



St Dominic's Catholic Primary School is committed to the care, safety and wellbeing of children and young people as a central and fundamental responsibility of Catholic education.

St Dominic's School acknowledges the Wurundjeri people as the traditional custodians of this land. We pay our respects to the Elders of the past, present and future and acknowledge their spiritual connection to Country.

PRAYER

This weekend, our Church celebrates the 6th Sunday of Easter, Year C.

In the spirit of peace, community and understanding, we pray.....

Jesus gives the gift of peace, a peace the world cannot give.

We pray that God's peace may fill the world and bring it to wholeness.

We pray for leadership at every level.

May the promise of the Spirit encourage all cultures to be open and to share with one another.

As we begin National Reconciliation Week, we pray that we will move forward in creating a nation strengthened by respectful relationships between the wider Australian community and Aboriginal and Torres Strait Islander people.

We pray for the sick of our parish and for all who have asked for our prayers.

Gracious God, mindful of the Holy Spirit, who teaches us everything your Son has told us, we ask that our prayers reflect the Spirit of our Saviour and Teacher, Jesus Christ our Lord. Amen.



DATES FOR YOUR DIARY

MAY

Thurs 19 May Prep 2023 Enrolment Meetings

Tues 24 May District Cross Country

Thur 26 May National Sorry Day

JUNE

Fri 3 June School Closure Day- Staff Professional Learning

Tues 7 June PFA Meeting 7-8pm

Mon 6- Fri 10 June Year 5/6s School Camp- Camp Kangarooobie

Fri 10 June Year 3/4s Hooptime

Mon 13 June Queen's Birthday Public Holiday- No School

Tues 14 June School Advisory Council (SAC) Meeting 7pm

Fri 17 June Sacrament of Eucharist Retreat Day

Sat 18 June Sacrament of Eucharist- 6pm

Sun 19 June Sacrament of Eucharist- 9.30am

Our Website countdown.....



Stay tuned over the coming weeks for the launch of our NEW St. Dominic's website!

Gratitude to all Volunteers!

Parents & Carers,

National Volunteer Week is Australia's largest annual celebration of volunteering and is acknowledged nation-wide, 16–22 May 2022. The theme for National Volunteer Week 2022 is **Better Together**. As a school community, our 2022 theme is 'Growing Together', therefore this National Volunteer Week theme aligns with our St. Dominic's collective goal for the year- to grow, to be together, to learn from one another, and to support wherever we can. Mary MacKillop claimed that we should all, **"Never see a need without doing something about it."** This is foundational for us in our schools, parishes, families and communities. This National Volunteer Week, we acknowledge and celebrate all who volunteer their time, and themselves for the good of others and the community.

Volunteering brings people together; it builds communities and creates a better society for everyone. After two years of uncertainty, lockdowns, remote learning, working from home and a great deal of 'social disconnect', the opportunities to volunteer what time and talent we can, have never been so important in our communities. National Volunteer Week is a chance for all of us to celebrate and recognise the vital work of volunteers and to say thank you. We are Better Together.

NATIONAL 16-22 MAY 2022
VOLUNTEER
Better Together WEEK

Thank You Volunteers

National Volunteer Week is Australia's largest annual celebration of volunteering.

Volunteering is widespread and diverse with millions of people volunteering every year to support communities across the country.

Join us as we celebrate and recognise the vital work of volunteers and say thank you this **National Volunteer Week**.

volunteeringaustralia.org

We are blessed in our St. Dominic's school community with the generosity shared by many families, who are able to give their time and energy to our school. With this year's easing of Covid restrictions, we have a new-found energy and plenty of opportunities to reconnect as families, build relationships amongst our students and their families, and bring us all closer together. Recently, we have been able to invite families in as parent helpers, and our PFA have commenced the 2022 Calendar of events. Most recently, we held our Mother's Day Stall, as well as our first ever Mother's High Tea. See PFA News below for highlights of this very special event!

The '*Wave Your Appreciation*' campaign invites you to put your hand up and thank the millions of volunteers around Australia. You can wave your appreciation for volunteers by adding a smiley face on your hand and uploading your photo to social media with **#WaveForVolunteers** and **#NVW2022**.

Our Prep Enrolments for 2023 are progressing well and we had a very positive response to personalized tours and our Enrolment Information Evening. This week, we have commenced our Prep 2023 family meetings, where Fr Peter and I meet together with new families and their Prep child for 2023. Over the coming weeks, our existing St. Dom's families with a Prep child enrolled for 2023 will be invited to attend a meeting also, and this will be communicated directly with these families.

Thank you also to our Year 5/6 Camp Team who have been coordinating our upcoming camp to Camp Kangarooie. Most families attended our Information Evening this week, and there is a great deal of excitement about the learning opportunities that await, as well as the FUN which is most important to this great experience. More information and plenty of fun times to be shared soon.

As always, I am grateful to all Staff and Families for their partnership, as they support student learning programs, student wellbeing, and the sacramental, sporting and social events we are lucky to be gathering together for this term. Each child at St. Dominic's has opportunities to do their best, be challenged and to thrive at school.

Warm regards,



Mrs Natalie Kenny

Principal

principal@sdcamberwelleast.catholic.edu.au

nkenny@sdcamberwelleast.catholic.edu.au

National Volunteer Week

You're The Best!



As Australia celebrates National Volunteers Week, we want to thank YOU - carers, friends and community members who help schools and groups thrive. Without you, these organisations wouldn't be the fun, vibrant places they are.

Thank you for being there when our schools and groups need you. You're the best!

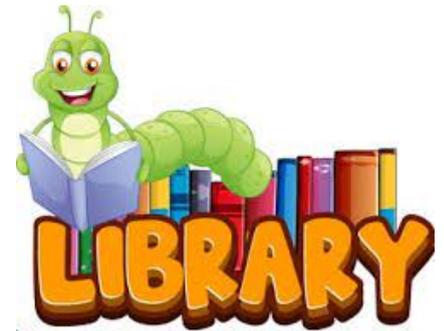
Library News!

As you are aware, we are in the process of creating a new library area which will be a wonderful learning space for our students. New furnishings, carpet and heating are part of the creation of this new learning space.

In preparation, the library will be closed for borrowing from the end of this week (Week 4).

We kindly ask that all library books are returned by Friday next week (Week 5).

Thank you for your understanding.
Sarah Iwaniw (Literacy Leader)



PFA News- Mother's Day Lunch Highlights!

It has been a busy few weeks for the PFA.

Firstly a very big thank you to Chantal Eagle and Emma Young for their amazing efforts in arranging the Mother's Day Stall together with our stall volunteers on the day. We hope all our mum's, grandmother's and special friends loved their precious gifts!

Last Friday, we celebrated Mother's Day with our 'Mother's and Special Friends High Tea' in the school hall. With sixty four in attendance it was a wonderful afternoon. Special thank you to our MC's on the day Abby Y and Joey H who did an amazing job, together with the performances from the class groups!! Thank you to Astrid Hartono and Genevieve Sheehan for making this such a special event and for everyone who volunteered on the day.

Lastly, this weekend we will be holding our Election Day stall and we hope to see as many of you as possible on the day! Thank you in advance for taking the time to bake cakes and volunteer on the stalls, we really appreciate it!





Featuring our Student Stars of the Week



Each of our fortnightly School Newsletters feature a class, a year level or a Specialist area. Teachers work with their students to feature and showcase some of their learning and achievements, through stories, student work and photos.



Basketball Clinic with Adam Ballinger from Melbourne United BC



In our P.E lesson, we met a former NBL player called Adam Ballinger. It was really fun and all the students really enjoyed having a very tall player with an American accent run some drills and relays. We had to try and pass the ball over our heads, clap and catch it behind our backs. We also had to dribble between our legs, and we ended our lesson with a few relays. EPIC!!!

Joey & Sophie (5/6R)



St Dominic's Cross Country Carnival

Congratulations to all students, for their participation, effort & sportsmanship this week. We are so proud of every child, especially for the positive team spirit shown by each of our Sports teams. A big Thank You to Mrs Mitchell, for coordinating this wonderful event for our school community.

CONGRATULATIONS TO AQUINAS for being our overall winners on the day, as well as **SIENA**, who won our 'Spirit' award.



Learning & Teaching News

Our Naplan testing has come to an end for 2022 with all of our students in Years 3 and 5 participating. Our students navigated the online platform with ease and tried exceptionally hard during all tests. With Semester 1 Reports just around the corner, class teachers have begun the process of moderation student learning.

At Tuesday's Professional Learning Meeting, Sarah Iwaniw (Literacy Leader) and Helen Anania (Learning and Teaching Leader) worked with class teachers to collaboratively assess student writing samples against the Victorian Curriculum Achievement Standard for Writing. This process encourages rigorous and robust dialogue and provides a rich opportunity for teachers to share their expertise and knowledge of not only the writing pieces, but their knowledge of what each student brings to their learning narrative.

Recently, our students in Years 5 and 6, as well as some students in Years 3 and 4 participated in the second APSMO Olympiad and Games. While fun, it was also quite challenging, but it was great to see the persistence and determination of our students in giving each question a go.

Our students are well into their Inquiry Based Learning units for the term and there has been a lot of learning, discovering and innovating taking place. The Preps even got their hands dirty today with some oobleck! Encourage your child to talk about their Inquiry Based Learning. There is a lot of (fun) learning happening each day.

Helen Anania- Learning & Teaching Leader

Education in Faith News

Laudato Si' Week, 16-24 May, began as a way to celebrate the first anniversary of Pope Francis' world-changing papal encyclical letter, "Laudato Si': **On Care For Our Common Home.**"

Since then, the annual celebration has become a way for all Catholics to unite and rejoice in the progress we've made in bringing Laudato Si' to life and to commit ourselves to further prayer and action for our common home. National Reconciliation Week is from 27 May - 3 June.

These dates allow both Laudato Si' Week, and National Reconciliation Week to be celebrated appropriately by all members of our school and Parish.



Sacrament of First Eucharist

Many of our Year 4 students are preparing to celebrate the Sacrament of First Eucharist on the weekend, 18 and 19 June. Please keep our students in your prayers.

Student Wellbeing

PROJECT +

Parents & Carers

Gratitude

Working on gratitude helps us to be **thankful** and **appreciate what we have in our lives**, rather than focusing on what we don't have or what we want. When we practise being grateful, we start to **scan the world to look for positives** - this only takes 21 days!

Benefits of practising gratitude everyday are:



Increased levels of energy.



Feeling happier.



Become more focussed, determined and optimistic.



Better sleep.



Lower levels of anxiety and depression.



Less likely to get sick.

Here are some quick and easy ways to include gratitude into your daily routine with your whole family:

THANK YOU

Think about a friend or family member you are grateful for and write them a letter. Tell them why they are important to you and what you love about them.

Around the dinner table or before bed, have everyone talk about 3 things that went well for them that day.

Have a discussion of what you are looking forward to the following day, week, month.

Check out TRP@HOME!

Here, you will find more activities and ideas you can use with your family to incorporate **Gratitude** into your lives. There are also **Empathy**, **Mindfulness** and **Emotional Literacy** activities you can use to **spread happiness** and **build resilience**. TRP@HOME activities change throughout the year, so don't forget to keep checking in! Click on the image below to check it out.



TRP@HOME

BODY IMAGE *Tips* YOUNG PEOPLE

Did you know that body image is how you FEEL and THINK about your body? It's actually not about what you look like!

No two people were born to look or be the same. Celebrating and embracing our differences is really important. There isn't a right or a wrong way to look.

Beauty and appearance ideals exist in all societies and they are all unhelpful! These ideals don't encourage uniqueness but instead suggest that everyone 'should' and 'could' look a certain way, which is unrealistic! Spending time, money and energy on changing your appearance is exhausting and research tells us that altering your appearance won't help your body confidence or self-esteem in the long run. What will help, is reminding yourself that you have the power to change the way you see, think and feel about how you look.

Here are some positive tips to help you:

You are so much more than your appearance. You are not an 'object' or a 'thing'. You are a human being. Your weight, body shape, muscles, hair/skin colour, complexion, height does not define you. Your appearance does not determine your worth.

Avoid making unhelpful comparisons. The more you compare your appearance to siblings, friends, celebs, sport stars or anyone, the more unhappy you'll feel. It's ok to admire beauty in others, but avoid devaluing your own body if you do.

Treat your body well. Your body is the only one you're ever going to get. It might not look exactly as you'd like, but it does so many amazing things for you. Speaking kindly, finding exercise and activities that you love, eating mindfully and taking time out to rest, demonstrates body respect. It's really important that you avoid any kind of restrictive diet and excessive exercise plans. They do not work or help your body confidence (no matter how much advertisers try to make us think otherwise).

Keep yourself media and social media savvy.

What you see may not always be! It's important that you stay savvy when looking at media and social media images. Photoshop, hair and make-up, endless filters and editing tools work to create the highly stylised and perfect images that you see – on celebrities and our friends. You never really know what is going on behind the image, remember, no one is perfect.

Go easy on yourself... AND your friends! Body bullying and food shaming is never ok. Speaking kindly to yourself and your friends – face to face and online – is the only way. If you wouldn't say it to a friend, avoid saying it to yourself. If you couldn't say it to someone's face, don't say it to them online. Words can build people up or tear them down. Use your words carefully (to yourself and to others).

Have fun with your appearance but don't let it rule your life. It's ok to take pride in your appearance and have fun with fashion and styling (if that's what interests you), but obsessing and worrying about how you look is not good for us. Remember, you are more than your appearance, so spend time doing the things that make you feel good.

Surround yourself with people who accept you as you are. Changing your appearance to fit in won't make you a better, more lovable person. If a person or group doesn't like YOU for who YOU are, then it's time to find some new people to spend time with. You are enough just as you are.

If your body image is getting you down or you are worried about a friend, talking helps and Butterfly is here to listen:

National Helpline on **1800 ED HOPE (1800 33 4673)**
or support@thebutterflyfoundation.org.au



BODY IMAGE *Tips* FOR PARENTS

Children are very sensitive to messages about body image and appearance from their parents. Often you may not even be aware of the messages your child is hearing from you. Parents can have a very positive impact on the way a child feels about the way they look and their self esteem. Helping your child develop a healthy body image is important as it can also strengthen their relationship with eating and exercise and reduce the risk of developing disordered eating and eating disorders.

Here are some tips on ways you can be a good body image role model for your child:

Reflect on your own relationship with your body.

This may not be easy but being aware of your attitude towards your own body will help you be conscious of the messages you send to your kids. Try to avoid looking in the mirror and making negative comments about the way you look. If your child sees that you feel comfortable and happy with your body, this can help them feel comfortable in their own skin.

Avoid talking about diets. Dieting is the biggest risk factor for an eating disorder. Try to avoid talking about diets, your "naughty" eating habits, or your weight and size. This can give kids the impression that weight and size are highly valued by you and they might feel pressure to look a certain way or be a certain size. Celebrate diversity and emphasise how loved and valued your child is no matter what their weight, shape or size.

Talk to your child about the way they feel about the way they look. Encourage your child to talk with you about their feelings. Create space to talk about things on a daily basis including what is happening with their friends. If your child feels safe to talk to you, then they are likely to share feelings about their bodies with you.

Help your child stay body confident when using social media. Talk to your child about the realities of digital manipulation and that what they see in the media and online is not always real. Encourage them to reflect on how their social media experiences make them feel and if it's not positive then they need to change it up.

Despite best parenting efforts serious body image issues and eating disorders do develop. It's important to recognise the warning signs of body dissatisfaction and low self esteem as early as possible. There are certain cues you can pick up on in your child once you know what to look for.

Here are some warning signs to keep an eye on in your child:

- Withdrawal from social events and activities that they used to enjoy
- A focus on diets, calories, health and particular foods. They might talk about wanting to be healthier or fitter and become obsessive about checking the nutritional content of what they are eating.
- They might become irritable or anxious around dinner time. They may refuse to eat certain foods or whole food groups.
- Complaints about the way they look, e.g. "I'm ugly" or "I'm fat", or negative comments about their abilities, e.g. "I'm hopeless"
- Frequent self scrutiny – such as weighing themselves or excessively looking at their reflection.
- Change in clothing style such as wearing baggy or oversized clothing

If you notice any of these signs in your child it is important to seek help as early as possible. You know your child best, so trust your instincts. If you are finding it hard to be accepting of your own body, remember it's never too late to seek help.

Butterfly can support you. Call our National Helpline on **1800 ED HOPE (1800 33 4673)** or email us at support@butterfly.org.au



Environment & Sustainability News

We were recently visited at St Dominic's by Jessie and Annette from ResourceSmart schools Victoria so that our school could eventually become an accredited ResourceSmart school.

Jessie and Annette observed our solar panels, our water tanks and grey water recycling plans, our garden area and green waste recycling area and our plans for operating more sustainably. They were very impressed and left us with valuable insights that will enable us to take the next steps in our quest for accreditation.

We have only this week released 1,000 compost recycling worms into our compost bins at the rear of the school. Grade 5/6G prepared the green waste with soil and water to create an attractive environment in which the worms will work and live and breed! When the worm population begins to expand we will then transfer some of our new worms into other compost bins to continue their valuable recycling work.



CAMP AUSTRALIA

MUSIC LESSONS



A message from your Coordinator

It has been great to come back to school and see familiar faces and new faces in the last few weeks.

In week one, children shared interesting stories about their holidays and they were excited to see their friends again at school and Your OSHC. Emergency drills also took place, and different types of emergency situations were discussed. Anzac Day was also the topic for this week, and we talked about it through the poppy flower art activity and Anzac biscuits baking. In week two, children shared stories of their amazing moms and created letters for them with some art works and writings. In week three, children had fun with an indoor obstacle course challenge and drawing activities.

This week, the handball championships take place!! Everyone will receive a handball to have fun and practice, and the winner of the week will receive the trophy!! It is also the National Families Week. I am looking forward to celebrating these exciting events with you.

It's free to register

To attend our program, you must register your child. You can register an account with us at pp.campastralia.com.au or by downloading our Camp Australia smartphone app from the Apple App Store or on Google Play. Once registered, it's easy to make bookings and manage your account.



Visit our blog

New articles are added each week for parents and cover various topics to help families.

Visit our blog

Your OSHC.

www.campastralia.com.au



Yenpin KIT

I am currently in my 11th year of teaching Piano at St.Dominic's.



An accomplished Piano and Vocal teacher with the following qualifications from London College of Music; namely, GLCM (Graduate of London College of Music), ALCM (Associate Teacher's Diploma London College of Music), LLCM (Licentiate Teacher's Diploma London College of Music)

I previously studied under the renowned Neil Immelman from the Royal College of Music, London. In addition to my school and teaching commitments, I also have experience working with the children's choir in church.

I encourage my students to sit for AMEB exams if they are ready for it and I would like to inspire my students to do their very best.

Please contact if interested:

Kit - 0423499966

Email - kityenpin@gmail.com

Ongoing Reminders....

Morning Drop off times & Supervision:

Staff playground supervision commences at 8.30am each school morning and classroom doors open at 8.45am. Therefore, until 8.30am each day, we request that no children are dropped off at school where possible. If work commitments require earlier drop offs, we recommend you contact OHSC Camp Australia, as this may be an option for your family. If you need to discuss this, please call our office.

COVID cases

A reminder to all Parents: If there is a positive COVID case in your household, you must advise us immediately. Students who are a household contact are permitted to be at school, however they MUST wear a mask when indoors and complete a Rapid Antigen Test before school for 5 days (these will be supplied to your family). Continue to monitor each family member for any symptoms. More details below.

Communication:

As you are aware, clear communication is vital in any organisation, especially so in a school. Our key channels of communication are Operoo, SkoolBag, Newsletter, Bulletin & SeeSaw. Please regularly check on all forms of communication, particularly when receiving notifications for Operoo or SkoolBag information, and each Thursday for our Newsletter or Bulletin.

Parent helper- Quick PINs:

We have recently updated our sign-in Passtab system. All visitors to the school, including parents & carers will require a quickpin to enter. Andrea will create a new quickpin for all visitors. All existing quickpins have been removed from the system. You will need to show your current WWCC and proof of COVID vaccination booster to receive a quickpin. This will be a one off process for all visitors. Once you have a quickpin, this is all you will need to enter when volunteering as parent helper in the classroom or excursions.

***Yours in partnership,
Natalie Kenny***

COVID UPDATES & REMINDERS

Parents/Carers,

Again, we thank you for supporting our Staff in ensuring that all risk assessment and necessary safety measures have kept St. Dominic's open and safe. I thank our Staff and Families for the partnership and communication which has supported those impacted, and in ensuring students who have needed to isolate have been supported and able to return to school. Our school is responsible for ensuring the safety of our community, and all COVID Safe are in accordance with current health directives and advice from MACS (Melbourne Archdiocese Catholic Schools).

A friendly reminder that parents/carers may bring their child into the classroom (or drop at their classroom door) between 8.45-9.00am. You are also welcome to collect your child from outside their classroom in the afternoons. As these are brief visits, Vaccination status will not be required.

We look forward to welcoming you into your child's learning spaces. Unless done so already, your child/s teacher will advise you of opportunities to support in classrooms as parent helpers, keeping in line with the COVID Safe requirements detailed below.

Recent updates:

1. Workers and Volunteers in Schools under the Pandemic (Workplace) Order 2022 (No. 8)

re. Clarification of Vaccination requirements that apply to workers and volunteers in schools.

'Education workers' include volunteers that attend an education facility and that work in close proximity to children, students or staff. This includes parent helpers, canteen assistants, reading helpers, excursion supervisors or classroom or working bee volunteers. As such, any volunteer performing any work at a school is an education worker and they must be fully vaccinated (boosted) or have an exemption.

2. Household contacts

Students and staff who are household contacts of a COVID-19 case are no longer required to quarantine. They can return to school as long as they undertake rapid antigen tests (RAT) 5 times within their 7-day period and wear face masks indoors if they are aged 8 and above, unless they have a valid exemption. Families are invited to request additional RAT kits from school should they be needed in these cases.

If any household contact returns a positive RAT result during this period, they must isolate for 7 days and not attend school.

**NOTE- if there is a confirmed positive COVID case in your household, please advise school either via email to me, or by calling our school office. Once we are aware of this, we can supply additional RAT kits for testing required, as well as supply face masks if needed.*

3. Face Masks

Face Masks are no longer required in schools, and are optional. The exception is if a child or staff member is at school and has a positive COVID case in their household- in this case they are required to wear a face mask when indoors and must notify our office.

4. Rapid antigen testing:

Twice weekly RAT testing is no longer a requirement, however Rapid antigen tests continue to be available to all staff and students for the remainder of Term 2. Should you have a positive Covid case/s in your household, we can provide RAT kits for daily testing. Just contact our office if needed.

As communities in partnership in the education and care of your children, we look forward to re-engaging our families in as many ways as possible over the coming months.

We thank you for your support.

**With thanks & in partnership,
Natalie Kenny - Principal**

COMMUNITY NEWS

AUSSIE HOOPS | SIGN UP NOW
DRAGONS

REGISTER NOW

7 WEEK PROGRAM FOR 5-10 YEAR OLDS
HOSTED AT BOROONDARA SPORTS COMPLEX

SCAN TO REGISTER >

TUESDAYS 4:15 - 5PM - STARTS 10 MAY
SATURDAYS 10 - 10:45AM - STARTS 14 MAY

ST PAUL'S KINDERGARTEN
Premier Fundraising Event

HEROES VS. VILLAINS
TRIVIA NIGHT

Saturday 18 June
7:00 PM for 7:30 PM Start
Canterbury Primary School

COMMUNITY EVENT - ALL WELCOME!

This is a community fundraising event, please extend the invitation to family and friends.

Prizes for highest trivia score, best costume and best table set up

Scan the QR code below for more details and to book via TryBooking

Surrey Hills Pre-School Centre
Open Day

10am - 12pm, Saturday 21 May
18 Verdun Street, Surrey Hills
surreyhillspreschool.com.au/open-day
We are committed to keeping children and young people safe

ST PAUL'S ANGLICAN
KINDERGARTEN

OPEN DAY 2022
SATURDAY 28 MAY
10AM-12PM

29 HIGHFIELD ROAD,
CANTERBURY

3YO, 4YO & PRE-PREP PROGRAMS

KINDERGARTEN EXCEEDING
EXTENDED HOURS

STPAULSKINDER.ORG.AU
ENROLMENTS@STPAULSKINDER.ORG.AU
(03) 9830 117

Prepare your child for school!

Start your child's school preparation and foundational learning from 3 years of age.

Our Industry leading program Includes a focus on:

- * Foundational literacy and math skills
- * Self-skills and independence
- * Exploration and communication skills
- * Flexible 5-day-a-week attendance

Enquire today!

Papilio Early Learning Camberwell
168 Warrigal Road
(03) 9888 8182

Papilio Camberwell

Lifelong Learning Centres | 1800 CHILD CARE

Balloon animals and free coffee cart

OPEN DAY
SATURDAY 28 MAY
10 AM to 12 PM

NEW EXTENDED HOURS FOR 2023

Alfred Road Kindergarten
Our children, our future.

48A Alfred Road, Glen Iris, VIC 3146
(03) 9889-4038
alfredroadkindergarten.com.au