CHRIST THE KING PRIMARY SCHOOL

NEWSLETTER

CHRIST IS THE KEY

Parish Priest: Fr Jim Clarke T 03 5222 1977
Principal: Louise Vakirevic T 03 5248 1093
E principal@ctknewcomb.catholic.edu.au

Friday 10th May, 2024

Dear Parents,

We have so many beloved mothers and grandmothers in our school community and so I wish you a very special day on Sunday. The children love to do their gift shopping at the Mothers Day Stall and we thank all the volunteers who prepared and manned the stall this year; Rosie Davis (Coordinator), Ash Joliffe, Melissa Hinch, Mel Bandy, Tamara Warren, Alana McHutchsion and Kim Hogan. As always it is delightful to see the children so excited and proud of the thoughtful gifts purchased for the special women in their lives. The gifts within the stall this year were a mixture of store bought and gifts talentedly made by members of our school community. This week, the talented artists in our classrooms also created a number of carefully constructed cards which are now safely tucked away in school bags in preparation for Sunday.



It was a pleasure to celebrate with those who came to our Mothers Day Liturgy and Morning Tea; it was great to catch up with many of you. The goal of this morning was to connect as a faith community and honour the contribution of mothers, acknowledge the efforts of maternal bonds and the role of mothers in our Catholic community. It is a privilege to then spend time to get to know each other and connect with a lovely morning tea and hot drink. You can view our Mother's Day video reflection on our ***Latest News*** section of our school website.











This term the students are engaged in a Problem Based Learning Unit which explores Australian History, the Citizen strand of Civics and Citizenship and the Intercultural Capability. This means that students will be challenged to think like a Historian!

Students will be considering the people and events of Australia's past and consider the following:

- Chronology - the sequence of events
- Sources of Information - primary and secondary sources and their accuracy
- Cause and Effect - consider the events that led to the moment in history and what effects it had or still has on Australia today
- Historical Significance - why is this important to know?
- Critical thinking - what factors have shaped Australia's identity and different citizens' sense of belonging?

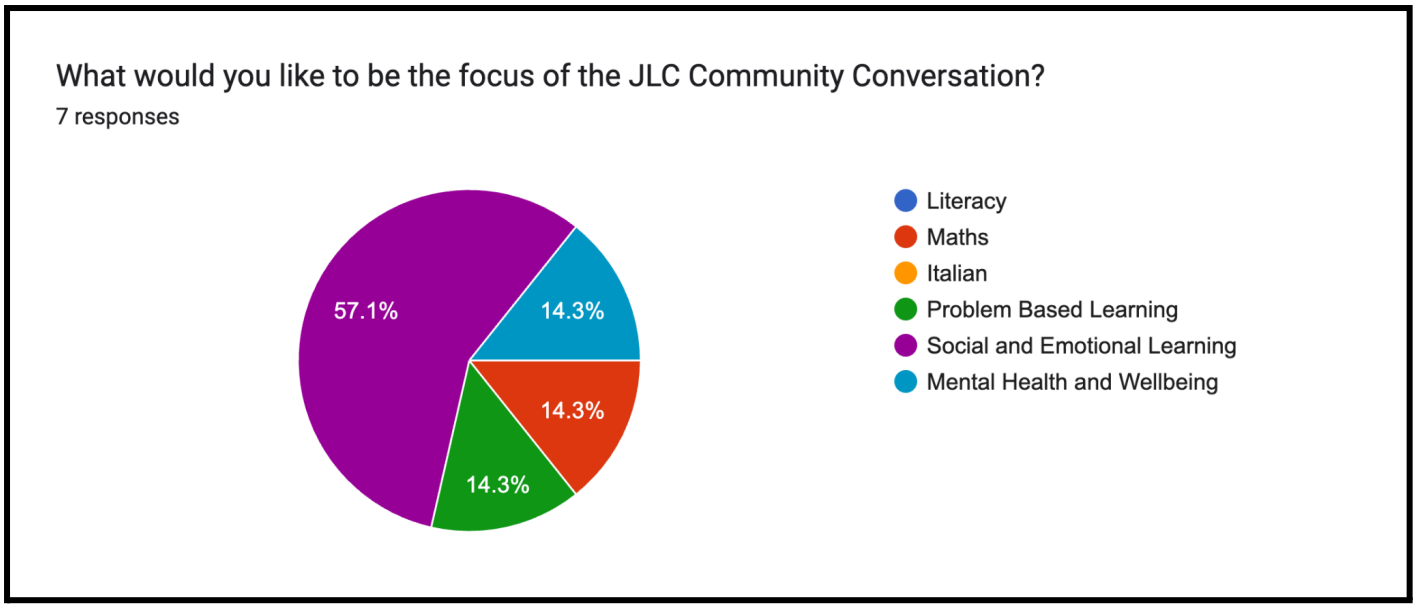
Students will also be considering some of the problems they identify from the past and consider plausible solutions so that we can move forward as a society and learn from our vast history. To build on their learning some learning communities have recently undertaken excursions to places that explore our history including the Melbourne Museum, Werribee Mansion and St Mary's Basilica. As with all our learning, Aboriginal and Torres Strait Islander Histories and Cultures are included in each curriculum area in ways that are consistent with its content and purpose. This term students have considered First Nations perspectives on settlement, civil rights and the ANZAC story.

With this in mind, I'm delighted to announce that the 2024 Christ the King FIRE Carrier Leaders are Mitchell Phyland, Tyrone Gaite, Addison Jackson and Ruby Lastavec. To be a FIRE Carrier is to exercise an important leadership role in the school community. FIRE carriers are students and teachers that share a passion for learning about First Nations culture and history and are committed to sharing this knowledge and promoting reconciliation within and beyond the school community.FIRE stands for Friends Igniting Reconciliation through Education. FIRE Carrier leaders are required to develop a Reconciliation Covenant and are committed to promoting Reconciliation within and outside their school.

2024 FIRE Carrier Leaders			
			
Mitchell Phyland	**Tyrone Gaite**	**Addison Jackson**	**Ruby Lastavec**

The JLC Community Conversation will take place on Thursday 30 May from 7-8pm. Community Conversations aim to build strong, safe and trusting relationships within school communities, by providing a forum for parents, carers and school staff to participate in structured opportunities to listen to each other's thoughts and opinions and share ideas about an issue relevant to each Learning Community.

The JLC teachers are looking for feedback on parent preferences for our Community Conversation this term. As we are hopeful for strong parent attendance, your feedback is important. This week parents in the JLC received a Compass message with the link to a feedback form, unfortunately only 7 parents have responded thus far. Below are the results submitted. Please provide your input using this brief form: https://forms.gle/z6XTBHz9JSbfARne9



In other news, Christ the King's annual celebration, Kickin' for Viqueque Is fast approaching on Thursday 6 June. Today our Student Leaders have visited Learning Communities to begin discussing the purpose and meaning of the event. As students learn about our Partner Parish, Mary Immaculate in Viqueque, Timor Leste, hey gain an understanding of what it means to be part of a global family which is enriched by the Catholic Social Teaching principles. These principles guide us in all spheres of life – the economic, political, personal and spiritual. On this day students are invited to dress in Viqueque colours - red, yellow, black and white as they participate in a Liturgy, learning activities and a soccer tournament. A gold coin donation would be appreciated!

Enjoy your weekend and take care,
Simone Nott



Kate Schaller
Student Well-being Leader

As you may be aware, the recent Senate Inquiry and subsequent media articles on school refusal have reported the challenges some students face in attending school.

Refusal happens when a young person is reluctant or refuses to enter school due to emotional distress associated with attending. They are transparent with their parents about this distress and parents have made reasonable efforts to address the issue. For the majority, there are barriers to their attendance that mean they *can't*, not won't, attend school. This common misrepresentation comes from the terminology we use. School refusal implies that the young person is making a choice about their attendance. There are lots of reasons a child may feel anxious about entry to school including emotional, social, sensory and structural issues.

At Christ the King we utilise evidence-based strategies to support the social and emotional wellbeing of all our students. These are part of the day-to-day school experience for all learners and include approaches such as developing a positive whole of school climate, explicitly teaching the social emotional learning curriculum, transparent behaviour expectations, comprehensive transition programs, check ins through Learning Conversations and strong home-school-community partnerships.

Students who require additional help may be involved in interventions including daily check ins, small group teaching of anxiety management techniques, social support groups, exposure-based practices (building confidence by carefully exposing children to a school environment), social and coping skills training as well as referral to mental health practitioners.

A small number of students require interventions that are individualised and developed in collaboration with families to address the particular needs of the student. These interventions can form part of a Student Safety Plan and are often developed in consultation with Allied Health or Mental Health Professionals.

A recent study from the University of Melbourne notes that parents play an integral role in managing school anxiety, recommending the following strategies to help children to feel confident and successful attending school:

- Let your child know it's okay to feel anxious, and listen to their worries without judgement.
- Practice relaxation techniques, deep breathing exercises and mindfulness activities can help kids calm their nerves.
- Help your child gradually build confidence by practising social skills at home or visiting the school beforehand.
- Celebrate successes - No matter how small, acknowledge your child's bravery in facing their fears.

Friendship Club

Friendship Club is well underway and students are enjoying playing new games, making new friends and continuing to build on their active listening and communication skills. Our Grade 4 Friendship Club leaders have done a wonderful job of transforming the space in the Hall at Recess and Lunchtime to be welcoming and calm, ready for the many different games and activities. There are lots of different games and activities for students and the Student Leaders are always welcome to hear suggestions on what else could be offered in Friendship Club. I'm really excited to announce that due to the high level of student interest, we have opened up Friendship Club to **all students** on **Mondays and Wednesday** this Term due to student feedback!

I would also like to acknowledge and thank Zamika Hunt and Big W Geelong for making a very kind and generous donation of games and activities to enhance the social skills we are continuing to develop each Recess and Lunchtime. The Friendship Club leaders and I are very keen to share these new resources with the school community over the coming weeks. Thank-you!

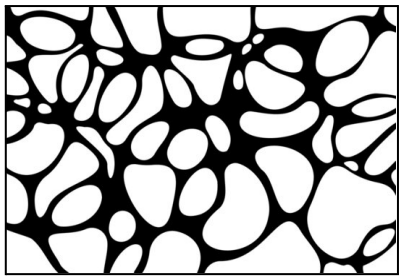
Child Safety

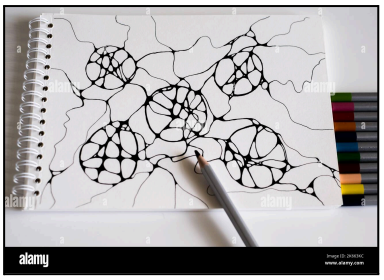
Just a quick reminder that if you are coming into the school building during school time, all parents are required to sign in at the Office. Please check with the office staff (Meril, Colleen or Karen) before moving past the office. More information about the Child Safe Standards can be found in our school Child Safe Policy on the school website.



Mental Health & Wellbeing Leader
Monica Rylance

We are almost halfway through our term, and as we move into Winter, you might be looking for more indoor pursuits to support your mental health. Art is a great way to process our emotions and Neurographic Art is a mindful art activity that can support our mental health. This creative method stimulates new neural pathways by combining art and psychology. Curving the lines as we are drawing, helps to create calm and peace and you can find yourself completely absorbed. Below are some links to videos and also some visual examples of neurographics.
https://www.youtube.com/watch?v=NoIgdt-uQR0&t=28s
https://www.youtube.com/watch?v=NtKSOUV7U8U&t=1s







National Grief Week is from 19th - 26th May. For anyone in our community wanting to learn more about Hope Bereavement Care, there are opportunities here in Geelong to participate in different activities during National Grief Week.

"Grief is something that will affect us all at some point in our lives, yet there is still much taboo about the human experience of bereavement"

"Hope Bereavement Care is an organisation that aims to normalise the universal, human experience of grieving, by creating conversation, increasing awareness and bringing hope. They hope that by facilitating, opportunities for open, honest, discussions about a topic that is all too often ignored or sidestepped, these will serve as a catalyst to bring people together to learn more about grief, and how we can better support one another."

Click here to the link to the website and more information about the events.

Mental Health & Wellbeing Parent Meeting: Thursday 23rd May at 9 am

School-Wide Positive Behaviour

Gotcha! Card Recipients

The following children have received a ***Gotcha!*** Card for demonstrating our positive behaviour expectations in the **playground** over the last two weeks!

PLC	JLC	JLC	MLC	SLC
Harry Pashley	*Maggie Power*	*August Jackson*	*Lynzee Cobb*	*Sophia Scala*
Koah Crook	*Imogen Anderson*	*Noah Sowden*	*Sophia-Dee Hunt*	*Hayden Grigg*
Caiden Kettner	*Jet Mathers*	*Tjay Holdsworth*	*Wally Hogan*	*Eve Brennan*
Baxter Whytcross	*Wilbur Scheelings*	*Hunter Stones*	*Tiena Smith*	
Isaac Kerr	*Aria Brennan*	*Zeppelin Cominie*	*Zoe Pietrapertosa*	
Verity Hinkley	*Freya Scorpo*	*Vivienne McElligott*	*Artie Hogan*	
	Odessa Warton	*Georgia McHutchinson*	*Fynn Asmussen*	
	Evie Stones	*Oliver Giuffre*		
	Olive Gulino-Bonow	*Jayden Pham*		
	Freddie-Mae Haydon	*Spencer Phyland*		
		Matthias Young		



SCHOOL REFUSAL WORKSHOP

1pm-2:30pm

Saturday 11th, May 24

The Cottage Medical Centre
222 Torquay Rd, Grovedale 3216

Hosted By:
LEILANI WRIGHT
Provisional Psychologist

This event will be hosted by Leilani Wright, Provisional Psychologist. Leilani has 10 years' experience in school counselling and wellbeing in secondary school students. Additionally, Leilani has been working in the private practice setting since 2020. Leilani's main client concern is around anxiety and school refusal behaviours and the daunting task of returning to school.

It is crucial to equip families and schools with the tools needed in order to support a successful transition or return to school, in order for students to flourish in their environment while maintaining mental wellness. Parents/carers will be informed by evidence-based research, and equipped with the resources to begin their journey in working together with school staff in order to support a young person's engagement for the 2024 school year.

Workshop Details:
Due to current client demand from parents and carers, this will be a one-off group session.

Who can Attend:
- Parents/carers who have children in Grade 3 and above.
- Students transitioning from Grade 3 and above in 2024.
- Students planning to return from prolonged absence/previous poor attendance or at risk of non-attendance.

Cost:
- The workshop will cost $50.00 per person, payable to reception prior to session in order to secure a place.
- Discounts can be considered if more than one parent/carer of a child is to attend.
- Refreshments and a Information pack will be included

RSVP Details:
Please reserve your place by the 10th of May. Places will be limited. If you have any questions, please forward them to reception@cottagehealth.com.au or call The Cottage Medical Centre on 5241 6129.

222 Torquay Road Grovedale 3216
P: 03 5241 6129 I F: 03 5241 6762 I E: reception@cottagehealth.com.au

REMINDERS

School Uniform

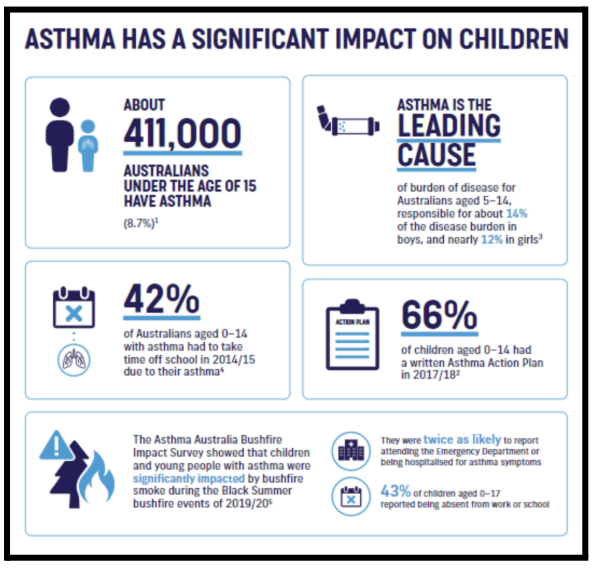
A reminder that all students should be in full winter uniform in Terms Two and Three, **this includes FULL WINTER Sports uniform.** Classroom teachers will contact you directly if students are out of uniform. Please contact your child's teacher via the diary to let them know the reason if your child is out of uniform. All uniform items can be purchased from Noone Uniforms, including the new optional long sleeved polo shirt.

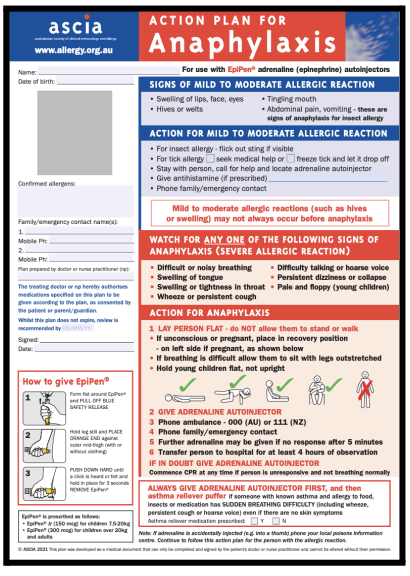
Uniform Term 2 - 2024	
	BOYS: Long sleeve striped school shirt Long navy school pants School Jumper Navy socks Plain Black Leather School Shoes School Beanie (optional) School Scarf (optional) GIRLS School Jumper Tunic White school shirt with Peter Pan collar Navy socks / Navy Tights Plain Black Leather School Shoes School Beanie (optional) School Scarf (optional)

Some additional information below from our School Uniform Policy:

- **Hair** As per the advice of the Head Lice policy, long hair must be tied back. Ribbons and other accessories must be school colours - navy blue, white or red. Extreme hairstyles and unnatural hair colour are not acceptable (exemption may occur for approved fundraising days). School Hats can be purchased from the Office.
- **School bags** are only permitted. The school bag can also be purchased from the Office.
- **Jewellery** No jewellery (except tight sleeper/stud earrings)
- **Tattoos** Tattoos are not permitted

Asthma & Anaphylaxis





We have a number of children in our school who suffer from Asthma and Anaphylaxis. It is important that parents provide an updated Asthma Action Plan and Anaphylaxis Action Plan each year and upload this to Operoo.

TERM TWO CALENDAR

WEEK:	DATE:	SCHOOL EVENTS:
5	Monday 13th May	Community Group Meeting Monday 13th May
6	Monday 20th May	**Mass at St Mary's Parish** **(SLC - Group 1)** Thursday 23rd May Recognition Awards Friday 24th May
7	Monday 27th May	Parent Support Group Meetings Monday 27th - Wednesday 29th May JLC Community Conversation Thursday 30th May
8	Monday 3rd June	Kickin' For Viqueque Thursday 6th June
9	Monday 10th June	**King's Birthday Public Holiday** **Monday 10th June** Recognition Awards Friday 14th June
10	Monday 17th June	Community Group Meeting Monday 17th June School Advisory Council Meeting Wednesday 19th June **Mass at St Mary's Parish** **Mark 4: 26–34** **(SLC - Group 2)** Thursday 20th June
11	Monday 24th June	Reports & Assessment Portfolio go Home Wednesday 26th June