Term Three, Newsletter 22, Friday 18th October 2024



St Ambrose Primary School

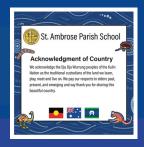


Centred by Faith - In Partnership with Community -We Provide Excellence in Learning



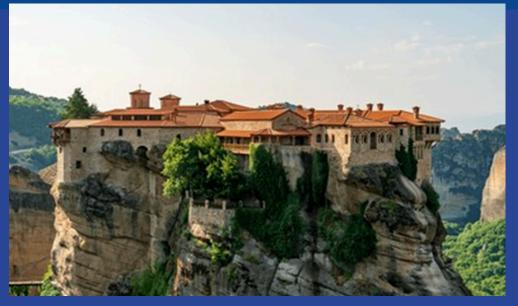






Psalm 46:10





To know yourself as the Being underneath the thinker, the stillness underneath the mental noise, the love and joy underneath the pain, is freedom, salvation, enlightenment. **Eckhart Tolle**



Message from the Principal: Pg 2-4 3/4TW Feature: Pg 5 Around the school: Pg 6 School Events: Pg 7 Student News: Pg 8-10 Mental Health & Wellbeing: Pg 11 Faith & Family: Pg 12 Community News: Pg 13-14

Monday 7 October 2024	Term 4 commences	
Tuesday 8 October 2024	Recess canteen closed	
Wednesday 9 October 2024	SAC meeting 9.15am	
	AFL Roadshow incursion	
Monday 14 October 2024	Region Athletics Bendigo	
Wednesday 16 October 2024	Assembly 2.45pm	
Friday 18 October 2024	STAM Day for senior students	
Monday 21 October 2024	Division Basketball Grade 6 boys Castlemaine	
Thursday 24 October 2024	day 24 October 2024 Grade 3/4 Mass 9.30am	
Friday 25 October 2024	World Teachers' Day	
Wednesday 30 October 2024	Buddies Mass 9.30am	
	Assembly 2.45pm	
Friday 1 November 2024	Grade Prep, 1/2 Mass 9.30am	
Monday 4 November 2024	School Closure Day – Report writing	
Tuesday 5 November 2024	Melbourne Cup Public Holiday	
Thursday 7 November 2024	November 2024 Grade 5/6 Mass 9.30am	
Wednesday 13 November 2024	Prep Orientation Session 1 - 9-10am	
	Grade 6 transition day at St Mary's Lancefield	
	Assembly 2.45pm	
Wednesday 20 November 2024	Prep Orientation Session 2- 9-10am	
	Advent Paraliturgy week 1 – 2.45pm	
Friday 22 November 2024	Junior school Zoo excursion	
Wednesday 27 November 2024	Assembly 2.45pm	
	Advent Paraliturgy week 2 – 2.45pm	
Monday 2 December 2024	Advent Paraliturgy week 3 = 2.45pm	
Tuesday 3 December 2024	Prep Orientation Session 3 = 9-11am	
	Step up day = 9-11am	
	Parent Helper Training 9am	
	Advent Paraliturgy week 4 – 2.45pm	
Wednesday 4 December 2024	SAC meeting 9.15am	
Thursday 5 December 2024	Family Christmas Carols and Picnic on the oval 5-7pm	
Saturday 7 December 2024	Feast of St Ambrose	
Monday 9 December 2024	Prep Nativity 2.45pm	
	Grade 6 Graduation Liturgy/Ceremony 6pm	
Wednesday 11 December 2024	End of Year Mass (9.30am) and St Ambrose STEM activities	
	Assembly 2.45pm	
	No Canteen	
Thursday 12 December 2024	Year 6 excursion to Splash Waterpark	
	Grade 3/4 Lady Northcote Camp	
Friday 13 December 2024	Grade 3/4 Lady Northcote Camp	
	Last day of school – students dismissed at 3.30pm	
Monday 16 December 2024	Numeracy Testing (by appointment via Opergo)	
Tuesday 17 December 2024	Numeracy Testing (by appointment via Opergo)	
Wednesday 18 December 2024	School Holidays commence	

Message from the Principal

Dear families, parishioners, and friends,

The term has comenced with vigour and vitality! The classrooms are settled and the children are engaged in their learning. It is great to see them all and witness the progress they have made! I am so happy to be back at St. Ambrose and working with you all again. My time overseas reinforced how fortunate we are in this country and here at St Ambrose.

The journey I took with fellow principals on pilgrimage following in the footsteps of St. Paul through Greece was a deeply spiritual experience. Picking up from what I shared in our previous newsletter I'll aim to apply and put some of my learning in context. Places which moved me were Meteora, a breathtaking site known for its monasteries perched on rocky spires in north western Thessaly. Though the monasteries date back to the early 14th century, the history of monastic life in Meteora stretches back to the 11th century when the first monks sought refuge in its serene and remote cliffs. These unreachable peaks of the suspended rocks in the 11th century and later formed the Skete of Doupiani.

The monks living in the Meteora Monasteries lead a unique and ascetic lifestyle deeply rooted in Orthodox Christian tradition. Their role and way of life are centred around spiritual devotion, self-sufficiency, and a commitment to preserving the monastic heritage of the region.

Veria was another special place where we saw the "Tribune of Apostle Paul," a monument marking the place where St. Paul preached Christianity to the people of the region. The site is adorned with beautiful mosaic hagiographies and features a statue of St. Paul, a gift from Moscow. St. Paul visited Veria in both 50 AD and 57 AD, where the open-minded reception of the people played a significant role in establishing Christianity in Greece.

Philippi in Macedonia, where we visited the river where Lydia, a merchant of purple cloth, was baptised by St. Paul in 49 or 50 AD was also significant. Lydia, mentioned in Acts 16:11-15, was the first Christian convert in Philippi. We spent time in prayer and reflection by the peaceful River Zygatis, renewing our Baptismal promises. In the afternoon, we reached the Agora of Philippi, the administrative heart of the Roman city. It was here that St. Paul preached and was later imprisoned alongside St. Silas.

Walking these historic grounds was a powerful reminder of the endurance of the people and the spread of the early Christian faith. The lovely Holy Island of Patmos, part of the Dodecanese is the island where St. John wrote the Book of Revelation, and it is often referred to as the "Jerusalem of the Aegean" due to its profound atmosphere during Christian celebrations.

The children have been curious about my time away so I am preparing to share with them areas that may be of interest.

Reflecting about the pillars of the monastic life was beneficial for me. Silence, solitude, work, community, and prayer are all areas where growth could occur within my own life. The monk's attention to silence and solitude inspired me to focus on these practices. Whilst I do spend time alone as well with people, even when I am alone, I am rarely silent. I have noticed that my mind can get cluttered with 'head noise' - whether it is the constant questions, thoughts, or ideas that are running through my mind or a conversation to be had or a favourite song I have in the background. I recognised the benefits of what can be called the "language of the Spirit." Eckhart Tolle writes about the power of stillness in his book, 'Stillness Speaks'.

I've made it my daily practice to be silent for some part of each day. It makes space to nourish the soul. The monks say that silence and solitude can be the birth place of self-realisation. You can learn who you are and who you are not when you become silent. When we know ourselves more accurately we can more easily be the best version of ourselves to serve ourselves and in turn others.

As this event filled final term for the year quickly unfolds, perhaps you too could make some space for silence, even if a very small space. It helps me to remain grounded amidst life's busyness and to fully feel the joys as well as the sorrows of life.

Hats off to our Teachers! World Teachers Day October 25th





"Hats Off to our Wonderful St Ambrose Teachers".

To our amazing teachers, today and every day we offer our appreciation for your expertise, dedication, creativity, and the support you provide to our young learners.

Thank you for everything you do.

Our student leaders are in the process of making a special surprise for our teachers and we will celebrate over morning tea on Thursday.

School Hats & Summer Uniform in Term 4

Our SunSmart policy forms part of educating our children to protect themselves from the sun's harmful rays. As part of this policy and in the interests of child wellbeing, the 'no hat, no play' component, is enacted throughout terms one and four. Students who do not have appropriate hat are asked to play in the shade or a designated area protected from the sun.

All students are required to wear a school branded bucket hat.

If you are needing to purchase a new hat or any other uniform for Term 4, please contact Hip Pocket. Details are in this link - Uniform information.

Students should now be wearing their summer uniform in Term 4.

Parish-School Connection

We value the connection we have with our parish community. Fr. John has been visiting our school each week and he is developing relationships with staff and students. The children in year 1-2 enjoyed his class visit last week when he read about images of God. Fr John came to talk with all the Grade 1/2s about their learning and did this by reading the story "What is God's Name?" There was lots of talk about the different names and images of God. We learned that everybody has their own image of God and it is based on their own unique relationship with him. Fr John said he related most to the image of the Good Shepherd and he showed them his statue.

I meet with the Parish Lay team each month and Maurice Fanning is part of our School Advisory Council. Ambrose Care is made up of parishioners too who offer their time to cook meals for those who may need them.

We thank our parishioners for their support of our school.

School Advisory Council

Our SAC met last week and will have a final meeting for the year on December 4th. We will be looking for some new members in 2025. You may like to consider being part of this panel. We will offer an information and training session early in 2025. We will keep you posted.



Term 4 student Free Days Term 4 Dates

Make sure that you take note of our calendar and that you are aware of relevant activities and dates.

Note the pupil free days this term:

November 4th (Report Writing)

November 5th (Melbourne Cup Day)

Classes finish on December 13th

December 16th & 17th are testing days.

2025 Planning and Class Placement

We are currently considering class structures for 2025 and will soon be looking at class placement for the coming year. If you have any information that needs to be passed on regarding your child's class placement for 2025 (information that we are not already aware of) please email your child's current teacher or myself.

This information needs to be communicated no later than November 4th.

We thank you for the trust you place in us to consider the bigger picture and place our students in the best way possible.

Parents as Helpers Training

We are grateful that we have you assisting with our various school programs and activities. Our students really enjoy your input. We have a parent as helper training course scheduled before the end of the year on our Step Up Day which is on

Tuesday December 3rd at 9.30am.

We encourage any of you who are yet to do the training or need to do the refresher course to email Debbie Geisler (debbie.geisler@sawoodend.catholic.edu.au) and book in to the appropriate course.

Parents as Helpers Log through Operoo Self Service Form

A reminder to record your hours via the Operoo self service form "Parent School Support Program" in the Operoo Form Library.

This means we can log your hours against our Parent School Support Initiative.

PFA

All parents are welcome to be part of our PFA. Our next meeting date will be sent out next week. We will be reviewing our student disco, planning for a parent social event before the end of the year and organising our twilight picnic and carols evening.



2025 School Fees- A Message from our Executive Director

MACS require schools to set tuition fees in line with the current government funding model and CPI.

Historically, setting tuition fees has been at the discretion of each school. In many cases, schools have chosen not to address the Capacity to Contribute CTC gap nor increase tuition fees in line with CPI. This is not sustainable. To explain, CTC is a measure of a school's ability to recover tuition fees and is based on the Direct Measure of Income DMI score of the school. CTC is set by the Federal Government, drawing on ATO data for parents at the school. Grant funding per student is adjusted down in line with the CTC. The updated budget parameters require that schools set tuition fees to close the Capacity to Contribute CTC gap, or increase fees by at least CPI if fees are already above the CTC gap. Where the CTC gap is large 10% (which is our case), MACS finance business partners and senior managers are working with principals to set and agree a pathway to close this gap. These budget changes support the delivery of the MACS 2030 strategic plan by setting our schools up for future financial sustainability, creating efficiencies and providing greater support to schools that need it at a point in time.

So what does this mean for St Ambrose?

We are grateful for the government funding we received to upgrade our school facility. Indeed we have a beautiful, flexible and well appointed learning environment. As you know we had to borrow \$800.000.00 to gain the \$3,278.000 funding. We are committed to paying back this money over 16 years.

We value ESO support across the whole school, quality teachers and having solid support for student wellbeing. We want to keep what we have set up in place. Given we spend more than we are funded for in this area and we are also required to close the CTC gap we will need to increase our school fees next year.

I am currently working with our school Business Manager on this and will share our 2025 fee structure in our next newsletter. We will do our very best to keep our fees affordable while offering a well rounded education for our students.

School Improvement

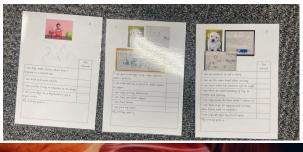
As a staff we collaborate weekly to plan, review and evaluate our work in order to attain our school improvement goals.

We have been working on embedding MACS Vision for Instruction-Flourishing Learners recomendations and becoming familiar with the Version 2 Victorian Curriculmn. Our teachers are pictured moderating students writing so that we have a consistent and sequential grading across the school. It is always uplifting to be part of these discussions and experience the dedication of our teachers and to see the progress the children are making!











Next Newsletter

For more news and photos visit our website and look at latest news including our AFL Roadshow, Garden Club or Hockey by clicking on our facebook button.

Our next newsletter will be published on Friday, 1st November 2024.





Bronwyn Phillips
Principal

GRADE 3/4TW FEATURE







AROUND THE SCHOOL

AFL Roadshow Incursion

X + X X X C X



Fun in the Garden





Around the School



SCHOOL EVENTS



Fresh North Queensland Mangoes Direct from the farm to you! Support Our Mango Fundraiser

If you *love mangoes*, here's your chance to indulge in fresh juicy Kensington Pride mangoes and support our fundraising drive.

We are selling trays of mangoes picked and packed during the premium harvest.

The Mango Fundraiser only use Bowen Special Mangoes which are more formally known as Kensington Pride Mangoes. They are packed in a single layer tray and each tray will usually have between 12 and 20 mangoes, with a total tray weight of approximately 7kg.

Cost per tray is: \$28.00

Place your order before: 27 October 2024

Expected delivery -early December



Contact: Justine – St Ambrose School (03) 54271285 office@sawoodend.catholic.edu.au

ORDER HERE

Money raised will go towards literacy and numeracy games for the classrooms.

*School families - Please select your eldest child's class.

School Events

^{*}Community members - Please set up a Flexischools account, add yourself and select "Guest").



Student News



Student Awards

- Prep K Ava T for working hard on reading some tricky heart words.
- Prep K Thomas S for wonderful work measuring and comparing capacity in Maths!
- Prep T Bosco L for consistently being respectful, responsible and kind in the classroom!
- Prep T Lachlan M for his great work measuring and comparing capacity in maths!
- 1/2CM Amelia S for such an amazing effort with her reading! Well done!
- 1/2CM Alfred O for using fantastic language and detail in his writing.
- 1/2S Lizzy D, for a wonderful and positive start to her learning in 1/2S. Well done!
- 1/2S Harry R for his positive attitude towards his learning. Superstar effort! Well done!
- 1/20 Taj M for being responsible and resilient with his handwriting
- 1/20 Grace M for being an awesome Auslan interpreter!
- 1/20 Mateo S for fantastic progress in his reading.
- 3/4M Bassy G for creating and improving a fantastic and funny narrative.
- 3/4M Varli F for always focusing and improving during morning maths.
- 3/4R Myles L for his resilience and success with fractions in maths!
- 3/4R Holly M for using expressive vocabulary to begin her realistic narrative.
- 3/4TW Aston M for dedication to learning and greatly improving fluency in reading.
- 3/4TW Jett M for writing a powerfully descriptive narrative about a magpie.
- 5/6M Madi Y for her persistent effort to understand difficult topics.
- 5/6M Bailey P for his excellent understanding of elapsed tim and 24 hour time.
- The Superstars in 5/6P for being respectful, kind and welcoming during our time together!

Sports Stars of the Week

Archer B, Lachlan G, Harry R, Toby C

PBL Silver Awards (40 Bee Gotcha Tickets)

Augie L, Mila C, Patrick F, Ruby W, Amelia S, Casey M, William C, Jacob W, Ava H

PBL Gold Awards (60 Bee Gotcha Tickets)

A.J. S, Archer B, Margot G, Toby C, Agatha W, Alfred O, Cooper L, Alice C, Leon G,

PBL Rainbow Awards (100 Bee Gotcha Tickets)

Evelyn C, Felix D, Rose AG, Neve E-S

Gisborne Soccer Club held their end of season presentation day last Sunday with a number of St Ambrose students awarded a trophy for the 2024 season.

Congratulations to

Ava R - U13A Player of the Year & Golden Boot



Asher J - UllA Coaches' Player of the Year

Elise A - UllA Great Achievement

Ellie B - U11C Player of the Year

Joshua R - U10A Player of the Year

Orlando L - U10B Coaches' Award

Lawson N - U9D Ballon Tree Runner Up

Mack R - U8B Player of the Year & Coaches' Award

The FundAva raffle was also drawn on Sunday with two of our teachers winning prizes; Mrs Cavric winning first prize and Mrs McDonald winning third prize. Thank you to our school community for supporting Ava to attend the School Sports Victoria Championships in WA this week.

Student News 8

Student News



Celebrating our Rainbow Award Recipients and our Sports Stars of the Week











The making of the Diamond Award







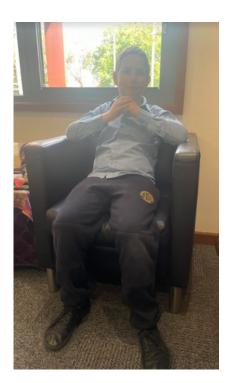
The Student
Representative Council put
a call out to all students to
name an award that could
be used to celebrate
receiving
150 bee tickets. Each class
nominated their favourite
name. 'Diamond Award' was
chosen in a number of
classrooms and was voted
for by the SRC. The SRC
then asked the student
body to design a
certificate for the award. A

design
(as seen in the picture).
Congratulations Agatha and
thank you to all those that
submitted
a design.

number of designs were

submitted and the SRC voted for Agatha W's

Student Initiatives



Pictured is
Seb who is
planning his
young
believers Club

Bassy, Augie,
Rex and
Lawson are
planning for
the Science
Research Club.
They will tell
us more at our
next assembly.



Student News

Student News





18 October - Gus H, Jack R, Emilia T 19 October - Spencer R 23 October - Charlotte N 25 October - Darcy S 26 October - Sebastian C 29 October - Eire B, Alice C 31 October - Jackson G-S

Lost Property

If these treasures look familiar, please contact the office.



School Disco



Thanks to all the parents who volunteered to help organise and supervise the disco in a short turn around of time. From all accounts the children had a wonderful time and we had 180 students in attendance over the 2 sessions. Always things to improve but we are glad the kids got the experience as a fun event to finish term 3!

St. Ambrose PFA

Student News 10



Mental Health & Wellbeing at St Ambrose

Erin Brass



TERM FOUR 2024



0-11 YEARS PARENT SUPPORT AND EDUCATION AND SESSIONS

The Loddon Children's Health & Wellbeing Local will be offering weekly education session related to mental health and wellbeing for parents of children 0-11. These are available both on line and in person.

Sessions are open to any family with children 0-11.

Why join in?

- Meet and mix with other parents.
- Talk to mental health staff about your child.
- Ask any practical questions you have about parenting at the moment.
- Gain support for yourself as a parent.

Where: Loddon Children's Health and Wellbeing Local Bendigo Community Health Services 19 Helm St Kangaroo Flat

Dates and topics: Thursdays 9.30 am On Line session: 1pm Face to face at the local

Oct 3rd 9.30am on line and 1pm face to face Autism what is it and how do I help?

Oct 10th 9.30am on line and 1pm face to face Tech troubles

Oct 17th 9.30am on line and 1pm face to face Anxiety in kids

Oct 24th 9.30am on line and 1pm face to face Managing big feelings

Oct 31st 9.30am and 1pm ADHD What is it and how do I help?

Nov 14th 9.30am and 1pm Building social skills

Nov 21st 9.30am and 1pm Anger in kids

Nov 28th 9.30am and 1pm Setting limits and family rules

Dec 5th 9.30am on line and 1pm face to face Parent Wellbeing

If you have any questions, please contact Annette Clemments on 1800 433 977.

Book in here: using the QR code or email icfhwlocals@bchs.com.au



Zoom link for 10am meeting

https://us02web.zoom.us/j/84867976569 Meeting ID: 848 6797 6569



In partnership with Bendigo Health, Bendigo and District Aboriginal Cooperative, Niemda Aboriginal Corporation, Echuca Regional Health, North Central LLEN and Maryborough District Health.

The Children's Health and Wellbeing Local is jointly funded by the Victorian Government and the Australian Government through the Head to Health Kids initiative

JOIN THE CELEBRATION OF ALL THINGS Faith & Family

Lord, grant us wisdom to seek Your will above all else.

Help us to embrace Your word and detach from worldly possessions. Guide us in our journey of faith, so we may follow You faithfully and reach eternal life. Amen.



What are the things in my life that I am too attached to?

How can I detach myself rom them to grow closer to God?"

AMBROSE CARE

Thank you to everyone who attended the Ambrose Care meeting this week and for the lovely supper Fr John. Alison Raco has taken the role of treasurer, welcome Alison and again many thanks to

Margaret Beverley for the wonderful job she has done as treasurer over the last 25 years.

We are now in need of someone to takeover organising the Ambrose Care Christmas Appeal for the children. If this is something you think you would like to help with please talk with Karen 0428830401 or email

office@sawoodend.catholic.edu.au.

Gospel Reflection: Mark 10:17-27

'You lack one thing; go, sell what you have, and give the money to the poor, and you will have treasure in heaven; then come, follow me.' (Mark 10:21)

The rich young man in this Gospel beautifully illustrates our need to let go of everything, not just the things we find easy, in following Christ. The man approached Jesus seeking eternal life, but he struggled when faced with the challenge of letting go of his possessions. We are invited to examine what may be hindering us from fully following Christ, as we are called to make a wholehearted commitment to God. not a commitment of convenience.

Just as the rich young man was attached to his wealth, we can also be attached to various things that prevent us from wholeheartedly surrendering to God. These could be material possessions, status, relationships, or even our own pride. Jesus' message challenges us to prioritise our relationship with Him above all else.

The image of a camel passing through the eye of a needle emphasises the difficulty of letting go of our attachments. Yet, with God, all things are possible. This passage prompts us to reflect on what we are called to let go of to follow Christ more closely.

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Religious Calendar of Events in Term 4

Date	Details	Time
24th October	Middle Level Mass	9:30 am
30th October	Buddies Mass	9:30 am
1st November	Junior Level Mass	9:30 am
20th November (Wednesday)	Advent Prayer Service Week 1 (Jocelyn)	2:45 pm
27th November (Wednesday)	Advent Prayer Service Week 2 (Grades 5/6)	2:45 pm
2nd December (Monday)	Advent Prayer Service Week 3 (Grades 3/4)	2:45 pm
3rd December (Tuesday)	Advent Prayer Service Week 4 (Grades 1/2)	2:45 pm
9th December (Monday)	Nativity Play (Preps) Gr. 6 Graduation	2:45 pm 6.00 pm
11th December (Wednesday)	St. Ambrose / End of Year Mass	9:30 am

CHILDREN'S LITURGY

PARISH NEWSLETTER

Faith & Family 12



COMMUNITY NEWS



Join us for an exciting series of STEM lab activities designed to spark curiosity and inspire young minds! Perfect for budding scientists and enthusiastic tinkerers.

Ages 7+ years.

This is a four-part series.

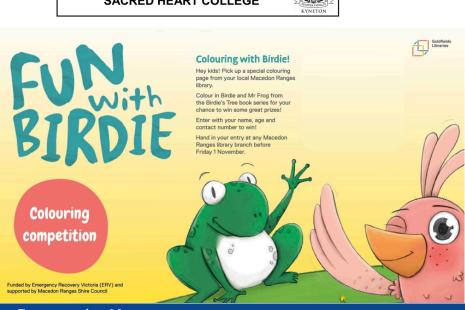
To make the most of the experience,
we recommend attending all sessions:

- Saturday 9 November, 10-11am
- Saturday 16 November, 10-11am
- Saturday 23 November, 10-11am
- Saturday 30 November, 10-11am

BOOKINGS REQUIRED

BOOK HERE







FOR THE 2025 SEASON ARE
NOW OPEN AT THE
WOODEND JUNIOR
FOOTBALL NETBALL CLUB
& EVERYONE IS WELCOME
TO COME & JOIN THE FUN!

PLEASE FOLLOW THIS IN OR SCAN THE QR CODE TO REGISTER YOUR INTEREST BY 4TH NOV IN PLAYING, COACHING OR UMPIRING NETBALL AT THIS GREAT COMMUNITY CLUB.



FOR MORE INFORMATION, CONTACT US AT NETBALL@WOODENDHAWKS.COM.AU OR FIND US ON FACEBOOK





COMMUNITY NEWS





Yoga for Kids

Calming Connections welcomes children from Prep to Grade 4 to practice yoga through sound vibrations, poses, breathwork and meditation in a fun, dynamic and connective way.

Wednesdays during term time: 4.30pm - 5.30pm

- 4 week short course:
 16 October until 6 November (\$60)
- 5 week short course: 13 November until 11 December (\$75)



Strengthening Souls offers tween/teens in Grade 5 and above the space to practice flows, incorporating sound vibrations, poses, breathwork and meditation.

Wednesdays during term time: 6pm - 7pm

- 4 week short course:
 16 October until 6 November (\$60)
- 5 week short course: 13 November until 11 December (\$75)



Woodend Neighbourhood House 47 Forest Street, Woodend VIC 3442

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



