



27 November 2020 TERM 4 ST AUGUSTINE'S NEWSLETTER

ANNUAL GENERAL MEETING The AGM is to be held on Tuesday 1 December and we will be delivering reports on the workings of the school for 2020 including achievements, challenges, and financials. We will also be presenting nominations for the School Board.

The AGM is a great place to hear about the achievements of the year and get an idea of what has been happening in the school as a whole. Often, we focus on what our class or child is doing and do not notice some of the other great things happening in our school. This is a chance to hear about it all! We will also be calling for nominations for the P & F for 2021.

I urge you to consider nominating for either group if you feel you have something to offer. The AGM is also a great opportunity to talk to other parents who you know have the qualities we will be looking for. Nomination forms and information can be collected from the office.

REFLECTION This time of year is always hectic and it can be difficult to get adults to behave in a rational and calm manner, so how can we hope to keep our children focussed with all this activity going on around them? I hope the following information might help.

At this busy time of year, it is important children are getting a good night's sleep if we want them to perform at their best. Getting a good night's sleep often comes down to routines. Avoiding late-night technology use and keeping a regular sleep schedule are two important techniques which can help. Recent studies found that adolescents used multiple forms of technology late into the night, including gaming systems, phones, and computers. As a result, they had difficulty staying awake and alert throughout the day. If we translate this research to the possible effects this has on primary school aged children, I imagine the consequences may be even more pronounced.

Any factor that decreases the quality or quantity of sleep will lead to difficulty with school performance and poor behaviour problems. When children stay up late at night texting in bed or playing computer games, they are increasing their risk for neuro-cognitive problems. According to research, having a regular bedtime was the most consistent predictor of positive developmental outcomes in four-year old's. In this 8,000-person sample, language, reading and maths scores were higher in children whose parents reported enforcing regular bedtimes. Good luck!

Quote for the week ~ When asked if my cup is half-full or half-empty my only response is that I am thankful I have a cup." Sam Lefkowitz

PRESENTATION DAY PRAYER The following prayer was sent from the Presentation Sisters wishing our school a wonderful day ~

Like Mary, may you have the grace and wisdom to act kindly, may you know the wisdom of deep listening, the healing of wholesome words, the encouragement of an appreciative gaze, the care of close friendship.

Like Mary may you accept frontiers so that you can see bright fields lying beyond the view of the regular eye. May you have the courage to move into the future with generosity and grace.

Amen

PRESENTATION DAY was held last Friday 20 November as the feast of the "Presentation of Mary" was the following day. This day holds strong tradition at our school as we commemorate the order of Presentation Sisters who are the longest serving teachers at St Augustine's Primary School and helped guide our core school values. The students in Year 5 & 6 created stalls to raise money for charity (Lifeline & SEEDS) and promote togetherness across all the year groups. They raised \$617 and had fun doing it!



STUDENTS NOT RETURNING IN 2021 Please inform the school office in writing or email, if your child will not be returning to St Augustine's School in 2021. Please confirm the destination school your child will be attending in 2021.

SWIMMING LESSONS are well underway. Not only are the students learning an essential life skill, but the independence they have shown, organising themselves each day, looking after their belongings are also very important life skills.

FRIDAY 4 DECEMBER will be our final assembly for the year. The students will be showcasing their Italian skills.

SPORTING SCHOOLS Next Wednesday will be our final Cricket session. We hope the students have enjoyed their weekly lesson. Stay tuned for another sporting session to be run throughout Term 1, thanks to the Australian Government Sporting Schools Grants.

FOOTSTEPS DANCE CONCERT WEDNESDAY 9 DECEMBER, on the lower. Starting with the school choir at 5.45pm. Student dress requirements for the concert will be out shortly via each classes seesaw.

SPORTING ACHIEVEMENTS Congratulations to Thomas W and Trent D for their outstanding achievements last the weekend. Both boys competed in the State Combined Event Championships for the U12 Boys on Saturday 21st. This is an elite 5 event competition where the boys competed for points over the course of the day (100m, long jump, 80m hurdles, discus and 800m). Thomas finished the day in 3rd place scoring a state bronze medal and Trent was close behind in 6th place. Well done boys we are very proud of you. In Year 3 we have three students who have made state teams. Tory D has made the state athletics team for her age group in the 100 and 200 metre sprints and Max and Manu B have been chosen to represent the state in the Touch Rugby team. Congratulations to all of you, we are very proud of your achievements.



UNIFORM 2021 FROM TERM 1 2021 ALL children will need to meet the new school uniform requirements. All children from Pre-Primary to Year 6 will require the new sports uniform.

- Maroon and White Tasman Polo
- Faction Colour Botany T-shirt (for sports days twice a week)
- Navy Podium Microfibre (shorts)
- Navy Skort (optional choice for girls)
- Navy Polyviscose Hat
- Navy Tasman Track Top
- Navy Ripstop Track Pant
- Navy Homework Bags (can also be purchased for homework)

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All items have the school name St Augustine's, Rivervale embroidered.
School uniform shop open Monday afternoons from 2.30pm.

- White quarter style sport socks (can be purchased elsewhere)
- Navy stockings (optional can be purchased elsewhere and worn under skirt)
- Runners (no bright colours)

2021 SCHOOL TERM DATES

Term 1 - Monday 1 February to Wednesday 31 March

Term 2 - Monday 19 April to Thursday 1 July

Term 3 - Monday 19 July to Thursday 23 September

Term 4 - Tuesday 12 October to Friday 10 December

2021 PUPIL FREE DAYS

Term 1 - Thursday 1 April

Term 2 - Friday 2 July

Term 3 - Friday 27 August and Friday 24 September

Term 4 - Monday 11 October

ST AUGUSTINE'S ALTAR SERVERS 2020

Saturday 6:00pm 28 November ~ Volunteers

Sunday 9:00am 29 November ~ Volunteers

Saturday 6:00pm 5 December ~ Volunteers

Sunday 9:00am 6 December ~ Volunteers

CHESS CLUB Thursday mornings in the Year 4 classroom from 8:00am. It is a great opportunity for children to exercise their mind in strategy and game play. Students and teacher(s) are there to assist first timers. Check mate!

KEYED UP MUSIC Keyed Up Music will be teaching keyboard and guitar group lessons next year during school. Lessons start from \$18.65 for a group of 4. If you are interested in your child learning an instrument, ring Therese on 1300 366 243 or enroll at www.keyedupmusic.com.au/enrolment-form



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