## NEWSLETTER



Week 4 - Friday 10th May 2024

### **Message from the Principal**

Dear Parents and Carers,

#### **OSHC Staff**

We are currently looking for OSHC Staff who can work after school. All applicants need to be over 18 and have an Ochre card. If you or anyone you know might be interested in learning more, please contact the office.

### Lunchboxes

You have probably noticed that your child has been bringing home uneaten food and food wrappers over the past weeks. The reason for this is because we had observed a considerable increase in the amount of rubbish that we were disposing of each week. We are committed, as a school, in contributing to a more sustainable planet by doing our bit to reduce landfill and waste. While I would never encroach on a parents right to make decisions about what their children eat at school, I have been surprised by the large quantities of sugary drinks and prepackaged processed food many of the students are bringing to school. There is a growing body of research showing that what children eat not only affects their physical health but also their mood, mental health and learning. The research suggests that eating a healthy and nutritious diet can improve mental health, enhance cognitive skills like concentration and memory and improve academic performance. The recommendation is for children to be eating plenty of nutritious, minimally processed food from the five food groups.

### **Mothers Day**

This Morning we had our Mother's Day Morning Tea. It was a great morning for families to celebrate all of our Mothers and Significant Women within the MTCPS Community. Thank you to all of our staff who have worked hard over the past week, making gifts and food with their students. We hope you all have a wonderful Mothers Day with your families and loved ones.

### **Sports House Team Building**

Well done to our Year 6 House Captains for taking initiative in organising the House team building session this afternoon. Students really enjoyed having lunch together and participating in fun activities and games.

Kind Regards, Michelle Garbutt Principal



### **Contact Information:**Email:

admin.mtcps@nt.catholic.edu.au
Phone: 08 7969 5600
16 Ginger Street, Zuccoli NT 0832



# Front Office News



Week 5

**Friday** 

Cross Country - from 8:25
AM

3/4 Wilson Assembly @2pm

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### Week 6

**Book Fair Week** 

**Friday** 

Transition K Assembly @ 2pm



Term 1

Wednesday 31st January - Friday 5th April

**Term Break** 

Monday 8th April - Friday 12th April

Term 2

Monday 15th April - Friday 21st June

Mid year break

Monday 24th June - Friday 12th July

Term 3

Tuesday 16th July - Friday 20th September

**Term Break** 

Monday 23rd September - Friday 4th

October

Term 4

Monday 7th October - Thursday 12th December

### Front Office Hours

**MONDAY 8:00AM - 3:00PM** 

**TUESDAY 8:00AM - 3:00PM** 

WEDNESDAY 8:00AM - 3:00PM

**THURSDAY 8:00AM - 3:00PM** 

FRIDAY 8:00AM - 3:00PM



### Little Hammers Club



On Tuesdays our Little Hammers group head to Bunnings to complete DIY Projects. Last week the Little Hammers got to decorate pots by dripping paint over them. Once dried students were able to Plant their own flowers.

This week, the little hammers learnt about measuring. By using the measuring tape they were able to measure their peers to create a hoola hoop in their size.



# Happy Mother's day

Friday 10th May, Week 4

### **Morning Mass**



Today we celebrated our first Whole School Mass with Fr Mick to celebrate Mother's Day. Thank you to everyone that came along to give thanks to our mothers and grandmothers.





"We pray for mothers and grandmothers everywhere, may we give thanks for their caring hands, loving hearts and all the joy that they bring to our lives"





### **Mother's Day Morning Tea**









We hope you all have a lovely Mother's Day this Sunday





### Sports House Team Building



With the upcoming Cross Country & Sports Carnival, our Year 6
House Captains wanted to organise a way for teams to bond.
Pictured are all of the teams enjoying their lunch together before heading into learning foyers to partake in team building activities. Students had so much fun! Thank you and well done to our House Captains.



### Colour fun Run

Dear Parents/Carers

Please see the attached flyer for our school fun run details this year. This year we are fundraising to purchase a Shade structure over the basketball court in Lower Primary.

### **COMPETITION TIME**

To get our event off to a flying start, we're starting our Colour Day with a super easy competition!

The class with the most online profiles registered by Friday 24th May (end of Week 6) will win icy poles!



Each week the class with the most money raised will also win icy poles.

The class with the most money raised at the end of the event will receive a pizza lunch!

If we reach our target, we will also get to slime Mrs Garbutt.

\*PLEASE REMEMBER - THIS IS AN ONLINE ONLY FUNDRAISER schoolfunrun.com.au\*

### Getting started with parental controls on devices and accounts



Many digital devices and accounts now come with parental controls.

Here are some examples of the parental control features included in common devices and accounts.

#### Your home wi-fi network

Some wi-fi routers and accounts with internet service providers (ISPs) come with software that allows you to set up parental controls across your whole network. However, you don't always get as much control and monitoring as you get from the tailored software installed on each device. If you would like to learn more about controlling content using your wi-fi network, contact your ISP provider.

#### Apple devices

Apple allows parents to set up family sharing accounts. Family sharing enables parents to share purchased apps and manage their child's device. You can find out more about setting up parental controls at <u>Apple families</u>. The <u>Apple Support</u> YouTube channel has videos that provide step by step advice.

1

#### Follow these steps to get started:

1. In your settings, select your Apple ID and account info.

- Go to family sharing and click on '+Add member' to add a new account for your child.
- 3. Go to Screen Time settings to set limits on apps, block websites and restrict purchases whenever you change this it will update on your child's device.
- **4.** On your child's device, activate the account.



Google Family Link allows parents to use an app to manage their child's device. You can find out more at families.google.com.

#### Follow these steps to get started:

- 1. Set up an account for your child using your Google account.
- 2. Download the Family Link app to your phone or tablet.
- 3. Verify your child's account.
- 4. Go to Digital Wellbeing and Parental Controls and use the settings to set limits on apps, schedule downtime and see what your child is doing online whenever you change this it will update on your child's device.
- 5. On your child's device, activate the account using the passcode or by pairing their device to yours.

#### Wearables

Wearable technology such as iWatches, Fitbits and Virtual Reality headsets can be fun and provide benefits such as being portable. Some of these new technologies have parental control options that limit use to specific times, schedule downtime or hide your child's location from others. It's worth looking at the options available before buying any wearables.

Find out about staying safe while using wearables and other new technologies in the eSafety Gift Guide.



# Leaving MTCPS? 10 Weeks notice is required

As we are heading closer to the middle of the year, we have become aware that there is some movement happening to families with in certain work forces.

If you are planning to leave Mother Teresa or Darwin, a Student Departure Form MUST Be completed. Please be reminded, as per the signed school enrolment application form, that we require 10 weeks notice. This notice period is to avoid families having to pay a full term's fees after they have left.

### How do i notify the school?

A Student Departure Notification Form **MUST** be completed. You can get this form from the front office or electronically via email request.

Email: admin.mtcps@nt.catholic.edu.au

\*Please Note: a Student Departure Form is the ONLY acceptable form of formal notification\*



# Community Notices



#### **CAR PARK REMINDER:**

Dear families, Please **DO NOT** park in the disabled car parks at the front of the school.

The only cars allowed to park here MUST have a disabled permit sticker displayed, otherwise you are in breach of the Northern Territory Traffic Regulations and can be fined \$135.

We do have students and families who have permits and need these spots. When a non permit vehicle parks there, it causes much inconvenience to them.

### **Defence Club Message:**

There has been some confusion about who can attend Defence Club. This club is specifically aimed at students whose families are current or ex serving Australian Defence Force (ADF) members to support them with the varying struggles of Defence life. Each Wednesday I host Defence Club at lunchtimes where we do a variety of activities depending on current events and the students interests. Usually students are allowed to bring a friend with them. This encourages them to foster relationships outside of the ADF circle, but it is up to the students to choose who they would like to bring. Please discuss this with your child as we have had some upset students. There are many other clubs within the school that non ADF students can join. If your child currently does not attend and you think they should, please contact me and let me know when your family served in the forces.

Kind regards, Eloise Murray, Defence Mentor



