

Term 3 Friday 18th August 2023

NEWSLETTER

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



Dear Families,

It is nice to see a little rain today to keep the gardens happy!
We spent time with kindergarten students in this morning's session of 'Let's Play' and are looking forward to the follow up sessions in the weeks ahead.

Today is National Day for action against Bullying and Violence. The theme for 2023 is 'growing connections'. It supports the research findings that strong school community connections and social skills are protective factors in the prevention of bullying and help enable positive, help-seeking behaviours in students. The Bullying No Way website (<https://bullyingnoway.gov.au/>) has a range of resources available for children and young people and for families under the Support and Advice tab at the top of the webpage.

BULLYING. NO WAY!

Next week is Book Week and we are very excited to read and share our favourite books. We will be celebrating with a Book Week dress up day on Monday 21st August, where teachers and students alike come dressed as their favourite character from their favourite books. This could include real people from the past that have been written about in nonfiction texts too! On this day we encourage students not only to dress up, but bring along the books that include their favourite characters or historical figures.

A friendly reminder that we still have one month to read as many texts as we can for the Premiers' Reading Challenge. The challenge will conclude at the end of this term and teachers will continue to verify texts for students as they log their home reading in diaries.

Have a wonderful weekend.

Regards,
Kirsten Daly
Principal

St Joseph's Primary Wellbeing

Supporting Children with Anxiety

Hi Families,

In today's fast-paced world, understanding and addressing children's emotional wellbeing is more important than ever! Anxiety is a common emotional experience that many children face, and as a caring community, we are committed to providing the support and resources needed to help our young learners thrive.

What is childhood anxiety?

Anxiety is a natural response to stress, change, or uncertainty. For children, it can manifest as worries, fears, or nervousness about various aspects of life, such as school, social interactions, or personal challenges. While occasional anxiety is a normal part of growing up, persistent or intense anxiety may impact a child's overall wellbeing and ability to engage in daily activities.

Signs and Symptoms

Recognising the signs of anxiety in children can empower us to provide timely support. Some common signs include:

- Excessive worries or fears about specific situations or activities.
- Physical symptoms like stomach aches, headaches, or trouble sleeping.
- Avoidance of certain places, people, or activities.
- Difficulty concentrating or participating in class.
- Changes in behaviour, mood, or social interactions.

Supporting Children with Anxiety

Our staff are dedicated to helping children manage their anxiety and build resilience. Here are a few ways we support our students:

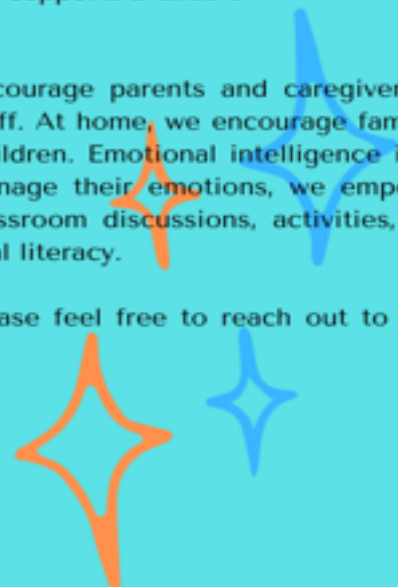
- Creating a structured and predictable classroom routine to reduce uncertainty.
- Teaching coping skills such as deep breathing, mindfulness, and positive self-talk.
- Collective Calm 10- 15 min after lunch everyday
- Encouraging open discussions about feelings and emotions.
- Providing access to wellbeing support or advice on external supports available

Collaboration with Families

Supporting children with anxiety is a team effort. We encourage parents and caregivers to maintain open lines of communication with teachers and staff. At home, we encourage families to work towards building emotional intelligence in their children. Emotional intelligence is an essential life skill. By helping children understand and manage their emotions, we empower them to navigate challenges with confidence. Through classroom discussions, activities, and age-appropriate resources, we aim to enhance their emotional literacy.

If you have any questions about supporting your child, please feel free to reach out to your child's classroom teacher or myself.

Thanks,
Jenny



THIS WEEKS PRAYER

Trinity of Love



Creator God,
Creative Word,
Creating Spirit,
instil in us the humility of creatures
and the wisdom of co-creators.

May we act and speak and breathe
as if within your dance of divine love.

Open us to marvel at the wonder
of your handiwork.
Enable us to see your spirit within all things.
Teach us to respect all that is created.
Humble us to hear the cry of the earth
and the cry of the poor.
Empower us to respond with all our heart and
mind and spirit.

In Christ and through the Spirit
we seek to be carers within your creation,
Creator God.

AMEN


Australian Catholic Bishop's Statement 2021-2022 'Cry of the Earth, Cry of the Poor'.

School Reminder

School Fees have been processed.
St Joseph's Primary School now 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.

School Banking Details for Direct Payments
BANK-NAB Sale
BSB 083-879 Account 695452766



St Joseph's Primary

PARENT AND FRIEND'S COMMITTEE



**SEPT
7**


MEETING

THURSDAY 7TH SEPT 2PM

Connect with Other Parents and Learn How to Support Your Child's Growth in our school community! As parents, we all want the best for our children. Would you like to contribute? Please reach out to us!

- ✓ Giving parents an opportunity to have a voice
- ✓ Help build a harmonious school community
- ✓ Fundraise and support staff with extra curricular activities

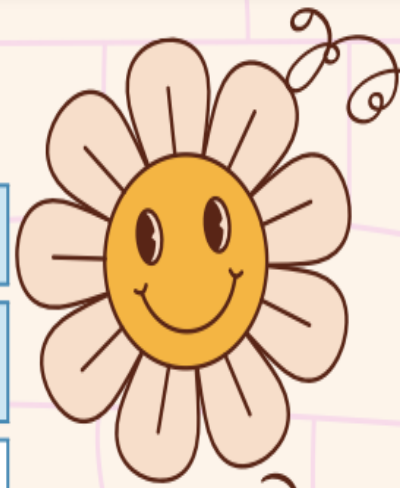
For More Information
05 51 541 289
principal@stjorbost.catholic.edu.au





AUGUST 2023

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Sat	Sun	Mon	Tue	Wed	Thu	Fri
			1	2	3-District Athletics	4 Assembly
5	6	7-Phillip Island Camp	8-Phillip Island Camp	9-Phillip Island Camp	10	11
12	13	14	15	16	17	18
19	20	21 Book Week Parade	22	23	24	25
26	27	28	29	30	31 Sean Choolburras OPS	

SEPTEMBER * *

2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Fathers Day Breakfast 8am Lets Play School	2
3	4 School Closure Day	5 Child Safety Week	6	7	8 Lets Play Schools	9
10	11	12	13	14 R U OK Day	15 Last Day Term 2.15 Finish Assembly	16 Holidays
17 Holidays	18 Holidays	19 Holidays	20 Holidays	21 Holidays	22 Holidays	23 Holidays
24 Holidays	25 Holidays	26 Holidays	27 Holidays	28 Holidays	29 Holidays	30 Holidays



PHILLIP ISLAND CAMP



ON MONDAY 7TH OF AUGUST, WE LEFT SCHOOL AT 7:30 AM TO GO TO PHILLIP ISLAND. WE STOPPED AT TRARALGON PARK TO EAT AND PLAY, THEN WE WENT TO THE TURN OFF BEFORE YOU GO TO MELBOURNE.

WHEN WE GOT TO THE ADVENTURE PARK RESORT, WE UNPACKED AND CHOSE BEDS.

THE ROOMS WERE SEPARATED BETWEEN THE GIRLS AND BOYS.

AFTER WE UNPACKED WE WENT TO THE GIANT SWING, IT WAS 18 METERS HIGH. HARPER, OCEAN AND MS.JESS WENT TO THE VERY TOP AND HAD LOTS OF FUN.

THEN WE WENT CANOEING. IT WAS GREAT. THERE WAS A FOUNTAIN TO GO UNDER. WE DID FUN RACES AND GAMES IN THE CANOE.

AFTER DINNER AND DESSERT WE WENT FOR A NIGHT WALK TO THE BEACH.

ON TUESDAY WE WOKE UP AT 7:00 AM AND HAD BREAKFAST. THEN WE WENT TO AN INITIATIVES COURSE WHERE EVERYONE PUT IN A HARD EFFORT TO HELP EACH OTHER OUT. NEXT WE WENT TO ARCHERY, IT WAS EXTREMELY FUN.

AFTER ARCHERY, WE WENT TO THE GIANT FLYING FOX. IT WAS TERRIFYING BUT EVERYONE HAD A BALL, IT WAS 10 METERS HIGH AND 250 METERS LONG.

AND THAT NIGHT WE WENT TO THE PENGUIN PARADE WHICH WAS INTERESTING.

THE DAY AFTER THAT IT WAS WEDNESDAY, WE HAD BREAKFAST THEN WE WENT TO THE SMALLER FLYING FOX WHICH WAS ENTERTAINING. IT WAS 3 METERS HIGH .

THEN, ON THE WAY BACK, WE WENT TO SAN REMO AND FED PELICANS AND WALKED ON THE PIER.

FINALLY WE CAME BACK TO SCHOOL AT 4:00PM.

BY MADDI FREE



FATHER'S DAY
BREAKFAST

Join us for a welcoming Father's Day breakfast where we've thought of everything to make dads feel special.

FRIDAY 1ST SEPTEMBER 2023
8.30AM

ST JOSEPH'S PRIMARY SCHOOL - HALL
RSVP 29TH AUGUST 2023



CHILDREN'S BOOK WEEK
#CBCA2023

St Joseph's Primary School
Book Character Day
Monday 21st August
9.00am

COME DRESSED UP AS YOUR FAVOURITE BOOK CHARACTER

READ GROW Inspire

Children's Book Week

WOW!
ISSUE 6
OUT
NOW!



REMINDER
St Joseph's Primary School
Book Club orders are due
28th August 2023

SCHOLASTIC **Book Club**

ST JOSEPH'S PRIMARY SCHOOL

FATHER'S DAY
Stall

THUR 31 | AUGUST | LUNCH TIME
FRI 1 | SEPTEMBER | LUNCH TIME

ALL GIFTS UNDER \$10

PLEASE NOTE THERE IS A \$15 STUDENT
LIMIT ON SPENDING

WE DAD

MY HERO

Mrs Robinson's Helper of the week

Bodhi Kenny

Thanks for helping make a batch of **AMAZING** Scones for Let's Play Schools Morning Tea

— Your Health Link —
National Photographic Competition
 HEALTHY LIFE HEALTHY YOU

Competition opens
19 August 2023

SAVE THE DATE

The Mid North Coast Local Health District will open its 2023 Your Health Link National Photographic Competition on World Photography Day 19 August, 2023.

Primary and high school students are encouraged to get ready to grab their mobile phones, tablet or trusty camera and capture images that promote 'Healthy Life Healthy You' for a chance to win a range of great prizes.

Schools are also the big winners with prizes supporting healthy school canteen programs.

For further information contact:
 Tiffany Ball
 National Competition Manager
 MNCLHD-YourHealthLink@health.nsw.gov.au

www.yourhealthlinkphotocomp.com.au

NSW
 Mid North Coast
 Local Health District

ST JOSEPH'S
 PRIMARY SCHOOL - ORBOST

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 |
principal@stjorbost.catholic.edu.au

2023

Mr May invites all preschoolers to

Beat Boppers

Evening Friday 10.30am
 St Joseph's Primary School - Hall

UNTIL FURTHER NOTICE



Let's Talk about Parenting

A Parent's Building Solutions Program

Do you want to know how to talk so children will listen?

Understand what is normal children's behaviour?

Communicate better with your child?

Stay connected to your child?

Come along to these 5 sessions to learn strategies, share stories and take some time out for you!

Please note these are interactive sessions and will not be recorded

Dates: Thursdays 17th August - 14th September
Time: 10.00am - 12.0pm
Cost: FREE
Venue: Online via ZOOM

Register: scan the QR code, follow the MS forms link
<https://forms.office.com/r/s8j22s0tQU>
OR contact
Parentzone.Gippsland@anglicarevic.org.au
P: (03) 5135 9555



PARENTZONE

FRUIT BREAK

WE REQUEST THAT ALL STUDENTS HAVE AN EXTRA PIECE OF FRUIT PACKED IN THEIR LUNCH BOX TO BE EATEN DURING MORNING FRUIT BREAK



To speak to someone about MathsOnline, call us at 1300 882 045

MathsOnline is the perfect online maths program for families. It consists of over 1,400 video tutorials and 50,000 interactive questions developed by experienced maths teacher, Pat Murray. MathsOnline helps guide your children lesson by lesson allowing them to pause, rewind and repeat all or part of any video tutorial until they fully understand it.

Covering Kindergarten through to Year 12, MathsOnline is a comprehensive, current curriculum based tool ideal for all families.



MathsOnline features:

- ✓ Clear step-by-step video tutorials
- ✓ Interactive questions and worksheets to test understanding
- ✓ Printable one-page summaries with complete notes
- ✓ Worked solutions showing each step to the answer
- ✓ Automatic marking and progress reports to highlight areas needing support

Over 290,000 children are already using MathsOnline.

Start your MathsOnline FREE trial today at
www.mathsonline.com.au/free-trial



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:

Aug 31st

Sep 7th

Sep 14th, 2023

Cost?

FREE

Get in touch

Bookings are essential!

Applications close MONDAY 28th Aug

Please contact:

Uniting Gippsland
3 Church St. Leongatha
5662 5150

gippsland.leongatha.reception@vt.uniting.org