw.catholic.edu.au



Maths Olympiad - 2019

Congratulations!

Congratulations are to be passed on to the children who have participated in the 2019 Australasian Problem Solving Mathematical Olympiad (MOPS). This is a not for profit professional organisation that offers a range of mathematical competitions for students at various levels. The program focuses on the students' ability to solve mathematical problems. St Christopher's has been involved in this program for over ten years and has consistently achieved outstanding results, this year being no exception.

The St Christopher's team comprised the following students: Ben Jackson, Gabriel Nicdao, Taylee Wong, Ben Leonello, Ruth Waring, Jasmine Cen, Alex Yates, Natasha Castello, Harry Overman, Aiden Oliver and Lachlan Gilmore. The results for each student ranged from being in the top 2% to the top 20%. A very special congratulations goes to Ben Jackson who achieved a perfect score across all tests. Ben was one of only 157 students out of over 30,000 participants to achieve this result! Overall, the St Christopher's team ranked in the top 10% of all teams.

Conchita Thomas
Leader of Learning & Mathematics Leader

SPORTS NEWS:

School Sport Vic State Volleyball Finals

22/11/19

Our Year 6 Girls Volleyball Team played brilliantly to finish equal third place in the state last Friday. The girls pictured below narrowly lost their semi final by 3 points in the third and deciding set. The school is extremely proud of the team and squad that have trained and improved over 3 teams to achieve this magnificent result. Well done girls!



Michael Costello
Sport Teacher





St Bernard's OCCC



Play Cricket for the Snowdogs in 2019/20!

Junior Cricket at St Bernard's is back and better than ever!
Come and play cricket in a friendly, family environment where development and enjoyment is paramount.

St Bernard's offers **boys** and **girls** the opportunity to play:

Boys & Girls Cricket

Woolworths Blast Cricket

Boys Cricket

Formerly Milo Cricket

Under 12's

Under 10's

Girls Cricket

(inc a pathway into the
J.G. Craig Under 15 Competition)

Under 16's

(inc a pathway to senior cricket,
playing in the VSDCA)

Both play on Friday nights

Games are Wednesday evenings

Under 13's

Games are Monday evenings

Under 15's

Games are Wednesday evenings

For more information please visit www.stbernardsoccc.com.au or contact
David Micallef at david.micallef@physiohealth.com.au

#getonboard

FC STRATHMORE SPLIT 2020



EXPRESSIONS OF INTEREST IS NOW OPEN FOR
THE FOLLOWING TEAMS....

NON - GAMERS: aged 4 -5 yrs

Under 7s, U8s, U9s, U10s Boys,

ALL NEW Under 10s GIRLS Team &

U13s GIRLS TEAM

U11s, U12s, U13s, U14s & U18s

If you are wanting to start playing SOCCER
or looking for a new club in 2020:

REGISTER YOUR INTEREST NOW:

Email: fcstrathmorejsc@gmail.com

FC Strathmore Split is a family orientated club, where all are
welcome to share in one common passion: SOCCER.

FC Strathmore Split is located at:
STRATHNAVER RESERVE, Mascoma Street, STRATHMORE



SUNDAY 01ST DEC 2019 9AM TO 11AM
ST BERNARD'S JUNIOR FOOTBALL CLUB REGISTRATION DAY
Perrett Pavilion, St Bernard's Football Club

Girls and Boys wanted

Get your 2020 Football career started in the right direction and head down to St Bernard's to register for the 2020 Junior football season. The club is celebrating after last years U/14 premiership and a number of runners up. The juniors represent a great environment for both girls and boys to become future football stars as demonstrated in previous years with Xavier O'Halloran (GWS) and Lachlan Sholl (Adelaide Crows) both drafted. Further, Ben Ronke (Sydney Swans) and Aisling Utri (AFLW Western Bulldogs) were drafted in 2017. The club fully supports coaches and players with experienced staff continuing to develop all facets of the game with the assistance of Ex-AFLW & VFL coach and partnership with Rookiemie who have partnered with the AFL for combine testing and Elite training camps.

Don't delay, come and be a part of something you can share with your friends and even make new ones.

Age groups: Boys: U9, U10, U12, U14 & U16. Girls U10, U12, U14, U16 & U18.

Prices: New to AFL \$100; Transferring from another club \$260. Family discounts apply. Contact juniors@stbernardsfc.com.au for details.



St Bernard's Junior Football Club
Registration Day - 01st Dec

Be part of an established family club who look after development of junior social and game skills

Experienced coaches supported by EX TAC coaching staff

Enhanced Skill Development via the Junior Development Squad & Colts Programs

Make new friends and become part of a new family

ST BERNARDS JUNIOR FC
Gate 8 - Hampton Rd
West Essendon

juniors@stbernardsfc.com.au



KEILOR LITTLE ATHLETICS

FUN, FAMILY AND FITNESS

Little Athletics helps kids 5 to 15 develop a range of athletic skills with focus on being your best instead of being the best.

EVERY SATURDAY MORNING 9AM-12PM.

FREE WEEKLY TRAINING TUESDAY 6-7PM.

Located on Stadium Drive, Keilor Park. Season runs October-March. Cross country season May-August.

HOW TO JOIN

Visit our website keilorlac.com.au or come down on Saturday morning and see our events in action.



FREE TRIAL FOR NEW ATHLETES





ABERFELDIE JUNIOR FOOTBALL COME & TRY SESSIONS

UNDER 10 & 11 FOOTBALL

SUNDAY 24th NOVEMBER

SUNDAY 1st DECEMBER

9.45AM AT Clifton Park: Batman St,
Aberfeldie

FREE FOOTY CLINICS FOR U10 BOYS &
U11 GIRLS AT ABERS!



St. Bernard's Junior Football Club
Registration Open for
Season 2020 on 1st November, 2019



The Age Groups for 2020: Boys - U9, U10, U12, U14, U16
Girls - U10, U12, U14, U16, U18

2020 Club Fees for players joining the club from any Auskick venue and any player new to AFL football - \$100 per player plus WRFL Fee of \$15

Current players Early Bird Registration Fees

- \$260 per player,
- Siblings - 2nd player - \$170,
- 3rd player - \$50, Maximum payable (family) - \$480
- All registrations require a WRFL fee of \$15

Payment of Club fees includes:

- All match payments (no money payable for umpires)
- A Team Jumper supplied by the club and returned at the end of the season
- Team Photo
- Under 9 to 16 players - Training Top
- All registration enquiries can be emailed to juniors@stbernardsfc.com.au

Link:

<https://membership.sportsgo.com/v6/reqform.cgi?ID=3007&pKey=0b565bda652641d26eb99c5d25aa59e0&clD=328&formID=36056>

**Nelson
Alexander**



Are you a keen netball player, looking to join a new team, or a new player looking to develop your skills?

St Therese's Netball Club promotes fun, fitness and player development in an encouraging environment.

If you're interested in playing in the 2020 seasons, or for more information, please contact us via email on player.stnc@gmail.com



**ST THERESE'S
NETBALL CLUB**

JUNIOR PROGRAMS Girls and Boys Welcome!

Net-Set-Go!

- Net 5yrs + (skills & drills)
- Set 7-8 yrs (skills, drills & modified comp)
- Go! 9-10 yrs (skills, drills & modified comp)

Under 11's Competition

Training Wednesday's
at Keilor Basketball Stadium
Games played Saturday mornings



**SIMONDS
CATHOLIC COLLEGE**

St Mary's 7 - 9 Campus
273 Victoria Street, West Melbourne 3003
Ph: 9321 9200

St Brigid's 10 - 12 Campus
20 York Street, Fitzroy North 3068
Ph: 9403 6800
www.sccmelb.catholic.edu.au
info@sccmelb.catholic.edu.au

Timeline for Second Round 2021 Year 7 Enrolments

17 April 2020	Closing Date for SECOND ROUND enrolment applications for Year 7, 2021
Late applications will be considered if spaces are available. Please contact the Registrar	
22 April to 29 May 2020	Principal interviews Year 7 applicants and their parents/guardians
Parents are requested to bring copies of:	
<ul style="list-style-type: none"> • Birth Certificate or Passport • Grade 5 End-of-Year Report plus Grade 6 Term 1 Report • Grade 5 NAPLAN Results • Visa or Australian Citizenship Certificate (if born overseas) 	
12 June 2020	Offers for places to successful second round applicants sent in mail
17 July 2020	Closing date for acceptance of placement by second round applicants

Tour bookings are essential and can be made online at www.trybooking.com/BGI0G

Tours of the St Mary's Campus, West Melbourne, will be held at 9:15am on the following dates for 2020:

Term 1	Term 2	Term 3	Term 4
Tuesday 11 Feb	Wednesday 22 April	Friday 17 July	Tuesday 13 October
Wednesday 19 Feb	Wednesday 6 May	Wednesday 29 July	Friday 23 October
Tuesday 3 March	Tuesday 19 May	Friday 7 August	Wednesday 4 November
Thursday 12 March	Wednesday 3 June	Wednesday 19 August	Friday 13 November
Friday 20 March	Wednesday 10 June	Friday 28 August	
	Thursday 18 June	Thursday 3 September	
		Friday 11 September	

To request a prospectus, or for any general enquiries, please contact our Registrar,
Maria De Fazio (03) 9321 9207 OR info@sccmelb.catholic.edu.au



Find us on
Facebook



insight presents

CYBER BULLYING

A PRESENTATION FOR STUDENTS AT ST CHRISTOPHER'S PRIMARY SCHOOL

Cyberbullying is on the rise in children and adolescents.

insight is running a fun and interactive Cyberbullying information session run by psychologists with extensive experience in working with young people and their families.

WHAT WILL THE SESSION COVER?

Current trends around online behaviour

Detailed information & Examples of Cyberbullying

Potential impacts of Cyberbullying on others

Tips and advice on what to do if you're being bullied

Staying safe and using technology responsibly

How students can play an important role in the reduction of Cyberbullying

WHEN?

THURSDAY 5TH DECEMBER 2019

WHO?

GRADE 4&5 STUDENTS



FRIEND IN ME
"no child left behind"
PRESENTS

CAROLS BY DAYLIGHT

SATURDAY 14TH DECEMBER 10AM-12PM
MELBOURNE MUSEUM

Includes concert and entertainment by Harrison Craig, Bethany Fisher, Domo Music For Kids, St Albans East Primary School singing choir and much more. Santa and his crew will be there PLUS you get free entry to Melbourne Museum after!

Tickets available at carolsbydaylight.eventbrite.com.au

Friend In Me events are accessible to all and considerate of children with extra sensory requirements, with designated quiet break out zones.

Supported by
MAMAMAG
total fun for the Melbourne mum
W RA

ADULTS \$30
KIDS - GOLD COIN DONATION!

Nelson Alexander

STC and Nelson Alexander are partnering up!!

If you are thinking of selling or believe it's time for a new property manager, please click on the link below and enter your details for a no obligation sales or rental market appraisal.

<https://www.nelsonalexander.com.au/st-christophers-enquiry-form/>

Our School will receive a contribution from Nelson Alexander for all properties sold and managed by their team at the Essendon branch.

