



Upcoming Events

Assembly with Year 5/6

Date: Friday 14 February
Time: 9:00am - 9:30am
Venue: The Hall at St Raphael's School -

Random Acts of Kindness

Date: Monday 17 February
Time: 9:00am - 3:00pm
Venue: St Raphael's School - Parkside

Learning Conversations and SEQTA Set Up Workshops

Date: Monday 17 February - Friday 21 February
Time: 9:00am
Venue: St Raphael's School - Parkside

Community Prayer with Year 4/5

Date: Thursday 20 February
Time: 9:00am - 9:30am
Venue: The Hall at St Raphael's School -

SA Police Band

Date: Thursday 20 February
Time: 1:30pm
Venue: St Raphael's School - Parkside

Shrove Tuesday Pancakes

Ash Wednesday Liturgy

Community Prayer with Year 5/6

Adelaide Cup

Date: Monday 10 March

Date: Tuesday 4 March
Time: 8:30am
Venue: St Raphael's School
- Parkside

Date: Wednesday 5 March
Time: 11:30am
Venue: Venue is TBC -

Date: Thursday 6 March
Time: 9:00am - 9:30am
Venue: The Hall at St
Raphael's School -

Time: 12:00am
Venue: Not at school -

Pupil Free Day

Date: Tuesday 11 March
Time: 12:00am
Venue: Not at school -

Yr 6 Retreat and NAPLAN Yr 3 and Yr 5

Date: Wednesday 12 March
Time: 12:00am
Venue: Venue is TBC -

Swim Trials

Date: Wednesday 12 March
Time: 7:30am - 8:15am
Venue: Venue is TBC -

International Day of Happiness

Date: Thursday 20 March
Time: 12:00am
Venue: St Raphael's School
- Parkside

Swim Trials

Date: Thursday 20 March
Time: 7:30am - 8:15am
Venue: Venue is TBC -

Community prayer with Year 1

Date: Thursday 20 March
Time: 9:00am - 9:30am
Venue: The Hall at St
Raphael's School -

Harmony Day - please wear orange

Date: Friday 21 March
Time: 12:00am
Venue: St Raphael's School
- Parkside

Swim Training

Date: Thursday 27 March
Time: 7:30am - 12:00am
Venue: Venue is TBC -

Glee Club

Date: Friday 28 March
Time: 12:00am
Venue: St Raphael's School
- Parkside

Swimming Carnival

Date: Wednesday 2 April
Time: 9:00am - 3:00pm
Venue: Venue is TBC -

Twilight Sports Day

Date: Friday 4 April
Time: 12:00am - 5:00pm
Venue: Venue is TBC -

Holy Week

Date: Wednesday 9 April
Time: 12:00am - 12:00am
Venue: Venue is N/A -

Pupil Free Day

Date: Friday 11 April
Time: 12:00am
Venue: Not at school -

Good Friday Public Holiday

Date: Friday 18 April
Time: 12:00am - 12:00am
Venue: Not at school -

Easter Saturday

Date: Saturday 19 April
Time: 12:00am - 12:00am
Venue: Venue is N/A -

Easter Monday Public Holiday

Date: Monday 21 April
Time: 12:00am - 12:00am
Venue: Venue is N/A -

ANZAC Day Public Holiday

Date: Friday 25 April
Time: 12:00am - 12:00am
Venue: Venue is N/A -

Term 2 Commences

Date: Monday 28 April
Time: 8:30am
Venue: St Raphael's School
- Parkside

Embracing Neurodiversity: Helping Our Children Understand Differences

At St Raphael's, we celebrate the fact that every child is unique, with their own way of learning, thinking, and experiencing the world. As part of our commitment to fostering an inclusive and understanding school environment, it's important to help our children

appreciate neurodiversity—the idea that our brains work in different ways, and that these differences should be understood, respected, and valued.

What is Neurodiversity?

Neurodiversity refers to the natural variations in how people think, learn, and process information. Some children may have autism, ADHD, dyslexia, or sensory processing differences, which means they might experience the world in a way that is different from their peers. This can affect how they communicate, engage in play, process emotions, and respond to sensory input like sounds, lights, or textures.

For example:

- Some children might find loud noises overwhelming, while others might seek out noise and movement.
- A child might struggle to sit still and focus, while another might find eye contact uncomfortable.
- Some children may need extra time to process information, while others may respond quickly but struggle with emotions.

How Can We Talk to Our Children About Neurodiversity?

It's natural for children to notice differences in others and ask questions. As parents and educators, we can guide these conversations in a way that fosters empathy, kindness, and understanding.

Here are some ways to approach the discussion:

- Use Simple, Positive Language – Explain that *“everyone’s brain works differently”* and that this makes the world more interesting. You can say:
 - *“Some people’s brains work like race cars, really fast! Others work like deep-sea divers, thinking deeply before they speak.”*
 - *“Some kids find bright lights or loud noises really uncomfortable, while others don’t notice them at all.”*
- Encourage Empathy, Not Sympathy – We don’t need to *“feel sorry”* for someone who experiences the world differently. Instead, we can celebrate their strengths while being mindful of their challenges.
- *“Your friend might not like to be touched, but they love talking about dinosaurs! Let’s ask them about their favourite one.”*
- Highlight Fairness vs. Equality – Children sometimes think fairness means *“everyone gets the same thing.”* Instead, explain:
 - *“Fairness means everyone gets what they need to do their best. Just like some kids wear glasses to see better, others might need extra support in class or additional breaks throughout the day.”*
- Model Inclusive Behaviour – Encourage your child to be kind, patient, and flexible when interacting with neurodivergent peers. If a child is having a difficult time, remind them:
 - *“Let’s give them some space; they might need time to feel calm.”*
 - *“They’re not being rude; they just find talking tricky sometimes.”*

Understanding Sensory Differences

A big part of neurodiversity is how we process sensory information. Some children are hypersensitive (easily overwhelmed by sounds, textures, or lights), while others are hyposensitive (seeking out more intense sensations).

To support children who process sensory inputs differently:

• Be patient – If a child is covering their ears, avoiding certain foods, or needing to move a lot, they’re not being “difficult”—they are responding to their environment in the way their brain tells them to.

• Provide choices – If a loud assembly is overwhelming, allow them to wear noise-cancelling headphones or sit in a quieter space.

• Encourage self-advocacy – Teach children to express what they need: “It’s too noisy for me here; can we go somewhere quieter?”

Resources for Parents

If you’d like to explore neurodiversity further, here are some helpful resources:

Books for Kids:

- All My Stripes by Shaina Rudolph (Autism)
- My Friend Has ADHD by Amanda Doering
- The Girl Who Thought in Pictures by Julia Finley Mosca (Temple Grandin’s story)

Videos & Websites:

- [Amazing Things Happen](#) (YouTube – a child-friendly explainer on autism)
- [Raising Children Network \(www.raisingchildren.net.au\)](http://www.raisingchildren.net.au) – Great for information on neurodivergence in Australian children
- Understood.org – Excellent for ADHD, dyslexia, and learning differences

By having open, positive conversations about neurodiversity, we help our children develop compassion, inclusion, and respect for others—values that reflect the heart of our St Raphael's community.

If you have any questions or would like further support, please don't hesitate to reach out. Together, let's continue to nurture a school where every child feels seen, supported, and valued.

Our New Partnership with OTFC

At St Raphael's, **we are committed to ensuring that every child thrives—academically, socially, and emotionally.** With that in mind, we are delighted to announce a new partnership with OTFC (Occupational Therapy for Children), which will bring an onsite occupational therapist to our school two days a week.

This is a significant investment in the well-being and development of our students. We recognise that children learn in different ways and that some benefit from extra support to develop their fine and gross motor skills, sensory processing, emotional regulation, and classroom participation. By having an occupational therapist available onsite, we are making it **easier for children to receive the help they need** in a familiar and supportive environment.

Our partnership with OTFC is about early intervention and accessibility. This initiative allows students to receive therapy within their school day, **reducing stress for both children and parents.** The OT will work closely with teachers and families to provide tailored strategies that can be incorporated into everyday learning, helping students build confidence and independence.

We are excited about the **positive impact** this will have on our community and look forward to seeing the growth and development of our students as a result of this investment.

If you have any questions or would like to learn more about how this service might support your child, please feel free to reach out to us.

Together, we continue to build a learning environment where every child can flourish.

From your APRIM

Dear Community,

The weather has greeted us back to the new year with a very warm welcome and I hope you and your family have been embraced and feel welcomed by our St Raphael's School staff.

Pope Francis called the Catholic Jubilee 2025 to celebrate hope and invite Catholics worldwide to deepen their faith. It began on Christmas Eve (December 24), 2024, and ends on January 6, 2026, the Solemnity of the Epiphany of the Lord. During this time, special blessings (including indulgences) will be available to the faithful who participate in designated pilgrimages, prayers, and sacraments. The theme of the Jubilee is 'Pilgrims of Hope'.

Our theme 'A Community of Hope' hopes to inspire all members of our community to embrace this time special grace, forgiveness, and renewal. I hope we all work towards building an ongoing community that embraces all, strives for our best effort in all we do and sharing our faith.

On Wednesday, February 5th we celebrated our **beginning of year Mass at St Raphael's Church, Parkside.** It was special to see students from Reception to Year 6, staff, parishioners and families joining in the celebration. Classes from Year 1 to Year 6 had members that read or participated in processions to enhance the occasion. I thank staff for their support and assistance in making this such a special event.

The staff were commissioned into their roles at a Mass on Saturday, February 8 at 5:30pm at St Raphael's Catholic Church. These Masses give us an opportunity to bring the school and parish together.

In the coming weeks you will receive more information about **Shrove Tuesday** (March 4, 2025) and **Ash Wednesday** (March 5, 2025) which is Week 6 in Term 1. The Year 6 students will also attend a full day retreat at the Monastery.

I leave you with a prayer from Michael Leunig -

Dear God, We give thanks for places of simplicity and peace.

Let us find such a place within ourselves.

We give thanks for places of refuge and beauty. Let us find such a place within ourselves. We give thanks for places of nature's truth and freedom, of joy, inspiration and renewal, places where all creatures may find acceptance and belonging. Let us search for these places: in the world, in ourselves and in others. Let us restore them. Let us strengthen and protect them and let us create them.

May we mend this outer world according to the truth of our inner life and may our souls be shaped and nourished by nature's eternal wisdom. Amen.

God bless,

Lin Low.

100 Days of School

Dear Parents and Families,

We are thrilled to share the excitement from our **100 Days of School** celebration! Our Mid-Prep students marked this incredible milestone with a fun-filled day of learning, creativity, and adventure.

The day was packed with engaging activities that explored the magic of the number 100! One of the highlights was our **100 Mighty Dragons All Named Broccoli** read-along, which had the students giggling and counting as they followed the silly adventures of 100 dragons!

Activities that Sparked Joy & Learning:

Dragon Headbands: Students created their own "100 Days" headbands, decorating them with as many pompoms as they could.

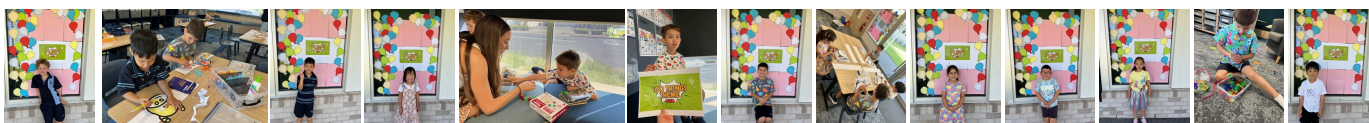
100 Bead Bracelets: Little hands worked on fine motor skills by threading 100 colourful beads to make a special keepsake bracelet for their mum or dad.

100 Cards Hunt: Students searched for and collected 100 special cards, reinforcing number recognition and counting skills in an interactive way.

100 Things Booklet: Students shared their creative ideas, answering prompts like "I wish I could eat 100..." and "In 100 seconds, I can write my name..."

Plus - There was a special mention during our morning community prayer recognising our young learners for reaching this milestone with enthusiasm and determination.

Thank you for your ongoing support in making these first 100 days a bright and joyful journey! We can't wait for all the learning and growth ahead.



Physical Education

I am excited to be back teaching Physical Education after taking some time away to welcome a new addition to my family. I am looking forward to the year ahead with all the wonderful sporting activities we have planned. I will be on site on Tuesday and Wednesday this year if you ever need to come and have a chat.

Sports Day

We are excited to announce that our annual Sports Day will be held Friday, April 4 (Week 10) at Mercedes Collage. This will be a Twilight Sports Day, starting at 2pm and concluding at 5pm.

New students have been allocated to their houses as follows:

- Mercy- Red
- McAuley- Yellow

- Raphael- Blue
- Fitzpatrick – Green

If you are unsure of your child's team allocation, please contact their classroom teacher. All siblings get allocated to the same house.

Over the next few weeks, we will be selecting our team Captains and Vice Captains and begin our sports day preparation in our Physical Education Lessons. We will provide more information closer to the date. Please mark this important date in your diary and join us for an afternoon of fun and competition.

Kelly Sports

We are thrilled to announce that we will be promoting after school Kelly Sports for all year levels this term, starting Wednesday of Week 2. This is a fantastic opportunity for our students to engage in fun, active, and skill-building activities that encourages team work, physical fitness and sportsmanship.

Kelly Sports offers a variety of programs tailored to different age groups and skill levels, ensuring that every child can benefit from the experience. Receptions – Year 2 will have the opportunity to do the Multi Sports Program and Year 3-6 will have specialised Cricket Sessions. You can still register for your child to participate by clicking the applicable hyperlink.

SACPSSA Swimming Carnival

The annual SACPSSA Swimming carnival will be held on Wednesday Week 10, April 2 at the SA Aquatic Centre. Students in years 3-6 are encouraged to try out for the team. The trials will be held from 7.30-8.15 on the following dates at Norwood Outdoor pool:

- Thursday March 12
- Thursday March 19

Please note students MUST be able to swim 25m without stopping in any of the following strokes freestyle, backstroke, breaststroke to be eligible to make the team. More information about the carnival and trial will be sent home over the next few weeks.

Working with Children Check

We are always on the look out for parent volunteers to assist with our sporting activities. If you are interesting in helping out, (coaching, managing, officiating, marshalling, coming along as a volunteer to a carnival/event) please note that you will need a Working with Children's Check. These can be arranged by visiting Wendy in the front office.

Your support is greatly appreciated and makes a significant difference in our community.

Yours in Sport

Hannah Reid

Parents and Friends Committee



Dear Parents and Friends,

We warmly invite you to **join the 2025 Parents and Friends Committee**—a relaxed and friendly group dedicated to fostering connection within our vibrant school community.

The committee plays a key role in organising exciting events like the proposed Term 3 Trivia Night, fundraisers, and **supporting school activities** such as fair days and other special celebrations.

The **group meets online** once a term, making it easy to participate from wherever you are.

Your **level of involvement is entirely up to you**—whether it's attending meetings for a casual chat or taking the lead on an event, every contribution is valued.

This is a wonderful opportunity to **connect with others**, support our school, and help create fun and meaningful experiences for everyone.

If you're interested in joining or learning more, **please don't hesitate to reach out**. We'd love to have you on board!

Our first meeting is February 26, at 6-7pm on TEAMS. Email Katrina on ktucker@raph.catholic.edu.au to be invited to the meeting please.

Warm regards,

St Raphael's School Parents and Friends Committee



METRO JETS NETBALL CLUB

2025 WINTER TRIALS

SUNDAY 23RD FEBRUARY 2025

SENIORS & INTERS 9AM - 11AM
JUNIORS & SUB-JUNIORS 11:30AM - 1:30PM

SUNDAY 2ND MARCH 2025

SENIORS, INTERS & PRIMARY 9AM - 11AM
JUNIORS & SUB-JUNIORS 11:30AM - 1:30AM

SUNDAY 16TH MARCH 2025

SUB-JUNIORS, PRIMARY & SUB-PRIMARY 9AM - 11AM
JUNIOR 11:30AM - 1:30PM

WWW.METROJETS.COM.AU

REGISTRATIONS CLOSE
WEDNESDAY 19TH FEBRUARY 2025
AT 5PM

[HTTPS://WWW.PLAYHHO.COM/NETBALL-AUSTRALIA/REGISTER/D05E4C](https://www.playhho.com/netball-australia/register/d05e4c)

ST MICHAEL'S COLLEGE
15 MITTON AVE, HENLEY BEACH

PLEASE ENSURE YOU CHECK IN AND
STRAP PRIOR TO STARTING TIME

FOR MORE INFORMATION CONTACT:
SECRETARYMETROJETS@GMAIL.COM

**ALL SENIORS, INTERS, JUNIORS, SUB-
JUNIORS, PRIMARY, SUB-PRIMARY
WELCOME**



**NORWOOD
INTERNATIONAL
HIGH SCHOOL**

505 THE PARADE
MAGILL 5072

www.nihs.sa.edu.au

SPECIAL INTEREST PROGRAM

FAMILY INFORMATION EVENING

IVAN COWARD HALL

6:30PM - 7:30PM / MONDAY 17 FEBRUARY 2025



Registration for
Information Evening



Special Interest Program:
Application Form



Special Interest
Program Information

HEAR MORE ABOUT OUR SPECIAL INTEREST PROGRAMS...

At Norwood International High School, we are proud to offer three Special Interest Programs that are developed for students with passion, talents and interests across a wide curriculum.

We invite you to join us on

Monday 17 February 2025 from 6:30 pm

in our Ivan Coward Hall to hear more about these programs and the application processes.

Please register for this session via the QR code overleaf.

We look forward to presenting our programs to you!



Government of South Australia
Department for Education
CRICOS Provider Number: 00018A

ROWING

Students with an aptitude for rowing have an opportunity to develop their skills, compete in regattas and excel in the sport. Successful students who gain entry to this Program will commit themselves to rowing competition for a minimum of three seasons.



Specialist
Rowing
Come and Try

IMMERSION

Students develop confidence and resilience through a unique integrated approach of learning Italian through Humanities and Humanities through Italian. They develop critical thinking and problem-solving skills in a collaborative environment, resulting in higher level of language competence.



Italian
Immersion
Come and Try

PROGRAM

Students develop their passion, excitement and deep understanding of STEM (Science, Technology, Engineering and Mathematics) through the integration of authentic inquiry experiences, rich technologies and industry connections.



STEM HAST
Test
Registration