



ST JOSEPH'S PRIMARY SCHOOL NEWSLETTER

Friday 22nd May, 2020

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

Family Week – Building Connections in the Spirit of Hope'

The Spirit of Hope

This year's Family Week theme is 'Building Connections in the Spirit of Hope', and hope is a powerful and transformative idea. It has a focus of providing hope for vulnerable families, while building the rich, broad and meaningful connections that promote resilience in families and the community.

The Catholic Church seeks to support and encourage every family to become what it was intended to be from the beginning – a community of life and love. To the extent that each of us opens ourselves within our own 'domestic church' to life and to love, we become like the Holy Family, a family through which the light of Jesus Christ becomes a real presence in the world.

Dear Parents,

I have been overwhelmed by all the beautiful emails I have received and I thank you all for the kind words and best wishes.

The process for appointing a new principal will begin in the next few weeks. The Catholic Education Southern Regional Manager and one of the Regional Education Leaders will meet with a member of the clergy, appointed by the Archbishop, who will help with the appointment of the new principal for St Joseph's. The Regional Education Leader will meet with the staff, a group of parents and the Parish Education Advisory Board members in Term 3. Then the position will be advised and interviews will be held during Term 4. St Joseph's is not closing, principals move from schools all the time and school do not get closed. Please support the school by shutting down any talk about St Joseph's being closed.

We are really looking forward to welcoming back our Foundation and Grade 1/2 students. All students need to be in full winter uniform. I will send out a CareMonkey with the details on drop off and collecting of students at the end of each day, as well as the cleaning and hygiene routine.

Monday 25 May is a student free day for the junior school but **NOT** for the middle and senior school.

The teachers of Grs 3,4 5, & 6 will be online and posting work and in hangouts as usual.

The Foundation and Gr1/2 students will start on Tuesday 26 May.

The Grade 3/ 4 and 5 & 6 students will start on Tuesday 9 June.

We welcome Miss Regine De Castillo to our school. Regine will be the new Foundation teacher and will be working with Mrs Amy Angele over the next 5 weeks before Amy goes on maternity leave.

Mr Mutimer's father passed away yesterday after a long illness. Please remember Henry and his family in your prayers.

Congratulations to those students who received certificates for Week 5

Foundation: Lenny Gusman, Alice Johnson and Sienna Simunic

Year 1/ 2KP: Marlow Shannon, Luca Toogood and Sophia Simunic

Year 1/2W: William Anderson and Leonard Callegari

Year 3/4: Mia Duran and Catie Roche

Year 5: Matthew Nicolin. Oceay Harber

Year 6: Ari Bajurnow & Robbie Toogood

Awards given for Environmental Science

This week's awards are given to Lucia Wiedermann, Mia Duran and Cate Roche in Grade 3/4 for working hard and completing their germination worksheet.

Harry Green and William Anderson in 1/2 for their detective work in finding bad garden invertebrate damage on plants.

Foundation

Wow! What a journey we have all embarked on together! We can all say that we've made it to the end of a very successful home learning experience and we are ready to re-enter school on Tuesday stronger than ever before! Once again I want to thank all of the wonderful parents for your never-ending support to not only myself but to your children through this experience. Whilst it wasn't always easy, you all did such a terrific job! Miss D and I look forward to welcoming back all the beautiful Foundation students to school on Tuesday :) Mrs Angele

1/2

The 1/2 classes have gone from strength to strength this week. Our final week of distance learning has seen some outstanding Inquiry and Religion work, with students taking ownership of their learning. If you need to know anything, please ask the 1/2 students! We have seen artwork, dioramas, posters, videos, and news reports sharing what we now know about the weather. We are so proud and thankful to our students and the parent community for what we have achieved during the 6 weeks of distance learning. We can't wait for Tuesday. Once again, thank you for your support. Miss Wood, Mrs Phyland and Mrs Kelliher

3/4 BOB

What a week it has been! Our 3/4 BOB students continue to amaze us with their attitude towards their learning and the work that they are producing demonstrates their efforts. We've been working on finding facts on weird and wonderful creatures to write information texts, exploring 3D objects and some of us did quirky experiments in religion. Lots of adventurous learning and we're so excited we get to see them in 2 weeks' time in person. Have a great weekend. Mrs Botterill and Mrs O'Brien

Environmental Science

This week Foundation learnt about worms and composting and how important it is to divert food scraps away from landfill.

Grade 1/2 learnt about beneficial invertebrate bugs in the vegetable garden.

Grade 3/4 investigated the process of germination and Grade 5/6 began to look at the exciting world of animal adaptations.

Happy birthday to: Will McKean and Joshua Ercolano

Please stay at home and stay well.

Please do not hesitate to contact me if you have any questions, thoughts or kind words.

Carmel Stutterd

WEEK 7 TERM 2

Monday- 25 May

Student free day for Foundation Gr 1/2 student

Grs 3/4 and Gr 5 & 6 will continue with remote learning

Tuesday -26 May

School resumes for Foundation and Gr 1/2 students.

Full winter uniform

Wednesday- 27 May

Specialists program- sports uniform

Thursday- 28 May

Friday- 29 May

RELIGION

OUR LADY HELP OF CHRISTIANS

This Sunday is the feast of 'Our Lady Help of Christians'. She is the patron saint of Australia. We celebrate this feast on Sunday 24th May.

O **Mary**, my most gracious Mother, at all times so ready to be the **help of Christians**, assist me with your powerful patronage throughout **my** life and especially at the hour of death. Grant that, having loved and revered you on earth, I may sing your mercies in Heaven. Amen.

WELLBEING

As a school, and particularly in my role as wellbeing leader, we are thinking carefully about how the time away from school may have affected pupils, not just academically but socially and emotionally, too.

We are giving a lot of thought to how we address this when we return. School life will be different, but we have to help our students adjust and process what they have been through. Coronavirus: The impact on pupil mental health

Here's how we're planning to do it:

1. Take time to reconnect

Returning may feel strange for some children, especially with new social distancing rules to follow. It's important to give them time to reconnect with each other and with school.

The simple act of discussing it again will help pupils to reconnect to one another with something familiar to them all.

2. Make time to talk

If a pupil suddenly mentions their sick grandparent or worries about their relatives, we will make time to talk about it – some of them may not have had the opportunity to have such conversations at home. All children will have different family circumstances so space and time to talk could be vital.

3. Embed wellbeing

If you don't do this already, then perhaps this is the time to ensure that wellbeing activities get the focus they deserve. In a busy timetable, that means clearly stating when they will take place.



- Breathing exercises to relax students. It's important to do these regularly so children are familiar with them in times of need.
- Regular brain breaks in between lessons, or during them, as needed. These could be simple yoga stretches or a burst of star jumps.
- Shared "what went well" moments. Fostering positive emotion helps to rewire our brains away from negative thoughts. This is particularly important at a time when pupils could have been overexposed to the news or dealing with difficult family situations such as bereavement or job losses.
- Teach students to name and label their feelings.
- Allowing pupils time to choose independent Healthy Minds activities; reading, mindfulness colouring, relaxing music, drawing and so on. This can be whole-class for a short period of time and be up to individuals to identify when they need it.

4. Give time to adapt

Remembering and slotting into old routines takes time and patience even under normal circumstances; with social-distancing restrictions, it will take even longer.

This means being patient and giving children more time, understanding they may not be quite at the level they were when you last saw them. Do whatever it takes to help them process everything.

5. Find ways to laugh

Laughter is so important for releasing tension and building a sense of connection. Even if you're not back in class yet, finding ways to help the children laugh at home is great, too.

These strategies are not exhaustive, but they are a good start to helping our pupils feel safe, supported, connected and emotionally ready to learn.

If we are constantly teaching our pupils how to look after their wellbeing, we become better at looking after our own as teachers and as parents, too.

Jenny Keely REL

ONLINE LUNCH ORDERS ~ EVERY FRIDAY Please click on this link to place a lunch order

<https://classroomcuisine.com.au>

NUT & POTATO ALLERGY At St Joseph's we have a no sharing of food policy due to the number of students with severe life threatening allergies. In particular, we ask that you PLEASE DO NOT SEND NUTS OR NUT BASED PRODUCTS & POTATO CHIP TO SCHOOL.

ELECTRONIC SIGNING IN/OUT IPAD

Please remember to sign your child out of the school when leaving early. It is also necessary to sign in when arriving late. The electronic sign in/out ipad is located in the office on the bench.

SCHOOL HOURS

The school is responsible for the supervision of students from 8.45am. It is important to remember that staff who arrive early for school do so to prepare for the day and cannot do this as well as supervise early arrivals.

SECOND HAND UNIFORMS

Donations or enquiries contact Tricia McKean on 0423 979 745.

WORKING WITH CHILDREN CHECK

A reminder to all parents who wish to assist in the classrooms or on excursions that a WWCC is mandatory and should be displayed at all times when helping in the classroom or on excursions.

HEAD LICE - ONCE A WEEK TAKE A PEEK

Families please check your child's hair for Head Lice each Sunday before they return to school. Please treat immediately if head lice are found. Head lice numbers would be reduced if this quick check happened every week.

HEAD INJURIES

Any child who has a knock / bump to the head will have their parents notified as a precaution. All children who are treated in sickbay or on the playground are issued with a First Aid slip; however, often these are not seen by Parent. All staff is trained in first aid each year to Level 2, which should be very reassuring for parents, but we will not make decisions or judgments regarding head injuries.

STAFF MEETINGS

Will be held each Tuesday and Wednesday at 3.45pm. Please do not detain teachers on these days.

Helping children cope with stress during the 2019-nCoV outbreak



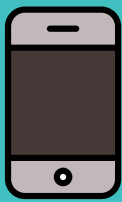
Children may respond to stress in different ways such as being more clingy, anxious, withdrawing, angry or agitated, bedwetting etc.

Respond to your child's reactions in a supportive way, listen to their concerns and give them extra love and attention.

Children need adults' love and attention during difficult times. Give them extra time and attention.

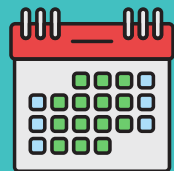
Remember to listen to your children, speak kindly and reassure them.

If possible, make opportunities for the child to play and relax.



Try and keep children close to their parents and family and avoid separating children and their caregivers to the extent possible. If separation occurs (e.g. hospitalization) ensure regular contact (e.g. via phone) and re-assurance.

Keep to regular routines and schedules as much as possible, or help create new ones in a new environment, including school/learning as well as time for safely playing and relaxing.



Provide facts about what has happened, explain what is going on now and give them clear information about how to reduce their risk of being infected by the disease in words that they can understand depending on their age.

This also includes providing information about what could happen in a re-assuring way (e.g. a family member and/or the child may start not feeling well and may have to go to the hospital for some time so doctors can help them feel better).



ENROLMENTS ARE OPEN

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

CLOSING DATE 21 AUGUST 2020

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

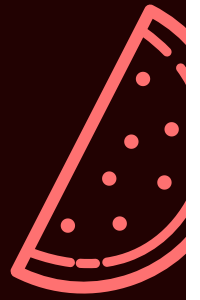


St Bede's
College

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



*stay home,
stay safe!*



BERRIES ON THE ROCKS

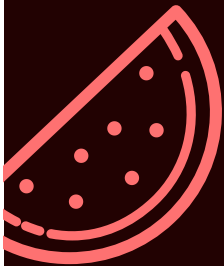
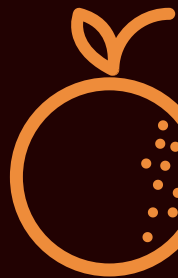
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