



# SMJ NEWSLETTER

7 McLachlan Street, Horsham  
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Principal ~ Andrea Cox  
Deputy Principal ~ Michael Rowe  
School Advisory Council  
Chairperson ~ Heath Watson

Issue 3 20th February 2020

## Caring, Learning, Growing: Every Child, Every Day

Dear Families and Friends of the Ss Michael and John's Community,

Yesterday staff had a very productive day working with Anne Ruddell from the Catholic Education Office as we began the journey of developing a school-wide positive behaviour framework. This framework will assist in improving social, emotional, behavioural and academic outcomes for the children at SMJ. Work will continue at staff meetings throughout the year, supported by Anne.



We are beginning to see a pattern with many children coming in late at the start of the day. A reminder that school officially begins at 8.55 am. It is important that children have the time to connect with their friends, organise themselves for the day and be ready to learn. Even being five minutes late can cause anxiety and a reluctance to enter the space as they may be embarrassed.

Thank you to all the families who have activated their Parent Access Module. This is a one stop shop for parents to have access to the school calendar, newsletter, school reports, medical and contact information, and other parent notices. Student absences are also notifiable via PAM. As of today the newsletter will no longer be available via CareMonkey. At the end of the transition phase to PAM the Skoolbag App will also be discontinued. The newsletter will continue to be available from the school website. [www.smjhorsham.catholic.edu.au](http://www.smjhorsham.catholic.edu.au)

Included in today's newsletter is an article by Dr Jodi Richardson on the importance of spending quality time with kids. Throughout the year further articles will be included in the newsletter from the Parenting Ideas website. Resources from Michael Grose and other authors are available from our Parent Library located in the front foyer.

A gentle reminder that if you park in the drop off and pick up zone you are not able to be there for any longer than 5-10 mins. We ask that you respect this so that the flow of traffic in the front of the school can be maintained during the pick up hours especially.

Wishing all families a wonderful weekend.  
Andrea

**Please remember to return your checked and signed off on Family Summary Report to the school office. If you have misplaced yours could you please contact us and we will print another off for you.**

### Dates to remember over the next week...

Fri 21st	Assembly 1/2 Miss Henschke 50 c Icy Poles sold at Lunchtime
Tues 25 <sup>th</sup>	Student Pancake Breakfast 8am
Wed 26th	Ash Wednesday
Fri 28th	Assembly 3/4 Mrs Haulser 50 c Icy Poles sold at Lunchtime



## ★ STUDENT'S OF THE WEEK ★

**Eve E** because she is always listening and contributing in class.



**Wynter J** because she is always being a good role model and staying positive.


## ★ TEACHER OF THE WEEK ★

**Mrs Hausler** for being fair, making sure everyone is using one voice.



Well Done Eve, Wynter and Mrs Hausler.

OUR FIRST WHEELIE WEDNESDAY FOR THE YEAR  
WILL BE HELD ON WEDNESDAY 4th MARCH.

  
**WHEELIE  
WEDNESDAY**



## HAPPY BIRTHDAY TO...



Oliver B, Elza, Kynen,  
Connor W & Zac



## NEW DATE...

### Parents of children involved in doing their sacraments this year

Any students in year 3 and above who haven't completed their sacramental journey, there is a parent meeting Monday 24th February in the Parish Centre at 7pm. Children do not need to attend this meeting.

Thank you.

Alison McKinnon  
(Sacramental Co ordinator)



Ss Michael & John's  
Catholic School  
Parent Access Module

### COULD ALL FAMILIES PLEASE COMPLETE YOUR CHILD'S ACCOUNT IN PAM

Go to : [pam.smjhorsham.catholic.edu.au](http://pam.smjhorsham.catholic.edu.au)  
Sign in using your email and click forgot password if logging on for the first time.

Please contact the school office if you need any assistance.

When entering your child's medical details in PAM please ensure you supply us with at least 2 emergency contacts in the contact section.

## Spending time with kids: How much is enough?



The need to spend time with their parents differs for different kids. For some, there's no end to the time they'd spend with you. However, other kids feel differently. There's no right answer.

I'm fortunate to have the flexibility that allows me to spend a great deal of time with my children. However, my nine year old daughter wants to spend more time with me. My eleven year old son, on the other hand, is content either way.

### Australia ranks first

According to a recent study Australian parents rank number one among OECD countries (including most of Europe, North America, the UK and Finland) when it comes to spending time with their kids. The lion's share of this time is still invested by mums, but Australian dads are ahead of those from many other countries, averaging around 70 minutes a day with their children.

### The source of misplaced parental guilt

According to research published in the Journal of Marriage and Family, not spending enough time with children is the biggest source of parental guilt in Australia.

The researchers also found that it's quality, not quantity of time children spend with parents that's important for their emotional wellbeing, achievement and behaviour for kids aged 3-11 years. The researchers concluded that volume of time doesn't matter. It's much more important how time is spent with your children when you are together. This in no way advocates for absentee parenting. It's about making the most of the family time you have and reducing feelings of stress for you if you can't be around as much as you'd like to be.

Here are some ideas to help make sure you optimise the time you spend with your kids:

- Create a tradition of one-on-one time with each of your kids around an activity that you both enjoy, such as a cafe catch up over a milkshake, shooting hoops or playing a favourite board game
- Read regularly to each other, as these are special times of connection, especially in bed at night
- Eat meals together as a family so you can all catch up and connect - this is worth its weight in gold when it comes to quality time
- Pay attention to your children, watching for cues that they're in need of extra time with you
- Adolescents benefit from spending extra time with their parents. Through interactions with their parents teenagers can learn to make better decisions about their health, improve their academic achievement and experience better wellbeing
- Take an interest in their interests. Connect with your children through the activities that they value such as music, sport or games, even if they aren't hobbies you don't normally enjoy. Your kids will appreciate you making the effort and will respond accordingly
- Be present when you're with your kids. Research shows our minds can wander up to 47% of the time when we are with our loved ones. If you're present with our kids, you won't miss out on nearly half of that precious time.

Be mindful of the importance of unstructured time for kids. That is, time they spend playing alone or with siblings and friends. Play is essential for our kids' wellbeing and development. Play changes as our kids grow up but as long as whatever they're doing is child-led, it's play. This is the time to leave them to it.





ST JOHNS ANGLICAN CHURCH HORSHAM

FUND RAISING COMMITTEE

## CAR BOOT SALE

SATURDAY 14<sup>th</sup> MARCH, 2020

8AM — 1 PM

PARISH HALL CAR PARK, 158 BAILLIE STREET HORSHAM

Site holders enter via Andrew St, Exit via Baillie St

Site Fee - \$12 per car

Enquiries and bookings may be made by phoning:

SHIRLEY KERR : 5382 4704 / 0429 924 704

NOREEN ROITER : 53825100 / 0437 583 126

Bookings and payment to be made on or before Thursday 5<sup>th</sup> March  
A Produce Stall and Sausage Sizzle will also be included in the morning's activities.

ALL WELCOME!

**JUST FOR KIDS**  
AND BRING MUM AND DAD  
THEY CAN BOWL FOR THE SAME PRICE

**SCHOOL LOCKIN**

**FRIDAY 28<sup>th</sup> FEBRUARY**

**6.30pm till 9.00pm**

**Only \$12 per person**

**Unlimited  
TENPIN BOWLING**

**INFLATABLE GAMES**



### INTERNATIONAL WOMEN'S DAY 2020 CREATIVE WRITING COMPETITION

OPEN TO YOUNG PEOPLE ACROSS THE WIMMERA

12 – 18 YEARS OF AGE ENTRIES OPEN NOW

1st Prize \$300, 2nd Prize \$200, 3rd Prize \$100

ENTRIES CLOSE 1 MARCH 2020 AT 5PM

WINNING ENTRIES NOTIFIED BY 5PM ON 5 MARCH 2020

PRESENTATIONS 8 MARCH 2020 at the IWD

Breakfast at the Commercial Hotel Rupanyup

#### Conditions of entry.

Less than 500 words, must be a Wimmera resident between 12 & 18 years of age,  
must be your original work (no previous publications), must include the theme for this year's IWD celebration

EACH FOR EQUAL / EQUALITY

What does equality mean for you in your community? What can we do to improve equality across our communities?

Must be a creative writing piece (short story, fiction, non-fiction, poetry etc.)

EMAIL ENTRIES with your name & email address/contact information [admin@sparksbehaviourchangeconsulting.com](mailto:admin@sparksbehaviourchangeconsulting.com)

SPARKS BEHAVIOUR CHANGE CONSULTING IS A CHILD SAFE ORGANISATION

Horsham Mothers Day Classic presents

## BRITTANY RUNS A MARATHON

A young woman decides to make positive changes in her life  
by training for the New York City Marathon.

**Wednesday, March 18, 2020**

7.15pm nibbles upstairs Horsham Centre Cinema  
8.00pm movie start

\$30pp includes wine, bubbles, OJ or beer and nibbles

Limited tickets for sale at Lister House Clinic

Payment accepted by cash or cheque

Enquiries to Janine English 0408 291 928

[englishjanine@gmail.com](mailto:englishjanine@gmail.com)

All proceeds to Mother's Day Classic



## Wild Wimmera Kids competition - entries open

*Do you know a child who would like a private Wild Action Zoo experience with Chris Humfrey in Horsham?*

We are offering Wimmera child, with their family and up to three friends, a once-in-a-lifetime opportunity to meet Chris and his animals when he visits Horsham on Sunday March 8, 2020.

### Conditions for entry are:

1. The child lives in the Wimmera catchment area
2. The child is available to come to Horsham on the afternoon of Sunday March 8
3. Entries are open to children aged 12 years and under
4. We will only accept photo entries that are posted on social media by a parent, guardian or teacher

### Entering is easy!

All photo entries must be posted by a parent, guardian or teacher.

1. Take a photo of a child actively helping the local environment. It could be picking up rubbish, using a boomerang bag while shopping, planting trees, recycling, catching a carp or riding your bike or walking to school instead of using a car.
2. Upload the photo to Facebook or Instagram and tag Wimmera CMA, plus include the hashtag #WildWimmeraKids or #wildwimmerakids - this automatically enters the child into the competition draw.
3. Wimmera CMA will share the entries on our Facebook and Instagram pages, and we welcome others to share our competition posts on social media.

\* For us to view and share competition photos you need to select 'public' for the audience in your settings when you upload your photo entry.

**Entries close Monday February 24. A Wimmera CMA staff judging panel will select the winner who will be notified by Friday February 28.**



**#WILDWIMMERAKIDS  
COMPETITION**

Win a private meet & greet with  
Chris Humfrey & his animals  
during the Horsham Fishing  
Comp weekend

**MARCH 8**

**Enter  
Now!**

Wimmera CMA



### Horsham and District Soccer Club – Pre-Season Training has commenced

Mini Roo's – ages 6-11 – Will commence at Dudley Cornell park Wednesday 15 April 2020. Training Wednesday and Friday 5.30-6.30pm. Game Day's every second Sunday. More information to follow closer to Term 2.

GIRLS (aged 12-18) – For those girls who are not doing any sport at the moment, just want some training for school soccer or just want to have a fun kick with other girls but not play League

Competition, come to Dudley Cornell Park from Wednesday 15 April 2020 5.30-6.30. Please contact Helen Hawken 0418 502 655 for more information.

Under 12's League Team (Born in 2008) – Places still available – be quick – pre-season training is at Lanes and Games on Wednesday evenings 6.00-7.00pm. Bring \$3.00, sandshoes, not boots and a water bottle. League games commences in April with training Wed's and Fri at Dudley Cornell Park and game day Sunday. Home games Dudley Cornell, away games mainly Ballarat. For more information please contact Helen Hawken 0418 502 655

Under 13's League Team (Born in 2007) – Team is now full. However, will accept registrations for those who are interested in training in case of a cancellation in main U13 League Team. Preseason training details same as for U12's. Contact Danielle Stevenson 0429 810 35.

Under 15's (Born in 2005-2006) – the Club welcomes all new interested players in this age group to begin training in 2020 in readiness for League in 2021. Pre-season training at Dudley Cornell park Monday and Friday 6.00-7.30pm. Call Helen Hawken 0418 502 655

Under 17's League Team (Born in 2003-2004) – Limited places still available – be quick – pre-season training at Dudley Cornell park Monday and Friday 6.00-7.30pm. Call Gavin McRoberts 0431 266 007

Seniors – League Team – Limited places available – pre-season training at Dudley Cornet park Monday and Friday 6.00-7.30pm. Contact James Hibbard 0437 621 721

# DATES TO REMEMBER AT SMJ 2020

FEBRUARY		
Fri 21 <sup>st</sup>		Assembly 1/2 Miss Henschke
		Icy-poles for sale at lunch time - 50c each
Tues 25 <sup>th</sup>	8.00am	Shrove Tuesday—Pancake Breakfast
Wed 26 <sup>th</sup>		Ash Wednesday
Fri 28 <sup>th</sup>		Assembly 3/4 Mrs Hausler
		Icy-poles for sale at lunch time - 50c each
MARCH		
Wed 4 <sup>th</sup>		Wheelie Wednesday
Fri 6 <sup>th</sup>		Assembly Prep Mrs Haase
		Talent Show
		Icy-poles for sale at lunch time - 50c each
Mon 9 <sup>th</sup>		Labour Day Public Holiday
Fri 13 <sup>th</sup>		Assembly Prep Miss Marr
		Ride to School Day
		Icy-poles for sale at lunch time - 50c each
Thurs 19 <sup>th</sup>		Harmony Day
Fri 20 <sup>th</sup>		Whole School Sports Day ~ Dudley Cornell <b>NO ASSEMBLY</b>
Mon 23 <sup>rd</sup> to Wed 25 <sup>th</sup>		Year 4 Camp
Fri 27 <sup>th</sup>		Last Day of Term 1 <b>NO ASSEMBLY</b>
APRIL		
Tues 14 <sup>th</sup>		First Day back for Term 2






## 2020

**THURS 16 – SUN 19 JULY**  
 New Vision New Sections New Program Arriving Soon  
 entries open april 2020 via Stardom  
**HORSHAM TOWN HALL**  
[www.facebook.com/wimmeraeisteddfod](http://www.facebook.com/wimmeraeisteddfod)



NAB AFL Auskick is one of the best, first experiences kids aged 5-12 will have learning Australian Football.

In weekly sessions, Auskickers and their families will run, jump, kick, laugh and create their own special moments playing footy.

No matter their skill level, ability or knowledge of the game, Auskick is for everyone!

**Registration is this simple!**

- 1  Visit [play.afl](http://play.afl)
- 2  Select 'Where to play'
- 3  Enter your suburb
- 4  Find your local club and register!

[play.afl/auskick](http://play.afl/auskick)



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**WEDNESDAY STEAK &**



Kids get FREE \*  
• Soft Drink  
• Dessert  
• Activity Bag  
• Face Painting  
• New Jumping Castle  
\*Some conditions apply

300gm Steak  
**\$24**  
Choice of Sauce \*

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