St Mary's School, Rutherglen (a child safe school)

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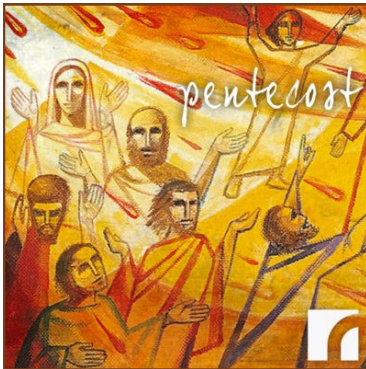Web - http://www.smrutherglen.catholic.edu.au

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Newsletter Issue 15 - Term 2 - Wednesday 5 June, 2019

This Sunday is PENTECOST SUNDAY

This Sunday's Gospel Summary:

Because they still did not understand all that Jesus had told them, the disciples were huddled together, frightened, in a room. The doors locked, notwithstanding, Jesus entered the room and greeted the disciples with a sign of peace. The disciples received the Holy Spirit and came to understand the peace Jesus intended.

Reflection for Parents:

Children often come to parents frightened about one thing or another. It is a parent's job to calm their fears and generally parents do a pretty good job. But sometimes, a parent's doubts or concerns are the same as their children's. When this happens, parents are not always sure how to answer them and we may think that our faith is not strong enough. But doubt does not necessarily mean a lack of faith. Sometimes the best thing parents can do is tell their children they wonder about the same things their children do and then together think about how our faith helps us answer the concern. Generally, these conversations revolve around a serious illness or death in the family and what happens when we die. It's not lack of faith that causes us to not know. It is a lack of knowledge, because it's true, none of us knows exactly.

Weekend Mass Times:

Chiltern   Saturday 6pm

Rutherglen   Sunday 9am

Wahgunyah Sunday 10.30am

IMPORTANT DATES

Friday 7 June

9.30am - Senior Mass

Monday 10 June

Queen's Birthday Public Holiday (School closed)

Tuesday 11 June

3.00pm - Assembly

Tue 11 - Fri 14 June

Meals On Wheels duty

Thursday 13 June

St John Ambulance First Aid in Schools Program

Dear Parents/Guardians,

PAM ACCESS ASSISTANCE

PAM - Parent Access Module

If you are having trouble accessing, verifying your email or remembering your login details for PAM, we have a computer set up in the School Administration area for parents to use. The computer will be available throughout the day and before & after school. Please see myself or Libby if you require help especially with your login details.

Remember all families need to have access to PAM to view their child's report in a few weeks.

Staffing

Apologies for forgetting to let parents know that John McNamara is on Long Service Leave for the next 2 weeks. We welcome Gen Collins to the senior unit during John's absence.

SCHOOL ATTENDANCE & EXCURSION FEATURE ARE NOW LIVE

IMPORTANT: PAM

School Attendance & Excursion Links are now open

We have now opened the school attendance and Excursion links on PAM (Parent Access Module). The School Attendance Link will allow you to notify the school of absenteeism or your child/ren being late to school after you have logged in to PAM. Using this link will directly link you to each teacher's classroom roll.

We have now released the Excursion Link also found on the PAM homepage. PAM account holders will be notified of excursions via email and asked to login and complete the excursion request form. The related excursion will be available to Parent account holders to approve, when they login to their accounts.

We strongly encourage you to use this link as we phase out unnecessary paper forms. Once you start to use PAM you will notice how easy and time effective it is.

It is now important that you check your email account linked to PAM regularly.

eSafety parents

Screen time for your child – 7 tips

There is a lot of conflicting advice and emerging research around screen time. But, the right amount of screen time can depend on a range of factors like your child's age and maturity, the kind of content they are consuming, their learning needs and your family routine. It can be easy to focus only on the clock and how long your child is spending in front of the screen, but the quality and nature of what they are doing online, and your involvement are just as important.

Consider your child's screen use in the context of their overall health and wellbeing – for example, is online time getting in the way of their sleep and exercise? Is it impacting on their face-to-face connections with family and friends? The answers to these questions will guide you and help strike the right balance of online and offline activities for your child.

1. Be involved

Sharing screen time and online activities like gaming with your child helps you gauge the appropriateness of what they are doing and manage potential risks. It's also a great way to start conversations with your child about their online experiences.

2. Work with your child to set boundaries for screen use

If you decide that setting screen time limits is right for you and your child, discuss these new rules with your child. Older children are more likely to cooperate if they have been part of the decision-making process. Colourful pictures or charts of daily limits and other important activities is a fun way to get younger children on board.

3. Be clear about the consequences of not switching off

Part of our role as parents is to set clear limitations and boundaries. The same applies to technology limitations so, being clear and consistent about the consequences for your child if they do not stick to these rules is paramount. The Raising Children Network provides some useful tools and advice.

Australian Government | ⓔ **eSafety** Commissioner

esafety.gov.au/parents

4. Set device-free zones and times at home

Device-free zones can help you manage your family's digital use. Here are some ideas for setting digital boundaries within your home:

- no devices in the bedroom for younger children

- all screens off in bedrooms after a certain time for older children

- all screens off at least one hour before planned bedtime

- all family members switch off at dinner time

- charge devices overnight in a place your child cannot access

5. Ask your child to explain their screen use

Get your child in the habit of explaining why they want to be in front of a screen or online. It's a great way to get them thinking about their own digital habits and balancing screen time with other activities.

6. Use tech tools to help manage access

There are robust products and device functions which allow you to see which apps are being used in your home and for how long. But try not to use these tools to secretly monitor your child. Instead, be open about the process and check the whole family's usage, including your own. Start with Google Family Link for Android devices or parental controls and Screen Time for iPhone/iPad.

7. Lead by example

Your behaviour is one of the most effective ways to help your child develop a positive digital mindset. Show your child you can put down your device too.

PBIS Awards (Positive Behaviour in Schools):

This week's Focus: Undercover and Veranda areas.

Undercover/ Verandah/paths/ concrete	Respect Ourselves	Respect Others	Respect our Environment
	⇒ Walk on the concrete ⇒ Model appropriate behaviour ⇒ Keep hands and feet to yourself ⇒ Go to where you need to go- don't dawdle	⇒ Be helpful ⇒ Be aware of other classes working ⇒ Move quietly around not to distract others ⇒ Smile to others when passing them in ⇒ Be courteous of classes lining up ⇒ Speak appropriately to other people	⇒ Pick up rubbish if you see it ⇒ Walk in appropriate areas

Congratulations to this week's PBIS Winners

(pictured below):

Cody O'Donoghue F/1 HK, Emmerson Potter F/1 HK and Ivy Massari F/1 HK

St Mary's School Rutherglen
Open Day

Tuesday, 18th June
9.00am—5.00pm

St Mary's is a Child Safe School

All families with children starting school in 2020

are invited to visit on this day.

An Information session will be held at 9.30am followed by light

refreshments at 10.00am

For further details contact

Matt Attwater, St Mary's Primary School, 60329284

Have a great week,

Matt
Principal

We send our best wishes to:

Flynn Verhulst (10/06)

who will be celebrating his birthday this week.

CHILDREN'S 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.

An activity to build vocabulary - Affixes: Tell your child that affixes are extra parts that are "fixed on" to the base word. The affixes at the beginning of words are called "prefixes" because "pre-" means before, and a "suffix" comes at the end of a base word.
 Ask your child to "fix" the broken base words with the correct "affix."

Love	-ful
Treat	-ly
Grate	-less
Mood	-able
Do	-ing
Sad	-tion
Pink	-y
Tempt	-ish
Move	-ed
Aggravate	-ment

Important Calendar Dates - 2019

Term 2

Friday 7 June	**9.30am - Senior Mass**
Monday 10 June	**Queen's Birthday Public Holiday (School closed)**
Tuesday 11 June	**3.00pm - Assembly**
Tue 11 - Fri 14 June	**Meals On Wheels duty**
Thursday 13 June	**St John Ambulance First Aid in Schools Program**
Sunday 16 June	**First Eucharist**
Tuesday 18 June	**9.00am - 5.00pm School Open Day**
	Presentation at 9.30am followed by light refreshments at 10.00am
Friday 21 June	**Glenview Visit - Juniors**
Thursday 27 June	**4.00pm - Reports released**
Friday 28 June	**Last Day Term 2 (Casual Clothes Day - gold coin donation)**
	School finishes at 2.30pm

Term 3

Monday 15 July	**First Day Term 3**
Friday 19 July	**9.30am - Junior Mass**
Tuesday 23 July	**3.00pm - Assembly**
Tuesday 14 August	**Stage Door Performance at Victory Lutheran College (whole school)**
Friday 20 September	**Last Day Term 3 (Casual Clothes Day - gold coin donation)**
	School finishes at 2.30pm

Term 4

Monday 7 October	**First Day Term 4**
Wed 30 October	**Canberra Camp *(Grades 5 & 6)***
Thur 31 October	**Canberra Camp *(Grades 5 & 6)***
	Borambola Camp *(Grades 3 & 4)*
Fri 1 November	**Canberra Camp *(Grades 5 & 6)***
	Borambola Camp *(Grades 3 & 4)*
Mon 4 November	**Report Writing Day (School closed)**

Staff email addresses

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Jodie Smith (Senior Classroom teacher) - jsmith@smrutherglen.catholic.edu.au

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