

Term 3 Friday 11th September 2023

NEWSLETTER

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



REMINDERS

FOR THIS WEEK!

ROAST ROLLS
LUNCH FRIDAY
ORDER FORMS DUE !!

FRIDAY LAST DAY OF
TERM
2.15 FINISH

SCHOOL ASSEMBLY
1.45 PM
FRIDAY

ENJOY YOUR
HOLIDAYS !

FIRST DAY BACK
TERM 4
MONDAY 2ND
OCTOBER 2023

SEPTEMBER * *

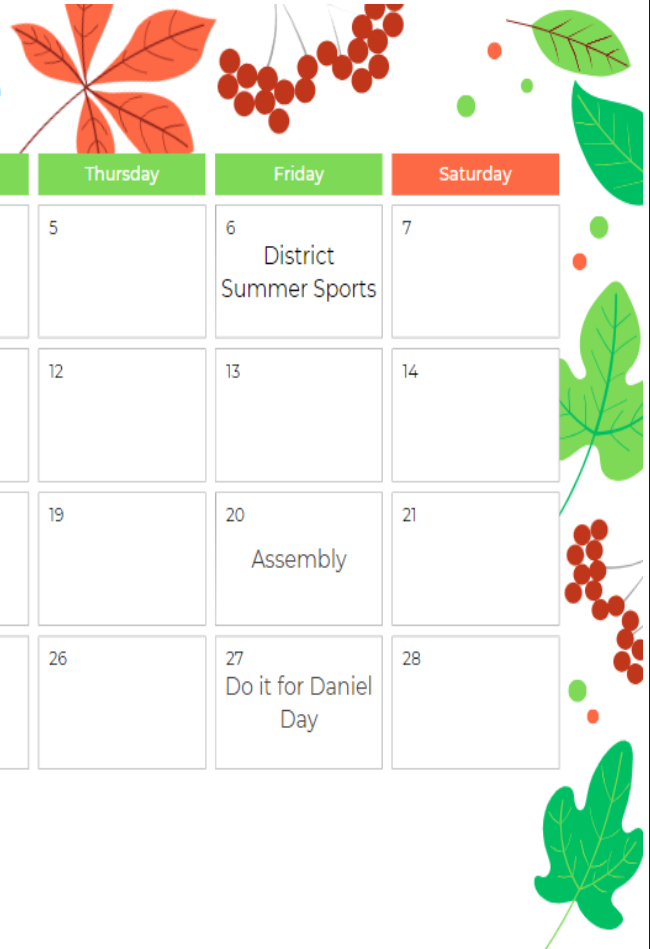
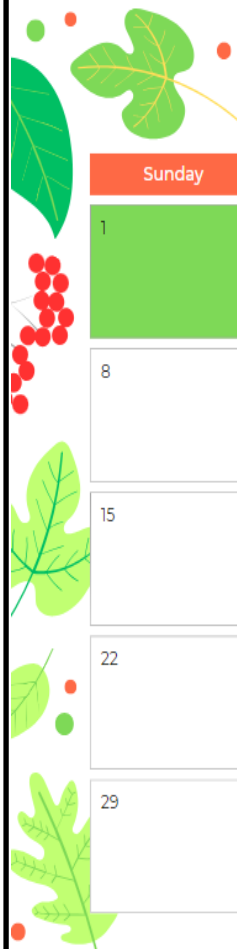
2023

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



OCTOBER 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 First Day Term 4	3	4	5	6 District Summer Sports	7
8	9	10	11	12	13	14
15	16 Book Fair Week	17	18	19	20 Assembly	21
22	23	24	25	26	27 Do it for Daniel Day	28
29	30	31 Healthy Harold				



THIS WEEKS PRAYER



Thank You, loving God, for times of refreshment and opportunities to have a holiday, so that we may be renewed in body, soul and spirit.

We thank you for the gift of enjoying different and new experiences. May our time away be one that is filled with fun and the joy of friendship

School

Reminder

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

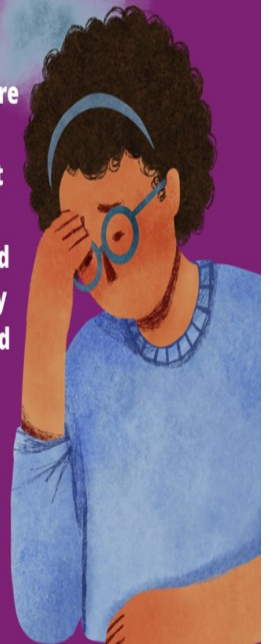
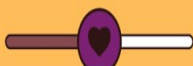
If you would like to make a deduction
from your Centrelink payments towards
your school fee account please contact
Amanda at the office.

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

HUNGRY METER FOR STUDENTS

With the cooler weather our students are reaching for extra fuel to keep their brains and bodies working throughout the whole day. Have a chat with your child and ask if they need extra packed in their lunch box to last the entire day (Morning fruit break, Recess, Lunch and Afternoon fruit break)

HOW HUNGRY ARE AM I ?



Museums Victoria Dinosaurs: Traces of the Past



Join us for this fun filled visit from *Museums Victoria*

Dinosaurs have long been the subject of fascination for children. Through stories and activities, this program will introduce the ways in which palaeontologists have come to understand dinosaurs through finding and studying fossils.

Casts of an ancient Victorian amphibian, a Triceratops horn, teeth and section of a frill, and a life-sized *Muttaburrasaurus* skull are just some of the collection objects Museums Victoria include as part of their travelling 'museum in a van' outreach program.

Children will be able to talk about and touch real dinosaur fossils, learn about ancient time periods, see lifesize replicas of dinosaur skulls, and classify their favourite prehistoric creatures as herbivores or carnivores.

Children are required to have parental supervision.

Tues. 26 Sept.
Bairnsdale Library
2.00 pm – 3.00 pm

Wed. 27 Sept.
Lakes Entrance
Service Centre
9.45 am – 10.45 am

Wed. 27 Sept.
Orbost Service
Centre
1.15 pm – 2.15 pm

Thurs. 28 Sept.
Paynesville Service
Centre
9.45 am – 10.45 am

Phone **5152 4225**
or book in person at
the library for this
FREE event.



STEAM Session Robotics Activity



Come in and try out our new robots!

Come and play with our 2 new additions to STEAM learning.

We have two different robots to learn with!

With Sphero Mini you'll learn to code for this programmable ball robot and figure out how to get it around an obstacle course.

With Makey Makey you'll connect everyday objects to computer keys and build your own keyboard or game controller.

So come along and join in on all the fun!

Monday 18 Sept.
Omeo Service Centre
10.00 am – 12.00 pm

Wed. 20 Sept.
Bairnsdale Library
2.00 pm – 4.00 pm

Friday 22 Sept.
Paynesville Service
Centre
2.00 pm – 4.00 pm

Tuesday 26 Sept.
Orbost Service Centre
2.00 pm – 4.00 pm

Thurs. 28 Sept.
Lakes Entrance
Service Centre
2.00 pm – 4.00 pm

Phone **5152 4225**
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FREE event.



School Holiday Activity Session Travel Mugs & Pencil Toppers



School Holiday fun has arrived at your library!

Here's another one of the library's popular school holiday activity sessions for you to enjoy!

Come along and create your very own travel mug and pencil topper! Delve into your crafty side as you learn some exciting new techniques.

Bring along your family or friends and have some fun these school holidays!

Phone **5152 4225** or book in person at the library for this **FREE** event.

Bairnsdale Library
Tuesday 19 Sept.
2.00 pm – 3.30 pm

Orbost Service Centre
Tuesday 19 Sept.
2.00 pm – 3.30 pm

Paynesville Service Centre
Tuesday 19 Sept.
2.00 pm – 3.30 pm

Lakes Entrance Service Centre
Thursday 21 Sept.
2.00 pm – 3.30 pm

Omeo Service Centre
Tuesday 26 Sept.
2.00 pm – 3.30 pm



Movie Screening The Super Mario Bros Movie



Join us for a viewing of the film, The Super Mario Bros Movie!

From the studio that brings animated hits such as *Despicable Me* and *Sing*, and starring Golden Globe Winner Anya-Taylor Joy and comedy masters Chris Pratt and Charlie Day, comes the latest fun adventure based on Nintendo's globally successful video game franchise about a mustachioed plumber Mario and his lanky brother, Luigi, in their quest to save Princess Peach from villain Bowser.

Wednesday 20 Sept.
Lakes Entrance
Service Centre
2.15 pm – 4.00 pm

Friday 22 Sept.
Omeo Service
Centre
2.00 pm – 3.45 pm

Friday 22 Sept.
Orbost Service
Centre
2.00 pm – 3.45 pm

Monday 25 Sept.
Paynesville Service
Centre
2.00 pm – 3.45 pm

Thursday 28 Sept.
Bairnsdale Library
2.00 pm – 3.45 pm

Phone **5152 4225**
or book in person at
the library for this
FREE event.






RU OK?

A CONVERSATION COULD CHANGE A LIFE

Join us on Thursday 14th September (RU OK? DAY) for a walk n' chat at the Orbost North Walking Track

Meet at 9.30am Orbost Neighbourhood House for carpool to South Boundary Rd track carpark

Light lunch provided after the walk back at the Neighbourhood House

For more info:
P: 4101 9018 E: orbostnh@gmail.com
ORBOST NEIGHBOURHOOD HOUSE

— 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



Mid North Coast Local Health District



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

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

UNTIL FURTHER NOTICE

Seasons for Growth

Fully-funded Training – by Invitation Only
Black Summer Bushfire Funding



*'Great program!
I believe it changes
people's lives...'*
Seasons for Growth
Companion

Growing Your Professional Learning: fostering resilience and wellbeing in children and young people.

Seasons for Growth is a change and loss education program supporting children and young people following significant life events.

Program Overview

Seasons for Growth is an evidence-based, early intervention program that strengthens emotional wellbeing of children and young people who are dealing with changes in their life by:

- Exploring the impact of change and loss on every-day life
- Learning new ways to respond to these changes.

There are four levels of the program to support children and young people 6-18 years. 'Companions' train to facilitate the small group (4-7 participants) over 8 sessions.

Companions include teachers, chaplains, psychologists, social workers and appropriately skilled professionals and volunteers.

Engage in the theory and principles underpinning Seasons for Growth, experience the content, and learn strategies for implementation.

Outcomes

- Helps children and young people experiencing change, loss, and grief.
- Builds participants' understanding and skills and enables them to express their views, thoughts, and feelings.
- Strengthens participants' social and support networks.
- Improves participant wellbeing



CHANGE OF DATE

Book Your Seasons for Growth Funded Two-Day Face to Face Training

Thursday 26th October and Friday 27th October 9am-3:30pm

Orbost Neighbourhood House Morning Tea and Lunch provided.

Contact Wendy.Ronalds@mackillop.org.au for information on how to book and to receive your voucher to use when you register on our website, www.mackillopseasons.org.au
RSVP by Wednesday 11th October so catering, and resources can be organized for you.

Training is available to professionals working with children or young people.
NB: By attending the training you commit to the delivery of the program with 3 groups of children and young people.

This Seasons for Growth two-day training and resource package is proudly funded by the Black Summer Bushfire Funding



Australian Government
Department of Industry, Science,
Energy and Resources



Orbost Little Athletics

COME AND TRY DAYS

Dates: 9th and 16th September 2023

Time: 9:30am

Location: Orbost Secondary College top oval



Program will be run from 9:30am on Saturdays in the 4th term of 2023 and 1st term of 2024.

Registration costs: \$95 (first child) \$90 (siblings)
Ages: 5-17 years of age

Registration link will be available at end of 3rd Term, 2023.

Join us on our Facebook page "Orbost Little Athletics" to keep up to date with what's happening.



MathsOnline
YOUR ONLINE MATHS TUTOR

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

Parentshop
making parenting easier

Uniting