



Issue 18 18 November 2022

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

GYMNASTICS

Through the Sporting Schools Program we have been having weekly Gymnastics sessions this term. The program is run by TriSkills and organised by our Sports Coordinator Mr. McCarthy. Lessons promote fundamental movement proficiencies to perform a variety of safe landings, balances, rotations, jumps, swings and creative sequences with others.



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

The Human Brain and its Ability to Change

"Sow a thought and you reap an action; sow an act and you reap a habit; sow a habit and you reap a character; sow a character and you reap a destiny."

Ralph Waldo Emerson

Did you know that the human brain changes throughout our lives and that our experiences play a significant role in the changes which take place? Our brains are constantly looking for ways to save energy. The part of the brain known as the basal ganglia is responsible for recalling patterns and acting on them, assisting the brain to conserve energy in the process. But what happens if the patterns we find ourselves in are not particularly helpful or productive. The good news is we can re-train our brains with new, more productive patterns, but it takes time and energy and requires self-control. Self-control can strengthen our character and resolve. People high in self-control set up life with good habits and don't have to waste as much energy on effort and resistance. They achieve higher academic and work performance and have less incidents of mental health, impulse and behaviour problems. To form new habits people need to set clear goals, start small, monitor progress and build from there.

"Willpower is about being able to hold opposites. So... I can feel the craving, and at the very same time, I just make my awareness big enough to hold my commitment to make a different choice."

Kelly McGonigal, 2014

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	9
Yellow	6

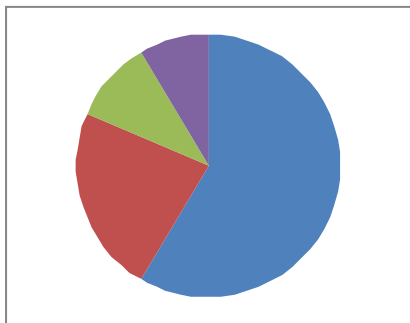
What might their survey have been about? Give more than one possibility.

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

Years 4-6

The average of three numbers is 7.6. One of the numbers is 11.2. 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.

Transition Program for Preschool and Reception children in Preparation for 2022

This year our Transition Program for children entering Preschool and Reception in 2022 is currently being run over three consecutive Tuesday mornings; November 16, 23 and 30.

While children were visiting on Tuesday November 16, parents were invited to attend a Parent Information Session that provided 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 2022 feel comfortable, happy and familiar with their surroundings leading up to the start of the 2022 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 2022 school year.

Year 6 Graduation

On Tuesday December 7 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. Further details surrounding the evening will be provided to families closer to the time.

Wednesday December 8 will be the last day of the school year for our Year 6 children. All children across the school will receive their end of year school report on this day.

Canteen News

The canteen will return to being open 5 days per week in 2022 with Rebecca Allen returning to the role of fulltime canteen manager. Rebecca has done a wonderful job supporting our front office staff on Tuesdays this year. In 2022 Finance Officer Anne Turtle will take on the work Rebecca has been undertaking on Tuesdays.

The Benefits of having Meaning and Purpose in life

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.

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

Kiss and Drop Zone

A reminder that the school *Kiss and Drop Zone* along Rosewater Terrace is not a place to park your car if you need to enter the school grounds as this holds up all incoming and outgoing traffic. It also leads to children exiting their cars on Rosewater Terrace and having to manoeuvre between traffic, raising safety concerns.

If you need to come into the school grounds parking is available along Rosewater Terrace and on Ina Avenue. Thank you in anticipation of your support with this important safety matter.

SkoolBag App

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

APRIM News

Sacramental Program

As we continue our preparation with the children in school we look forward to celebrating the Sacrament of First Eucharist. The details are:

Celebrant: Fr Marek Ptak

When: Sunday 28th November at the 8:30am Parish Mass

Location: St Maximilian Kolbe Church, Ottoway

Mass

Some classes will be attending the Immaculate Conception Mass on Wednesday 8th December at 10am in the Church. You are always welcome to join us there. Masks must be worn and please check in at the door.

Whole School Zoo excursion in 2022

We have a whole school excursion booked on Friday 11th February 2022. This is in place of the swimming excursion. If you would like to volunteer to help in your child's class on the day there is a volunteer process we need to complete together. Please let me know if you are interested in being a Zoo volunteer or a volunteer in the school by phone, in person or by emailing me – smccullough@stjotto.catholic.edu.au

Thanks for your great support.



Chaplain News



Supporting Children Through Change and Uncertainty – free online seminar for Parents and Carers

The last few years have brought many changes and losses for children, young people, and families all around Australia. There are so many questions about the impacts of the pandemic, natural disasters, and life changes such as bereavement, family separation and relocation - and how we can best support the children and young people in our lives.

Seasons for Growth, through The MacKillop Institute, are offering a free online seminar for parents and carers Tuesday 16 November 2021 7-8pm (UTC+11) and will address how to support children and young people in sharing their experiences of change and loss in safe and creative ways, understand and attend to their feelings, and learn skills for adapting and recovering.

Registration for this seminar can be made via this link:

[Supporting Children Through Change & Uncertainty - General Tickets | TryBooking Australia](#)

Parents and Friends News

Responding to Risks of Harm Abuse and Neglect—Education and Care (RRHAN-EC) course

All volunteers now need to attend a training session with Simon McCullough before the end of the year if you would like to continue as a volunteer in 2022.

Please attend a session on:

Monday 22nd November at 3.30 pm or

Monday 29th November at 5.30 pm

The training will be completed in about 45 minutes to an hour. You will need to book in for a session to be able to begin or to continue as a volunteer in 2022. Alternatively, you can acquire this training online and provide us with a certificate.

Details to access online training can be found on the Parent Information hub in the Office.

Catholic Schools Music Festival

On Wednesday 22nd September, 15 members of our school choir performed at the **Adelaide Entertainment Centre**. They had the uplifting experience of singing with other choirs from South Australian Catholic schools and being part of an amazing evening of musical entertainment.

Over the past 3 terms, these students have worked hard to learn the words and choreography to 10 songs (including a 15 minute medley!) They sang beautifully and represented St Joseph's proudly.



Members of the 2021 St Joseph's School Music Festival Choir were...

Aiden ✳ Alex ✳ Amber ✳ Athan ✳ Ava
Daksh ✳ Damian ✳ Jaylea ✳ Joel
Jordan ✳ Maddison ✳ Minh-Thu ✳ Nicholas
Rebecca ✳ Serena ✳ Sony ✳ Thuan

Library News

Australian Pollinator Week acknowledges our important and unique insect pollinators during our Spring in November. It is a designated week when community, business and organisations can come together to raise awareness of the importance of pollinators and support their needs.



Which insects are pollinators?

Species of bees, beetles, flies, wasps, thrips, butterflies and moths are all successful pollinators.



Christmas School Holidays
Monday 13 December 2021 - Friday 28 January 2022
11:30am - 1pm

Homefresh kids fun cooking classes will entertain (and feed) your children every school holidays giving you a well-earned break.

For just \$27 your child can enjoy one and a half hours of fun, learning to shop and cook with our talented Homefresh chefs.

Your child will dress in their Homefresh chefs uniforms, shop for ingredients, then prepare and cook healthy food from scratch and devour the result, all while you have a coffee or shop the local area in peace.

Shop 61B, The Golden Grove Village Shopping Centre, Golden Way,
 Golden Grove SA 5125
 Shop 47, Port Plaza, 200-220 Commercial Road Port Adelaide SA 5015

Bookings essential:

<https://www.homefreshcooking.com.au/school-holiday-fun/>

Did you know that bees pollinate two-thirds of our food production? Most fruits and vegetables, nuts and seeds, and livestock feed rely on the existence of bees.



Students are given the opportunity to explore Australian native bees. They will begin by looking at pictures of native bees and finding out why native bees are so important.



MOUNT CARMEL COLLEGE

Rosewater

Next Tour: Tuesday 23 November - 4pm

BOOK A COLLEGE TOUR

Visit: www.mcc.catholic.edu.au or
 phone **8447 0500**

*A Catholic co-educational
 Years 7-12 College in the Josephite tradition*

School Calendar

Term 4 2021

November		December	
23	Transition Preschool and Reception	7	Year 6 graduation
30	Transition Preschool and Reception	8	Student reports sent Home / Year 6 Last day
		10	Term 4 Concludes 12:30pm