

ST MUNCHIN'S CATHOLIC SCHOOL

SCHOOL NEWSLETTER

*Follow
Truth*



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 4 Week 7
Thursday 26th November 2020

Blessing for Mr Romeo

May the light of God surround you;
The love of God enfold you;
The power of God protect you;
The presence of God watch over you.

May you always know
that wherever you are,
God is.
And all is well.

Amen



*May the road rise up to meet you
May the wind be always at your back.
May the sun shine warm upon your face, and
May the rains fall softly on your fields.*

Term 4 Dates

Week 1 Friday 16 October *PP Excursion*
Whole School Mass 9:00am
Sunday 18 October
Parish after school Communion
Week 2 BOOK WEEK
Monday 19 October *Yr 6 Parliament House*
Yr 2 Excursion to Caversham
Tuesday 20 October *P&F Meeting*
Thursday 22 October *Book Week-Shared Reading*
Friday 23 October *Yr 6 Adventure Day*
Week 3
Monday 26 October *World of Maths Yrs 4 - 6*
Tuesday 27 October
Parent Information Night First Penance 6:30pm
Interschool Field Athletics Carnival
Tuesday 27 October *School Advisory Council*
Thursday 29 October
Interschool Track Athletics Carnival
P&F Colour Run (Kindy & Pre-Primary)
Friday 30 October *First Penance Retreat Day*
P&F Colour Run (Yrs 1 - 6)
Week 4
Tuesday 3 November *Scitech Incursion*
Wednesday 4 November *PP Excursion*
Thursday 5 November *Scitech Incursion*
Kindy Excursion
Friday 6 November *Yr 4 Bush Tucker Incursion*
Week 5 NAIDOC Week
Wednesday 11 November *First Penance 6:30pm*
Week 6
Tuesday 17 November
Fr Philip's 25th Anniversary
Wednesday 18 November *World of Maths Yrs 1-3*
Friday 20 November *Principals' Mass*
Sunday 22 November *Yr 6 Confirmation 11:30am*
Week 7 Tuesday 24 November
P&F & School Advisory Council AGM 7:00pm
Week 8
Tuesday 1 December *Yr 1 Excursion to Brownes*
Vinnies Sausage Sizzle
Wednesday 2 December *Stretch Crew 6:00pm*
Thursday 3 December *Kindy Parent Info Night*
Week 9
Monday 7 December *Rainbows Celebrate Me Day*
Wednesday 9 December *Yr 6 Graduation Mass*
Kindy Orientation 9:15am
Friday 11 December *Whole School Mass*
Yr 6 Disco
LAST DAY FOR STUDENTS

Dear Parents, Carers and Friends

With only two weeks remaining in the school year for the students, teachers are busily preparing written reports for each of the students. We still have lots of work to complete to ensure that we finalise learning programs and prepare the students to progress to the next year level. We appreciate your support in assisting us in keeping the students engaged and on task until the end.

Principal's Farewell Mass

The farewell mass held for me yesterday was a very beautiful, reverent and special event that I will always remember. My thanks to Fr Philip, Miss Harrison, Mr Musitano and all staff and students for the amazing team effort in bringing this celebration together. Thank you all very much!

Our special guests which included Dr Sayce (Executive Director Catholic Education WA), Mrs Sue Fox (Schools Improvement Advisor) and a number of principals whom I have worked with closely over the last few years, and my wonderful family made the day even more memorable.



Sacrament of Confirmation

Last Sunday, the Year 6 students and several parish children received the Sacrament of Confirmation. These children are now full members of the Catholic Church Community having received the Fruits and Gifts of the Holy Spirit.

The candidates have been preparing for some time guided by their teachers and parents/guardians. I thank Fr Philip, Ms Mackin, Mr Musitano, Mrs Marangoni, Mrs Taylor and Miss Harrison for their support, guidance and practical examples shared during the preparation program.



CONGRATULATIONS TO ALL WHO WERE CONFIRMED THIS WEEKEND 22/11/20

Staffing 2021 and Class Lists

Staffing for 2021 has now been finalised and this will be distributed on Monday 7th December along with class lists. The staffing list will be sent home via email. Class lists will be placed on the notice board outside the Learning Support room. Parents and carers are reminded that photographs of class lists are not permitted due to privacy and confidentiality laws protecting the rights of all students.

Parents and Carers coming to view lists must practice social distancing rules.

Accessing www.stmunchins.wa.edu.au and the 'My Internet' Desktop and 'My Classes' pages from home.....

Student Reports

These will be sent home with the students on Tuesday 8th December in sealed envelopes. I encourage parents and carers to go through the reports with your child/ren and affirm the progress made and set goals for improvement next year. Should you wish to seek clarification on any aspects of the report please make an appointment to discuss these with teachers.

Parenting Articles:

“Making new friends and staying in touch with old classmates.”
“Modelling self-kindness.”

Wishing you a safe and peaceful fortnight.

Kind regards

Rob Romeo
Principal



Tuesday 1st December

Sausage Sizzle to raise funds for the St Vinnies Christmas Appeal

Our local St Vinnies provide incredible support to those in need in our community including food hampers to families struggling to make ends meet, paying bills when families are faced with unexpected crises and supporting people who are at risk of homelessness.

Every year, through the generosity of so many, we at St Munchin's help make Christmas special for those who otherwise would go without. Even the smallest donation will help make a huge difference to someone you will never meet. Together we can help makes Christmas special for those in need and help St Vinnies to bring them the feeling that they haven't been forgotten this Christmas.

We will present the money we raise to St Vincent de Paul at our final School Mass, so they can help families during the Christmas period. If you would like to donate any extra coins to our St Vincent de Paul appeal, teachers will have collection jars in their classrooms.



Birak—season of the young

First summer: December-January

Mosaic burning time.

The lifestyle for the Nyoongar communities during Birak

Birak season sees the rains ease up and the warm weather really start to take hold. The afternoons are cooled by the sea breezes that abound from the southwest. This was the fire season, a time to burn the country in mosaic patterns.

An almost clockwork style of easterly winds in the morning and sea breezes in the afternoon, meant that traditionally this was the burning time of year for Nyoongar people.

They would burn the country in mosaic patterns for several reasons including fuel reduction, increasing the grazing pastures for some animals, to aid in seed germination for some plants and for ease of mobility across the country.

As for the animals, there are many fledglings now venturing out of nests, though some are still staying close to their parents. Reptiles are looking to shed their old skin for a new one.

With the rising temperatures and the decreasing rainfall, it's also time for the baby frogs to complete their transformation into adulthood.

<http://www.bom.gov.au/iwk/calendars/nyoongar.shtml>

.....Click on the link from the St Munchin's home page

OR Go to www.stmunchins.wa.edu.au/myinternet>Student Username>Password

Congratulations Fr Philip

*On behalf of all the St Munchin's community,
congratulations Fr Philip on 25 years of service in the Priesthood.
Your tireless dedication is appreciated by all of us.*



**CONGRATULATIONS
FATHER PHILLIP
THANK YOU FOR
YOUR DEDICATION**

**25 YEARS
OF SERVICE
IN THE
PRIESTHOOD**



**Manuela, Patrina & Florian
performing a traditional Burmese
dance for Father Phillip's anniversary.**



- 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

INSIGHTS

Modelling self-kindness



This has been a tough parenting year. On a personal level it's been challenging, but when you add the extra difficulty of helping children and young people navigate this year, you'd be forgiven for feeling like you've had enough.

It's timely to look at US-based academic Dr. Brene' Brown's research that informed her book *The Gift of Imperfect Parenting*. Brown's core finding was that the best parenting strategies rely on modelling for them to be adopted by children. That's a little scary as it means we need to be the adults that we want to our kids to become.

There is great power in kids watching us practise how we manage hardships, frustrations and difficulties. Whether we use self-kindness or self-put downs, either will leave an impression on our kids. Not only do they see how we react when we stumble or make mistakes, but we give them permission to act in the same ways.

It's hard to be self-kind

If you're a goal-oriented type of person, highly-judgemental or someone who likes to get things done, then self-kindness can be difficult to befriend. It goes against the grain to laugh at your mistakes or miss a deadline, even though it won't be the end of the world as you know it. If you recognise this type of rigid approach then it may be time let go of some old ways. Inflexibility is the enemy of healthy wellbeing, which thrives on adaptability and self-forgiveness.

Let them hear the process

Giving a child or young person insight into your thinking is a powerful parenting strategy. Sharing your struggles and mess ups with kids in age-appropriate ways takes vulnerability and promotes empathy. It takes courage to share a comment such as, "I keep putting myself down, which is not helpful. I've got to talk to myself as if I'm talking to someone I love." Disclosing this type of self-talk is only useful if it's done in a safe, matter of fact way and a child is comfortable with the message.

Self-kindness means acting compassionately toward yourself when you are struggling to meet your own expectations, meeting with unexpected difficulties and/or met with failure. It's time to drop the stiff upper lip, put aside the strict schedule and stop berating yourself. Instead say to yourself, "This is really tough right now. How can I take some comfort and look after myself?" This is a message worth modelling particularly, if you are living with a perfectionist or a child with tendencies toward anxiety.



Michael Grose

Michael Grose, founder of Parenting Ideas, is one of Australia's leading parenting educators. He's an award-winning speaker and the author of 12 books for parents including *Spoonfed Generation*, and the bestselling *Why First Borns Rule the World and Last Borns Want to Change It*. Michael is a former teacher with 15 years experience, and has 30 years experience in parenting education. He also holds a Master of Educational Studies from Monash University specialising in parenting education.

INSIGHTS

Making new friends and staying in touch with old classmates



As a parent there is a great deal you can do to help your child adjust socially at the start of the school year. Here are some tips to help.

Encourage your child to be open to new friendships

An open, friendly attitude is a child or young person's best social asset. Students who open to forming new friendships are more likely to succeed than those who seek solitude, who are critical and who limit themselves to just one or two familiar faces. Encourage your child or young person to seek out new friendships, even though they may feel uncomfortable or strange at first.

Encourage healthy relationships

Do all you can to encourage healthy relationships based on respect and common courtesy. Generally, when a relationship is healthy a child feels safe, valued and able to speak up. Unhealthy relationships, such as cliques, are restrictive, one-sided and are full of gossip and criticism.

Encourage inclusiveness

Studies have shown inclusiveness to be one of the prime social skills shared by socially successful students. Encourage your child or young person to include others in games, conversations, team activities and other group activities. Inclusiveness is not just a wonderful friendship skill, it's strong leadership attribute as well.

Encourage friendships with both genders

If you are in a co-education environment encourage your child to form friendships with both boys and girls. This is particularly valid if your child has siblings of their own gender, or don't have siblings. It's through these early relationships that we gain the confidence to mix with different genders in the later years. Forming friends across genders helps to break down the mystique that sometimes forms, when a child has little contact with the 'other' gender.

Stay in touch with former classmates and school friends

Encourage your child to maintain friendships with former classmates and groups outside of school as this helps to insulate against unfriendly behaviour that they may experience with their close social circle.

Provide social scripts

Your child may benefit from being provided with some social scripts that they can use in common social situations such as meeting a new friend, joining in a game or asking someone else for help. Boys, in particular, can benefit when given the words to use in a variety of different social situations.

Forming new friendships can take time

Meeting new students and forming new friendships can be anxiety-inducing. If this is the case for your child, then it helps to acknowledge their feelings of discomfort, but also remind them that these feelings will pass. As well discuss the fact that feeling comfortable with new friends often takes time, particularly if your child by nature is reserved or slow to warm up in social situations.

Helping kids work through friendships can be tricky for a parent as you don't have a great deal of control over what happens at school. However, with empathy, patience, encouragement and a supportive attitude you can do a great deal to help your child make a smooth social transition.



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