

Term 3 Friday 9th August 2024

NEWSLETTER



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



Principal's REPORT

Dear Families and Friends,

I hope this message finds you well and that you've had a wonderful week. As we move forward into this term, I'm excited to share some of the incredible experiences and learning opportunities we've been engaging in as a school community.

Congratulations to Harper Milliken and Lillian Richardson for representing the school in District Athletics on Wednesday. A massive achievement for you both and well done on getting through to the next round.

St. Mary Mackillop Feast Day

Yesterday's whole school Mass with Bishop Greg Bennet and our parishioners was a truly wonderful experience. Bishop Bennet spent much of the day with us, actively participating in our learning activities and visiting the kitchen garden, where he watched our students prepare food. Both Bishop Bennet and Fr. Hiep stayed for lunch, enjoying the meal with us. Our students were curious and engaged, eagerly asking and answering questions throughout his visit.

A Parishioner asked: Do we still teach Religious Education in the classroom?

Yes, we certainly teach Religious Education, we make these teachings relevant and understandable for our students by recontextualizing the message in ways that resonate with them, all while preserving the tradition and meaning. It goes beyond just lessons in the classroom. We instil the teachings of Jesus through our everyday actions, consistently linking how we treat one another to His message.

Whole Staff - Professional Learning

Next Monday and Tuesday next week are dedicated professional learning days for our staff, beginning with an Aboriginal cultural experience. On Monday, we'll visit Lake Tyers Trust, followed by a day in Orbost on Tuesday. This experience marks the start of our journey to deepen our understanding of the area's history and cultural heritage, enriching our educational practices and community connections. Our learning will continue into the next term and beyond, as we engage with Moogji and the surrounding areas. This is not a quick-fix process but one of building deep connections. We would love to invite the community to be involved in this ongoing learning journey.

Next Friday, our classroom teachers Jill and Holly will be heading to Warragul for another Maths Professional Learning Day, led by the esteemed Dr. Matt Sexton.

Dr. Sexton, known for his expertise in educational strategies and his dynamic approach to teaching

Highlights:

- **Innovative Teaching Techniques:** cutting-edge methods for making mathematics more accessible and engaging for all students.
- **Hands-On Workshops:** practising new strategies and sharing ideas on how to implement them in our classrooms.
- **Data-Driven Instruction:** A key focus is on using data to inform our teaching practices, ensuring that we meet the individual needs of each student.

We look forward to seeing how these new approaches will enhance our teaching and enrich our students' learning experiences.

Have a wonderful weekend! The weather is starting to warm up, so I hope you get to enjoy some sunshine and relaxation.
God Bless,

Kirsten Daly
Principal.

WELLBEING

Be a bucket filler today



Grow Your Mind

Kindness Our Grow Your Mind program teaches us that we all carry an invisible bucket. Filling our bucket helps us to feel safe and happy, whereas an empty bucket can leave us feeling sad, lonely and even insecure. Being kind to others not only helps fill their bucket, but also proves to be a simple way to shrink our Guard Dog and look after our own wellbeing. It is super simple. You feel good about yourself when you are kind to others. Why not plan three kind things you will do for others today?

Check out <https://growyourmind.life/> for more wellbeing tips.

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.*

2025 Enrolments Open




All Families Welcome

The small school with the big heart

FIND OUT MORE

Contact us today to learn more about St Joseph's Primary School Orbost or to arrange a tour



-  (03) 5154 1289
-  www.stjorbost.catholic.edu.au
-  4-8 Raymond Street Orbost VIC, 3888

Cape Conran

EXCURSION



By Neville

First ^{fransis} ~~we~~ played on the Beach. Then we started to walk up a trak to EOWIE bay then we caught the bus back to Cape Conron. To pickup the backup car then we started to come back to school.



Today's PRAYER

Holy God, source of all goodness, you show us in Mary MacKillop a woman of faith who lived by the power of the cross.

Teach us to embrace what she pioneered: new ways of living the gospel that respect and defend the human dignity of all in our land.

We ask this through our Lord Jesus Christ, your Son, who lives and reigns with you and the Holy Spirit, one God, for ever and ever.

Amen.



FRIENDLY REMINDER

Upcoming
Pupil Free Days

Monday 12th August 2024
Tuesday 13th August 2024



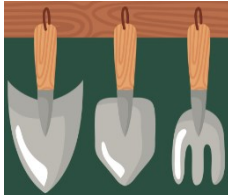
ST JOSEPH'S PRIMARY



KITCHEN GARDEN

MARY MACKILLOP FEAST DAY
WITH SPECIAL GUEST
BISHOP GREG





KITCHEN GARDEN



STEPHANIE ALEXANDER
KITCHEN GARDEN
FOUNDATION
Growing Harvesting Preparing Sharing

Fried Rice

Season: Winter/Spring

Serves: 30 tastes in the classroom or 6 at home

Fresh from the garden: cauliflower, coriander, cucumbers, eggs, garlic, limes, peas, spinach, spring onions

Fried rice is a very popular dish – the texture, taste and crunch are elements almost everyone likes. Once you've mastered this basic recipe, you can adapt it to your own tastes and the vegetables that are in season at the time.

Equipment:

metric measuring scales, cups and spoons
clean tea towel
chopping board
cook's knife
mixing bowl
whisk
wok
spatula or wok sang
serving bowls

Ingredients:

6 eggs
2 tbsp sunflower oil
6 garlic cloves, peeled and finely chopped
good pinch of salt
½ cauliflower, chopped into bite-sized pieces
6 cups freshly cooked rice, warm but not steaming hot
6 tbsp light soy sauce
pinch of caster sugar
pepper, to taste
100 g peas (fresh or frozen)
2 handfuls of spinach, washed and roughly chopped
9 spring onions, sliced into 1 cm lengths
1 handful of coriander leaves, finely chopped
2 limes, cut into wedges
1 cucumber, thinly sliced



What to do:

1. Prepare all of the ingredients based on the instructions in the ingredients list.
2. Whisk the eggs in the bowl
3. Heat the wok and add 1 tablespoon of oil. Pour the egg mix into the wok and cook on a high heat until the egg is cooked right through and looks like a big omelette.
4. Remove the omelette from the wok, place it on the chopping board, slice it up and set it aside.
5. Heat the wok over low-medium heat and add 1 tablespoon of the oil, then add the garlic and salt. Fry until the garlic is just beginning to colour.





KITCHEN GARDEN

STEPHANIE KITCHEN FOUNDATION
ALEXANDER GARDEN FOUNDATION
Growing Harvesting Preparing Sharing

Fried Rice continued

1. Fry the cauliflower until tender.
2. Add the rice, turn down the heat to low then mix and toss the rice, frying it gently and ensuring that all the grains are lightly coated in oil.
3. Season with the soy sauce, sugar and pepper and continue to fry until the soy sauce is absorbed.
4. Stir through egg, peas, spinach and chopped spring onion, reserving a few spring onions to sprinkle over the fried rice when serving.
5. Serve sprinkled with reserved spring onions and coriander, and use the lime and cucumber as garnish.



DATES

- MONDAY 5TH AUGUST
- MONDAY 19TH AUGUST
- MONDAY 26TH AUGUST
- MONDAY 2ND SEPTEMBER

TERM 3 SWIMMING LESSONS

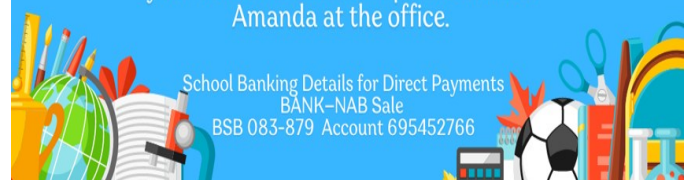
Lakes Aquadome's experienced instructors create a supportive and encouraging environment, ensuring each child feels confident and excited about learning to swim

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



VOLUNTEERS NEEDED!

CALLING ALL VOLUNTEERS! WE NEED YOUR HELP!

ARE YOU INTERESTED IN OFFERING YOUR TIME TO HELP
OUT IN OUR SCHOOL COMMUNITY?
IF SO PLEASE CONTACT THE OFFICE AND WE CAN
STEER YOU IN THE RIGHT DIRECTION .

ARE YOU INTERESTED IN HAVING A VOICE WITHIN OUR
SCHOOL COMMUNITY ? PARENTS AND FRIENDS
MEETING 4TH SEPTEMBER 2024



INFORMATION FOR CUSTOMERS

Australian Government Mobile Service Centres



If you live in a rural area, you may need to travel greater distances to access government payments and services. To make it easier for you to access these services, we're bringing them to you and your community.

Mobile Service Centres travel extensively throughout rural and regional Australia and also to disaster affected areas to provide help and support.

Staff from Services Australia travel with the Mobile Service Centres and can help you with Centrelink and Medicare payments and services. Our Mobile Service Centres also have disabled access.

Information about Department of Veterans' Affairs programs and support services for veterans and their families will also be available.

Wi-Fi is available for visitors to the Mobile Service Centre and staff will be able to help you create a myGov account. myGov is a simple and secure way to access government services online.

Our staff will provide you with friendly face-to-face service, information and support. From time to time, representatives from other government agencies also travel with the Mobile Service Centres.

More information

To view the latest itineraries for the Australian Government Mobile Service Centres, visit servicesaustralia.gov.au/mobileoffice

The stopping locations for Mobile Service Centres are promoted in each town and on social media before each visit.

Information and help you can access on board the Mobile Service Centres

We provide information, help and support to rural and regional communities, including:

- families
- older Australians
- students
- job seekers
- people with disability
- carers
- farmers
- self-employed people.

We can assist you with:

- registering and using the agency's online services
- new claims for Centrelink payments
- updating and confirming Centrelink and Medicare information
- information on how financial matters may impact on payments
- assistance with payment and service options
- rural payment entitlements for eligible farmers
- non-cash Medicare transactions
- enrolling for and issuing new Medicare cards
- updating and re-issuing Medicare cards
- social work support and referrals.

INFORMATION FOR CUSTOMERS

Australian Government Mobile Service Centre



Serving Regional Australia

Visit the Mobile Service Centre to find out about Australian Government payments and services for rural families, older Australians, students, job seekers, people with disability, carers, farmers and self-employed people.

Information about Department of Veterans' Affairs programs and support services for veterans and their families will also be available.

Staff can provide you with information and support. They can also help you create a myGov account. myGov is a simple and secure way to access government services online.

Wednesday, 14 August 2024

9 am to 4 pm

Near the library, Ruskin Street

ORBOST

For more information, go to servicesaustralia.gov.au/mobileoffice



servicesaustralia.gov.au/mobileoffice

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05/11/2023

