



St Christopher's Newsletter

St Christopher's Primary School
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Term 4 Week 5 4th November, 2020

PRINCIPAL:

Adrian Glasby

DEPUTY PRINCIPALS:

Colleen Mahoney
Faith & Organisation

Denis Johnstone
Students, Staff &
Community

Student Free Day
Fri Dec 11

Stay Well
and Keep
COVID
Safe!

**NO CANTEEN
THIS TERM**

Footy, Fiction, Fun Day @ STC Monday 9th November



We are bringing back the fun to STC - dress up as you would like Footy Teams/Players, Story Book Characters or just dress up for fun!

Best dressed in each class will get a triple entry into the PBR raffle and their picture published in the next newsletter!

See you dressed up for fun on Monday
(no gold coin donation required)



RE NEWS

Dear Parents,

I hope that this newsletter finds you all well. Last Sunday was the Feast of All Saints and the Gospel reading for Sunday was a reading from Matthew. Jesus shares with us the beautiful and timeless prayer of the Beatitudes. The Beatitudes have been reproduced in many hymns, prayers and readings over the years and remain a special part of our Catholic story. I have included the Gospel reading from Sunday, especially for those who have been unable to attend any online masses or to join Fr Peter in the small group masses that are being offered at our Church.

Our Year Three children are preparing for their Reconciliation reflection day which will be held on Friday the 27th of November. This will be a day of consolidation and reflection. More information will come out from the classroom teachers, but this day will be the conclusion of the preparation for the Sacrament of Penance. At this stage we do not have a date for the sacrament, but we know that the children will be fully prepared regardless of when it will occur.

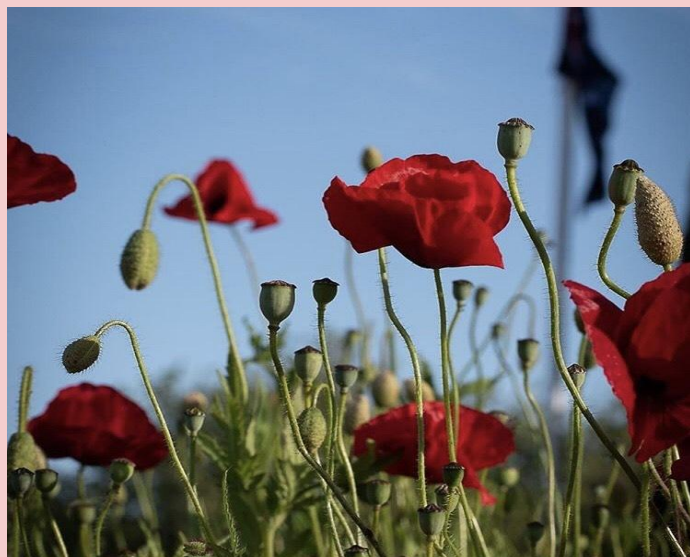
Next Wednesday the 11th of November is Remembrance Day. Due to the guidelines preventing us from assembling as a whole school, we will pause shortly before 11am with all children in their classrooms. We will remember those who so bravely fought for our country with a ceremony to be held over the PA system. The children will listen to the meaning of Remembrance Day, listen to messages, readings, reflections and participate in a minute of silence.

We will remember them.

Kindest regards,

Colleen Mahoney

Deputy Principal - Faith & Organisation



Prayer for All Saints

Gathered as members of God's Church, whether near or far, let us pray to the Lord.

For a humble and merciful Church. With the saints we pray: Lord, hear our prayer.

For those who work for peace and justice among nations. With the saints we pray:

Lord, hear our prayer.

For those who are poor in body or spirit. With the saints we pray:

Lord, hear our prayer.

For this community, made holy in Christ. With the saints we pray:

Lord, hear our prayer.

For those who have died and those who mourn.

With the saints we pray:

Lord, hear our prayer.

God of all time, you have given us the saints, modelled on Christ, as examples of the Christian life. Hear these prayers and help us to bear witness to your gospel with courage and conviction. We make our prayer in Jesus' name. Amen.

Gospel Reading from Sunday the 1st of November, the Feast of All Saints.

Mt 5:1-12

A reading from the holy Gospel according to Matthew

Rejoice and be glad, for your reward will be great in heaven

Seeing the crowds, Jesus went up the hill. There he sat down and was joined by his disciples. Then he began to speak. This is what he taught them:

'How happy are the poor in spirit:

theirs is the kingdom of heaven.

Happy the gentle:

they shall have the earth for their heritage.

Happy those who mourn:

they shall be comforted.

Happy those who hunger and thirst for what is right:

they shall be satisfied.

Happy the merciful:

they shall have mercy shown them.

Happy the pure in heart:

they shall see God.

Happy the peacemakers:

they shall be called sons of God.

Happy those who are persecuted in the cause of right: theirs is the kingdom of heaven.

'Happy are you when people abuse you and persecute you and speak all kinds of calumny against you on my account. Rejoice and be glad, for your reward will be great in heaven.'

The Gospel of the Lord.





Wellbeing @ STC

Dear Parents and Carers,

I hope you all were able to enjoy some much needed connection with friends, family and loved ones over the long weekend with some of the lockdown restrictions being lifted. We had a busy weekend and took full advantage of being able to catch up in person with friends and family, with something on every day and a nice early picnic lunch with a number of friends at Brimbank park yesterday before it got too hot.

Just that opportunity to catch up with our social network properly has lifted me significantly going into this week. I hope you have been able to enter the short working week with some renewed optimism as well.

As we head back into what is resembling our pre-COVID lives and into living alongside COVID, it can be a useful exercise to reflect back on yourselves and your families and how you have navigated what is most likely the trickiest time that you have experienced together. I know that towards the tail end of this lockdown, my son Hendrix (4 and half years) was displaying some challenging behaviours, interrupted and sleep, some defiance and general carrying on that is not usually a part of his behaviour patterns. Luckily for us, we realised that a lot of this behaviour was due to him not having his "normal" life experience for some 8 months. That doesn't mean my wife and I weren't banging our heads against the wall at times (and still sometimes now..) but it meant that we could try to approach his needs with a Mindful Parenting approach and be the angry parents less frequently.

Mindful Parenting Snapshot:

1. Mindfulness

So of course mindful parenting begins with mindfulness. Practicing mindfulness yourself, and teaching your child mindfulness, is a great place to start. A mindful parent is fully present in the moment with their child (not scrolling on their phones or answering emails). In order to be fully present with our children, we must first learn to be fully present with ourselves. A daily mindfulness practice will help.

2. Acceptance

A mindful parent accepts that all emotions are valid. Their own emotions and the emotions of their child. They accept that emotions come and go, and they accept that their child has emotions and experiences that are separate and different to their own. Children are often learning to regulate their emotions and during this process may feel some emotions strongly - reacting strongly as parents can further complicate the situation.

3. Empathy

Because a mindful parent is able to accept themselves, their child, and all the experiences and emotions that come along with that, they are able to respond from a place of empathy. They validate how their child feels and help their child to understand and organise their own emotions and experiences. This process of validation can be crucial for helping a child to de-escalate when their behaviour is heightened.

4. Compassion

Mindful parenting is not about perfection. A mindful parent is not mindful all the time. They make mistakes and they forgive themselves for those mistakes. They treat themselves with compassion and kindness, and in the process, teach their children how to show compassion for themselves and others.

Adapted from <https://www.mindfullittleminds.com/mindful-parenting-present-not-perfect/>

Stay safe, stay healthy, stay connected,

Denis Johnstone

Deputy Principal - Students, Staff, Community



St Bernard's OCCC



Play Cricket for the Snowdogs in 2020/21!

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

Formerly Milo Cricket

Boys Cricket

Under 12's

Under 14's

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

Under 16's

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

Under 10's

Both play on Friday nights

Girls Cricket

Under 11's

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





LIMITED PLACES FOR 2021 ENTRY ARE
**CURRENTLY AVAILABLE
AT ALL YEAR LEVELS.**

CONTACT THE REGISTRAR ON 9321 9200 OR
INFO@SCCMELB.CATHOLIC.EDU.AU
TO BEGIN THE ENROLMENT PROCESS.



**YEAR 7 2022
APPLICATIONS
OPEN**

ENQUIRE AT [HTTPS://WWW.SCCMELB.CATHOLIC.EDU.AU/ENROL/ENROLMENT-PROCESS](https://www.sccmelb.catholic.edu.au/enrol/enrolment-process)



CRICKET CLUB



2020/21 Junior Registration **OPEN NOW!**



Please head to

<https://www.playcricket.com.au/club-finder/club-details?Id=402>

to sign up for the
West Saints in 2020/21
Up front cost of only \$20

*More information to come shortly



LIL' DEVILS CRICKET CLINIC

Keilor Park Recreation Reserve
Stadium Drive.
Keilor Park, Vic, 3042



- 5:30pm Friday Nights
- FREE SAUSAGE SIZZLE
- Cricket Games and Fun
- Kids Aged 3-8
- Boys and Girls Welcome
- \$10 per week, per child

For more information, please contact
info@keilorparkcc.com.au or message
us through Social Media



5TH KEILOR SCOUT GROUP ANNUAL CHRISTMAS TREE DRIVE

Order your tree now at
trybooking.com/BMMHW

Weekend of November 28 & 29 – 8.30am-3.30pm*

Weekend of December 5 & 6 – 8.30am-3.30pm*

Weekend of December 12 & 13 – 8.30am-3.30pm*

*COVID-Safe practices apply

AJ Davis Reserve Carpark
300 Fullarton Road
Airport West, VIC 3042

Enquiries: 0434 705 894



facebook.com/christmastrees5thkeilorscouts