



St. Margaret's
Primary School

NEWSLETTER

Term Two, Week 3
May 12th, 2022

From Rosa's Desk

Leadership and Management News

Dear Parents, Friends and Students,

Does this sound familiar?

Your alarm didn't go off, so you rushed around getting all the kids up and dressed and packing their lunches. You get to your car and notice that you are low on petrol, so now you have one more stop on your way. Your son drops his book bag into the mud, and his lunch and books tumble out. He splashes joyfully in the puddle, singing and smiling, and when he approaches you for a hug, you see the mud and pull away. "Not now - we're late", you snap. Tears well up in his eyes, and you silently berate yourself for always being late and for being so grumpy.

For parents, challenging moments like this that cause us to "snap" or "lose it" are regular reminders of how mindfulness can be such a valuable tool in parenting.

I thought it was timely to highlight this approach as I speak to prospective 2023 Prep families about the importance of mindfulness and the value we place in it at St Margaret's if we are to 'grow' well-balanced students.

The first is being a mindful parent by making choices for your children and your family intentionally. The second is parenting kids who learn to use mindfulness as a tool in their lives, which I will cover in the following newsletter.

The following is an article by Tamara Lechner, the Canadian Regional Manager at the Institute of Positive Education based out of Victoria, BC.

Mindful Parenting

Start with intention when you have a why behind your actions; it can help to ground your parenting. When your son heads to the soccer field or your daughter goes to ballet, remember that you started these activities for joy and exercise. The busyness they add to your family schedule can sometimes get in the way of remembering that there is a purpose to their involvement.

1. Stay present. It's easy to allow worry to take you away from the present. When you get a call from the school telling you your 5-year-old child has a reading delay and requires some extra testing, it's so easy to imagine a future where they struggle in school and face frustration in the work world. They are five today. Deal with how this affects today. Not imagining the worst helps you be more effective at dealing with what's happening at this moment.
2. Model and encourage communication about feelings. Communicating your feelings helps you and your family work as a cohesive unit. We are all wired differently, so we sometimes assume that everyone has the same reactions and beliefs when things go wrong. For example, my son has a messy room. Many of my friends have asked me why I don't just "make him clean it up." Years ago, when I tried to bribe or force him, it just led to him shutting down. When I asked him, "Why is your room messy?" I would have expected him to answer that he didn't want to clean it, but what

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School Community News

he explained to me is that when his room is all neat, he feels stressed out. He feels calmer when there's a bit of chaos. I told him that mess for me causes a sense of disorganisation, which can be a source of stress. Our compromise: I am fine with his chaos as long as it is clean chaos, and if I have company coming, he has to keep his door closed. Communication about why his room is the way it is and how I feel when I see a messy room led to us understanding one another better.

3. **Listen.** When you talk with your children about their day, it is often either a one-sided, probing conversation initiated by you and gets one-worded responses or a long-drawn-out story that the child starts. You barely focus as you cook dinner or drive to the next activity. Focus on opportunities to actively listen to your child. This means waiting to speak instead of directing the conversation where you think it should go. It also means not reacting or judging what they share. Become the listener who asks great questions like "what did you like most about that" or "tell me about that". Another pitfall to avoid is assuming you know why your child is sharing (this works with adults too!) I am solution-oriented, so when my child comes home complaining about a conflict with a friend, my nature is to try to help solve the problem. I've learned that some people like to talk about things, which is enough to help them feel better. Others need action. Asking a question like "How can I be most helpful?" or even "Do you want help, or do you want to vent?" can be extremely useful.
4. **Admit your mistakes.** Parents seem to think they must be perfect. We get frustrated when we don't know what we should do, yet our children don't come with a manual. Sometimes we choose that, in hindsight, isn't really aligned with how we want to parent (like snapping). It's important to show children that we learn from mistakes, so when they make one, they learn too. There is nothing wrong with pointing out that you made a mistake ("I'm sorry I snapped at you. That's not the way I want to talk to you") and then trying again ("I've taken some deep breaths. This helps me to be calm. Could you please explain to me why you drew on the wall with a Sharpie?").

Acting Principal

I will be Acting Principal for the term, and Sonja Ginn will be Acting Deputy Principal. Please direct any correspondence to the front office or email robeirne@smgeelongeast.com.au

District Cross Country

A number of our Year 3 -6 students participated in District Cross Country last Thursday and, by all accounts, had a terrific day. We now have 19 students moving on to Division Cross Country. We wish them all the best next week. We also extend our thanks to Silvia and Ned for preparing the students for the day.

Winter Uniform

It is encouraged that students 'rug up' during the cooler weather. Jackets, scarves, beanies and gloves can be worn to keep warm. They should be removed when inside and a jumper to be worn over the school uniform. I encourage you to have this conversation with your children.

Mother's Day Stall

Mums, grandmothers, or close friends I am sure were spoilt last weekend. The students were very proud of their purchases, and this only happened because of the dedicated team on our Parent and Friends Committee. Thank you for making this possible.

School Community News

Playground Gum Tree

You will be pleased to know that the gum tree in our adventure playground is in perfect health, as reported by the Arborist. Perhaps you heard talk that a branch had broken from the tree. This was the tree 'shedding,' which is normal in maintaining its health.

Having said that, last Saturday, the gum tree received a 'thinning out' by the Arborist to lighten some of the heavier branches.

We will also conduct reports on the health of various other trees in the playground, which we do periodically.

I hope you enjoy the rest of your week.

Regards,

Rosa

District Cross Country

Congratulations to all students who participated and gave their best effort in the District Cross Country event on Thursday, May 5th. It was great to bring the families together and celebrate the achievements of students. We had a fabulous day!

These are some of comments from the students who participated:

I tried my best and had fun.

I liked when everyone cheered for me at the end and I ran faster.

The Cross Country competition was hard but I still had fun.

I felt nervous at the start but then I enjoyed it.

Cross country was very hard, but I was persistent. It was fun to run with my friends, that made it easier. I came 8th in the race which made me proud.



Good luck to the 19 students who will be representing St Margaret's in the Division Cross Country on Tuesday, May 24th. These students placed in the top 8 in their age group and made it to the next round. Nice job! We are very proud of your effort and achievements on the day.

Many thanks to families for your support on that day. It is always greatly appreciated.

Miss Silvia

School Community News



St. Margaret's Cross Country Team

Register your child for a 3 or 4 year old place in 2023 and

join us on Open Day

Normanby Street Preschool
Friday 27, May 2.00-4.00pm
53 Normanby Street,
East Geelong



bethany kindergarten services
Come and see what all the BUZZ is about!



PRAYER FOR UKRAINE

O Lord our God, look down with mercy on the Ukrainian people. Protect and save them from the unjust aggressors who seek to subdue them. Grant them steadfast trust in your mercy and protection.

O Mother of God, who gave us your miraculous icon at Zarvanytsia, intercede for the Ukrainian people, who run to the shelter of your mercy in their times of need.

O Lord Jesus Christ, have mercy on us. Grant peace and protection to the people of Ukraine. Give them strength and courage to defend what is good, right, and holy. Keep them safe from harm and provide for all their needs, both temporal and spiritual.

Hear our prayers, O Lord, and deliver us from distress, for You are merciful and compassionate and love mankind. To You we give glory: the Father, the Son, and the Holy Spirit, now and forever and ever. Amen.

By Carrie Chuff. Written permission from catholicicing.com

Upcoming Dates

May

- 12 Parents and Friends meeting 7pm (tonight)
- 10 – 16 NAPLAN (Years 3 & 5)
- 16 Yr 1/2 Excursion to Anglesea
- 19 Year 3/4 Excursion to the Otway Fly
- 20 Sushi Special Lunch
- 20 'Zoe's Fight' fundraiser
- 20 Assembly – Yr 3/4 presenting
- 23 – 26 Year 5/6 Anglesea Camp
- 24 Division Cross Country

June

- 3 Assembly Yr 1/2 presenting
- 9 School Closure Day
- 23 Hot dog special lunch

Tennis Champs



Congratulations to
Isla, Clem, Eloise and Gabrielle
Premiers 21/22

1 of 6 teams to play in the Grand Finals with 4 becoming Premiers. If you want to start playing tennis contact:- Mark Hagebols Tennis Coaching Thomson Reserve Wednesday's and Friday's Contact no. 0416 288 956



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WHAT'S HAPPENING

ST MARGARET'S P&F

TERM TWO - 26TH APRIL - 24TH JUNE

A big thank you to our P&F committee and all of our parent volunteers for pulling together another wonderful Mother's Day stall for the kids last Friday.

A special mention to local business Stella & Stone Ceramics for making the beautiful ring and jewellery holders just for our stall, thank you to Brooke O'Leary for organising.

There are a few of these beautiful creations left over, if anyone would like to purchase for themselves or a gift for \$5, please see Anne/Libby in the office.

We are super excited about our up coming sushi day on the 20th May in conjunction with Zoe's fight for brain cancer crazy hair day. We thank you in advance for getting involved.

TERM TWO P&F CALENDER



1-30th May - Winter Blankets for homeless drive - more info to be announced.

12th May TBC- P&F Meeting 7pm - St Margaret's Staff Room.

20th May - Sushi Day & Crazy Hair Day
Gold coin donation - Proceeds to Zoe's Fight.
Parent helpers requested.

23rd June - Hot Dog Day - Parent helpers requested.

June - Routley's Pie Drive Fundraiser

MEETING

Parents & Friends
Meeting
TONIGHT
12th May
7pm
STAFF ROOM

We would love to see you there.

Did someone say pie?



The St Margaret's P&F Committee have joined forces with local legends Routley's Pies to give you the night off.

Coming Soon...

20TH MAY Zoe's Flight for Brain Cancer



CRAZY HAIR DAY!

RAISING FUNDS FOR LOCAL CHARITY

ZOE'S FIGHT FOR BRAIN CANCER

GOLD COIN DONATION



SPECIAL LUNCH

SUSHI DAY

20TH MAY



Please return any outstanding forms ASAP so orders can be placed.