



St. Damian's Newsletter

5 Settlement Rd, Bundoora 3083

Ph: 9467 8566

Email: info@sdbundoora.catholic.edu.au

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PLEASE NOTE:

SUPERVISION OF STUDENTS IS BETWEEN 8.30am TO 3.30pm ON SCHOOL DAYS.

FROM THE PRINCIPAL

Prep Orientation Sessions

The next Orientation session for our incoming Preps will be **held here at school** over 3 days as we are only permitted to have 10 students at a time. Therefore, next Monday, Tuesday and Wednesday we will welcome our new Preps into St Damian's. We are most excited to welcome these little people into our classrooms.

2021 School Captains

We congratulate all the Year 5 students who presented themselves as candidates for the position of School Captain. Each student presented a beautifully written and well delivered speech. They outlined their qualities and dispositions and made very persuasive arguments as to why they should be considered for the role. We also congratulate their teachers and peers for supporting them. I am sure the students felt encouraged in their work and candidacy and expressed themselves in a most articulate manner. Students in Year 5 have the opportunity to apply for leadership positions in a variety of roles for the following year. These positions will be finalized within the next couple of weeks. As we have done in previous years, we will formally announce our 2021 School Captains at the final school assembly on Monday December 14th at 9.15 am. Unfortunately we are not able to have parents and families join us as at present. Should this situation change we will inform you.

Education Board Meeting

The members of the Board are scheduled to meet via Zoom on Tuesday November 24th. This will be the final meeting for this year.

End of Year Events

The Year 6 students will fortunately be able to celebrate their final year of Primary School with a Big Day Out on Friday 11th December. Mr Caruana and Mrs Goodrope have been busy organizing this day for them. **The last day of school for Year 6's** is Monday 14th December finishing at 3.15pm. At the moment we are looking at the possibility of Graduation celebration, however we need to wait for the announcement from the Premier, Dan Andrews, this Sunday to learn whether we will be able to have parents on the school grounds. We will let parents know as soon as we are able.

The **final day for Year Prep-Year 5** is Tuesday 15th December at the usual finishing time of 3.15pm.

Father Vincent's Gospel Reflection- Christ the King Solemnity, Year A 22 November 2020

Dear Friends,

With this Sunday the Church Year has come to an end. The new season of Advent will begin next week to lead us to Christmas. As the conclusion of a liturgical year, we celebrate today the Solemnity of Jesus Christ the Universal King. These days in our world, especially in Europe and Middle East, the horrible acts of terrorism have become the expression of hatred, anger and revenge. Many innocent people have lost their lives and many others have to endure so much suffering of all kinds. With more acts of violence as such we can't feel safe anywhere. But Jesus lives among us as a loving shepherd to keep us away from the power of evil and bring us hope. Jesus constantly calls to follow the path of justice, love and peace, to support and care for one another as God's people.

Today's Gospel is a scene of the final day of judgment. All the nations will be assembled before the Son of Man. He will separate them as a shepherd separates sheep and goats. The judgments made by the Son of Man will be based upon the acts of mercy shown to the least ones - the hungry, the thirsty, the naked, the ill, and the imprisoned. Indeed, Jesus, who suffered on the Cross, identifies himself with the least ones. So we are reminded to use our gifts and talents for the service of others, especially the least among us. Indeed, Jesus tells us that whenever we have served these least ones, we have served Christ himself.

At the end of this Church Year we may look back and reflect upon what we have gone through with the pandemic and virus infection. We have experienced so much difficulty, uncertainty and even fear. It's now time to regain confidence, to get energy and rebuild for a better future. We thank God for the many blessings we have received throughout this year for ourselves and our families. We gratefully acknowledge so much support, encouragement, generous contribution and hard work of many people given to our parish. With confidence we continue to move forward as a community of faith, hope and love.

Fr Vincent Le PP

Have a good week everyone and keep safe and well

Rosanna

FAITH NEWS

The Colours of Advent

For many centuries, purple was the colour used during Advent. Purple, in our Church, is a colour associated with an attitude of repentance and sorrow and corresponded to how people prepared themselves. In more recent times, however, and in alignment with the Advent Scripture readings, the darker coloured purple has been replaced by a lighter, less sombre violet to better represent the feelings of hope, joy, expectation and anticipation as we wait and prepare to celebrate the memory of Jesus' coming at the first Christmas.

Advent in the Catholic Tradition

Advent is about joyful waiting. Our anticipation builds each Sunday as we wait through the darkness of injustice for the dawning of right relationship. We see a new vision for our world and for how we might live. Our focus is liberation, justice and peace, as embodied in the words of Mary's Magnificat (Lk 1:46-55).

Advent prepares us for Christmas when Christ's first coming to us is remembered. Throughout the season, our minds and hearts are directed to await Christ's second coming at the end of time.

During Advent, we wait through the darkness of injustice for the dawning of right and clarity of living. The Scriptural images of Advent tell of a God who frees us from rigidity, gives sight to our blindness, feeds our hungering hearts and sets us in equality with all people. Advent is the season when we intentionally practise hope, when we consciously act for justice, and when we joyfully live in expectation of promises fulfilled.

Reflection

What would our world be like if we allowed this God to become enfleshed in our society?

What does this mean for us now?

Giving Tree and Christmas Hampers

Unfortunately, due to COVID-19 limitations, St. Vincent de Paul Society will not be collecting gifts or non-perishable food items this year. Given the circumstances, St Damian's will not be hosting a Giving Tree and will not be gathering supplies for Christmas Hampers. However, if you still wish to make a donation, please feel free to send retail vouchers to the School with your child and we will forward them to the Society on your behalf. The closing date for donations is Friday, 4th December.

St Damian's Nativity and Christmas Carols Evening

Unfortunately, given the current COVID restrictions, St Damian's will not be hosting this annual event this year.

Mary-Ann Wright

Religious Education Leader



A Huge Congratulations to our Super Star Writers of the Week

Kevin Xiao and Shreyas Moudgil—6C. For a wonderful piece written on William III.

2020 School Fees are Now Due

Please finalise your school fees .

If you have any queries regarding your 2020 school fees please contact the school office.

Thank you

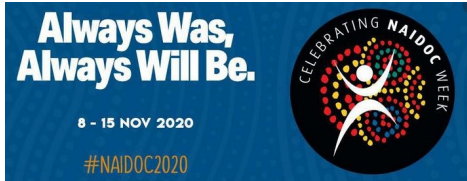


Photo taken during last week's NAIDOC celebrations



November		
20th	Peter	6C
21st	Chloe	1/2MZ
22nd	Harry	6G
24th	Alannah	4M
	Leah	3T
25th	Erica	1/2J
	Zac	4WT
26th	Marley	3BM
	Josephine	PA

w e l l b e i n g i n s c h o o l s



Physical activity and mental health

Regular physical activity is great for children and young people's healthy development and helps prevent and relieve mental health issues

How does exercise affect mental health and wellbeing?

Physical activity promotes many aspects of child and adolescent development, including social and emotional skills, as well as physical development of motor skills.

It also supports mental wellbeing. We know that high levels of inactivity can lead to a greater risk of both physical and mental health problems.

Physical activity:

- can increase levels of serotonin and endorphins, the neurotransmitters involved in regulating and improving mood
- promotes sleep – which also helps regulate moods, increase energy levels and improve memory and learning
- increases the connections between the brain neurons, which improves memory and learning capacity

- pumps blood to the brain to boost mood, concentration and alertness
- promotes relaxation by reducing skeletal muscle tension
- provides children and young people with an outlet for excess **energy** and frustration, which relieves tension
- provides an opportunity for children and young people to socialise and meet new people, reducing loneliness and isolation
- improves motor and cognitive skills, which boosts self-esteem
- distracts children and young people from negative thoughts.

These benefits also serve to improve classroom behaviour and promote a more positive learning environment.

How much exercise do children and young people need?

The 24-Hour movement guidelines outline the following recommendations for exercise for children and young people:

- **Infants** (birth to one year): 30 minutes per day of supervised interactive floor-based play including tummy time, reaching and grasping, pushing and pulling and crawling.
- **Toddlers** (1-2 years): at least 180 minutes a day, including energetic play such as running and jumping.
- **Pre-schoolers** (3-5 years): at least 180 minutes a day of which 60 minutes is energetic play such as running, jumping and kicking and throwing.
- **Children** (5-12 years) and young people (13-17 years): at least 60 minutes of moderate to vigorous intensity physical activity every day.

The percentage of children and young people meeting current guidelines is:

- 61% of two to five-year-olds
- 26% of five to 12-year-olds
- 7.9% of 13 to 17-year-olds.

What can your early learning service or school do to promote exercise?

Services and schools provide many opportunities for children and young people to join in physical activity, through both structured activities like formal classes or team sports and spontaneous play.

Though there are challenges integrating formal exercise programs into the curriculum (it takes specialist teachers, sports equipment and facilities), there are many ways you can engage children and young people in physical activity. You can:

- hold outdoor or walking classes where a lesson is conducted 'on the move'
- establish a 'bush kinder/class' session or incorporate walks to local parks or nature reserves as part of your early learning program

- include outdoor activities in subjects such as maths, science or geography
- try standing lessons to break up extended sitting time
- provide bats and balls and other play equipment during lunch and recess
- have play spaces and play equipment to encourage physical activity
- see if it's possible to partner with local sport and recreation clubs and local councils so you can use their equipment and facilities – perhaps you could apply for a physical activity grant to fund a project
- provide safe and secure bike parking
- promote active travel, such as encouraging children and young people to walk as much as possible and welcome active travel ideas like a walking school bus to your local community.

Some children and young people dislike competitive sport and anxiety about competition may worsen existing mental health issues.

You could consider offering non-competitive physical activities such as yoga and Pilates as an alternative. Or offer activities where the focus is on participation, not competition. It's more important for children and young people to learn that being active is fun rather than focusing on winning.

References

Australian 24-Hour Movement Guidelines for the Early Years (birth to 5 years). Retrieved from [https://www1.health.gov.au/internet/main/publishing.nsf/content/FCE78513DAC85E08CA257BF0001BAF95/\\$File/Birthto5years_24hrGuidelines_Brochure.pdf](https://www1.health.gov.au/internet/main/publishing.nsf/content/FCE78513DAC85E08CA257BF0001BAF95/$File/Birthto5years_24hrGuidelines_Brochure.pdf)

Australian 24-Hour Movement Guidelines for Children and Young People (5 to 17 years). Retrieved from [https://www1.health.gov.au/internet/main/publishing.nsf/Content/AC46EFBE3130BC97CA2583D00023E7B0/\\$File/Australian%2024-Hour%20Movement%20Guidelines%20for%20Children%20and%20Young%20People%205-17%20years.pdf](https://www1.health.gov.au/internet/main/publishing.nsf/Content/AC46EFBE3130BC97CA2583D00023E7B0/$File/Australian%2024-Hour%20Movement%20Guidelines%20for%20Children%20and%20Young%20People%205-17%20years.pdf)