



ST. JOSEPH'S PRIMARY SCHOOL

Principal: Mrs Kirsten Daly

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Term 3, Friday 27th August 2021

NEWSLETTER

Principals wrap up for the week

Dear Families and Friends,

What can I say...lockdown is never easy and with each one it may seem to be getting harder but it has been a positive week for remote learning. We saw the introduction of two new electronic platforms introduced to our students, Seesaw for MacKillop and Google Classroom for Colman students. Being able to interact with students doing work from home has brought a **Buzz** amongst students and staff.

Interestingly, NAPLAN results for 2021 indicate that Victorian students outscored their state counterparts which is good news to suggest that Remote Schooling is not having a profound negative effect on our students. **'Victorian primary school students achieved the best NAPLAN results in the country this year, despite many spending more than 120 days learning from home since the pandemic started.'** Fairfax Media Journalists Adam Carey and Jordan Baker.

NAPLAN results arrive next week. Parents with children in years three and five should receive their child's results midweek.

Hopefully with good news next week, we will be back into face to face learning soon. Please stay safe.

Peace be with you,

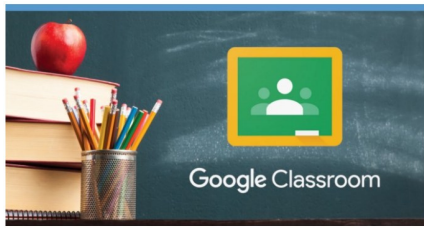
Kirsten Daly

Mindfulness: why it's good for children, teenagers and parents- <https://raisingchildren.net.au/>

Mindfulness is focusing your complete attention on what's happening right now. It's also letting your thoughts and worries come and go without judgment. When you practise mindfulness, you'll feel generally calmer, more focused and better able to concentrate. And in moments of stress, you'll be able to pause, relax, see things more clearly and make better decisions. When you encourage children to be mindful, it can help them develop skills to deal with the stress of study, work and play as they get older. Adapting mindfulness activities for children at different stages You can encourage younger children to build mindfulness just by doing what they naturally do.

For example:

- Colouring in or drawing something interesting or beautiful like a shell, are great ways to help your child be mindful and focus on what they're doing right now.
- A listening walk or a noticing nature walk can encourage your child to pause, notice and focus on the sights, sounds and smells around them.
- Listening to music and focusing on the instruments or lyrics is a great way for your child to focus on the present without distraction. As your child gets a little older, you might like to do mindfulness exercises together. You could record yourself saying the steps above, and then use the recording as a guide for yourself and your child. Or you could find a mindfulness app that you and your child both like. Older children and teenagers might like to do mindfulness exercises independently. Your child could use your recording when they're feeling stressed or want some help to relax. Or your child might like to make their own recording or download a mindfulness app that they think will work for them.



What's new to REMOTE LEARNING at St Joseph's Primary School ? Parents will have noted the implementation of Seesaw for MacKillop, Google Classroom for Colman and Zoom meetings being used for Xavier. These online portals allow an immediate response for all work between the student and their teacher. We thank the staff for all their work behind the scenes to get them up and running and thank the students for embracing the change with such enthusiasm.



School Fees are now due !

School Banking Details for Direct Payments

Bank : NAB Sale

BSB : 083-879

Account : 69545 2766

Many in our school community continue to face financial impacts as a result of the COVID-19 pandemic. We are committed to supporting families experiencing financial challenges through our School Fee Concession programs, and encourage any parent/carer/guardian experiencing difficulties to contact us regarding fee assistance.

Please contact Amanda at the school office to explore confidential financial support arrangements or to obtain further information.



NO School buses running THIS THURSDAY 2nd September 2021

August 2021

Mon	Tue	Wed	Thu	Fri	Sat	Sun
						1
2 Swim	3	4 Kitc Garden	5 Bea Boppe	6 Ren Learni	7	8
9 Ren Learn	10 Bac school	11 Kitc Garden	12 Be Boppe	13 Lu Orders	14	15
16 Swimr	17	18 Kitc Garden	19 Bea Boppe	20 Lu Orders	21	22
23 Sc Closur	24 Ren Learni	25 Ren Learni	26 Re Learni	27 Re Learni	28	29
30 Remote Learning	31 Remote Learning	1 Sept Remote Lear	2nd Sept Remote Lear	3rd Sep Back to school	5 Sept	6 Sept



Sundays Prayer

Loving God, you are full of tenderness and compassion. As we follow the guidance of your Spirit into way of your Son, may our faithfulness to you be reflected in mercy towards all. We ask this in his name confident that you will hear us.



CAN ALL STUDENTS PLEASE MAKE SURE THEY HAVE THEIR SWIMMING GEAR WITH THEM FOR A 9.10 am DEPARTURE TO THE POOL

DO WHAT YOU CAN.
PERIOD.

DOING THIS MAY BE YOUR BEST.
♥ THAT'S OK. ♥

☆ EXTREME STRESSES
& EXTREME RESPONSIBILITIES

☆ THIS TIME PERIOD IS JUST a *tiny* PERCENT of YOUR CHILD'S OVERALL SCHOOL CAREER

1 Model How to Face adversity
COURAGE
SELF-CARE
COMPASSION
MOST VALUABLE ACTION

2 ENCOURAGE a SCHEDULE WITH SET TIMES EACH DAY
☆ ROUTINE is key ☆

3 Try to DETERMINE a SET PLACE in the HOME for WORK

4 ask KIDS SPECIFICALLY ABOUT WHAT THEY LEARNED

5 read WITH YOUR CHILDREN in any LANGUAGE
online
PRINT

6 Tell FAMILY STORIES
↑ IDENTITY
↑ SELF-ESTEEM

7 WRITE ABOUT WHAT YOU'RE GOING THROUGH.
see THINK FEEL WISH MISS
any language

SEVEN parent tips FOR SUPPORTING REMOTE LEARNING
— by LARRY FERLAZZO —

We see you

Great TIPS even when NOT in a CRISIS

document THEM

3 MOST IMPORTANT THINGS?
1 THING YOU LEARNED IN...?
SHOW ME...

WENDI PILLARS @ WENDI322

STAY SAFE
AND STAY
POSITIVE