NEWSLETTER

Caring for Self, Caring for Others, Caring for the Environment

Term 1, Friday 17th February 2023

Dear Families and Friends,

WOW another full week at St Joseph's Primary School almost done and dusted.

Students have finished their swimming program for first term and are already looking forward to our Term 4 swimming program, at the Lakes Aqua-dome. A big thankyou to our swimming teachers; Narelle Macalister and Bec Bailey. Congratulations to our 5/6 students for participating in the NEWSAINTS swimming carnival, it was a great event with our students showing good sportsmanship and perseverance. Well done for Maddi Free for making it into District Level.

In coming weeks our grade 3 and 5 students will also be preparing for the NAPLAN assessment. This will include test readiness strategies and practice testing. Ms Dunphy will be supporting students to ensure that that they are able to approach this assessment to the best of their abilities. NAPLAN tests assess student knowledge and skills in Writing, Reading Conventions of Language (spelling, grammar and punctuation) and Numeracy. Naplan is completed online and this means from **Wednesday 15 March - Monday 27 March** students in Year 3 and 5 will undertake all NAPLAN tests. More information will be sent to families closer to the date.

Our Whole School Approach to Positive Behaviour is our 3C's; Caring for Self, Caring for Others and Caring for our Environment. This motto links in with our Catholic Identity: **Walk in the Light.** Ash Wednesday (22nd February) marks the beginning of Lent– a time for fasting, almsgiving and prayer.

Years ago, when children were introduced to the season of Lent, there was a big emphasis on "giving something up," usually a favourite food or perhaps a pleasurable activity. There's nothing wrong with suggesting that children give something up for Lent, as long as they understand why they're doing it and do it in the right spirit. So it's important to explain that giving something up for Lent can help us focus on God and that depriving ourselves of something we like gives us an appreciation for all we have. It's also a good idea to have the children do something positive related to what they're giving up. For instance, if they've given up candy for Lent, then they could take the money they would have spent on the candy and put it in a jar to be used for an organization which helps children in need. If they've decided to give up watching television one day a week, then they could use the time they would have spent watching TV helping someone or praying.

Instead of focusing on giving something up, we can help children learn about caring for others.

As a whole school will celebrate Ash Wednesday prayer at 10:30am in the school hall.

We welcome all families to this.

Child Safety Message

All students attending St Joseph's Primary School have the right to feel safe. The care, safety and wellbeing of children and young people is a fundamental responsibility of all within our school.

Prayer:

This week we pray for the Turkish and Syrian people, who have suffered major loss and destruction as a result of the devasting earthquake.

God of mercy,

We pray for the people of Türkey and Syria following the recent earthquakes.

We mourn the death and destruction and pray for those who have died and those who grieve.

We hold in our hearts those who are injured, and those who have lost loved ones, livelihoods, and homes.

Sustain and guide all responding to this disaster. Grant those affected, courage and resilience, as they rebuild their lives and communities.

Inspire us to unite in solidarity, acting swiftly and generously, so that help may reach all who need it. Lord, bring them comfort, strength and renewed hope. Amen.

Have a great rest of the week everyone and a safe and relaxing weekend to follow!

Regards
Kirsten Daly, Principal

CONGRATULATIONS MADDI

Well done Maddison Free on competing so well at the District Swimming Sports held Thursday 18th Feb 20230

Jesus Takes Up His Cross

Jesus went out, bearing His own cross, to the place called the place of a skull, which is called in Hebrew, Golgotha.

He sets out on this narrow, cobblestone street, well a laneway really. The street is full of steps and every one of them makes it seem like climbing a mountain. It is not far to Golgotha, a kilometre at the most but the streets are crowded, they push and shove, jeer at him and the soldiers are impatient. They want to get this over. They push him on, past endurance levels. But He is exhausted. Spent, utterly drained from His brutal scourging, injured too by the painful mockery, the aloneness, the sense of abandonment.
So he falls.

But this isn't my fault. I wasn't there. I didn't ask Him to do this. Why was all this necessary? But we all needed to know, we needed to see for ourselves. Despite the prophets and all the messengers, all God's interventions we still did not understand, we still did not comprehend: *"what is the breadth and length and height and depth, and to know the love of Christ which surpasses knowledge, that you may be filled up to all the fullness of God".* (Ephesians 3:18)

So is this what it takes? Was this enough or do I, like these others who were there, still walk by, let it all go past and move on? Do I still not understand that real happiness lies in our love and commitment to others, that our hearts will be restless, unfilled until they rest in God?

You get up but a few metres later you fall again. It is painful, You are exhausted. But there is no going back, no staying down. Love drives You forward, love makes You get up, love until the end, love for Your Father and love for us. You have lived your life by love, You have sought out the poor and dispossessed, the sick and the outcast. You gave everything up to show us the way, You have presented us with a new vision for our world where God's justice and faithfulness, God's loving mercy, reign. You tell us: "Love one another as I am loving you now – I cannot give up. This is the Way, this is the Truth and the Life." But they didn't like that.

Nearly there. I wonder what is going through Your mind at this time? It's getting harder to keep going. Just dragging Yourself along and then the terrible weight of the cross makes You fall again. But You get up and keep going, despite what awaits.

It is easy to 'do good' when things go well, when others co-operate, when people praise you for what you are doing, when you can see a difference. But it is not always easy to hold our course. People criticise, they misunderstand, the pressures around us mount to breaking point. Everything we have done can seem for nothing at times.

Jesus must have felt the same – did He want to quit? Did He pray again, "Father take this chalice from me?" But quitting was not an option. Love one another as I have loved you. I am going to prepare a place for you. You are my friends.... The Father lives in me. Is this what kept Him going?

Love calls us on. If we are not involved in something that demands the best of us, that calls us beyond what we thought possible and calls on every reserve we have; faith, energy, love and commitment, then what is life about?

Commitment costs. We can pay a heavy price for being true to ourselves, faithful to our commitments, of doing what we honestly believe must be done. It's hard – if it is possible, take this cup away from me, Jesus prayed. But it was too late. When Jesus took up the cross, the dye was caste.

To choose one path in life from another is to choose its consequences. Real commitment is not easy. When we commit ourselves to another or to a cause deeply held, we must carry our cross too. It is easy to persevere when the going is good, when we have others to support and encourage us but when the going gets tough, on difficult days and in the face of opposition.

Talk is cheap. Putting ideas and ideals into practice, being committed to our beliefs, to our cause takes more than words.

Regards
Jim Quillinan
Email: jquillinan@dcsi.net.au

100 YEARS
1923-2023

St Joseph's Primary School

CENTENARY

We invite you to help us celebrate our **100th** birthday

OPEN DAY CELEBRATION:

Saturday 25th March 2023

11am to 4pm

◆ ◆ ◆

Displays Entertainment Souvenirs Market Stalls

Food Vans Open Classrooms

Meet up with past and present students and staff

Offical Ceremony, 12 midday

- Speeches
- Plaque unveiling
- Cake cutting

Centenary Mass: Sunday 26th March 11am

St Colmans Church with Bishop Gregory Bennet

Followed with a BBQ lunch

Do you have any photos, memorabilia or memories of St Joseph's Primary School?

Please share with us.

Email **principal@stjorbost.catholic.edu.au**

or contact our office, 5154 1289.

IMPORTANT REMINDERS

Important Dates – Term 1

February

- Monday 17th – Assembly 2:25pm
- Wednesday 22nd – 10:30am Ash Wednesday, Whole School Prayer – Parents welcome

March

- Wednesday 15th – Monday 27th—NAPLAN
- Thursday 2nd – Collaborative Conferences
- Friday 10th – Assembly 2:25pm
- Monday 13th – Labour Day Public Holiday
- Friday 17th – St Joseph's Day, afternoon activities & Special Lunch
- Saturday 25th & Sunday 26th– Centenary Celebration
- Friday 31st—School Closure day– No students
- Thursday 6th April – Last Day Term 1 – students finish at 2:15pm
- Thursday 6th April– Merit Assembly & Easter Hunt

Upcoming Excursions that need consent either hard copy or via Simon Everywhere App

Social Media Consent for 2023, Local Excursion Consent Form for 2023

IMPORTANT REMINDERS

School Closures for 2023

The following dates are school closure days for 2023. PLEASE MARK THESE IN YOUR DIARIES:

Friday 31st March– Learning & Teaching Professional Learning Day– No students

Monday 24th April– School Closure Day– No students or Staff

Wednesday 10th May– Religious Education Curriculum Day– No Students

Friday 9th June– Learning & Teaching Professional Learning Day– No students

Monday 4th September– Learning & Teaching Professional Learning Day– No students

Monday 6th November– School Closure Day– No students, No staff

Friday 17th November– Assessment & Reporting Day– No Students

Friday 15th December– Students last day

Public Holidays for 2023

Monday 13th March – Labour Day Public Holiday

Friday 7th April – Good Friday

Tuesday 25th April – ANZAC Day Public Holiday

Monday 12th June – King's Birthday Public Holiday

Tuesday 7th November – Melbourne Cup Public Holiday

February 2023

Mon	Tue	Wed	Thu	Fri	Sat	Sun
		1	2 Swimming	3 Swimming	4	5
6 Swimming	7 Swimming Carnival Gr 4-6	8	9	10 Swimming	11	12
13 Swimming	14 Swimming	15	16	17	18	19
20	21 Shrove Tuesday Pancake Day	22	23	24	25	26
27	28					

March 2023

Mon	Tue	Wed	Thu	Fri	Sat	Sun
		1	2	3	4	5
6	7	8	9	10 Division Bowls Bairnsdale	11	12
13	14	15	16	17 St Josephs Day Activities	18	19
20	21	22	23	24	25 100 years Centenary	26
27	28 Division Tennis	29	30	31 PUPIL FREE DAY		

River Baker Cafe' – School Lunch Price List 2023

Hot Foods

Sauce	0.20
Meat Pie	5.50
Sausage Roll	4.00
Party Pie	1.50
Mini Pizza	3.50
Wally Dog	4.50
Pizza Pie	6.50
Egg and Bacon Pie	5.00
Pasties meat/veg	5.00

Cakes

Donuts	2.00
Patty Cake	3.50
Line Cookies (GF)	4.00
Hedgehog	4.00
Muffins	4.00
Lamington	4.00
Custard tart	4.00
Lemon Slice	3.50
M and M Cookie	3.50

Drinks

Big M Small	3.00
Big M Large	4.50
Prima	2.00
Pop Top	2.00
Juice Large 300ml	4.00
Water 600ml	3.00
Nippys Small	3.00
Nippys Large	3.80

Sandwiches/Wraps/Rolls

Cold Meat/ Egg Salad	7.50
Cheese and Salad	6.50

All Sangas, wraps and rolls with:

x2 Filling	5.50
x3 Filling	6.00
x4 Filling	6.50
Vege/Peanut/ Jam	3.50

Birthdays – Make a birthday note and we will supply a mud cake cup cake and a candle free of charge

PLEASE NOTE NEW PRICES FOR 2023

4-8 Raymond Street (PO Box 314)
Orbost Vic. 3888

P: (03) 5154 1289
E: principal@stjorbost.catholic.edu.au

www.stjorbost.catholic.edu.au

Could $500 help with next year's back to school costs?

Learn tips and tricks to grow your budget and saving skills. Save for 10 months. Get up to $500 of matched savings for school expenses. Just in time for 2024.

Must meet all eligibility criteria:

- Have a current Health Care or Pensioner Concession Card AND an eligible Centrelink payment*
- Be studying yourself OR have a child in school (can be starting school next year)
- Have regular income from work (either yourself or your partner)*
- Be 18+ years old

*Many types of income and Centrelink payments are eligible

saverplus

For more info, visit saverplus.org.au or call 1300 610 355.
To fill in an online enquiry form, CLICK HERE.

HOOKIN2 HOCKEY

CALL OR EMAIL FOR DETAILS
ALL EQUIPMENT PROVIDED
First Session is FREE

Club: Orbost Hockey Club

Venue: Tennis Courts – Nicholson St Orbost

Program 1 Start Date: Wednesday 22nd of February Time: 4pm No. of Weeks: 7

Price: $70 or $125 with Equipment pack to keep

Coordinator Name: Bree Kenny

Coordinator Email: orbosthockey@live.com.au

Coordinator Phone: 0438541018

TO REGISTER GO TO
https://www.revolutionise.com.au/orbosthockey/registration/

LibrariesConnect

Storytime and Rhymetime are back!

Storytime and Rhymetime sessions are back at Bairnsdale, Lakes Entrance, Orbost and Paynesville Libraries. Storytime is back at Mallacoota and Omeo Libraries. No bookings are required.

Storytime (for ages 2 - 5)

Bairnsdale Library | Tuesdays at 11.00 am
Lakes Entrance Library | Tuesdays at 11.00 am
Mallacoota Library | Fridays at 2.15 pm
Omeo Library | Wednesdays at 11.15 am
Orbost Library | Tuesdays at 10.30 am
Paynesville Library | Tuesdays at 11.00 am

Rhymetime (for ages 0 - 2)

Bairnsdale Library | Wednesdays at 10.30 am
Lakes Entrance Library | Wednesdays at 10.30 am
Orbost Library | Thursdays at 10.00 am
Paynesville Library | Mondays at 10.30 am

For more information phone 5152 4225.

1-2-3 Magic & Emotion Coaching Program

Free live ONLINE program for parents of children aged 2 to 12

Tired of yelling and nagging?

Resolve difficult behaviour in children aged 2 to 12.

In 3 sessions parents will learn:

- How to discipline without arguing, yelling or smacking;
- How to handle challenging behaviours;
- How to use emotion coaching to encourage good behaviour;
- Strategies for encouraging good behaviour;
- How to sort behaviours and choose correct strategies using "The 3 Choices Model".

We'll also work on strategies so you can:

- Strengthen your relationship with your child;
- Strengthen your child's emotional resilience.

Parents will receive:

- **A FREE workbook (valued at $12) to apply the concepts learnt**
- **A Certificate of Completion**

Do this highly sought after program live online from the comfort of your own home
Or come in and do it in person!

When?
11:30am – 2:30pm
Over 3 Thursdays:
March 2nd
March 9th
March 16th, 2023

Cost?
FREE

Get in touch
Bookings are essential as places are limited!

Please contact:
Uniting Gippsland
3 Church St. Leongatha
5662 5150
gippsland.leongatha.reception@vt.uniting.org

Parentshop
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Uniting

School Fees have been processed.

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.

A reminder to all parents that hold a current Health Care Card, it must be presented to the office to receive the concession on school fees

School Banking Details for Direct Payments

BANK—NAB Sale

BSB 083-879 Account 695452766

Orbost Cluster Schools Outside School Hours Care

Bookings and Cancellations Policy Update

Bookings are essential. These can be made through the Orbost Primary School Office direct or by phone **51541119** from 9am to 3pm, Monday to Friday. Or contacting the Orbost Cluster Outside School Hours Care on **0484 785 119**, from 3pm to 5pm, Monday to Friday.

If your child is booked in and will **not** be attending, please advise staff at the service as early as possible so we can cancel your booking. Failure to do so will result in being charged for the booking.

Fees

- Outside School Hours Care (after school) $16.00
- Vacation Care $28.00 per day.

Reduced care fees are available through accessing your MYGOV account and following the test for the Childcare Subsidy (CCS). The (CCS) is, in most cases paid directly to the Childcare Service to reduce the out of pocket expenses to families.

Accounts are sent out to the supplied address on a regular basis; these can be paid by direct deposit, cheque or cash.

Non-payment of fees

If fees are more than 1 week in arrears, the child will be excluded from attending the service until payment has been made.

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.