



SPAN NEWS

St. Paul Apostle North School

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Term 4

OCTOBER Edition 2022

We are proud to acknowledge the Bunerong & Wurundjeri peoples as the traditional owners of the land.

St Paul Apostle North Primary School is committed to the safety and wellbeing of every student in our care. We strive to create an environment where young people feel valued, included and are encouraged to have a voice.

Prayer

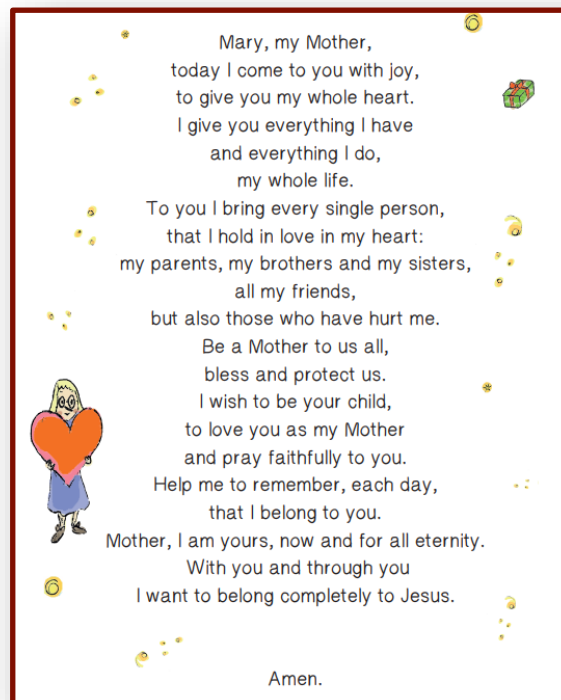
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The focus of this prayer campaign is worldwide unity and peace. It is an invitation to remember the words of Our Lady of Fatima that the child-like and trusting prayer of the rosary can truly change the world, defeat evil and bring peace.

We invite families to pray the rosary together with their children on the 18th of October for peace and unity in the world.



Mary's Message

Mary's Message

Welcome to our October newsletter and to Term Four. I can't believe how quickly this year is going. As usual, we have a number of exciting events and I am so happy that we can, at last, be together again and continue to build that wonderful sense of community that has always been part of who we are at SPAN.

COLOUR RUN

Our long awaited Colour Run is booked for Week 8 - Wednesday, November 23rd. This is one of the biggest PFA fundraisers for the year and we ask you to support it by sponsoring your children on their run. Please donate online as cash donations cause a lot of extra work and sometimes confusion. The booklets will be coming home today.

Fundraising starts 14th October

Fundraising closes 23rd November

Prizes open 24th November

Prizes close 29th November

Prizes should arrive around 7th December.

WELCOME BACK

From next Monday, our gates will open at 3:00pm and we invite you to come in and wait under the piazza. The Prep children whose parents meet them personally will be delivered to you in the piazza. All children who wait at the pick up zone will continue to do so as usual with teacher supervision.

DROP OFF AND PICK UP ZONE

The Drop Off and Pick Up Zone at the front of the school is for quick drop off and pick ups only. If you need to get out of the car to help your child get in or out of their seats, you need to pull into a parking bay so as not to disrupt the flow of traffic. If there are not enough parking bays at the front, there is always room at the back of the school in the football ground car park.

SCHOOL FEES

There are a number of families with outstanding school fees. Statements will be coming home next week and we would appreciate any outstanding fees to be settled as soon as possible. If you are experiencing difficulty, please make an appointment to come in and discuss alternative arrangements with me.

NO CANTEEN

Please note there will be no canteen on this coming Monday, October 17th

THE READING HOUR

On Thursday, October 27th, we will be holding our annual SPAN Reading Hour. We invite you to meet your children in the MLC library and lose yourself in the world of books for an hour. Children will be provided with a drink and snack. All welcome!!

PUPIL FREE DAY

Monday October 31st, the day before Melbourne Cup Day, will be a pupil free day to allow teachers to collate data and begin writing reports.

SPOOKY DISCO

Friday, November 4th is our annual Spooky Disco. Get dressed up and come along and enjoy a great evening of trick and treating. Our wonderful, hard working, PFA will be running a sausage sizzle, so no need to cook, just have fun.

*Mary
Principal*

Religious Education

THE SACRAMENT OF CONFIRMATION

Important dates for children preparing for the Sacrament of Confirmation this year.

Tuesday 15th November— Second Confirmation Family Night in the Church at 7pm

Thursday 17th December— Bishop visits Confirmation candidates at school at 2.15pm

Saturday 19th November— Sacrament of Confirmation in the Church at either 1.30pm OR 3.30pm

Praying the Rosary at Home

How to pray the Rosary



The sign of the Cross

In the Name of the Father, and of the Son, and of the Holy Spirit. Amen.

The Apostles' Creed

I believe in God the Father Almighty, Creator of heaven and earth, and in Jesus Christ his only Son our Lord, who was conceived by the Holy Spirit, born of the Virgin Mary, suffered under Pontius Pilate, was crucified, died and was buried. He descended to the dead. On the third day he rose again from the dead. He ascended into heaven, where he is seated at the right hand of God the Father Almighty. He will come again to judge the living and the dead.

I believe in the Holy Spirit, the holy Catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body and life everlasting. Amen.

Our Father

Our Father, who art in heaven, hallowed be thy name. Thy kingdom come. Thy will be done on earth as it is in heaven. Give us this day our daily bread; and forgive us our trespasses as we forgive those who trespass against us. And lead us not into temptation, but deliver us from evil. Amen.

Hail Mary

Hail Mary, full of grace, the Lord is with thee. Blessed art thou among women and blessed is the fruit of thy womb, Jesus. Holy Mary, mother of God, pray for us sinners now and at the hour of our death. Amen.

Glory be to the Father

Glory be to the Father, and to the Son, and to the Holy Spirit. As it was in the beginning, is now and ever shall be, world without end. Amen.

The Fatima Prayer

O my Jesus, forgive us our sins, save us from the fires of hell and lead all souls to Heaven, especially those who most need thy mercy.

The Joyful Rosary for children

1. Mary conceives Jesus by the power of the Holy Spirit.

The Archangel Gabriel is sent by God the Father to Mary with the most important message ever - God wants his Son to be born of Mary, as a human being, just like you and me. Mary immediately says YES to God.

Heavenly Father, you have given us your Son, Jesus, through Mary - and so now we can call you Abba - Father - and truly be your children. We pray to you for all people who do not yet know you as their Father and are afraid of you.

2. Jesus is carried in Mary's womb to her cousin Elizabeth.

When Elizabeth greets her, Mary joyfully praises the greatness of our heavenly Father, who loves us infinitely and wants to protect the world from all evil.

Heavenly Father, we thank you, as Mary did in her song of praise, and ask you to make the rich and powerful people open their hearts to the poor and weak and share the gifts of your creation with everyone. So then no one will have to go poor and hungry any more.

3. Jesus is born in Bethlehem of the Virgin Mary.

When Jesus is born in Bethlehem the Angels praise the goodness of God the Father and sing: "Glory to God in the highest and on earth peace to those on whom his favour rests."

Heavenly Father, we pray for all the countries where people suffer war and violence. Help us to stay faithful to your commandments so that everyone can live in peace and safety.

4. Jesus is presented by Mary in the Temple.

Mary and Joseph bring the baby Jesus to the Temple and "offer" him back to the Father. At the same time they make a traditional offering of thanksgiving. Two very old people, Simeon and Anna, are guided by God to recognise that this Child is the promised Saviour of the world.

Heavenly Father, we pray for all families. Please help parents to love and accept their children as a gift from God and teach them to love You and all mankind.

5. Jesus is "found" again in the Temple by Mary and Joseph.

Jesus is 12 years old. Mary and Joseph search anxiously for him and when they find him in the Temple, he asks them: "Did you not know that I must do my Father's business?"

Heavenly Father, Jesus always did your will, even when it meant dying for us on the Cross. Mary and Joseph also shared in his suffering when they spent three days searching for him anxiously. We pray for all those who have died, that none may be lost but that all may find you and come home to you in the end.



Calendar of Events

OCTOBER

Monday 17th	National Nutrition Week Year 5/6 Interschool Sports Gala Day (Rescheduled date) Year 6 Graduation Planning Meeting at 3.30pm –Parents and students welcome in the PLC
Tuesday 18th	One Million Children Praying the Rosary for Peace - 8.50am
Wednesday 19th	Year 5/6 STEM Day at St John's Regional College
Thursday 20th	Year 3/4 Mass in the PLC at 11.30am – All Families welcome
Tuesday 25th	Prep Literacy Orientation Session—11.30—1.30pm
Wednesday 26th	PFA Meeting at 9.15am
Thursday 27th	Reading Hour for Students & Parents from 3:20—4:20PM in the MLC Library – Afternoon Tea provided
Friday 28th	Australia's World Teachers' Day Prep/1/2 Assembly in the PLC at 2.30pm – Families Welcome 5/6 Leadership group visiting Retirement Village
Monday 31st	<u>School Closure Day</u>

NOVEMBER

Tuesday 1st	<u>Melbourne Cup Public Holiday</u> All Saint's Day
Wednesday 2nd	All Soul's Day
Friday 4th	Spooky Disco : 6.30—8.30pm
Wednesday 9th	PFA Meeting at 9.15am
Friday 11th	Remembrance Day
Tuesday 15th	Confirmation Family Night 2 at 7PM in the Church Prep Parent Information Night at 7PM
Thursday 17th	Year 5/6 Mass in the PLC at 11.30am – All Families welcome Confirmation candidates to meet the Bishop at 2PM in the Church
Saturday 19th	Sacrament of Confirmation 1:30 and 3:30PM
Wednesday 23rd	Colour Run
Friday 25th	Year 3/4 Big Day Out



Wellbeing

Mini Vinnies

Last term our 3/4 Mini Vinnies team helped coordinate a warm sock drive for people in need in our Parish Community. Their focus for Mental Health Month is to write cards to people in our community who might feel disconnected or lonely.

Well done to our young leaders!

Mental Health Month

During October we will be focusing on Mental Health at SPAN. We have exercise sessions on Friday mornings, everyone is welcome. Today we did yoga, fitness exercises and danced.



LIBRARY NEWS

Welcome back to our SPAN library news.

Parents, did you know you can join our library and take up to 10 books home to read with your child?

We also have plenty of new books that need covering. If you are able to help out and take some home, please let me know. A big thank you to the parents who are regularly picking up books to cover.

If you would like to help in the library, even for 10 mins after drop off or pick up, our shelves always need sorting. We would love to see you!

We are all excited about our
SPAN Reading Hour.
Thursday 27/10/22 at 3:20pm.
We hope to see you there.

Karen Unwin





ST PAUL APOSTLE NORTH SCHOOL



Christmas Market & Carols

DECEMBER 2ND

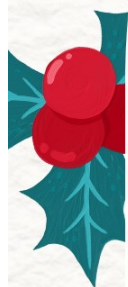
3:30 – 7:30PM

76 MOSSGIEL PARK DRIVE, ENDEAVOUR HILLS

BOOK YOUR STALL NOW!

97006068 OR AT THE SCHOOL OFFICE

\$20 FEE APPLIES



Screen Time vs Green Time

"Brush your teeth, eat your veggies and get plenty of green time!"

In this time of parenting in a digital world, and especially with additional challenges post covid lockdowns and isolation periods, parents want to ensure their children are healthy. I know many of us feel overwhelmed about exactly what this means! With regard to how much screen time children should have I explain to parents that there is no magical number of hours deemed "healthy" BUT I do encourage parents to introduce a concept of 'green time' alongside screen time.

Our job as parents is to mentor and prepare our children to thrive in a digital world. Aside from keeping them safe online and ensuring they are accessing quality, age appropriate content, we need to support them in developing healthy habits - balancing screen time with 'green time'. It is ideal for all children to understand the importance of 'green time' just as they grow to understand why brushing their teeth and eating vegetables needs to be a part of daily life! All elements of 'green time' have a mountain of evidence supporting their critical role in the healthy growth and development of our children and young people. So what do I mean when I say 'green time'??



Outside time - refers to traditional green time engaging in any activity outside in the natural world, this has such a remarkably restorative effect for our brains.

Moving time - any activity where our children are moving their bodies (sport, dance, bush walk, bike ride, trampoline, hopscotch...)

Mindful time - if you are not already in a habit as a family of some sort of mindfulness practice (placing your attention in the present moment), just start experimenting - it supports all human beings to build mental fitness. There are many options, it may mean listening to a meditation story at bedtime or simply google "mindful activities for children" and you will find a plethora of simple ideas depending on the age of your children.

Social time - ensuring our children have ample opportunities to engage with friends and family face to face. Even just being out and about, interacting with fellow customers and shop keepers builds critical social skills.

Unstructured time - (children may call this "boring time" at first!) refers to when you say "off you go and find something to do, no screens!". Children typically complain (you know what I mean!!) and then after that their brain's natural capacity to be creative and explore is activated and yes they find something to do!! Children experiencing boredom is actually very important for their development.

Reading time - this doesn't just mean encouraging your child to read a book or you reading to them, it may mean reading a recipe while cooking or reading signs when you are out walking.

'Green time' in my household (three children aged 10, 14 and 16) is a well known concept. When I asked one of my children to come inside to set the table for dinner recently, he answered back with "I can't, I'm getting my green time" (aka shooting basketball hoops with his brother!)... hard to be too cranky about that response!!



Carley McGauran
Psychologist & Mum



Inform & Empower
Cyber Safety Education



St Paul Apostle North School
Endeavour Hills | One Family



**ONE FOOT
FORWARD**

the walk for mental health

OCTOBER 2022

**Walk with us to support Australians
living with mental illness.**

**Every Friday in October at 7:50am
meet in the Piazza.**

SCHOOL SUPERVISION TIMES 8.30am-3.40pm Supervision before school commences at 8.30am. Children should not arrive at school before this time. Students need to be at school by 8.45am for 8.50am start. School finishes at 3.20pm. Teachers are on duty until 3.40pm. Students need to be collected by 3.40pm. The school has an Out of School Hours Care Program to assist families.

SCHOOL GATES Please note that, for the safety of your children, the school gates will be locked between **9.00am** and **3.10pm** every day. The gates will be locked at 3.40pm. Please ensure that you do not park at the back of the school after this time as you will be locked in.

CANTEEN The canteen operates every Monday, Wednesday and Friday.

UNIFORM SHOP The Uniform Shop is open every Wednesday from 8.30am-10.00am in the Specialist Block. Uniforms can also be purchased directly from our suppliers, KLAD Sports (8 Macro Court, Rowville. 9763-0266).

Good quality secondhand uniforms are also available. Please enquire at the school office.

Community News



FREE

North
St Paul Apostle North School | Endeavour Hills

**St Paul Apostle
North Playgroup**

We invite you to join us for a
playgroup working with you to
support your child's development.

**Every Tuesday
9:15 - 11:00AM**

**PLEASE CALL
9700 6068**

Prep 2023 & Beyond



We are currently accepting enrolments for Prep 2023. Please spread the word if you know anyone who is looking for a dynamic and welcoming school. St Paul Apostle North is the place to be!

Music Bus lessons at our school! Join Now!

The Music Bus runs lessons each week at our school.

Lessons are available in:

- Keyboard (Prep-y6)
- Ukulele (Prep - y6)
- Drums (y1 -y6)
- Guitar (Y2 - y6)

If you wish to register an interest to join please complete the following online form:

<https://app.smartsheet.com/b/form/ee4627a5204c46158e1ab17e7c8069c6>



**WE ARE
COMMUNITY**
Come & try athletics!

Ever wanted to **give athletics a go?** Meet new friends, spend quality time with family, have fun and achieve your personal best?

Participate in a variety of running, throwing and jumping events whilst being surrounded by a supportive community!

What are you waiting for?

REGISTER TODAY AT
lavic.com.au

Little Athletics Victoria | 3/8 DANDENONG LITTLE ATHLETICS CENTRE



St John's

REGIONAL COLLEGE

WELCOME TO THE
FUTURE
IN
STEM



OPEN EVENING

Thursday 20th October 6.00pm

An exciting new era in education in STEM has arrived. Join us for a College tour including the new Junior STEM Building and discover all of the opportunities on offer for students from Year 7 to 12.

Register today at
www.sjrc.vic.edu.au
or scan the QR Code

