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July 14th 2023

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

PRINCIPAL MESSAGE:

Welcome back to Term 3! I hope all the families had a restful and enjoyable break. The staff are excited to welcome the students back for another engaging term of learning and growth.

I have spent time this week meeting our new 2024 Foundation students and their families with some more meetings to happen next week. It has been a pleasure learning about why families are choosing Annunciation for their child's education. Each family I have met with have spoken positively about the sense of community and the supporting and nurturing environment, where students feel safe, respected and valued as being key factors as to why they chose Annunciation. The school has a great reputation within the community and positive word of mouth from other parents has also influenced the decision making process for some of our new families.

As always, I encourage open communication between parents/carers and the school. Should you have any questions, concerns or suggestions, please don't hesitate to reach out to your child's classroom teacher, or the school office. I value your feedback and involvement in your child's education.

I'm looking forward to a successful and productive Term 3 filled with exciting learning opportunities and community engagement. Stay tuned for further updates and announcements throughout the term. Thank you for being a vital part of our school community, and together, let's make this term a memorable one!

*Take care
Anna*

Dates to note for the next fortnight:

- Wednesday 19th July:** 10:15 am Mass - F/1 attending (All welcome)
- Friday 21st July:** 3:00 pm - Assembly (All welcome)
- Monday 24th July:** Term 3 Parent Overviews go home
- Wednesday 26th July:** 10:15 am Mass - Yr 2 attending (All welcome)
2:30 pm - P&F Meeting (Community Room - all welcome)
- Thursday 27th July:** 100 Days of Prep celebration (Parade at 9:00am)
- Friday 28th July:** 3:00 pm - Assembly (All Welcome)
Newsletter Published

My Small Help - THANK YOU

On Friday 23rd June (last day of Term), students were invited to wear casual clothes to school and bring a gold coin donation. It is my pleasure to inform you that a total of \$100 was raised. These proceeds will go the “My Small Help” charity.



AWARD WINNERS - STUDENT OF THE WEEK



Congratulations to the above students who all received a student of the week award in the last week of Term 2. These students have been recognised by their classroom teachers for having a positive mindset, being kind, working hard in class and a variety of other great reasons.

100 Days of Prep

Students in Foundation will celebrate their 100th day at school on **Thursday 27th July**. To commemorate this special occasion, the Foundation students are encouraged to dress up as anything related to 100. Some examples are:

- a 100 year old person
- create & design an outfit featuring 100
- dress up as the career you would like to pursue after leaving school

The students in F/1 will be participating in lots of activities throughout the day all relating to the number 100. **Parents of F/1 students will be invited to attend a parade at the beginning of the school day.**

The Year 1 students are also encouraged to dress up as they will be participating in the celebrations of the day.



FOUNDATION/YR 1



The students in F/1 had a very busy Term 2. Students discussed what makes a community, and then collaborated together to design, plan and then construct their own community using boxes and other resources. They also got involved in the school veggie garden. Students planted snow peas and have taken a keen interest in maintaining the veggie garden, measuring rainfall and recording the growth of their plants.

FROM THE 5/6 CLASSROOM

Mr Blythman will be taking 2 weeks leave beginning Monday 24th July as he will be having surgery on his knee. The students have been informed and are supporting Mr Blythman with this decision as he works towards recovery. Unfortunately, we have been unable to arrange one replacement teacher for this time however, we do have teachers covering the class that are known to Annunciation and the Yr 5/6 students. We wish Mr Blythman all the very best during this time.

SCHOLASTIC BOOK CLUB

In issue 5 there is a free book giveaway. Catalogues will be sent home on Monday. The free book giveaway is only available through LOOP orders.

ISSUE 5

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SCHOLASTIC Book Club

SCHOOLTV FOCUS - ANXIETY

What is anxiety?

Many parents are confused about the nature of anxiety and especially, when to really worry about it. Anxiety refers to feelings of worry, nervousness, or a sense of apprehension, typically about an upcoming event where the outcome is uncertain, or where a young person feels he or she might not be up to the task.

The Australian Psychological Society (APS) defines anxiety as 'commonly experienced in high pressure situations, for example, prior to making a speech or sitting an exam. Feelings of anxiety can also arise following a stressful event, like an accident where the person is left feeling shaken. Anxious feelings are usually accompanied by physical sensations such as a churning stomach, light-headedness, and a racing heart.'



Signs and symptoms according to the APS

Although the experience of anxiety will vary from person to person, feeling stressed, worried, and having anxious thoughts are common symptoms. Other common symptoms of anxiety include:

- Difficulty concentrating
- Restlessness
- Avoidance behaviour
- Rapid heartbeat
- Trembling or shaking
- Feeling lightheaded or faint
- Numbness or tingling sensations
- Upset stomach or nausea
- Sweating

When does anxiety become a disorder?

The APS says, 'While anxiety is considered a natural reaction to a stressful situation, for some people anxious thoughts, feelings, or physical symptoms can become severe and upsetting, interfering with their ability to go about their daily lives. Where symptoms of anxiety occur frequently, occur over a period of time, and interfere with daily life, it is typically considered an anxiety disorder.'

Anxiety disorders are the most common type of mental disorders diagnosed in Australia. According to the APS there are a number of different types of anxiety disorder, including:

Generalised Anxiety Disorder (GAD)

GAD is characterised by persistent and excessive worry, often about daily situations like work, family or health. This worry is difficult to control and interferes with the person's day-to-day life and relationships.

Panic Disorder

Panic Disorder is characterised by the experience of repeat panic attacks - sudden surges of overwhelming fear and anxiety and physical symptoms such as chest pain, heart palpitations, dizziness, and breathlessness.

Obsessive Compulsive Disorder (OCD)

Individuals with OCD have recurring, persistent, and distressing thoughts, images or impulses, known as obsessions (e.g. a fear of catching germs), or feel compelled to carry out certain repetitive behaviours, rituals, or mental acts, known as compulsions (e.g. hand-washing). These thoughts and acts can take over a person's life and whilst people with OCD usually know that their obsessions and compulsions are an over-reaction, they are unable to stop them.

Social Anxiety Disorder

A social anxiety disorder causes a person to have severe anxiety about being criticised or negatively evaluated by others. This leads to the person avoiding social events and other public situations for fear of doing something that leads to embarrassment or humiliation.

Specific phobia

People with specific phobias experience extreme anxiety and fear of particular objects or situations. Common phobias include fear of flying, fear of spiders or other animals, and a fear of injections.

Agoraphobia

Agoraphobia involves intense anxiety following exposure to, or anticipation of, a variety of situations such as public transportation, open spaces, crowds, or being outside of the home alone.

Post-Traumatic Stress Disorder (PTSD)

PTSD refers to a set of symptoms that can occur after exposure to a frightening and traumatic event. Symptoms include: a sense of reliving a traumatic event (through 'flashbacks' or nightmares); avoidance of places, people, or activities which remind the person of the event; feeling numb or detached from others; having negative thoughts about oneself and the world; feeling irritable, angry, or wound up; having trouble sleeping.

**Music Bus lessons at Annunciation Primary School**

The Music Bus has opened their Term 3 enrolments and are inviting new students to apply.

Classes offered are: ·

Keyboard (K-Y6) ·

Ukulele (K -Y6) ·

Drums (Y1-Y6)

Guitar (Y2-Y6)

Lessons are: 30-minute duration - once per week - held in the hi-tech music classroom on wheels.

Cost \$20 per week (\$22 drums) payable by the term on commencement If you wish to take part, please complete this expression of interest form.

<https://app.smartsheet.com/b/form/ee4627a5204c46158e1ab17e7c8069c6>



Emmanuel encourages the promotion of service, justice, peace and integrity of creation throughout the year and during June we focus on homelessness. It is encouraging to see our students support St Vincent de Paul's Winter Warmup, by donating winter clothes, socks, scarves, blankets, beanies, and non-perishable food. On 16 June students will

participate in the Winter Sleepout, to experience sleeping out of their comfort zone and showing solidarity with the homeless.

Our next major College experience event is the annual Information Morning at each campus, as always, registrations are essential for these events and can be made via the Tours & Events tab on the right-hand side of the College website homepage, www.ecmelb.catholic.edu.au or by following this link: [Information Morning and Tour registration](#). Times for each campus are below:

Saturday 5 August 2023

Notre Dame Campus	Commencing at 9:00am with the Principal's address, followed by tours and ending at 10:30am
St Paul's Campus	Commencing at 10:30am with the Principal's address, followed by tours and ending at 12 noon

Year 7 2025 Applications

A friendly reminder that if you have a child in Grade 5, **applications for Year 7 2025 close on Friday 18 August 2023**. Even if your older child is already attending or joining us in Year 7 2024, it is a requirement for an application to be submitted for Year 7 2025. A Prospectus Pack containing an application form can be obtained by:

- ◆ Attending Information Morning on Saturday 5 August
- ◆ Following this link to the College website: [Request a Prospectus here](#)
- ◆ Sending an email to: enrolments@ecmelb.catholic.edu.au
- ◆ Calling our College Registrar, Ms Donna Grech on 8325 5119
- ◆ Coming into either Campus Office between 8am and 4:15pm on weekdays.

I hope to see you at a College event soon.

Yours sincerely

Jenny Hendricks
Community Engagement Officer

Dear Prospective Families,

We are excited to introduce you to Mount St. Joseph Girls' College where academic excellence and spiritual growth converge to provide an exceptional education for your child.



At Mount St. Joseph Girls' College, our focus is to develop students who are prepared to face the challenges of the future with confidence and compassion. We believe in fostering a strong sense of community, with foundations in the teachings of Saint Mary of the Cross Mackillop and the gospel of Jesus Christ, whilst providing a dynamic curriculum that prepares students for success in college life and beyond.

Here are some compelling reasons why Mount St. Joseph Girls' College is the ideal choice for your child's educational journey:

- **Academic Excellence:** Our dedicated team of educators strives for academic excellence, offering a comprehensive curriculum that is designed to challenge and inspire students. Our approach to teaching and learning extends beyond textbooks, encourages critical thinking, creativity, and problem-solving skills.
- **Spiritual Growth:** Mount St. Joseph Girls' College provides a nurturing environment for spiritual growth. Our students participate in religious education, attend Mass, and engage in prayer and reflection, fostering a deeper connection with their faith.
- **Values-Based Education:** We believe in instilling moral values and character development alongside academic achievement. Our students learn the importance of integrity, empathy, and social responsibility, preparing them to become compassionate and engaged members of society.
- **Engaging Extracurricular Activities:** We offer a wide range of extracurricular activities, including sports, arts, clubs, and social justice initiatives. These opportunities allow students to explore their passions, develop leadership skills, and build lifelong friendships.
- **Supportive Community:** At Mount St. Joseph Girls' College we consider every student and family a part of our close-knit and diverse community. We encourage parental involvement and maintain open lines of communication, ensuring a supportive partnership in your child's education.

Applying to enrol at Mount St. Joseph Girls' College is a wise decision for your child's future. Applications for enrolment in Year 7 in 2025 close on 18 August 2023.

We warmly invite you to visit our campus and experience our welcoming atmosphere firsthand. We will be hosting an open morning on Thursday 20 July, where you can explore our state-of-the-art facilities, ask questions of staff and students, and learn more about the unique opportunities we offer.

Kind regards,

Kate Dishon

Principal

*Educating Today,
Shaping Tomorrow*



We aspire to cultivate the
curiosity of every student

APPLY NOW



Applications for Year 7 in 2025 close
18 AUGUST 2023

133 Maidstone Street Altona
8398 2000 www.msj.vic.edu.au
Enquiries: registrar@msj.vic.edu.au



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www.softballvic.org.au/get-involved/junior-development



COMMUNITY CALL OUT

FOR BROOKLYN COMMUNITY HALL OPERATIONS AND ACTIVATION

Brooklyn Community Hall is reopening! This newly expanded and refurbished multi-use facility will provide a wide range of uses for Brooklyn and the wider community.

In order to ensure the new Brooklyn Community Hall best serves the community, we are seeking community members with a vested interest in Brooklyn (professional and life experience), to be part of an operations liaison group and community leadership program.

The group will support Council in the operational direction of the hall and its activation. Group members must have the capacity to attend meetings and allocate time for the operational management of the facility.

If you're interested in being part of a Brooklyn Hall Operations Group and Community Leadership Program, we want to hear from you

Mailing list:

People interested in receiving updates on the activities in the hall are encouraged to join the mailing list at:

commdev@hobsonsbay.vic.gov.au

We want to hear from you!

Scan the QR Code to complete form online if you're interested in being part of the Brooklyn Hall Operations group and Community Leadership Program

