

Term 1 Friday 7th March 2024

NEWSLETTER

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



Dear Families and Friends,

We are having a very busy term, including lots more events coming up! Congratulations to Harper Milliken for swimming in the relay event at the Division Swimming, at Bairnsdale Swimming Pool, on Wednesday. Harper and her team (from Newmerella P. S) placed 3rd. A **HUGE Thankyou** to Wendy and Amanda for organising, supporting and transporting the students.

The **PFA** (Parent & Friends Association) is up and running, with our first meeting held on Tuesday evening. Areas of discussion included, fundraising, social events, parent engagement, communication and uniforms. It's never too late to join. See Amanda in the office for a link to our committee members. Next meeting is scheduled for: Tuesday 16th April at 5pm.

Harmony Week- This year we will celebrate Harmony Day on Thursday 21st March by asking everyone to wear **Orange**, we will continue learning about 'Harmony Day' with activities during the following week. Week 9 will hold a variety of activities, linking with Catholic Social Teaching and Holy week. Stay tuned for more information on those in our next newsletter.

Next week our Year 3 and 5 students will begin undertaking the National Assessment Program- Literacy and Numeracy (NAPLAN) with the first assessment beginning on Wednesday 13th March. Although NAPLAN is an important measurement of student growth over time, it is only one of the tools that we use to make sure we tailor learning to students' needs. At St Joseph's we embed a wealth of assessment strategies, both formal and informal so that we can plan for and assess student learning comprehensively. More information on NAPLAN can be found on the [NAPLAN website](#).

Our year 5 & 6 students head off to their Melbourne Camp on Monday 18th March, joining with students from St Mary's Bairnsdale. The mixed emotions of excitement and nerves are starting to appear but I have no doubt they will have a fantastic time, with a jam packed schedule.

Curriculum

Nudel Kart

Friday we have Scott from Nudel Kart, coming into school for a workshop with the students. Nudel creates deconstruction, mobile play carts that can be reconfigured in endless ways to encourage self-directed learning. The school purchased a Nudel Kart at the end of 2023, which we will be able to use after the student workshop.

***School Vision:** United, as a school community, we walk in the light of faith, guiding our students in learning with compassion towards a purposeful future.*

Purple Mash

Last week at the Gippsland Catholic Primary Principal Association meeting, I was lucky to win for the school a 12 month student/teacher subscription to Purple Mash. <https://www.2simple.com/au/purple-mash/>

"Not just your complete solution for Digital Technologies. From coding to email and online safety, from creating artwork, composing music, writing stories, presenting and analysing data, designing and using concept maps, producing animation and more. Purpose mask includes everything you need to deliver the Digital Technologies Curriculum, all in one place, and develop learning and digital literacy across the whole curriculum". Staff will be completing a professional Development workshop on Thursday. We will then roll it out into the classrooms. More information will come as there is an 'at home' link.

This weekend is a long weekend, and we hope that all families can set some quality rest time in, ready for the remainder of a busy term. If you are travelling, have fun and stay safe on the roads.

God Bless,

Kirsten Daly
Principal.



CHILD SAFETY

**DO YOU NEED HELP WITH APPLYING FOR A WORKING WITH CHILDREN'S CHECK ?
WE OFFER WORKSHOPS AT SCHOOL TO HELP PARENTS THROUGH THIS PROCESS.
PLEASE CONTACT AMANDA TO REGISTER YOUR INTEREST.**

03 LE NT PRAYER

WHAT IS IT?
It is action that leads man, released by fasting from excessive attachments to the world, to turn to God, to gaze upon and contemplate, to listen and talk to him, to read his words and meditate on them, to be one with him sacramentally, celebrating joyfully the mysteries of Redemption. It is what gives meaning to Lenten practices, which should draw us closer to Him.

HOW CAN WE LIVE IT? •

- ▶ Meditation on the Holy Scripture, readings of saints, fathers of the Church, spiritual authors, etc.
- ▶ Receiving the sacraments regularly (Confession and Communion)
- ▶ Daily acts of consecration or personal devotion.
- ▶ Attend Lent retreats, spiritual exercises, etc.

EXAMPLES

- ▶ Praying the Stations of the Cross on Fridays during Lent.
- ▶ Reflect on a bible verse each day, especially those related to the Passion of Christ.
- ▶ Attend daily Mass or other days besides Sundays. Confess regularly.
- ▶ Pray when you wake up and/or before going to bed.

BIBLE VERSES TO MEDITATE

MT 6: 1-18
"But when you pray, go to your private room, shut yourself in, and so pray to your Father who is in that secret place, and your Father who sees all that is done in secret will reward you."

AC 2: 42-47
"All who believed were together and had all things in common. Every day they devoted themselves to meeting together in the temple area and to breaking bread in their homes."

"PRAYER MAKES YOUR HEART BIGGER UNTIL IT IS CAPABLE OF CONTAINING THE GIFT OF GOD HIMSELF"
- MOTHER TERESA

CatholicLink | PILLARS OF LENT | Information obtained from Catholic.net

ST JOSEPH'S PRIMARY SCHOOL

EASTER EGG RAFFLE

TICKETS AVAILABLE SOON
.....

To create a BUMPER Easter Raffle for our St Joseph's Primary School Community this year we kindly ask Parents and Friends for Easter Egg Donations.

How ever big or small we appreciate them all !!

Our Easter Raffle will conclude our Easter Celebrations on the last day of Term 1.
All donations can be dropped in to the Office at your earliest convenience. ✨

.....



Our Prayer

Our Prayer
You call us to service;
to be your eyes and ears,
hands and voice in this your world.
To open our eyes not only
to the beauty and love which you create,
but the injustice,
hate and suffering that mankind generates.
To open our ears not only
to the chattering of this coming week,
but the searching,
fears and questioning of all whom we shall meet.
To open our hands not only
to those we choose our lives to share,
but in welcome,
love and fellowship to all who you draw near.
To open our mouths not only
to speak platitudes and simple words,
but the truths you lay upon our hearts.
Your Word for this your world.
You call us to service,
to be your eyes and ears,
hands and voice in this your world.
Amen.



A MINDFUL WEEK

Mental Health and Wellbeing with Jamee Royce

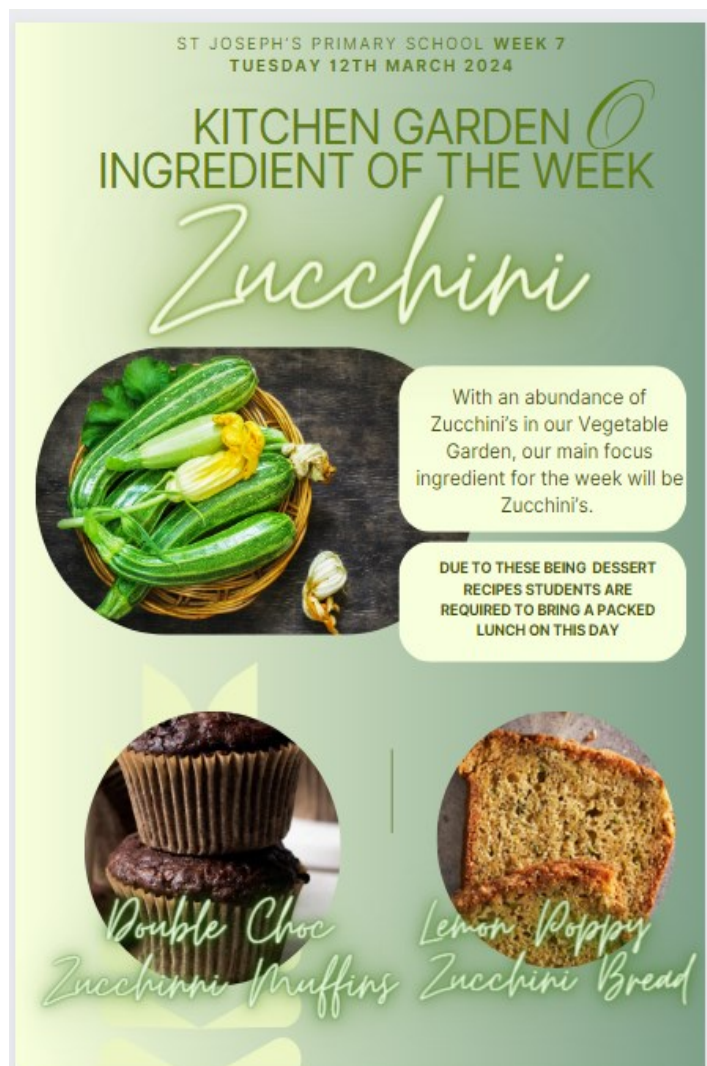
We have so many amazing initiatives and programs happening here at St. Joseph's to support students, staff and families in creating a space to allow our mental health and wellbeing to flourish.

Recently we have welcomed Penny Morrison, founder of Mind Body Connect to support positive health and wellness practices as a whole school. The program "exists to encourage and support children to develop a conscious awareness of how the walk through the world, creating self-compassion, positive thinking, emotional and communication skills" (PennyMorrison). We look forward to learning more in this space.

This term, the Kitchen Garden Program has continued with great enthusiasm from staff and students. Through this program, students connect with nature and create delicious meals from fresh produce grown by the students themselves. Students and staff have enjoyed looking after the gardens and spending time outdoors.

As a whole school, we are learning about mental health and wellbeing through "Grow Your Mind", a program that explicitly teaches students about the brain and how it functions as well as strategies to enhance their social and emotional wellbeing. Recently, Mackillop students have learned about identifying emotions within themselves and others. They have also learned how to regulate their emotions by using different forms of breathing styles and locating their "anchor point" within their body helping them to be mindful of the present moment and feel relaxed and calm.

We have had a wonderful start to the term and will continue to update in this space within each newsletter. If you have any questions regarding our programs and curriculum in the area of mental health and wellbeing, I will be available at school on Wednesday and Thursdays to chat. Have a lovely week!



REMINDERS



11th March 2024

Public Holiday - No students required at school
Orbost Show

ASAP

Easter Egg Donations for the Easter Raffle

MARCH 2024

| Mon | Tue | Wed | Thu | Fri | Sat | Sun |
|---------------|-------------|------------------|-------------------------|----------------|--------------------|------------------|
| | | | | 1 | 2 | 3 |
| 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 11 Labour Day | 12 | 13 | 14 | 15 | 16 | 17 |
| 18 5-6 Camp | 19 5-6 Camp | 20 5-6 Camp | 21 | 22 | 23 | 24 |
| 25 | 26 | 27 Cross Country | 28 Last Day Term 2.15pm | 29 Good Friday | 30 Easter Saturday | 31 Easter Sunday |

APRIL 2024

| Mon | Tue | Wed | Thu | Fri | Sat | Sun |
|-----|-----|-----|----------|-----|-----|-----|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 8 | 9 | 10 | 11 | 12 | 13 | 14 |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| 22 | 23 | 24 | 25 Anzac | 26 | 27 | 28 |
| 29 | 30 | | | | | |

VOLUNTEERS NEEDED!

CALLING ALL VOLUNTEERS! WE NEED YOUR HELP!

MACKILLOP CLASS REQUIRES PARENT WALKERS TO THE ORBOST LIBRARY ON WEDNESDAY 20TH MARCH AT 11:30. PLEASE LET AMANDA KNOW IF YOU ARE AVAILABLE.



Wellbeing

The successful “123 Magic & Emotion Coaching Parenting Program” will be running again in March.

This free program is specifically targeted to help parents and carers of 2-12 year olds.

Please find attached more information about our upcoming session and an application pack for registrations.



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 Tuesdays:

Mar 12th

Mar 19th

Mar 26th, 2024

Cost?

FREE

Get in touch

Bookings are essential! *** Applications close Wed 6th March***

Please contact:

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

Parentshop
making parenting easier

Uniting

SCHOOL HOLIDAY FUN!
Aqua Run
Race your friends on the inflatable Aqua Run!
Tuesdays and Thursdays
1pm - 3pm
2 April to 11 April
\$3.90 per person plus pool entry
(Pool entry is covered for members)
All ages welcome. Children under 5 must be accompanied by a responsible person over 16 years.

REGISTRATIONS OPEN

2024 SEASON



INFORMATION AND FIRST
TRAINING
THURSDAY 14th MARCH
5 - 6pm

Age groups
UNDER 11'S
UNDER 13'S
UNDER 15'S

SEASON KICKS OFF
APRIL 14th

SIGN ON PAGE - www.playhq.com/afl/register/5ffb5b

SCAN
HERE



Sign up now!

EAST GIPPSLAND
SHIRE LIBRARIES

FREE AGES 9 - 13 BOOKINGS ESSENTIAL

LEGO Mindstorms

Build and Program a Robot



Want to build and program a working robot model?

Children will work in groups of three to build and program a LEGO Mindstorms EV3 robot to complete fun challenges.

Learn and practise simple coding skills over four weeks and watch your robot follow your every command.

Participants must commit to all four weeks when booking.

Orbost Service Centre
3.30 pm – 4.30 pm

Wednesday 6 March
Wednesday 13 March
Wednesday 20 March
Wednesday 27 March

Phone 5152 4225 or book in person at the library for these FREE sessions.

Libraries
Change Lives



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