

# ST. JOSEPH'S SCHOOL NEWSLETTER

[www.stjorbst.catholic.edu.au](http://www.stjorbst.catholic.edu.au)

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**Principal: Mrs Marie Dodson  
Parish Priest: Fr Michael Willemsen**

**Friday May 21st, 2021**

**"Where Learning and Friendship Grow"**

Dear Families

Today begins Catholic Education Week. Catholic education began to provide education to poor families who could not afford the costs of sending their children to government schools. Responding to St Mary of the Cross MacKillop's mantra of 'never see a need without doing something about it', we at St Joseph's Catholic Primary School, continue to support families by offering quality educational opportunities at minimal cost.

This year we celebrate the significant milestone of 200 years of Catholic Education with a quiet prayer for the educators, students and families who have gone before us. May God continue to bless our wonderful school and its community members.

Year 5&6 students had a taste of secondary school today during their visit to Nagle College. Secondary colleges are seeking information about enrolments for 2022. Please chat with your Year 6 students and consider which school they are likely to attend next year, so that we can work with our secondary colleagues towards a smooth transition for everyone.

Please keep your eye on the calendar as there are some significant dates coming up this term and it would be great to see every family making the most of the opportunities and finally getting together in a Covid safe way.

I hope that you find the attached letter helpful. It just happened to come across my desk this week. We would all love to see lots of parents and friends at our school mass next Wednesday at 9.30am.

Don't forget to have a chat with me if you have any questions or concerns.  
Have a wonderful weekend,

Marie



## Dates to Remember

<b>Friday 21<sup>st</sup> May</b>	Nagle College Orientation
<b>Mon 24th May</b>	Whole school Tennis Clinic
<b>Wed 26<sup>th</sup> May</b>	Winter Sports Practice at Newmerella Primary School
<b>Wed 26<sup>th</sup> May</b>	Kitchen Garden Program – Colman Class
<b>Thurs 27<sup>th</sup> May</b>	9.45am Playgroup with Storytime and Beat Boppers group movement and fun
<b>Thursday 27th May</b>	GRIP Leadership Excursion Grade 6s
<b>Friday 28<sup>th</sup> May</b>	District Winter Sports

**Calm – Courageous – Curious – Caring – Creative**

## **Weekly Reminders**

**Lunch orders:** are available on Friday from Rosie's Hot Bake.

**Sports:** Mondays.

**Uniform Shop:** Orders to be placed at the office.

**Out of hours childcare/vacation care:**

Is offered on Monday to Thursday, coordinated through Orbost Primary School.

**For bookings phone 0455 417 320**



Come Holy Spirit, into the midst of difficulties and challenge so that may we witness to the love of Jesus. In the midst of uncertainty and fear, may we know your wisdom guiding us to the Father. In the midst of our relationships, may we know the fire of your love burning in our hearts and radiating through our lives.

## **DAILY HOME READING**

Daily home reading is imperative for students to succeed in their learning and set them up for their future. Please read with or chat about reading with your children each day. MacKillop students have new home reading folders. Please make sure they come back to school each morning.



St.Joseph's Primary School Teachers and staff will be attending a Professional Learning Workshop on

**Thursday 10<sup>th</sup> and Friday 11<sup>th</sup> June 2021.**  
**Children WILL NOT be required at school these days**



### **Head Lice Alert!!**

We will only stop this problem if every family is diligent in monitoring regularly.



**Parents are requested to contact the office and explain student absences before 9.30am. After this time we will initiate contact. Your assistance in this matter is greatly appreciated**

### **IMPORTANT INFORMATION FROM OPS AFTERSCHOOL CARE**

Afterschool Care at Orbost Primary School.

Parents with unpaid accounts after two months will **not be eligible** to send their child to after school care until payment has been made. **This will start 1<sup>st</sup> June 2021.** Accounts can be paid in cash at the school office or by direct deposit.

Bank Details Bank Australia  
BSB 313-140  
Account No 1761347



# WHAT'S ON IN NETBALL



## 2021 SCHOOL CHAMPIONSHIPS - LAKES ENTRANCE

Following the devastating bushfires in the East Gippsland area, Netball Victoria was disappointed we could not visit communities throughout 2020 to show our support.

We were overwhelmed watching the impact of the bushfires on countless community groups, schools, and businesses and we were inspired by the resilience the communities showed throughout that extremely challenging summer.

In 2021, Netball Victoria will bring our School Championships event to Lakes Entrance. We are offering free entry to schools in the East Gippsland Shire Council area that were impacted by the bush fires.

Netball Victoria's School Championships is one of the largest netball tournaments conducted in Australia and attracts government, Catholic, independent and specialist school teams from around the state.

Teams play in a round robin format across multiple preliminary days around Victoria, with the top teams advancing through to the finals day at the State Netball Centre, where the state champions are crowned.

We want to bring people to East Gippsland and support the schools through this massive participation event.

Pending team entries you may compete on either:

**Wednesday 18 August OR Thursday 19 August at  
Lakes Entrance Recreation Reserve, Rowe St, Lakes Entrance**

Due to limited courts, divisions will be split across the above dates. You will be notified ASAP as to which day your teams will compete.

For further information please contact Competitions Coordinator Jordyn Becker or Eastern Region Manager Judi Buhagiar.

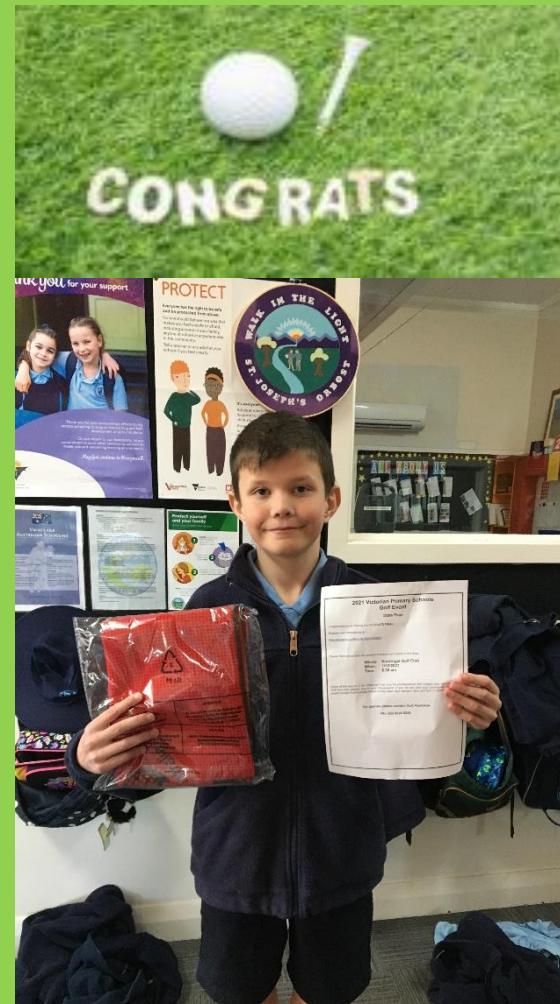
**EXPRESSIONS OF INTEREST**

**CONTACT COMPETITIONS COORDINATOR JORDYN BECKER**

**CONTACT EASTERN REGION MANAGER JUDI BUHAGIAR**



NISSAN



A huge well done to Lucas who has qualified for the 2021 State Victorian Primary Schools Golf Event.



# Kitchen Garden Foundation



## Chicken Pasta Bake

Makes 16 small serves per group.

Ingredients	Method
<p>Per group of 4</p> <ul style="list-style-type: none"><li>• 1kg pasta</li><li>• 2 roast chickens (supermarket) shredded</li><li>• 8 rashers bacon diced</li><li>• 2 onions</li><li>• 2 carrots grated</li><li>• 4 sticks celery chopped fine</li><li>• 1 zucchini grated</li><li>• <math>\frac{1}{2}</math> red capsicum, <math>\frac{1}{2}</math> green capsicum.</li><li>• 12 button mushrooms.</li><li>• 6 cloves garlic chopped fine</li><li>• 1 cup chicken stock or water</li><li>• 1 jar passata (tomato puree)</li><li>• 4 tablespoons tomato paste</li><li>• 2 cups grated cheese</li><li>• Salt and pepper</li><li>• Bay leaf</li><li>• Sticks of thyme.</li><li>• Chopped parsley.</li></ul>	<ol style="list-style-type: none"><li>1. Preheat oven to 220 degrees</li><li>2. Collect ingredients</li><li>3. Cook pasta according to packet directions.</li><li>4. Meanwhile, in a large pot, sauté till brown in a splash of oil, onions, mushrooms, shredded chicken, bacon and garlic. Add carrots, celery, capsicums and zucchini, and herbs. Cook 5 minutes.</li><li>5. Add chicken stock, jar of passata, tomato paste. Simmer 10 minutes.</li><li>6. The pasta should now be cooked and drained. Put this pasta in a large baking tray. Pour the mince mixture over the top and stir through.</li><li>7. Sprinkle the grated cheese over the top.</li><li>8. Bake in the oven until the cheese melts and is golden brown, about 10-20 minutes.</li></ol>





Dear parents of primary school children,

I know just hearing the topic “Cyber Safety” may make you feel overwhelmed but I really need you to hear what I have to say. Please keep reading all the way to the end. As a mum of three children aged 9, 13 and 15 years I know just how hard it is to keep on top of what our kids are doing online. None of us grew up in a “digital” world so we are all learning (and don’t our kids know that!). It can be so tough, certainly plenty of upset, conflict and tears over technology in my family over the years!

As a psychologist for more than 15 years, and more recently combining this with work as a cyber safety educator, I see the truly devastating impact of children and young people who are exposed to unsafe situations and inappropriate content online...including:

1. Being groomed and/or abused by predators
2. Being exposed to pornography and/or hyper sexualised content
3. Viewing drug and alcohol themed content
4. Playing games with or watching explicit violence
5. Seeing content related to suicide and selfharm
6. Viewing horror content and other adult themes
7. Struggling with cyber bullying

So, I want to share with you today 10 steps (by no means an exhaustive list) you can start TODAY so your children can be safer and healthier online. I know your days are busy, so maybe even cancel something scheduled this week to make time for this!! If you sat with these children/young people and heard the firsthand accounts that I have, you would not hesitate to make this a priority. So here goes...

1. Make sure devices are used in communal areas of your home and **NO devices in bedrooms.**
2. Ensure there is **active supervision** when kids are on devices (means an adult must be present and checking in regularly).

**3. Set parental controls** on all devices, games and apps. Parental controls are usually found in the settings. They can be enabled and password protected to ensure your child is playing the safest version. For example, Roblox can be made significantly safer by enabling the simple setting called “restricted mode” (designed for under 13s).

**4. Remind your children often that it is never safe to talk or message people they do not know** in real life (even if they seem really nice).

**5. Reduce the risk of exposure to inappropriate content on YouTube** by using the YouTube Kids app as long as possible and if allowing access to YouTube ensure that restricted mode is enabled. I also recommend, where possible, to cast YouTube to a TV for better adult supervision.

**6. Delay kids having any social media** accounts of their own! If you are looking for a messaging app for under 13s, then consider Messenger Kids (by Facebook).

**7. Any time your children come to you with a problem, stay calm, take a few deep breaths and be curious instead of furious.** Remember this is a teachable moment, an opportunity for your child to learn to make more healthy decisions and even more important than that....learn to trust that they can come to us.

**8. Be firm when setting boundaries** and even when kids say “everyone is on Snapchat” or “all my friends are playing it”, make your decision in line with what they need and not what they want...which can be very different! Don’t give in!

**9. Visit Kids Helpline** with your kids before there is a problem so they are comfortable doing so when they may need it.

**10. Download the free, parent friendly Beacon app** to help with all things digital.

Keep reading...

I thought it might also help if I share with you the sort of chat I’ve had with my children many times over the years.

**“There is all sorts of content on the internet and a lot of it is not suitable for children your age. Just like it is important to eat healthy food to nourish your body, it is important to watch content that is healthy for your brain. If anyone asks you to watch something or do something online that makes you feel uncomfortable you are allowed to say “no”. Try saying “I’m not allowed to watch that/do that” and blame your strict parents. If you ever find yourself in a situation that makes you feel yucky, worried, scared or unsafe at all, you can tell me. I promise you won’t be in trouble. I can and will help you. No mistake you make will ever stop me loving you - seriously nothing!! If there is ever a time you need help and for some reason you can’t come to me, don’t forget**

**you can talk to another trusted adult or contact Kids Helpline".**

I know our children **absolutely love** what gaming, social media and the internet has to offer but as parents we need to help our kids make safe and healthy decisions. I don't have all the answers. I often worry about whether I'm making the "best" decision. I do know this though... We can change our minds as parents and reset boundaries. So if for example, you have allowed your child on social media, I urge you to re-think this. Also, us parents **have** to be okay with making unpopular decisions, navigate our way through the tears (theirs and ours!) and even being hated. If you are already doing this, keep going! Lastly, start having conversations about topics like pornography (even if it's uncomfortable), there's no such thing as a "perfect conversation", just start. When our children become young adults our aim is that they are equipped with healthy habits, accurate information and critical thinking amongst other skills to manage the challenges of our world.

So from me to you - **prioritise your self care** so that you can show up as your best self and reach out to other parents - hang in there, we really, truly are all in this together.

Kind Regards,



Carley McGauran  
Mum and Psychologist

My favourite resources:

<b>Getting started with Parental Controls:</b> <a href="http://bit.ly/tamingthetech">http://bit.ly/tamingthetech</a>	<b>Starting sexuality (inc pornography) conversations:</b> Free podcast: <a href="http://bit.ly/sexuality4parents">http://bit.ly/sexuality4parents</a> eBook: <a href="http://bit.ly/sexualityebook">http://bit.ly/sexualityebook</a>
<b>Setting up Roblox Parental Controls:</b> <a href="https://bit.ly/roblox4parents">https://bit.ly/roblox4parents</a>	<b>Kids Helpline:</b> <a href="https://kidshelpline.com.au/">https://kidshelpline.com.au/</a>
<b>eSafety Commissioner:</b> <a href="https://www.esafety.gov.au/">https://www.esafety.gov.au/</a>	<b>Beacon App:</b> <a href="https://beacon.telethonkids.org.au/">https://beacon.telethonkids.org.au/</a>

Carley McGauran is a registered psychologist with APHRA and member of the APS as well as endorsed by the eSafety Commissioner as a Trusted eSafety Provider with Inform & Empower.



**KidsROAR delivers engaging Protective Behaviours in programs that focus on "Personal Safety 4 Kids"**

Our personal safety and child abuse prevention programs are age and stage appropriate and suitable for children from the age of three. Personal Safety education is vital, as one in five will experience sexual abuse before their 18<sup>th</sup> Birthday (Pereda, et, al 2009) with the most vulnerable being between 3-8 years of age.

Educating children, parents, teachers, educators and other individuals in the community with an evidence based, early intervention program, significantly reduces a child's vulnerability to all forms of abuse, including family violence. We believe that a three-way partnership between school, home and the community is the most effective way to deliver a consistent message about Personal Safety for kids.

**KIDSROAR**  
**COMING TO ST.JOSEPH'S**  
**PRIMARY SCHOOL**  
**TUESDAY**  
**22<sup>nd</sup> JUNE 2021**  
**Further details to come**