



St Ambrose Parish School



Centred by Faith, In Partnership with Community
We Provide Excellence in Learning

Respectful Responsible Resilient Kind

St. Ambrose School

Acknowledgment of Country
We acknowledge the Dja Dja Wurrung peoples of the Kulin Nation as the traditional custodians of the land we learn, play, meet and live on. We pay our respects to elders past, present, and emerging and say thank you for sharing this beautiful country.



A Prayer for Peace & Healing

May I be at peace.

May my heart remain open.

May I be aware of my true nature.

May I be healed.

May I be a source of healing to others.

May I dwell in the
Breath of God.

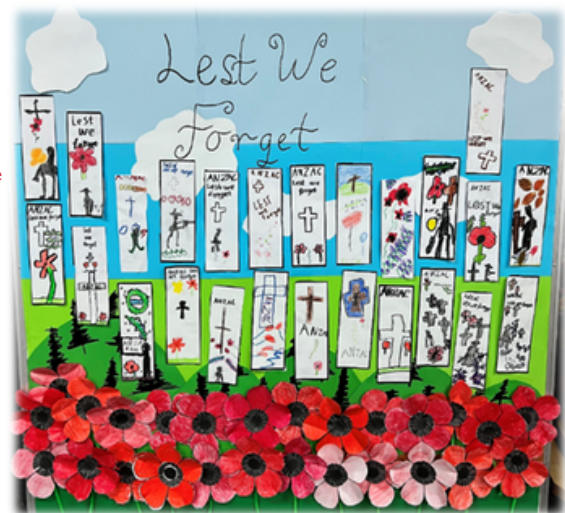
—SAINT TERESA OF AVILA



"Acknowledging the good that you already have in your life is the foundation for all abundance"—Eckhart Tolle



We hope to see many of you at the ANZAC Day March this Thursday. Details are later in this edition.



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Term 2 dates

| | |
|--|--|
| Monday 22 April 2024 | Social Justice Team visit BUPA Aged Care 10-12pm Assembly (1/2CM leading) 3.00pm Football Victoria Soccer Sessions 3.45-4.45pm |
| Tuesday 23 April 2024 | Grade 5/6 excursion to Sovereign Hill |
| Wednesday 24 April 2024 | Canteen opens |
| Thursday 25 April 2024 | ANZAC Day March – 11.30am (refer newsletter 22.3.24) ANZAC Day Public Holiday |
| Monday 29 April 2024 | Football Victoria Soccer Sessions 3.45-4.45pm |
| Tuesday 30 April 2024 | Wild Action Zoo – Grades 3/4 - 9-12pm |
| Wednesday 1 May 2024 | Grade 5 visit to Sacred Heart College |
| Friday 3 May 2024 | Caritas Longest Coin Line |
| Monday 6 May 2024 | Football Victoria Soccer Sessions 3.45-4.45pm |
| Tuesday 7 May 2024 | School Open Morning for prospective families 9.30-10.30am Cobaw District Cross Country Hanging Rock Grades 3-6 |
| Wednesday 8 May 2024 | Mother's Day refreshments 2-3pm Mother's Day Liturgy 3-3.30pm |
| Thursday 9 May 2024 | Ambrose Care Meeting in the Church 7.00pm |
| Friday 10 May 2024 | National Walk Safely to School Day |
| Sunday 12 May 2024 | Mother's Day |
| Monday 13 May 2024 | Pupil Free Day – Staff Literacy PD Football Victoria Soccer Sessions 3.45-4.45pm |
| Tuesday 14 May 2024 | Cobaw Soccer Grade 5/6 |
| Friday 17 May 2024 | Division Cross Country Castlemaine Junior Years Mass – Prep-Grade 2 9.30am |
| Saturday 18 May 2024 | Confirmation Commitment Mass 6.00pm |
| Sunday 19 May 2024 | Confirmation Commitment Mass 11.00am |
| Monday 20 May 2024 | Cobaw Winter Sports Grades 5/6 Football Victoria Soccer Sessions 3.45-4.45pm Confirmation meeting with Denise Arnel 6.30pm |
| Thursday 23 May 2024 | Middle Years Mass – Grade 3/4 9.30am |
| Saturday 25 May 2024 | Confirmation Commitment Mass 6.00pm |
| Sunday 26 May 2024 | Confirmation Commitment Mass 11.00am |
| Monday 27 May 2024 | Football Victoria Soccer Sessions 3.45-4.45pm |
| Tuesday 28 May 2024 | Regional Cross Country St Arnaud |
| Thursday 30 May 2024 | Grade 3/4 Kids Helpline online "Friendship" session 9.15-10.15am |
| Monday 3 June 2024 | Football Victoria Soccer Sessions 3.45-4.45pm |
| Thursday 6 June 2024 | Senior Years Mass – Grade 5/6 9.30am |
| Monday 10 June 2024 | King's Birthday Public Holiday Football Victoria Soccer Sessions 3.45-4.45pm |
| Thursday 13 June 2024 | Grade 1/2 Woodend Vet Clinic visit |
| Wednesday 19 June 2024 | SAC Meeting 9.15-11.15am |
| Thursday 20 June 2024 | Sacrament of Confirmation Practice 11.45-12.45pm |
| Sunday 23 June 2024 | Sacrament of Confirmation 1.00-2.00pm |
| Tuesday 25 June 2024 | Curriculum Information Session for prospective families 5.30-6.30pm |
| Friday 28 June 2024 | End of Term Mass 9.30am Students dismissed 2.30pm |
| Saturday 29 June 2024 - Sunday 14 July 2024 | Term 2 School Holidays |
| Monday 15 July 2024 | Pupil Free Day – Staff TIL |
| Tuesday 16 July 2024 | Term 3 commences School swimming program - 1/2CM 12.30-1.15pm, 1/2O 1.15-2pm, 1/2S 2-2.45pm |
| Wednesday 17 July 2024 | School swimming program - 1/2CM 12.30-1.15pm, 1/2O 1.15-2pm, 1/2S 2-2.45pm |

Message from the Principal

Dear families, parishioners, and friends,

Our children have had a very settled start to the term.

Following some time to catch up with each others news and term break escapades they have immersed themselves in their learning! It is easy to practice gratitude when you are working with children. There have been so many “DIS” (Resilience Project) moments to celebrate this week as you will see in the photos. It was great to see so many of you at our cross-country event on Tuesday. All of our students did their best and completed the course whether running was their strength or not. Congratulations children!



This week we flew our flags at half-mast in honour of the six victims at the Westfield shopping centre in Bondi. We hold in our hearts and prayers all who are experiencing loss and disbelief in the face of the recent shocking tragedies. For guidance on helping children cope with the impact of disaster-related news coverage, you can visit:

[Trauma and Grief Network website.](https://www.rch.org.au/kidsinfo/fact_sheets/Discussing_distressing_news_events_with_children/)
Royal Children's Hospital

https://www.rch.org.au/kidsinfo/fact_sheets/Discussing_distressing_news_events_with_children/

Child Mind Institute <https://childmind.org/topics/trauma-grief/>
Tragic Events and Community Violence <https://psychology.org.au/for-the-public/psychology-topics/tragic-events-community-violence>

<https://cevn.cecv.catholic.edu.au/COMS/2024/0419/viewing-distressing-content>

On a happier note it's wonderful to know that while our fete focus was on providing free activities for families and enabling some good old-fashioned fun, we were still able to raise just over an amazing 17,000 dollars! The school's priority, for the funds received this year, is to purchase a portable PA system which is effective outside as well as contribute to adding colourful interactive games in our playground. We aim to see the new playground markings ready for use by our students by the middle of this term.

We hope to have our new PA system by then too!

On behalf of the Fete Committee, Sponsors, and Stall Holders, I wish to take this opportunity again to thank each of you for your personal support & participation in this year's St Ambrose Community Fete.

Comments like; "It was such a relaxed day where I could connect with family and friends and enjoy the lovely surroundings and stalls on offer", and "It was great that I didn't need to keep saying no to my children as the activities were affordable. The children could go back for as many turns as they wanted", was the experience of many that volunteered or participated in the day in one way or another.

Your generosity, support, donations, sharing of resources, and time given to our fete day made it a beautiful celebration of community and a memorable day.

We are truly grateful & humbled by the kindness & generosity of YOU ALL.

Cross Country Sports Congratulations!



The weather was just right again on Tuesday being just the right temperature for our cross-country running. Pictured above are our Mercy captains making their victory speech! It was heartwarming to observe the older students encouraging and supporting the younger students throughout the day. Whilst our capable runners could challenge themselves to achieve faster timings others' challenge was to make the distance. Thank you Mrs. Cavric, teachers and our parent helpers who made this day such a success.

ANZAC March-Save the Date

St Ambrose is represented each year in our local ANZAC march. We encourage students and families to attend. Our school captains Ava and Elijah will lead the march carrying our school banner. You can assemble on the High St slip road outside Bradley's Curtains at 11.30 am where we will begin marching. We ask that our students wear their school uniform (summer or winter depending on the weather). The Service - will commence at the RSL at 12pm noon.

Website

When you visit our website you will notice that we have been working on updating it and making it easier to navigate. We will continue to do this on an ongoing basis.

Facebook

In addition to the website and weekly newsletter, which we hope you make time to look at each week, we will be opening a facebook page in the coming two weeks as a means of sharing some of our activities with the wider community.

Our Canteen is Opening with your Help!

We are re-opening on April 24th! Thank you to those parents who have volunteered their time to help this term. Note that if you can't make it to your shift you will need to arrange a swap. Please read through the information later in this newsletter and contact the office if you can fill one of the remaining timeslots.

Check out our great menu designed to keep costs and preparation time down all while giving our students appealing choices. We are very happy that Katie Desira is taking on the job of canteen co-ordinator. Katie has qualifications and experience and has cooked canteen meals as a volunteer for the last couple of years. It is our aim to bring in enough income from our canteen to cover the cost of running it which will include paying Katie for the hours she cooks.

2025 Enrolments are Now Being Taken

We encourage anyone who is considering enrolling their child in 2025 to make contact from now. It is great that we have so much interest in our school. I am available to give tours via appointment to those interested.

School Open Days

Now that the building works are complete (almost) we can have open days. I have scheduled two of these. The first is on Tuesday 7 May at 9.30-11.00 am. The second is on Wednesday 7th August 2024: School Open Morning 9.30 am – 11.00 am.

Our school leaders will show visitors through the school. Classes will run as normal on these mornings.

Year 5-6 Sovereign Hill Excursion

On Tuesday our 5-6 students will visit Sovereign Hill as part of their introduction to Term 2 Genre Writing (The Gold Rush) and their Inquiry Unit (Migration: Australia Our Country). They will spend the day focusing on the 1850's gold rush heritage and the environment. Amongst many activities, students will have an opportunity to explore the Chinese Camp fields, pan for gold, tour Red Hill Mine, watch gold pouring, candle making, and watch the tinsmith in action.

We hope they thoroughly enjoy this day.

Mother's Day-Special Persons Liturgy & Afternoon Tea

Make sure that you have Wednesday 8 May at 2.00pm marked in your diaries. We look forward to welcoming our mothers and special people for afternoon tea followed by a liturgy and family games in classrooms.

Parent Helper Refresher Course

If you are due to do a parent helper refresher course (every three years) please email Debbie Geisler who will make contact with you when the next session will be run. debbie.geisler@sawoodend.catholic.edu.au



Uniform in Term Two

From week three, Monday 29 April all students should wear their full winter uniform and sun hats don't need to be worn. Given we allow ventilation of the rooms we ask that students bring their soft shell jackets or jumpers. You can also purchase a navy jacket from Hip Pocket which is warm and water-resistant if your child would like to add a further layer. We thank you for supporting your child to wear the correct uniform which is school policy.

School Advisory Council Members



RILLA ELLEN JODIE MIKE MICHELLE

Pictured above are our school advisory council members who offer another point of contact for you to communicate with us on school matters. Our next meeting will be on Wednesday 17th April.

SAC Meeting

We met as a School Advisory Council on Wednesday morning this week. Part of our meeting looked at the new MACS Vision for Instruction. I shared information last term about this. You can look at the document via the following link:

We also discussed the rollout of our parent contribution to the school initiative. As communicated in term four last year, we ask that each family give a minimum of two hours each term of their time to create a vibrant school community. Thank you to all of our parents who give so generously of their time. Last term's fete would not have been possible without your efforts. Many of you have given way beyond the two hours already. If you haven't had an opportunity to assist yet there is plenty of time and opportunity! We will send out an Operoo next week with details on how you can assist this term. All families will be invited to let us know how they can give two hours this term in this document. THANKYOU;}

Next Newsletter

Our next newsletter will be published on Friday, 3rd May.



Bronwyn Phillips
Principal



Canteen News

ST AMBROSE CANTEEN MENU

RECESS

| | |
|--|--------------|
| Fresh Fruit of the Day* | \$1.50 |
| Popcorn | \$1.50 |
| Plain Rice Crackers with Cheese | \$2.00 |
| Greek Yoghurt with Homemade Berry Compote | \$3.00 |
| Variety of Homemade Treats, Muffins, Cookies & Slices* | \$2 - \$2.50 |
| Allergy Friendly Options Available | |
| *See Flexischools for this weeks opinions | |



LUNCH TIME

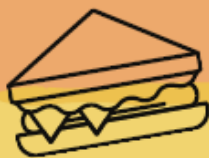
Sandwiches, Wraps and Toasties

| | |
|------------------------------|-------------|
| Cheese Sandwich | From \$2.50 |
| Cheese & Tomato Sandwich | From \$3.00 |
| Ham & Cheese Sandwich | From \$3.50 |
| Salad & Mayo Wrap | \$3.50 |
| Ham, Salad & Mayo Wrap | \$4.00 |
| Chicken, Lettuce & Mayo Wrap | \$4.50 |

Hot Food

| | |
|--------------------------------------|--------|
| Steamed Dim Sim | \$1.20 |
| Party Pie | \$1.20 |
| Mini Spinach, Ricotta and Fetta Roll | \$1.50 |
| Chicken Nuggets | \$3.50 |
| Hot Dog | \$4.00 |
| Meat Pie | \$4.00 |
| Pasta Bolognaise - Homemade | \$6.00 |
| Pasta Napolitana - Homemade | \$6.00 |

Super Sushi - See Flexischools for their available options and pricing.



GLUTEN & DAIRY FREE

| | |
|--|--------------|
| Fresh and Toasted Sandwiches | From \$3.80 |
| Gluten Free Chicken Nuggets | \$4.50 |
| Gluten Free Meat Pie | \$6.00 |
| Pasta Bolognaise (GF/DF) - Homemade | \$6.50 |
| Pasta Napolitana (GF/DF) - Homemade | \$6.50 |
| Cookie and Muffin of the Day* | \$2 - \$2.50 |
| *Available for ordering at recess only | |

DRINKS

| | |
|------------------------------------|--------|
| Apple and Blackcurrant Fruit Drink | \$1.50 |
| Orange Burst Fruit Drink | \$1.50 |
| Chocolate Milk | \$2.50 |



There are a few treats left over from the Fete.

Look out for these specials when you order online.

Orders are placed online through Flexischools.



We are excited to have our canteen back in operation next Wednesday 24 April 2024!

A lot of work has been done behind the scenes on a fresh new menu with a variety of choices we hope the children will love. We have fresh food items, hot food, homemade treats and allergy friendly choices.

Some other changes to look out for and familiarise yourself with is the delivery of items to the classrooms. We have now separated the menu into Recess and Lunch deliveries. Recess items are only available for delivery to class at morning recess and lunch items only available for delivery at lunch. This will allow those children who may otherwise miss out on ordering a treat to get something small at recess whilst still being able to eat all of their lunch.

We also hope this will help our parents, carers and lunch makers when the 'snack drawer' supplies at home are depleted, it happens even in my own home!

← Check out our new menu.

As always Super Sushi is available to order on canteen days, see Flexischools for their menu range and pricing. Subway is available to order every Friday.

Without dedicated volunteers it is hard to operate our canteen. I have been cooking homemade items every Tuesday in the St Ambrose Canteen for the past few years, however, I have not been able to meet many of you who volunteer on a Wednesday.

Starting next term I will also be in the canteen on Wednesdays. Thank you to those parents who have offered to assist this term.

Looking forward to being back.
Katie (Canteen Co-ordinator)

Shifts to be filled

| | |
|---------------|------------|
| Wed. 24.04.24 | 9-11am |
| Wed. 29.05.24 | 12-2pm |
| Wed. 12.06.24 | 12-2pm x 2 |
| Wed. 16.06.24 | 12-2pm |

Please email the office if you can assist.
office@sawoodend.catholic.edu.au

Thank you.

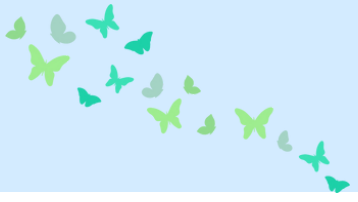


Prep T Classroom Feature



This week the Preps have had a busy but great start to Term 2!
We have enjoyed spending time outdoors, playing with friends and lots of hands-on learning.





AROUND THE SCHOOL



AROUND THE SCHOOL



**HAPPY
BIRTHDAY**

| | | |
|----|-------|----------|
| 22 | April | Haley C |
| 24 | April | Jim G |
| 29 | April | Walter G |
| | | Cooper L |
| | | Ava R |



THE RESILIENCE PROJECT™

Empathy

Working on empathy helps us to identify, understand and feel what another person is feeling. When we show empathy or we do something kind for someone else our brain releases oxytocin. This leads to increasing our self-esteem/confidence, energy levels, positivity and overall happiness.

Whole Family Activity:

Neighbourhood Kindness Challenge

As a family, choose an act of kindness from the list below that you would like to do for a neighbour or family friend. Each family member can select one to commit to, or you can choose to do one together.

- Cook them something delicious like a cake, hotbread, or cookies.
- Write a note to put in their letter box thanking them for being a great neighbour or friend.
- Design them a Thank You card.
- Pick or buy some flowers to deliver to them.
- Choose a little plant from your garden to give them.
- Make them a gift from things around your house.
- Offer to do a job for them, like wash their car or water their garden.
- Offer to take their pets for a walk.
- Invite them over for afternoon tea.
- Invite them on a walk.
- Recommend one of your favourite books to borrow and read.
- Ask them if they need anything from the shops next time you buy groceries.
- Say hello next time you see them, and ask them how their day is going.
- Feel free to do more than one and spread the kindness even further!
- Report back to each other in one week and share how your acts of kindness were received, and how doing them made you feel.

Family Habit Builder:

Every night at dinner, have each person thank another family member for something they've done or said today, or give another family member a compliment.



JOIN THE CELEBRATION OF ALL THINGS

Faith & Family

Prayer for Peace: Excerpts from Pope Francis

Lord, God of Abraham, God of the Prophets, God of Love, you created us and you call us to live as brothers and sisters. Give us the strength daily to be instruments of peace; enable us to see everyone who crosses our path as our brother or sister. Make us sensitive to the plea of our citizens who entreat us to turn our weapons of war into implements of peace, our trepidation into confident trust, and our quarreling into forgiveness.

Keep alive within us the flame of hope, so that with patience and perseverance we may opt for dialogue and reconciliation. In this way may peace triumph at last. Lord, defuse the violence of our tongues and our hands. Renew our hearts and minds, so that the word which always brings us together will be “brother”, and our way of life will always be that of Peace!

Amen.



Gospel Reflection: Luke 24:35-48

Have you ever felt God’s presence? Has He ever whispered a thought to you?

Some people cannot even begin to fathom such events without questioning their mental state, but it is my hope that you can answer yes. You see, just as Jesus said “peace be with you” to the disciples, He says the same to each of us every single day.

Think about the power of those words. Every single day, before you awake, Jesus is offering you the gift of peace.

It is a gift that is easy to forget. How often do you start your day focused on tasks - alarm, kids, breakfast, commute, meetings, dinner, practice, evening commitments? So often, peace is not even a thought until we are exhausted.

Peace is what brought Jesus to us. God loved this messy world so much that He sent His Son to bring peace.

Listen to Jesus. Start your day with peace. Share it with your family. Infuse it in your workplace. Let it calm your commute. Use it to influence your community. Let peace flow out of you, into the world. The world needs more peace. Be a part of it.

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| Date | Details | Time |
|-----------|--|----------|
| 3rd May | Caritas Longest Coin Line (Gr 6 Faith Leaders) | 2:45 pm |
| 8th May | Mothers' Day (Special Persons) Liturgy | 3:00 pm |
| 18th May | Confirmation Commitment Mass | 6:00 pm |
| 19th May | Confirmation Commitment Mass | 11:00 am |
| 20th May | Confirmation Night with Denise Arnel | 6:30 pm |
| 23rd May | Middle Level Mass (Grades 3/4) | 9:30 am |
| 6th June | Senior Level Mass (Grades 5/6) | 9:30 am |
| 20th June | Sacrament of Confirmation Practice | 11:45 am |
| 23rd June | Confirmation | 1:00 pm |
| 28th June | End of Term 2 Mass | 9:30 am |

Action:

Look for opportunities to bring peace in conversation or everyday dealings with others. Employ silence or humour to deescalate tensions if you've got a gift for it. Or just change the subject!

Wondering:

What can I do to start my day focused on peace?



COMMUNITY NEWS

Yoga for the Family

Explore yoga practices to connect with mind, body and breath including asanas (physical poses) and pranayama (breath work).

This practice will invite steadiness, confidence and mindfulness into life - a lovely way to enjoy sharing the gift of time together!

Wednesdays during term time: 4.30pm - 5.30pm

Each class costs \$30 (for two people - one primary school aged child and one carer).



This flow embraces the practice of asanas (physical poses) and pranayama (breath work) as a foundation to explore how balance, strength, flexibility and focus on the mat can help create ease and peace off the mat.

The shared time also explores how mindfulness and mediation can enhance adaptability and balance through the seasons of life.

Wednesdays during term time: 6pm - 7pm

Each class costs \$30 (for two people - one primary school aged child and one carer).



Woodend Neighbourhood House
47 Forest Street, Woodend VIC 3442

For more information, visit www.woodendnh.org.au



Happy, Healthy Minds

MEDITATION FOR SCHOOL CHILDREN

What's it all about?

Happy Healthy Minds Meditation is aimed at school aged children between the ages of 5 to 11 years. The four week course is filled with fun ways of using meditation techniques that help develop attention whilst encouraging kindness, compassion, and self-knowledge. Mindful awareness promotes physical and mental well-being as well as character and ethical development.

Many people, including children, find that meditation just makes them happier. Parents and younger siblings are encouraged and most welcome to attend along with their child/children.

Term 2 Information

This four week course will run on a Wednesday evening between 4.15pm and 5pm at the Woodend Neighbourhood House. The first session will be on Wednesday 1 May and the last will be on Wednesday 22 May. The cost for the four week course is \$40 per participant.

TO MAKE A BOOKING

- Visit our website: www.woodendnh.org.au
- Pop into the House between 9am - 3pm Mon-Fri
- Give us a call on 5427 1845
- Drop us an email: reception@woodendnh.org.au

Did you know 3 and 4 year old kindergarten is free?

Register now for 2025 kindergarten and give your child the best start to their learning journey at one of Council's 8 kindergartens in the Macedon Ranges.

Our kindergartens have highly qualified and experienced early childhood Teachers and Educators and, with their beautiful natural features and outdoor play areas, are rich in nature-based and creative learning experiences.

For more information on when your child is eligible to start kindergarten, and guidance on making an informed decision about when is best to start, go to mrsc.vic.gov.au/kindergarten

Register online by 31 May 2024
Visit mrsc.vic.gov.au/kinder-rego or call our Enrolment Officer on (03) 5422 0239



COMMUNITY NEWS

Hands on activities, showbags and displays.

Information sessions with Principal Dr Darren Egberts and the Year 7 transition team.

Come along and join in the fun.



Book Online:

shckyneton.catholic.edu.au



OPEN EVENING

APRIL 22, 4PM - 8PM



Open Evening is a fantastic opportunity for prospective students and parents to see the breadth of learning opportunities offered by a Sacred Heart College education.

YEAR 7 2026 APPLICATIONS

Salesian College Sunbury



TO PARENTS OF STUDENTS CURRENTLY IN GRADE 5

Here at Salesian College Sunbury we are proud of our relationship with our neighbouring schools and communities. We work together to provide a quality Catholic education to the young people of Sunbury and surrounds. We celebrate life and faith, prepare students to contribute positively, and provide opportunities to achieve excellence.

We would love to see you as part of our Salesian family.

Did you know that now is the time to apply for a place at Salesian College Sunbury in Year 7 2026? Applications are being accepted and close on Friday 16 August 2024.

[Visit our website, or click here to apply.](#) The online application form can be started, saved, and completed at any time. I invite you to visit our College website for all other information.

Our website also features a [virtual tour](#) where you can explore what makes us so unique and 'A Home that Welcomes'.

First round interviews for Year 7 2026 places will be conducted in early September 2024 and offers will go out on Friday 18 October, with acceptances due Friday 8 November 2024. An interview booking link will be supplied to all applicants soon after the closing date.

If you require further information, please contact our College Registrar (03 9744 0000 - option 4).

Mark Brockhus
Principal - Salesian College Sunbury

BOOK A TOUR



MEET & GREET



CATHOLIC SCHOOLS, ONE COMMUNITY

salesiansunbury.vic.edu.au | 03 9744 0000 | registrar@salesiansunbury.vic.edu.au