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March 3rd 2023

Annunciation Catholic Primary School promotes the safety, wellbeing and inclusion of all students.



Take some time to pray this each Sunday of Lent either on your own or as a family. Use it as a way to recommit to having your best Lent ever through prayer, fasting, and almsgiving.

Heavenly Father,

*As I enter another week of my Lenten journey, guide me to the path that leads to you. Fill my heart with gratitude, patience, strength, and peace as I strive to become the-best-version-of-myself, honestly admitting my shortcomings and sins. As I renew my resolve each day to become a better person, let me hear your voice in the deepest reaches of my heart. Give me rest in you. Help me to accept others, showing them your great love instead of casting judgment. Stay with me through the busy days this week and remind me that when I need comfort, solitude, wisdom, or guidance, I can always turn to you. Help me develop discipline and generosity through fasting and almsgiving, and come closer to you through prayer this Lent. In your name I pray,
Amen.*

Dates to note for the next fortnight:

Wed 8th March:

No Mass at Annunciation
Yrs 3-6 students - Beach Lifesaving Excursion

Thurs 9th March:

Parish Fun Day at St Augustine's Yarraville

Fri 10th March:

3:00 pm - Assembly

Mon 13th March:

LABOUR DAY PUBLIC HOLIDAY - No School

Wed 15th March:

NAPLAN begins (Yrs 3 & Yrs 5 students)

10:15 am Mass (Yrs 4 & Yrs 6) attending

2:30 pm - P&F Meeting (Community Room) - All Welcome

Fri 17th March:

St Patrick's Feast Day

Newsletter Published

3:00 pm - Assembly

WELCOME PICNIC

Many thanks to all of the families who attended the Welcome Picnic and Information Sessions. The turnout was amazing and the feedback from families has been extremely positive.



ENROLMENT INFO

Open Morning on March 20th from 9am to 11am.

Children who turn 5 years of age by 30th April 2024 are eligible to enrol in Foundation 2024. If you know of anyone who has a child that is eligible to start school next year, let them know about our Open Morning. Please spread the word about our wonderful school.



NAPLAN is a national literacy & numeracy assessment that students at Annunciation in Yr 3 & Yr 5 sit each year. The NAPLAN test window starts on Wednesday 15th March and finishes on Monday 27th March 2023. (Much earlier than in previous years).

Students will sit a series of assessments throughout the fortnight. Students sit assessments in writing, reading, conventions of language (spelling, grammar, punctuation) and numeracy. NAPLAN is just one aspect of a school's assessment and reporting process. Results will be provided to families later in the year. If you have any queries, please see your child's classroom teacher.

FOOD SHARING



It is important to minimise the risk to students at this school who have allergies and anaphylactic reactions. All members of the school community need to be aware that ***students are not to swap or share food and can only eat food provided or approved by their parents/caregivers.***

When children celebrate a birthday, food items are not permitted for the whole class, e.g. a birthday cake or a container of cupcakes, lollies etc.,. This applies to all foods. In place of food, parents can provide students with a different experience, an item or an unusual treat, i.e. party hats, drink bottle to keep, balloons, pencils, etc. ***There is no expectation that party gifts are provided.***

PHOTOGRAPHY PERMISSION NOTES



Thank you to those families who have already returned the photography permission notes. It is important that the school has current permissions from families relating to the use of student images. ***It would be appreciated if all notes could be returned NO LATER THAN Friday 10th March.*** Please contact the office if you have misplaced your form.

SCHOOL CLOSURE DAY - Monday April 24th

In 2023, staff at Annunciation will be participating in a Professional Learning Program titled: ***Reinvent the Classroom (RTCi)***. This program is facilitated by HP (Hewlett Packard), supported by MACS (Melbourne Archdiocese Catholic Schools) and aims to support staff in modernizing their teaching and learning processes and to develop their technology blueprint. The first day for this professional learning will be on Monday 24th April (beginning of Term 2).

Therefore, this will be a school closure day. Students will begin Term 2 on Wednesday 26th April.



BEFORE AND AFTER SCHOOL PROCEDURES

It is expected that all children should arrive at school between 8:30 am and 8.45 am.

A staff member will open the gates from 8:30 am and begin the supervision of students. Until this time, parents are to remain with their child/children in the school yard.

Just a friendly reminder that students are asked NOT to play on the adventure playground before and after school.

School concludes at 3:30 pm and parents are asked to promptly pick up their child/children. If you are running late, please contact the school office or register your child/children into After School Care.



EASTER RAFFLE



Raffle tickets will be sent home soon to all families for the Easter Raffle. Tickets are \$1 each with each family asked to sell a book of 10 tickets. If you would like to purchase more tickets, they will be available at the office.

Children can come to school out of uniform on **Thursday 30th March** and bring along an Easter themed donation for our Easter Raffle. This is usually in the form of a chocolate Easter egg/bunny, box of chocolates, bunny ears, Easter activity packs or anything else you wish to donate. **(Please ensure that any food items are not beyond their use by date.)** These donations will be used to create hampers for the raffle.

If you have any suitable gift bags, boxes or baskets that could be used in the making up of hampers, please bring them to the office before Friday 31st March 2023.

Wellbeing Focus - Mindfulness

As part of their Inquiry study into the question, ‘How Do We Stay Healthy and Safe?’, students at Annunciation are currently looking at the different ways that they can keep their body and mind in good condition. Parents can support the learning of their students by discussing these ideas at home.



In each school newsletter this term, we will share a topic from SchoolTV related to staying healthy and safe. This week’s topic is ‘mindfulness’. Mindfulness is the practice of being in the moment, being present and being open to what you’re focusing on. Research has shown that it has numerous benefits for children, including reducing stress and anxiousness, improving cognitive processes, and building resilience.

The flyer below outlines the key points related to mindfulness. You can also click on this [SchoolTV link](#) to access a range of resources related to mindfulness, so that parents can learn the best way to introduce mindfulness to their children, and implement it into their daily lives to have an overall positive impact on family relationships.

 **SchoolTV** | KEYPoints

Mindfulness

Mindfulness is a practice that helps us focus on the present moment and be more aware of our thoughts, feelings and surroundings. It's a tool that can help children and adolescents develop resilience, manage stress and anxiety, and improve their overall wellbeing. Mindfulness is not about having a clear or quiet mind, but rather it's about paying attention to what is happening in the present moment, with an open and non-judgemental attitude. By practicing mindfulness regularly, young people can learn to be more in touch with their thoughts, feelings and emotions and respond to them in a healthy and balanced way.

Empower confidence.
Start the conversation using these strategies:

- 1. Understand mindfulness:**
It is the practice of being present in the moment and paying attention to thoughts, feelings and sensations without judgement. It can help young people manage stress, anxiety and their emotions.
- 2. Explain age appropriately:**
Each child has a different learning style, so find a way to explain mindfulness that makes sense to them using stories or analogies.
- 3. Use mindfulness as a tool:**
Emphasise that mindfulness is a tool that can be used to help children and adolescents handle difficult situations and emotions.
- 4. Encourage practicing regularly:**
Incorporating mindfulness as part of their daily routine can help your child build resilience and improve their overall wellbeing.
- 5. Start simple:**
Introduce mindfulness activities that are simple and easy for your child to embrace such as deep breathing or body scans.
- 6. Be a role model:**
Practice mindfulness yourself and show your child how it can be integrated into everyday life.
- 7. Be patient and non-judgemental:**
Remind your child that mindfulness is a skill that takes time and patience to develop, and that everyone has moments when their mind wanders.
- 8. Create a supportive environment:**
Encourage your child to share their experiences with mindfulness, and create a supportive environment where they feel comfortable sharing their thoughts and feelings.
- 9. Emphasise the benefits:**
Highlight the benefits of mindfulness, such as improved focus and concentration, reduced stress and anxiety and enhanced wellbeing.
- 10. Use fun activities:**
Create fun games and activities that encourage your child to be mindful, such as mindful breathing, mindfulness colouring or even yoga.

© SCHOOLTV KEYPOINTS

BRAYBROOK SPORTING CLUB

This year, we are first time hosts of the formerly known "Maribyrnong Gift". The gift has been run in our community over the last 12 years.

The gift is run by the Victorian Athletics League, showcasing some of Victoria's best track runners, as the leading event before the world known Stawell Gift.

Braybrook Sporting Club would like to formally invite you and your schooling community to come down to this great day we are hosting. The event will be held on Sunday the 5th of March, with races beginning as early as 11am, and the event concluding at 6pm. The event is free event to attend.

During the day, we have worked hard behind the scenes to create a community and family fun day, for families and children to attend and be amongst some of our community's sporting royalty.

With activities such as an animal petting farm, a magician, and a face painter, it is sure to be a fun day for all involved.

We will also have a pizza van, popcorn machine and slushie machine for a carnival theme feel!

These activities and stalls will be operating between 12pm and 5pm on the day.

We have invited local parliament members to speak at the opening of the gift, which is scheduled to be around 4pm on the day.

To follow and keep updated on our page, where we are sharing race sponsors and key map information for the day, please click [our Facebook page](#).



We would love to see as many families there as possible, enjoying the glorious Braybrook weather, mingling amongst the community, and most importantly, creating long lasting childhood memories.

Parking at the event can be found on the streets surrounding the ground, or in the car park at HomeCo located on Ballarat road, a short 5 minute walk from the ground.



Enrolments Now Open
YEAR 7 2025

Enrolments for current Grade 5 students are now open!

Applications close on August 18, 2023.

Visit **www.cccc.vic.edu.au** for more information or to apply online.



Open Mornings 2023

Visiting our College is a great way to explore our dynamic learning spaces and see learning in action.

9:15am - 10:30am

23 February
24 March
8 June
20 July
3 August
7 September

Register to attend by visiting our website
www.msj.vic.edu.au