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Issue Date 31 March 2023



Important Dates

Parent-teacher Interviews
Monday 3 April

Parent-teacher Interviews
Tuesday 4 April

Parent-teacher Interviews
Wednesday 5 April

Parent-teacher Interviews
Thursday 6 April

Good Friday
Friday 7 April

Easter Sunday
Sunday 9 April

Holy Monday
Monday 10 April

Last Day of Term 1, 2023
Friday 14 April

Whole school assembly
Friday 14 April

Helen's Birthday
Wednesday 19 April

Year 5 Podcasts
Wednesday 3 May

Year 5 Podcasts
Wednesday 3 May

STEM (Year 1/2)
Nature Play Belair
NP Excursion
Friday 12 May

Book Fair
Monday 22 May

Book Fair
Tuesday 23 May

National Simultaneous Storytime 2023
Wednesday 24 May

Book Fair
Wednesday 24 May

Year 1 Marine Discovery Centre Excursion
Thursday 25 May

Book Fair

Book Fair

Year 6 Camp

Year 6 Camp

Thursday 25 May

Friday 26 May

Wednesday 31 May

Thursday 1 June

Year 6 Camp

Friday 2 June

Year 6 Podcast

Wednesday 7 June

Year 6 Podcast

Wednesday 14 June



Term 1 Week 9 2023 Newsletter

Useful Links

Download any of the following documents by clicking on the link.

Playgroup & Occasional Care

- [Occasional Care flyer](#)
- [Playgroup flyer](#)
- [Playgroup session outline - Term 1, 2023](#)
- [Playgroup Term 1, 2023 outline](#)

Parents & Friends Committee

- Email: PNF@olpq.catholic.edu.au

Second-hand Uniform Shop

- [Second-hand uniform consignment form](#)

Enrolments



- [Application for Enrolment form](#)

Canteen

- [Canteen menu and price list](#)

From the Principal

Recent Change

On one hand it is hard to believe how close we are to the end of the term but on the other hand, given how much we have done this term, it makes sense that we are here. The new year has brought new life and change to the school, which has been well received by staff, students and families. Our school is in good shape and is travelling in the right direction which is fantastic.



Harmony Day

This year's celebration of Harmony Day went beyond wearing orange or wearing cultural dress. Though these are important elements of Harmony Day, we wanted to really celebrate the cultural diversity that is an integral part of our school.

We started with a bilingual reading of 'Nuestra piel arcoiris' (Our Rainbow-Coloured Skin) by one of our students and their parent. "Our Rainbow-Colored Skin" is a book written by Colombian psychologist, Manuela Molina, which focuses on the richness of our differences and variances, having an appreciation for what makes us different, as well as what unites us as humans. It is an essential tool for starting conversations about racism from early childhood.



Through the pages of this book, with beautiful illustrations and simple texts, children will be able to understand that our different skin colours are due to a biological factor that does not make us better or worse than any other person. Explore the concept of racism and empower children to treat all human beings with the same respect and compassion.



It was a beautiful experience watching and listening to Ignacio's mum, Luisa, read the story in Spanish, a page at a time, and then have Ignacio translate the reading to English.

Just before recess, we had an Argentinian dance duo perform for our community. This was then followed by a dance lesson, and at lunch time we shared a meal. Families were very generous in sharing food from their cultural background. I had hoped to have Brazilian and Indian dancers in the school but, unfortunately, they were not available. I know that Harmony Day 2024 will be bigger and better!



More photos of our Harmony Day celebrations can be accessed by clicking [HERE](#).

In the office window is an art display that links to the rainbow-coloured skin story; every child in the school has contributed to this display.

Harmony Day 2023 was an excellent day that I am sure will be one of the highlights of my year.

Swimming Lessons

This year we have used a different approach to transporting children to and from swimming lessons. Rather than hiring a larger coach with a driver, this year Helen and I were the bus drivers. This approach was designed to reduce the cost – which it did significantly; funds that can be spent on students somewhere else through the year.

The benefits and outcomes of having Helen and myself drive were significantly greater than just saving money:



- Strengthening of relations with students,
- Positive behaviour on the bus,
- Singing, laughing, and happiness, and
- Manners and respect that students showed.

These intangible benefits and outcomes are priceless.

It might seem strange to have the Principal off-site for the week but over the last 12 months we have worked hard to build the leadership capacity of the school. This simply means the school should run smoothly, whether I am at school or not. Swimming week was a great example of this, with the school running well whilst I was out driving the bus.

Thank you to the parent helpers that supported the swimming program.

New courts

The resurfacing of the courts began in Week 8 with the removal of the posts and rings. During Week 9, the surface was prepared, and, in certain areas, resurfacing has begun. This work will continue until the end of the term.



The new court area will be ready and available to be used at the start of Term 2. There will be two half-courts and one full size court, which will include basketball and netball markings. The surfacing will include a 5mm layer of recycled tennis balls to make the area kinder when falling over. The half-court rings will also be adjustable to two different heights. I am sure the area will be well used.

Parent Teacher Interviews

Parent-teacher interviews commence Monday 3 April 2023. I encourage all families to make a time to meet with their child's teacher. Marissa Redden and I will also be available to meet with families.

If a time that suits you is not available, please contact your child's teacher to find an alternative time. The interview is a great way to see how your child is travelling, what supports are in place and plan together for the success of your child.

I have appreciated your support over the term so far and look forward to continuing to work together in Term 2.

Lee Abela
Principal

From the APRIM



Palm Sunday - the beginning of Holy Week

This weekend we celebrated Palm Sunday, the final Sunday of Lent. It marks the beginning of Holy Week, and commemorating the triumphant arrival of Jesus into Jerusalem, days before he was crucified.

As part of morning gathering next week, we will have daily community prayer which will reflect on the days before Jesus was crucified. We will remember the story of Jesus and open our hearts to receive the comfort and healing strength of his love for us.

The gallery following this article shows a story board which depicts the events of Holy Week, from Jesus' arrival into Jerusalem to the miracle of his resurrection. Click on each image to read the associated text.



Project Compassion

Throughout Lent we have been learning about the amazing work that Caritas Australia do to support marginalised communities in Australia and overseas, to confront the challenges of poverty through Project Compassion.

Donations collected for Project Compassion are due at the end of Week 11. Donation boxes can be handed in at the front office or to classroom teachers.



Farewell to Father Tony Densley

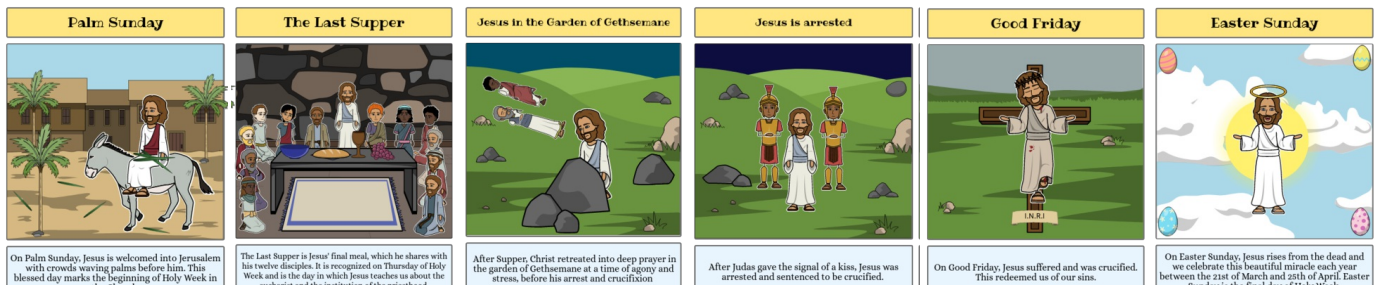
At the end of this term we farewell Father Tony, who will be retiring. We thank Father Tony for his service to our school community and the Albert Park/Pennington Parish - for the wisdom he has shared, the kind words he has comforted us with, and his guidance of the community as they follow in the footsteps of Jesus.



Marissa Redden

APRIM

Holy Week Story Board



From the Wellbeing Leader

Positivity

We often focus more on negative feelings and events than we do the positive. For example, it is common for children to come home from school and share things that they did not like, or disagreements they had, or something that made them sad.

Positivity is an easy way to turn the focus towards what went well – it does not need to decrease or eliminate sadness or frustration, but instead will help increase happiness. Try asking your child to share something that made them happy, something that made them laugh or something nice that someone did for them today. Make this positive reflection a daily occurrence to keep their relationship between themselves and school positive and happy!



Breakfast Club

Week 9 was the first week of Breakfast Club and it was a great success. Thank you to the Year 5/6 helpers for their support in ensuring it all ran smoothly. On our first day we served approximately 65 breakfasts!



Coming together for breakfast has positive outcomes for students and the school community, including improved student social skills, improved engagement and concentration and strengthened staff-student relationships.

Thank you to all our families that encouraged their children to attend. Hope to see everyone (and more) again each Tuesday and Thursday morning.

Tina Napier
Wellbeing Leader

Specialist update - Music



In Music this term we have been settling in to our new space and are absolutely loving it!

Here is a brief overview of what students have achieved so far:

Reception students have been introduced to a range of untuned percussion instruments and have been learning about musical concepts such as loud and soft, fast and slow, and high and low.



Year 1 students have been learning how to sing songs and accompany themselves on the ukuleles, while **Year 2 students** have also been extending themselves with learning how to play different rhythm patterns and read musical notation on a range of tuned and untuned instruments.



The **Year 3/4 students** have been composing and performing ostinato patterns using technology and tuned instruments, while the **Year 5/6 students** have been learning about musical notation and composing music using secret codes.

Instrumental lessons

Many students are learning musical instruments this year, thanks to the dedication of our wonderful music tutors. Special thanks are extended to Julie (piano), Ken (guitar), Imogen (brass) , Brock (brass), Carlie (percussion), Georgie (vocals) and William (guitar) for the great progress they have made with our students so far!

"Come and Try" program

The "Come and Try" brass and woodwind program has recommenced this term after its success last year. Students in Years 3-6 may participate in learning the following instruments for a semester: clarinet, flute, saxophone, trumpet and trombone. From next term, these students will combine to play in a band together to share their new skills.

Choir and Band

The Festival Choir has had a very successful start to the year, with the group confidently singing a number of songs for the festival already!

The school band has started rehearsing – next term a select group of them will be chosen to perform as a part of the primary "Battle of the Bands" competition at Nazareth Catholic College.

The Ukulele Club is back to rehearsing during lunch time on Fridays. This club provides students a chance to consolidate what they have learnt in the classroom and improve on their playing technique.

Images of our learning can be seen in the following gallery.

Andrew Heuzenroeder

Music teacher

Music Gallery



Class update - 2 U

Growth mindset

In 2U this term we have been exploring what it means to have a growth mindset versus a fixed mindset.

Your mindset is the attitude your brain takes on. It is all about how you think and feel rather than what you cannot do. A growth mindset means believing you can do anything with the right attitude and practice, whereas a fixed mindset means believing you are limited in what you can do no matter how much effort you put into a task.



We have spent a lot of time exploring what it really means to use a growth mindset and what this looks like in the classroom. We understand that it is okay to make mistakes because mistakes help our brain to grow!



Students in 2U discussed what growth mindset means to them. Here are some of their responses:

- "Growth mindset means challenging yourself" - **Salvatore**
- "Growth mindset means don't give up and keep on trying and give yourself a challenge"- **Connor**
- "Growth mindset means you never give up and mistakes are making you learn and growing your brain"- **Breanna**
- "Growth mindset means trying your best and learning from mistakes"- **Keya**
- "Growth mindset means never give up"- **Mina**

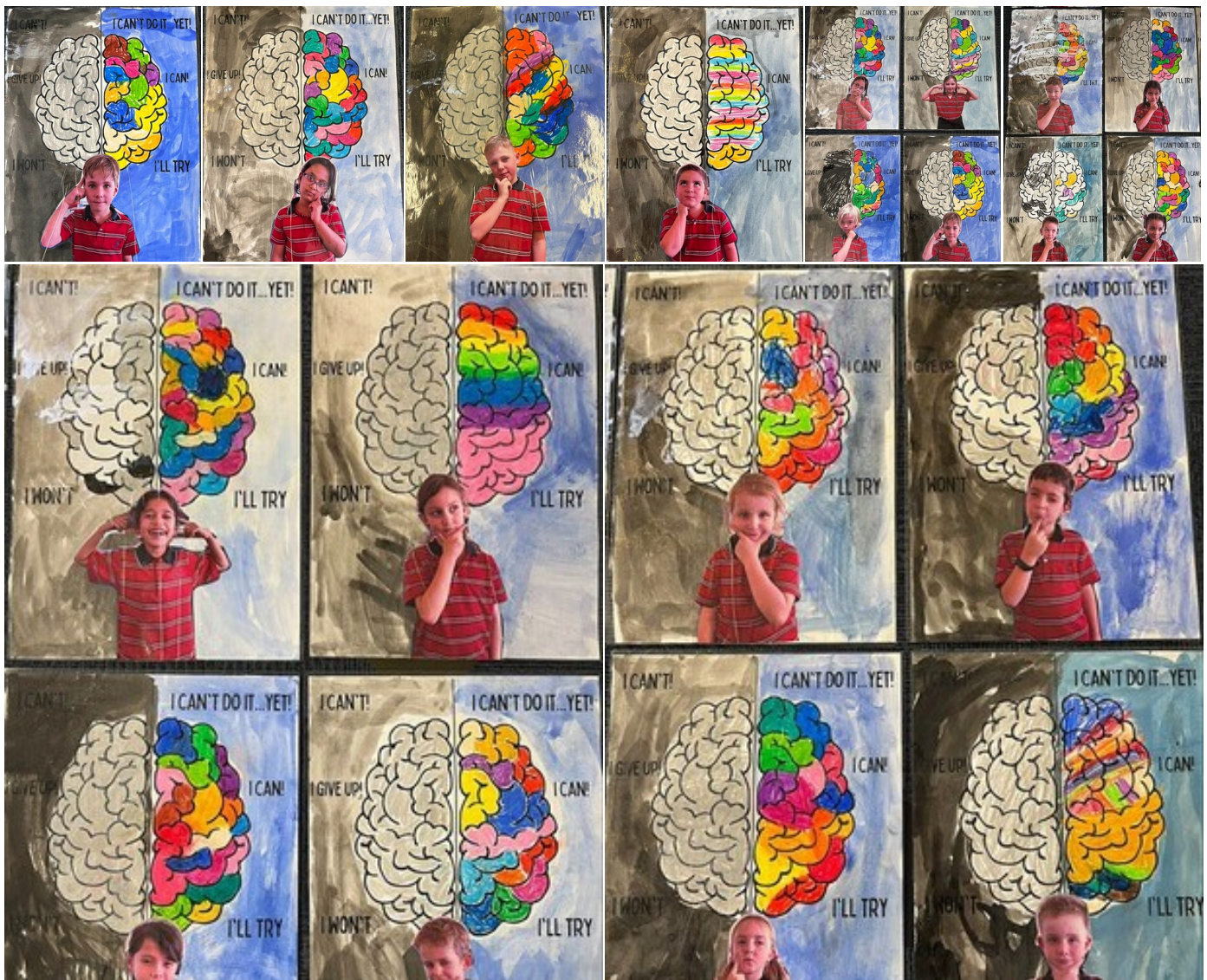
Students each made a growth mindset versus fixed mindset poster to be displayed in the classroom.

These posters can be viewed in the gallery following this article.

Natalie Urdanoff
Year 2 teacher



Class 2 U Gallery



Specialist update - PE & Sport

SACPSSA Swimming Carnival

On Thursday 30 March 2023, 10 students ranging from Years 3-6, represented our school at the annual South Australian Catholic Primary Schools Sports Association's (SACPSSA's) Swimming Carnival at the SA Aquatic Centre, Oaklands Park:



- Jayda, Douglas, Kylah, Maya, George C, Ignacio, Amy, Dylan A, Miles, and Archie P.

The students competed against other Catholic schools throughout the metropolitan area in freestyle, backstroke, and breaststroke events. There were also 4 x 25m freestyle relays and a 4 x 25m open medley relay.

All the students represented the school magnificently, with the following exceptional results:

- Jayda - Year 3 Age Champion
2nd - Year 3 25m freestyle Div A
2nd - Year 3 25m backstroke Div A
1st - Year 3 25m breaststroke Div B
3rd - Year 4 4x25m freestyle relay team
1st - Year 5 4x25m freestyle relay team
- George C
1st - Year 5 25m backstroke Div B
4th - Year 5 50m breaststroke Div A
3rd - Year 5 50m freestyle Div A
1st - Year 5 4x25m freestyle relay team
- Doug
3rd - Year 3 25m freestyle Div B
4th - Year 3 25m backstroke Div B
1st - Year 3 25m breaststroke Div C
3rd - Year 4 4x25m freestyle relay team
- Kylah
4th - Year 3 25m freestyle Div C
4th - Year 3 25m backstroke Div C
3rd - Year 4 4x25m freestyle relay team
- Maya
3rd - Year 4 25m freestyle Div B
4th - Year 4 25m backstroke Div B
4th - Year 4 25m breaststroke Div C
3rd - Year 4 4x25m freestyle relay team
1st - Year 5 4x25m freestyle relay team
- Ignacio
1st - Year 5 25m freestyle Div B
4th - Year 5 50m backstroke Div A
3rd - Year 5 25m breaststroke Div B
3rd - Year 5 4x25m freestyle relay team
- Archie
4th - Year 6 25m freestyle Div B



What is Good Sportsmanship?

With the after school netball and basketball seasons well underway and the soccer season about to commence, I wanted to remind our school community about good sportsmanship.

Teachers, coaches and parents all have a role to play in ensuring that our students always demonstrate good sportsmanship. Good sportsmanship is when people who are playing or watching a sport treat each other with respect. This includes players, parents, coaches, and officials.



How Can I Be a Good Sport?

There are lots of ways you can be a good sport. You can:

- Have a positive attitude.
- Give your best effort.
- Shake hands with the other team before and after the game.
- Support team mates by saying "good shot" or "good try." Never criticise a teammate for trying.
- Accept calls and do not argue with officials.
- Treat the other team with respect and never tease or bully.
- Follow the rules of the game.
- Help another player up who has fallen.
- Take pride in winning but do not rub it in.
- Accept a loss without whining or making excuses.

By being a good sport, students learn respect for others and self-control. These skills can help them manage many other parts of their life. They are also key to becoming a mature, respectful, and successful adult in the future.

Matt Annetta

PE teacher / Sport Coordinator

Block Swimming Week



Vacation Care - April holidays 2023

Booking deadline is fast approaching!

The Vacation Care program for the April school holidays is available, and some sessions are filling fast.

Bookings can be accepted before the **deadline of Thursday 6 April 2023**.

Click [HERE](#) to download the Vacation Care program for April 2023 holidays, or collect a paper copy from the front office or OSHC.

Jo Fahey
OSHC Director



Early Learning @ OLQP!



Early Learning @ OLQP

Occasional Care (3-5 years)

- Tuesday (school term time)
- 9am - 12noon

Playgroup (0-5 years)

- Wednesday (school term time)
- 9am - 10.30am

8279 8800
info@olqp.catholic.edu.au

**Connect
Learn
Grow**

Playgroup at the Playground

Last week, to celebrate National Playgroup Week, our playgroup families went on an excursion to the Gordon Reserve Playground. We were very lucky to have lovely weather, which allowed us to have a lot of fun playing on the playground, singing and dancing, reading, blowing bubbles and playing with the parachute. It was a nice time to play with our playgroup friends in a new and exciting environment.



Why is play important?



Play is important in the development of children's fine and gross motor skills. Through play, children practice the control and coordination of large body movements (gross motor skills), as well as the coordination of small muscle movements (fine motor skills).

Some of the gross motor skills that we used at the playground included walking, swinging, sliding, climbing, running, jumping, and these skills all help to develop balance, coordination and core strength.

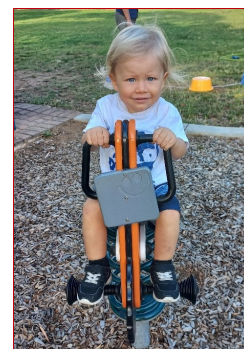


Some examples of fine motor skills that we used at the playground include climbing ladders, ropes and slides, hanging on bars, using our hands to grasp playground equipment or bubble containers and wands, playing with the small moveable puzzles at the playground. The development of fine motor skills also helps children to perform self-care tasks such as brushing their teeth, getting dressed, feeding themselves, as well as drawing and writing.

Children also can learn a lot of other skills while playing at the playground such as balance and social skills – like getting along, taking turns, problem solving, spatial awareness, persistence and learning about the capabilities of their own bodies. Playgrounds also allow children to participate in some risky play which allows children to recognise their limits and how to deal with risk in the future.

Developing our gross motor and fine motor skills is an important part of the play and learning that we do at playgroup each week.

Access the photo gallery following this article, and see how much fun we had!



Come and join in on the fun!

- Playgroup is on Wednesdays 9-10.30am.
- Occasional Care is on Tuesdays 9-12pm for children 3-5yrs.

For more information, please access the flyers regarding Playgroup and Occasional Care from the **Useful Links section at the beginning of this newsletter.**

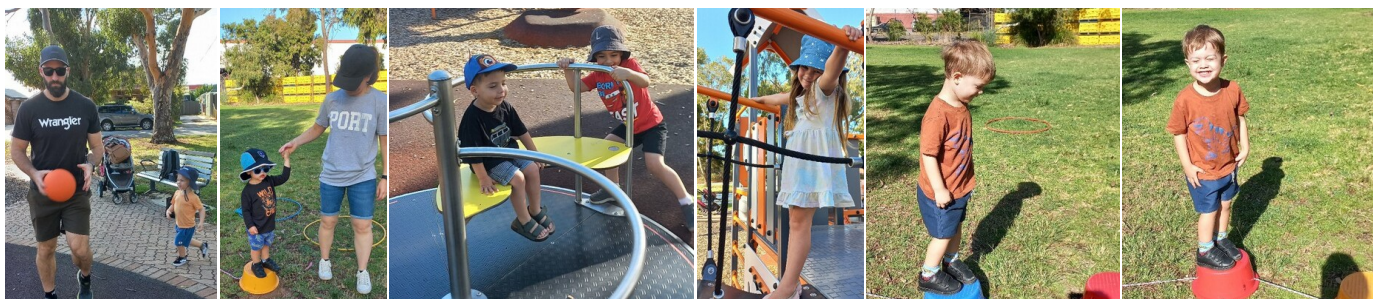
More questions?

- **Phone:** 8279 8800
- **Email:** Rachael - rstathis@olqp.catholic.edu.au

Rachael Stathis

Occasional Care and Playgroup Coordinator

Playgroup in the Playground!



Science Art Competition



Mary Anning Art Prize - SA Science Teachers Association

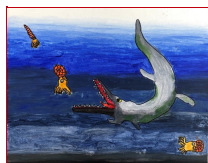
https://www.sasta.asn.au/student_activities/mary-anning-art-prize

Have you considered entering this amazing competition?

Before you start your art work, you might like to consider what a successful entry looks like?



Here are some previous winning entries! Click on each image to **ENLARGE**.



Please come and speak with me if you are interested in submitting an entry!

Tamara Brooker

STEM / Science teacher

Parents and Friends Committee contact details

P & F Committee

Everyone is welcome to join!

Parents, grandparents, staff ...
We look forward to new members
joining in on the fun!

Please contact us via our email
address or say "Hello!" at our next
event!

✉ PNF@olqp.catholic.edu.au

**Connect
Learn
Grow**



Second-hand uniform shop



Current opening times

MONDAY

- 8.40am – 9am
- 2.45pm – 3.10pm

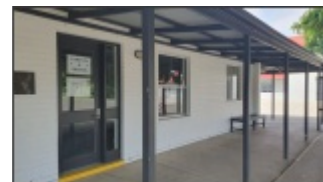


The second-hand uniform shop service, facilitated by a dedicated group of parents, supports the community to access quality and affordable second-hand uniforms for their children.

Location

Now located in the P & F Room (near the girls' toilets, adjacent the basketball courts).

Call 8279 8800 if you require more information, or alternatively, you can email the P & F Committee using this email: PNF@olqp.catholic.edu.au.



Louisa Scopacasa

Second-hand Uniform Shop Coordinator

P & F Committee

Before & After School Care

New families and permanent bookings:

All new family bookings and permanent bookings need to be made through the OSHC office.

Please contact Jo on **0417 840 700**, or pop into either the OSHC office or front office for an information pack.

Jo Fahey

OSHC Director



First Steps @ Albert Park



First Steps is a small, warm and welcoming childcare centre, with a 'family day care' feel. We offer childcare for children aged 6 weeks to 5 years.

The centre curriculum is based on the Early Years Learning Framework which also caters for preschool education.

First Steps employs 8 staff, many of whom have worked at the centre for more than 10 years, some even parents of children that attend the centre. All our staff are kind, nurturing and passionate about children and their education.

We pride ourselves on offering flexible bookings, allowing families to make casual bookings or swapping days, if available.

If you are in need of a childcare centre that really does care, please contact us to arrange a tour.

- First Steps @ Albert Park
18-20 Botting Street, Albert Park SA 5014
(08) 8244 4224
www.firststepsalbertpark.com.au/

Maria De Cesare

