

# ST MARTIN'S CATHOLIC PRIMARY SCHOOL

## NEWSLETTER

### LEADERSHIP NEWS

Dear Parents and Caregivers,

Our teachers are currently busy writing comments and finalizing their data for grading students for their End of Year Reports which will be sent home via SEQTA on Monday December 11th. Thank you to all parents who have registered their email address with SEQTA ENGAGE over the past few weeks. Class Placements are also currently being finalized throughout the school in readiness for notification being sent home of your child's class for 2024 on Monday, December 11th.

Last Friday evening at the annual ACHPER Dinner to launch PE Week for 2024, two of our teachers received an ACHPER Award for their wonderful efforts towards promoting running and regular PE participation at St Martin's. Congratulations is extended to Dylan George (Year 3 teacher) and Linda Gentilcore (Year 4 teacher) on behalf of our school community.

Congratulations to all 28 students who attended the Children's University Graduation Ceremony last Thursday evening at Bonython Hall. The Children's University program aims to provide high quality out of school hours activities to students, engaging the wider community as learning partners in this process.

An important principle of The Children's University is that participation is voluntary and it is intentionally something other than school. Activities must take place outside the normal school day during lunch, after school, weekends and holidays which each of our graduates accomplished this year. Thanks is extended to Alice Harding for coordinating the program this year which involved overseeing student passports throughout the year and ensuring that all activities met the University's expectations.



Last Friday, the school celebrated St Martin's Feast Day with a beautiful Mass hosted by 4G class and followed by St Martin's Idol. Congratulations to the Year 1 dance group who won the Junior Primary section and to the Year 4 dance group who won the Primary section. Special thanks is extended to Luke Williams for compering St Martin's Idol and keeping students engaged for the entire time, and to Alice Harding and Reine Bolding who were judges on the day.



Volunteers play a vital role in our school by assisting in a myriad of ways (e.g. excursions, coaching sporting teams, listening to students read, assisting in the Canteen and with gardening tasks and cooking activities) throughout the year. On Friday morning, there is a special assembly and morning tea to thank all of our volunteers who give of their time so generously. Whether it has been for a once off event / activity or for several events/ activities during school hours or after hours, all of our staff greatly appreciate volunteer support and contributions throughout the year.

St Martin's Annual School Concert is being held on Friday, December 1st commencing at 6:30pm on the oval. Gates will open at 5:30pm and families are invited to purchase food from the BBQ, drinks and ice-creams or a coffee from the Coffee van. Further information will be sent out closer to the day.

Thank you to all families who have returned their 2024 School Fees Payment Option Agreement Form – these are due back to the Front Office by no later than **Friday, 17th November 2023.**

A reminder that school concludes for 2023 on **WEDNESDAY, DECEMBER 13th at 3:00pm.**

Those families requiring Vacation Care during the Christmas holiday break will need to enrol their child/ren over the coming weeks. Vacation Care Information will be available from Week 6 for parents needing this service.

Wishing all families a wonderful fortnight ahead.

Christine Comas  
PRINCIPAL

## APRIM NEWS



### Volunteers Day

St Martin's will be celebrating and thanking all our volunteers this **Friday, 17 November**. Please join us for Assembly at 9am led by 4Mi and 4R and then morning tea in the School Boardroom.

### For Our Volunteers

We thank you,  
For all the great things you do.  
Large and small,  
They all have meaning  
To the families you help and to us.

One act,  
Can make all the difference.  
Like ripples in a pond  
Kindness spreads outward,  
Reaching and touching others  
And can change a life forever.  
The smiling faces we see, say it all...  
Thank you...you are our stars!

So, in our prayers of thankfulness this morning,  
We lift our faces toward you and express  
Much gratitude and praise for each and every  
volunteer.

We thank our heavenly Father for these grace-filled  
volunteers,  
They are rich blessings given to our community,  
For their compassionate hearts and helping hands.  
Bless the ever-giving love and generosity of these  
volunteers.....Amen.

### **Outreach - St Vinnies Christmas Appeal 2023**

Please support St Vinnies this Christmas by donating  
non-perishable items. Please bring your donations to  
school by **Tuesday, 5 December**.

Some ideas include:

Tins of ham or turkey, peas, beetroot, potatoes, bean  
mix or corn, long life custard, Christmas puddings, long  
life cream/milk, tins of fruit, jelly, sweet biscuits, savoury  
biscuits, pasta, pasta sauce, cereal, jam, vegemite, milo,  
toiletries, soft drinks, Christmas lollies, tea/coffee,  
wrapping paper, new toys.

### **Sustainability**

Our next committee meeting will be held on **Thursday  
23 November at 3:20pm** in the Staffroom. All  
parents/caregivers are welcome to attend.

### **Greenacres Walkerville Parish News**

Sacramental Program Dates

### **Family Mass Weekends**

Who:	Families
When:	Saturday 2 December at 6pm & Sunday 3 December at 9:30am
Where:	St Monica's & St Martin's Church

### **Reconciliation Liturgy & Celebration**

Who	Parents & Child + 4 Priests
When	Thursday 23 November 2023, 6pm
Where	St Martin's Church

### **Upcoming Diary Dates**

Week	Date	Time, Celebration & Hosting Year Level
5	Friday 17 November	9am – Assembly – Volunteers Day Years 4Mi & 4R hosting
6	Friday 24 November	9am Assembly Year 3G hosting
7	Friday 1 December	No Liturgy or Assembly 5:30pm Whole School Concert
8	Friday 8 December	9am Assembly Year 1B hosting
9	Wednesday 13 December	1pm End of Year Mass and Graduation Ceremony Year 6 hosting

All families are welcome to stay for a cuppa and a biscuit in  
the Boardroom after these events.

With God's Blessings over the coming term – Rose Valenti

*Thank You*

### **Music Thank You to Parent Network**

St Martin's Performing Arts Unit would like to sincerely  
thank the Parent Network for their generous donation  
of the Rolandxp30, the latest digitally synthesised  
electric Grand Piano.





## Physical Education Week

### What is Physical Education Week?

- Physical Education Week is organised by the Australian Council for Health, Physical Education and Recreation (ACHPER)
- It promotes that Health & PE teaching is integral to the learning and development of children and young people, and that all students have a right to receive quality physical education teaching and learning programs.
- To achieve this, opportunity must be provided to all boys and all girls in our schools



### Did you know....

- Recent Australian research shows that girls wearing dresses to school directly results in girls engaging in less physical activity?
  - For 2 weeks students wore formal uniform (dresses for girls, shorts for boys), and for 2 weeks they wore sports uniform (shorts for both)
  - Over this period the number of steps taken were monitored



Girls' physical activity levels were less when wearing a dress relative to shorts - no difference was seen in boys' activity levels in formal or sports uniform

### Australia's Physical Activity Guidelines for Children (5 – 12 years)

- Being physically active is good for their health and creates opportunities to make new friends, and develop physical and social skills
- Children should accumulate **at least 60 minutes of moderate to vigorous intensity physical activity every day**
- On at least **3 days per week** children should participate in activities that **strengthen muscle and bone** (good examples: skipping and jump rope, gymnastics, basketball, volleyball, tennis)



## THIS WEEK IS PHYSICAL EDUCATION WEEK!

PE Week is promoted annually by ACHPER (Australian Council for Health, Physical Education and Recreation) and hi-lights the importance of Health and PE, and opportunity for movement for all students in Australian schools.

Physical Education Week is held in Week 5 of Term 4 every year.

Being physically active is good for health, wellbeing, and creates opportunities for making new friends and developing physical and social skills.

**Congratulations Mr George and Ms Gentilcore, who both received ACHPER awards** at this year's PE Week launch and ACHPER Awards Dinner for their continued efforts towards promoting running and regular participation at St Martin's.

**Dylan** is an enthusiastic and committed running advocate. Dylan has been instrumental in establishing and maintaining the affectionately known "Mr George's Running Club". The Running Club runs every week of the school year - for all. Students from Reception and staff members are encouraged to, and regularly participate. The success of student participation has been reflected by increased numbers and performances at SACPSASA and SAPSASA Cross Country Carnivals including State Days.

**Linda** has dedicated 37 years to the coordination of Cross Country at St Martin's. Since 1986, Linda has encouraged the participation of more than 1200 runners, witnessed over 2500 kilometres of school-based, cross country racing, and supervised enough training runs to cover the distance from Sydney to Perth and back – twice!

## THANK YOU SPORTS VOLUNTEERS!

A sincere thank you to all the volunteers who have helped this year with sports teams and at sports carnivals. Without your help, many of the opportunities afforded to the students at St Martin's would not be possible. Your contributions are always appreciated.

## PE Week at St Martin's

- Students are allowed to wear PE uniform all week.
- On Friday, students can come dressed as their favourite sport / player / team.
- "Mr George's" Running Club will operate every morning before school (8am start on the school oval) – All welcome! Come out for a run or a walk and a chat.
- Different playtime activities, including:
  - Volleyball
  - Tennis
  - Badminton
  - Archery
  - Tag Rugby
  - Hula hoop and handstand competitions.

5. Themed days
  - Movement Monday
  - Target Tuesday
  - Wellness Wednesday
  - Team Thursday
  - Feel Good Friday

### **MR. GEORGE'S RUNNING CLUB**

Enthusiastic runners and some staff (usually 30-40 people) continue to attend Mr George's Running Club. Running Club is held from 8:00am-8:30am on Thursday morning. During PE Week, Running Club will operate Monday – Friday. All Welcome!

### **SUMMER NETBALL**

St Martin's has two Summer Netball Teams competing in this year's EDNA Summer Competition. Games are held on Friday evenings and training is held after school on Tuesdays. All players are expected to attend Tuesday after school training. Please contact your child's coach if they are unable to play on Friday evening. Thank you to the enthusiastic groups of coaches, managers, players and parents who have contributed to the ongoing success of netball this year.

### **ST MARTIN'S SPORTS UNIFORM RETURNS**

All borrowed St Martin's sports uniform, including running singlets, football jumpers, swimming towels, tennis shirts and netball uniforms must be returned immediately, washed and clean.

**These items are needed for upcoming activities and are presently being accounted for.**

Accounts for the replacement cost of missing garments will be issued shortly.

**Uniforms can be returned to 5R or the School Office, where they will be checked against a register.**

### **Upcoming Sports Dates**

#### **November**

**13 - 17** Start of PE Week (all students are permitted to wear PE all week)