

LUMEN CHRISTI CATHOLIC PRIMARY SCHOOL



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NEWSLETTER: Term 4 - Week 2

Dear Family and Friends,

This week we were very fortunate to be able to host Kirrilie Smout who is a Child Clinical Psychologist and Director of Developing Minds Psychology. Kirrilie presented a seminar to the staff on Tuesday night and followed this up with a Parent Session. Thank you to our staff who gave their time to return to school for the session and a most genuine of thank you to those parents who took advantage of the opportunity. The program discussed on the night is available to all parents at our school for no cost for the next twelve months. Calmer Kids Central is an online portal where families have access to video and other resources about parenting and child behaviour, as well as an online forum staffing by psychologists to assist families with any questions and concerns they have from the simplest to the trickiest of problems. The details will soon be available on the school website.

Today I am in Melbourne with Mrs. Yeates and Mrs. Peterson presenting at a seminar at the Melbourne Convention Centre about the excellent progress we have made in our student data through our work with the University of Melbourne and the Catholic Education Office: Diocese of Sale (DOSCEL). Can I take the opportunity to acknowledge the highly professional work of our leadership team and staff, but also the sustained and persist work of all our students who continue to drive our success. It will be a very proud, and nerve-racking, moment standing in front of such a distinguished audience articulating our efforts to meet our school goal of: Every teacher makes every minute count for every child.

Finally, thanks to everyone who has been busy working in our school gardens. It is terrific to see the smiles, sweat and dirt on the faces of happy kids as they go about working in their school yard.

Yours,

Dave Cooper

PARENTS & FRIENDS

UNIFORMS

The Uniform Shop is now only open on a needs basis. Please contact Jen on MB: 0417788077 to arrange a mutually suitable time if you would like to have a look through or purchase an item. Cash or cheque sales only (chqs payable to Lumen Christi Parents and Friends).

TERM 4 CALENDAR OF EVENTS

Please monitor the newsletter and website each week for additions & modifications

Event	Day	Date	Time
Week 2			
Assembly	Friday	19/10	2pm
Week 3			
2-6 Tennis	Monday	22/10	10am-1pm
Playgroup	Wednesday	24/10	9am-11am
Walk to School	Thursday	25/10	8am
Assembly	Friday	26/10	2pm
Week 4			
Year 3/4 Camp	Monday & Tuesday	29-30/10	TBC
Playgroup	Wednesday	31/10	9am-11am
Mass - Whole School All Saints Day	Thursday	1/11	9am
Year 2-6 Tennis	Friday	2/11	10am-1pm
Assembly	Friday	2/11	2pm
Week 5			
School Closure	Monday	5/11	
Melbourne Cup Public Holiday	Tuesday	6/11	
Playgroup	Wednesday	7/11	9am-11am
Mass - Year 2-3-4	Thursday	8/11	9am
Assembly	Friday	9/11	2pm
Week 6			
Playgroup	Wednesday	14/11	9am-11am
Mass - Year 5/6	Thursday	15/11	9am

Assembly	Friday	16/11	2pm
Week 7			
Playgroup	Wednesday	21/11	9am-11am
Bethlehem Bazaar Day Dress Up Day & Yr 5/6 fundraising activities for Vinnies Christmas Appeal	Friday	23/11	8.35am
Assembly	Friday	23/11	2pm
Week 8			
Swimming Week			
Playgroup	Wednesday	28/11	9am-11am
NO MASS	Thursday	29/11	9am
Assembly	Friday	30/11	2pm
Life Education Van Visit - Day 1	Friday	30/11	
Week 9			
Life Education Van Visit - Day 2	Monday	3/12	
Playgroup	Wednesday	5/12	9am-11am
Whole School Mass Advent Mass	Thursday	6/12	9am
Assembly	Friday	7/12	2pm
Week 10			
Proposed Year 6 Fun Day	Monday	10/12	
Orientation Day -TBC	Tuesday	11/12	
Last Playgroup -TBC	Wednesday	12/12	9am-11am
End of Year Mass -TBC	Thursday	13/12	9am
Year 6 Graduation Mass & Awards Nights -TBC	Thursday	13/12	7pm
Week 11			
Nativity Play -TBC	Monday	17/12	9am
Christmas Carols -TBC	Tuesday	18/12	9am
2018 School Year finishes-TBC	Tuesday	18/12	3pm
FURTHER EVENTS			

HEADLICE: We have had five recent cases of headlice in the junior and senior block. Please ensure you regularly check and, if needed, treat your child. Please let the school office know if your child has been treated for headlice.

FROM THE OFFICE

FEES: Term Four Fees (\$395) are due by Friday 9th November. If you have arrears and are not on a direct debit plan, please ensure all fees are brought up to date by this date.

CAMP FEES: Grade 3/ 4 camp fees are due by Monday 22nd October.

ENROLMENT PACKAGES:

Our enrolment process has opened for 2019. An information pack has been dropped off at the local kinders for interested families with an outline of our enrolment process and an invitation to visit the school. Full enrolment packages are available at the office for both current and potential new families. If you know of families who may be interested to join our community please encourage them to make contact with Mr.Cooper, or take an enrolment package from the office for them.

WORKING WITH CHILDREN CHECKS:

Volunteers help play a major role in our school in supporting all students and strengthening a sense of community. In line with child-safety practices and policies from the Catholic Education Office every volunteer must have a current Working with Children Check. The checks are quite easy to do online and if you are a volunteer the checks are free via www.workingwithchildren.vic.gov.au If you already have a WWCC and Lumen Christi is not listed please go online and add our school to your card. Our school will then be notified of your WWCC renewal.

ICYPOLES: are for sale every lunchtime.....50 cents each.

HEALTHY TOGETHER

Calm Kid Central (CKC)

Need ideas and support for children who struggle with worry, frustration, anxiety, tough life situations or friendship skills? Calm Kid Central is an online program run by Developing Minds child psychologists - which helps kids feel calm, confident and co-operative. It does this by providing an online website portal giving parents/carers access to:

1. A panel of 5 Clinical Child Psychologists – who will answer unlimited questions from all parent/carers about child wellbeing/anxiety/frustration/development/how to help/respond to and support children to deal with challenging emotional/peer/learning/life situations. All questions are answered within 48 hours.
2. A series of 3 minute animated videos for children (which can be watched on their devices) which help them manage worry, learn to calm down when they are mad or anxious, get along better with their friends/siblings, relax their body, cooperate with adults, use calm words and much more. There are also activity sheets for children to complete and conversation guides for parents to use to help both kids and parents to talk about these topics.
3. Videos, articles and conversation guides for parents to help them feel more confident and calm in supporting kids. These videos and articles help adults know exactly *what to say and do* when dealing with kids who are anxious, frustrated, have meltdowns, don't listen and worry a lot.

We aim to solve problems such as "What to ask children when they are frustrated/worried", "How to use praise in helping children manage big feelings", "Helping children fight less with their siblings" and much more. Each video includes a recording of a child and parent/carer talking about tricky problems so adults can hear exactly what to say to kids to help them learn.

This program is funded by Gippsland Primary Health Network and therefore available for FREE to families with children who are primary school aged and live in the Gippsland Region.

Go to: www.calmkidcentral.com and use access voucher code GIPPSLAND18

WALK TO SCHOOL OCTOBER:

Today half the school travelled to school by active travel. There were 35 students, plus adults and preschoolers who travelled to school from the Police Station and Tennis courts. Others travelled independently. Next Thursday is the last Walk to School opportunity for October so please support it if you can! You may be interested to see the class statistics for today of students who participated:

Prep - 53% Grade 1 - 67% Grade 2/3 - 58% Grade 3/4 - 42% Grade 5/6 - 38%

Thank you to staff for walking and for cooking toast once again, and for all the families who supported it.

October is Walk to School Month in Victorian schools. Classes will log students who actively travel to and from school by walking, cycling or scooting. Students can individually register on the website at www.walktoschool.vic.gov.au. If they live too far from school to actively travel the whole way, they could be dropped off at a suitable location and walk the remainder of the way to school. It's an ideal opportunity for family members to accompany young children or for children to walk with a school buddy. Each Thursday in October our staff will facilitate Walk to School by manning our two regular sites, Churchill Police Station and Churchill Tennis Club. Staff will then accompany the children to school. Families are encouraged to join in Walk to School October and help our children to develop healthy habits for life.

PARISH NEWS

Our Parish Vision Statement: *To reflect the light of Christ to all people*

Contacts: Fr. James Fernandez PARISH PRIEST and Fr. Edwin Ogbuka ASSISTANT PRIEST 5134 2849

Weekend Masses:

Fr. Edwin is overseas on holidays so the only weekend Mass is on Sunday at 9am. We welcome all families to attend!

Important Update: We are very pleased that a maintenance project is about to commence to repair the ongoing water damage issues related to the windows in the church. The works will commence on Monday 3rd September and we think the church will be unavailable for two weeks. During this time the Sunday 9am will be held in the Yinnar Church.

Sacraments-Reconciliation:

The Reconciliation program for 2018 begins this term. This is for children who have already been baptised in a Catholic Church, and are in Year 3. If you would like your child to participate please make contact with either Mrs. Leviston or Mr. Cooper. If you would like your child to participate but they have not been baptised or are older than Year 3 please call by and have a conversation with us so we can organise some arrangements to assist you.

Plenary 2020: The Australian Bishops have called for a gathering called a Plenary. Over the next few years we will all have an opportunity to contribute to the discussion around the future directions, goals and aspirations for the Catholic Church in Australia. Feel free to take a look at the website. <http://plenarycouncil.catholic.org.au/>



EMERGENCY + APP

For those who are unaware there is an excellent free app available called Emergency+. It gives you the exact location of your whereabouts and is useful if lost in the bush, or broken down on the side of the road to name a few occasions.

COMMUNITY CORNER

If your community group would like to contribute please contact Mr.Cooper

ALANNAH AND MADELEINE FOUNDATION BUDDY RUN

On October 21 we are holding our first ever Buddy Run - the Anti-Bullying Fun Run - at Alexandra gardens in Melbourne.

The 1km run is the perfect opportunity to get your community, family and friends active for a good cause, enjoying a day packed with entertainment and fun activities such as lawn games, face painting, food trucks and so much more!

The event will promote the themes of inclusion and respect – and send a clear message that bullying is never ok. With a quarter of kids at school being bullied, there's never been a better time to step up and say NO to bullying. Registrations are at www.buddyrun.org.au

www.cdnews.com.au Churchill & District News - October 18, 2018 - Page 37

CHURCHILL & DISTRICT NEWS
"Connecting Your Community"

in conjunction with Relationships Australia VICTORIA

Accessible for disabled



JUNIOR FISHING DAY

This is a great opportunity for parents and children to spend time together, learn new skills and have a whole lot of fun!

Juniors ONLY between the ages of 4 – 17.
Juniors must be accompanied by an adult.
Only one fishing rod per competitor.

\$2.50 per child
\$6 per family

Saturday, October 27, 2018
Lake Hyland, Mathison Park
Mackeys Road, Churchill

Entry includes sausage sizzle and drink

* Plenty of prizes * Mystery weight * Lucky Door Prizes

Registration starts at 9.50 am - 1.45 pm. Fishing from 10.00 am - 2.00 pm

Please bring Sunscreen, drinks, chairs, hats, insect repellent and shelters

For further information contact 0422 823 179 or Brydie 0488 988 857

Latrobe City a new energy gippsland trade printers GIPPSLAND WATER Profit Profit Valley Trophy Centre

Tackle World Co-Operating Churches Churchill Lions Club Ampworks Audio Productions SCOUTS CHURCHILL Mathison Park Committee

Victoria Department of Primary Industries