



Issue 8 June 2020

St Joseph's School

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Facsimile: (08) 8241 0380
Email: info@stjotto.catholic.edu.au
Website: www.stjotto.catholic.edu.au

In All Things Love

Uniform Shop

Open on Monday and Fridays
8.30 am to 9.30 am

Playgroup

Friday - 10.00 am to 11.30 am

Out of School Hours Care

Daily

6.30 am to 8.30 am
and 3.00 pm to 6.00 pm

Tuesday 2.45 pm to 6.00 pm

Bookings essential

Mobile: 0437 863 067

St. Maximilian Kolbe Parish

Priest - Fr Marek Ptak CR

Phone: (08) 8447 3223

Email: stmax@ottowayparish.com

Mass Times

Saturday 6.30 pm

Sunday 8.30 am English &

10.30 am Polish

Weekday 6.30 pm English & Polish

Except Tuesday

(check with Parish)

Newsletter

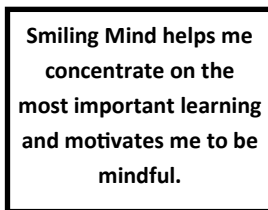
Smiling Minds



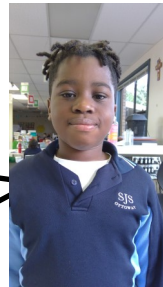
Smiling Minds is good because it helps me focus and stay calm at school. It is very calming and is good to use to be relaxed, focused, and calm.



Smiling Minds helps me relax and stay focused in class. It calms me down all the time.

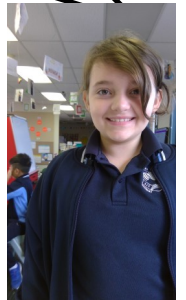


Smiling Mind helps me concentrate on the most important learning and motivates me to be mindful.

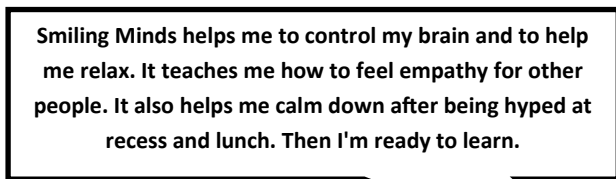


Smiling Minds helps me to concentrate on work and for me to do work better. It's good for when I come in from recess and lunch so I am relaxed.

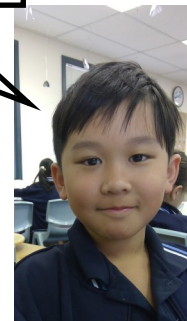
We know things have been a little strange lately with all that's going on in the world. Every day is different so everything feels a little uncertain, that's why we created a mindful movement." - Smiling Minds



Smiling minds helps me settle down and concentrate on my learning.



Smiling Minds helps me to control my brain and to help me relax. It teaches me how to feel empathy for other people. It also helps me calm down after being hyped at recess and lunch. Then I'm ready to learn.



Smiling Minds helps me calm down when I am feeling crazy. It can make me very calm at the end of the mindful session.



Smiling Minds helps me to focus on my learning and it helps me to work better. It is also very good to meditate when you have come into class from lunch or recess.



We acknowledge that our school is on Kurna country. We recognise and respect the Kurna people as the continuing custodians of the Adelaide Plains and pay our respect to Elders past and present.

Catholic Identity

Throughout his ministry, Jesus often used parables (stories) to help explain his teachings. Many parables involved the use of images of vegetation known to the region at the time. The parable of the Mustard Seed is one such example. The message Jesus portrays is that from little things big things grow. The mustard seed, the smallest of all seeds grows to become the largest of all plants. Here at St Joseph's School we are entrusted with supporting our parents as they nurture their children to grow and become the best they can be in whatever direction they choose to take in life. At St Joseph's School we focus on the education of the whole child, intellectually, morally, emotionally, spiritually, religiously, physically and socially, providing many varied learning opportunities and experiences in the process. It is great to see all children back at school engaging face to face with the learning opportunities presented to them each day.

To all of our parents and carers, I would once again like to say thank you for refraining from entering the school grounds as we maintain social distancing protocols as best we can. It is my hope that as restrictions continue to be eased by the State Government and SA Health that we will have the opportunity to allow parents, carers and family members to once again enter the school ground so that we can become fully connected with each other once again.

Last Sunday the Catholic Church celebrated Pentecost. Pentecost is the time when we celebrate and acknowledge the gift of the Holy Spirit given to us by God. One way to think of the Holy Spirit is of the words and actions of Jesus being lived out through others today. During this time of year classroom Religious Education programs are centred on the Holy Spirit at work in our lives today. Our weekly communal prayer also reflects upon the presence of the Holy Spirit in our lives.

Student Safety and Wellbeing

This term staff have reviewed and updated our Student Wellbeing and Personal Responsibility School Policy to reflect our value of being in relationship with each other and our focus on Restorative Practices.

Below is the Philosophical Basis which underpins our updated policy:

We believe that all human beings have an inherent desire to be in relationship and it is in this that we become fully human. Our students are competent, capable and creative beings who have the capacity to be safe, happy and successful in their relationships with others and in their learning. As a community we have a responsibility to provide the educative and supportive framework to maximise their learning in student wellbeing. Through Gospel values, pastoral care and the implementation of restorative practices students will gain a sense of respect for individual dignity, inclusivity, community and citizenship for all. Student wellbeing has at its core the health, safety, security and welfare of all students.

We are committed to a restorative culture grounded in our vision, and core values of justice, compassion, integrity, perseverance and responsibility. This culture offers a transformative view of the human person. It focuses on the behaviour and its impact rather than on the person and is importantly a non-punitive approach to student wellbeing that moves away from notions of reward and punishment. Grounded in experiences of relationships and community, the Program Achieve Keys to Success along with our understanding of the impact of trauma on the developing brain, students learn to understand their own behaviour and its impact on others.

Making Space for Learning 2 Year Inquiry Project

Our school is currently participating in the 2020-21 Making Space for Learning Inquiry Project. The aim of the inquiry is to be able to identify the behavioural and learning difficulties associated with developmental trauma and formulate an informed and effective educational response. To this end, the inquiry begins with a detailed understanding of early year's brain development. It then examines the nature and effects of developmental trauma. Lastly, it provides strategies to respond to the specific behavioural and learning difficulties associated with developmental trauma. The whole school staff were involved in the initial 2 day workshop held on January 22 and 23 this year.

On Tuesday June 2 we facilitated our second school visit as part of the project where we developed quantitative data collection templates relating to our whole school inquiry question; **Does the use of core practice at the beginning of learning blocks support and improve student self-regulation?**

In Week 8 the coordination team: Jane Smith, Simon McCullough and myself will unpack the Inquiry Project further with staff as part of our staff meeting. Teachers will then begin collecting pre data as part of the Inquiry Project before introducing strategies they plan to incorporate as part of the project. Post data will then be collected and analysed throughout the project timeline.

Curriculum News

I have included two mathematical challenges which you might like to have a go at with your child/children.

This week's Mathematical challenges:

Reception to Year 3

A family has 5 children. We know at least two of the children are girls. Draw as many possibilities as you can as to what the family might look like.

Someone asked the teacher a question and he replied "Maybe." What might the question be?

Years 4-6

My brother was complaining that it was always extremely hot on his birthday and spoilt the activities that had been planned. When might his birthday be? Explain your answer.

Design a spinner for which the chance of spinning red is $\frac{2}{5}$.

Happy inquiry.

Reading is another core learning area here at St Joseph's School. Children develop their reading skills, knowledge and understanding by reading regularly. At St Joseph's School regular reading at home forms a major part of homework set each evening. Why not create regular timeslots throughout the week whereby all electronic devices in the home are turned off and members of the family spend 15 minutes reading together.

Happy reading.

Term 3 Preschool and Reception Intake

St Joseph's School will once again have a Preschool and Reception intake at the start of Term 3 this year. Our Term 3 new Preschool children will replace those moving into Reception as part of our Term 3 Reception intake. Our Term 3 new Receptions will join our current R/1 classes. The criteria for starting Preschool or Reception on the first day of school in Term 3 is that a child will have turned 4 (Preschool) or 5 (Reception) between May 1 and October 31 in that year. During Weeks 8-10 this term we will hold three transition visit mornings for our new Preschool and Reception children with the aim of supporting their new start.

Pupil Free Day Friday June 5

A reminder that tomorrow is a Pupil Free Day. All staff will be involved in our annual Staff Reflection Day. This year we will explore further our 2019 focusing on Laudato Si; the Catholic church document which outlines Pope Francis' call for us all to care for the environment. The theme of the day is "*How will you Tend to your Garden?*" The day will involve staff unpacking our theme on a number of different levels. APRIM Simon McCullough and myself will facilitate our day. Our Pupil Free Day coincides with World Environment Day.

Public Holiday Monday June 8

A reminder that Monday June 8 is the Queen's Birthday public holiday.

School Master Plan Update

We are now at the design concepts stage of the development of our Nature Play & Sustainability Garden space. Staff and children were surveyed at the beginning of this term to allow the architect team to gauge an understanding of the features we would like to have included as part of our Nature Play & Sustainability Garden space. There were definitely some strong themes of what the different age groups across the school hope to see in the space; particularly our younger children who produced A3 drawings as part of the survey process, all wanting a river! A river may not be suitable but a "creek like" dry creek bed will be incorporated into the Nature Play space.

OSHC News

OSHC numbers are returning to pre Covid 19 levels. OSHC Director Mieke Vanden Bos has come through her medical procedure well and continues to recover. Mieke is due to return on Wednesday June 17. In the meantime I will continue to supervise Before School Care and Susan Scheller and Bronwyn Robinson will supervise After School Care with APRIM Simon McCullough or myself onsite until the close of OSHC each evening.

Canteen Committee

Providing healthy meals, snacks and drinks for children and students has a positive effect on learning outcomes, behaviour, attendance as well as health, wellbeing and the prevention of diet-related illness. Canteens and other food services have a responsibility to supply affordable, culturally acceptable, nutritious foods and meals that promote healthy eating habits and support and reflect classroom teaching on food and nutrition issues.

Our recently established *School Canteen Committee* meet for the first time last week to review our canteen practices and food supply. The committee commenced by acknowledging the great work Rebecca Allen does as our canteen manager. Sales of individual canteen products will be closely monitored in coming weeks, with slow selling products being removed from the menu in order to make way for new items. In addition, selected items will be replaced with healthier options. This will initially take place on Thursdays each week. Over time you will see changes made to our canteen menu. Preparing healthier food options for sale can often be labour intensive. For this reason we are always looking for volunteers to support our Canteen manager Rebecca Allen. If you would like to provide volunteer support for Rebecca in the canteen feel free to come and see either myself or a member of the school leadership team and we will commence inducting you as one of our school volunteers.

School Chaplain

Our recently appointed school chaplain Michelle Dinning is settling into the school well. Michelle will be working on Thursdays for the remainder of the school year in this role.

School Chaplains are responsible for supporting the spiritual, social, and emotional wellbeing of students regardless of faith or beliefs by providing pastoral care services. School Chaplains must be able to provide support for a range of day to day matters affecting the school community and communicate effectively with the community. They can become involved in a wide variety of issues including health, social and values education, and spiritual and emotional support. If they so desire, children and families within the school will have the opportunity to use Michelle as a wellbeing support person if the need arises.

How are Nutrition and Mental Health linked?

Healthy eating helps children and young people cope more effectively with stress, better manage their emotions and get a good sleep – all of which assist learning. Most research about nutrition and mental health has focused on adults. We know that good nutrition is associated with better mental health outcomes, whereas a poor diet is associated with a greater risk of depression and anxiety. However, emerging research that focuses on children and young people has also found a relationship between unhealthy diets and poorer mental health outcomes.

Poor nutrition has been associated with:

- externalising behaviour (such as hyperactivity, aggression, disobedience)
- symptoms of attention deficit hyperactivity disorder
- poor concentration and tiredness, which interfere with learning
- immune system function, which is also linked to mental health
- delayed brain development – high-fat, high-sugar diets can affect proteins in the body that are important for brain development
- iron deficiency, which has been linked to cognitive function impairments associated with learning and memory nutrient deficiencies, which have been associated with mental health conditions including depression and anxiety (we know that fruits and vegetables, grains, fish, lean red meats and olive oils are rich in important nutrients such as folate, magnesium, vitamins and zinc which all impact on body and brain functions, including mood regulation).

To learn more about the benefits of healthy eating visit **Be You** (formerly Beyond Blue) <https://beyou.edu.au/fact-sheets>

Skool Bag App

To keep up to date with what is happening within our school along with upcoming school events why not download the **Skool Bag App** from the App Store on your mobile phone. Once downloaded simply search St Joseph's School, Ottoway and add to your Skool Bag page. Many of our families currently use the **Skool Bag App** to keep up to date with what is happening across our school.

In addition our school website **News and Events** link is regularly updated to assist our families in keeping up with what is happening across our school.

May the spirit of the Risen Lord be with you and your family.

Working in partnership with you.

Shaun O'Leary.

School Calendar

Term 2 2020

June		July	
5	Pupil Free day <i>(OSCH is Available Please Book Through Office)</i>	3	Term 2 Concludes 12:30pm
8	Queens Birthday Public Holiday		
16	New Preschool & Reception Transition Visits		
22	School Board Meeting		
23	New Preschool & Reception Transition Visits	August	
30	New Preschool & Reception Transition Visits		

Staff Reflection Day 2020 - Take a look at our new gardens!

The theme of the day is 'How will you tend to your garden'. We will enjoy a whole day of prayer and reflection woven through a renewal of or caring for existing garden projects – outside classrooms, the verge butterfly garden and the establishment of three trees opposite our existing trees on the green play space.

Our gardening time will give us a chance to enjoy some thoughts and conversations about how we nurture growth in ourselves and those we nurture in our school.

We are inviting our Parents and Friends to purchase some benches which will be placed under the new trees. The significant messages we hope this gives to the community is how important we see our environment and how we can use and enjoy these spaces to make connections with each other and celebrate relationships.

Below is one of the prayers we plan to use as part of our staff reflection day.

The heart of Catholic education is the 'heart' – that deep place within us where we encounter the Love that calls and sends us.

'What is the kingdom of God like? And to what should I compare it? It is like a mustard seed that someone took and sowed in the garden; it grew and became a tree, and the birds of the air made nests in its branches.' (Luke 13:18-19)

We pray that through our collaborative work we will help God's dream for the world to be fulfilled. That all people know themselves as loved by God and called into relationship with God, one another and all of creation.

Amen



Tree of Abundance by Belinda Paton (copyright pending)

Reply Slip

(Return to Simon McCullough in the office)

As a member of the St Joseph's community Parents and Friends I,
..... support the purchase of benches to be placed under new trees which will be planted on June 5.

Signed.....

Healthy Food Day

Thursday 18 June



pinwandstrom

Grilled Chicken Vietnamese Roll

\$5.00 Each

Available for order only. Orders must be returned to the canteen with money by Monday 15 June.

Uniform Shop

Uniform items can now be ordered and paid for online. Items can either be left at the school office for you to pick up or have them delivered to your home.

Please see the link below:

<https://www.jssportsonline.com.au/collections/st-josephs-school-ottoway>

