

# NEWSLETTER

23 NOVEMBER 2022  
TERM 4, WEEK 6  
ISSUE 36

ST MARY'S MEMORIAL SCHOOL

## FROM THE PRINCIPAL

*We acknowledge and pay our respects to the Kurna people, the traditional custodians whose ancestral lands we gather on. We acknowledge the deep feelings of attachment and relationship of the Kurna people to country and we respect and value their past, present and ongoing connection to the land and cultural beliefs.*

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

**Decision making** is one of the most important skills children need to develop to become healthy and mature adults. Decision making is crucial because the decisions children make dictate the path that their lives take.

From when they're tiny, our children have to make decisions. In fact, the amount of decisions they make probably grows at the same rate they do. Sometimes, the maturity with which they weigh up the pros and cons, make a comprehensive cost-benefit analysis and undertake speedy risk assessments on the fly can amaze us. Then, there are the other times...it can be really frustrating watching someone make choices that will move them in a direction that we know is not good for them. Sometimes, we might even have to watch them making choices that they know aren't good for them, despite themselves. Self-sabotage is painful viewing!

Decision-making time is also when we see heightened anxiety, even for children who are otherwise pretty chilled. Perspective goes out the window, Parents with teenagers will be familiar with that particular scenario! But, the reality is, there are a lot of reasons why children or teenagers don't make good decisions, and it's not always their fault. Sometimes, their own brain is their worst enemy, or their reason and rationality simply lose out in a war against peer pressure, desire or some other equally potent force in their lives at the time.

To be fair, adults can't exactly claim that we make good decisions 100% of the time either! Children don't have the monopoly on poor choices, and some of us are well into adulthood before we've got the whole decision-making thing nailed (or, if not nailed, maybe loosely thumbtacked). So, how do we help children make good decisions when we're no experts? How do we convince them to listen to reason when the voices of the 'cool kids' at school are shouting so much louder? How do we help them use their decision-making power for 'good not evil', and how do we help them think about their choices as a part of the whole picture?

Before making good decisions, we need to help children to develop their 'choice muscles'. As our children get older, they need to learn the ability to make the right choices at the right times. Learning how to do this is what some counsellors and therapists refer to as 'building their choice muscles' and it's what helps make that decision-making process easier over time. A good way to develop these muscles is by using concrete strategies for decision-making, like three standard questions a child can ask themselves when they're trying to make a choice. These questions are ....

1. Will this choice cause harm to me in some way?
2. Will this choice harm someone else?
3. Does it feel right?

The word 'harm' in the questions doesn't necessarily refer to anything big, and could be as little as whether choosing to play a game on the ipad/laptop means they won't have enough time to finish their homework. It's basically a negative that results from the choice. In fact, it's good if the 'harm' is relatively small, as this gives them practice for when the harm is greater. If we can help children learn how to make good decisions about little things (like whether to eat a snack right before dinner), they'll have lots of practice when it comes to big things.

It can be hard for some children to grapple with the second question about the wider implications of their choices, so they'll need our support to tease it out. Then, the third question teaches them to listen to the voice inside them. If there is a feeling of doubt about whether something feels right or not, we need to teach children to pause and wait. One of the best things we can teach children about decision-making is that it's okay to wait. In that waiting, their decision is not rash and has had time to be fully developed.

While children are making a decision, we need to let them 'mess up' when they're safe with us. When we're in the moment and witnessing a child 'mess something up', it can be really hard stopping ourselves from jumping in and rescuing them, stopping or fixing it, but that might not be our role. Ultimately, we need to make sure that we can appreciate the value in a child having this experience.

Honestly, that's the most difficult thing to do, especially when there are other people around and they're watching on. But, sometimes we do just need to let them make mistakes. The reason this is so important is because it's far better for children and teenagers to 'mess up' when they're under our care and guidance rather than when they're off somewhere else without us and we can't help them.

When a child has made a poor choice and we do decide to step in, we can take the opportunity to teach them how to repair and recover the situation. We want them to be able to look at the situation and think to themselves, "What can I do to make this right?" This might involve admitting what happened, seeking forgiveness or fixing what was broken when they made the choice they did. The important thing is that they get the opportunity to work out how to make it right.' It's also important to respond with care rather than anger, and make sure we're communicating about what the child did, not who they are!

It's important to separate the choice from the child. When a child's messing up, it's not that they're a bad child, it's that they made a bad choice. One is their identity and one is their action, and we don't want to get them confused. Though they might not be confused in our hearts and minds, if we say the wrong thing, we might end up writing things on their hearts that we never intended for them to remember!

After a child makes a decision, we need to seize the teachable moments for next time. There are times when a child or teenager makes choices that aren't for the best. In that moment, as parents, we provide some sort of correction. This correction is what needs to be happening, but sometimes the correction process makes it difficult to help them plan how they could do things differently next time. This is one of the 'power principles of parenting' (I heard a counsellor use this phrase ....I love it!)..... not just recognising when they're doing something wrong, but capturing the moment to teach them how to do it right next time.

While it's tempting to just get up on our high horses and deliver a lecture about what we as parents think our children should have done, that's probably not the most effective way to reach them. Instead, something that I use at school when speaking to students who have made inappropriate choices in the classroom of playground .....a 'high-five' method for taking a child through that post-decision discussion in a way that will help them learn from it.

It involves five steps or questions to ask a child, one for each digit on our hand. They are .....

1. What happened?
2. How did your choice impact you in a way that wasn't great?
3. How did your choice impact others in a way that wasn't great?
4. What could you do differently next time?
5. How can we make that idea even better?

This isn't rocket-science ....number one (the first finger) involves just finding out what happened. This doesn't have to include the details, just the main idea. Then, the next finger and next thing to ask is, "How did this choice impact you (the child) in a way that wasn't great?" Rather than asking about the consequences, just ask how it wasn't good for them. Then, the next thing we ask is, "How did this choice impact other people?" What we want our children to do is understand that their decisions not only impact them, but other people as well. This is effective, because a great choice makes a great impact. But, we also need them to make the connection between the action and the results, on themselves and others. This line of questioning shifts us into solution mode, ready for the next question, "What could you do differently next time?" We can make suggestions to help them, but avoid making statements. Then, the final step is to refine the ideas they come up with and encourage them to take them one step further. We do this by asking, "How can we make that idea even better?" This helps them turn it into something realistic that will provide the best outcome.

As a child practices responding to these questions, they'll get better at automating the process of thinking ahead to the best outcome and (hopefully, eventually!) just working towards that.

In summary, and to reiterate, part of children learning to make good decisions is allowing them to make poor ones. If handled properly, bad decisions can play a powerful role in children becoming good decision makers. Yes, they should be held accountable for their decisions by providing them with consequences that are commensurate with their offenses. But children must also be required to explore their decisions, understand why they made a poor decision, and ensure that they "get it" so that they don't make the same bad decision again.

## NEXT WEEK IS SABBATH WEEK

At St Mary's Memorial School, we acknowledge Week 7 of every school term as 'Sabbath Week'. According to the Book of Exodus, the **Sabbath** is a day of rest on the seventh day, commanded by God to be kept as a holy day of rest, as God rested from creation.

Here are 7 points about Sabbath Week .....

1. In the Creation story, God created the world in six days, but on the seventh day, the Sabbath, God rested, this is why it's during week 7.
2. Like God, we also rest on Sabbath. We here at school, break into weeks of the Term as opposed to days, this is why it's a whole SABBATH WEEK.
3. Jesus was Jewish! SABBATH is the most important day of the week for Jewish people because it is a day to remember that God created the world and everything in it.

4. The name 'SABBATH' comes from the root Shin-Bet-Taf, which means "to rest."
5. SABBATH WEEK celebrates a time to stop, refresh and rejuvenate by spending quality time with family and friends without the added commitment of homework or meetings. SABBATH WEEK is a no homework week.
6. SABBATH WEEK is an opportunity to stop, catch your breath, and be with the Lord ... "Come and rest with me" says Jesus.
7. During this restful SABBATH WEEK we encourage families to spend time talking, reading, cooking, gardening, looking at photo albums, sharing stories, walking in the beautiful sunny weather or just being together. ENJOY!

## PAST STUDENTS RETURNING

Past students, that is, older brothers and sisters of students currently attending St Mary's Memorial School .... on days when their own school will finish for the year (especially students attending the Middle and Senior Colleges). We are very proud of our former students and enjoy their visits after school or at social functions, but their presence can be a distraction to our students during normal school hours. It can create restlessness amongst our students and spoil their own finish to the school year. To avoid your older children the embarrassment of being asked to leave the school grounds (that is, during school hours) please ask them to respect our request.

Thank you for your anticipated support.

## FINAL THOUGHT ....

You may be thinking about who will be your child's teacher next year, and you may be aware that some of the Secondary School students have finished for the year; but may I remind you that this is only Week 6 of Term 4! There are still three weeks remaining in this school year. We have not concluded; it is 'business as usual'!

Although, we may be planning some end of year events;

- students are still required to be punctual for the start of each school day;
- lessons will carry on, which will include learning new skills and concepts; and/or consolidating skills and concepts and transferring them to new learning situations; testing, etc.;
- every child should be reading at home every night and completing any other work that is required of them (with parental support and supervision); and
- correct school uniform is the expectation every day!

## SPECIAL THANKS .....

To the school community for supporting the Year 5 and 6 students in their **Market of Hope** endeavour. It was great to see so many people brave the relentless wet weather to support the students.

Each group/ stall raised money that will be donated to charity. It was a valuable learning experience for many of the students....and it was wonderful to see them work together collaboratively. The uncertainty of the weather was always going to impact on the enterprise; but nevertheless, they weren't going to let it interrupt their mission.

Thank you to the staff (teachers and ESO's) who gave up their time to support the students....it was very much appreciated ....well done and thank you to everyone involved.

Thank you and God Bless!

Have a great week!

Nat Izzo

Principal

nizzo@stmarmem.catholic.edu.au

## UPDATE FROM THE SCHOOL BOARD

One of the functions of the St Mary's School Board is to represent the school community and provide advice regarding future development of the school. Recent activities have included the construction of new classrooms to accommodate year 6 students, and provide space to allow for the mid-year intake of Reception students. We also have been blessed to upgrade our outdoor play area and increase this play area following the purchase of the Milton Street property. These upgrades to our school have been welcomed and provided the students with more space and better facilities.

During 2022, St Mary's expanded its Reception intake to include three Reception classes and this will continue in 2023. However, the School Board appreciates this increase in enrolments has raised concerns from the school community. Our school values the sense of community, belonging and inclusivity afforded by relatively low student enrolments compared to nearby schools. As a result, a letter to Catholic Education SA (CESA) was sent earlier this year and set out concerns regarding expansion of school enrolments to include a third stream (being three classes per year level), as well as the increasing class sizes across other year levels. The School Board subsequently met with representatives from CESA to discuss the future direction of St Mary's in regards to student enrolments. I am pleased to advise that CESA have since confirmed that they will "...no longer be seeking the proposed level of enrolment growth and instead intend to maintain student enrolment numbers at or around the current level."

This is a great outcome for the school and ensures we can continue to foster our small community where students and families are able to connect on a more personal level.

Wishing you all a safe and merry Christmas

Sarah Talbot

School Board Chairperson

# FROM THE APRIM

*"For where two or three are gathered together in my name, there am I in the midst of them."  
Matthew 18:19-20*

One of the things that COVID robbed us of was a real sense of community and opportunities to gather. Thank God! those days seem to be behind us. Now we have some serious catching up to do, and we are starting to do it really well.

Recently we have had three big community events where that sense of family has been felt within our school. Beginning with Grandparents Day, with over 500 special visitors, we felt a real sense of joy sharing with these people songs, food and the learning experiences of our children.

On Friday the Market of Hope filled each of us with hope and joy. Even though the weather rallied against us we were not conquered! Our Year 6 children, whose Business and Economics unit culminated in the selling of goods they created, enthusiastically put together their stalls. The Year 5 children contributed to the success of the afternoon by constructing games for the children to play and potentially win prizes. A great time was had by all, and the afternoon raised over \$6000 for charity. What an amazing effort!

And this week all Year 6 children are spending quality time together at camp. They are supporting each other, working together, building experiences that will create memories which will last a lifetime. At the time of writing this we had one fall over in the water fully clothed and get saturated and another who watched their hat fly off into the wind and land in the middle of the mighty Murray Mouth. No one got upset and we spent the entire bus trip back to our campsite laughing about it ... and it is only day 1. We have much more fun and funny moments to come.

The definition of the word 'catholic' is all-embracing or involving of all or of interest to all. Being in a Catholic school community like ours, with these opportunities to come together beginning to be celebrated more regularly, we are starting to feel that real sense of community and family again. It is in these moments we feel a sense of the sacred and a sense of the Holy Spirit dwelling within us, just as it did in the very first community of Jesus at Pentecost.

Enjoy the photos of our community!

Blessings and Joy,  
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](mailto:glenelgcp@bigpond.com)  
Web: [www.glenelgcp.com](http://www.glenelgcp.com)

### SACRAMENT PROGRAM 2022/2023

Preparation for the Sacrament of Reconciliation is now complete with the children attending three workshops. Next, these children will rehearse what happens during the ceremony and then they will engage in the sacrament itself.

Reconciliation will take place on Wednesday 23rd November at 5pm at Our Lady of Victories Church.

Please contact me or the Parish Office if you have any questions.

Melissa Mabarrack  
Parish Sacramental Coordinator  
[melissagcp@bigpond.com](mailto:melissagcp@bigpond.com)

### SUNDAY GOSPEL QUOTE



### PRAYER

Lord, I commit my day and all of my plans to you. Guide my feet. Control my conversation. Keep me focused on what will bring you glory. What would you have me to do this day?  
In Jesus Name, Amen.

<https://www.lovetispic.com/image/341179/7-prayers-for-november>

### MASSES

Masses can now be celebrated and we warmly invite family and friends to join our year level celebrations. Wearing a face mask is encouraged.

The following is an outline of the Masses for Term 4:

<b>Week 7</b>	<b>Year 1, 2 &amp; Reception Liturgy</b>	<b>Tue 9am</b>
<b>Week 8</b>	<b>No Mass</b>	
<b>Week 9</b>	<b>Whole School Mass</b>	<b>Wed 9am</b>

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)

## 2022 SACPSSA ATHLETICS CARNIVAL

On Monday, 21 November 40 St Mary's children, accompanied by Jane, Natassia, Josh and Vicki travelled to Bridgestone Athletics Centre in Salisbury to compete in Section 2 of the 2022 SACPSSA Athletics Carnival.

Whilst it was too windy for the marquees, our team managed to successfully dodge the rain and storms throughout the day. This year's team had a number of children competing for the first time, due to a few of our regulars not being available. What a great opportunity for these children to experience a SACPSSA carnival.

Jackson T, Jackson C, Ruby C, Darcy C and Scarlett B chose to represent St Mary's Memorial School for one last time, and then travelled to the year 6 camp at the conclusion of the carnival. It was a great way for them to finish, with each of these children taking home a ribbon for every event that they competed in.

CONGRATULATIONS

**St Mary's Memorial School Boys team came 2nd by 1 point to Goodwood.**

**Darcy C and Charlee H won Age Champion.**

**St Mary's year 3 and year 6 girls won their Age Group Pennants.**

**St Mary's Girls won the SACPSSA Girl's shield.**

**Well done to all competitors - we have now been promoted to Section 1 for next year !!**

Finally, a special **thank you** must go to our parent volunteers who braved the wind for the whole carnival. Victoria Warner, Nicole Borrillo, Sally Robinson and Jess Church.



HAPPY

BIRTHDAY

RI	24/11	Jasmine Kelly
1E	23/11	Anhad Chahal
3S	27/11	Austin Doyle
3S	27/11	Oliver Spiers
5P	28/11	Chenuli Wattedgamaarachchi



## PRINCIPAL'S AWARD

*Congratulations to the following children who received a Principal's Award at our last Assembly.*

RCH	Matilda Davis
RG	Louis Janaway
RI	Ollie Thomson
1E	Olive Dunlop
1S	Annie Hateley
2H	Edith Janaway
2W	Rosie Moore
3L	Mason Burns
3S	Millie Warner
4A	Ivy Walker
4R	Lincoln Bowden
5M	Rachel Conway
5P	Isla Miles
6N	James Vaughton
6T	Maddi Lowe

## YEAR 6 LEADERSHIP AWARD

★ Jackson Tatler & Scarlett Mickhan ★

## UNIFORM SHOP



### TERM 4 OPENING TIMES

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

### SCHOOL HOLIDAYS OPENING TIMES

FRIDAY, 20 JANUARY 2023  
9:00AM - 12:00PM

TUESDAY, 24 JANUARY 2023  
9:00AM - 12:00PM



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.

## LIBRARY NEWS

### Scholastic Book Club

Please look for the latest Book Club catalogue which was recently distributed to the students. Please note that the parent LOOP will be closed on Wednesday 30th November.



# VOLUNTEERS NEEDED

## Bunnings Sausage Sizzle



The P&F Committee are seeking Volunteers to fundraise for our SMMS students via the

### AIRPORT BUNNINGS SAUSAGE SIZZLE

Sunday 4th December 2022.

This is a worthwhile fundraising event which will help all of our students. ANYONE can volunteer.

We require 16 Volunteers in total, 4 x Volunteers for each 2-hour block between 09:00 - 16:30

If you are able to help, please contact our Chair for roster order  
Charmaine Hughes - 0448 373 796 Email: [charmainehughes59@yahoo.com](mailto:charmainehughes59@yahoo.com)

Thank you to every parent and grandparent who helped the 22.10.2022 Airport Bunnings Sausage Sizzle.  
We raised nearly \$1400.00 for the students!

Thank you, St Mary's P&F Committee

# PUPIL FREE DAY

## FRIDAY 16 DECEMBER

### LAST DAY OF THE YEAR

UNFORTUNATELY, THERE WILL BE NO OSHC  
SERVICE PROVIDED ON THIS DAY



## Important Dates for Term 4

Monday 28 November – Wednesday 30 November  
Year 5 Camp  
Victor Harbor

Monday, 12 December  
Year 6 Graduation Dinner

Wednesday, 14 December  
Year 6 Breakfast  
Year 6 Graduation Ceremony

Thursday, 15 December  
Term 4 Concludes – Last Day of School  
3:10pm

*PLEASE NOTE: These dates are subject to change.*





# HATS ON FOR PROGERIA



## TERM PLANNER

## St Mary's Memorial School

**Term 4 – 2022**

16 Milton Street, Glenelg, S.A. 5054. Phone: 8294 4580, Fax: 8294 1967

Postal Address P.O Box 812 Glenelg, 5045  
[info@stmarmem.catholic.edu.au](mailto:info@stmarmem.catholic.edu.au)

	Monday	Tuesday	Wednesday	Thursday	Friday	Sat/Sun
Week 1 October	<b>17</b> <b>School Resumes</b>	<b>18</b> 8:45 Morning Prayer	<b>19</b> Staff Meeting School Board Meeting 6:30 pm	<b>20</b> R-6 Dance Lessons	<b>21</b> School Assembly 9:00 am – Principal	<b>22/23</b>
Week 2 October	<b>24</b> National Children's Week	<b>25</b> 8:45 Morning Prayer Class Mass 10:00 am Year 6 Classes	<b>26</b>  Staff Meeting	<b>27</b> R-6 Dance Lessons	<b>28</b> Dance Showcase – 9:00 am Playground	<b>29/30</b>
Week 3 Oct / Nov	<b>31</b>	<b>1</b> 8:45 Morning Prayer <b>All Saints Feast Day</b> <b>R-6 School Mass</b> <b>10:00 am</b>	<b>2</b> <b>All Souls Feast Day</b>  Staff Meeting P&F Meeting 7:15 pm	<b>3</b> <b>Grandparents &amp;</b> <b>Special Friends Day</b>	<b>4</b> <b>SPORTS DAY</b> 9:00 – 1:30 Bowker Street Oval	<b>5/6</b>
Week 4 November	<b>7</b>	<b>8</b> 8:45 Morning Prayer Class Mass 10:00 am Year 5 Classes	<b>9</b>  No Staff Meetings ( <i>Report Writing</i> )	<b>10</b>	<b>11</b> No School Assembly <b>Term 1 Reception</b> <b>Orientation</b> 9:00–10:30  <b>R-6 Remembrance</b> <b>Day Service</b>	<b>12/13</b> <b>Adelaide Christmas</b> <b>Pageant</b>
Week 5 November	<b>14</b>  <b>Zoo Snooze – Yr 3 L</b>	<b>15</b> 8:45 Morning Prayer Class Mass 10:00 am Year 4 Classes	<b>16</b>  Staff Meeting School Board Meeting 6:30 pm	<b>17</b>	<b>18</b> School Assembly 9:00 am –  Term 1 Reception Orientation 9:00–10:45 Year 6 Market of Hope	<b>19/20</b> <b>Christ the King Feast</b> <b>Day</b>
Week 6 November	<b>21</b> <b>Year 6 Camp</b> <b>21-24 November</b>	<b>22</b> 8:45 Morning Prayer Class Mass 10:00 am Year 3 Classes	<b>23</b>  Staff Meeting	<b>24</b>	<b>25</b> No School Assembly 9:00 am - Term 1 Reception Orientation 9:00–10:45 <b>Sacred Heart Transition</b> <b>Day</b>	<b>26/27</b> <b>First Sunday of Advent</b>
Week 7 Nov / Dec	<b>28</b> <b>Sabbath Week</b>  <b>Year 5 Camp</b> <b>28-30 November</b>	<b>29</b> 8:45 Morning Prayer Class Liturgy 9:00 am Rec – Year 2	<b>30</b> <b>Interschool Athletics</b> <b>Carnival Years 3-6</b>  Staff Meetings	<b>1</b>  2:00 Reception Christmas Sing-a-long	<b>2</b> School Assembly 9:00 am – Term 1 Reception Orientation 9:00-11:30	<b>3/4</b> <b>Second Sunday of</b> <b>Advent</b>
Week 8 December	<b>5</b> Aquatics-Sailing Year 5P	<b>6</b> 8:45 Morning Prayer Aquatics-Sailing Year 5M	<b>7</b> Aquatics-Sailing Year 6N  Staff Meeting P&F Meeting 7:15 pm	<b>8</b> Aquatics-Sailing Year 6T	<b>9</b> R-6 Christmas Presentation 9:00 am	<b>10/11</b> <b>Third Sunday of</b> <b>Advent</b>
Week 9 December	<b>12</b> <b>2023 Transition</b> <b>Morning</b> Second Semester Report Distribution  Year 6 Graduation Dinner	<b>13</b> 8:45 Morning Prayer  Year 5 Excursion – Beach House	<b>14</b> <b>9:00 R-6</b> <b>End of Year School</b> <b>Mass</b> (Last day for Year 6 Students) Year 6 Breakfast <b>7:00 Year 6</b> <b>Graduation Ceremony</b>	<b>15</b> School Assembly 9:00 am - Principal  <b>Term 4/School</b> <b>Concludes 3:10 pm</b>	<b>16</b> <b>Staff Day</b> (Pupil-Free Day)	<b>17/18</b> <b>Fourth Sunday of</b> <b>Advent</b>