



# MOTHER TERESA CATHOLIC PRIMARY SCHOOL

5-15 Windrock Ave Mt Ridley PO Box 433 Craigieburn VIC 3064

Phone: 7303 1200

Email: [principal@motherteresa.catholic.edu.au](mailto:principal@motherteresa.catholic.edu.au)

[www.motherteresa.catholic.edu.au](http://www.motherteresa.catholic.edu.au)

## **NEWSLETTER**

*Friday February 14th 2025*

**“Not all of us can do great things, but we can do small things with great love.”**

*Mother Teresa*

Dear Parents and Guardians,

Thank you to each of you for your care and concern this week whilst I was recovering from COVID, I appreciate the support from our school community very much.

Yesterday I attended the MACS (Melbourne Archdiocese Catholic Schools) induction for new Principals. It was a wonderful opportunity to learn and hear from each of the MACS directors and members of the executive team about the role that each of their departments play in the MACS system, a system which ultimately impacts your children. MACS' purpose is **'Forming lives of faith, hope and love in the light of Jesus Christ'** with a vision that **'Every student is inspired and enabled to flourish and enrich the world'**. The message from MACS' executive team was very clear about the support and structures that the MACS' system offers to Principals and the parish school communities that they lead. As part of the induction, we also celebrated with a Commissioning Mass. Each new Principal was gifted a candle that was blessed by Fr Mark Reynolds, the Episcopal Vicar for Catholic Schools. My candle will now hold a very special place in my office at school, reminding me of my promise and commitment to faith leadership in partnership with Fr George and the Our Lady's Parish as Principal of Mother Teresa.

### **Parent Helper Course**

Earlier this week we held two parent helper workshops which were well attended by parents. My sincere thanks to those who attended for their time in attending these workshops and offering their time and service to the school. Our final session will be held next **Tuesday 18th of February at 3.00pm** in the multipurpose space. If you would like to attend please email [info@motherteresa.motherteresa.catholic.edu.au](mailto:info@motherteresa.motherteresa.catholic.edu.au) to register your attendance. Parent helpers are such an asset to the life of a school as they support us to take students on excursions, provide 1:1 reading support, help with other tasks such as covering library books not to mention selling Zooper Doopers on Friday afternoons!

### **Roadworks**

By now you would all be aware of the childcare works that are occurring next to the school as the temporary fencing on Windrock Ave is blocking the footpath and therefore a clear path to the gate next to the staff car park. **Whilst I understand that it is quicker and may seem easier to just cross the road or walk on the road next to the fence, I ask that you do not as it is simply unsafe.** Please ensure that you are walking down to the crossing and crossing safely. The council have informed me that they will be in the area and will fine people who are 'jay walking' and not

crossing at the crossing and will also be fining drivers of cars who are parked in the 15 minute bays and stay for longer than the 15 minutes.

I have had a parent offer to support the school leaders who are rostered on to yard duty to support with traffic management at each of the school gates. If this is something you are interested in supporting the school with, please email [info@motherteresa.catholic.edu.au](mailto:info@motherteresa.catholic.edu.au).

### **XUNO Platform**

Last week I wrote about my frustration in regards to the XUNO app and that we were working with the company to resolve the issue. I have been told that each of our school families should now have access to the platform. Unfortunately that isn't the case for all families and Xuno are still unsure why. I find this unacceptable so I have begun to look at another platform that can support school management more effectively and efficiently.

### **School Advisory Council**

Last week I wrote about the School Advisory Council and its role within a MACS school. With the commencement of a new year we are looking for another couple of parents to join the Mother Teresa School Advisory Council. The School Advisory Council (SAC) meets approximately once a school term usually in the evenings. If you are interested in joining the SAC or would like to find out a little more information about the purpose of the group, then please email me at [principal@motherteresa.catholic.edu.au](mailto:principal@motherteresa.catholic.edu.au) expressing your interest.

### **Parents and Friends Committee**

Our Parents and Friends committee are looking for some more parents to join them in 2025! We are so lucky at Mother Teresa to have an active P&F group who sell Zooper Doopers to our students on Friday afternoons and organise events to raise money for our school. **Meetings will occur on the last Friday of each month at 2.30pm. Our first meeting will be on 28th of February.** If you would like to join the group or find out more information about our P&F group, please email [info@motherteresa.catholic.edu.au](mailto:info@motherteresa.catholic.edu.au)

### **Meet the Principal 'Cuppa Chat'**

The first meet the Principal Cuppa Chat's will occur this **Friday at 3.00pm** - I can't wait to meet more of our community and hear about your dreams, goals and aspirations for the future of Mother Teresa Catholic Primary School.

God Bless,

*Mrs Jess Davis*

**Principal**

## *This Week's Happenings*

Week	Day/Date	Weekly Happenings
<b>3</b>	<b>Monday 17th February</b>	<ul style="list-style-type: none"><li>• Farewell to Amy (9.00 Prayer followed by morning tea )</li></ul>
	<b>Tuesday 18th February</b>	<ul style="list-style-type: none"><li>• Parent Helper Training 3.00 - 3.30pm</li><li>• Parent/Child/Teacher Conversations</li></ul>
	<b>Wednesday 19th February</b>	<ul style="list-style-type: none"><li>• Maria Training Day for MHiPS</li><li>• Foundation students rest day</li><li>• Parent/Child/Teacher Conversations</li></ul>
	<b>Thursday 20th February</b>	<ul style="list-style-type: none"><li>• Year 5/6 Pallyan Workshops</li><li>• Gymnastic workshop Grade 3&amp;4</li></ul>
	<b>Friday 21st February</b>	<ul style="list-style-type: none"><li>• Year 3/4 Pallyan Workshops</li><li>• Meet the Principal Cuppa Chat 3.00 - 3.30pm</li></ul>

### *Child/ Parent / Teacher chats 2025*

A reminder that this year, the child/ parent/ teacher chats will take place on Tuesday 18th and Wednesday 19th February. These chats are a great opportunity to share important insights about your child, helping their teacher/s understand them better and provide the most appropriate support. This week, you will have received a letter outlining how to book a time and if required, how to book a translator. The chats will be of 10 minutes duration and occur within the following times:

#### **Tuesday 18th February**

3.50 pm - 6.00 pm Child/ Parent/ Teacher Chats

6.00 pm - 6.30 pm Staff dinner - no bookings at this time

6.30 pm - 7.30 pm Child/ Parent/ Teacher Chats

#### **Wednesday 19th February**

3.50 - 5.30 Child/ Parent/ Teacher Chats

### **PLEASE NOTE there are different times for just the following Learning Spaces:**

**If you have a child in LSB** the times are:

Tuesday 18th February: 3.50 - 6.20 pm

Wednesday 19th February: 3.50 - 5.30 pm

**If you have a child in 5/6A and 5/6B** the times are:

Tuesday 18th February: 3.50 - 6.00 pm

Wednesday 19th February: 3.50 - 5.30; then 6.00 - 7.00 pm



### *Smiling Mind*

Smiling Mind is Australia's leading digital-led, **prevention-focused mental health not-for-profit**. They have impacted millions of people through our renowned **mental fitness app and school programs**.

This year, our learning community will be engaging with the **Smiling Mind Primary School Program**—an evidence-based program designed to support your child's **social and emotional development**. Each lesson includes fun activities, discussions, and take-home worksheets covering **decision-making, managing emotions, building positive connections, resilience, and more**.

As **resilient self-managers**, we are learning to **manage our emotions** by taking time and opportunity to **tune in, find out** and **sort out** our thinking around the concept of **awareness**. As part of our learning process, we will engage in a **body scan meditation** practice, which helps us become **aware of our body**. Learning **mindfulness** typically begins with **body awareness**. **Mindfully paying attention** to the body **cultivates self-awareness**.

Below are some opportunities for you to engage in at home.

<u>Year Level</u>	<u>Activity</u>	<u>Resources</u>
F-2	<p>Mindfully colouring in can help you to build your awareness and your focus. You could ask a member of your family to join you. Draw a picture of something you did today and colour it in. They can draw something they did too. Experiment with different pressures (colour some parts lightly, some darker).</p> <p>As you are colouring in, notice how you are holding the pencil, and how your hand feels. How many fingers do you use? Does focussing on one thing make you feel calmer? Ask your family member how they feel when they are drawing and colouring in and not thinking about other things.</p>	<p><b>Glowing Bubble Breathing</b>  <a href="https://app.smilingmind.com.au/session/c6T6pt_yTcm6WmlfTZ2G8A?step=1&amp;sourceRoute=search">https://app.smilingmind.com.au/session/c6T6pt_yTcm6WmlfTZ2G8A?step=1&amp;sourceRoute=search</a></p> <p><b>Bubble Glow</b>  <a href="https://app.smilingmind.com.au/session/O4QWvi3ERSmrMB3fu2xCvQ?step=1&amp;sourceRoute=explore">https://app.smilingmind.com.au/session/O4QWvi3ERSmrMB3fu2xCvQ?step=1&amp;sourceRoute=explore</a></p> <p><b>All About Mindfulness</b>  <a href="https://app.smilingmind.com.au/session/G87Rp7yUR4msPWSce3gtg?step=1&amp;sourceRoute=explore">https://app.smilingmind.com.au/session/G87Rp7yUR4msPWSce3gtg?step=1&amp;sourceRoute=explore</a></p> <p><b>Body Scan for Kids</b>  <a href="https://app.smilingmind.com.au/session/JRZZn8gjRyK48RAKLrtpMw?step=2">https://app.smilingmind.com.au/session/JRZZn8gjRyK48RAKLrtpMw?step=2</a></p>
Year 3/4	<p>Did you know that it takes a lot of awareness to balance? Find a small object that fits in your hand. Focus your attention on trying to balance it on the back of your hand. Then, move the object so that you are balancing it on only three fingers, then two, and then only one!</p> <p>Take a moment to write down what you noticed when you balanced the object on different parts of your hand.</p>	
Year 5/6	<p>Automatic pilot happens to everyone – sometimes our mind just wanders off.</p> <p>Think about a time when you noticed you were on automatic pilot. Were you able to notice and become more mindful? Describe this experience.</p> <p>See if you can find the opportunity to explain the concept of autopilot to someone you know, it may be a member of your family, your coach or a friend. Ask them when do they think they are on autopilot - is it in the shower? Getting dressed? Driving? Sitting in a meeting?</p>	



# Imogen Anton



## Speech Pathologist



My name is Imogen, and I am Mother Teresa's new Speech Pathologist! I would like to thank the students, staff and community for the very warm welcome I have received since commencing at Mother Teresa's!

### All About me

I spent the first three years of my career as a Speech Pathologist working in paediatric private practice, where I had lots of experience assessing and providing therapy to children with communication needs. After recognising the need for Speech Pathology services in school settings, I made the transition to working exclusively in schools a few years ago. At Mother Teresa's, I hope to provide assessment and therapy to students who may require this support. I also hope to ensure that students' communication needs are met in the classroom. When I am not at work, I love to go shopping, visit my family and friends and spend time with my ragdoll kitten, Elsa!

### Contact Details

**E-mail:** [imogen.anton@motherteresa.catholic.edu.au](mailto:imogen.anton@motherteresa.catholic.edu.au)

**Work Days:** Mondays



# DISCOVER MERCY OPEN DAY

Meet our Principal and engage with current students and staff, gaining first hand insight into our educational offerings and extra-curricular activities.

Thursday 13 February 9.30am and 6.00pm  
Sunday 16 February 10.00am

760 Sydney Road, Coburg - Entry via Gate 1  
Presentation and tour takes approximately 90 minutes.

Book online or call 9319 9299.  
[mercycoburg.catholic.edu.au](http://mercycoburg.catholic.edu.au)

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