

Term 4 Friday 24th November 2023

NEWSLETTER

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



Dear Families and Friends,

We have had such a busy and very exciting couple of weeks at St Joseph's. While our focus is always on learning and expanding our knowledge, these past weeks have enabled our students to get 'moving' with the introduction of our Footstep online program for Term 4. Their enthusiasm has been contagious with teachers and learning support officers getting in on the moves. Each week the students learn new dance steps linked to a variety of music. We look forward to seeing each class present their dance performance, for our school community, at our Christmas concert.



2024 Classes

After the success of merging Colman and Xavier classes in Semester 2 this year, a single main class will again accommodate years 3-6 in the spacious end classroom. Collaborative learning will be facilitated by two teachers, Ms. Dunphy and Mrs. Den Otter. The day will commence with a morning briefing, followed by a dynamic approach to instruction. Students will engage in a mix of small group, large group, and individual activities tailored to their unique learning needs and aligned with the intended learning skills. This flexible approach aims to enhance the educational experience for each student. A new class name will be introduced.

Mackillop class will also remain the same with years Foundation to 2 and Miss Jamieson as the classroom teacher.

The 2024 Parent Handbook, containing additional details, will be released before the end of the year. Furthermore, teachers will communicate more information in the new year. It's noteworthy that the year 2 students have already taken part in a transition lesson, setting a positive tone for their engagement in the upcoming collaborative learning environment. Parents can anticipate more information to guide them through these changes in the coming resources and communications.

Only a few weeks left for the 2023 school year. Everyone is always a little extra tired at this time so make sure you are all looking after yourselves.

Have a wonderful weekend.

Kirsten Daly
Principal

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Orbost Vic, 3888

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CHOOSE COURAGE

DAMIAN

THE GREAT AMERICAN AUTHOR, JIM BUTCHER, ONCE SAID

"COURAGE IS ABOUT LEARNING HOW TO FUNCTION DESPITE THE FEAR, TO PUT ASIDE YOUR INSTINCTS TO RUN OR GIVE IN COMPLETELY TO THE ANGER BORN FROM FEAR. COURAGE IS ABOUT USING YOUR BRAIN AND YOUR HEART WHEN EVERY CELL OF YOUR BODY IS SCREAMING AT YOU TO FIGHT OR FLEE- AND THEN FOLLOWING THROUGH ON WHAT YOU BELIEVE IS THE RIGHT THING TO DO."

COURAGE MEANS HAVING OR SHOWING THE MENTAL STRENGTH TO FACE DIFFICULTY, DANGER AND FEAR.

MANY PEOPLE THINK COURAGE AND BRAVERY ARE SYNONYMS. HOWEVER, COURAGE IS FEELING FEAR BUT DECIDING TO DELIBERATELY DO SOMETHING ANYWAY. IN CONTRAST, BRAVERY IS NOT PLANNED AND INVOLVES DEALING WITH FEAR IN THE MOMENT.

WE WILL PROVE THAT BY CHOOSING TO BE COURAGEOUS AND FACE YOUR FEARS, YOU CAN BUILD AND MAINTAIN HEALTHY FRIENDSHIPS, ACHIEVE YOUR GOALS, AND CHANGE THE WORLD!

THE WORLD CHAMPION BOXER, MUHAMMAD ALI, SAID "HE WHO IS NOT COURAGEOUS ENOUGH TO TAKE RISKS WILL ACCOMPLISH NOTHING IN LIFE."

THIS INCLUDES THE ABILITY TO CONNECT WITH OTHERS AND BUILD HEALTHY FRIENDSHIPS.

COURAGE HELPS US TO FIND OUR WAY THROUGH SOCIAL AND EMOTIONAL CHALLENGES. WHEN YOU FIRST MEET SOMEONE YOU DON'T KNOW YOU MIGHT FEEL SHY OR EVEN ANXIOUS. COURAGE WOULD HELP YOU TO SAY 'HELLO' AND ASK THEM QUESTIONS ANYWAY. IN THIS WAY, COURAGE HELPS YOU TO MAKE NEW FRIENDS. SIMILARLY, COURAGE WOULD ALLOW YOU TO ASK TO JOIN IN GAMES WITH OTHERS. COURAGE ALSO HELPS YOU TO SPEAK UP IF YOU ARE BEING BULLIED OR A FRIEND HAS HURT YOUR FEELINGS. BY SPEAKING THE TRUTH YOU CAN MAKE SURE YOU ARE TREATED WITH RESPECT AND STRENGTHEN YOUR FRIENDSHIPS. IMPORTANTLY, YOU NEED COURAGE TO SAY SORRY OR FORGIVE, WHICH IS VITAL FOR MAINTAINING HEALTHY FRIENDSHIPS.

LAYLA

COURAGE HELPS US TO ACHIEVE OUR GOALS.

COURAGE CAN HELP YOU INITIATE ACTIVITIES DESPITE FEAR, AND PUT YOU ON A PATH OF GROWTH AND LEARNING. IT ALLOWS US TO STAY FOCUSED ON OUR GOALS AND PERSEVERE THROUGH DIFFICULT TIMES. THIS IS IMPORTANT IN SPORT, BECAUSE TO SUCCEED, YOU NEED TO MAKE THAT DECISION TO CONSISTENTLY SHOW UP EVERY DAY, WHETHER IT'S HARD, WHETHER YOU MISS THE SHOT, WHETHER YOU FAIL. THIS IS TRUE WHETHER THE SPORT IS FOOTBALL, SWIMMING, OR SOCCER.

COURAGE IS ALSO VITAL TO ANY TYPE OF LEARNING AND ALLOWS YOU TO FOLLOW YOUR PASSIONS. IMAGINE YOU WANT TO BECOME A GREAT COOK, BUT YOU ARE AFRAID TO TRY. WITHOUT THE COURAGE TO OVERCOME THIS FEAR YOU WILL NEVER SUCCEED. AS A FAMOUS CHEF ONCE SAID "COOKING IS LIKE LIFE, YOU LEARN ONLY WHEN YOU MAKE MISTAKES." WITHOUT THE COURAGE TO TAKE RISKS AND MAKE MISTAKES YOU WILL NEVER LEARN AND ACHIEVE YOUR GOALS!

HAVING THE COURAGE TO LOVE YOURSELF IS A HARD THING TO DO BUT BEING ABLE TO IS A GREAT STRENGTH THAT WILL HELP YOU TO ACHIEVE YOUR GOALS, WHATEVER THEY ARE.

HARPER

COURAGE HELPS TO CHANGE THE WORLD!

IT TAKES COURAGE TO STAND UP FOR THINGS THAT ARE WORTH FIGHTING FOR.

FOR EXAMPLE YOU COULD STAND UP FOR SOMEONE WHO'S GETTING BULLIED AND YOU KNOW THAT'S WORTH IT BECAUSE YOU'RE SPREADING KINDNESS AND YOU'LL GET MORE FRIENDS.

COURAGE HELPS US TO OVERCOME OUR FEARS TO STRIVE TOWARDS A MORAL OR SOCIALLY JUST OUTCOME. THIS IS BECAUSE, ONCE WE KNOW WHAT IS THE RIGHT THING TO DO, COURAGE ALLOWS US TO MANAGE THE DANGER AND CONTROL OUR FEARS, SO THAT WE CAN EXPRESS OURSELVES AND TAKE ACTION TO MAINTAIN OUR INTEGRITY.

IN CONCLUSION, AS WE HAVE SHOWN, COURAGE ALLOWS YOU TO BUILD AND MAINTAIN HEALTHY FRIENDSHIPS, BE SUCCESSFUL AND ACHIEVE YOUR GOALS, AND CHANGE THE WORLD TO MAKE THE WORLD A BETTER PLACE.

WE IMPORE YOU TO FOLLOW THE AUTHOR RICHELLE GOODRICH'S ADVICE

"COURAGE TO ME IS DOING SOMETHING DARING, NO MATTER HOW AFRAID, INSECURE, INTIMIDATED, ALONE, UNWORTHY, INCAPABLE, RIDICULED OR WHATEVER OTHER PARALYSING EMOTION YOU MIGHT FEEL. COURAGE IS TAKING ACTION... NO MATTER WHAT. SO YOU'RE AFRAID? BE AFRAID. BE SCARED SILLY TO THE POINT YOU'RE TREMBLING AND NAUSEOUS BUT DO IT ANYWAY." DON'T FORGET, COURAGE IS THE MOST IMPORTANT CHARACTER STRENGTH YOU HAVE, AND NO MATTER HOW AFRAID YOU ARE, DO IT ANYWAY!





KOOLAID DEBATE



TYRAN

SO YOU THINK THAT HOPE ISN'T THE STRONGEST STRENGTH TO HAVE, BUT TO HAVE COURAGE YOU NEED HOPE. SO YOU SHOULD REMEMBER, HOPE IS A GOOD THING, MAYBE THE BEST OF THINGS, AND NO GOOD THING EVER DIES. AND TO CONVINCE YOU TO BELIEVE OUR REASONS, THIS IS WHAT MYSELF AND MY GROUP MEMBER HAS TO SAY.

HOPE IS THE BELIEF THAT THINGS WILL GET BETTER AND THAT WE HAVE THE ABILITY TO MAKE POSITIVE CHANGES IN OUR LIVES AND THE WORLD AROUND US. FOR A BETTER FUTURE.

HOPE CAN BE A POWERFUL MOTIVATOR, DRIVING INDIVIDUALS TO TAKE ACTION AND WORK TOWARDS THEIR GOALS. WHEN PEOPLE HAVE HOPE, THEY ARE MORE LIKELY TO PERSEVERE IN THE FACE OF CHALLENGES AND SETBACKS.

HOPE CAN HELP INDIVIDUALS BOUNCE BACK FROM DIFFICULT SITUATIONS SUCH AS THE PARALYMPICS. IT PROVIDES THE STRENGTH AND COURAGE TO KEEP GOING, EVEN WHEN THINGS SEEM BLEAK. STUDIES HAVE SHOWN THAT HOPEFUL INDIVIDUALS TEND TO HAVE BETTER MENTAL AND EMOTIONAL HEALTH. HOPE CAN REDUCE SYMPTOMS OF ANXIETY AND DEPRESSION AND ENHANCE OVERALL WELL-BEING. SUPPORTING THE TEXT THE STUDY SAID "HOPE CAN HELP TO LOWER LEVELS OF STRESS HORMONES AND REDUCE FEELINGS OF ANXIETY. A STUDY PUBLISHED IN THE JOURNAL "PERSONALITY AND INDIVIDUAL DIFFERENCES" FOUND THAT HIGHER LEVELS OF HOPE WERE ASSOCIATED WITH LOWER LEVELS OF ANXIETY AND DEPRESSION AMONG ADULTS AND KIDS"

MADDI

WHILE IT IS TRUE THAT HOPE CAN SOMETIMES LEAD TO UNREALISTIC EXPECTATIONS OR INACTION, IT IS IMPORTANT TO DIFFERENTIATE BETWEEN BLIND HOPE AND REALISTIC HOPE. REALISTIC HOPE IS BASED ON A CLEAR UNDERSTANDING OF THE CHALLENGES AND OBSTACLES, ALONG WITH A BELIEF IN ONE'S ABILITY TO OVERCOME THEM. IT CAN INSPIRE ACTION AND RESILIENCE WITHOUT IGNORING THE REALITY OF THE SITUATION.

THE STRENGTH OF HOPE LIES IN ITS ABILITY TO MOTIVATE, BUILD RESILIENCE, AND IMPROVE EMOTIONAL WELL-BEING. WHILE THERE ARE VALID CONCERNS ABOUT FALSE HOPE AND COMPLACENCY, REALISTIC HOPE CAN BE A POWERFUL FORCE FOR POSITIVE CHANGE. ULTIMATELY, HOPE PROVIDES THE STRENGTH AND DETERMINATION NEEDED TO OVERCOME ADVERSITY AND WORK

TOWARDS A BETTER FUTURE. WHEN IT COMES TO THE DEBATE BETWEEN HOPE AND COURAGE, IT'S IMPORTANT TO RECOGNIZE THE VALUE OF BOTH AND UNDERSTAND THE DISTINCT BENEFITS EACH BRINGS TO OUR LIVES.

TYRAN

IN CONCLUSION, HOPE IS ESSENTIAL FOR MAINTAINING A POSITIVE OUTLOOK IN THE FACE OF ADVERSITY. HOPE GIVES PEOPLE THE STRENGTH TO PERSEVERE THROUGH DIFFICULT TIMES AND BELIEVE IN THE POSSIBILITY OF A BETTER FUTURE. IT PROVIDES A SENSE OF PURPOSE AND MOTIVATION TO KEEP PUSHING FORWARD. ADDITIONALLY, HOPE CAN FOSTER A SENSE OF COMMUNITY AND UNITY, AS PEOPLE COME TOGETHER TO SUPPORT EACH OTHER IN PURSUIT OF A COMMON GOAL.

MADDI

WHILE HOPE AND COURAGE BOTH HOLD SIGNIFICANT VALUE, IT CAN BE ARGUED THAT HOPE IS ULTIMATELY BETTER THAN COURAGE. HOPE IS THE FOUNDATION UPON WHICH COURAGE IS BUILT, PROVIDING THE OPTIMISM AND BELIEF IN POSSIBILITY THAT EMPOWERS INDIVIDUALS TO ACT COURAGEOUSLY. WITHOUT HOPE, COURAGE LACKS PURPOSE AND DIRECTION. THEREFORE, IT CAN BE CONCLUDED THAT HOPE IS THE DRIVING FORCE BEHIND COURAGE AND, ULTIMATELY, THE STRONGER OF THE TWO.

November 2023

Mon	Tue	Wed	Thu	Fri	Sat	Sun
		1	2 Swimming	3	4	5
6 Pupil Free Day	7 Melb Cup Day—Public Holiday	8	9 Swimming	10	11	12
13 Prep Trans 9-11	14	15	16	17 Report Writing Day NO STUDENTS	18	19
20 Prep Trans 9-12.30	21	22	23	24	25	26
27 Prep trans 9-1.40	28	29	30			

December 2023

Mon	Tue	Wed	Thu	Fri	Sat	Sun
				1 Swimming	2	3
4 OSC Transition	5 OSC Transition	6 OSC Transition	7 OSC Transition	8 OSC Transition	9	10
11 Chooiscal Big Day TBA	12	13 Grade 6 Grad	14	15 Swimming LAST DAY 3.15	16	17
18 Staff at school	19 Staff at school	20 Staff last day	21	22	23	24 Xmas Eve
25 Christmas Day	26 Boxing Day	27	28	29	30	31 New Years Eve



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:
Nov 2nd
Nov 9th
Nov 16th, 2023

Cost?
FREE

Get in touch
Bookings are essential!
*****Applications close MONDAY 30TH OCT*****

Please contact:
Uniting Gippsland
3 Church St. Leongatha
5662 5150
gippsland.leongatha.reception@vt.uniting.org
[@vt.uniting.org](https://vt.uniting.org)

Parentshop
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EAST GIPPSLAND
SHIRE LIBRARIES

AGES 5 - 12

FREE

BOOKINGS ESSENTIAL

Children's Week Activity Session



Join us for this fun activity session and get the most out of Children's Week!

To celebrate Children's Week, children will be able to make their very own foam dinosaur magnets and layered flower bag tags!

As stock is limited, bookings are essential.

This Children's Week activity is presented by East Gippsland Shire Council in partnership with the Victorian Government.

Tuesday 24 October
Paynesville Service Centre
3.45 pm - 4.45 pm

Wednesday 25 October
Lakes Entrance Service Centre
3.45 pm - 4.45 pm

Wednesday 25 October
Mallacoota Service Centre
3.45 pm - 4.45 pm

Wednesday 25 October
Ormeo Service Centre
3.30 pm - 4.30 pm

Thursday 26 October
Bairnsdale Library
4.00 pm - 5.00 pm

Friday 27 October
Orbost Service Centre
3.45 pm - 4.45 pm

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

LIBRARIES
Change Lives



EAST GIPPSLAND
SHIRE LIBRARIES

FREE

NO BOOKINGS REQUIRED

Storytime with Bluey Children's Week 2023



Come along and enjoy this extra special Storytime with a guest star: Bluey!

Enjoy this opportunity for children to share a range of Storytime books with everyone's favourite blue heeler, Bluey!

Storytime sessions are for children 2-5 years of age and include songs, rhymes, stories and activities.

The session will run for approximately 45 minutes and each child will be able to take home their special craft at the end of the session.

Monday 23 October
Lakes Entrance Service Centre
11.00 am - 12.00 pm

Tuesday 24 October
Orbost Service Centre
10.30 am - 11.30 am

Wednesday 25 October
Ormeo Service Centre
11.15 am - 12.15 pm

Thursday 26 October
Bairnsdale Library
11.00 am - 12.00 pm

Friday 27 October
Paynesville Service Centre
11.00 am - 12.00 pm

Thursday 2 November
Mallacoota Service Centre
2.30 pm - 3.30 pm

Phone 5152 4225 with any queries about this **FREE** event.

LIBRARIES
Change Lives



Doxa
YOUTH FOUNDATION

Holiday Camps

2024

DATES

Malmsbury Camp: Monday 8th - Friday 12th January

City Camp - Monday 15th - Friday 19th January

MALMSBURY

Located in an idyllic bush setting in Central Victoria

- ✓ High Ropes Activities
- ✓ Canoeing & Swimming
- ✓ Archery & Orienteering
- ✓ Night Walk, Movie Night, Trivia

CITY

Located in the heart of the Melbourne CBD

- ✓ Big Bash & Aus Open
- ✓ Pool & Beach
- ✓ Melbourne Zoo & Museum
- ✓ Eureka Skydeck, Movie Night, Trivia



TRANSPORT

Malmsbury: Doxa facilitated bus transport provided from Melbourne & Bendigo

City: Doxa facilitated bus transport provided from Traralgon / Pakenham & Bendigo

COST

Our holiday camps are **FREE**.

Holiday camps are funded by our amazing donors and philanthropic ventures.

FURTHER INFORMATION

Email: info@doxa.org.au

Phone: (03) 9046 8200



ORBOST PRIMARY SCHOOL
ABN 49 410 338 404
Ruskin Street,
P.O. Box 151,
ORBOST, Vic. 3888

Principal: Patricia Lynn

ADVANCED NOTICE- REVISED

ORBOST PRIMARY SCHOOL OUT OF SCHOOL HOURS CARE ON FRIDAY 15TH DECEMBER 2023.

Dear Parents/Guardians,

Friday 15th December will be the last day for Out of School Hours Care at Orbost Primary School. Due the closure of the school, the need for accounts to be finalised and, the packing up required by staff, we need to close on the Friday to allow this to happen. We are unable to offer this service after this date.

Our childcare service is licenced under Orbost Primary School. Orbost Community College is in the process of engaging a childcare provider to commence in 2024 at the Orbost Community College. We hope to be able to provide more information in the coming weeks.

Please be aware that is also applies to Vacation Care over the summer holidays. This early notice is to give you as much time as possible to make alternative childcare arrangements for the summer holidays.

We would appreciate if all accounts are kept up to date for the remainder of the year and all outstanding accounts be paid ASAP.

Yours sincerely

Trish Lynn
Principal
Orbost Primary School.
26/10/2023



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



Walk to Change the Story

A GLCH initiative for the 16 Days of
Activism Against Gender-Based Violence

Take steps to end violence against women and children
Saturday 25 November 2023

COMMUNITY WALK

Start and finish at
**Nicholson Street Mall
in Bairnsdale.**

Meet 10.30 am sharp!

COMMUNITY EVENT

- Welcome to Country
- Clothesline Project
- Banner Making
- Information Stalls
- Big Respect Gippsland Photo Booth
- HEY Project T-shirt Tie-dyeing
- Music with FReeZa
- Children's Activities
- Lion's Club BBQ

For more information visit glch.org.au or find us on Facebook
(Gippsland Lakes Complete Health or Walk to Change the Story)

Proudly supported by:



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

TUESDAY | 5.30 PM 12TH DECEMBER 2023

CHRISTMAS CONCERT & BBQ

ST JOSEPH'S PRIMARY INVITES ALL FAMILIES TO JOIN US IN OUR
CHRISTMAS CELEBRATION WHICH INCLUDES OUR CHRISTMAS CONCERT
FOLLOWED BY A FABULOUS BBQ DINNER.

WE WOULD APPRECIATE IF EACH FAMILY COULD CONTRIBUTE TO THIS
MAGICAL NIGHT BY SUPPLYING A SALAD OR A DESSERT TO SHARE.
ST JOEYS WILL SUPPLY MEAT/BREAD/COLD DRINKS & TEA/COFFE.

FOR CATERING PURPOSES COULD THE BELOW BE FILLED OUT
ACCORDINGLY AND SENT BACK TO THE OFFICE BEFORE 7TH DECEMBER
2023

PLEASE RETURN PROMPTLY FOR CATERING PURPOSES.
WE WOULD LOVE TO ATTEND AND WILL HAVE (NUMBER OF)..... FAMILY
ATTENDING.
OUR FAMILY WILL REQUIRE (NUMBER OF) SAUSAGES AND/OR (NUMBER
OF) RISSOLES

WE WILL CONTRIBUTE A SALAD / DESSERT (PLEASE CIRCLE ONE)

TYPE OF SALAD/DESSERT