

Issue 16 23 October 2019

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



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

Principal News

Welcome to Term 4.1 hope you and your family had the opportunity to rest and refresh in preparation for this term. 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.

I'm sure the whole school community will enjoy what promises to be a busy term with a variety of learning experiences and community building events planned.

Curriculum News

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

This week's Mathematical tasks:

Reception to Year 3

Draw a clock and show on it the time you go to bed. What are some things you do each day between 4:00pm and 7:00pm?

Years 4-7

The time is now 35 minutes after 3 0'clock. Show this time in as many ways as you can. A football match takes 2 hours and 25 minutes to complete. What might be suitable starting and finishing times? List as many possibilities as you can. Happy inquiry.

Reading is also a 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.

Staffina News

This term we welcome back Deb Cashel from leave. Deb will resume her role of HASS Specialist Teacher and Teacher Librarian. Our School Chaplain Amanda Razon will be working on Mondays and Tuesdays for the first five week of this term before commencing leave for the remainder of the term. 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 Amanda as a wellbeing support person if the need arises.

Year 5-6 School Camp

Our Year 5 and 6 school camp took place between Monday and Wednesday this week at the Mylor Adventure Campsite. School camps provide children with the opportunity to develop living away from home skills. Camp also provides the opportunity for children to further develop relationships with their peers and teachers in an environment away from school. Jane Smith, Matt Pick, Simon McCullough and Louise Moody attended camp for the full 3 days while I attended on Monday for the day.

Family Fun Night

This term we will once again hold our Family Fun Night. The event will take place in the school grounds on Friday December 6 commencing at 5:30pm. Members of our Parents and Friends will work alongside APRIM Simon McCullough to plan for and prepare the evening. Further details about the event will be distributed to families closer to the time. I encourage you to put this date into your diaries.

<u>Transition Program for Preschool and Reception children in preparation for 2020</u>

This year we have extended our Transition Program for children entering Preschool and Reception in 2020. Children have been invited to attend five transition visits on <u>Tuesday October 29</u>, <u>November 5</u>, <u>November 12</u>, <u>November 19</u> and <u>November 26</u> <u>between 9.00am and 12.00pm</u>. While children are visiting on Tuesday November 5, parents have been asked to attend a Parent Information Session (9am-10:30am: Reception Parents, 11am-12pm: Preschool Parents) that will provide important information to assist with a smooth transition to St Joseph's School. In addition, on the morning of Tuesday November 5, Linda Barclay (Speech Therapist) will visit our new Preschool children to assess their oral language and discuss language support options with parents. This session is compulsory for parents and children to attend. The thinking behind the extended transition is to ensure all children entering Preschool and Reception in 2020 feel comfortable, happy and familiar with their surroundings leading up to the start of the 2020 school year. The transition visits also provide staff with the opportunity to get to know each child and begin putting in place support programs in preparation for the 2020 school year.

2019 Bookfair

As Deb Cashel was on leave during Term 3, our 2019 Book Week Fair along with our Premier's Reading Challenge presentation was postponed until Term 4 and will now take place between Thursday November 14 and Thursday November 21. Deb Cashel will provide the school community with further details closer to the time.

Pupil Free Day Friday November 15

Friday November 15 will be a Pupil Free Day. On this day all staff will be involved in Professional Learning focusing on developing a Shared Vision for Learning reflective of the Living Learning Leading Framework which was launched by Catholic Education SA in January this year. In addition staff will develop an Action Plan around Ecological Conversion in line with our sustainability focus across the school. What is developed on this day will become a key driver of teaching and learning across the school in 2020 and beyond. I will facilitate the day. OSHC will be available for families who require the service on this day. Bookings are essential so please see Mieke if you need to make a booking.

Year 6 Graduation

On Wednesday December 11 our Year 6 children will celebrate the completion of their primary years schooling with our Year 6 Graduation Liturgy which will take place in the school hall at 5:30pm. Following the Graduation Liturgy the children and their families are invited to join the Year 6 Graduation Dinner. Further details surrounding the evening will be provided to families closer to the time. I encourage you to put this date into your digries.

School Master Plan

I received an email from the CEO finance team on September 10 to inform me that we were unsuccessful this year in our capital grant application which would have enabled us to commence Stage 1 of our Master Plan building program. Early next year our Finance Officer Rosalie Fergus and I will put together an application for the 2020 round of grants. In the meantime Rosalie and I have commenced exploring the option of recarpeting the administration building. Rosalie and I are also exploring the financial implications of bringing forward the Nature Play and Sustainability Garden component of our school Master Plan. I have applied for a \$20000 grant through the Local Schools Community Fund (an Australian Government initiative to support schools with small scale projects) to use towards the cost of developing this part of our school Master Plan.

Principal News Continued

What is Resilience?

Resilience enables people to shift back along the mental health continuum towards good mental health. It's not static but is something that can change over time due to experiences and circumstance.

Resilience is particularly important for children and young people. A child or young person's ability to be resilient can depend upon many things, particularly their relative balance of risk and protective factors. Depending upon their situation, a child or young person's resilience may vary. Importantly, specific situations or events that one child or young person may find challenging, another may not.

The transition from being a child to an adolescent to a young adult occurs over a relatively short period of time. Rapid changes in physical, psychological and social development can present numerous challenges. Children and young people who are more resilient are better able to stay on track with the biological, psychological and social demands of growing up and moving through early childhood into adolescence and beyond.

Being resilient is associated with better academic performance and school behaviour and, over the longer term, fewer mental health issues and greater life opportunities (including employment and relationships). Individual resilience (as well as family and community resilience) is something that can be fostered and developed over time.

For further information visit Be You (formerly Beyond Blue) https://beyou.edu.au/fact-sheets/development/brain-development

Extended OSHC Opening Hours Trial

Due to demand from within the school community we have decided to trial an extension to our OSHC opening hours each morning. Throughout Term 4 OSHC will open between 6.30 am and 8.30 am each morning before school to accommodate families who start work early. If we find as a school community that the need remains we will continue to open the service earlier on a permanent basis.

I hope you have a positive end to the working week and an enjoyable weekend. Working in partnership with you in the best interest of all our children.

Shaun O'Leary.

Pupil Free Day - Friday 15 November
OSHC is available so please see Mieke to book.

APRIM News

Confirmation

The celebration for the Sacrament of Confirmation will be held on Saturday 9 November in St Maxamillan Kolbe Church at 9.00 am. (Please note the change of time) First Communion will be celebrated later in November on a date yet to be confirmed.

Christmas Raffle

Another group of our wonderful parents have organised the Christmas Raffle. Thanks Allison and Jane! This will be drawn at the St Joseph's on the Green celebration, Friday 6 December. We are looking now for prize donations, these can be taken to the office or classrooms. Thanks so much for your generosity.





Vinnie's Christmas Appeal – we are now collecting goods to place in Christmas Hampers to support the work of St Vincent De Paul. Bernie and Esther from the Parish always tell us that the goods collected make a great difference to the families they try to support. Please send any donations to you child's classroom. There is a donation basket there. Thanks for your wonderful and generous support.

All Saints Mass - please join us if you can to celebrate a Mass for All Saints in the Church on Friday 1 November at 10.00 am.

Library News

Welcome back to Term 4. Could you please help me by searching for library books and readers that may be hiding at home? I will be sending home Overdue Notices each Tuesday. If you cannot find them, please return the notice with that message so we can search more thoroughly at school.

THERE WILL BE NO BORROWING FROM WEEK 7 ONWARDS.

We are having a BOOK FAIR this term, instead of a Book Club.

The BOOK FAIR will run from Thursday 14/11 until after school Wednesday 20/11.



I encourage you to come in for a browse, **Before School**, **After School** & it will also be open **Lunch Times**.

Thank you for your support Deb Cashel

School Photos - Tuesday 12 November

ONLINE ORDER CODE: 4BT WW1 V2Q

Online Order link: https://www.advancedimage.com.au/keycode/keycodefinder.aspx?keycode=4BTWW1V2Q

School photography day is coming up very soon. Group and portrait photographs can be purchased by following the link above or by using the envelope. Important Information:

- Cash purchases must have the correct money
- School photos purchased online DO NOT require envelopes returned to school*
- Don't forget to order your sibling photos now
- Late fees/additional charges will be applied for purchases after photo day
- Photos will be returned to your school for distribution approximately six weeks after photos are taken
- Past years' photographs including sports, co-curricular and representative groups available at school's advancedlife & your advancedyou photo sites

*Sibling photographs must be ordered either online by 11/11/19 or by order envelope prior to the day of photography. A photograph will not be taken without an order. Sibling photographs only apply to children enrolled at the school.

Notice Board







Free home-based assessment and treatment for 7 to 12 year old children with fear and anxiety disorders.

Does your child become very afraid of certain situations or objects, worry about a lot of things, get very distressed, or try to avoid things they fear?

About the study

Our team at Griffith University may be able to assist you. We are conducting a nationwide study that includes the following services at no cost to families:

- A thorough assessment of your child's anxiety with a trained psychologist via the telephone;
- Your child receiving one of two kinds of home based treatments delivered on a PC, laptop or tablet; and
- Two follow-up telephone assessments with a trained psychologist 6- and 12-months after treatment to track your child's progress.

The study aims to find out if these two treatments are as effective as each other, and which children have the best response to each kind of treatment. This will mean that there are more evidence-based treatments available for helping anxious children.

About the treatments

Each treatment involves your child completing treatment sessions at home on a PC, laptop or tablet.

ach treatment involves your child learning practical rategies to better manage anxiety.

- One treatment helps children learn to control the focus of their attention on helpful things around the
- The other treatment helps children learn to think differently and approach things they fear.

Each treatment includes information, telephone or email support for parents in assisting their child to better manage anxiety.

Prior studies have shown that children who complete each treatment experience significant reductions

Contact us

This study is being funded by the National Health and Medical Research Council and is led by Professor Allison Waters and a team of experts in childhood anxiety disorders.

(07) 3735 3351

cadrp@griffith.edu.au

@ griffith.edu.au/childhood-anxiety-treatment-study











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