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**July 28th, 2023**

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

**PRINCIPAL MESSAGE:**

Ensuring the safety and well-being of our students remains our top priority. We have implemented various safety measures to create a secure learning environment. I have been liaising with fencing companies for the past few months to obtain quotes for a fence/gate at the front of the school - from the carpark to the playground. Another fence/gate will be installed at the end of the ramp leading out to the back of the classrooms. This will provide extra safety for our students and also allow for the school gates on Nolan Ave to remain open throughout the day. You will be informed once work is due to begin.

Many thanks to the parents who attended the Parents & Friends committee meeting last Wednesday. The P&F committee plays a vital role in supporting school initiatives, organising events and fostering a strong school community.

I am pleased to announce that Fr Werner Utri has been appointed Parish Priest at Annunciation. He visited the school last week and is looking forward to starting early September.

As we move forward, there are several exciting events planned for the remainder of the term. These include our Book Week parade, St Mary MacKillop's Feast Day, Father's Day stall, Father's Day assembly, Fire Education Program for F/1 students and a few surprises that need finalising before being announced. Stay tuned for more updates!

*Take care  
Anna*

**Dates to note for the next fortnight:**

- |                              |   |
|------------------------------|---|
| <b>Monday 31st July:</b>     | Year 3/4 Excursion - Mary MacKillop Heritage Centre   |
| <b>Wednesday 2nd August:</b> | Yr 7 Roadshow - Emmanuel College visiting Annunciation (Yr 5/6)<br>10:15 am Mass - Yr 3/4 attending (All welcome) |
| <b>Friday 4th August:</b>    | 3:00 pm - Assembly (All welcome)  |
| <b>Tuesday 8th August:</b>   | 10:15 am Mass - St Mary of the Cross MacKillop -<br>Whole School Mass (All welcome)                               |
| <b>Friday 11th August:</b>   | 3:00 pm - Assembly (All welcome)<br>Newsletter Published  |

## AWARD WINNERS - STUDENT OF THE WEEK



Congratulations to the above Students who all received a student of the week award in the last fortnight. 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.

## PRINCIPAL AWARD



Congratulations to Georgia, Max and Datong for receiving a Principal Award in the past fortnight. These students have been acknowledged for their kindness, inclusion of others and for showing increased confidence with their learning.



## BOOK WEEK

Each year since 1945 the CBCA has brought children and books together across Australia through Children's Book Week®. During this time schools and public libraries spend one glorious week celebrating books and Australian children's authors and illustrators. Classroom teachers, teacher librarians and public librarians create colourful displays, develop activities, run competitions and tell stories relating to a theme to highlight the importance of reading. You will often see parades with students dressed as their favourite book character.

**The theme for Book Week 2023 is: "READ, GROW, INSPIRE" All students will participate in a Book Week performance on Monday 14th August.**

**On Wednesday 16th August, all students and staff are invited to dress up as a character from a book and participate in the 2023 Annunciation Book Week Parade.** Please note that we encourage students to create/design their own costumes using resources from home, local op shops or borrowing from family and friends. Students are encouraged to bring a copy of the book their chosen character comes from as they will be participating in a parade on the day. The parade will take place at 9:00 am and all families are invited to attend.

## 100 DAYS SMARTER



A fun day was had by all of the F/1 students yesterday as they celebrated “100 Days Smarter.” They dressed up and spent the day doing lots of different activities related to the number 100. Their classroom was transported back in time to the “olden days” where chalkboards were used everyone sat in rows. It was a wonderful celebration of learning!



## FATHER'S DAY STALL



If you are a small business owner or a crafty person who has stock that you would like to donate towards the Father's Day stall to be held on Thursday August 31st, please let the office know.

Gifts could include plants, socks, BBQ tools, cards etc.. Donations for the raffle are also greatly appreciated. Raffle tickets will be sent home shortly.

If you are able to volunteer some time to assist on the day, please let Connie in the office know. We will also need volunteers to organise the gifts for the stall on Wednesday 30th August.

## TONY'S PIES FUNDRAISER

We have organised with **TONY'S PIES OF ESSENDON** to conduct a Pie Drive. Tony's Pie's will supply us with a range of their freshly baked pies, pasties, quiches and sausage rolls on **Wednesday, 30<sup>th</sup> of August**.

All the products will be freshly baked and will be suitable to go straight into the freezer if you wish.



***Order forms will be sent home next week so order up BIG. Remember, the more you order the more we make. Orders with the correct money are due no later than Tuesday 22nd of August.***



## TREE PLANTING



On Thursday 20th July, representatives from Hobsons Bay Council visited Annunciation to assist the F-2 students in planting some new shrubs and trees in the playground.

Students learnt how to prepare a plant for planting and what needs to be done in order for the plants to survive. The new plants are along the Heather Ave fenceline, near the gate. We ask that you all take care when walking through this area. Special thanks to Linda Taranto who initiated the Green Schools project.

## Principal 360° Reflection Tool Survey

As this is my first year of Principalship, I am participating in a Principal Induction Program. As part of this program, all participants will complete the 360° Reflection Tool. Results from this survey will provide an invaluable set of baseline data for early career principals to gain insight into the observable behaviours exhibited in their daily practice.



The Principal 360° Reflection Tool serves as a valuable assessment and feedback mechanism for school principals. It is designed to gather comprehensive feedback from various stakeholders within the school community, including teachers, staff, students, parents, and sometimes even external consultants.

The primary purpose of the Principal 360° Reflection Tool is to provide the principal with a well-rounded perspective on their leadership skills, performance, and effectiveness. The feedback gathered through this tool aims to help principals identify their strengths and areas for improvement, enhance self-awareness, and inform their professional development goals. By receiving input from multiple perspectives, principals can gain a more accurate and holistic understanding of their impact on the school community.

The tool typically involves anonymous surveys or assessments that ask respondents to rate the principal's performance on various leadership dimensions, such as communication, decision-making, instructional leadership, relationship building, problem-solving, and more. It may also include open-ended questions that allow respondents to provide specific examples or comments on the principal's performance.

The Principal 360° Reflection Tool can be instrumental in fostering a culture of continuous improvement within the school. It helps principals recognize the areas where they excel and where they might need to focus their efforts to become more effective leaders. Additionally, the feedback received can be used to initiate conversations and action plans to address concerns and strengthen the overall leadership of the school.

It is important to note that the success of the Principal 360° Reflection Tool depends on the confidentiality and trustworthiness of the process. When implemented effectively, the Principal 360° Reflection Tool can be a powerful tool for professional growth and ultimately contribute to improved school leadership and student outcomes.

***I will approach 4-5 parents in the next week and ask for their participation in the survey. From early August, raters will receive an email asking for their participation. Please note that all raters will be anonymous.***

## SCHOOLTV FOCUS - ANXIETY

*Continuing our focus on anxiety in young people, this week will look at causes and treatments of anxiety disorders. Click on the link below for the full feature on Youth Anxiety on SchoolTV, including interviews with experts, information videos and a range of articles.*

<https://asbrooklyn.catholic.schooltv.me/newsletter/youth-anxiety>



### Causes and Treatment of Anxiety Disorders

#### What causes anxiety?

Whilst there is no single known cause of anxiety disorders, there are a number of risk factors or triggers that may contribute. These differ between the different anxiety disorders too. According to the Australian Psychological Society (APS) the following factors may play a role:

- **Genes:** certain anxiety disorders appear to have a genetic component, with some anxiety disorders running in families.
- **Physical health:** poor physical health can increase a person's vulnerability to developing symptoms of anxiety.
- **Thinking style:** patterns of thinking characterised by anticipating the worst, persistent negative self-talk, low self-esteem and unhelpful coping strategies (e.g., avoidance) are linked to problem anxiety.
- **Stress:** stressful events such as a marriage breakdown, work or school deadlines and financial hardship can act as a trigger for anxiety.

#### The APS list treatments that work

##### Cognitive-behaviour therapy:

Cognitive-behaviour therapy (CBT) has been found to be the most effective treatment for anxiety disorders. CBT is a type of psychotherapy that helps an individual to change unhelpful thoughts and behaviours which can contribute to anxiety. CBT combines some of the following strategies for identifying and challenging unhelpful thoughts.

##### Problem solving

Problem-solving skills can help a person cope with situations or thoughts that are making them stressed or anxious. Structured problem solving involves identifying the problem, developing and selecting a solution to the problem, implementing the solution, and evaluating its helpfulness

##### Exposure therapy

In exposure therapy the psychologist guides the person through a series of real or imaginary scenarios to confront specific fears. Through a gradual process of exposure, the person learns to cope more effectively with these fears, and with practice, the anxious response naturally decreases.

##### Mindfulness

In mindfulness-based therapy, distress about the experience of anxiety, rather than anxiety itself, is the focus. As such, the psychologist assists the person to focus on the bodily sensations and thoughts that arise when he or she is anxious, and instead of avoiding, withdrawing or fighting against these symptoms, he or she remains present and aware of them. As a result, the person becomes more open and accepting of the thoughts and sensations associated with anxiety and less overwhelmed by them, enabling them to engage more fully with life.

##### Cognitive restructuring

Feelings of anxiety sometimes stem from an individual's negative or unhelpful thoughts. Cognitive restructuring is a technique used by psychologists to help a person to challenge negative thoughts and develop more helpful and constructive ways of thinking.



## Relaxation

Many individuals who experience high levels of anxiety often report that they have trouble relaxing. Learning a form of relaxation, such as meditation or progressive muscle relaxation, and practicing it regularly, has been found to be an effective treatment for anxiety.

## Lifestyle Changes

In addition to the above psychological techniques, making simple changes to a person's lifestyle can help lower stress and anxiety. Including regular exercise, lowering or eliminating alcohol and caffeine, engaging in enjoyable activities, improving time-management skills, and having adequate sleep can help to lower anxiety.

## MATHS CLUB

It was great to see all of the children who came to Maths Club last term. In the last two weeks of Maths Club, we had a go at:

- drawing 3D shapes and optical illusions
- created patterns and shapes with pattern blocks
- constructed with stars & straws, multi-link blocks and Numicons
- watched Numberblocks on tv

**Maths Club will start again in Week 4, at the first half of lunch on Tuesday. Hope to see you there!**



## MATHS CLUB

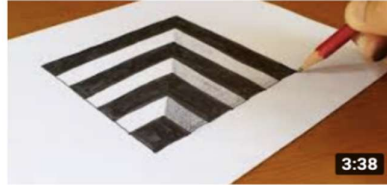
Hey families!

Get your pens and pencils out for this week's Maths Corner Challenge. Can you use lines and shading to create 3D shapes and optical illusions on paper?

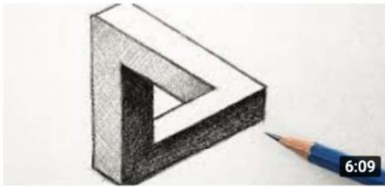
As always, we love to see what you do at home, so send your photos through to Mrs. Boggis for your chance to be in next week's school newsletter! [vtran@asbrooklyn.catholic.edu.au](mailto:vtran@asbrooklyn.catholic.edu.au)



**Rubik's Cube**



**3D Hole - Optical Illusion**



**Impossible Triangle**



**Impossible Circle**



Last term's Maths Corner Challenge "Team Doors vs. Team Wheels" was a hit with the school community. We could hear lots of conversations happening at school and people came into the office to cast their votes. In the end, Team Doors had the most votes!





We have another exciting transition event coming up in August, for our Year 7 2024 students and their families, to come along for a sausage sizzle and fun and games night. Along with the Amazing Race, Information Evening and Orientation Morning, this is a great way for Grade 6s to meet other students and staff and get to discover more things about their new school.

There has been an overwhelming response to the Liverpool International Academy 'Come and Try Session' on Saturday 19 August, which is an opportunity for all genders, all abilities from the age of 6 to 16, to come and have a free 30-minute skills session with LFC Academy Coaches.

**Places are strictly limited and available here:** <https://lfcacademy.com.au/vic/emmanuels-taster-clinics/>

For any enquiries, please contact Mr Michael Pichner, LFCIA Program Coordinator [mpichner@ecmelb.catholic.edu.au](mailto:mpichner@ecmelb.catholic.edu.au)

Information Morning is on Saturday 5 August, and we welcome you to come along and hear from College Principal, Dr Janine Biggin and see the fantastic facilities that we have here at Emmanuel. Registration for all events is available here: [Information Morning and Tour registration](#) and 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 at the College 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:

- Ø Attending Information Morning on Saturday 5 August
- Ø Following this link to the College website: [Request a Prospectus here](#)
- Ø Sending an email to [enrolments@ecmelb.catholic.edu.au](mailto:enrolments@ecmelb.catholic.edu.au)
- Ø Calling our College Registrar, Ms Donna Grech on 8325 5119
- Ø 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



**International  
Academy**  
Australia

# LIVERPOOL FC INTERNATIONAL ACADEMY

## COME AND TRY SESSION

Get a taste of learning 'the Liverpool way' at Emmanuel College, Point Cook. Train under LFC International Academy coaches in a free 30-minute taster clinic – limited places available.

**SATURDAY 19 AUGUST**

- ✓ Skills & ball techniques
- ✓ Footwork exercises
- ✓ Strategy & teamwork exercises
- ✓ Fun games & trial matches



### PRE ACADEMY

6-8 years old  
R1. 9:30 - 10  
R2. 12:30 - 1

### FOUNDATION PHASE

9-11 years old  
R1. 10:30 - 11  
R2. 1:30 - 2

### YOUTH DEVELOPMENT

12-16 years old  
R1. 11:30 - 12  
R2. 2:30 - 3

**EMMANUEL COLLEGE - NOTRE DAME CAMPUS**  
2-40 Foxwood Drive, Point Cook 3030

### Registration Link

<https://lfcacademy.com.au/vic/emmanuel-taster-clinics/>





**St Mary's College**  
for the deaf

Shape Engage Discover

**Our College**

At St Mary's, students receive all the benefits of a mainstream education alongside responsive and inclusive specialist support for educational success.

Our Tarneit campus operates onsite within Thomas Carr College providing a quality education for deaf and hard of hearing students from Year 7 to Year 12.

Could you or someone you know benefit from enrolling their deaf or hard of hearing child at St Mary's College through an engaging and inclusive educational program provided in partnership with Thomas Carr College?



**THOMAS CARR COLLEGE**

**Tarneit Campus**

35 Thomas Carr Drive, Tarneit VIC 3029  
[smdeaf.vic.edu.au](mailto:smdeaf.vic.edu.au)  
[admin@smdeaf.vic.edu.au](mailto:admin@smdeaf.vic.edu.au)  
 P: 03 9800 2733 M: 0427 795 840

St Mary's College is a MACS specialist educational facility for deaf and hard of hearing students operating within Thomas Carr College.

Students who enrol with St Mary's Tarneit campus, attend Thomas Carr College along with all Thomas Carr students but with the advantage of having teachers of the deaf and specialist support staff onsite every day to ensure they experience success throughout their secondary years of school.

Unfortunately many in the community don't know our school exists. As such, I was hoping you could help spread the word into the community by including this notification in your upcoming school newsletter.

Even if you currently have no students in your school with a hearing loss, your parents might know someone that could greatly benefit from this educational provision.



The Board is looking for enthusiastic people who are interested in contributing to the LJAC as either a Treasurer or a Secretary. Both roles are voluntary.

The Board is at an exciting time in the evolution of the organisation. Our creative vision is that communities in Hobsons Bay will be interconnected, vibrant, and resilient, by expressing their creativity through the arts. After a challenging two-year period through the pandemic, we have for the past year been utilising our weapons of mass happiness – programs in the practice of visual, musical and performing arts – to deepen our engagement with the community, while building the reputation of LJAC as an arts and cultural destination in Melbourne's West, through new cross sectoral partnerships.

After nearly 20 years' experience in delivering community connection through arts programs, we are thinking about expansion and renewal.

We would welcome applications from interested staff or parents with appropriate skills, interest and time. Should anyone wish to speak to me about the opportunities, I can be contacted on 0422 615 535.

A link to the advertisement on our website is below. <https://www.ljac.com.au/board-position>



**\* COME N TRY \***

**\* WATER POLO \***



with Footscray Water Polo

**ALL WELCOME – bring a friend, family or a group**

**Juniors 16&U** Sundays at Victoria University Pool Footscray  
1:00 to 2:00pm

**Seniors 16+** Monday nights 8:00 – 9:30pm  
Diving Pool,  
Melbourne Sports &  
Aquatic Centre

**Newcomers  
welcome!**

E: [info@footscraywaterpolo.com](mailto:info@footscraywaterpolo.com)  
W: [www.footscraywaterpolo.com](http://www.footscraywaterpolo.com)