



ST JOSEPH'S PRIMARY SCHOOL NEWSLETTER

Thursday 27th August, 2020

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

Reflection

*We determine our destination,
What kind of road
We will take to get there,
And how happy we are
When we arrive*

Dear Parents,

The last blast of winter was certainly felt last weekend and earlier this week. However, I can certainly feel that Spring is in the air. Last night was my final Advisory Education Board meeting and I was given a lovely farewell. It is now becoming a reality that I only have 3 weeks left at this wonderful school.

Update the community of the status of the PA process

Fr. David Cartwright (one of the new parish priests of the Bayside Catholic Mission) is now on the selection panel. Fr. David is taking replacing Monsignor Brendan Hayes.

Nazareth Advisory Education Board Update

The Board meet last night and the item up for discussion were:

1. The arrival of Father David Cartwright and Father Dean Mathieson to the newly names Bayside Catholic Mission of which St Joseph's is now part of with Stella Maris and the Nazareth parish of Rickett's Point.
2. The new Governance for all catholic schools.
3. The progress of the principal's position for St Joseph's
4. Looked at the current Board's Constitution and Guidelines.

Parent Teacher Interviews.

Grade 1:- Wednesday 2 September- 9-2 pm

These conferences will be online and an Operoo (previously known as CareMonkey) was sent out today 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.

Foundation:- Wednesday 9 September 9-2 pm

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

Foundation:

Awards: Lennon Gusman & Sienna Simunic

1/2W:

Birthdays: Leonard Callegari

Awards: Daniel McLean and Sebastian McDonagh

1/2 KP:

Awards: Sullivan Shannon and Olivia Budin

3/4

Birthdays: Lucia

Awards: Nina, Ben & Sacha

Gr 5:

Awards: Daniel, Freddie & Alfie

Gr 6

Awards: Emma & Tex

Mrs Keely: All of Gr. 3.4 for their wonderful oral presentation

PE:- Leo Conway and Will Jones

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

Carmel Stutterd

WEEK 8 TERM 3

Wednesday 2 September

Parent teacher's interviews:- Gr 1

Thursday 3 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 -4 September

10.30 am whole school assembly

RELIGIOUS EDUCATION

Light in the darkness: Time Out for a Suffering World.

At 7pm on **Monday 31 August**, you are invited to light a candle, stand in your front garden and spend some time in silence and prayer to remember all those who have lost their lives to Covid-19 or to violence this year. As the first night of spring begins, let us look to the future with prayer and hope.

WELLBEING

I attended a webinar last week conducted by 'Lael Stone'. I found her knowledge to be extremely informative and helpful during this stressful time of a pandemic. I thought I would include segments from the presentation over the coming weeks.

Resilient Families

At the moment, it is all about survival. People all need to be super compassionate right now. Part of being resilient during this difficult time is to own how we feel and to know that it is okay. The hard part at the moment is we feel we have no control over the situation which leads to the following feelings:

1. trauma
2. grief
3. fatigue

When we are experiencing **trauma**, we tap back into past traumas which generates worry, fear and makes us feel anxious, unsure and depressed. These are all negative feelings.



With **grief** we feel sad, angry and disappointed as we love having things to look forward to which have been taken away.

Fatigue has now settled in as we have been doing this for a long time which has our brain continually on high alert which makes us become tired.

Empathy

- Agree with your child that home learning is difficult for them.
- Ask them to identify which aspects feel difficult.
- Acknowledge their feelings and say 'I know this is hard...' as this will keep up the important **connection with you**.
- Make sure they move their bodies every 20 minutes as they need this brain break rather than racing through every activity just to be finished. They will not retain the knowledge if they do this.
- Try to keep home life calm as the learning will only occur when things are happy and relaxed.
- No learning is happening when there's friction in the home.

Yrs F/1/2

Sort the 'fillers' and 'dippers' in your workbook. Colour in the 12 pictures and then sort into the

BUCKET FILLERS

BUCKET DIPPERS

Yrs 3/4/5/6

'Simple Acts of Kindness' Part 1 <https://www.youtube.com/watch?v=GdYJr03eJjE>

Now record what went well for you today?

Who did you perform an 'Act of Kindness' for? What did you do?

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

List 3 things you are grateful for today?

Jenny Keely REL

	<p>Year 7 2022 Limited places Applications close 9 October 2020</p>	<p>Virtual Tour Register now for 6 August 9:30am www.olsh.vic.edu.au</p>
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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



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



St Bede's
College

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



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



St Bede's
College

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

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

Sf Josephs Primary - Black Rock