



Issue 18 19 November 2020

St Joseph's School

10 Ina Avenue, Ottoway S A 5013
Telephone: (08) 8447 4969
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

Making Space for Learning Project 2020



Mrs Doyle's 2/3 Class have tried these Strategies used in the 2/3 classroom to create a calm learning environment so that all children can be the best learner they can be.

1. Class routine – consistent/ same everyday
2. Morning – Prayer
3. Read to self (this 10-15mins gives the teacher time to chat with late comers, do roll, begin to listen to readers.)
4. After recess – Meditation – Look at your fingertips
5. After lunch – Relaxation / Meditation to music or a meditation story played to the class



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

Being a part of a Catholic school community here at St Joseph's provides us with a real sense of meaning in our lives as we are called by Jesus to share our gifts and talents as we work towards creating a better world for all people to live.

Meaning and purpose in life refers to how we construct and live our lives and greatly influences our choice of activities and goals, and how fulfilled we feel. Identification and commitment to goals in line with a person's values provides fulfilment and helps people to grow. Understanding what gives us purpose has physical and psychological benefits. Helping others is beneficial because it fulfils the basic human needs of autonomy, competence and relatedness. People who identify a source of meaning and purpose in their lives report:

- greater overall happiness and life satisfaction
- higher levels of physical and emotional health
- higher levels of resilience
- a greater sense of control over their lives.

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

You did a survey to find out who was happy and who was sad. What pictures could you use to represent these feelings?

Some students did a survey and they recorded their results like this:

Red	12
Yellow	7

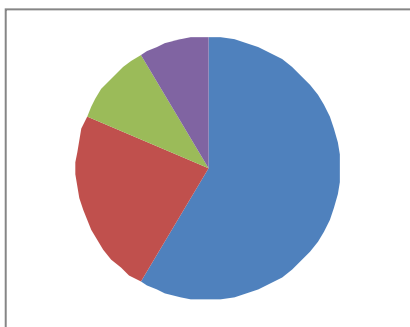
What might their survey have been about? Give more than one possibility.

What might the graph they drew look like? Be creative.

Years 4-6

The average of three numbers is 8.2. One of the numbers is 12.4. What might the other numbers be?

What might this graph be of?



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.

Canteen News

Canteen manager Rebecca has been busy meeting with suppliers to source healthier food options as part of the process of developing our new look healthier canteen menu in preparation for its launch in Term 1, 2021. As healthy food options are often more labour intensive, commencing in 2021 both Rebecca Allen and Bronwyn will work in the canteen on Thursdays. Rebecca will also work in the canteen on Monday, Wednesday and Friday. As a result of our canteen menu changes we are seeking volunteers to support Rebecca between 9am and 11am on Mondays, Wednesdays and Fridays commencing in 2021. If you are interested please come and see either Rebecca, APRIM Simon McCullough or myself.

In other news, the canteen will be closed on Tuesdays commencing in 2021 as Rebecca will work in the front office on this day. Ready-made cheese toasties will be easily accessible on Tuesdays for children who for whatever reason come to school without lunch.

Nude Food Day

Our Nude Food Wednesday trial throughout Term 3 proved to be a success in helping children become more aware of food packaging waste while at the same time reducing the amount of packaging waste in the school yard. This initiative is in line with our school action plan around ecological conversion and sustainability and is supported by our school Student Sustainability Council. The school canteen has also been on board, limiting the amount of food packaging where possible on these days. Our Student Sustainability Representative Council have recommended two Nude Food Days each week moving forward, those days being Tuesday and Wednesday. As a result Nude Food Tuesday and Wednesday will continue indefinitely.

Transition Program for Preschool and Reception children in Preparation for 2021

This year our Transition Program for children entering Preschool and Reception in 2021 will be run over three consecutive Tuesday mornings; November 17, 24 and December 1.

While children are visiting on Tuesday November 17, parents have been invited to attend a Parent Information Session that will provide important information to assist with a smooth transition to St Joseph's School.

The aim of our transition visits is to ensure all children entering Preschool and Reception in 2021 feel comfortable, happy and familiar with their surroundings leading up to the start of the 2021 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 2021 school year.

Year 6 Graduation

On Wednesday December 9 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 6:00pm. Following the Graduation Liturgy the children will travel by bus to and from the Watermark Hotel, Glenelg to celebrate their Year 6 Graduation Dinner together. (This is dependent on Covid 19 restrictions in place at the time). Further details surrounding the evening will be provided to families closer to the time.

Physical Education Week: Term 4 Week 5

Last Thursday (November 12) as part of Physical Education Week (Term 4 week 5) our School Sports Day House Captains were involved in facilitating our Tri-skills activity day. Tri-skills lead the day here at school with our Sports Day House Captains involved in a supporting role. Our children had lots of fun on the day engaged in a range of physical activities and challenges. Our Sport Day House Captains did a great job supporting the school community on the day.

What are the Benefits Mindfulness?

The modern world is full of distraction and disconnection for children and young people through the overuse and misuse of technology and social media. Mindfulness, on the other hand, naturally translates to supporting children and young people's wellbeing and increasing connection. Parents, carers and educators can positively influence wellbeing and learning by understanding, modelling and embedding mindfulness

principles.

Gently redirecting children and young people to the present moment and self-awareness benefits them by:

- improving resilience (building skills to cope better with stress)
- increasing their ability to self-regulate emotions through breathing and other grounding techniques, especially difficult emotions such as fear and anger
- improving empathy (their ability to understand how another person is feeling, which helps them to build positive relationships) and prosocial behaviours

supporting learning and academic performance, including reducing exam anxiety.

By practising mindfulness, you can support your own wellbeing and that of those around you.

To learn more about mindfulness visit **Be You** (formerly Beyond Blue)

<https://beyou.edu.au/fact-sheets>

Safety Message

Students and families are reminded to be wary of approaches from strangers, especially when they are unaccompanied or travelling to and from school. If they are approached, students should not respond and should not accept offers of rides or gifts. Students should seek the assistance of other nearby adults if they feel unsafe and should report the event to a trusted adult (parent or school staff member) as soon as possible. SAPOL advises that taking out a mobile phone and calling police can deter the offender and they recommend the student making a formal report to their closest police station.

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.

I hope you have a positive end to the working week and an enjoyable weekend.

Working in partnership with you.

Shaun O'Leary.

School Calendar				
Term 4 2020				
November			December	
23	School Board Meeting		1	2021 Preschool & Reception Transition Visit
24	2021 Preschool & Reception Transition Visit		2	Preschool & Year 6 Whole School Graduation Assembly
			9	6pm Year 6 Graduation Liturgy Followed by Year 6 Graduation Dinner
			11	12:30pm Term 4 Concludes
			January 2021	
			27	8:45am Term 1 Commences

Vinnies

Throughout this year Rebecca has made a pasta sauce each fortnight and we have delivered this to Vinnie's Fred's Van. Teresa from Fred's Van has told us that this helps them feed people in Gawler Place every Saturday night. In her last email Teresa noted the impact of this and I have shared with you her comments below;

"the pasta sauce has been an absolute life saver. We utilise this on Saturdays and also Mondays. We are feeding more people now as numbers are creeping up. We honestly cannot thank you enough." Teresa Branch Vinnies

After asking Teresa how else we can help the Vinnie's this Christmas she has suggested the following:

Can our community provide some of the following;

1. Crackers/bon bons – approx. 50
2. A hand-written small Christmas card/message to put on each place setting wishing the person a happy and peaceful Christmas – I was thinking of the children for this one.
3. Christmas related food – lollies, mince pies etc we could use in the Christmas meal.

There will be a basket in the office that you can donate any of these items to and they will be passed on to the Vinnie's this Christmas.

Thanks for your terrific support.

Parents and Friends

Tea and Coffee is available each Thursday morning in the yard on the barrels. We would love for you to drop by and say hello. Michelle Dinning and I will be there most weeks along with Shaun and other staff. Hope to see you then.

CC afternoon each Wednesday from 2pm in the Tenison Woods Hall

CC is cuppa and chat and is organised by Barbara Gutte, Tanya and myself.

Come and enjoy an hour of downtime with other parents and grandparents. Relax, slowdown, enjoy a cuppa, chat and play with some paper and pens, if you feel the need to do so. Or just sit and listen to others as they chat.

The perfect break before the later end of the day commences. This is your time where you can do what you want.

From 2 to 3pm, usually held in the hall, all are most welcome.

Looking forward to seeing you at the next CC Timeout.

Community Prayer

We all continue to meet each Friday morning at 8:45 for Community Prayer. You are invited to join with us when you can. If the weather is good, it will be held out in the courtyard.



2021 Sacramental Program.

So far this term we have had three children join our 2021 Sacrament Program group. Catholic children from Year 3 to Year 6 can nominate to be prepared for the Sacraments of Reconciliation, First Eucharist and Confirmation. We have no dates available for these celebrations, but families will be advised of these as they come to hand from the parish. Please complete the form below to register your child's interest.

Reply Slip

To: Simon McCullough

I would like my child to join in the 2021 Sacramental Program.

My child's name.....

My child's class teacher.....

My parish is.....

Please tick any sacraments that your child has completed:

Baptism/Initiation (your child must be baptized in order to be part of the program)

Reconciliation

First Eucharist

Communion

Signed

Date.....



Get active these holidays

with one of our fun fitness programs...

<http://www.missfitmovement.com/>

COVE MARION WFC

PLAYERS WANTED!

COVE MARION ARE
AFTER PLAYERS FOR
THEIR 2021 TEAMS.

WE ARE A PROGRESSIVE
CLUB THAT FOCUSES
ON DEVELOPMENT AND
ENJOYMENT. THE CLUB
HAS FIELDED GIRLS
TEAMS FOR FIVE YEARS
AND SEEN A STEADY
INCREASE OF PLAYER
NUMBERS EACH YEAR.



2021 TEAMS

MINIROOS (UNDER 7
TO UNDER 11)
UNDER 13
UNDER 15
UNDER 17
SENIOR GIRLS

PLAYERS OF ANY
EXPERIENCE ARE
WELCOME TO
ENQUIRE!

FOR FURTHER
INFORMATION:
CONTACT LEIGH ON
0412591478 OR
LEIGHMAT700@HOTMAIL.COM

CLUB MARION
262 STURT ROAD,
MARION



With the weather getting Warmer Please make sure that your Child has A bottle of Water in their Bag as we do not have drinking taps at the moment due to covid.

CC Timeout - Cuppa and chat

Come and enjoy an hour of downtime with other like minded folks.

Relax, slowdown, enjoy a cuppa, chat and play with some paper and pens,
if you feel the need to do so.

Or just sit and listen to others as they chat.

The perfect break before the later end of the day commences.

This is your time where you can do what you want.

Wednesday 2.00 pm to 3.00 pm
Tenison Woods Centre

All are most welcome

Looking forward to seeing you at the next CC Timeout.



Catholic Schools Music Festival

catholic
education
south australia



Hear Us:

www.musicfestival.cesa.catholic.edu.au

2020 CATHOLIC SCHOOLS MUSIC FESTIVAL

USERNAME - 2020Festival

Password - 2020Festival

HEAR US!

We'd love you to be part of this year's CSMF by viewing our concerts!

The Arts have an important role to play in the education of young people. The Catholic Schools Music Festival is the premier Arts event in the SA Catholic Education calendar. It is a joyous annual celebration involving the full range of schools and colleges in the Catholic education system.

HOW DID THE FESTIVAL HAPPEN THIS YEAR?

- During September, approximately 1,600 primary and secondary students from 82 schools attended a schedule of film recording sessions.
- A series of **four one-hour concerts** have been created and will be streamed to schools and families during Term 4.
- The four distinct 290-voice massed choirs were formed by Year 5-7 students from 67 Catholic schools. These students were filmed at a series of recording sessions at Sacred Heart College in Somerton Park.
- 24 Support Acts from 15 schools were filmed at St Michael's College in Henley Beach. These Acts comprise solo and duo artists, instrumental groups and vocal ensembles, and they can be heard across the four concerts interspersed between the choir brackets.

HOW CAN I WATCH THIS?

- You might like to grab some popcorn & watch a concert (or 2!) together at home with friends & family.
- You may like to organise a special event for your school community.

Help us to spread the word. We want more of your school community to Hear Us!

WHEN CAN WE TUNE IN?

- The four distinct concert videos will be made available to stream from the CSMF website.
- Concerts will be ready as follows:
 - Concert One – from midday Monday 9th November
 - Concert Two – from midday Tuesday 10th November
 - Concert Three – from midday Wednesday 11th November
 - Concert Four – from midday Thursday 12th November
- All videos will be available to view for one month.
- Due to copyright law, the videos can only be accessed through a password protected page.
- Your music teacher will distribute login details to all participating families and the school community.

CAN I SHARE THIS VIDEO PUBLICLY?

- No. Unfortunately the copyright licence does not extend to visitors outside our school communities.

HOW DO I FIND OUT WHICH SCHOOLS ARE IN WHICH CONCERT?

- After logging in, you'll find a list of participating schools for each concert video.
- A programme for each concert appears alongside the video links.

CAN I HAVE A SOUVENIR COPY OF THE CONCERT VIDEOS OR PROGRAMME?

- VIDEO – No, unfortunately the copyright licence precludes us from downloading or making copies.
- PROGRAMME – Yes! The programme is downloadable from the CSMF website.

TROUBLE WITH THE LINK?

- We suggest if you're planning an event, that you practice accessing the links on site.
- Contact the Music Festival on 8301 6813 from 9am-4pm if assistance is required.

<https://www.musicfestival.cesa.catholic.edu.au/news>