



Dear Parent and carers,

Isn't it lovely to see the increase of sunny days? The sun warms the soul and brightens those cold crisp mornings! Last week it was also lovely to see so many families at our academic assembly. We certainly know as we grow, gathering as a whole campus is becoming increasingly difficult in the hall, so in the future we will need to separate these gatherings for our younger and older students to accommodate space for all. We also look forward to the use of undercover hard-court area for gatherings in the future!

Building works

The building work continues to progress well with landscaping and play space around the new building being installed. Again, I thank families for your patience with car parking during the building works and ask you to please be mindful when parking in the gravel space near the wetlands and not block the access in and out of this area.

Marist Biannual Conference

Last week I was fortunate to attend the 2026 Marist Association Biannual Conference held in Fremantle. The conference was based on this year's Marist theme 'Full of Grace – transform the world with God's Love'. Keynote speakers reminded us to reflect on those people who have influenced our lives and to also reflect on who and how we influence others. We were asked to notice and nurture the grace that is within each of us. Speakers referenced the example of Mary as the mother of Christ and reminded us we are God's disciples and signs of God's love. Grace is the presence of God within in us. We reflected on how we become slowly and honestly who God calls us to be. We also heard the importance of taking time to stop and be still and silent daily to reflect and to be present. Presence is so important especially in this digital and fast passed life. As leaders in Catholic education, we were challenged to move beyond values in our Catholic schools and reclaim virtues. Virtues focus on how we live with each other, and grace is found in our relationships. I wonder who inspires you? What does Grace look like for you? Let us continue to transform God's world through content, character and commitment.

"Grace is not something God gives us. Grace is God giving us God's self"

Rachel Held Evans

After school supervision

I would like to remind families that we have staff supervising kiss and drop and crossing areas after school. There is no supervision of the playground area. As no staff are on duty near the playground area students should not be playing on the equipment after school, even if supervised by a parent. Our OSHC students have priority of facilities before and after school which includes use of the playground. We ask families not to gather around the play space, nor should children be playing on the playground while a sibling is participating in after school sports practise. We thank you for your support and helping to keep all students safe.

Parent/ Carers Engagement

Catholic School Parents SA is pleased to be hosting the Stronger Families: A Positive Parenting Conference on Saturday 22 August, at the Adelaide Zoo. This year's conference features an exceptional line-up of speakers, including:

- Dr Justin Coulson, one of Australia's most respected parenting experts, presenting on Boys.
- Madhavi Nawana Parker, discussing Bullying and Navigating Friendship Difficulties.
- Wayne Holdsworth, founder of SmackTalk, sharing his powerful and deeply personal presentation, Start a Conversation. Wayne's work has impacted thousands of young people and families across Australia through his advocacy for mental health awareness, connection, and meaningful conversations that can save lives.

If you are interested in attending, please [CLICK HERE](#) for further information.

Family Spirit

We are always looking at ways to continue to strengthen our family spirit. Last week we held a pizza welcome night for our Term 3 Reception families. It was a lovely evening with families getting to know each other, enjoying a pizza meal and playing some games together. I thank the families who attended and our early years team for support of the evening. If you have ideas for further ways to build community, please let me know, or join me after community prayer on a Wednesday morning for a coffee and a chat.

Wishing you well for the week.

Kerri Gould
Head of Campus



APRIM

Last week, Middle School gathered to remember our patron, Joseph Cardijn, by celebrating with a memorial Mass in his honour. Cardijn, a Belgian priest, who later became a Cardinal, devoted his life to supporting young people. During his imprisonment in World War I, he began shaping what would become the Young Christian Workers movement, a group committed to defending the dignity and rights of young workers. Pope Pius XI later affirmed this mission, calling it an “authentic model” of Catholic action. From this foundation grew the Young Christian Students movement, encouraging young people in schools to work for justice and the common good. By the 1950s, both YCW and YCS had reached Australia through the leadership of Father Frank Lombard and dedicated lay leaders.

Cardijn is also remembered for developing the See, Judge, Act methodology, a simple yet powerful way of responding to the world with faith and courage. It invites us to SEE the world with compassionate eyes, recognising the realities and injustices faced by others; to JUDGE by reflecting in the light of the Gospel and the values of justice, dignity and love; and to ACT with hope, choosing actions that bring about positive change for those most in need. This approach is more than a framework; it is a way of living our mission. See, Judge, Act is proudly embedded in our school motto and crest, shaping who we are and how we serve.

Here at Cardijn, this legacy continues through our own Young Christian Students group, who meet regularly and use Cardijn's model to guide their reflections and actions. Our YCS students look closely at the needs within our school and local community, identify where compassion and justice are needed most, and take meaningful steps to support others. Their projects, which are grounded in service, leadership and Gospel values are a living example of Cardijn's vision in action today. This same spirit is also alive in our Mini Vinnies group, who use a primary-friendly version of the methodology — See, Think, Do — to help younger students notice issues around them, think deeply about how and why they can help, and put their ideas into action. Together, YCS and Mini Vinnies show that students of all ages can be leaders in justice, compassion and care for our community.

Joseph Cardijn stands as a role model of servant leadership, reminding us that faith is lived through action. As a community, we honour the legacy he leaves and hope it continues to inspire all students, staff and families to work for justice, peace and the flourishing of every person.

Kim Calderbank
APRIM



PRAYER & LITURGY

Week	EY Liturgy Mon 11:30am	3-9 Mass Tues 9:15am	Community Prayer Wed 9:00am
3 Mon 3 rd August 18 th Sunday Ordinary Time Mary MacKillop Feast			Year 5 Wait
4 Mon 10 th August 19 th Sunday Ordinary Time International Day of World's Indigenous Peoples 9 th			Reception Littlefield
5 Mon 17 th August 20 th Sunday Ordinary Time World Humanitarian Day 19 th	Feast of the Assumption		n/a
	11.30am Mon R-2 Liturgy (Jonas)	9.15am Tues 3-9 Mass (Westover)	
6 Mon 24 th August 21 st Sunday Ordinary Time Book Week Social Justice Sunday 30 th			Year 8 Evans
7 Mon 31 st August 22 nd Sunday Ordinary Time Season of Creation		Year 4 Crowden	Year 3 McLaren (Friday)
8 Mon 7 th September 23 rd Sunday Ordinary Time Wellbeing Week			Reception Turner
9 Mon 14 th September 24 th Sunday Ordinary Time		Year 5 Janssan	Year 2 McKinnon
10 Mon 21 st September 25 th Sunday Ordinary Time International Day of Peace 21 st			Mini Vinnies St Vincent de Paul



Save the date

Family Mass

Saturday
12th September



Tiny Vinnies Begins!

This term we launched Tiny Vinnies, our new social justice club for Year 1 and Year 2 students. The idea was led by our Year 6 Mini Vinnies leaders, who believe that no one is ever too young to make a difference. They planned the program themselves, drawing inspiration from the values of the St Vincent de Paul Society and Cardijn's See, Judge, Act model.

Tiny Vinnies meets each Wednesday during 1st Outside Learning, where students take part in simple, hands-on activities that teach care for creation and kindness in action. So far, they have learned about World Tree Day, planted flowers in the Simplicity Garden, and made recycled paper.

It has been wonderful to see our Year 6 leaders guiding the younger students with patience and enthusiasm, and equally lovely to see the joy and pride of our Year 1 and Year 2 students as they discover that even small actions can help build a more caring community.



Sheoak trees

As part of the Onkaparinga Council Free Tree Giveaway program, our Environment Leaders had the exciting opportunity to help enhance our local environment by planting 10 new sheoak trees in the Sheoak forest.

We were fortunate to be joined by Jeremy from Green Adelaide, who shared his knowledge and guided students through the tree-planting process. Students learned how to correctly plant a tree to give it the best chance of thriving and carefully placed tree guards around each tree to protect it as it grows.

This hands-on experience helped students develop valuable environmental stewardship skills while making a positive contribution to Galilee's Sheoak forest. We thank the Onkaparinga Council for running this wonderful initiative!

Carmen Moyse
Eco Literacy Coordinator



Jordan - Bird homes

During Eco Literacy lessons last term, our Year 1 Homegroups explored the concepts of past, present and future while learning about the history of Galilee's outdoor learning spaces. Through stories and discussions, students gained a deeper appreciation of the special places that make our school environment unique.

The students decided to leave something meaningful for future students and wildlife so designed new bird homes as a gift for the Almond Orchard.

The students worked with Jacob from the Maintenance Team to bring their ideas to life. We sincerely thank Jacob for crafting beautiful wooden habitats for the students to decorate with finger painting before they were installed in the Almond orchard. Please visit the space and look for the bird homes next time you are walking past.

2026 CHILDREN'S BOOK WEEK

SYMPHONY OF STORIES



22–28 August 2026



This year's theme, Symphony of Stories, celebrates the way stories come together like music, each one bringing its own voice, rhythm and imagination. Whether it's an exciting adventure, a magical fantasy, a laugh-out-loud comedy or a heartwarming tale, every story has something special to share.

Dress-Up Day & Book Week Parade Friday 28th August – 9:00am Basketball Court (near the Cana Building)

We invite all students to dress up as their favourite book character or a character inspired by this year's Symphony of Stories theme. From beloved classics to modern favourites, we can't wait to see the incredible range of characters brought to life.

Families are warmly invited to join us for our Book Week Parade. Younger siblings are warmly welcome to dress up and parade on the day, as we celebrate the joy of reading. Let's make it a Community Celebration.

Costume Guidelines

- Keep it low-cost and creative—DIY is awesome!
- Choose a character from a book (if you have the book, bring it along to show off!).
- Most importantly, have fun while staying true to our school values:
- Welcoming, Respectful, Compassionate and Committed.

We look forward to celebrating another wonderful Book Week together and seeing our school filled with creativity, imagination and a love of reading.

Happy reading and happy costume planning!

Bec Little
Director of Teaching and Learning



Milo has a new morning job!

When you arrive at school on Monday or Wednesday mornings you might spot Milo and Ms Bishop welcoming families into school.

Milo loves meeting people and enjoys saying hello, but like all dogs, his is happiest when everyone helps him feel calm and safe.

A few reminders when saying hello to Milo;

- Say hello to the person with Milo first and ask if it's ok to pat him
- Give Milo plenty of space and avoid crowding around him
- If you have permission to pat him, gentle pats on the back are best
- Milo does not enjoy being patted on his head

Thank you for helping Milo enjoy his new role as one of our friendly morning greeters!



Book Week Book Swap & Book Fair

Get ready to celebrate **Book Week** with our exciting **Book Swap Book Fair** on **Tuesday 25 August!**

Students are invited to bring in good-quality, pre-loved books to donate to the Book Swap. Books can be brought to school from **Monday 10 August**. These books will then be available for children to choose from during the Book Fair, helping us share the joy of reading while promoting sustainability.

On the day of the Book Swap Book Fair, we ask each student to bring a **can of food to donate to Vinnies**. Your generous contribution will help support local families in need and make a positive difference in our community.

We look forward to seeing our students discover new stories, swap favourite books, and celebrate a love of reading together during Book Week!

Bec Little & Natalie Bowden

Interoception

Helping children understand their body signals

Have you ever wondered why children sometimes burst into tears or have a meltdown "out of nowhere"? Often, it is because they didn't realize they were becoming overwhelmed until it was too late. This links to a hidden sense called **interoception**—our brain's ability to notice and interpret internal body signals, like a racing heart, shallow breathing, or a tense stomach.



Interoception is the sense that helps children notice and understand what is happening inside their body. These internal body signals can include hunger, thirst, tiredness, temperature, pain, emotions, breathing, heartbeat and the need to use the bathroom.

When children learn to recognise these signals, they are better able to communicate their needs, manage emotions, care for themselves and be ready for learning.

Why it matters

Strong interoceptive awareness supports emotional regulation, confidence, communication, wellbeing and learning. Children who can notice body signals are more likely to know what they need and ask for help before becoming overwhelmed.

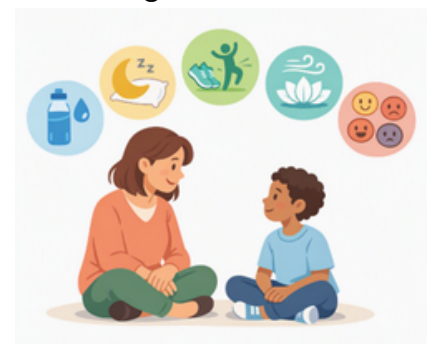


How families can help at home

- **Name body sensations:** Use simple language such as "Your tummy is rumbling; you might be hungry" or "Your heart is beating fast because you were running."
- **Ask gentle check-in questions:** Try "How does your body feel right now?", "Do you need a drink?", or "Are you feeling tired or energetic?"
- **Model your own awareness:** Say what you notice in your own body, such as "I feel thirsty, so I'm going to get some water."
- **Connect feelings and body clues:** Help children notice that emotions can show up in the body, such as butterflies in the tummy, tight muscles or warm cheeks.
- **Use predictable routines:** Regular meals, sleep times, movement breaks and toileting routines help children learn common body patterns.
- **Try short mindful activities:** Deep breathing, stretching, yoga, gentle movement or body scans can help children practise noticing internal sensations.
- **Validate what children say:** Take reports of discomfort, hunger, pain, tiredness or emotions seriously so children learn to trust their body signals.
- **Offer choices:** Ask whether they need food, water, a jumper, a rest or a movement break to support independence and self-care.

Remember: The goal is not to rush children to explain every feeling. Small, calm and regular conversations help children build body awareness over time.

Thank you for supporting your child's interoceptive awareness at home. Together, school and families can help children feel more connected, confident and ready to learn.





Year 8
Steps to Success

Bake Sale



Come buy delicious homemade baked goods.
All proceeds will go to Australian Marist Solidarity.



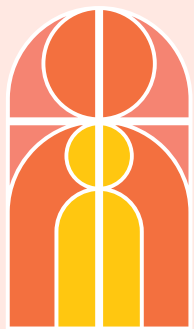
**THURSDAY AFTER SCHOOL
WEEK 3 - WEEK 8**

Cash Only



This term, Year 8 students participating in the Steps to Success enrichment subject will be raising funds to support Australian Marist Solidarity. Students will be holding a bake sale after school every Thursday from week 3 to week 8, running a raffle, and encouraging online donations through the Qkr! app.

We invite our school community to get behind this important initiative and support our students as they work to make a positive difference for those in need. Thank you for your generosity and support



**Catholic
School
Parents**
SOUTH AUSTRALIA

STRONGER FAMILIES:

A POSITIVE PARENTING CONFERENCE

Featuring speakers...

PRESENTED BY
CATHOLIC SCHOOL PARENTS
SOUTH AUSTRALIA



**Dr Justin
Coulson**

TOPIC:
Boys



**Wayne
Holdsworth**

TOPIC:
Start a conversation



**Madhavi Nawana
Parker**

TOPIC:
**Bullying & navigating
friendship difficulties**



Saturday 22 August, 2026
10AM TO 3PM (9AM REGISTRATION)



Sanctuary, Adelaide Zoo
1 PLANE TREE DRIVE



\$25 per person + Booking Fee
LIGHT LUNCH INCLUDED

*Stronger
families
thriving
together*



Tickets available at:

events.humanitix.com/stronger-families-a-positive-parenting-conference

cspsa.catholic.edu.au



CARDIJN
COLLEGE
GALILEE CAMPUS

If your child is going to be absent, late, or leaving early please notify the office by SMS on 0438 631 312 or email GalileeAbsentee@galilee.catholic.edu.au before 9am. Please provide the following details:

- Child's name
- Reason for absence/early departure/late arrival
- Child's home room teacher

Galilee Directory

School

info@galilee.catholic.edu.au
p 8550 2200

Parish Team Contact

Fr. Domenick Okwadha p 83821717

Centacare

p 82156311

Galilee OSHC

M 0411382054

Galilee Playgroup

Monday & Friday during term time

9am – 10.30am

Melanie Wilson p 85502200

Second-hand uniform

Opening times

Wed 8.30am – 9.00am

Or by appointment

MOBILE PHONES AT GALILEE

Please note students who bring mobile phones/smart watches to school are required to hand them in to teaching staff at the beginning of the school day and may collect them again at the end of the school day.

This keeps them safe and ensures that mobile phones are not being used during the day.

This applies to both Primary and Middle School students.

KEY DATES

TERM 3

Campus Calendar

Week 4

Mon 10 Aug Senior Band Rehearsal 3:10 - 4:00pm

Tue 11 Aug Robotics Club 3:10 - 4:30pm
Middle School Homework Club 3:10 - 4:00pm

Wed 12 Aug Community Prayer - Reception Littlefield
Year 5 Excursion
Volunteers info & support session 9:30 - 10:00am
Run Club 2:25 - 3:30pm
Middle School Homework Club 2:25 - 3:10pm

Thu 13 Aug Year 2 Excursion
MITIOG Parent Information Session 2:30 - 3:00pm
Yr 5 & 6 Youth Group 3:10 - 4:30pm

Week 5

Campus Tour 9:30 - 11:00am
Mon 17 Aug R-2 Liturgy Feast of Assumption - Jonas 11:30 - 12
SALA Exhibition 1:45 - 3:10pm
Senior Band Rehearsals 3:10 - 4:00pm
CSMF Hot Chip Rehearsal 3:10 - 4:30pm
Learning Conversations

Tue 18 Aug Yr 3 - 9 Mass - Westover 9:15 - 10:15am
Middle School Homework Club 3:10 - 4:00pm
Learning Conversations

Wed 19 Aug Run Club 2:25 - 3:30pm
Middle School Homework Club 2:25 - 3:10pm
Learning Conversations

Thu 20 Aug CSMF Combined Choirs Rehearsal
Year 8 Reflection Day
Yr 5 & 6 Youth Group 3:10 - 4:30pm
Learning Conversations

Week 6

Robocup State Competition
Mon 24 Aug SA Olympics Unleashed 1:40 - 2:40pm
Senior Band Rehearsals 3:10 - 4:00pm

Tue 25 Aug Book Swap Book Fair
Year 1 Excursion
Middle School Homework Club 3:10 - 4:00pm

Wed 26 Aug Community Prayer - Evans
Run Club 2:25 - 3:30pm
Middle School Homework Club 2:25 - 3:10pm

Thu 27 Aug Year 6 Excursion
Youth Group 3:10 - 4:30pm

Fri 28 Aug Bookweek Parade 9:00 - 10:00am