



# ST JOSEPH'S PRIMARY SCHOOL NEWSLETTER

Friday 8<sup>th</sup> May, 2020

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

## *A Prayer for Mothers*

*Where would we be without our mother's love? Lord,  
bless our mothers with wisdom to teach and guide their  
children in a way that will help them to follow You and  
to become men and women who will be pleasing in Your sight.*

*Give all mothers the patience to deal with the difficulties  
of their job and, most of all, give them a special blessing as  
they care so lovingly for the gifts that You have allowed them the honour of raising.*

*Amen*

Dear Parents,

Happy Mother's Day to all our wonderful mums. I hope you get some time to relax and celebrate with your family and take the day off from working and supervising learning.

I have not heard anything from Catholic Education Melbourne what school may look like after the Premier's announcements this Monday. As usual, as soon as I know anything, I will notify you of any changes to the current arrangements.

Last week Catholic Education Melbourne and The Department for Education & Training sent this message to all schools.

*"We expect that there will be some flexibility in reporting requirements. However, until advised otherwise, teachers should prepare to report on Religious Education, English, Mathematics, and any other learning areas that have been substantially taught and assessed over this semester."*

Our teachers will be assessing students on the work they are posting in the areas of English, Maths and Religious Education. If students are not posting work or are not posting enough work to be assessed, then a report will not be able to be generated for this semester.

When I have more information from CEM around assessment and reporting for Home learning for Term 2, I will inform you through the newsletter and/or CareMonkey.

**The wellbeing of our students is extremely important to the staff at St Joseph's. I have been sent this resource from CEM and asked to share it with my school community. I strongly recommend that you watch this video from Michael Carr-Gregg.**

### **Wellbeing resources from SchoolTV**

SchoolTV has generously shared two special video reports as part of its coronavirus series. In these special reports, parents/carers are provided with information on how to support the wellbeing and mental health of their children.

**Special Report 1:** Wellbeing Checklist for Primary: Dr Michael Carr-Gregg While most children are resilient and seem to be demonstrating a remarkable capacity to manage during this challenging time, others are not faring as well. Some are experiencing a variety of emotions ranging from fear to anxiety, all of which are considered normal or natural responses to the current situation. It's important for parents/carers to remain vigilant for any signs of unusual distress or behaviour, even if their child may not have any prior history of a mental health disorder.

[https://schooltv.me/wellbeing\\_news/special-report-wellbeing-checklist-primary](https://schooltv.me/wellbeing_news/special-report-wellbeing-checklist-primary)

Congratulations to those students who received certificates for Week 3

Foundation: Leo Conway & Logan Bennett

Gr 1/2 W: Hugh Wiedermann

Gr 1/2KP: Sophia Laird & Van Shannon

Gr 3/4 : Tijana Kravic & Ava Mannix & Lucia Wiedermann

Gr 5 : William Jones & Daniel Blaszczyk

Gr 6 : Jack Capomolla & Stephanie Zanon.

**PE:-**

### **Environmental Science**

Ava Mannix and Ben Watson in 3/4 for their short instructional pieces on planting winter vegetables at St Joseph's.

Jess Griffith and Jack Capomolla in 5/6 on their creative invasive species contraptions.

Kai Bajurnow in 1/2 for the drawings of the invertebrates he found at home.

Sienna Simunic on finding "Al" aluminium in a computer case.

### **Art/ Indonesian**

Sebastian McDonagh

**Principal's Award:** Luca Toogood for fantastic reading.

### **Foundation**

The end of another week of learning together at home is now complete and what a fantastic week we all had! I saw every student complete work to the best of their ability and enjoy the range of tasks provided to them. I wish all of our Marvellous Mum's a beautiful Mother's Day on Sunday and know that you'll all get spoiled by your lovely family as you all deserve :) I look forward to another week ahead, but for now, go and enjoy a much deserved break over the weekend! Mrs Angele

### **Gr 1/2 KP**

Year 1/2 KP are continuing to work brilliantly with their online learning and everyone has settled into a rhythm with getting their tasks completed.

We appreciate all the messages of support we are receiving and we would like to say a big thank you to our parents who are doing a great job in supporting their children with EVERYTHING! Happy Mother's Day. Mrs Kelliher and Mrs Phyland

### **Gr 1/2 W**

1/2W has continued to be amazing this week with uploading work on Seesaw. I am so impressed by the positive attitude of the class, even when they need to make changes to their work! It has been great to catch up with families to check-in and I look forward to this continuing into next week. The hard work put in by all does not go unnoticed, once again, thank you. I hope you have a wonderful weekend and all the mothers in our St Joseph's community have a special Sunday. Miss Wood

### **3/4 BOB**

We have finished our fourth week of remote learning and it's clear that the students and families of 3/4 BOB are beginning to settle into this new groove. We can't thank you all enough for your ongoing support throughout these times. It's great to see the students striving to give of their best and it's really starting to show in the work they are sharing with us. Well done everyone :) Also, a big shout out to all of our 3/4 Mums, we hope you have a lovely day on Sunday and thanks to you we get to teach your child. Mrs O'Brien and Mrs Botterill

### **Gr 5/6**

In some ways, it is hard to believe that we're 4 weeks through the term, and in other ways, it feels much longer than that. As has been the case every week this term, we are incredibly proud and impressed with the resilience and perseverance of our seniors, as we navigate internet dropouts, isolation from friends, bleak weather, and tempting distractions online and offline. We're missing all the students and enjoy the opportunities to connect face to face in our Google Meets. Keep up the great work seniors!

We take this opportunity to wish all the mothers and grandmothers a very happy Mother's Day. Ms Cooke, Mr Sandison & Mr Brooks

## **Environmental Science**

Foundation are still discovering where various materials come from in the world.

Grade 1/2s were busy finding invertebrates in their yards this week and Gee did they find some! Grade 3/4 did a marvellous job describing concisely how to plant winter seedlings correctly at St Joseph's. Grade 5/6 put their thinking caps on to come up with a design to trap an invasive species animal within Australia.

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 5 TERM 2**

**Monday- 11 May**

Library opened 11-12 pm for borrowing library books and/or changing 'Take Home readers'

**Wednesday- 13 May**

Library opened 11-12 pm for borrowing library books and/or changing 'Take Home readers'

**Friday-15 May**

Library opened 11-12 pm for borrowing library books and/or changing 'Take Home readers'

## MOTHERS DAY



*God could not be everywhere,  
so he created Mothers.*

Wishing all our wonderful mothers a very special day as we all celebrate in isolation. It's certainly going to be a different experience this year but the most important thing is that you will be with your precious children. Happy Mother's Day to you all.

Jenny Keely REL

## STUDENT WELLBEING



### COPING CALENDAR: KEEP CALM. STAY WISE. BE KIND



30 actions to look after ourselves and each other as we face this global crisis together. Please use & share 🙏

1 Make a plan to help you keep calm and stay in contact	2 Enjoy washing your hands. Remember all they do for you!	3 Write down ten things you feel grateful for in life and why	4 Stay hydrated, eat healthy food and boost your immune system	5 Get active. Even if you're stuck indoors, move & stretch	6 Contact a neighbour or friend and offer to help them	7 Share what you are feeling and be willing to ask for help
8 Take five minutes to sit still and breathe. Repeat regularly	9 Call a loved one to catch up and really listen to them	10 Get good sleep. No screens before bed or when waking up	11 Notice five things that are beautiful in the world around you	12 Immerse yourself in a new book, TV show or podcast	13 Respond positively to everyone you interact with	14 Play a game that you enjoyed when you were younger
15 Make some progress on a project that matters to you	16 Rediscover your favourite music that really lifts your spirits	17 Learn something new or do something creative	18 Find a fun way to do an extra 15 minutes of physical activity	19 Do three acts of kindness to help others, however small	20 Make time for self-care. Do something kind for yourself	21 Send a letter or message to someone you can't be with
22 Find positive stories in the news and share these with others	23 Have a tech-free day. Stop scrolling and turn off the news	24 Put your worries into perspective and try to let them go	25 Look for the good in others and notice their strengths	26 Take a small step towards an important goal	27 Thank three people you're grateful to and tell them why	28 Make a plan to meet up with others again later in the year
29 Connect with nature. Breathe and notice life continuing	30 Remember that all feelings and situations pass in time	<p>“ Everything can be taken from us but one thing: the freedom to choose our attitude in any given set of circumstances ” ~ Viktor Frankl</p>				



### ACTION FOR HAPPINESS



[www.actionforhappiness.org](http://www.actionforhappiness.org)

Find out more about the Ten Keys to Happier Living, including books, guides, posters and more here: [www.actionforhappiness.org/10-keys](http://www.actionforhappiness.org/10-keys)



# 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.

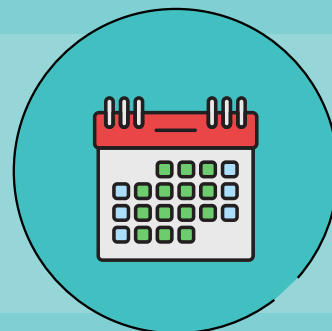
Remember to listen to your children, speak kindly and reassure them.

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).



# Virtual Visits

## Virtual Open Mornings

Wednesday 22 April and Friday 12 June  
Commencing 9.00am

## Virtual Open Afternoon

Saturday 9 May  
Commencing 2.00pm

## Virtual Talk and Tour with the Principal

Wednesday 20 May  
Commencing 4.00pm

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](http://kilbreda.vic.edu.au)**

**Kilbreda College**

A Kildare Education Ministries School in the Brigidine Tradition





# 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](http://www.stbedes.catholic.edu.au)

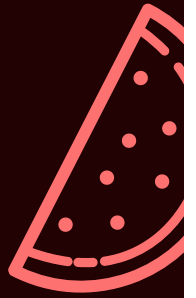


St Bede's  
College

Contact: Deb Champion  
Phone: 9582 5999  
Email: [enrol@stbedes.catholic.edu.au](mailto:enrol@stbedes.catholic.edu.au)



*stay home,  
stay safe!*



## BERRIES ON THE ROCKS

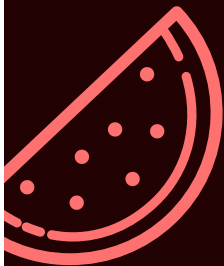
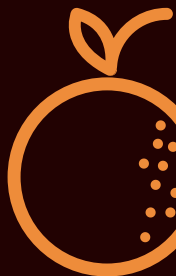
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