



NEWSLETTER



Principal – Anthony Garton

What an actioned packed term it has been here at Antonio.

Thank you

Thank you for your wonderful support for all of the fabulous events where we came together as a community and celebrated the achievements of each other and especially our children.

I wish to say a BIG thank you to our PFC who have done an amazing job of feeding our children and bringing families together for fun and laughter, while raising awareness and funds for our school programs.

Also a BIG thank you to our amazing and talented staff who work together to support every child in our care and see them stretch their knowledge and capabilities. This term this included camps, assemblies, enterprise day, liturgies, Book Week, breakfasts, excursions, incursions and more. Our children are blessed to have such a caring and capable staff.

A BIG thanks to all our students who have worked well together to try new things, take a risk learn from their mistakes. They have shared joy with each other and inspired everyone in the process.

I want to say a special thanks to our OSHC and Vac Care staff who work at those early and late times of the day when others are home settling into the day or night or enjoying a quieter term break. They love their work and provide wonderful experiences for the children in our after school, before school and vacation programs.

Year 3-6 New Classroom Building Update

The tenderers have submitted their proposals and we will be ready to announce which builder we are proceeding with next week. The early stages of the project will begin in November. The process so far has been a rigorous and timely one to ensure the new building will be of the highest quality.

The canopy and deck outside of the Green Doors classroom is being built this term break. This will be an extension of the same structure outside of the music room and will provide shade and outdoor space for the appreciative children and staff teaching and learning in this community.

Car Park Safety

Please help us maintain a safe environment for all pedestrians by driving no more than 10kph WALKING PACE in the church driveway/carpark and both school car parks at all times. Thank you.

Polling Booth on Saturday 14th October

As you may know our school gym will be a polling booth for the upcoming referendum on Saturday 14th October. You are most welcome to cast your vote at our school and pick up breakfast or lunch from the PFC run BBQ, a soft drink or for those wanting morning or afternoon tea, a sweet treat from the bake stall. The Express Coffee Van will also be on site. If you can help the PFC team with some baking or by volunteering at the stall for a short while, please let Kirstie know on Ph: 0419 823 175.

I wish you all a safe and peaceful term break and I look forward to seeing you again at the beginning of next term.

Anthony Garton
Principal

APRIM and Leader of Wellbeing – Kerry Cornelius

Dear Families,

It's hard to believe that we are now approaching the Term 3 holidays! It's been a busy term with many experiences. As one term concludes and a new one is on the horizon, now could be a good opportunity to spend some time reflecting with your child and as a family on what was achieved over the past 10 weeks. Some questions you might like to ask yourselves could include:

- What were the successes of Term 3?
- What might have been challenging?
- What was a new learning?
- How have we grown as a family / as a learner?
- What goals might we have for Term 4?



Wellbeing – Healthy things to do with your kids these school holidays

With us about to embark on school holidays, and if you will be home with your children for most of that time, you may be grappling with new ways to amuse them. Below are a few ideas for healthy holiday activities which could be great for the whole family!

- **Get kids into the kitchen:** Teaching children how to cook is not only fun, but an easy way to encourage them to eat healthily. Studies have shown that young adults with some cooking skills had better nutritional outcomes a decade later, such as eating more vegetables and consuming less fast food. So, it's great to get in early! What simple, healthy recipes can you make together these holidays?
- **Be active:** Aim for at least 1 hour per day. We know how important being active is for young minds and bodies. It's good for their brains, energy levels, bone and muscle health, and even sleep quality! Try to incorporate activities into the day that make kids 'puff' such as a walk or scooter to the shops, playing 'chasey' or even dancing for a few minutes before dinner!
- **Take them to the dentist:** It might not be the most popular holiday activity, but it is important. Statistics will tell us that more than half of Australian 6-year-olds have some tooth decay. So, if your child is due for a dental visit, now could be the perfect opportunity to organise one!
- **Let them sleep:** Kids need more sleep than adults, which facilitates their growth, learning and development. Getting a solid night's sleep can make your child happier, help them concentrate and improve their behaviour. While it's tempting to stay out later in the school holidays, and the odd late night for a special occasion is fine, try to stick to their normal bedtime routine and encourage your child to get enough sleep for their age:

Ages 3-5: 10 - 13 hours

Ages 6-13: 9 - 11 hours

(Adapted from: www.healthdirect.gov.au)

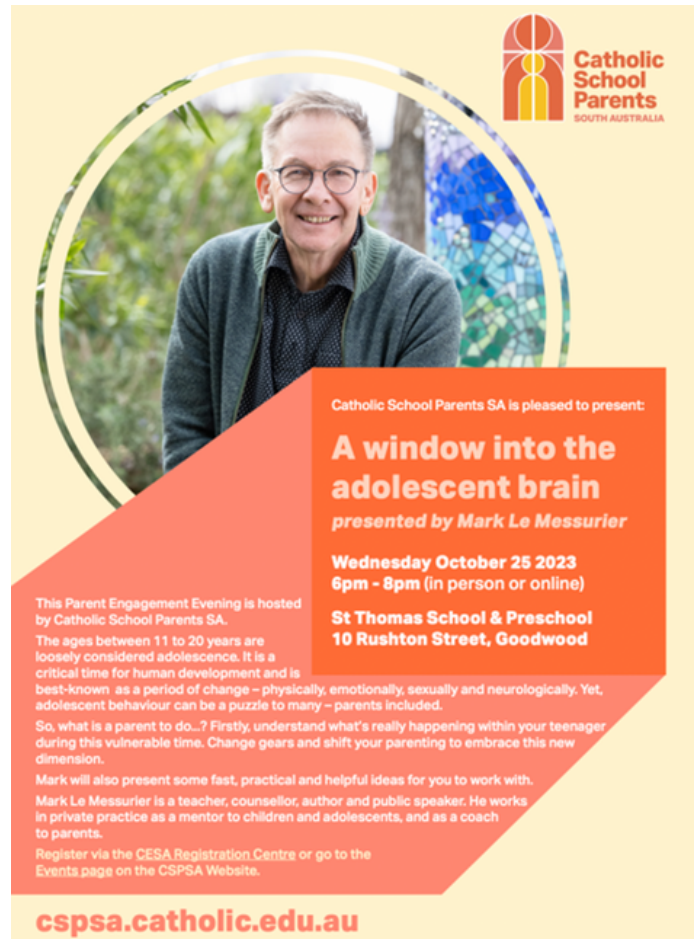


Catholic School Parents – A window into the adolescent brain - Presented by Mark Le Messurier

Catholic School Parents SA have released the details of their next fantastic parent seminar. On Wednesday, October 25th from 6pm to 8pm, Mark Le Messurier will be presenting on the topic of 'A window into the adolescent brain.' You can engage in this fantastic and free opportunity in person at St Thomas School and Preschool, Goodwood, or online from the comfort of your own home. Mark is not only an incredible human being, but he is also an educator, counsellor, parent and teacher coach. This workshop would be a worthwhile time investment.

Registrations for this event are now open via the link below:

[Click here](#)



The poster features a circular portrait of Mark Le Messurier, a man with glasses and a green jacket, smiling. To the right is the Catholic School Parents South Australia logo. The main text is on a red background. Below the portrait, there is a small text block about the event being hosted by Catholic School Parents SA, a paragraph about adolescence, a list of topics to be discussed, a bio of Mark Le Messurier, and registration information. The website address is at the bottom.

Catholic School Parents SA is pleased to present:

A window into the adolescent brain

presented by Mark Le Messurier

Wednesday October 25 2023
6pm - 8pm (in person or online)

St Thomas School & Preschool
10 Rushton Street, Goodwood

This Parent Engagement Evening is hosted by Catholic School Parents SA.

The ages between 11 to 20 years are loosely considered adolescence. It is a critical time for human development and is best-known as a period of change – physically, emotionally, sexually and neurologically. Yet, adolescent behaviour can be a puzzle to many – parents included.

So, what is a parent to do...? Firstly, understand what's really happening within your teenager during this vulnerable time. Change gears and shift your parenting to embrace this new dimension.

Mark will also present some fast, practical and helpful ideas for you to work with.

Mark Le Messurier is a teacher, counsellor, author and public speaker. He works in private practice as a mentor to children and adolescents, and as a coach to parents.

Register via the CESA Registration Centre or go to the Events page on the CSPSA Website.

cspsa.catholic.edu.au

Antonio Catholic School Supporting Catholic Charities

A huge congratulations and a big thank you to our Year 5/6 students and their teachers, Madeleine Ireland, Meagan Friday and Beau Lee, for their incredible work towards Enterprise Day this year. There was so much innovation and creativity on display this year and all for the benefit of Catholic Charities. As a team, the 5/6's and their teachers, with the incredible financial support of the Antonio Catholic School Community, raised a staggering \$1832 for Catholic Charities. The amount of people who stand to benefit from this donation is substantial. Charitable works are alive and well in our school community and our willingness to support those that are less fortunate than ourselves is so special. Thank you!



Celebrating our Mini Vinnies

Last Friday at our Year 5/6 (Book Week) Assembly, we celebrated the contributions of our Mini Vinnies students throughout 2023. This group of students have hearts of gold and donate so much of their time towards helping others. I would like to take this opportunity to thank Aila, Leah, Belinda, Amara, Armarni, Sibella, Emma, Maya and Aria for their time, efforts and passion for making a difference. Thank you also to Meagan Friday, Michelle Dinning and Sara Petruzzella for all the help and support you provide to this incredible group of students. You are all a pleasure to work with. This Tuesday just gone, we celebrated these children with a shared lunch of hot chips to say thank you to them for their unwavering commitment.



Wishing you all a wonderful holiday break. Take care of yourselves and each other. I look forward to working with you all next term.

Kerry Cornelius
Assistant Principal Religious Identity and Mission
kerryc@antonio.catholic.edu.au

Performing Arts Update - Lisa Cannizzaro

Pathways Music Concert

On Tuesday 19th September, we hosted our annual Pathways Music Concert. This concert is for students learning an instrument at school. We welcomed coordinators Josh and Claudia, and tutors Ally, Aliesha and David.

Congratulations to all the students who performed: Jakub, Brooklyn, Mason L, Tamzen, Leianna, Charlie, Lucas, Zenith, Aria, Mackenzie, Madeline A, Aila, Savannah, Joyce, Bowie, Oliver M and Riley T.

They displayed our Antonio values of inspiration and courage to take to the stage and share their learning.



Australian Girls Choir Workshop

On Friday Week 8, we welcomed Emily from the Australian Girls Choir to run a workshop with all interested girls at our school. We had 30 registrations which is a fantastic number. The students learnt a fun song about a moose, and actions to accompany it.

Then Emily listened to each girl individually. Participants will receive an individual report sent to them via AGC.

There are also holiday workshops offered by the Australian School of Performing Arts (ASPA) which is the overarching organisation for the AGC. These are held on October 11 & 12 and are open to girls AND boys from Reception to Year 6. You can register for these programs at www.aspagroup.com.au





NDSJSA Cup Final

Last Saturday morning 5 of our students played with the Emmaus U11 soccer team in the NDJSA Cup Final. They were up against a team that had gone the whole season undefeated Port Noarlunga Primary School. It was a great game to watch, and the students did amazing. The game was a tightly fought one with our team scoring first then Porties equalising a few minutes later, but the team rallied and scored a great team goal just before half time to go in 2:1 up. The second half was again equally matched with both teams having some half chances but neither being able to get another goal. Then in the last 10 minutes it started to click and we were able to score 2 quick goals to win the game 4:1.

Congratulations on such a great win!

Division 1 Netball Grand Final

On Tuesday night the year 5/6 Netball team played in the Division 1 Netball Grand Final at SUNA. The team had gone through the season undefeated after narrowly winning the last game of the season by 1 point. This gave them great confidence going into the Final.

On the night they made a solid start in the first quarter but were unable to put many goals on the board, but in the second and third quarters the team were able to slow the opposition and continue scoring themselves. This made for an enjoyable fourth quarter where the team could enjoy the game and then celebrate a good win 24-14.

Thank you to parent Amanda for coaching the team and all the parents that assisted with scoring, timekeeping, and primary carer roles throughout the season.

A huge congratulations to this team and the quality of Netball played and improvement they made throughout the season.



Student Reporters - Leah and Aila

On Friday Week 9 we celebrated book week we dressed up as characters from books.

Which is perfect timing because the year 5/6 had their assembly what a great way to enjoy it!

It was nice seeing everyone's costumes all of them were very creative.

In Year 5/6 the most common theme based on the majority of their outfit was Harry Potter, even Mr Garton was Professor Dumbledore which was not surprising because our class novel that we are reading is Harry Potter.

In the first semester the Year 5/6's read Harry Potter book one – "The Philosopher's Stone" and now we are up to book number two "The Chamber of Secrets".

In Year 3/4 the most common theme based on their outfit was Matilda. Year 1/2 there was a soccer player's theme. Then the receptions because they are younger there was a lot of Disney princesses and they really stuck to the theme of Disney.

Teachers were dressed up as "The Colour Monster", "Dear Zoo", "Alice in Wonderland", "Matilda" and "Harry Potter".

"Harry Potter" was more popular as it was an original theme – even I was dressed up as the only Ravenclaw student.

It is the last week of term I hope you are all celebrating to have a fun and exciting holiday.



OCTOBER SCHOOL HOLIDAY ACTIVITIES



In Motion



[Click here](#)

UPCOMING EVENTS

Term 4

Week 1

Thursday 19th October - Rec (Hall & Early Explorers) MFS Incursion

Thursday 19th October - Early Explorers

Week 2

Monday 23rd October - Rec (Zan & Munro) incursion

Wednesday 25th October - Year 1/2 (Naughton/ Van Eyk) Liturgy

Thursday 26th October - Early Explorers

Thursday 26th October - Year 3/4 (Broadbent) Mass

Week 3

Monday 30th October - Zoo Excursion (Petruzzella & Field)

Tuesday 31st October - Zoo Excursion (Naughton/Van Eyk & Jensen/Simmonds)

Tuesday 31st October - Year 5/6 Cardijn Cup

Wednesday 1st November - School Tour

Thursday 2nd November - Finance Meeting 5.30pm

Thursday 2nd November - School Board Meeting 7.00pm

Friday 3rd November - Reception Assembly

Saturday 4th November - School Tour

Week 4

Wednesday 8th November - Book Fair Commences

Wednesday 8th November - Year 1/2 (Field) Liturgy

Wednesday 8th November - Year 3 - Year 6 SACPSSA Athletics

Thursday 9th November - Early Explorers

Thursday 9th November - Year 3/4 (O'Dwyer / Rubenicht)

Friday 10th November - Sports Day

Week 5

Thursday 16th November - Early Explorers

Friday 17th November - Year 3/4 Assembly

Week 6

Wednesday 22nd November - Year 1/2 (Petruzzella) Liturgy

Thursday 23rd November - Early Explorers

Thursday 23rd November - Year 3/4 (Sweeney) Mass

Week 7

Thursday 30th November - Early Explorers

Thursday 30th November - Finance Meeting 5.30pm

Thursday 30th November - School Board Meeting 7.00pm

Friday 31st November - Year 1/2 Assembly

Week 8

4th December to Thursday 7th - Dental Clinic

Friday 8th December - Carols Night

Friday 8th December - Year 6 Assembly

Friday 8th December - PFC Special Lunch (Subway)

Week 9

Monday 11th December - Cardijn Transition Day

Tuesday 12th December - Year 6 Beach House Excursion

Wednesday 13th December - Year 6 Graduation

Friday 15th December - Pupil Free Day (OSHC available)

