



## ST. JOSEPH'S PRIMARY SCHOOL

Principal: Mrs Kirsten Daly

4 – 8 Raymond Street,

P.O. Box 314, Orbost Vic 3888

Phone: (03) 5154 1289

Email: [principal@stforbost.catholic.edu.au](mailto:principal@stforbost.catholic.edu.au)

# NEWSLETTER

Term 2 -10th June 2022

**PARENTS PLEASE NOTE THAT ST JOSEPH'S PRIMARY SCHOOL NEWSLETTER WILL BE COLLATED AND DISTRIBUTED TO STUDENTS FORTNIGHTLY .**



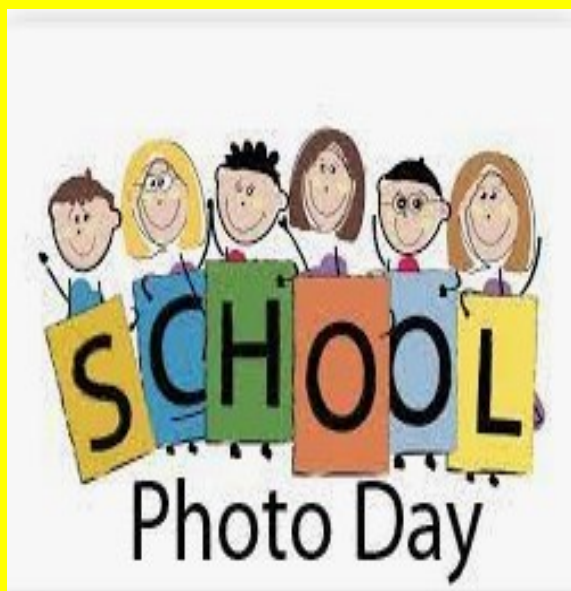
‘Louise Kidd and Hans Wilgenburg, of St Joseph’s Primary School, Orbost, and Lakes Entrance Secondary College staff member Rob Ward inspect a range of compost samples provided by Gippsland Lakes Complete Health at a Stephanie Alexander Kitchen Garden project day in Lakes Entrance last Tuesday. The GLCH workshop took in best-practice composting advice, fun recycling projects for families and a hearty winter meal made onsite that included minestrone, baked ricotta and spinach gnocchi, flat bread and poached apples.

School Photo's will be held on  
Wednesday 15th June 2022.

All students are required to be in  
full school uniform.

Order forms will be sent home  
with students this week.

**THIS WEDNESDAY !!!!!**



The Lost Property basket will be placed in the foyer for the next two weeks.

Parents please come in and go through the basket and see if there are any  
items that belong to your children.

**Any items left in the basket at the end of term will be kindly donated to the  
local Op Shop.**



**KEEP  
CALM  
WE HAVE YOUR  
LOST  
PROPERTY**

# June 2022

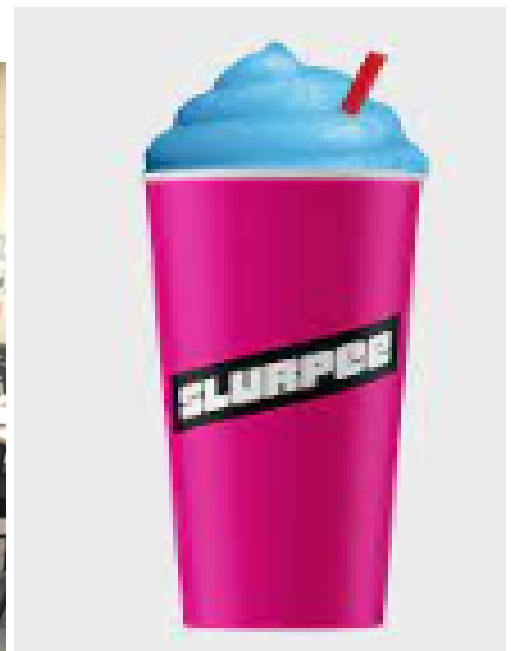
Mon	Tue	Wed	Thu	Fri	Sat	Sun
		1 Bigg Morn  10.45am	2 	3 	4 	5 
6 	7 	8 	9 	10 Assembly  Beat Boppers No school buses running	11 Long weekend	12 Long Week- end
13 Public Holiday Queens Birthday	14	15 School Photos @11.15am	16	17 NO Lunch orders Athletics Day Newmerella Whole School Beat Boppers	18	19
20	21	22	23	24 Assembly Beat Boppers Last day of term 2.15pm finish	25 Holidays	26 Holidays
27 Holidays	28 Holidays	29 Holidays	30 Holidays	Holidays	Holidays	Holidays





Interesting Facts learned in Kitchen Garden

**How many teaspoons of sugar are in  
a Frozen Slurpee?**



**ANSWER:**

**25**



Calling out to all pre school age children that enjoy music !!

Mr May will be running Beat Boppers in the St Joseph's Primary School Hall every Friday



ORBOST SECONDARY  
COLLEGE

Year 6 Parent Information night at Orbost  
Secondary College Wednesday 15th June 2022  
at 5pm. All parents and students are invited  
to attend.

Please contact Ann at the office on 0351541084

For more information

Dear Primary school community,

The Victorian Government has this week mandated that Flu vaccinations be made available to all Victorians **at no charge**.

**Interconnect Healthcare** will be at our Orbost Primary School Hall on **Monday, 20th June from 3:15pm to 5:15pm**, offering free flu vaccinations (in addition to COVID vaccinations) for all students, families, teachers and members of the community.

### **BOOKINGS ARE ESSENTIAL**

To book, visit this link: <https://bit.ly/3wUBKWK>

It's important to register correctly to avoid any delays in uploading your vaccination record to [AIR](#) (Australian Immunisation Register). Please follow the steps below:

Step 1 – Register for an account

Step 2 – Verify your account (please check your junk mail if you do not receive this email after 5 mins)

Step 3 – Create an Adult profile (this is your details) to give consent

Step 4 – Create your Child's or dependant's profile

Step 5 – Book an appointment

If you have any questions or concerns please do not hesitate to contact Interconnect Healthcare at [admin@interconnecthealthcare.com.au](mailto:admin@interconnecthealthcare.com.au) anytime.





# SCHOOL TOUR

Tuesday 12th July- 9:30am to 10:30am  
 Saturday 16th July- 9:30am to 10:30am

## New modern flexible Learning spaces

Library	Kitchen/Garden
Sport	Design & Technology
Camps	Whole School Approach
Small classes	to Positive Behaviour

**All families welcome**



**Caring for Self, Caring for Others, Caring for our Environment**



# HEAD LICE ALERT

PLEASE CHECK YOUR CHILD'S HAIR TONIGHT!!

## TO CHECK

Check the scalp for insects or eggs.  
Use a fine-tooth comb on wet hair then comb through the hair in sections looking for eggs or lice, repeat over a few days.

## TO TREAT

Wet the hair and scalp with conditioner or use chemical shampoo/ lotion (containing insecticide) – this will kill the lice and eggs. Using a fine metal comb, or special head lice comb you can get from a chemist, go through the hair in sections to comb the lice and eggs out.

*Always re-treat 7–10 days after the first treatment, to kill any head lice that may have hatched from eggs that survived the first treatment.*

## TIPS

- ✓ Check and treat the hair every night
- ✓ Please tie up long hair for school
- ✓ If your child has head lice please check everyone in the family home
- ✓ Do not share hairbrushes, towels, hats/ scarves etc.



**School Banking Details  
for Direct Payments**

**Bank : NAB Sale**

**BSB : 083-879**

**Account : 69545 2766**

## SCHOOL FEES ARE NOW DUE

**St Joseph's Primary School offer CENTREPAY. If you would like to make a deduction from your Centrelink payments towards your school fee account please contact Amanda at the office.**



**centrelink**



## Sundays Prayer

Loving Father, you desire to be with me in my life. Let me recognise how Jesus and the Holy Spirit are constantly working as Advocates to bring me to the fullness of life in your love.



**VIC KIDS  
EAT WELL**

**WE'VE JOINED  
THE VIC KIDS EAT WELL  
MOVEMENT**

This is a new state-wide program that is focused on transforming food and drink environments where kids spend their time.

The students will be endeavouring to keep the four key elements in mind when cooking and discussing food.

**Four Key actions are:**

**Refresh the fridge** – give sugary drinks the boot and let water take the spotlight

**Switch up the snacks** – ditch the sweets and offer delicious healthy snacks that give kids the fuel they need

**Change up the menu** – give fruit and veggies a chance to shine

**Put the 'fun' into fundraising and marketing** – add health appeal to meal deals or healthy fundraising like walkathons or readathons.

We have an abundance of vegetables in the garden that are currently thriving. Students have the opportunity to try out new foods and familiar ones.



 **keyassets**  
SERVING CHILDREN, FAMILIES & COMMUNITIES

**COULD YOU  
FOSTER A  
CHILD?**

We **URGENTLY** need **Foster Carers**  
in your area. Enquire now on how  
you can help change a child's life.

[Canifoster.com.au](http://Canifoster.com.au) | 1800 932 273

  
**KEEP  
CALM  
WE HAVE YOUR  
LOST  
PROPERTY**

**Has your child lost their school  
uniform ? If you are missing jumpers  
please come into the office and check  
through our exploding lost property  
basket.**

**ORBOST CLUSTER OUTSIDE SCHOOL HOURS CARE**

A reminder to Parents/Guardians who use the service at Orbost PS that unless accounts are paid monthly in full, the service will be suspended to those with overdue accounts until paid.

Those Parents/Guardians who require vacation care could be asked to pay a deposit to cover holiday program costs.

If you have any questions, please contact Angela Camilleri or Janet Munn on 51541119.



Help us turn  
**BREAD BAGS** into  
**SCHOOL\* PLAY  
EQUIPMENT**

**COLLECTIONS  
CLOSING  
SOON!**



**Our school\* is taking part in the Wonder  
Recycling Rewards campaign this term.**

Help us collect bread bags so we can earn points  
to redeem on new RHSports equipment.

It's simple! All you need to do is keep your empty  
bread bags and send them to school\* with your kids!  
We will then place them in Wonder's pink collection box  
and post them off to be recycled. The more we collect  
the more points our school\* earns!

**Collections close 9th September.**

**Tip for collecting:**

Use one empty bread bag to collect a bunch of other bags.

**Did you know?**

We can now collect our bread bags  
**over the holidays!**

**BRING IN YOUR BAGS  
BEFORE SEPT 9TH!**

\* Includes early learning centres and pre-schools.



Tag [@wonder.australia](#) [#wonderrecyclingrewards](#)  
to share all your recycling champion stories!







# St Joseph's ORBOST



**ENROLMENTS  
NOW  
OPEN**

Contact us today for a tour of our wonderful school  
**03 5154 1289** | [www.stjorbost.catholic.edu.au](http://www.stjorbost.catholic.edu.au) |  
[principal@stjorbost.catholic.edu.au](mailto:principal@stjorbost.catholic.edu.au)



## To be in Green zone, it is helpful for us to ...

Feel valued and respected in our families.

Have a shower or bath and brush our teeth morning and night so they stay healthy, and we can eat yummy food.

Be an active team member in our family by doing jobs when we are asked, or it is our turn.

Go to bed to sleep each night at \_\_\_\_pm, so we have energy for the next day and we are not grumpy.

Have activities outside of school with other kids. Try new things.

Keep our bedrooms tidy, so they are a safe place to be.

Respect others by sharing games or watch their shows on TV.

Have screen time, play group games and outside activity time.

Respect everybody's things by not damaging or breaking them.

Be truthful so we gain respect from our family and friends.

Say sorry when we make unhelpful choices.

Have people we trust to share worries and fears.

Let people know when we are getting frustrated.

Let people know we are starting to lose control.

Eat healthy food, so we can make helpful choices and participate in activities.

Have a good night sleep to calm and make helpful choices.

Know what activities we enjoy doing.

Not hurt ourselves, this is unhelpful.

Be mean, hurt or be violent to others, this is unhelpful.

Have time out when we become angry, this is helpful to get back to GREEN Zone

GREEN ZONE	happy, calm, feeling good, focused, ready to learn
BLUE ZONE	sad, sick, tired, bored, moving slowly
RED ZONE	mad, angry, mean, terrified, yelling, hitting, kicking, out of control
YELLOW ZONE	frustrated, worried, silly, excited, loss of some control

# Rosie's Hot Bake

## SCHOOL LUNCH PRICE LIST 2022

10/06/22

### HOT FOODS

<u>Sauce</u>	<u>0.40</u>
<u>Meat Pie</u>	<u>5.50</u>
<u>Sausage Roll</u>	<u>4.50</u>
<u>Party Pie</u>	<u>1.50</u>
<u>Mini Pizza</u>	<u>3.50</u>
<u>Wally Dog</u>	<u>4.50</u>
<u>Pizza Pie</u>	<u>6.50</u>
<u>Egg Bacon Pie</u>	<u>5.00</u>
<u>Pasties Meat/Veg</u>	<u>5.00</u>

### DRINKS

<u>Big M Small</u>	<u>3.00</u>
<u>Big M Large</u>	<u>4.50</u>
<u>Prima</u>	<u>2.00</u>
<u>Pop Top</u>	<u>2.00</u>
<u>Juice Large 300mL</u>	<u>4.00</u>
<u>Water Large 600mL</u>	<u>3.00</u>
<u>Nippys Small</u>	<u>3.00</u>
<u>Nippys Large</u>	<u>3.80</u>

### CAKES

<u>Doughnuts Iced/Cinnamon</u>	<u>1.50</u>
<u>Patty Cakes</u>	<u>2.50</u>
<u>Gingerbread Men</u>	<u>3.00</u>
<u>Hedgehog</u>	<u>4.50</u>
<u>Muffins</u>	<u>4.00</u>
<u>Lamingtons</u>	<u>4.50</u>
<u>Custard Tarts</u>	<u>3.50</u>
<u>Apple Slices</u>	<u>4.50</u>
<u>Jam Tart/Biscuits</u>	<u>2.50</u>

### SANDWICHES/WRAPS/ROLLS

<u>Cold Meat/Egg &amp; Salads</u>	<u>7.50</u>
<u>Cheese &amp; Salads</u>	<u>6.50</u>
<u>Wrap - Ham/Salami &amp; Salads</u>	<u>8.00</u>
<u>Wrap - Chicken/C.Beef/Egg &amp; Salads</u>	<u>8.50</u>
<u>X1 Filling</u>	<u>2.50</u>
<u>X2 Filling</u>	<u>3.50</u>
<u>X3 Filling</u>	<u>4.50</u>
<u>X4 Filling</u>	<u>5.50</u>
<u>Vegemite/Peanut Butter/Jam</u>	<u>2.00</u>

**BIRTHDAYS** - Make a Birthday note on a child's lunch order and we will  
supply a patty cake and candle **FREE OF CHARGE**

Please Note - We are no longer selling Iced Coffee Big M's

Please inform us the week before if kids are away (camps, sporting events, etc.)





Lakes Entrance  
Aquadome

# SCHOOL *fun* HOLIDAY

## Aqua Run

*Race your friends on the inflatable Aqua Run*

**1.00 pm – 3.00 pm**

**Tuesdays and Thursdays**

**28 June to 7 July**

43 Palmers Road, Lakes Entrance  
Phone (03) 5155 3333

All ages welcome

**\$3.60 per person, plus pool entry**



[www.eastgippsland.vic.gov.au/recreationcentres](http://www.eastgippsland.vic.gov.au/recreationcentres)



# Australian Government Mobile Service Centre

## Serving Regional Australia

Visit the Mobile Service Centre to find out about Australian Government payments and services for rural families, older Australians, students, job seekers, people with disability, carers, farmers and self-employed people.

Information about Department of Veterans' Affairs programs and support services for veterans and their families will also be available.

Staff can provide you with information and support. They can also help you create a myGov account. myGov is a simple and secure way to access government services online.

## ORBOST

Near the Library, Ruskin Street

Tuesday, 28 June 2022 9:30 am to 4:00 pm

Wednesday, 29 June 2022 9 am to 4 pm

For more information, go to [servicesaustralia.gov.au/mobileoffice](https://servicesaustralia.gov.au/mobileoffice)



[servicesaustralia.gov.au/mobileoffice](https://servicesaustralia.gov.au/mobileoffice)

# Australian Government Mobile Service Centres

If you live in a rural area, you may need to travel greater distances to access government payments and services. To make it easier for you to access these services, we're bringing them to you and your community.

Mobile Service Centres travel extensively throughout rural and regional Australia and also to disaster affected areas to provide help and support.

Staff from Services Australia travel with the Mobile Service Centres and can help you with Centrelink and Medicare payments and services. Our Mobile Service Centres also have disabled access.

Information about Department of Veterans' Affairs programs and support services for veterans and their families will also be available.

Wi-Fi is available for visitors to the Mobile Service Centre and staff will be able to help you create a myGov account. myGov is a simple and secure way to access government services online.

Our staff will provide you with friendly face-to-face service, information and support. From time to time, representatives from other government agencies also travel with the Mobile Service Centres.

## Information and help you can access on board the Mobile Service Centres

We provide information, help and support to rural and regional communities, including:

- families
- older Australians
- students
- job seekers
- people with disability
- carers
- farmers
- self-employed people.

We can assist you with:

- registering and using the agency's online services
- new claims for Centrelink payments
- updating and confirming Centrelink and Medicare information
- information on how financial matters may impact on payments
- assistance with payment and service options
- rural payment entitlements for eligible farmers
- non-cash Medicare transactions
- enrolling for and issuing new Medicare cards
- updating and re-issuing Medicare cards
- social work support and referrals.

## More information

To view the latest itineraries for the Australian Government Mobile Service Centres, visit [servicesaustralia.gov.au/mobileoffice](https://servicesaustralia.gov.au/mobileoffice)

The stopping locations for Mobile Service Centres are promoted in each town and on social media before each visit.



[servicesaustralia.gov.au/mobileoffice](https://servicesaustralia.gov.au/mobileoffice)

## Help them break free from anxiety

### Free positive parenting seminar

If children or teenagers become extra-worried, these anxious feelings can start to affect everyday life. Come along to this friendly 2-hour seminar packed with tips and ideas you can start using straight away to help your child or teenager develop their own toolkit of coping skills.

#### THIS FEAR-LESS TRIPLE P SEMINAR CAN HELP YOU:

- Understand more about child and teen anxiety, what can accidentally make it worse, and what responses are more helpful
- Find out ways to support your children to manage anxious feelings
- Learn gradual, effective ways to help kids conquer their fears
- Get tools and problem-solving skills any parent can teach their child

The Triple P – Positive Parenting Program has already worked for hundreds of thousands of Australian families. We're all about making parenting and family life more positive. And now Triple P is FREE in our community!

### Fear-Less Triple P Seminar

Date:	Tuesday, 21 June 2022
Time:	6.30 - 8.00pm
Location:	Orbost Club Hotel (63 Nicholson St Orbost)
Other:	Finger food provided for everyone



**BOOK YOUR FREE PLACE NOW**  
[www.triplep-parenting.net](http://www.triplep-parenting.net)

Scan for info and quick access to registration page – or just come along!

We acknowledge the Traditional Custodians of the land on which we live and work, and pay our respects to Elders past, present and emerging.



Do your kids know how to go for help?

Do they know how to call 000 and what to expect when they call 000?



## EVENT FOR KIDS

Teaching kids how to go for help and to manage an emergency situation

When : 29th June

What Time: 11AM—12PM

To book in;

Phone: 41019018

Alternatively call in at

1 Browning Street Orbost

Lunch Provided after.



# Artistic Street Installations

## Light Up Orbost

Bring your ideas and any materials you would like to use to create street installations. Materials are available

9.30~3 pm Tuesday June 7th/14th

1 Browning St Orbost Neighborhood House





CBCA BOOK WEEK 2022

20-26 August

Dreaming with eyes open...



THE CHILDREN'S  
BOOK COUNCIL  
OF AUSTRALIA

#CBCA2022

ARTWORK BY JASMINE SEYMOUR | © THE CHILDREN'S BOOK COUNCIL OF AUSTRALIA

# 2022 CBCA BOOK WEEK

## 20-26 AUGUST

To celebrate CBCA Book Week 2022, you are invited to enter our annual

### **DRAW A PICTURE/WRITE A STORY COMPETITION**

For more information visit your local library or phone 5152 4225.



SINCE 1945 — YOUR CONNECTION TO STORY



EAST GIPPSLAND  
SHIRE COUNCIL