



St Gabriel's

Parish Primary School Reservoir

Inspiring to Thrive

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TERM 1 - Tuesday February 4th 2020 Fortnightly Newsletter No: 1.02

Prayer for the Week

Lord God you have given us eyes to see
and ears to hear.

Open our ears to your word and our
eyes to what you are doing in our lives.

Amen

Food for Thought

**You're off to
Great places!
Today is your day!
Your mountain
is waiting, so...
Get on your way!**
- Dr Seuss -

Important Dates for Your Diary

Date	Event	Time
Tues 4th February	School Advisory Board	7.00pm
Wed 5th February	No School for Prep	
Fri 7th February	Benediction	10.45am
Fri 7th February	Parents & Friends Meeting	2.00pm
Tues 11th February	Beginning of School Year Mass	9.00am
Wed 12th February	No School for Prep	
Friday 14th February	Parents & Friends Ice Cream Day	

Date	Event	Time
Mon 17th February	Swimming Program Session 1	
Tues 18th February	Swimming Program Session 2	
Tues 18th February	Parent Helper Training	9.00am
Wed 19th February	Swimming Program Session 3	
Thurs 20th February	Swimming Program Session 4	
Thurs 20th February	Parent Helper Training	2.30pm
Thurs 20th February	Sacramental Journey Evening	7.00pm

Newsletter



Following feedback from our community, the newsletter will now be published on a fortnightly basis. The full newsletter will be sent home during even weeks. On the alternate fortnight we will send home a bulletin which will advertise diary dates or important information.

From this year there will be four ways your family can access the Newsletter. **(You will need to re-register your preference for a hard copy or email for 2020)**

1. Register with the St Gabriel's App. The Newsletter will be automatically sent to your iPhone or Android phone on Monday's as soon as it's published.
2. Send us your email address and it will be emailed directly to you. Register **Now** for the emailed version. Simply send an email to: newsletter@sgreservoir.catholic.edu.au
3. Visit our school's website and download it.
4. Register for a paper copy (see register slip below).

Register for a paper copy (please return by Friday):

The _____ family would like to register for a paper copy of the newsletter.

Eldest Child's Name _____ Class: _____

Principal's News

Dear Parents, Students and Staff,

Welcome back to the 2020 school year and to all of our new families to St Gabriel's a very warm welcome to our school community. I would especially like to extend a welcome to our new students who have started this year including all of our preps. The start of the year is always a very busy time and I would like to thank all of our parents for preparing the children and ensuring they were ready to begin the school year.

Our school community is made up of individuals with their own special qualities. When these qualities are shared within the school community, we will enjoy the benefits; and the children will prosper both academically and personally. Like the home, our school must be supporting yet not smothering, loving yet disciplined, encouraging yet challenging. We have been given this year to use, as we will.

We can waste it or use it. We can make it a great year to be remembered for its joy, its beauty and its achievements. What we do together this year is important, for at the end we will all be different to the way we were at its beginning. The type of difference depends upon each one of us.

For 2020 we have chosen a theme for us to contemplate and work towards. The theme we have selected for 2020 is "Inspiring to Thrive". It is my hope that as the year progresses you will get to know the staff, the programs and the policies we offer at St Gabriel's. It is the goal of the staff at St Gabriel's to work with you to create a rich learning environment for all students. Student success is a shared responsibility between the school staff, students and parents.

This week and during the early stages of this term, the students and staff will be establishing and strengthening working relationships that will support everyone to teach and learn successfully together. High expectations for all aspects of our teaching and learning will be a feature of this work to set the platform for achieving and challenging ourselves wherever we can. We know that we all learn when we are 'challenged' in various ways. At this time of the year we experience all sorts of emotions such as nervousness, excitement, fear of the unknown, celebration and joy. These are all real and normal emotions.

We hope we can develop a strong partnership with you to provide the best possible education for your child. We are on this journey of learning together. To enable us all to flourish, communication is key. As a school community, we endeavour to keep families informed in a variety of ways: Newsletter, letters, website, our School App, and the school calendar that you should have received in the post. If you didn't receive a calendar, please come and get one from the office.

I encourage parents who have any concerns or queries to contact their child's teacher at the earliest convenience. They may not be able to see you at that given time, but they will make a meeting time convenient to you both.

So this year, I encourage all parents to work together with us the staff, so we can achieve great things for all at St. Gabriel's Primary School.

A very warm welcome to our new staff, Mrs Narelle Watson who will be teaching in the Junior School, Mrs Melissa Rametta who will be taking responsibility for the area of additional support and intervention in the Prep classroom and Mrs Marisa Frendo who will be providing support to students in her role as Learning Support Officer.

As we start a new year I would like to remind all parents about safety in regards to traffic management around the school. The gates in Olive Street will continue to be open of a morning to ease traffic in Viola Street. Your cooperation in ensuring that you do not double park in either Viola or Olive Street and have children weaving around cars is of utmost importance. Simply by their size, they are hard to see and we need to ensure that we all have a duty of care to ensure that movement around the school is safe and effective for the children. We have a Kiss and Go area in Viola street. Please do not park in this area during the hours as specified in the signage. Council will be sending out officers to ensure that parking restrictions are enforced. Also there is a 40km speed restriction that applies around the school that needs to be adhered to for the safety of our young people and families. I would in the strongest terms urge all families to please use the school crossing in Spring Street when crossing the road. It is just so important to model safety to all students. Thank you in anticipation for your support in these important safety considerations.

Please also be very mindful of the changed conditions along the train station. Pedestrians are no longer permitted to walk alongside the station on Spring Street, but rather need to cross at the lights at Edwardes Street and walk alongside the shops to school. The Level Crossing Removal Authority will have designated employees to assist you. We anticipate that the works at the station will soon be completed.

Can I also please remind families that St Gabriel's is a smoke free school, and we all have a responsibility to ensure the wellbeing of all visitors and families to the school. Father Hctor has asked for people to stop smoking in front of the parish centre on Viola Street, and to avoid littering the front of the parish property. If we could please avoid this, it would be greatly appreciated.

Please ensure that the school has up-to-date medical information and contact us immediately if there are any changes that would affect the medical management of your child. A reminder that all medication with the exception of asthma medications needs to be sent to the office with an authority filled in for us to administer the required dosage.

We will shortly be sending out a copy of your contact details. It is imperative that the school has correct and accurate parent contact information. So if you can please check these details and update if required and in the event there is no change just sign the form and return it.

We have our Beginning of School Year Mass on Tuesday 11th February and I would like to extend an invitation to all families to join us at 9.00am. There will be a morning tea following mass.

Finally, I would like to wish everyone in our community a very successful and happy year. On behalf of all the staff we are looking forward to working with your children over this coming year. If you have any concerns or queries, please do not hesitate to contact me at any stage.

Enjoy your week.

Mark Miatello

2020 Staff

School Leaders

Principal
Deputy Principal
Learning & Teaching
Numeracy

*Mr Mark Miatello
Mrs Clare Ryan
Mrs Belinda Hynes
Mrs Trish Bruno*

Classroom Teachers

Prep EM	<i>Miss Emma Sheehan & Mrs Melissa Rametta (Intervention)</i>
Junior L	<i>Miss Laura Del Busso</i>
Junior W	<i>Mrs Narelle Watson</i>
Middle DM	<i>Mrs Amanda Doody (Mon, Tue, Thu, Fri) & Mrs Lorraine Miller (Wed)</i>
Middle G	<i>Miss Elaine Priest</i>
Senior E	<i>Mrs Michelle Elezovic</i>
Senior A	<i>Mr Adam Salemme</i>

Specialist Teachers

P-2 Number & Literacy Intervention	<i>Mrs Trish Bruno (Tue, Wed, Th)</i>
3-6 Number & Literacy Intervention	<i>Mrs Lorraine Miller (Tue, Thu)</i>
Physical Education	<i>Mr Adrian Dixon (Tue)</i>
LOTE -Italian	<i>Miss Natalina Paglianiti (Thu, Fri)</i>
Digital Technology	<i>Mrs Marnie Power (Every 2nd Tue, Thu, Fri)</i>
The Arts (Performing & Visual)	<i>Mrs Melanie Vearing (Thu, Fri)</i>



Learning Support Officers

Prep Classroom Support	<i>Mrs Marisa Frendo</i>
Junior School Classroom Support	<i>Mrs Teresa Vlahos</i>
Middle & Senior School Classroom Support	<i>Mrs Valli Dalla-Riva</i>

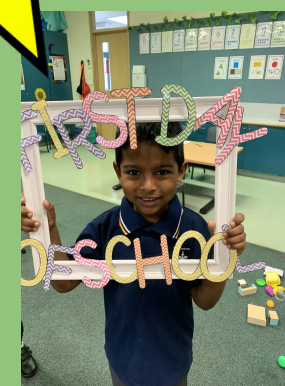
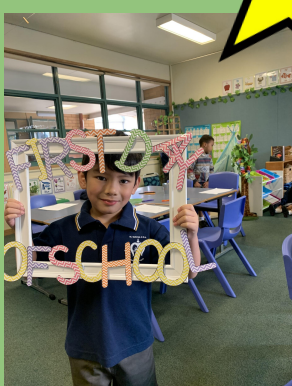
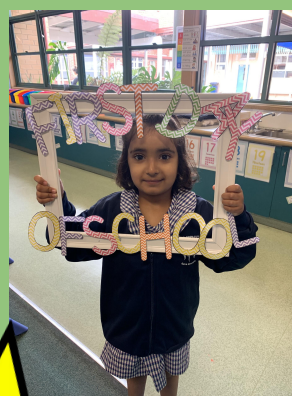
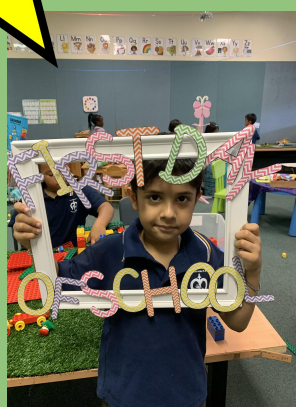
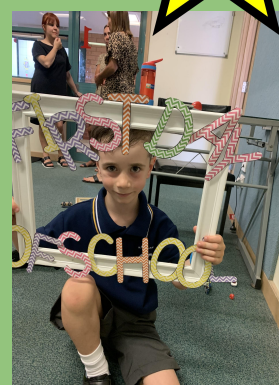
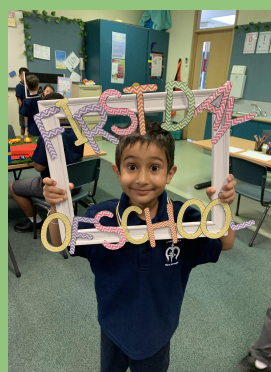
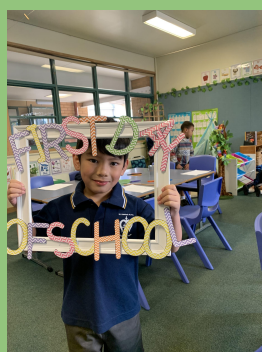
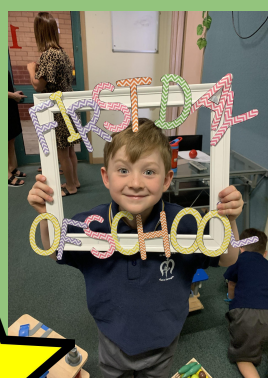
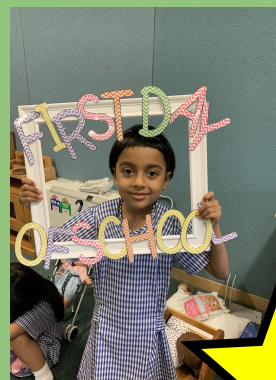
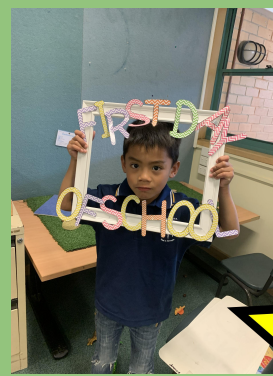
School Officers

Secretary & School Bursar	<i>Mrs Enza Torcasio (Mon, Tue, Thu, Fri)</i>
Secretary & School Registrar	<i>Ms Sylvia Santos (Mon, Tue, Wed)</i>
Maintenance, Library Technician	<i>Mrs Jane Iuele</i>
Uniform Shop	<i>Mrs Teresa Vlahos</i>

Prep's First Day of School



On Friday 31st January we welcomed our 2020 preps to our school community. We look forward to an exciting year ahead full of learning and fun!





RE News...

Welcome back to the 2020 school year. It has been lovely catching up with many of you over the past couple of days. Enjoy the new beginnings and the excitement your child has as they start a new year.



2020 Sacraments Dates:

Reconciliation: Tuesday 24th March at 7.30pm

Confirmation: Sunday 17th May 3.00pm

First Communion:

Saturday 13th June- St. Stephen's children
6.00pm

Sunday 14th June - St. Gabriel's children
10.00am

A few dates you might like to pop on your calendar:

Tuesday, 11th February at 9am: *Beginning of School Year Mass*

- ❖ Morning tea for families after mass.
- ❖ Please come and welcome our new families and catch up with some friends.

Thursday 20th February at 7pm (St Gabriel's)- *Sacramental Journey evening for all Sacramental Candidates and their parents.*

Sunday, 23rd February at 10am-*Opening of the School Year and Sacramental Commitment Mass and BBQ.* This is a school community day.

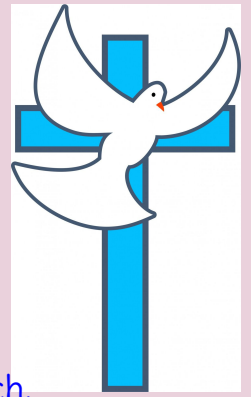
Wednesday 26th February- *Ash Wednesday Mass at 11am.*

School Choir: The school choir will be singing at our ***Beginning of School Year Mass***. We are looking forward to watching them develop their skills and confidence and bringing back music to our liturgies and prayer. You might like to encourage your child to join in.



Altar Servers: If any boy or girl would be interested in becoming an altar server, please see Mrs Ryan. Fr Hctor is always happy to talk about this and to answer any questions you may have.

The Sacraments...



The sacraments fall into three categories:

- **Sacraments of Initiation**

Through **Baptism**, people enter (are *initiated* into) the Catholic Church.

Through **Confirmation**, they're considered personally responsible for their faith.

Through **Holy Communion**, they express their unity with the Church — all her doctrines, laws, and practices.



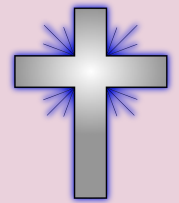
- **Sacraments of Community**

- Through the sacrament of **Matrimony** a couple is made part of their Catholic community.

- By receiving **Holy Orders**, a Catholic man becomes a ministering spiritual leader to the community.

Sacraments of Mercy

- The sacrament of **Penance** (or **Confession**), when you do it every week, gives you the opportunity to release the burden of your sins and to start healing and growing stronger in your faith.



- The **Anointing of the Sick** is also about spiritual healing and release from earthly concerns.



First Assembly and morning tea- It was great to see you all!



'Inspiring to thrive.'



Notices / Reminders

After school

All teachers are walking their grades outside after school to meet parents. This is a great opportunity to have a quick 'catch up' with your child's classroom teacher. Parents of children who may not normally come into the yard are very welcome!

Picking Children up early

Please remember you need to come to the office to sign out your child/ren from school. The office staff will call your child from the classroom and your child will come with their school bag to the office.

School Hours

Before school children are supervised from 8.30am to 8.50am only. No responsibility is taken for children who arrive before 8.30am. Children are only able to leave the school (during school time) if a family member fills out the early dismissal form in the office. School finishes at 3.30pm every day.

Staff Meetings

The Staff meet every Tuesday and Thursday afternoon. We ask that families who wish to make appointments to speak to teachers (where possible) please avoid Tuesday and Thursday afternoons.

Dogs

Please remember our school is a dog free zone. Many children are very scared of dogs and some children are allergic to dog hair. Dogs can also be unpredictable and bite a child (there is always a first time!) a situation we want to avoid.



Every Day Counts



Without the knowledge, the skills or the support that schools are so good at providing, young people can be left behind and find themselves underprepared for a fast-paced and often very challenging world. We can all work together to ensure that every learner participates in learning everyday at St Gabriel's.

As part of new government requirements, parents must advise the school of their child/ren's absence on the day of the absence. Therefore you **must** notify the school no later than **9.30am on the day**, via calling the school office, sending an email to your child's classroom teacher or filling in the absentee note via the app. If the school has not received any notification of your child/ren's absence, this will be noted and contact made.

Should you have any concerns or need assistance please do not hesitate to contact the office staff who will be able to assist you.

Uniform Shop

The uniform shop is now open Mondays between 2.30pm to 3.15pm. Thank you, Ms Teresa

ICY POLES

Icy Poles will be on sale daily for .50c, in Term 1!

School App -SKOOLBAG



St Gabriel's has a new App.

The SkoolBag School Communication app is Australia's leading school communication solution, providing busy parents, students, and staff a powerful way to stay engaged with their school.

Getting started is easy. Simply create your free SkoolBag account to log in and then add St Gabriel's as your school..

SkoolBag is designed with simplicity in mind, to ensure that schools can quickly and easily communicate instant notifications, emails, school newsletters, absentee and permission forms, photos, documents, events and more to the school community.

App features:

- * Receive instant notifications
 - * Browse the event calendar, view maps, and add events to your personal calendar
 - * Dynamic news feed with updates from our school
 - * View school newsletters
 - * eForms (Absentee, Permission Slips, School Surveys and more)
- and more..

The SkoolBag All-in-one communication suite provides productivity improvements - providing the most convenient method of communication for all users.

Make sure you download the app today and stay informed.



Skoolbag

Download Skoolbag our mobile app to receive communication and alerts from the school straight to your phone and devices

How to install the SkoolBag app

instructions for parents and community

1. Get your favourite mobile device
2. Open the App Store/Play Store
3. Search for "SkoolBag"
4. Download the free app
5. Open the app and add your school(s)

for Apple users



Download on the
App Store

for Android users



GET IT ON
Google Play

for more info visit skoolbag.com.au



Swimming Program

Next week we begin our annual swimming program at Elite Swimming Academy in Pascoe Vale. The swimming program provides students with an intensive experience that helps to build and consolidate water awareness, survival and swimming skills. Swimming is an activity where the range of ability levels can vary dramatically and the school works hard with the instructors at the pool to cater for all students' skills and experience. However it is also important to remember that for those students who are highly accomplished swimmers, the swimming lessons will not be focussed on changing stroke techniques and that for our weakest swimmers, the swimming program will be an introduction to water safety and further lessons will be required for students to develop their proficiency. We hope that all students will develop their skills and confidence through the program and most importantly have fun with their peers. I want to thank Mr Dixon for his organisation of the program and all of the teachers who have displayed flexibility with their timetables, to assist to make sure that the students have the most enjoyable experience possible.

Monday Assembly & Before School Play: No-one plays on the adventure playgrounds!!

The first school day of each week begins with a short assembly. We take the opportunity to pray our School Prayer and sing our National Anthem. We ask all present; parents, families, staff and students to join in our prayer and singing or show your respect through silence.

Our school gates open at **8.30 am** and a teacher is on Yard Duty from **8.30am**. Children should not arrive before 8.30am and should not be left alone before this time. No child is to be on the adventure playground before school time. Children are permitted to play '**four square/down-ball**' before school. **NO** netball, soccer balls, footballs, basketballs, or the like are to be used before school. It is too dangerous - much younger children, parents and grandparents are walking around the school at that time.

Safe & Happy Students @ St Gabriel's

This week I will reinforce to the children that at St Gabriel's it's important that they feel Safe and Happy, so that they can engage in the important job of Learning.

All children need to feel safe and happy so that they are then ready to learn. If they feel unsafe or unhappy at any stage they need to let a staff member know so that issues/problems can be resolved quickly and preferably on the day. If there is a consistent issue that make children feel unsafe or unhappy, they need to approach their teacher or Mrs Clare Ryan, Mrs Belinda Hynes, Mrs Trish Bruno or myself, who will then deal with the situation.

We encourage children to speak to staff first then we know that the matter can be dealt with and then children are able to go home and relay the information to you, their parents. If the matter is of a more serious nature parents will also be informed by a phone call from a staff member.

St. Gabriel's Tuesday Play Group: Playgroup Room

For babies & pre-school children & their Mums and Dads **Every Tuesday** between 9.00am and 11.00am **Enter through the hall gates on Viola Street. Cost is \$2 per child per week. Bring fruit or snack.** An opportunity to make new friends, share experiences and faith.

Activities, Toys & Refreshments are provided, but your creativity and ideas are vital!



HELPING YOUR CHILD COPE WITH BACK-TO-SCHOOL ANXIETY



Anxious feelings are normal and expected during times of transition or change. This is especially true for children and teens going back to school, or for first-timers starting.

This transition can be stressful and disruptive for the entire family! Prior to the first day of school, your anxious child may cling, cry, have temper tantrums, complain of headaches or stomach pains, withdraw, and become sullen or irritable.

Worries are Common.

Anxious children worry about many different school-related issues, being away from their parents. Some common worries include:

- Who will be my new teacher?
- What if my new teacher is mean?
- Will any of my friends be in my class?
- Will I fit in? · Are my clothes OK?
- Will I look stupid?
- Who will I sit with?
- What if I have no one to play with?
- What if I can't understand the new schoolwork?
- What if something bad happens to mum or dad while I am at school?

Although it is normal for your child to have worries, it is crucial to make your child attend school. Avoidance of school will only increase and reinforce your child's fears over the long-term, and make it increasingly more difficult to attend. Besides missing school work, children who stay home because of anxiety miss:

- valuable opportunities to develop and practice social skills
- important chances for success and mastery
- being acknowledged and praised for talents
- fostering close friendships with classmates.

Most importantly, anxious children who miss school cannot gather evidence that challenges their unrealistic and catastrophic fears!

How to Deal with Back-to-School Worries!

Below are some general strategies parents can use to deal with back-to-school worries. Look after the basics. Nobody copes well when they are tired or hungry. Anxious children often forget to eat, don't feel hungry, and don't get enough sleep. Provide frequent and nutritious snacks for your child. During this time, you also need to build in regular routines, so that life is more predictable for your child. These routines can involve the morning and bedtime habits, as well as eating schedules.

Encourage your child to share his or her fears.

Ask your child what is making him or her worried. Tell your child that it is normal to have concerns. Before and during the first few weeks of school, set up a regular time and place to talk. Some children feel most comfortable in a private space with your undivided attention (such as right before bed, or during mealtime).

Avoid giving reassurance...instead, problem-solve and plan! Children often seek reassurance that bad things won't happen in order to reduce their worry. Do not assure them with "Don't worry!" or "Everything will be fine!" Instead, encourage your child to think of ways to solve his or her problem. For example, "Let's think of some ways you could handle that situation."

This gives you the opportunity to coach your child on how to cope with (and interpret) both real and imagined scary situations. You will also be giving your child the tools he or she needs to cope with an unexpected situation that might arise.

Role-play with your child.

Sometimes role-playing a certain situation with your child can help him or her make a plan, and feel more confident that he or she will be able to handle the situation. For example, let your child play the part of the demanding teacher or bullying classmate. Then, model appropriate responses and coping techniques for your child, to help them calm down.

Focus on the positive aspects!

Encourage your child to re-direct attention away from the worries, and towards the positives. Ask your child, **"What are three things that you are most excited about school?"** Most kids can think of something good, even if it's just eating a special snack or going home at the end of the day. Chances are that the fun aspects are simply getting overlooked by repetitive worries.

Pay attention to your own behaviour.

It can be anxiety-provoking for parents to hand over care and responsibility of their child to teachers. Children take cues from their parents, so the more confidence and comfort you can model, the more your child will understand there is no reason to be afraid. Be supportive yet firm. When saying goodbye in the morning, say it cheerfully – once! Ensure you don't reward your child's protests, crying, or tantrums by allowing him or her to avoid going to school. Instead, in a calm tone, say: "I can see that going to school is making you scared, but you still have to go. Tell me what you are worried about, so we can talk about it." Chances are, your child is anxious about something that requires a little problem-solving, roleplaying, planning, and/or involvement from the teacher.

On behalf of the 2020 parents and friends committee we would like to say welcome back, and we hope you had great holidays.

This year is already looking like it's going to be a fun year and we can't wait to share it with you all.

**Our next Parents and Friends Committee Meeting -
this Friday 7th February**

We hope to see some new faces as well as some old ones come along as we start planning for the year.

Please bring along your ideas and enthusiasm!

If you can't come to this one and you have any fundraising ideas or general suggestions please talk to any of the committee or email us at

pandf@sgreservoir.catholic.edu.au

We are also proud to announce we will be having regular evening meeting during the year with details to follow.

**Friday 14th Feb will be
our first event,
with our annual
ice-cream day.**

**This year we will be
selling Ice-cream
sundays.**

**Ice-cream will be
\$2 per serve**

50c extra for toppings.

**Ice-cream
will be sold
at lunch time
in the hall.**

**Please email
P&F with any
special
dietary
requirements**



Active travel is back in 2020.
Hands up tally will start in the
next few weeks, so stay active
on the way to and from school.



Litter free living

Our litter free living fundraiser from 2019 is
still open for orders.

Go online to look at the great range.

<https://litterfreeliving.com.au/>

**Enter SGPSR20 at the checkout to receive
10% discount plus 20% of your sale will go
back to St Gabriel's**

