

Term 2 - 23rd April 2024

NEWSLETTER

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



Dear Families and Friends,

Term 2 is off to a great start with great class routines and energised students. The weather is still being kind to us with these glorious sunny afternoons, however the students are feeling the cold conditions when they arrive at school. Please remember to check your child has a jumper/ jacket that fits and is named, ready to wear now.

ANZAC Day is on Thursday. Although we do not have school on this day we are encouraging students and staff to help us commemorate this day, by marching in the street parade to the Cenotaph. For those that are attending we will have staff to supervise your child during the march and commemorate service. Our school student leaders will be laying our home-made constructed wreath. Students are to meet myself and staff at Voss Street Motors at 10:30am, in full school uniform. Should the weather be inclement, the Anzac Day services will be held on the Commercial Hotel veranda.

A reminder to parents that Friday 26th April is a school closure day. This is a Time In Lieu closure day for staff, as part of the Diocese of Sale Catholic Education Limited Schools and Secretariat (DOSCELS) Agreement 2022.

Have a wonderful long weekend with the family and enjoy the nice weather.

God Bless,

Kirsten Daly
Principal.

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.

A blue banner with white and yellow text. At the bottom, there are several raised hands in various shades of brown and orange. The banner is set against a background of a large yellow sunburst.

VOLUNTEERS NEEDED!
CALLING ALL VOLUNTEERS! WE NEED YOUR HELP!

ATHLETICS DAY - 8TH MAY

- WE NEED HELP SETTING UP ON THE DAY. ORBOST COMMUNITY COLLEGE OVAL AT 7:30AM.
- MOVING EQUIPMENT INTO POSITION.
- FINISH LINE TO DISTRIBUTE PLACE TAGS

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 Day	26 School Closure Day	27	28
29	30					

MAY 2024

Mon	Tue	Wed	Thu	Fri	Sat	Sun
		1 School Photos	2	3	4	5
6	7 Bowls Francis	8 SREC Athletics	9	10 Jump Rope	11	12
13 School Closure	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

Kitchen Garden



Today, and every Thursday we will have Andrea Kleehammer, the Healthy Eating Facilitator and Nakita a trainee, from Gippsland Lakes Complete Health, come and help us to promote healthy eating in our school by fostering the Stephanie Alexander Kitchen Garden Foundation program. The Francis students started the morning cleaning out the garden shed and learning about compost.

After recess the cooking began. The students picked basil to make basil and cashew pesto to freeze for another meal (there is still so much basil left). The students then used our pumpkins and coriander to make a delicious pumpkin and red lentil soup.

The McKillop class visited the compost then raked up all the leaves around the hall to feed it. In the kitchen the students made beautifully fluffy flat bread to accompany the delicious soup.

The table was set with flowers and the whole school sat together to share a meal. Everyone had a little taste, and many students came back for seconds.

Thanks everyone for your positive enthusiasm in doing and eating!

Pumpkin and Red Lentil Soup

Ingredients

- 2 TABLESPOONS OLIVE OIL
- 1 KG OF PUMPKIN, PEELED AND CHOPPED
- 2 SWEET POTATO, PEELED AND CHOPPED.
- 2 ONIONS PEELED AND CHOPPED
- 3 CLOVES GARLIC CRUSHED.
- 2 TABLESPOONS GRATED GINGER.
- 3 EACH TEASPOONS CURRY POWDER, CUMIN AND CORIANDER.
- 1 TO 2 LITRES STOCK.
- 1 CUP RED LENTILS.
- 1 TO 2 TINS COCONUT CREAM.
- SALT AND PEPPER
- CHOPPED CORIANDER.

Process

COLLECT INGREDIENTS. IN A LARGE HEAVY BASED POT POUR OIL IN AND CAREFULLY ADD THE ONIONS, GARLIC, GINGER AND COOK FOR 2 MINUTES. ADD THE PUMPKIN, SWEET POTATO AND SPICES. FRY OFF ANOTHER 2 MINUTES. ADD STOCK, LENTILS AND COCONUT CREAM AND COOK TILL VEGETABLES ARE SOFT. COOL SLIGHTLY AND PUREE SOUP TILL CREAMY. SEASON WITH SALT AND PEPPER AND CHOPPED CORIANDER.
SERVE IN BOWLS OR CUPS WITH CRUSTY BREAD.



CARING FOR ENVIRONMENT



This term has already provided many opportunities for students to explore our 'Caring for Environment' motto. It's always nice when different subject areas compliment each other. MacKillop are enthusiastic about learning more about nature and how to care for it. What a compassionate class of green thumbs we have!

KITCHEN GARDEN

MacKillop will be in the kitchen this term! They've already helped prepare flatbread to accompany pumpkin soup cooked by Francis class.

Joining Miss Jenny and Miss Sarah is Andrea from The Stefanie Alexander Kitchen Garden Program. Lots of exciting things will be happening in the kitchen AND garden - stay tuned!

SCIENCE

This term, MacKillop is learning about plants; their features and needs.

Did you know that plants need five things to survive?

- water
- nutrients
- air
- light
- space

READING

In Reading, MacKillop has been exploring garden-themed books. In week one, students even performed a re-enactment of the book 'The Great Big Enormous Turnip'. This week we are reading 'A Seed Grows' and next week we will read 'Plants Can't Sit Still'.



LEST WE FORGET

THURSDAY IS ANZAC DAY

Remembering those who gave
their lives for our freedom.

St Joseph's Primary School Students have
been invited to participate in the Anzac Day
Commemorations.

This will be held at the Cenopath
Nicholson St, Orbost - Thursday 25th April 2024

Could all students wishing to participate please wear
full school uniform and meet at Voss Motors at
10.30am.

PUPIL FREE DAY'S

*Please be reminded that there will
be NO SCHOOL*

-This Thursday (Anzac Day)

-This Friday (Pupil Free Day)



St Joseph's Primary School

You are invited to our

Mother's Day High Tea

FRIDAY

10

MAY 2024

At 2.30pm ST JOSEPH'S PRIMARY
SCHOOL HALL

Please RSVP For Catering Purposes
Phone 0351541289





Mother's Day STALL

Let every Mother feel Special

9th and 10th May 2024

LUNCH TIME IN THE HALL

LIMITED GIFTS AVAILABLE UNTIL SOLD OUT
PRICES RANGING BETWEEN \$3 - \$10



Wellbeing

As a result of the devastating events that recently unfolded at Westfield in Bondi Junction, and the Church in Wakeley, many families are still in a state of disbelief trying to comprehend how and why these incidents occurred. All of us have been affected in some way, with some being left more traumatised than others.

Although such incidents are rare, they can still be scarring. It's in these situations that it is vitally important for parents and carers to check in with their children. Being aware of what information they've been exposed to will hopefully minimise their emotional fallout in coming weeks. School TV has provided us with a special report below.



SPECIAL REPORT

Trauma Recovery



SPECIAL REPORT: Trauma Recovery

Trauma in children significantly disturbs their sense of safety and normalcy, leading to substantial emotional and behavioural changes. Such disturbances often result from exposure to traumatic events, which may be exacerbated by continuous media coverage.

This exposure can trigger stress, anxiety, and trauma, with varying recovery timelines due to the unpredictable nature of trauma's impact. Observing young people grappling with these effects can be highly distressing for parents and caregivers.

It's important to establish a nurturing environment to help restore a child's sense of security to help promote resilience. Active involvement in their recovery is essential, as is recognising the unique, personalised needs of each child in responding to trauma. Depending on their age, children may present with different symptoms, such as regressive behaviours in younger ones or withdrawal and agitation in older children and teens. It is important to monitor and manage the type of information children may access to reduce their emotional distress.

The brain stores traumatic events as powerful emotional memories, influencing behaviour through mechanisms beyond a child's conscious awareness. By providing young people with support and equipping them with coping mechanisms to handle uncertainty, parents and carers can greatly enhance a child's capacity to recover and build long-term emotional resilience.

This Special Report will help you identify a child experiencing trauma and how you can support them to overcome it.

Here is the link to your Special Report https://stjorbost.catholic.schooltv.me/wellbeing_news/special-report-trauma-recovery