

ST. MARY MACKILLOP PRIMARY SCHOOL

152 Odessa Avenue. Keilor Downs, Vic 3038

www.mmkeilordowns.catholic.edu.au

T: 03 9367 6199



PRINCIPAL'S MESSAGE

Dear Community,

I trust all mothers and grandmothers had an enjoyable Mother's Day last Sunday. It certainly is a day our kids enjoy as they present the gifts they have made or purchased from a Mother's Day Stall. These little gifts, no matter what they are, together with the cards our children may have made, become keepsakes that we might treasure forever.

Thank you to all the Mums and Grandmother's that came along to our Mother's Day Breakfast on Monday morning. It's a significant community gathering in the life of our school, so it is good to see so many families turn up. I know the children appreciate having their Mums' and other family members join them for breakfast. And I think our cooks do a good job of the pancakes and maple syrup!



Upcoming Events

Term 2

Tuesday 14 and Wednesday 16 May
Year 3 and Year 5 Naplan

Saturday 18 May
Year 6 Confirmation-12.30pm & 3.00pm

Monday 20 May
School Closure Day-see details over the page

Tuesday 21 and Wednesday 22 May
Year 3 and Year 5 Naplan

Wednesday 22 May
Year 3 Eucharist Family Night at 7.00pm

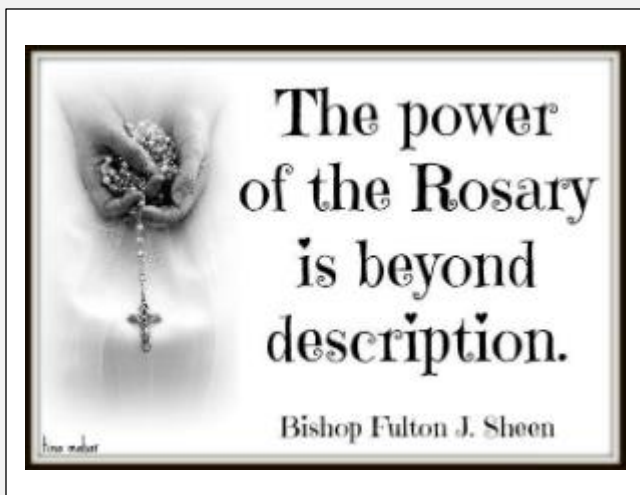
Saturday 22 June
Year 3 Sacrament of First Eucharist-12.30pm and 2.30pm

Friday 28 June
End of Term 2-School finishes at 1pm

Mother's Day falls in the month of May, which we also recognise as the month of Mary, the mother of Jesus. As Catholics, we have traditionally held a great devotion to Mary. Consider for instance, how easily 'Hail Marys' might trip off our tongue and how often we spontaneously turn to the mother of Jesus when we need help. When we are confronted with difficulties in life, we seek refuge in her.

The Rosary, a traditional prayer, in many ways like a mantra, where we pray an 'Our Father' and ten 'Hail Marys', provides comfort and helps nourish our relationship with Jesus and his mother. It is a prayer I certainly value as it connects me to what really matters in life and that is my faith as a Catholic and my relationship with God the Father and the Saints of Heaven. Through the Rosary, I place those whom I love before the Lord, asking for their care and protection.

So this May, the reminder is there to take up the invitation to pray the Rosary. It really is a source of comfort and joy.



Have a good week everybody,

Anthony McCluskey
Principal

Woolworths Earn & Learn

SMMPS is collecting the earn & learn stickers.

Please send them to the office. We have spare sheets if you need them.



SCHOOL CLOSURE

REMINDER: SMMPS IS CLOSED TO CHILDREN THIS MONDAY 20 MAY.

All staff will be undertaking Professional Learning.

This day will not be held on site here at SMMPS.

So please remember to keep your kids at home or arrange care for them.

On this day, all staff will be involved in undertaking a Professional Learning Day facilitated by Katrina Bourke, from Katrina Bourke Coaching

We have engaged Katrina in a three-year program whereby she is focusing on **'Functioning Well and Flourishing in the Workplace.'** This program provides for:

- individual coaching for staff as requested.
- four team coaching days per term. This involves 60 minutes with each team in the school twice per term.
- liaising with leadership about issues identified in the school.
- providing a weekly reading for staff.

Katrina will also be completing six sessions with the Year 6 cohort of students on well-being.

This program has been a major investment in the wellbeing of our staff and the effective functioning of our teams.

The program specifically supports our **School Improvement Strategy (2018-2021)** under the **Leadership and Management** sphere, whereby the identified Goal is:

- ***To build strong partnerships for learning.***

The Intended Outcome then becomes:

- ***That the school community will work together in partnership for improved student outcomes.***

This program also supports our **School Community** sphere, whereby the Goal is:

- ***To develop dynamic partnerships that nurture and enrich learning for all.***

PREP 2020 ENROLMENTS

**If you have a child to be enrolled in Prep next year 2020,
please let Kellie know immediately.**

We are currently interviewing prospective enrolments for next year, however we need to finalise our numbers. Please see Kellie now, so we can get organised.



SAINT MARY MACKILLOP PRIMARY SCHOOL
152 ODESSA AVENUE
KEILOR DOWNS, VICTORIA, 3038
Principal: Anthony McCluskey



**PREP 2020
ENROLMENTS
NOW OPEN**

For all enquiries please contact Kellie
on:
9367 6199

or
email: kdoherly@mmkeilordowns.catholic.edu.au

Visit our Website to discover our school:

www.mmkeilordowns.catholic.edu.au

FEES and LEVIES

I appreciate all the families that pay their Fees and Levies up front or in instalments. I also appreciate any family that talks with us about hardship and works with SMMPS to pay some regular contribution. Thank you to all our families who take their obligation and responsibility to pay their way seriously.

As you may be aware, we are continuously updating and improving our buildings and facilities, so we can give your kids the very best. Have you checked out the Penola refurbishment or our new playground and soft fall? These projects cost us around \$300,000. We now have to pay for them and ensure we have cash flow in our school!

We need to now refurbish a very tired and shabby Year 2 and 3 building, which we call Mary of the Cross. Our Junior Toilets also need a complete refurbishment. We are looking to take a loan for \$500,000 to undertake these projects, however we have to show we have the capacity to repay any loans we wish to take out.

I will be writing to all families that are not paying their Fees and Levies. I will be reminding them of their obligation and commitment to pay their way. It is only fair and just when so many families do make a real effort. I will then be referring families who are not paying to a debt collector service.

It amazes me when I hear of overseas holidays and see expensive cars in the car park, but still no Fees and Levies are paid.

Ultimately if we don't get the Fees and Levies we expect, we will need to start making cuts to services and programs. First things to go will be excursions and sporting programs followed by additional programs. Alternatively, I would hate to have to exclude children whose families don't pay. It's not fair on them, as they are only children, but please understand, we need you to pay your way.

I don't want to make cuts to staff and increase class sizes, but we are a business and we need the money you commit to paying when you enrol in our school. We cannot effectively offer what we do otherwise.

When it is all broken down we only ask \$10.06 per child per school day. Come on, that's absolutely nothing. It's two cups of coffee or a trip to MacDonald's and I have never got out of McDonald's under \$10.00!

I understand how hard it sometimes can be to find the money. I put three kids through Catholic primary and secondary schooling and now I am supporting my grandchildren's education. No matter the difficulty or stress, I have always paid my way.

SMMPs is a great school with an excellent reputation in the local community and beyond. SMMPs was independently reviewed in 2017 by the Australian Council for Educational Research, using the National School Improvement Tool. We were found to be in the **top 6% of Primary Schools nationwide**, who have undertaken this particular review. **SMMPs is considered to be a HIGH PERFORMING to OUTSTANDING SCHOOL.**

If you continue to pay your way, we can keep striving towards being the best school we can be for your children.

IT REALLY IS QUITE SIMPLE... COME AND PAY YOUR FEES and LEVIES BEFORE THE END OF TERM.

THANK YOU FOR YOUR SUPPORT

Religious Education News

Vol 6 May 15 2019

Third Sunday of Easter - Year C
John 21: 1 - 19

gospel focus

Do you love me?

Three times Jesus asks Peter, "Do you love me?" and three times Peter answers, "You know I do." Some writers suggest that the three-fold question by Jesus and the three-fold reply by Peter is intended to balance out the triple denial of Jesus by Peter at the time of the arrest and trial of Jesus. Where once Peter denied even knowing Jesus, he now declares his love for Jesus in no uncertain terms. It is a reminder to all of us that there is no act that we can perform that cannot be forgiven by God and from which we cannot come back.



SACRAMENT OF CONFIRMATION

The National Evangelisation Team presented a reflection day for the Year 6s as part of their Confirmation preparation. The students had the opportunity to reflect on their gifts and talents. They also took time to consider how, as young people they can actively serve their community

The Sacrament of Confirmation is being celebrated on Saturday, May 18 at
12.30pm – 6 Blue and 6 Green
and
3pm – 6 Red and 6 Yellow

*(Remember this is Election Day -
Don't forget to Vote!)*

SACRAMENT OF FIRST EUCHARIST



Eucharist Family Night
Wednesday 22 May at
7.00pm.

A letter via CareMonkey will be sent out with further details. Celebration of First Eucharist will be held on Saturday, 22 June, 2019 at St Mary Mackillop Church.

Times are:

Group One: 12.30pm - 3 Blue & 3 Yellow

Group Two: 2.30pm - 3 Red & 3 Green

LET'S REACH OUT!

We have been approached to assist ENVISION to collect 1,000,000 plastic bottle caps to make prosthetic limbs for children who have lost their limbs for a variety of reasons.

What is needed is plastic lids bearing the numbers 2 and 4 - [primarily milk bottle caps (1, 2 and 3 litre size) and plastic lemonade bottles caps] Go to:

<https://envision.org.au/bottle-top-drop/> for more information. Please see the attached flyer for more information. A container for these bottle tops will be placed in the office for the collection of these bottle tops!

SMMPS CHOIR

The SMMPS choir currently has 16 committed members from Years 3 - 6. Some of these students will be supporting the singing at our upcoming Confirmations.

Have courage no matter what your crosses are (SMM)

Lucy Vassallo

Religious Education Leader

lvassallo@mmkeilordowns.catholic.edu.au



HELPING HANDS

How you can assist us

Helping Hands is a joint initiative between Envision, Wyndham City and Rotary International. Together we will be gathering bottle caps from a network of schools and transforming them into prosthetic hands, 3D filament and other usable items. You can see some of our fantastic work at

<http://envision.org.au/helping-hands/bottle-top-drop/>

Plastic bottle caps are an essentially non-recycled waste product, and we need you to collect as many as you can, then email Joe with your school's details. We will organize to pick them up and discuss how the bottle caps will be recycled and returned as items the school requires. School talks and demonstrations can be arranged.



SCHOOL BOTTLE CAP RECYCLE COLLECTION PROGRAM WYNDHAM CITY



HELPING HAND FOR YOUR
SCHOOL AND BUILD A HAND TO
HELP OTHERS

BOTTLE CAPS ARE FULLY
RECYCLABLE. UNFORTUNATELY,
AS REPORTED ON ABC'S 'WAR
ON WASTE' THEY AREN'T
RECYCLED. BOTTLE CAPS FALL
THROUGH MACHINERY AND GET
SENT TO LANDFILL

GET THE BOTTLE CAPS BACK
TURNED INTO 3D FILAMENT OR
OTHER RECYCLED ITEMS

ENVISION

1/39 Russell St
Werribee

joe@envisionemployment.com.au

<http://envision.org.au/helping-hands/bottle-top-drop/>

Nationally Consistent Collection of Data (NCCD) On School Students with Disability

What is the Nationally Consistent Collection of Data?

Schools must now complete the *Nationally Consistent Collection of Data on School Students with Disability (NCCD)* every year. It counts the number of students who receive additional adjustments or “help” at school because of a disability. The NCCD helps governments plan for the needs of students with disability.

Who is counted in the data collection?

To count a student in the NCCD, schools must think through some key questions:

1. Is the student getting help at school so that they can take part in education on the same basis as other students?
2. Is the help given because of a disability? The word ‘disability’ comes from the [Disability Discrimination Act 1992](#) (DDA) and it can include many students.
3. Has the school talked to you or your child about the help that they provide?
4. Has the school kept records about the help they provide, the student needs and the reasons that the student needs this help? The school will need to keep copies of tests, student work, assessments, records of meetings, medical reports or other paperwork and information about how the student’s learning is moving along over time.

Once the school decides that the student should be counted in the NCCD, they then choose a disability group and one of four levels of help that has been given to the student.

What does the word ‘disability’ mean in the NCCD?

In the NCCD the word ‘disability’ comes from the [Disability Discrimination Act 1992](#) (DDA). There are four types of disability that the school can choose from: sensory, cognitive, social-emotional and physical.

Many students that need help at school can be counted in the NCCD. For example, students with learning problems, e.g. specific learning disability or reading difficulty (sometimes called dyslexia), health problems (e.g. epilepsy or diabetes), physical disability (e.g. cerebral palsy), vision/hearing loss and social-emotional problems (e.g. selective mutism, Autism Spectrum Disorder, anxiety).

Letters from doctors or specialists can be very helpful for schools as they plan how to support students with their learning. Schools do not need to have these letters before they can count a

student in NCCD. Teachers can use all that they know about the student's learning and the records that they have collected over time to decide if a student can be counted in the NCCD.

What sort of help does the school give students?

Students need different types of help at school. Some students need a little help sometimes while other students need a lot of help nearly all the time. The type of help given depends on the needs of the student. The help can include changes to the school buildings or grounds (e.g. ramps or things like special desks or chairs), extra teacher help in classes, special learning programs, changes to the work they give the student or extra adult help.

How will the NCCD be different this year?

All schools have been counting students in the NCCD since 2015. The government will use the NCCD data as part of the funding to schools.

What will the school need to know about my child for the NCCD?

Schools work together with families to understand the needs of each child. It is helpful if families give their child's teacher a copy of any letters or reports they have. The letters or reports will help the school understand the child and the help that they might need. Letters from doctors, psychologists, speech pathologists, doctor, and occupational therapists etc. can be very helpful for schools. These reports along with information that the teacher has (i.e. school based tests, your child's work and learning plans) helps the school to understand and meet your child's needs.

What happens to the NCCD data? Who will have the NCCD information?

Each school principal must check the NCCD data in August of each year. The school will give the information to the Catholic Education Office. The school will work with the Catholic Education Office to make sure that the NCCD data is OK before they give the data to the government. The government will not be given the names of any students or any letters or records. Please ask your school for their privacy policy if you need to know more.

Does the school need me to agree with them about counting my child in the NCCD?

Amendments were made to the [Australian Education Act 2013](#) and [Australian Education Regulation 2013](#). Schools do not need you to agree to let them count a child in the NCCD. You cannot ask the school not to count your child.

Where can I find out more?

Please contact your child's school if you have further questions about the NCCD and/or refer to the national [NCCD Portal](#).

The Australian Government has worked with experts to develop guidelines to help you, as parents and educators, support children and young people to build daily routines for better health.

The 24-Hour Movement Guidelines include a picture of what a day for a child or young person should look like, including time for physical activity, limiting sedentary activities, and getting adequate sleep.



Following these guidelines may be challenging at times; however, meeting them will benefit health. Achieving these guidelines is associated with better health and leads to improved body composition, cardiorespiratory and musculoskeletal fitness, cardiovascular and metabolic health, academic achievement and cognition, improved mental health and emotional regulation. For those not currently meeting these guidelines a progressive adjustment towards them is recommended.



Australian 24-Hour Movement Guidelines for Children and Young People (5 to 17 years):
An Integration of Physical Activity, Sedentary Behaviour, and Sleep

FOR MORE INFORMATION,
VISIT WWW.HEALTH.GOV.AU

NOTE: These guidelines are relevant to all apparently healthy children and young people (5–17 years) irrespective of gender, cultural or language background, geographic location or the socio-economic status of the family. These guidelines may be appropriate for children and young people with a disability or medical condition; however, a health professional should be consulted for additional guidance.



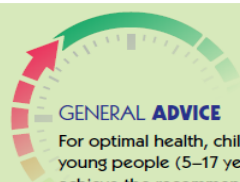
Australian Government
Department of Health

GUIDELINES FOR **HEALTHY GROWTH** & DEVELOPMENT FOR **CHILDREN & YOUNG PEOPLE** (5 TO 17 YEARS)



A GUIDE FOR PARENTS & EDUCATORS

Australian 24-Hour Movement Guidelines for
Children and Young People (5 to 17 years).
An Integration of Physical Activity, Sedentary Behaviour, and Sleep



GENERAL ADVICE

For optimal health, children and young people (5–17 years) should achieve the recommended balance of high levels of physical activity, low levels of sedentary behaviour and sufficient sleep each day.



Children and young people should participate in a range of physical activities such as active play and recreation, sports, hobbies, chores and jobs while maintaining good quality sleep and limiting screen time and prolonged sitting. Whether at home or school, indoors or outdoors, on the field or in the water, moderate to vigorous physical activity can provide health benefits.



PHYSICAL ACTIVITY

Children and young people should aim for at least 60 minutes of moderate to vigorous physical activity per day involving mainly aerobic activities that makes their heart beat faster—more is better. The 60 minutes can be made up of shorter bursts of activity throughout the day that add up to 60 minutes or longer.

Activities that are vigorous, as well as those that strengthen muscle and bone, should be incorporated (in the recommended 60 minutes of daily physical activity) at least three days per week. In addition, several hours of a variety of light physical activities should be undertaken each day.

TIPS

- Basketball, soccer, netball, lap swimming, skipping or running are all great ways to add more **vigorous** activity to a day. They don't have to be organised, paid activities—they can be as simple as grabbing a ball or a friend and running around at the park. Anything that makes kids 'huff and puff' counts!
- Add to the daily total with **moderate-intensity** activities such as bike riding, scootering or skateboarding. Swap a drive to the local shops or library with a bike or scooter ride.
- Examples of **light activities** include leisurely walking or playing handball. Walking your dog or to school is a great way to increase light activity. Some activity is better than none.
- Great options to **strengthen muscles and bones** include skipping, running, yoga, jumping, push-ups, sit-ups, lifting weights, lunges, squats, climbing trees or swinging on monkey bars.
- Try to **switch sitting for being active**. Encourage kids to get off the bus a stop earlier, or to meet friends for a game in the park rather than spend their leisure time sedentary on a screen. These small changes will deliver health benefits, but remember to maintain sufficient sleep.
- **Teachers**: you can also help students to add vigorous activity by integrating short but intensive aerobic activities into Physical Education lessons and inside the classroom such as tuck jumps or fun simple dance routines.



SEDENTARY BEHAVIOUR

Long periods of sitting can counteract the benefits of being physically active so should be broken up as often as possible.

Sedentary *recreational* screen time should be limited to 2 hours per day. This does not include screen-based activities for educational uses. Encourage positive social interactions and establish boundaries by discussing time limits and age appropriate content with children and young people.

TIPS

- **Parents**: be your child's role model and keep your own screen time to a minimum and be active too.
- **Parents**: leave the car at home and ride or walk together to your local activities. Be **active together** on the weekends by taking a nature walk or learning a new activity such as rock climbing.
- **Teachers**: add in physical activity such as star jumps to break up long periods of sitting in school.



SLEEP

Sleep is essential for optimal health.

Children (5–13 years) should have 9 to 11 hours of uninterrupted sleep per night and young people (14–17 years) should have 8 to 10 hours uninterrupted sleep per night.

To establish and maintain healthy sleep patterns, children and young people should have a consistent bedtime routine, avoid screen time before sleep, and keep screens out of the bedroom.

TIPS

- To keep a **consistent routine** try not to vary bedtime and wake-up times by more than 30 minutes.
- **Avoid screens** one hour before going to bed.
- Make bedrooms a **screen free zone**.

Canteen Days for Term 2 – Order on flexischools.com.au

Friday 24 th May-Cookie Day	Friday 14 th June-Donut Day
Thursday 30 th May-Pasta Day	Wednesday 19 th June-Hotdog Day
Wednesday 5 th June-Subway Day	Thursday 27 th June-Hamburger Day

Catholic Regional College North Keilor

Education in Faith...Education for Life

Year 7, 2021 - Enrolment Now Open

Enrolment Information Parent Evening - Wednesday 20 March, 2019. Tour 6.15pm, Information Session 7pm






Faith

Compassion

Resilience

Respect

College Tours - Term 2, 2019

Tuesday 7 May, Friday 17 May, Thursday 6 June, Tuesday 25 June at 9.15am

Bring your child to learn about student life at CRCNK, meet the College Principal, chat to student leaders and share morning tea with Leadership and Enrolment staff

Bookings essential for all tours, please contact Mrs Samantha Beg, College Registrar
Phone: 9361 5904 or Email: enrol@cronk.vic.edu.au



1c Santa Monica Drive
Keilor Lodge VIC 3038
Phone: 03 9361 5900
www.cronk.com.au

2019 the Year of
Resilience

SHE WHO SUCCEEDS

Applications for Year 7 in 2021 close on Friday, 23 August 2019.

Find out more by visiting our website at www.avemaria.vic.edu.au



AVE MARIA COLLEGE
A Catholic College for Young Women





Vocal Lessons

Rachel Jane Vocal

MOBILE VOCAL LESSONS

\$30 / 30mins

\$45 / 1hr

(\$10 Travel free for destinations over 20km from
Essendon Train Station 3040)

IN HOUSE LESSONS

\$30 / 30 mins

\$45 / 1hr

FREE TRIAL LESSON

Contact us

Phone: 0423568160

OR

Email: rachdeb9@gmail.com





Keilor Football Club Junior Girls Expression of Interest 2019

**Keilor Football Club is seeking Girls who may be interested in playing
Junior Football for the 2019 season.**

**We will be fielding four Junior Teams in the following
Age groups**

U11: Girls born 2008, 2009, 2010 & 2011

U13: Girls born 2006 & 2007

U15: Girls born 2004 & 2005

U18: Girls born 2001, 2002 & 2003

**If you are interested in having your daughter play for the Blues
next year please contact either David Busuttil or Warren Grunden
at the below email addresses:**

**Warren Grunden: kfcwfootball@gmail.com
David Busuttil: david.busuttil@ihgroup.com.au**

Please note this is an Expression of Interest only and does not guarantee successful registration