

FROM THE PRINCIPAL

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

You may have heard of the Irish expression to 'chance your arm'. It means to put yourself at risk for the benefit of a cause, to have a go, even though you may fail. A while ago now (before this pandemic put a dent into overseas travel) I had the good fortune of visiting St Patrick's Cathedral in Dublin where the phrase originated.

The story begins in 1492, when two rival Irish families, the Butlers of Ormonde and the FitzGerald's of Kildare, were involved in a bitter feud. This disagreement centred on the position of Lord Deputy. Both families wanted one of their own to hold the position. Eventually outright warfare broke out, culminating in a skirmish outside the Dublin city walls.

The Butlers went into retreat and barricaded themselves into the chapter house of the Cathedral. The FitzGerald's followed them in and kept them under siege. Eventually, the FitzGerald's called for peace and invited the Butlers to come out into the open. However, the family, fortified and safe within the bowels of the cathedral, believed there would be a wholesale slaughter if they left their sanctuary.

As a gesture of good faith, the head of the Kildare family, Gerald FitzGerald, ordered that a hole be cut in the door. He then thrust his arm through the hole and offered his hand in peace to those on the other side. Upon seeing that FitzGerald was willing to risk or 'chance' his arm, by putting it through the door, the Butlers reasoned that he was serious in his intention. They shook hands through the door, the Butlers emerged from the chapter house and the two families made peace.

The door is still proudly on display in St Patrick's Cathedral today. It is now called the 'Door of Reconciliation'. This story and the door are wonderful analogies for what reconciliation is all about.

A true reconciliation involves risk, putting yourself in danger and seeking true peace. It takes humility and courage to truly resolve a major dispute. Putting your hand forward and seeking or saying an apology, may be rebuffed; it involves a chance. It is difficult, if a genuine attempt at apology is not accepted. In fact it is an insult.

In families and in schools, things do not always go perfectly. People make mistakes. As a parent and as an educator, I have made errors. How these mistakes are resolved make a significant difference to how a community, how a household, runs. Our children, no matter how old, can be very good at pushing buttons.

Being patient, firm and calm can be difficult. Screaming fits, irrational responses, can be the 'go to' response in some families. These can be 'one off' events or they can plummet into reactive 'behaviour ruts' that families (dare we say marriages) fall into.

Seeking 'right relationship' and creating a restorative family and school environment are key to creating confidence and happiness in our children. If you feel your relationships are falling into regular, negative patterns, is it time to chance your arm?

CHILDREN'S FRIENDSHIP ISSUES

Making friends doesn't come naturally to all of us—or to our children! Or sometimes, the 'making' part isn't as challenging as the '*keeping*' part. It's heartbreaking to think our children might be lonely or excluded from their peers, particularly at school. But how much, if anything, can we do to help without being overbearing or intrusive?

All parents want to protect their children from the challenges that life throws at them; and navigating the complicated and highly emotional world of friendship-forming is no different. But like most ongoing processes of life and growing up, there's only so much we can do to support their journey, and getting too involved can often do more harm than good. We need to view these situations as opportunities to teach children valuable life lessons.

Controlling children's friendships while they are young won't help them to nurture positive relationships in the future. So like most aspects of parenting, the best thing we can do is to help teach them life skills that they can work with and continue developing on their own.

We need to redefine 'friendship troubles' as opportunities to learn. Good social skills are largely learnt for most people, and get better with lots of practice; and most people will experience some tumultuous social situations in their lives, whether it's with friends, partners or work colleagues. So learning how to deal with these situations early on is a skill that will benefit children throughout the rest of their lives. Reframing difficult encounters as an opportunity to develop these skills will help to prepare children for what social life will throw at them, while also strengthening their resilience and empathy.

Listening and empathizing is important. We need to engage with them about what has happened and how they're feeling, without judgement, when they're encountering problems with friends. Children want to feel validated and understood – just like adults do – and taking the time out to speak with them about their concerns and emotions will help them to feel that way. Getting angry and saying "I'll deal with this!" is not supporting the child! We need to ask direct, specific questions, because often children have a hard time articulating what's going on, they just "feel bad". Recognising our emotions helps us to understand them and to deal with them productively.

We need to encourage children to stand up for themselves. Telling children to 'walk away' or 'ignore' the person they're having problems with is too passive and minimising. Instead, we need to encourage children to confront their problems, and not to accept bad behaviour. At school we often ask children what they would have done differently if the situation happened again, and role-playing different scenarios to build up their confidence.

Teaching children the difference between healthy and unhealthy relationships is also important. This is something that many people don't fully comprehend until well into adulthood, but learning early-on sets positive boundaries for future relationships. Mutual respect and trust are 'must haves' in healthy relationships. Sometimes we need to explicitly teach children (over and over again) that a good friend will make them feel good about themselves; if one of their friends doesn't, they should minimise the amount of time they spend with them.

Sometimes, we need to avoid the term 'bully'! replacing it with the term 'mean on-purpose'. This is because 'bully' is somewhat of a buzzword that is often misused and leads to unfair mislabelling of other children. 'Mean on-purpose', in contrast, is a more transparent term that children can easily understand.

We can teach children how to respond to 'mean on-purpose' behaviour with a quick comeback, such as 'not cool' or simply 'that was really mean'. This is a way for them to stand up for themselves, and confront the bad behaviour. If this fails to resolve the mean behaviour, that's when an adult should definitely get involved.

As always, we must lead by example. It comes up time and time again, because it's a golden truth; children are sponges, and we (parents, grandparents, teachers) are the most influential figures in their lives. If they see us acting aggressively, they are likely to mirror our behaviour in other situations. Remember that they are always watching, so we need to behave in front of them as we would want them to behave when we're not around!

Tell stories from your own experiences we need to remind children that we were once their age, and that we went through similar, if not the same experiences. This will be comforting and reassure them that their troubles are not insurmountable, while helping to strengthen our relationship and bond.

If you've taken some of these approaches towards a child's friendships concerns, or feel like it's a more serious issue, you are more than welcome to speak to your child's class teacher ... or you may wish to seek some professional guidance!

In conclusion, I want reiterate, making and keeping friends is a skill. Some children develop it naturally at a young age, while others need more time. In some cases, children simply haven't met anyone they can connect with.

Different challenges can also get in the way. Some children get too nervous or anxious to talk to others. Some can start a conversation, but they have trouble coming up with things to talk about. Or they might talk about something other children aren't interested in, without noticing the other children tuning out. When children struggle with making friends, it might not have anything to do with their personality. It also doesn't mean that a child isn't likeable or funny. It may just mean the child needs a tactful and gentle hand building social skills.

COVID vs FLU/COLD

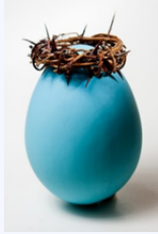
With the onset of the cooler weather, children (and adults) will develop flu/cold symptoms (whether they have had their flu vaccination or not). The issue is whether the symptoms are COVID related or simply a flu/cold indicator. It is strongly suggested that families continue to Rapid Antigen Test (RAT) when any form of flu like symptoms are evident. It will either confirm or refute COVID. If it is a positive result, you are still required to contact SA Health who will advise you accordingly.

Nevertheless, whether it is COVID or the flu, children and adults should stay home until the worst of the symptoms have past. Therefore, parents will be asked to collect their children from school if they are showing cold or flu-like symptoms. Thank you for your anticipated understanding and support with this matter.

Thank you and God bless!
Have a great week!

Nat Izzo
Principal
nizzo@stmarmem.catholic.edu.au

FROM THE APRIM



Happy Easter!

I can't help myself – I need to say it while it is still the Easter Season. I pray that the joy and hope that rises with the sun on Easter Sunday continues to be in your heart as we continue our Easter journey.

On Friday we took part in the National Walk Safely to School Day. The purpose of this day is to encourage children to walk to school and take extra notice and care for their safety. Fittingly, we also had Sergeant Brett from SA police visit our school who touched on road safety when he spoke to the children.

This is the second year our Reception and Year 1 children have used Walk Safely to School Day as an opportunity to come together. Both classes tell families to meet them at locations close to a café and not too far from school, resulting in a friendly social gathering.

This year we were blessed with perfect weather for walking which is another reason to encourage walking to school. Being outside is so good for the mind, body and soul. We know this from those days we are motivated to get up early and get our exercise in – there is something nice about getting out there in the morning.

In the scriptures it even tells us about God walking. In Genesis 3 it describes that 'They heard the sound of the Lord God walking in the garden at the time of the evening breeze'.

And it is in Genesis that I find a second valuable reason for us to encourage our children walking, riding or scooting to school. By using our legs as power and helping to have fewer cars on the road, we are able to reduce the amount of greenhouse gases in our atmosphere, which contribute to global warming.

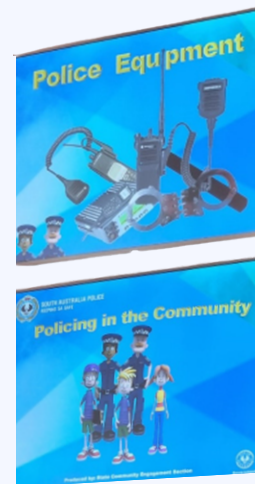
In Genesis 2:15 God puts Adam into the Garden of Eden and tells him to take care of it. The message from this scripture is extended to us today – God is not only telling Adam to look after the garden, but for all of us to look after all of God's creation.

Back with our Reception children, we have been reading the story of Adam in the Garden of Eden naming all the plants and animals God has made. Each child was given a picture of one animal from which to make a little creature out of clay, just as God makes Adam and the animals out of clay (or dust depending on the translation) in Genesis 2.

It was really lovely sharing stories and clay making with the Reception children and then walking to school with them on Friday's Walk Safely to School Day. It is feeling like we are getting back to celebrating as a community, which we haven't been able to do since 2020.

Keep your eyes open for our next walking event – the Hutt Street Centre's Walk A Mile in My Boots in August. Save the date – we'd love to see you there!

God bless,
Tamara Smith



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
Web: www.glenelgcp.com

SACRAMENTAL PROGRAMME

Term 2 marks the beginning of preparation to receive the **Sacrament of Confirmation**. The celebration of the sacrament will take place at Our Lady of Victories Church with Fr John as Celebrant, **7pm Wednesday June 22**.

Each child is required to attend three preparation sessions:



Wed May 18 @ 7pm or Sat May 21 @ 3pm
Wed May 25 @ 7pm or Sat May 28 @ 3pm
Wed June 1 @ 7pm or Sat Jun 4 @ 3pm

CHILDREN'S LITURGY OF THE WORD



Children's Liturgy of the Word for Children has resumed at Our Lady of Grace Church at the regular 9.00am Sunday Parish mass.

Children's Liturgy of the Word is designed specifically for all school aged children attending mass. The children come out of the mass before the commencement of the Readings and return at the Prayers of Intercession. It gives children the opportunity to hear the Gospel for the day in a more age-appropriate way so they have a better understanding of the Gospel message through questioning, prayer and an activity.

If you have any questions, please feel free to contact me any Wednesday.

Thanks,
Melissa
Parish Sacrament Coordinator melissagcp@bigpond.com



PRAYER



Our Lady Help of Christians
Help of Christians,
guard our nation,
That it be a place of peace,
Where the love of Christ unites us
And all racial tensions cease.
Help of Christians,
lead us forward,
With this dream in ev'ry heart:
To create a place of welcome
Where injustice has no part.
Help of Christians, chosen patron,
Of this fair Australian land,
You have shown a way to follow,
True to all that God has planned.
May our lives like yours be faithful,
May our loving be as true,
Till we see our God for ever,
Who has done great things for you.

MASSES

Due to COVID whole school celebrations are still not permitted. However year level Masses can now be celebrated. Family and friends can join our celebrations but a face mask must be worn.

Week 5	Year 5 Mass	Tuesday 10am
Week 6	Year 2 Mass	Tuesday 10am
Week 7	Year 4 Mass	Tuesday 10am
Week 8	Year 3 Mass	Tuesday 10am
Week 9	Yr 1 & Rec 2 Liturgy	Tuesday 9am (TBC)



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

SUNDAY GOSPEL QUOTE



PEACE

I Leave with you;
my PEACE I give you.
I do not give to you
as *the world* gives.
Do not let
Your Hearts
be TROUBLED,
and do not be
Afraid.

John 14:27



LIBRARY NEWS

This week our students participated in National Simultaneous Story Time (NSS). **Family Tree**, written by Josh Pyke was the official story chosen for ALIA for this event. The story is a heartfelt celebration of family and the beauty of life as it unites around a tree that is grown from a seed. The story also reminds us that like the tree, we too lay our foundations with a seed, and our roots go deep; we all grow through good times and bad, 'feast and famine, drought and storms'.

Many authors create picture books that appeal to a broad audience, with Josh Pyke being one of these authors. Family Tree provided ample opportunity for a great number of insightful discussions as the students unpacked the deeper meaning of the story, at a range of levels. It is another reminder to us that **picture books are for all ages, not just younger students.**

In the weeks leading up to NSS we discovered more about Josh Pyke as an author by reading all of the books he has published to date. These books are now available for our students to be borrowed out so they can continue to build their relationship with him.

We all agreed that Josh Pyke was a great choice of author this year.

Tracey Tolley
Teacher Librarian





WELCOME BACK TO OUR VOLUNTEERS

With restrictions in schools slowly being eased, now is the perfect time to ensure you are ready to volunteer.

To volunteer in 2022 at St Mary's Memorial School you will need to have the following:

- *A current Catholic Police Clearance*
- *COVID Vaccination Certificate (showing double vaccination)*
- *RRHAN (Responding to Risk of Harm, Abuse and Neglect for Volunteers) Certificate.*

Follow the RRHAN link below, login and click on Non Department for Education Staff. <https://www.plink.sa.edu.au>



BEACH WALKS, BBQ'S, SPORTS DAYS, SCHOOL DISCO, SCHOOL BOARD, PARENTS AND FRIENDS COMMUNITY, AFTER SCHOOL SPORTS, SPECIAL LUNCHESES, SCHOOL CAMPS, FUNDRAISING, GARDENING, SPECIAL TALENTS, BEACH WALKS, BBQ'S, SPORTS DAYS, READING, SCHOOL DISCO, SCHOOL BOARD, PARENTS AND FRIENDS COMMUNITY, AFTER SCHOOL SPORTS, SPECIAL LUNCHESES, SCHOOL CAMPS, READING, FUNDRAISING, GARDENING, SPECIAL TALENTS, BEACH WALKS, BBQ'S, SPORTS DAYS, SCHOOL DISCO, SCHOOL BOARD, PARENTS AND FRIENDS COMMUNITY, AFTER SCHOOL SPORTS, SPECIAL LUNCHESES, SCHOOL CAMPS, FUNDRAISING, GARDENING, SPECIAL TALENTS, BBQ'S, SPORTS DAYS, SCHOOL DISCO, SCHOOL BOARD, PARENTS AND FRIENDS COMMUNITY, AFTER SCHOOL SPORTS, SPECIAL LUNCHESES, SCHOOL CAMPS, FUNDRAISING, GARDENING, SPECIAL TALENTS, BBQ'S, SPORTS DAYS, SCHOOL DISCO, SCHOOL BOARD, PARENTS , READING, VOLUNTEERING, SCHOOL CAM



**RAISING HEARTS
AND MINDS**

St Mary's Memorial School



PARENTS & FRIENDS COMMUNITY

HAPPY BIRTHDAY

RCH	25/5	Jack Heinrich
1S	26/5	Edward Cranston
	28/5	Pippa Koenig
2H	26/5	Elijah Lively
2W	29/5	Rosie Moore
3L	27/5	Isla Gryst
4R	31/5	Aleksia Martin



FINANCE NEWS

The Term 2 statements were sent home with the students last week via the class bags for your review and action.

Multiple payment options are available to families and we ask you to refer to your statement for further information. Please note that previous 2021 arrangements may not have rolled over into 2022. If you wish to arrange a payment plan for 2022 or need to contact me with any other queries, please call the school office or email finance@stmarmem.catholic.edu.au

Regards,
Jennifer Ashfield

ATTENDANCE

When emailing the school to notify us of your child's absence, we kindly ask all parents to cc the admin team (Deb, Sharon and Angela) on

info@stmarmem.catholic.edu.au

Sharon and Angela 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.

LUNCH ORDERS

Lunch orders are available every week day of the school term through Subway and The Daily Fixx. **Please note, Sakura Sushi is currently not available for orders.** We will keep you updated on their return.

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 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 IS CURRENTLY NOT AVAILABLE

UNIFORM SHOP - OPENING TIMES

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



Please contact Christine on:- 0424 776 381
Email: ccoombe@belgraviasports.com.au
(Please note new email address)

or

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

How to Order

1. Create an Account (optional)
2. Add products to your cart
3. Fill in Special Instructions for seller field with your child's name.
4. Check out by following the prompts.
5. You can log back in at any time and view your past orders.



WE ARE **Nude Food** SCHOOL



Another "Nude Food" recipe to try!

NO BAKE COCONUT AND DATE BALLS

NO BAKE COCONUT BALLS CONTAIN JUST TWO INGREDIENTS AND THEY ARE SUPER HEALTHY. POP THEM INTO LUNCH BOXES TO SATISFY ANY SWEET TOOTH.

INGREDIENTS:

- 3 cups desiccated coconut
- 2 cups pitted dates

METHOD

1. Place 2 cups of coconut and the dates into a blender or food processor.
2. Process on high speed for 3-4 minutes, pausing to scrape down sides as needed.
3. Remove from processor and roll teaspoon-sized balls. Roll in remaining 1 cup of coconut.
4. Pack in portions for snacks, to put in lunch boxes and keep on hand to satisfy a sweet tooth in a healthy way.



NOTE: The coconut in this recipe turns to cocoa butter as it is processed with the dates and binds

Get Creative

Use cookie cutters to make interesting shapes for fruit

