

ST MUNCHIN'S CATHOLIC SCHOOL

SCHOOL NEWSLETTER

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Our Vision

St Munchin's Catholic School aspires to reflect the life and love of Christ for His people.

Our Mission

In the tradition of Eucharistic sharing, St Munchin's Catholic School community aims to reflect the life and love of Christ for His people.

The school community works together to provide pastoral care for each person and to nurture the development of the whole child.



Term 1 Week 5
Thursday, 7th March 2019

Dates to Remember

Please note dates for Year Assemblies and Class Masses are to be confirmed.

Week 1

Monday 1 February *First Day for All Students*

Week 2

Wednesday 13 February *P&F Meeting: 6.30pm*

Friday 15 February *Whole School Mass: 9.00am*

Week 3 *Swimming Lessons*

Wednesday 20 February *Parent Information Night: 6.00 – 7.30pm*

Week 4 *Swimming Lessons*

Tuesday 26 February *School Board: 6.30pm*

Week 5 Monday 4 March *Labour Day (Public Holiday)*

Tuesday 5 March *Pupil Free Day*

Wednesday 6 March

Ash Wednesday Whole School Mass: 9am

Week 6

Friday 15 March *Lego Day – Yrs 3 & 4*

Saturday/Sunday 16/17 March

Enrolment Mass Confirmation

Week 7

Wednesday 20 March *Unplugged Workshop Early Years: 3.30 – 4.30pm*

Thursday 21 March *Harmony Day*

Friday 22 March *Year 3 Mass*

Harmony Day Assembly & Play for Life

Week 8

Monday 25 March

Senior Faction Swimming Carnival

Acqualife, Vic Park

Wednesday 27 March *"Brilliant at being Resilient" Incursion*

Friday 29 March *Dental Screening: PP, Yr 3 & Yr 6*

Week 9

Thursday 4 April *Interschool Swimming Carnival*

Week 10

Monday 8 April

Pre-Primary & Yr 5 – Palm Sunday Re-Enactment

Thursday 11 April *Last Supper Re-Enactment Yr 4*

Friday 12 April *Stations of the Cross Re-Enactment – Yr 6*

STUDENTS' LAST DAY

Creator God,

You are our constant hope!

In the season of Lent, you call us to prayer, fasting and love of those most marginalised.

As a community of faith and courage, let our gifts to Project Compassion be symbols of hope and solidarity with our one human family.

Accompany us as we journey with Jesus to bring 'good news' to all creation and ready our hearts to work for the common good of all your people.

We ask this in Jesus' name

AMEN

Caritas Australia 2019



Dear Parents, Caregivers and Friends

I trust you had an enjoyable, relaxing extended long weekend with your family. This week marks the midpoint of the first term with many routines taking place. Teachers and students are involved in whole school testing in numeracy and literacy to gauge student levels, gather data and program to cater for the students' needs. We are very pleased with the positive level of engagement from our students and it is a pleasure to visit classes and watch student interaction as they participate in their lessons.

Child Safe Framework

On Tuesday, the staff participated in a training day in *Keeping Safe: Child Protection Curriculum*. The day was facilitated by Damian Scali, a trained facilitator through the Catholic Education Office.

The Keeping Safe: Child Protection Curriculum is mandated in all Catholic Schools and is to be taught to students from Kindergarten to Year 12.

The curriculum aims to teach all children from a young age, in an appropriate way, to:

- Recognise abuse and tell a trusted adult about it
- Understand what is appropriate and inappropriate touching
- Understand ways of keeping safe.

There are two main themes in the curriculum:

- Theme 1: We all have the right to be safe.
- Theme 2: We can help ourselves to be safe by talking to people we trust.

There are four focus areas, which are examined in growing complexity in accordance with the age of the learners:

- The right to be safe
- Relationships
- Recognising and reporting abuse
- Protective strategies

Health Care Card Discount

I invite parents wishing to apply for a Health Care Card or Pension Card discount for this year's school fees to meet with me. Please call 9234 7555 or email admin@stmunchins.wa.edu.au to arrange an appointment. Appointments must be made this term and a current Health Care Card brought to the interview. In the absence of a current Health Care Card or Pension Card, full fees will be charged.

Family Welcome and Activity Night Friday 22nd March

You are cordially invited with your children to join our school community to come together, welcome new families and have some fun with our children. PLAY FOR LIFE will be running rotation activities for approximately 1 ½ hours, and this will be followed by a sausage sizzle.

The evening commences at approximately 5pm in the school grounds and ends at approximately 7.30pm. The school will be selling sausages and drinks. Please complete the slip on the back of the newsletter or call Mrs Campbell in the office if you will be attending. This is very important for catering purposes and for setting up activities.

This is a great opportunity for the community to come together and enjoy a wonderful social event. We hope to see many of you there.

Parenting Ideas - Article

This week's article offers some suggestions that may assist parents/caregivers in assisting their child/ren to develop resilience, a very vital skill to have in life. The article is on the school website and has been sent to you via email.

Kind regards

Rob Romeo
Principal



On Ash Wednesday we began the Season of Lent. **Lent** is the period of 40 days which comes before Easter in the Christian calendar. Beginning on Ash Wednesday, **Lent is a season** of reflection and preparation before the celebrations of Easter. By observing the 40 days of **Lent**, Christians replicate Jesus Christ's sacrifice and withdrawal into the desert for 40 days.

Wondering What to Give up for Lent? If you are looking for things to give up for Lent, you've come to the right place. During the 40 days of Lent, while making our preparations for Easter, you can do something to better yourself and the world around you.

A Lenten fast doesn't have to consist of just fasting and abstinence from the things we love, but it can be adding things during this season of lent that will make our lives more meaningful. Here are six things you can try for the six weeks of Lent.

1. Don't buy anything that you don't NEED.

If you can live without it, you don't need it. Give it up for Lent. Put the money that you would have spent into a Project Compassion Box. Choose to live simply, so others can simply live.

2. Throw Away 40 things for 40 days

As you walk around your house over the 40 days of Lent, collect 40 things to donate to St Vinnies to help those in need.

3. Choose to say "No" to Gossiping and Negativity.

Give up gossiping for Lent. That means you cannot do any gossiping. None! If someone says something negative about another person, either say something nice or don't say anything at all. Spend the next 40 days bringing kindness to others.

4. No eating after dinner, no takeaway coffees and no plastic

Donate the money you would spend on snacks to Project Compassion. If you need to buy a snack, choose only to buy snacks from Fair Trade companies to prevent slavery in our world. Give up takeaway coffee and anything that comes in a non-recyclable plastic containers and help save the planet from plastic.

5. Say 3 nice things to the people in your life or even to random strangers

Little things like "Thanks" or "You look nice." or "Good job." Use the 40 days of Lent to look for good in others.

6. Give up 20 minutes of social media and have for some quiet time with God.

Find time just to be still and to listen for the voice of God in the depths of your heart.

<https://www.yourmodernfamily.com/10-lent-ideas/>



On the Christian calendar, Lent is the 40-day period from Ash Wednesday to Easter. When it was first observed in the fourth century, its focus was on self-examination and self-denial in preparation for Easter, and Christians used *fasting* (abstaining from eating food) in the early years as a visible demonstration of this process.

Over the centuries, Catholics have relaxed some of the strict fasting rules. Today, only Ash Wednesday, Good Friday, and all Fridays during Lent are considered fasting days. On these days, Catholics over the age of 14 are to refrain from eating meat. (Historically, this practice was meant to help unify people who could afford meat with poor people who couldn't.) In addition, on Ash Wednesday and Good Friday, those between the ages of 18 and 59 are to eat only one full meal and two smaller meals and aren't to eat between meals.

In addition to refraining from eating, Lent is often a time when Christians give up something pleasurable (furthering the focus on self-denial), be it chocolate, meat or — shudder the thought! — coffee.

Taken from WHAT IS LENT AND HOW IS IT OBSERVED?
By Richard Wagner, Kurt Warner



Enrolments for 4-year-old Kindergarten 2020
for children born from 1 July 2015 to 30 June 2016

We invite parents and caregivers to submit an application for enrolment as soon as possible. Please call [9234 7555](tel:92347555) or email admin@stmunchins.wa.edu.au and an enrolment package will be sent to you. Alternatively, you can print an enrolment form from our website www.stmunchins.wa.edu.au

The enrolment process for 2020 starts with the completion of an enrolment form followed by a formal interview with the Principal which will begin towards the end of term one.

If you are aware of relatives and friends who are hoping to enrol their child/ren in 4-year-old Kindergarten for 2020, please encourage them to contact the school to arrange enrolment.

Children with Medical Requirements / Medic Alerts

St Munchin's requires a medical form to be completed for **all children** who need to take any form of medication or have a medical condition of which the school staff needs to be made aware. If you have kept medication in the office from last year, please call in to check the expiry date. It is important that if your child requires medication, particularly over Weeks 3 and 4 with swimming lessons, that this medication is handed in to the class teacher or the office.



At St Munchin's we have students with severe (life threatening) allergies to nuts and kiwi fruit. Please support us in providing a safe environment for all our students by avoiding kiwi fruit and all nut based foods in your child's morning tea/lunchbox. Children with severe allergies only need to touch or inhale the scent of certain foods to have severe reactions. By avoiding these foods in the school we help to create a safer environment for them. Please remind your child/children not to share food with their friends or other students.

Wherever possible please avoid the following foods in your child's lunchbox:

- Kiwi fruit
- Nuts
- Nut bars
- Peanut paste
- Nutella
- Satay sauces



Friday, 22nd March
5.00 to 7.30pm

Our family will be coming!

Family Name: _____

Adults: _____ Children: _____

- St Munchin's School Office 9234 7555 ● Out of School Care 9234 7511 ● Canteen 9234 7510
- KM 9234 7516 ● KW 9234 7515 ● PPM 9234 7517 ● PPW 9234 7522