



Newsletter

MAKING 2D SHAPES IN 1/2 Doyle's Class

We used coloured matchsticks to build 2D shapes.
We then did the same activity with our R/1 Buddies.

Issue 14, 14 September,
2022

St Joseph's School

10 Ina Avenue, Ottoway S A 5013

Telephone: (08) 8415 1100

Email: info@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 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)



It is wonderful to see the connections that the R/1's are making with the 1/2 students and the peer tutoring that is occurring through the curriculum area of Mathematics.



It is lovely to see all the happy faces as they learn together and support each other.

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

It has been great standing out on yard duty before and after school interacting with members of our school community in recent days with the sun shining brightly and the air warming up. At the same time class Daily Fitness activities and Physical Education lessons are moving from the Hall out onto our school oval, while during play times children are on the move lapping up the sunshine. Spring is certainly in the air.

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.

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

Draw a clock and show on it the time you go to bed each evening.

What are some things you do each day between 4:00pm and 6:00pm?

Years 4-6

The time is now 40 minutes after 3 o'clock. Show this time in as many ways as you can.

A round of golf takes 4 hours and 20 minutes to complete. What might be suitable starting and finishing times? List as many possibilities as you can.

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 closed on Thursday September 8 with children needing to have their Premier's Reading Challenge *Student Reading Record* forms handed into the front office by this date.

Later this year Premier's Reading Challenge medals and certificates will be presented to all children who participated in the challenge as part of our whole school assembly.

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 have been keen to offer this opportunity once again to our parents. As a result, our School Chaplain Michelle Dinning has commenced facilitating the English class for our parents from 9:00am to 10:00am each Thursday morning. 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.

Multicultural Celebration and Dress Up Day

This week we held our annual multicultural day. The day provides the school with an opportunity to celebrate our Multiculturalism. Children have had the opportunity to come to school dressed in their traditional cultural dress as part of the celebration. Children had the opportunity to participate in a range of fun activities on the day.

Catholic Schools Music Festival Choir

20 of our children have been preparing since Term One for the upcoming Catholic Schools Music Festival Choir to be held at the Festival Theatre on Monday September 26. Choir coordinator Janine Meyer has spent many hours working with the choir throughout the year in preparation for the event. The Catholic Schools Music Festival Choir is held during the last week

of Term Three each year. It is a wonderful advertisement for Catholic Education in South Australia. A big thank you to Janine Meyer for all her efforts in preparing our children for this year's event.

Whole School Zoo Excursion

Our whole school excursion to the Adelaide Zoo, planned for February and postponed because of the Omicron Covid 19 strain, will now take place on Wednesday September 28. The day promises to be a great day full of fun learning for our children. If you haven't already done so please ensure your child's completed permission slip is passed onto their classroom teacher.

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.

Principal News Continued

Diary Dates

Term 3 Concludes – 12:30pm Friday September 30.

Term 4 Commences – 8:45am Monday October 17.

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

Working in partnership with you.

Important

We have a new phone number - 8415 1100.

Please change our number in your Contacts.



APRIM News

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 smcullough@stjotto.catholic.edu.au

Chaplain News

English classes on a Thursday morning

9-10am - in the Staffroom.

Please contact Front Office 8415 1100 if you would like to join.

We look forward to welcoming you!

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: ___/___/___

School Calendar					
Terms 3 & 4, 2022					
September		October		November	
9	PUPIL FREE DAY Staff Reflection Day NO OSHC	17	Term 4 starts at 8.45 am	28	School Board Dinner 6.00pm
14	Multicultural Day	31	School Board Meeting 5.30pm		
28	Zoo Excursion Whole School Departs @ 9.00 and Returns @ 3.00				
30	Term 3 finishes at 12.30 pm				

OUR LADY OF THE SACRED HEART COLLEGE

JOIN US FOR A COLLEGE TOUR

Tuesday, 27 September 9:30am & 5:30pm

To register visit: olsh.catholic.edu.au/book-tour

Our Lady of the Sacred Heart College is a vibrant and inclusive community allowing your daughter to discover her full potential. We invite you to our College Tours to see ALL we offer girls from Years 7 – 12. Come and see how your daughter will find her place with us, as we nurture her to thrive as a confident young woman.

ENROL NOW! Finalising places for 2023 & interviewing for 2024.

College Tours

Held monthly on a Tuesday,
9:30am & 5:30pm

Visit: olsh.catholic.edu.au or phone 8269 8800

OLSH
OUR LADY OF THE SACRED HEART COLLEGE

Saturday Basketball Competitions
for all ages and skill levels

Now operating in Adelaide's East & West

Age

U8 Mixed	Mornings
U10 Mixed	Mornings
U12 Boys/Girls	Early Afternoons
U14 Boys/Girls	Mid Afternoons
U16 Boys/Girls	Late Afternoons
U18 Boys/Girls	Late Afternoons

North Eastern Venues

- ARC Campbelltown
- Mars Stadium
- Turrumurra Rec Centre
- Golden Grove Rec Centre
- Cedar College
- Kings Baptist School
- Ingle Farm Rec Centre

Western Venues

- Port Adelaide
- Le Fevre
- St Michael's College

ACBA's clubs are ready to assist you in joining a team

*Individual team entries welcome

Register your interest at
www.adelaidebasketball.com.au
Phone: 08 8165 0398

SCHOOL HOLIDAY FUN

9:15-11:15AM

WEEK ONE

Tuesday 4 October	Learn to Skate
Wednesday 5 October	Nerf Wars
Thursday 6 October	Mighty Adventure Day! 9am-4pm - \$45 - early drop off/ late pick up and lunch order options available

WEEK TWO

Monday 10 October	Choose from 2 activities: Learn to Skate or Parks Theatre Mr Snortbottom (\$12)
Tuesday 11 October	Mighty Adventure Day! 9am-4pm - \$45 - early drop off/ late pick up and lunch order options available
Thursday 13 October	Sports Day! *Near 42 your favorite sports day activities including Tag & Hit, Frisbee Tennis, Activity Station & more!
Friday 14 October	Aqua Inflatables

ages **5-14** | **\$10** per person per session

DON'T FORGET!
BOOK FOR MIGHTY ADVENTURE DAY

TO BOOK: parksrsc.ymca.org.au/schoolholidays

NEW PROGRAM
\$45

MIGHTY ADVENTURE DAY

Drop the kids off for a **full day of fun and fitness** at The Parks. **Thursday 6 & Tuesday 11 October.**

9:00-9:30am	Warm Up Games
9:30-10:30am	Stationed Sports
10:30-10:45am	Recess
10:45-11:30am	Nerf
11:30am-12:30pm	Skating
12:30-1:00PM	LUNCH
1:00-2:00pm	Stadium Games / Fitness
2:00-4:00pm	Pool

Early drop off (8am) & late pick up (5pm)
options: \$10 Lunch orders available.

TO BOOK: parksrsc.ymca.org.au/schoolholidays

circular



TO All Principals of Catholic Schools in South Australia

FROM Trish Jarvis, Executive Officer – Catholic School Parents SA

DATE Tuesday 30 August 2022

RE Parent Engagement Evening - Anxiety and Worry in Children and Teenagers presented by Madhavi Nawana Parker.

118 George Street, Thebarton SA 5031
(PO Box 179, Torrensville Plaza SA 5031)
T (08) 8301 8898
M 08 244 545
cspsa.catholic.edu.au

Dear Principals,

Catholic School Parents SA (CSPSA) is pleased to present the first Parent Engagement Evening and welcomes all parents and carers of children in Catholic schools to attend.

The event *"Anxiety and Worry in Children and Teenagers"* will be presented by Madhavi Nawana Parker and is described as follows:

"All children experience some degree of anxiety and worry. This session will help parents and teachers learn to respond in a way that doesn't further inflame the situation and reduce destructive thinking patterns and improve resilience and wellbeing."

Madhavi Nawana Parker is director of [Positive Minds Australia](#), and an established author, counsellor and speaker. She has provided young people, families and schools with tools to develop resilience, confidence and wellbeing through counselling, professional development and parent workshops.

The session will be facilitated online and in person. The event will be limited to 150 places in person, with the online platform unlimited.

The details of the event are in this [flyer](#) and below:

Date: 20 September 2022 @ 6:30 – 8pm.

Location: St Thomas School and Preschool
10 Ruston Street Goodwood SA

Cost: Free

Registration: Registrations can be made via the [Registration Centre](#).

I would be grateful if you could share the Parent Engagement Evening with your school community. To do so, please share the links either to the [event on Facebook](#) or [flyer](#).

I look forward to connecting with your communities at this upcoming event.

Kind regards

A handwritten signature in black ink, appearing to read 'Trish Jarvis'.

Trish Jarvis
Executive Officer
CSPSA