



ST JOSEPH'S PRIMARY SCHOOL NEWSLETTER

Thursday 3rd September, 2020

*St Joseph's is a Child Safe School.
We promote the safety, wellbeing and inclusion of all children.*

Reflection

For those who are fathers,
we ask for **wisdom** and humility in the face of the task of parenting.
Give them the strength to do well by their children and by You.
In Your Holy name,
O **God**, we pray.
Amen.

Dear Parents,
Happy Father's Day to all those in our community who take on a fathering role to our wonderful students.

With the support of the Parish Advisory Education Board I have decided not to raise the school fees for 2021 in light of the current COVID climate and the impact this is having and will continue to have over the next 12 months. I am very thankful to all our parents who are continuing to make payments towards this year's school fees as, like in all households and businesses, bills and wages still need to be paid.

Congratulations to Ms Cooke who celebrates the safe arrival of her second grandson Henry.
We only have 2 weeks left of this term and the teachers are planning different activities for the next 2 weeks just to try and keep all students engaged.

I am sure you have all heard by now that the penguins on Phillip Island are being live streamed each evening as they come into shore and waddle up to their burrows. If you are interested please enjoy this beautiful experience as a family.

New student wellbeing resources

SchoolTV has generously shared a special report video with the CECV as part of its Coronavirus series. In this presentation, [Riding the Corona Coaster](#), Dr Michael Carr-Gregg explores how the uncertainty of not knowing what will happen next may impact students, families and staff in school communities. He examines increasing concerns regarding mental health issues such as anxiety, depression and substance abuse among young people, and emphasises the importance of promoting help-seeking behaviour and reducing stress levels at home. Dr Carr-Gregg provides tips for parents/carers on looking after their wellbeing during this challenging time

Update the community of the status of the PA process

The work of the panel is coming to a conclusion as they finalise short listing and subsequent interviews. I ask can we please keep the deliberations of the panel in our prayers as they work towards the appointment of our new principal.

Foundation Parent Teacher Interviews, Wednesday 9 September 9-2 pm

These conferences will be online and an Operoo (previously known as CareMonkey) was sent out yesterday giving parents the opportunity to book a time that is suitable. The classroom teacher will send out an google meet invitation the day before the interview.

Congratulations to all those students who are receiving Certificates this week this week go to

Foundation:

Awards: Sienna Hopkins and Nikola Ostojic

1/2W:

Birthdays: William Anderson

Awards: Emily Curtin and William Anderson

1/2 KP:

Awards: Kai Bajurnow and Finn Bennett

3/4

Awards: Charlie Harber & Tijana Kravic

Gr 5:

Awards: Daniel Blaszczyk

Gr 6

Birthdays: Olivia Gilligan

Awards: Will Peterson and Oliver Conrad

Mrs Keely: Alice Johnson, Henry Laird, Ivy Jones for being superstar readers

Stay well, stay positive and wear a mask when outside.

Carmel Stutterd

WEEK 9 TERM 3

Wednesday 9 September

Parent Teacher Conferences:- Foundation

Thursday 10 September

11.11.40 am – Gr 5/6 dance session

1pm- 1.40 pm- Gr 3/4 dance session

1.45 pm -2.25 pm – Foundation dance sessions

2.30pm – 3.10 pm – Gr 1/2 dance session.

Friday - 11 September

10.30 am whole school assembly

RELIGIOUS EDUCATION

HAPPY FATHERS DAY

A prayer for Fathers

Heavenly Father, we praise you for the gift of our fathers and those who have been father-figures to us. We thank you for the life and love they have brought to our world. May they be strengthened in virtue and faith so that they might give glory to you through their lives of service. Amen.



Try these conversation starters (If Dad is not available you can still celebrate with special people in your life):

Tell Dad / Special Person

1. Your funniest or favourite memory of your Dad.
2. Some of your Dad's best qualities are...

Ask Dad / Special Person

1. How did you react when I was born?
2. What's one of your favourite memories of me from when I was little?

WELLBEING

This is the continuation of the webinar I attended last week conducted by 'Lael Stone'.

To help our children deal with their emotions we need to stay calm which will help them become calmer. As parents, we need to say 'Are you okay?' and 'I want to help you'. Have your child express their feelings as a way of letting them go. As a parent, you need to remain even as this will help the child come back into balance. This is a very difficult thing to do when your child is misbehaving, acting up, causing stress in your home. But remember these are all signs your child is out of balance. During this time of COVID, there are extra pressures on your child and your family.

Say to your child:

- I know this is hard
- I see how challenging it is for you
- Tell me what else is making you mad?

These words will help especially as your child is trying to make sense of the pandemic.

The more you help your child process how they're feeling the more it will help your child feel balanced. As a parent, you need to be the calm anchor.

It's important you have special time with your child to just be and do. The below hints will help your child.

- Find 20 minutes that will be a huge help to your child.
- Suggest a quiet place in your house where a child can go to calm down
- Have family meetings to check in with how the child is going
- Be aware as the adult that you set the tone in the home. You can't be a ball of stress as it will ripple through to the others.

GOAL: To look after the mental health and connectedness in your family

Taking care of you

-you need to be anchored yourself to make sure you speak with your friends, breathe, have some 'you' time to recharge. If you have time for you then you are of more value to your child.

Tips

- Laughter is a good way to bring back the balance.
- Give the children some power eg: Your child's name- Oliver's rules- he is in total control of you for 15 minutes and tells you what you have to do for 15 minutes. They love it. They have the power over you which is how they feel when you are always in charge.
- Play games where they have power-wrestling, pillow fights, any game where they can be the stronger one

WHEN THIS IS OVER

Ask yourself 'What have I learnt about my child during remote learning?'

I hope you have found the ideas to be helpful and informative. Good luck.

PAY IT FORWARD - Each week an inspirational thought will be included in this section.

Put your phone away while in the company of others.

Jenny Keely REL



Virtual Visits

Open Morning Tuesday 14 July • 9:00am

Talk and Tour with the Principal Wednesday 22 July • 4:00pm

Applications for Year 7, 2022

close Friday 9 October 2020

We invite you online to explore the quality education and programs that your daughter will experience as a Kilbreda girl, all in the comfort of your own home!

Register today at kilbreda.vic.edu.au

Due to the current COVID-19 restrictions in place, Kilbreda will continue to offer virtual visits to prospective families this term. These virtual events include a Principal's address and tour of the college. The virtual events scheduled are:-

Wednesday 12th August @ 4.00pm

Tuesday 15th September @ 9.00am

Further details go to their website

www.kilbreda.vic.edu.au



OLSH COLLEGE
BENTLEIGH

Year 7 2022
Limited places
Applications close 9 October 2020

Virtual Tour
Register now for 6 August 9:30am
www.olsh.vic.edu.au



ENROLMENTS ARE OPEN
For current Year 5 students who
will be attending Year 7 in 2022

CLOSING DATE 9 OCTOBER 2020

Applications available on our website:
www.stbedes.catholic.edu.au



Contact: Deb Campion
Phone: 9582 5999
Email: enrol@stbedes.catholic.edu.au



**Virtual Meet and Greet with the
Principal, Mr John Finn**

We invite you and your sons to meet with our Principal, Mr John Finn and some of our College leaders via a Virtual Meet and Greet. This will provide you with an opportunity to experience our College first hand, ask questions and gather information whilst we cannot offer onsite visits.

For bookings: www.stbedes.catholic.edu.au
or phone 9582 5999



Mentone Campus
2 Mentone Parade, Mentone Vic 3194 P: 9582 5999

From SUNSHINE to TSUNAMIS



Navigating a child's
social and emotional
world



A simple play date or family outing in the sunshine can escalate to tsunami levels within minutes literally or figuratively!

What sends a child from 0 – 100 in seconds?

Children are not born knowing how to navigate every new interaction or experience. In our role as parents, we endeavor to help them understand and learn to cope with challenging social and emotional situations. This seminar looks at the underlying issues causing social and emotional difficulties for children, and provides a range of strategies to better equip parents to meet their needs, and to 'calm the storms' when things become difficult.

(1 hour online ZOOM seminar and discussion)

DATE: Thursday 3rd September, 2020 (** NEW DATE)
TIME: 8pm - 9pm
VENUE: Online ZOOM seminar
(Zoom invitation emailed 1 hour before seminar begins)

COST: \$ 20.00

BOOK ONLINE: www.advocacy-for-kids.com
EMAIL: alisonbrownvic@gmail.com

Dr Alison Brown is a registered psychologist, an experienced teacher, a parent and author. She brings experience from both an educational and psychological background, and has first-hand experience in recognising and catering for the social, emotional, and academic needs of students. Returning to Australia in 2018, after 7 years in New York and New Jersey, USA, Dr Brown has built on her experience as a consultant in gifted education, and as Adjunct Professor of Exceptional Child Psychology, has published a number of books (both counselling and educational resources), and completed a PhD looking at the benefits of using narrative therapy with children in counselling.

How to... All you need to do is hover your phone camera over the QR Code then press 'OPEN/ALLOW' then 'OK' in their internet browser (e.g. Safari). For older phones parents will need to download a free QR Code Reader App. Your venue's unique QR Code is printed on your posters.

SPRING Holidays

Team
Kids

SCAN ME!



Download Full Program

St Josephs Primary - Black Rock