

## FROM THE PRINCIPAL

Dear Members of our St Mary's Memorial School Community,

I would like to begin by expressing my sincere thanks to each of you for your support and understanding regarding some of the changes that have occurred so far this year. Restrictions and protocols have seen us have to adjust a variety of events and celebrations as a school community, and I appreciate your accepting consideration during these changes. The impact of this pandemic is having on our world is not over yet, but I am confident our school community will be able to respond pastorally and with our children's best interest in mind.

Strong communication between the school and families is essential in ensuring our children remain safe and happy at school whilst also responding appropriately to SA Health directives. Therefore, I encourage you to call the school at any time to chat with me regarding any concerns or questions you have about our response to COVID-19 and how we can work together to continue to keep everyone safe.

### NAPLAN UPDATE

Last week our Year 3 and 5 students participated in a NAPLAN (National Assessment Program for Literacy and Numeracy) practice test across our state. The test was to determine whether each school site's IT (Information Technology ...computer hardware and internet access) was capable of accessing and delivering the test to the students in the appropriate Year levels.

It was also an opportunity for the students to familiarize themselves to the NAPLAN online test format. NAPLAN online uses tailored testing, where the test automatically adapts to a student's performance and asks questions that match their achievement level. The practice test is not graded; students and parents will not receive a report.

If your own child is in one of these year levels, you may be feeling curious as to how they will measure up or consumed with nerves about whether their test-taking anxiety will raise its ugly head!

We're told that NAPLAN produces valuable data, essential for initiating improvements in student learning. However the statistics provided are somewhat limited in use, partly due to their four month turnaround. More significantly, the data compiled can't compete with the rich observations made by an experienced class teacher, which evolves during the course of the school year and in different contexts. It is important to understand that, in terms of individual student performances, NAPLAN is a 'snapshot' of performance.

We're told that NAPLAN doesn't dominate classroom learning. However, as you read this, classrooms across the country are knee deep in NAPLAN preparation!. They may be revising content or they may be taking mock tests. The sad truth is that sometimes there's too much riding on the results not to.

Testing can be a stressful time for some students. Whilst we want students to achieve their best, we encourage students to simply try their best with testing and not to feel anxious around results. If you are concerned about your child's 'stress' or have any other questions about NAPLAN Testing I encourage you to speak with your child's teachers so we can work together to support them.

By the way, are you aware that NAPLAN isn't compulsory? As educators we have become accustomed to this national standardized test, and we will support students to participate. But do you? ...and, even more importantly, does your child?

My advice is simple. Ask your child: "Do you want to participate in NAPLAN this year?" If he or she says "yes", let them. Reduce the pressure surrounding the results and allow them to experience the process. If she or he says "no", support them. Ask for a withdrawal form from the school's front office. This one-page document simply requires you to write your child's name, school and year level, tick a box for which parts of NAPLAN are being sat out (all) and sign it.

Repeat this conversation each year that NAPLAN rolls around. Your child's answer may be the same or it may change. With their feelings valued and their decision empowered, the 'big hairy' monster that can be NAPLAN need no longer be a thing of generates anxiety!

## CHILDREN'S ABILITY TO FOCUS

Parents have been asking how to help children focus in the classroom since classrooms were invented. In a setting where children are asked to sit still and be attentive, there will always be a few who struggle to do so. The reason many children struggle to focus is because it's a learned skill that has to be practiced. For other children, however, difficulty to focus can sometimes stem from a weakness or disorder.

This year, and from the years immediately preceding, it's likely we will see more children struggle to focus in the classroom. As more and more children experience a stop/start ...away for a week either because of COVID or as a close contact, teachers are having to press re-set on a number of classroom routines and procedures. These are unprecedented times, and children are having to cope with many changes to routines and upheaval to their 'normal' learning environment. Their little minds may be preoccupied with other thoughts!

Daydreaming, doodling, disrupting, and other distractions are common for children of all ages. Still, it's natural for parents to worry that difficulty focusing may negatively impact a child's learning, retention, and academic achievement.

If you're concerned about your child's ability to focus, remember that this is a normal area of difficulty for young children. At the same time, we can help a child take steps towards improvement.

We all know that young children have much shorter attention spans than adults. Paying attention is an executive functioning skill, part of a set of mental skills that continue developing into the mid-20s. Children and teenagers develop their executive functioning skills at varying rates, generally with no cause for concern.

Additionally, children are naturally curious and have high energy levels. They want to explore and have fun. When this isn't the case, children easily grow bored and shift their attention elsewhere. Adults, meanwhile, have the ability to power through a task even when it's unenjoyable!

So, difficulty paying attention is normal for children. But if a child seems to struggle more than their peers, we may want to consider the underlying causes like:

- Lack of quality sleep;
- A poor routine;
- Too much screen time, especially before bed;
- Need for a more nutritious diet;
- Anxiety associated with learning and/or school;
- Mismatched learning style or lack of challenge; and
- Worries over problems or recent changes at home.

In many circumstances, children can improve their ability to focus on a task with a few simple adjustments ... consciously trying to enhance the child's concentration by .....

Breaking tasks into smaller steps .....sometimes, a task with many steps feels too overwhelming. Children may not know where to begin, or they may feel so intimidated by the task that they give up. It's extremely helpful to break big tasks into smaller pieces.

Giving children only one or two steps to complete at a time will guarantee success. Not only does this make the task easier to tackle, but it will also build the child's confidence as they successfully complete each piece.

Practice breaking tasks into smaller pieces at home, and encourage the child to apply the strategy at school too. We can teach them simple tricks, like using a sheet of paper to cover every question on a mathematics sheet except the first one, then sliding the paper down as they progress through the task.

Some children will benefit from making lists .....think about the tools that help us stay focused on our own daily tasks. Perhaps you use a calendar, sticky notes, or a checklist. These strategies are also helpful to children who struggle with attention. Experimenting with different organisational tools to determine what works for a child involves them in finding the best approach. Younger children can use visual checklists, with images of the tasks they need to complete.

Consistently completing schoolwork or homework in the same space creates structure, which feels predictable and safe for children. At home, help a child choose a dedicated workspace. Ensure that the space is well-lit, clean, and stocked with the materials the child needs. This prevents the child's focus from being interrupted by getting up to search for a pencil, paper, or other supplies. Removing clutter and minimizing visual distractions is also helpful. I know some parents who have even provided a mood-boosting air freshener....telling me that lemon, jasmine, and lavender are productivity and mood enhancers; and that cinnamon is said to sharpen the mind, and citrus boosts energy!

Again, you can't control your child's environment at school. But you can encourage them to keep their desk clean and organized. And as your child has positive and successful learning experiences at home, they'll develop confidence and good habits that travel with them to school.

We need to create manageable routines ....routines are another way to incorporate structure and safety, which ultimately enhances a child's ability to accomplish tasks. We need to create a routine around important times of the day such as waking up and getting ready for school, eating meals, doing homework, and going to sleep. Include physical activities, time for connecting as a family, and limited interactions with screens. It's important that we're able to be consistent with the routine, therefore, it needs to be manageable and practical for the whole family.

Stabilising and healthy routines at home provide a firm foundation for optimal learning anywhere. Additionally, routines encourage other executive functioning skills like prioritisation and time management.

Sometimes, children who have trouble focusing simply need more breaks. Learn and study in smaller, more productive blocks broken up by rejuvenating brain breaks. Brain breaks only need to last for a few minutes, and they should help restore your child's energy and focus. At school, brain breaks are incorporated into your child's day through the day, between intense periods of teaching and learning. At home, you can take brain breaks when your child's focus wanders during homework, chores, or other tasks.

Taking a brain break is like pressing a reset button. The child will return to their task feeling re-energised and ready to focus. Just like breaks at work; they actually enhance productivity! For those sceptics, brain breaks are a time saver and not a time-waster!

Memory games are a fun way to work on improving a child's concentration. Memory matching cards and games like 'Concentration' can help. Even simple activities that require focus, like Simon Says and Red-Light-Green-Light (yeah, not Squid Games!), can teach children to pay attention. Similarly, jigsaw puzzles, tongue twisters, and picture puzzles (e.g., "Spot three differences between these two images") help children fine-tune their ability to concentrate for longer periods of time.

Build the child's confidence ...because confidence has a lot to do with concentration. In some cases, children don't focus or make an effort in school because they don't believe in their abilities. Some of the suggestions above will help boost a child's confidence by setting them up for successful, positive learning experiences. Likewise, find the child's talents and areas of excellence, then create opportunities for success. Celebrate and encourage them for effort, perseverance, and creativity too; not just successful outcomes.

Taking steps to increase a child's self-esteem and social skills can help them feel more comfortable at school, which in turn can motivate them to focus and learn. It's also helpful to work with the child on managing their emotions/feelings, as unregulated emotions can also contribute to concentration troubles in the classroom.

#### FINAL THOUGHT .....

The war in Ukraine is having an impact on us, including our students. Sometimes we can be so involved in our adult conversations that we don't heed the affect this may be having on our children. Last weekend my granddaughter asked me if her father had to go to the war, which made me stop and reflect on what we have been watching or discussing. The message of Jesus is one of peace. We need to pray with our children for a quick resolution to the conflict. We need also to model peaceful ways to resolve conflict in our own homes.

Have a great week!

Thank you and God Bless!

Nat Izzo  
Principal

[nizzo@stmarmem.catholic.edu.au](mailto:nizzo@stmarmem.catholic.edu.au)

## WOULD YOU LIKE TO VOLUNTEER IN 2022?

To volunteer in 2022 at St Mary's Memorial School you will need to have a current Catholic Police Clearance. This can be applied for through the school office or alternatively, hold a current DHS (Department of Human Services) Working With Children's Clearance.

In addition to the appropriate Police Clearance, all volunteers will need to forward their COVID Vaccination Certificate (showing double vaccination) and complete the RRHAN (Responding to Risk of Harm, Abuse and Neglect for Volunteers) Course. Please go to the following link, login and complete the RRHAN training by clicking on Non Department for Education Staff.

<https://www.plink.sa.edu.au>

On completion of the training please either bring in a copy of your certificate and COVID Certificate or send them via email to [info@stmarmem.catholic.edu.au](mailto:info@stmarmem.catholic.edu.au)

Should you have any queries or wish to become a Registered Volunteer at St Mary's Memorial School, please contact the School Office.



# NOW OPEN

# 2024

## ENROLMENTS

INCLUDING SIBLINGS

St Mary's Memorial School  
VERITAS  
GLENELG

Please contact the office for an enrolment pack.

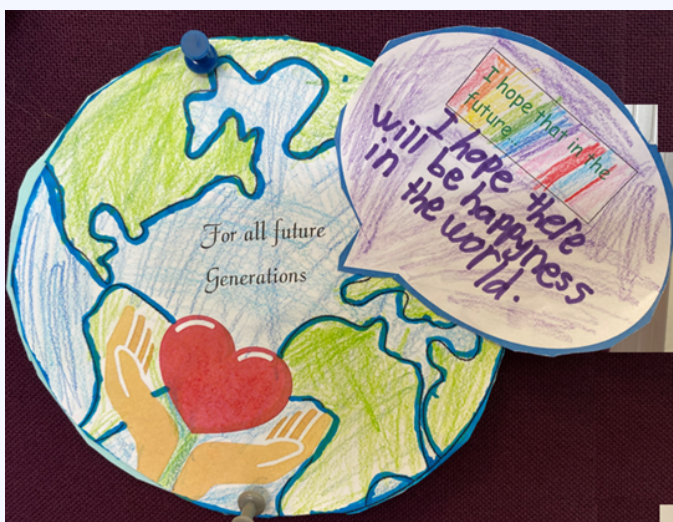
8294 4580  
[info@stmarmem.catholic.edu.au](mailto:info@stmarmem.catholic.edu.au)

## FROM THE APRIM

It has been so nice these last couple of weeks to visit classrooms filled with children engaging in their learning. It has been lovely to be on yard duty and see our spaces filled with children playing games, lounging in the sun and enjoying each other's company. At drop off and pick up the numbers of parents and other family members we get to meet and greet appears back to normal.

Our school's personal COVID peak appears to have passed. Yay!

As we resume our usual weekday routines we are filling in gaps and catching up our schedules. We still have the challenge of dealing with staff who have to isolate but we are very lucky to have regular relief staff who our children know and love. Unlike our children, staff who have suffered through COVID themselves are still dealing with the lasting fatigue it seems to pass on.



What we wish we could do is celebrate our new sense of being community again by gathering together, but alas restrictions remain and we cannot. Instead we are sharing class videos of prayer and learning – have you seen them? If you have I'd love to know what you think.

So while things are still not back to normal it is nice to celebrate that we are seeing more positivity in our own community. Across the world and even in our own nation, not everyone is as blessed. We keep all those doing it tough in our prayers, just like our Year 2 children are.

Joy and blessings,  
Tamara Smith



## SACRAMENTAL PROGRAMME

The sacramental program is conducted through the Glenelg Catholic Parish. This is because the parish is a dedicated community of faith and our main expression of faith is the Sunday Eucharist. Our purpose is to help our children grow in the faith of the Church.

If you would like any further information I would be happy to discuss if you wish.

Kind Regards,  
Father John

## GLENELG CATHOLIC PARISH

*Our Lady of Victories, 13-15 High St, Glenelg SA 5045  
Our Lady of Grace, 36 Beadnall Tce, Glengowrie SA 5044*

Presbytery: 17 High Street, Glenelg  
Office Hours: Mon, Wed-Fri 9am-2pm  
Phone: 08 8294 1888  
Email: [glenelgcp@bigpond.com](mailto:glenelgcp@bigpond.com)  
Web: [www.glenelgcp.com](http://www.glenelgcp.com)

### Prayer of Peace

"Peace I leave with you; my peace I give you."  
(John 14:27)

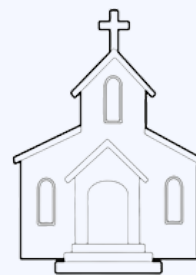
Holy Spirit of Peace,  
Settle deep within my heart.  
Let my actions today be free from aggression and anger.  
Let my words be only ones of compassion and caring.  
Let my every breath inhale your wisdom and exhale your grace.  
In such a way, might I bear another's burdens, if only in part, so that I become a sacred instrument of your peace.  
In Jesus' blessed name, I pray.  
Amen.



Sadlier

## MASSES

Due to COVID whole school celebrations are currently not permitted. Instead class (not year level) liturgies will be celebrated at school at times most convenient for the class.



Unfortunately, we cannot have family or friends join our celebrations at this stage.

Changes to the calendar regarding Masses and their times will need to be made as COVID regulations and advice changes. We need to be flexible as adjustments are made to cater for these needs as well as the needs of our parish and our priests. The newsletter will publish the most current times. Apologies for any inconvenience.

Tamara Smith  
APRIM | [tsmith@stmarmem.catholic.edu.au](mailto:tsmith@stmarmem.catholic.edu.au)

## MASS & LITURGY CALENDAR

Here is an outline of some of the main celebrations on our school's Church calendar.

- Week 9 Year 4 Liturgy
- Week 10 Year 3 Liturgy
- Week 11 Holy Week Presentations

## SUNDAY GOSPEL QUOTE



# LIBRARY NEWS

Each year St Mary's Memorial School participates in the Premier's Reading Challenge (PRC) to raise a high profile in reading and literacy in our school. . . and once again, our students have embraced this program with fabulous enthusiasm and in many cases, determination!

Participation in the PRC is an excellent way to grow our students' love of reading and explore new books, genres and authors, which are some of the key aims of our library program at SMM. By providing a reading focus, students are offered a reading incentive as they develop a deeper understanding of their preferred reading material. Another benefit of this program, which I discussed with our senior students only last week, is the importance of accepting challenges in our lives, and the building of confidence, pride and self-esteem that comes when these challenges are accomplished.



The best way you can support this program at home is to keep books in the conversation. Just as you routinely ask your children about their day or talk about the latest Netflix series, regularly ask your children what they are reading, whether for school or for pleasure, and talk about what you're reading. There's nothing like getting a group of readers together for generating book recommendations.

Please ask about the Student Record Sheet which is how all students will keep track of the books they have read during the Challenge. Each book on the record sheet must be signed off by someone who has seen your child read the book eg. parent, guardian, teacher, ESO, OSHC worker etc.

Reading for the PRC concludes on September 9th, 2022.

Good luck and happy reading!

Tracey Tolley  
(Teacher Librarian)



## HAPPY BIRTHDAY



1S 30/3 Darcy Williams  
4/4 Marie Abdelmalak  
4/4 Miriam Abdelmalak  
4/4 Anna Sampson

2H 2/4 Spencer Maddock

2W 30/3 Heysen Latisenka

3L 31/3 Archer Jenkins

6N 2/4 Liam Lumbert

## ATTENDANCE

Due to the attendance app no longer working, we are asking parents to cc [info@stmarmem.catholic.edu.au](mailto:info@stmarmem.catholic.edu.au) when emailing teachers about attendance. This email goes to the whole admin team (including Deb).

Sharon and Angela (Admin Staff) are responsible for changing the attendance codes on the data system. Therefore, the school requires attendance information as soon as possible in the mornings, before the absentee texts go out.

Teachers often do not have time, before school starts, to email the front office regarding absentee emails they have received, so it is important that the front office team receives this information also.

Thank you for supporting us in our endeavour to keep track of all student's attendance.

[info@stmarmem.catholic.edu.au](mailto:info@stmarmem.catholic.edu.au)

We remind families to ensure uniforms, hats, drink bottles, lunch boxes, etc., are all clearly labelled with your child's full name.

If you do notice that your child is missing an item, we suggest you ask them to regularly check the lost property box, which is located outside the library.

**LOST  
PROPERTY**

## LUNCH ORDERS

Lunch orders are available every week day of the school term. In addition to Subway and Sakura Sushi, we now have The Daily Fixx menu to offer as a variation for lunch. Lunch menus/order forms can viewed by clicking on the icon:



Please remember to fully complete the appropriate order form and then place the order into a brown paper bag, ziplock bag or envelope. Write your child's full name and where they are ordering from (Subway, Sakura Sushi or The Daily Fixx) clearly on the brown paper bag, zip-lock bag or envelope.

Orders must be received at the Front Office by no later than 10:00am.

If there is a shortage of funds in your child's lunch order you will receive an email requesting monies to be paid to the Front Office the following day.

**PLEASE NOTE SUSHI HAS HAD AN INCREASE IN PRICE TO \$3.00 – PLEASE REMEMBER TO HAVE CORRECT MONEY FOR YOUR CHILD'S ORDER.**

## UNIFORM SHOP - OPENING TIMES



**TUESDAY 2:45 - 3:30pm**

**THURSDAY 2:45 - 3:30pm**

Please contact Christine on:- 0424 776 381

Email: [ccoombe@belgraviaspports.com.au](mailto:ccoombe@belgraviaspports.com.au)

(Please note new email address)

or

visit the St Mary's Memorial School [Online Uniform Shop](#):-

- Open 24/7
- AfterPay available
- Delivery information is on your online shop home page



# WE ARE A **Nude Food** SCHOOL



Another "Nude Food" recipe to try!

## VEGETABLE LOADED FRITTERS

***Sneak vegetables into lunch boxes with these quick and easy vegetable loaded fritters! They're freezer friendly and better than sandwiches!***

### INGREDIENTS:

- 1 zucchini, grated
- 1 carrot, grated
- 1 large sweet potato, grated
- 200 gram piece of pumpkin, grated
- 250 grams halloumi, grated
- 2 heaped tablespoons store-bought basil pesto
- Zest of 1 lemon
- 2 garlic cloves, minced
- 1 cup (150 grams) plain flour
- 4 eggs
- Sea salt, to season



### METHOD

1. Place the grated zucchini, carrot, sweet potato, pumpkin, halloumi, basil pesto, lemon zest, minced garlic clove, plain flour, eggs and sea salt into a large bowl. Mix thoroughly to combine.

2. Heat a large fry pan over low-medium heat and add a drizzle of olive oil to grease. Ladle heaped tablespoon measurements of the batter onto the fry pan. Cook for 2-3 minutes or until golden and the edges begin to set. Carefully flip the fritters and cook for another 2-3 minutes. Or until the fritters are golden and bounce back to touch.

3. These fritters are also freezer friendly (for up to 3 months) ready for lunch boxes!

## YOGURT DIP

### INGREDIENTS

- 1 cup (250 grams) Greek (or natural) yoghurt
- Small handful of dill, finely chopped
- Small handful of mint, leaves picked and finely chopped

- juice of 1 lemon
- 1 tablespoon extra virgin olive oil
- Sea salt, to season



### METHOD

Place yoghurt, chopped dill, mint, lemon juice, olive oil and salt into a small bowl and whisk to combine.





## Local Area Coordination Family Information Sessions

*Mission Australia is the NDIS Partner delivering Local Area Coordination Services in your area and is facilitating live online sessions to provide information about:*

- Mission Australia and the services they offer
- What services are available for people with disability
- Understanding the NDIS and eligibility
- Accessing supports and services for those not eligible for the NDIS, or who do not wish to access the Scheme

### Live online for families of:

CESA South Metropolitan Region schools

**Option 1: Tuesday 12<sup>th</sup> April 2022, 10am-11:30am (Term 1 Week 11)**

or

**Option 2: Wednesday 13<sup>th</sup> April 2022, 5.30pm – 7pm (Term 1 Week 11)**

*Please contact the school office for an access link*



Delivering the NDIS in your community



## VIRTUAL URGENT CARE SERVICE

The right medical care, advice and referral for your child without having to visit the Emergency Department. Speak with emergency nurses and doctors over video link for advice, care and, if needed, referral.

[wch.sa.gov.au/virtualurgentcare](http://wch.sa.gov.au/virtualurgentcare)

**Child and Adolescent Virtual URGENT Care Service**

A visit to the Emergency Department can be daunting for children and their parents. Our Child and Adolescent Virtual Urgent Care Service allows children who are *well enough* to avoid hospital and receive expert advice virtually, no matter where they are.

### How it works:

- Scan the QR code to access the service.
- Similar to if you visited the Emergency Department in person, you'll first virtually speak with our administration team, followed by an emergency nurse who will provide an initial assessment of your child's condition, or refer you to another service.
- If needed, an emergency doctor will then assess your child and provide expert advice.

[www.wch.sa.gov.au/virtualurgentcare](http://www.wch.sa.gov.au/virtualurgentcare)

Scan below to access the service



## DUCK & TURTLE School Holiday Fitness By Luke Slattery

**Autumn 2022**

Wednesday 20th April

Thursday 21st April

Friday 22nd April

8:30am – 4pm.

St Thomas School, Rushton St, Goodwood.

Ages 5 – 12 years.

Qualified local teachers.

**Message Nick Mezzino on 0498 354 577 to book your spot!**

Discounts apply for multiple bookings.

*Limited Spots Available*

[duckandturtlefitness.com](http://duckandturtlefitness.com)

## SCHOOL HOLIDAYS ARE JUST AROUND THE CORNER

Thinking of something to do and how to save money.

Purchase Digital Entertainment Vouchers and with the discounts you will have paid for your subscription only after a couple of outings!!!

Everywhere you go check online to see if the venue you are at has an Entertainment voucher.

It is as easy as that!!!

Click on the link below and order your subscription and discounts now 😊😊😊😊

<https://www.entertainment.com.au/orderbooks/16y2085>

St Mary's Memorial School receives 20% off each subscription which we put towards our students needs, whether it be in the playground, music, technology, etc.

Not only will you be receiving valuable money saving discounts, you will also be assisting St Mary's Memorial School.

Everyone's a  
**WINNER**  
with Entertainment!  
Join today, get a bonus eGift Card\*  
& unlock huge savings



## VACATION CARE PROGRAM

Vacation Care program for the upcoming April School Holidays.

All bookings for Vacation Care days are to be made through the Kidsoft iPortal. A link to the portal is issued upon registration with OSHC.

If you have not registered with OSHC, please contact Vicki Messent on [OSHC1@stmarmem.catholic.edu.au](mailto:OSHC1@stmarmem.catholic.edu.au) or [vmessent@stmarmem.catholic.edu.au](mailto:vmessent@stmarmem.catholic.edu.au) or call 0408 714 787.

MONDAY APRIL 18 <sup>TH</sup>	TUESDAY APRIL 19 <sup>TH</sup>	WEDNESDAY APRIL 20 <sup>TH</sup>	THURSDAY APRIL 21 <sup>ST</sup>	FRIDAY APRIL 22 <sup>ND</sup>
<p><b>EASTER MONDAY</b></p> <p><b>NO VACATION CARE</b></p>	<p>NATURE PLAY AT MARSHMALLOW PLAYGROUND <b>**WEAR OLD CLOTHES**</b></p> <p>SAUSAGE SIZZLE/ DONUT LUNCH</p> 	<p>PINBALL AND ARCADE</p> 	<p>WOODHOUSE 3-6</p> <p>INFLATABLE WORLD R-2</p> 	<p>A-MAZING RACE 3-6</p>  <p><b>MOVIE DAY</b></p> <p>R-2 TBC</p>
MONDAY APRIL 25 <sup>TH</sup>	TUESDAY APRIL 26 <sup>TH</sup>	WEDNESDAY APRIL 27 <sup>TH</sup>	THURSDAY APRIL 28 <sup>TH</sup>	FRIDAY APRIL 29 <sup>TH</sup>
<p><b>ANZAC DAY</b></p> <p><b>NO VACATION CARE</b></p>	<p><b>MOVIE DAY</b></p> <p>3-6 TBC</p> <p>IMAGINATION KIDZ R-2</p> 	<p>MYSTERY PLAYGROUND CRAWL</p> 	<p>NATURE SA- CUBBY HOUSE BUILDING -BELAIR NATIONAL PARK</p> 	<p>WHEELS DAY</p> 

Please note: The program may need to be modified if necessary due to COVID.