



Issue 13, 31 August, 2022

# St Joseph's School

10 Ina Avenue, Ottoway S A 5013

Telephone: (08) 8447 4969

Facsimile: (08) 8241 0380

## 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** Except Tuesday  
7.30 am to 8.30 am  
and 2.45 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

### 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



## Book Week 2022.

Did you hear it was Book Week last week?

What an amazing week it was - full of book making, art activities, a dress up day and the sharing of the Ngarrindjeri story "Kondili". Congratulations and thank you to all of our families for the huge effort you put into the costumes on Wednesday. The students looked amazing! Well done to Ms. Moody and Ms. Bryant for coordinating the week and making it so enjoyable.



## Dreaming with eyes open...



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.

## Principal News

### Catholic identity

In the last newsletter I provided the school community with some background information on our school Josephite Tradition. Below is further information on what it means for us here at St Joseph's to be a part of the Josephite Tradition.

**Being part of a Josephite Tradition means that as a community everyone is treated with dignity.** Mary Mackillop believed that God, in Jesus, called her and the sisters of St Joseph to show reverence for the dignity of all people. Mary MacKillop's reverence for all people meant she was incapable of 'giving up' on anyone.

Today in our school community, we support families by reducing fees if required, helping with uniforms and providing breakfast for children whose families may be experiencing financial difficulties. Across 2020-2022 a number of our families have received fee remissions as a result of a loss of income due to the Covid 19 pandemic.

**Being part of a Josephite Tradition means that as a community we most support the people who are poor and marginalized.** For Mary MacKillop those who were the most 'Needy' in our world come first. Mary Mackillop and the Sisters established "bush schools" and later as needs arose, orphanages, refuges, and other services for those most vulnerable in the society of their time. Mary MacKillop was an extraordinary woman of action and her response was a practical one. Small acts upon small acts make a big difference over time.

Today in our school community, we teach children to reach out and support those in need. To grow into people who have a sense of the common good in our society. We teach them that we use our gifts and talents to raise money to support people who are poor, people who are less fortunate. We do this through Project Compassion, St Vincent De Paul and Walk a Mile in My Boots to name a few.

### Curriculum News

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

This week's Mathematical tasks:

#### **Reception to Year 3**

A basketballer scored 11 points in two games. What might her scores in each of the games be? Record as many possibilities as you can.

The difference between two numbers is 5. What might the two numbers be? Record as many possibilities as you can.

#### **Years 4-6**

$6\square4 - \square\square6 = 48$ . Work out as many possible answers for this subtraction number sentence as you can.

A problem for  $8 \div 2$  is: There are 8 tennis players. How many teams of 2 are there? Make up two different types of word problems for  $36 \div 4$ .

Happy inquiry.

### Premier's Reading Challenge

This year a large number of our children have once again taken up the opportunity to participate in the Premier's Reading Challenge. The challenge closes on Friday September 9 with children needing to have their Premier's Reading Challenge *Student Reading Record* forms handed into the front office by Thursday September 8. I encourage all our children to continue to read regularly at home whether they are involved in the challenge or simply reading for fun.

Happy reading.

### English Language Class for Migrant Parents

In the past St Joseph's School has offered an English class for Parents for who English is not their first language. As a school we are keen to offer this opportunity once again to our parents. Our School Chaplain Michelle Dinning will facilitate the English class for our parents from 9:00am to 10:00am each Thursday morning commencing Thursday September 1. Michelle is a qualified teacher who is well known to our school community through her current role as School Chaplain. If you would like to be a part of the English class being offered, please contact the front office.

### STEM Open Day

As part of Catholic Schools Open Week (Term 3 Week 5) and National Science Week (Term 3 Week 4) a number of parents and carers joined our school STEM Open Day on Tuesday August 23. Parents and family members had the opportunity to join our children as they worked in class groups engaging in STEM learning activities planned by our teaching staff. The day provided an opportunity to showcase both Catholic Education in South Australia and the learning which takes place as part of our ongoing STEM learning focus within the school.

### Pupil Free Day Friday September 9

Friday September 9 will be a Pupil Free Day. All staff will be involved in our annual Staff Reflection Day. This year we will focus on creating meaningful liturgy and prayer experiences which enhance the story of Jesus for our children. As this is a whole staff day Mieke Vandenbos will join us and as a result OSHC will not be available on Friday September 9.

### 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).

Dietary habits aren't always a choice. 'Food insecurity' – where people don't have enough food as a result of homelessness, unemployment, poverty – is also a problem for many families in Australia. Food insecurity can result in poorer academic performance, time off from school, stress, depression, anxiety, aggression, and difficulty getting along with others. Food insecurity can result in:

- psychological stress – high levels of ongoing stress have been related to depression and delayed brain development
- poorer academic performance
- time off from school
- anxiety
- aggression

difficulty getting along with others.

The good news is that improving what you eat can lead to improvements in your mental health, so it's never too late to encourage healthier eating patterns.

To learn more about how you can support the Social and Emotional Learning and Wellbeing of your child visit **Be You** (formerly Beyond Blue) <https://beyou.edu.au/dashboard/resources/fact-sheets>

### Safety Around Ina Avenue Pick Up/Drop Off Points

A friendly reminder to ensure that for safety reasons, you park outside of the yellow lines adjacent to the school crossing on Ina Avenue when picking up/dropping off children. Drivers are also reminded that the disabled parking spaces at the front of the school are reserved for those with a disability. Alternative parking before and after school (along with school access) is available along Rosewater Terrace. The local council has informed the school that they have resumed enforcing parking regulations around schools now that Covid 19 restrictions have eased. As a school community we are seeking your support in following the parking regulations in place outside of the school.

### 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 God continue to bless all our families throughout Term 3.

Working in partnership with you.

Shaun O'Leary.

## APRIM News

### Class Liturgy

All our classes celebrate a liturgy each term. You are welcome to join in with these and we will let you know the dates and times each term.

### Hutt St Walk a Mile in my Boots

Tanya delivered the donated food to the Hutt St Centre, and she tells me they were overwhelmingly delighted with what they received. Thanks to everyone for the great support.

### Volunteers

We would love to see you join us as a volunteer. There are a range of ways to be involved and we greatly appreciate opportunities to work with you and get to know your family. Volunteering requires that you complete a process of induction and also some online training in child protection called, 'Responding to abuse and neglect.' All people who work with children are required to do this training. If you would like to volunteer, you will need to complete the following:

Speak with Tanya and Anne about a Working with Children check which the school will lodge on your behalf. There is also a personal information form to complete which includes your contact details and those we would contact in any emergency.

Complete the required Child Protection training – Responding to abuse and neglect for volunteers. This will take an hour or two and it is done online. Follow the instructions below to locate this training. You will need to register for a PLINK number to access the training on the Department for Education website.

Provide the school with a copy of your child protection training certificate. This will be accessible at the end of the training module - Responding to abuse and neglect for volunteers.

Follow this link to register and get your plink number. This will allow you access to the training.

<https://www.plink.sa.edu.au/pages/signup.jsf>

Then access the training through this website:

<https://www.plink.sa.edu.au/pages/external-dashboard.jsf?menuId=1104&locale=en-GB&showbundlekeys=false#/?dashboardId=6>

Thanks very much for considering becoming a volunteer, we respect and value your time very much. Please let me know if you have any questions. My email is [smccullough@stjotfo.catholic.edu.au](mailto:smccullough@stjotfo.catholic.edu.au)

## Class Preparation for 2023

Each year in Term 4 Week 1, staff begin class placements for the following year. To assist us with this very important and time consuming task, please complete the slip below if your child/ren (other than current Year 6) will **NOT** be returning to St Joseph's in 2022.

Your co-operation is greatly appreciated.

PLEASE RETURN TO THE FRONT OFFICE

**ATTENTION: MR SHAUN O'LEARY**

I wish to advise that the following student/s will **NOT** be returning to St Joseph's in 2023:

**Child's Name**

**2022 Class**

_____	_____
_____	_____
_____	_____

Reason (optional): \_\_\_\_\_

Your Name (printed): \_\_\_\_\_ Signature: \_\_\_\_\_ Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

## Chaplain News

### Lunchtime Activities:

Each Thursday students have the option of participating in some lunch time activities under the verandah of the main classroom block.

Here are some things students have to say:

*I like hanging out with friends. Cooper*

*I like creating new things. Eleanor*

*I like colouring in. Shaelee*

*I like writing. Felicity*



## Playgroup News

### Playgroup

St Joseph's Playgroup welcomes children from birth until the age of five.

Playgroup gives children the opportunity to play, make new friends and have fun, while parents can meet and chat to other parents in a relaxed environment.

Playgroup is held in the Preschool area on Friday mornings during the school term from 10.00 am to 11.30am (except for the last Friday of each term).

Please bring a piece of fruit to share. During the warmer weather bring a hat for outdoor play.

Contact the school office on (08) 8447 4969 for further information.



## OSHC News

Dear Parents and Caregivers.

Welcome to OSHC.

**OSHC is not available on the 9<sup>th</sup> of September 2022. A school closure day.**

**Staff, Teachers, and Educators are participating in a Reflection Day.**

During STEM week children in OSHC, built and rebuilt a magnetic battery-operated car, showing flourishing imaginations with the many ways this vehicle could be built.

Children also dyed flowers, learning how flower stem works like an elevator and brings the water – dye all the way up the plant's stem and into the plant's petals to change the colour. Book Week - Books help children develop basic language skills and profoundly expand their vocabularies.

Children are in a safe supervised environment; learning happens while children play, have fun, and make new friends.

Please feel welcome to visit.

When parents use OSHC casually you will not automatically receive CCS (Child Care Subsidy).

Follow the prompts on your **myGov app** –confirming that you used the OSHC service.

Centrelink is just confirming you are using the service.

If you do not confirm you will not receive CCS (Child Care Subsidy).

Thank you for your cooperation.

Mieke  
OSHC Director

## Community

**WE ARE WELCOMING**  
*Come athletics a go!*

Do you love to run, jump and throw?  
Do you love having fun and spending time with family and friends and achieving your personal best? Why not give athletics a go?

Come and Try this amazing sport today by registering for your **free 2 Week Trial Period.**

Registrations open in September, Come and Try, Friday September 16th  
[paac.net.au](http://paac.net.au)

**Athletics For Everyone**

Port Adelaide Athletics Club

**Little Athletics**  
Ages 3+ Friday Nights  
Season starts with a Come and Try, September 16th

**Athletics SA**  
Ages 11+ Saturday Afternoons  
Starts October 15th

Registrations open in September

For more information visit [paac.net.au](http://paac.net.au)

### School Calendar

#### Terms 3 & 4, 2022

September		October		November	
<b>9</b>	<b>PUPIL FREE DAY</b> <b>Staff Reflection Day</b> <b>NO OSHC</b>	<b>17</b>	<b>Term 4 starts at 8.45 am</b>	<b>28</b>	School Board Dinner 6.00pm
<b>12</b>	School Board Meeting 5.30pm	<b>31</b>	School Board Meeting 5.30pm		
<b>30</b>	<b>Term 3 finishes at 12.30 pm</b>				