



## Newsletter No. 25

**25 August 2021**

The vision of St Lawrence Catholic Primary School, Balcatta is to share the message of God's love and friendship in a community of learners, developing the full potential of each child.



*The Pope recently shared his thoughts on the future in post COVID-19 times in an exclusive meditation for Vida Nueva, the Spanish religious weekly. In this The Pope reflects on the coronavirus pandemic in the light of the resurrection of Jesus.*

*"Un plan para resucitar" ("A plan for rising up again") is the title he chose for the reflection. In it he does not conceal his concern over the crisis caused by a pandemic that has infected more than two million people, and wreaked havoc across nations and on the world's economy.*

*Pope Francis describes the present moment as a "propitious time" to be open to the Spirit, who can "inspire us with a new imagination of what is possible". He recalls that the Spirit does not allow itself "to be closed in or manipulated by fixed or outmoded methods or decadent structures" but rather moves us to "make new things".*

*At this moment in history, Francis says, "We have recognised the importance of joining the entire human family in the search for a sustainable and integral development." We have also understood that "for better or worse all our actions affect others because everything is connected in our common home, and if the health authorities order that we remain confined in our home, it is the people who make this possible, aware of their co-responsibility in stopping the pandemic."*

*He insists that "an emergency like COVID-19 is overcome in the first place by the antibodies of solidarity." This lesson "breaks all the fatalism in which we have immersed ourselves and allows us to return to be the architects and protagonists of a common history," he says, and it enables us "to respond together to the many evils that are affecting so many of our brothers and sisters across the globe." Previously, and I have quoted in the Newsletter before, The Pope said we are all in this boat together and must all row together as one. This theme of the Common Good is also deeply rooted in our Religious Education Units of Work studied by our children in class. A call to support one another and build on the Common Good of society for the benefit of all. It is a noble calling and one often spoken about by Religious Leaders, politicians, and the like.*

I'm always touched by our community here, by our children, staff and families who so often help one another, reach out and support others, for no return, for no personal gain. Purely because it is the right thing to do. To me this is the essence of our great Christian faith.

## **Inspiring Christ-Centre Leaders**

A huge thank you to Mr Haydon, Mrs Thompson, Mrs Austin, Mr Tonge and Mrs Major on their wonderful dedication and enthusiasm during our recent Year Six Camp. It was a wonderful four days. The children truly made me very proud when I saw them all giving every activity their best shot, trying to push themselves to their personal bests and building their courage and self-beliefs. Camps are a big ask for the staff who attend, coming away from their own families and putting their hands up for 24hour workdays but the simple reward of seeing the children experiences new and exciting opportunities and personal growth are truly rewarding. I thank all the children for being wonderful ambassadors for our school, for their enthusiasm and sense of joy. To the staff I commend you all and offer my sincere thank you.



## **Catholic Schools of Excellence**

As is traditional, Wellness Week takes place every term here at St Lawrence. We have embedded this week into our calendar to support families to develop their own personal wellness and build on good personal, spiritual, emotional and mental wellness strategies. Class teachers enhance the children's opportunities to develop and embrace good personal wellness habits. These are normally built into our classroom's practices, but a strong focus is placed upon them during wellness week to highlight their importance.

Given that we are all coming out of a rather stressful period I strongly encourage all families to embrace the notion of personal wellness and build it into your own good practices. Homework is not given during wellness week, and I encourage families to use this time to be with family and spend time building those strong personal relations. A great chance for an extended family walk or bike ride, visit a park, have screen free and device free nights, spend time cooking as a family. Try family book club, share your reading material with each other, sit down as a family and spend an hour just reading together.

Christ Himself knew the real importance of rest and asked us all to come to Him

***Come to Me, all you who are weary and burdened, and I will give you rest.  
Take My yoke upon you and learn from Me;  
for I am gentle and humble in heart, and you will find rest for your souls....***

Our great Catholic Church proclaims fallow years where we are encouraged to rest and build upon what we already have and take time to renew and enkindle a new spirit within ourselves. With wellness week we aim to provide the skills, knowledge and opportunity for us all to focus on our personal wellbeing.

Mr Ben Saulsman from the Catholic Education Office has been working very diligently with our staff this year as they undertake professional development. Our focus has been enhancing our teaching of mathematics and building the deeper thinking skills of our students. We have been investigating the Launch-Explore-Summarise Teaching Model across all grades and year levels. Staff have been researching the model, preparing lessons and working with Ben and other CEWA staff to develop this particular strategy in their repertoire of teaching skills. The children have certainly been enjoying the deep exploration of mathematical concepts and the opportunity to become more constructive thinkers and mathematically reflective. Building our teachers skills and our students' opportunities is fundamental to keeping our students engaged and inspired to be great learners.

## **Catholic Pastoral Communities**

I wish once again to extend my heartfelt gratitude to all community members who continue to follow our precautions for the current prevailing circumstances pertaining to the health and wellbeing of all community members. I know that restrictions on numbers and event causes anxiety at times. However, as you have all witnessed the recent event on the Eastern Seaboard of Australia are catastrophic. I ask you to pray for all those who are unwell and for the many who have lost lives.

It is a very difficult and uncertain time we find ourselves in, I will always maintain a cautious approach as I have the safety and wellbeing of well over 1000 people entrusted into my care. I take this responsibility extremely seriously. I am guided by Bishop's mandates, the government's health, and legislative requirements, both State and Federal and information I receive from the Department of Education. I will continue to monitor all advice given me, but I will always follow a cautious approach. It is my intention in coming days to review our protocols and see if any of our current restrictions can now be eased.

I keep each and every one of you in my prayers and ask you all to continue to do the same. Once again, a huge thank you to you all for supporting the safety and health of all community members.

## **Accessible, Affordable and Sustainable**

We are required by the Education Act (1999) s28 to keep accurate records of student absences and the Attendance Register kept by each class teacher is a legal document. A note explaining the absences needs to be produced on return to school. This explanation of an absence needs to be in written form (phone calls, SMS or a word to the teacher is not an acceptable substitute.)

An email meeting the following criteria, is also acceptable:

The name of the student

The class of the student

The date and day of the absences

The reason for the absence

The full name of the parent/guardian at the end of the message (the 'from' email address is not sufficient as it does not necessarily have the full name of the person who is sending it).

*An example: John Bartholomew will be absent from school on Wednesday 4<sup>th</sup> July 2021 as he is unwell/away for the weekend/attending a funeral etc. Signed John and Mary Bartholomew.*

## *“If the mountain was smooth you couldn’t climb it”*

I don’t know who originally said this...but my Nanna used it all the time when we were growing up as children.

What a powerful statement! Our lives are sure to be full of trials and tribulation, this is inevitable, but it is our perspective on things that will shape how we see these trials and how we will resolve the tribulation. With prayer, reflective thought, fortitude of character, wisdom, and the knowledge that we are people of God. We can turn hard times into the stepping stones to our maturity and growth.

We are all here on this journey of “life” to learn, grow, and become better. We are here to experience this earth, this life, to come to know God and all the emotions that we are blessed with. Hope, Joy, Love, and Peace are a few of the top emotions that we are constantly thirsting to get more of but the other not-so-comforting emotions that we try to avoid are important too. For they help us truly appreciate the world and all its joys and heartaches, and in the final analysis. It’s the only world we have, so inspired by the words of Mother Teresa let us never forget...

Life is an opportunity, benefit from it.

Life is beauty, admire it.

Life is bliss, taste it.

Life is a dream, realize it.

Life is a challenge, meet it.

Life is a duty, complete it.

Life is a game, play it.

Life is a promise, fulfil it.

Life is sorrow, overcome it.

Life is a song, sing it.

Life is a struggle, accept it.

Life is a tragedy, confront it.

Life is an adventure, dare it.

Life is luck, make it.

Life is too precious, do not destroy it.

Life is life, fight for it.


*~ Mother Teresa ~*

God bless each and every one of you



**Sheldon Carey**  
*M Ed, B Ed, Grad Dip*  
**Principal**

May all my words, thoughts and actions be focused as I ...



**Ask** God to give me the grace to pray, to see and to understand.  
What do I need from God to truly see and understand  
His presence in my life?

**Notice** the good and the bad experiences of my day.  
What can I learn from my experiences today?

**Thank** God and realise that everything in my life is a gift from Him.  
What am I grateful for today?

**Ponder** on my day and look for God in everything I saw and did.  
Where was Jesus in my life today?

**Act** and plan for tomorrow so I can improve and help others.  
How will I act tomorrow for myself and all that I meet?



## Home Learning Tip

Below are two tips that parents can use to foster resilience in children.

- **Have Conversations Early and Often.** The best way to foster engagement, increase your child's self-awareness, and to figure out what is going on with your child is to have open conversations. Start early. From toddlerhood through adolescence and young adulthood, ask and talk about their mood, interests, behaviour, friends, struggles and successes. If this is seen as part of your routine relationship, it will pay off in the long run. Also, share your own experiences. Kids love stories about family and appreciate hearing what you went through in life.
- **Practice Self-Care.** We all know the line on the airplane: "In the event of an emergency, please put on your own life mask before assisting others." This is really important for parents. You cannot help your child unless you take care of yourself. This might mean finding ways to calm your own anxieties, fears, or depression. Support from others, like a spouse, sibling, friend, or parent, can be helpful. The same rules of conversation with your kids apply to others in your life, too – when we practice these conversations, we build resilience in ourselves, and we model it for our children.

## MERIT AWARD WINNERS



# FROM THE ASSISTANT PRINCIPALS

## **WELLNESS WEEK**

This week is Wellness week. A healthy state of wellbeing enables young people to overcome difficulties and achieve their full potential. With the prevalence of mental health issues affecting many of our young people, it is important to teach our children to take time out to relax and enjoy leisure time particularly time away from screens. Please go for a walk or a swim, visit a family member or maybe have a meal out together with your loved ones.

## **FATHER'S DAY STALL**

A reminder that the Father's Day stall will be held on Friday 27th August. The children will be able to purchase gifts ranging in \$1 to \$5.

## **FATHER'S DAY AFTERNOON TEA**

This year we are celebrating Father's Day with an afternoon tea on Friday 3rd September at 2.00pm to 2.45pm. Our students are looking forward to a delicious pizza snack with the special men in their lives. Thanks to our wonderful P&F for providing this opportunity to come together and celebrate this wonderful day.

## **SPORTS CARNIVAL**

Just a reminder that the school Sports Carnival will now take place on Friday 10 September.

## **TEACHER PARENT INTERVIEWS**

Over the upcoming weeks, classroom teachers will be inviting parents to meet with them to discuss their child's progress over the term. These interviews form an important part of our Reporting policy and are essential component in developing open communication between home and school.

## **LAUNCH EXPLORE SUMMARIZE**

The "Launch, Explore, Summarize" instructional model supports an inquiry-based, problem-centred type of teaching. Teachers are expected to shift the doing of mathematics to the students, while they guide, interrogate student thinking, and facilitate sense making. This year the school is experimenting with this new inquiry based problem solving model. All teachers have explored this model in the classroom to engage and inspire the students to expand their Mathematical understanding. The model is structured around three phases of a lesson:

### ***Launch (5–10 minutes)***

Students are given the information they need to do the lesson and solve the problem or task.

### ***Explore (15–45 minutes)***

Students work individually or in small groups to solve the problem. This is their chance "to get messy with the math." The teacher's role is to move from table to table and listen closely and help students who are stuck or who are ready to move ahead.

### ***Summarise (15–25 minutes)***

The groups come back together and explain their solutions. The teacher's role is to guide students to the big ideas, to make sure that they have nailed the mathematics.

*Miss Kathleen Tranquille & Mrs Gabrielle Brennan, Assistant Principals*

## CLASS NEWS

### PRE KINDY

Last week the children had so much fun at Pre Kindy - with the new toys for our **Terrific Transport** theme. There is always so much fun being able to play outside too – so let's hope we have sunny days on Thursdays! The children are always happy and cope very well with all our routines.

Mrs Seragusana and I enjoy our Thursdays with them.

We have also been making some very special gifts for our dads – to celebrate Father's Day with them in just over a week. We hope they like them.



*Mrs Kaylene Bozich, Pre Kindy Teacher*



## KINDERGARTEN

In Talk for Writing, we finished innovating the story. This means we had fun changing the character and one of the settings in Rosie's Walk to something different. We then used these new actions to create a slightly different version of the story... this was great fun, and I can see the children have been so engaged!

We have been busy making Father's Day gifts and focussing on talking about how all of our families are different. On Friday 3<sup>rd</sup> September (2.00-2.45pm) the P&F have organized a Sausage Sizzle for Fathers. A form has already been sent home if you would like to attend, we would love to see lots of Dads there.

In mathematics we have been focusing on more than and less than vocabulary and enjoyed playing a game around this concept. Hope everyone has a lovely week!



We had Book Week this week and it was wonderful to see all the children dressed up in their amazing costumes. Thanks for making this day a special one for your child.

*Mrs Rachel Wake, Kindergarten Teacher*



## PRE PRIMARY

Last week in Pre Primary we made Gingerbread Men. We are so lucky that they didn't run away- they were delicious! This week we hope to design and make our boats for the Gingerbread Man to safely cross the river and not get eaten up by the fox!

In Religion, we are learning it can be helpful to pray at special times so that praying becomes a habit and it helps us to make prayer an important part of each day. We discussed praying before mealtimes, at the end of the day and at night before we go to sleep. We know that when we pray, we are talking to God, and we can ask for his help or we can let him know how grateful we are for all the blessings we have in our lives.

Today it was our Book Week dress up day. All the children looked fantastic dressed in the favourite book characters. We started the morning with a parade around the school hall as a whole school- it was such a fun day!

*A few reminders:*

10<sup>th</sup> September- Sports Carnival

17<sup>th</sup> September- Fairy Tale Day



*Mrs Tania Preston, Pre Primary Teacher*

## YEAR ONE

We have enjoyed taking part in a variety of Wellness Week activities in Year One, beginning our mornings with a mindfulness activity and have also enjoyed some outdoor activities using our senses.

During our design and technology lessons the children have been learning more about the basic needs of animals and plants. In Art in we looked at Aboriginal art in particular X ray paintings and have begun creating our own aboriginal inspired art.

The children are all looking forward to our excursion to the Museum next week this should be a great opportunity for the children to learn more about the Dreamtime stories we have been sharing in our Geography lessons.



*Mrs Gloria Edwards, Year One Teacher*

## YEAR TWO

This Year Two class love to read!  
Today we joined in the fun as the school celebrated Book Week.

The children, with the help of their parents, looked absolutely amazing.  
We shared our book characters with each other and even got to parade in front of the whole school.

Our Book Week celebrations continued into the classroom and today we wrote our first ever book review!

A big thank you to Mrs Stanton for organising Book Week and teaching us so much about books.

*Mrs Paula Christensen  
Year Two Teacher*





## Book Week 2021

Wow! What an exciting week we have had in the library! Here are some photos from our Craft Club – run by Mrs Frenzel, Pre-Primary Art, and our wonderful Book Character Parade



*Mrs Jane Stanton, Teacher Librarian*



# take note

- **LAST CALL FOR RECIPES** All recipes must be in by **31 August 2021**.
- **QUIZ NIGHT TICKETS** **are** now available to purchase from the school office. As there are **limited tickets** available, please purchase your tickets as soon as possible.
- **FATHER'S DAY AFTERNOON TEA** RSVPs are due by Friday 27 August 2021. For catering purposes, please ensure your **RSVP** has been handed into the office,
- **FATHER'S DAY STALL**  
The P&F team will open the stall early at 8:15am on Friday 27 August, for students who will be involved in the multicultural netball tournament and leaving the school at 8.30am. For children who cannot arrive at the early time, please text Adele Cirillo on 0412 658 884 with your child's name and class. A bag will be put aside for the students who are unable to arrive early and students who will be absent on the day.

*Adele Cirillo and the P&F Team*



# PHYSICAL EDUCATION NEWS

## CROSS COUNTRY CARNIVAL

Congratulations to all students who participated in the NECPSA Cross Country Carnival in week 4. We had some fantastic results, and all participants gave their best. I was very proud of their efforts.

## MULTI CULTURAL NETBALL

A number of students will once again be participating in this event on Friday. It promises to be another great day celebrating the cultural diversity of participation in sport. Good luck to all involved.

## ATHLETICS

The year 6 students have today started coaching the younger children in their factions to prepare them for our Sports Carnival on Friday 10th September. This is an exciting time of year for all. Don't forget that we should all be wearing our faction shirts on Tuesday and Thursday for sport for the rest of the term.

## SOCCER COACHING

How fantastic it was to see well over 100 of our students out enjoying the free soccer training sessions yesterday afternoon. Children from Kindy to Year 6 were having fun working on their skills and confidence.

Please contact Mrs Major if your child would like to become involved.

**Keep up the great work St Lawrence Sports Stars!**



*Mrs Clare Major, Physical Education Teacher*

# CANTEEN NEWS

**THANK YOU** to my helpers week, Sue D, Corrina B and Lyan J. Your help was very much appreciated.

**Help** is required for this Friday, if anyone is available from 9-11am. *Thank you!*  
Next week is Year 3s rostered week. Help is again needed on Thursday and Friday.  
Thank you for your support.

Sports Carnival Lunch – please pre order now!



**Sports Carnival  
Day 10th  
September  
Sausage Sizzle &  
Juice or Water \$5**

**Sushi - Chicken  
Teriyaki, Tuna or  
Veg**

**5 piece \$5.50  
6 piece \$6.50  
Add a juice or  
water for \$1 extra**

**Preorder for  
Students &  
Spectators by  
3/9**



PIC•COLLAGE

**Father's Day Raffle Tickets** are on sale now from the canteen. \$2 each or 3 for \$5!

Some fantastic prizes to be won.

**Thank you** for the generosity of the following donors:  
Russo Family (R&L), Del Borello Family, Jones Family,  
Barbagallo Rupalia Family- K n K Kraft

