



Issue 18 19 November 2019

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: smax@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

Nature Play Day — Did you play outside today?



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

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

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

Write down everything you know about the number 11.

I have written a secret number between 60 and 80. It is an even number. What might it be?

Years 4-7

Three consecutive odd numbers add to give a number between 120 and 140. What might the numbers be?

I am thinking of a number. If I divide the number by 3 there is a remainder of 1. If I divide the number by 4 there is a remainder of 1. What might my number be?

Happy inquiry.

Below is part of an article that has been published in the Sydney Morning Herald focusing on the benefits of reading to children.

Melbourne researchers have proven what parents have intuitively known all along - the more often you read to your children from an early age, the greater the positive effect on their reading and thinking skills.

The Melbourne Institute of Applied Economic and Social Research has not only proven a causal effect between the frequency of reading to a child and his or her development, but have also for the first time measured the benefits.

Children four to five years old who are read to three to five times a week have the same reading ability as children six months older (who are read to only twice or less a week).

Reading to children six to seven days a week puts them almost a year ahead of those who are not being read to. It was also found that reading to small children has a positive effect on the development of numeracy skills.

"It does appear to be the case that children who are read to more often keep doing better as they age than other children," said Professor Guyonne Kalb, director of the institute's Labour Economics and Social Policy Program, and co-author of the study.

The research - which was funded by the Department of Education and Early Childhood Development - found the positive outcomes occurred in children regardless of parental income, education level or cultural background.

"We wanted to try and determine whether reading itself is leading to better outcomes, or do parents who read to their children have other things going on," Professor Kalb said.

"We worked with children representing a whole range of families, from all different backgrounds and economic circumstances. We found it doesn't matter if a child is from a poor or rich family, or if the parents are highly educated or not, doing this basic thing of reading to them leads to better developmental outcomes."

The longitudinal study followed the reading skills of more than 4000 children, aged four to five years in 2004, through to age 10 to 11. Victorian Minister for Children and Early Childhood Development Wendy Lovell said the research was "an exciting step forward" in understanding the importance of reading to young children.

Happy reading.

Parish Visitation

Last week Father Philip Marshall and his team representing the Archbishop's office visited our school and St Maximilian Kolbe Parish. The visit commenced with the celebration of the Sacrament of Confirmation on Saturday November 9 where 13 children from our school and parish received the Sacrament.

The visitation continued on Tuesday November 12 with a whole school mass, a school tour and a meeting with the St Maximilian Kolbe Parish Pastoral Council, which APRIM Simon McCullough and I are members of.

The week long visitation concluded on Sunday November 17 with Father Philip Marshall celebrating parish mass at 11am in St Maximilian Kolbe Church.

Sacramental Program

A big thank you to APRIM Simon McCullough for all the work he has put into preparing our children to celebrate the Sacraments of Initiation (Reconciliation, Confirmation and First Communion) over the past 12 months. With Reconciliation and Confirmation complete, and the Parish Visitation over, Father Marek has announced that First Communion will take place on Sunday December 1 at the 8:30am parish mass.

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 5:30 pm. Members of our Parents and Friends have been working 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.

Transition Program for Preschool and Reception children in preparation for 2020

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 **Tuesday October 29, November 5, November 12, November 19 and November 26 between 9.00am and 12.00pm.**

While children visited on Tuesday November 5, parents had the opportunity to attend a Parent Information Session (9am-10:30am: Reception Parents, 11.00 am-12.00 pm: Preschool Parents) that provided important information to assist with a smooth transition to St Joseph's School.

Principal News Continued

In addition, on Tuesday November 5, Linda Barclay (Speech Therapist) visited our new Preschool children to assess their oral language and discuss language support options with parents.

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 this term. Our Book Week Fair was held between Thursday November 14 and Thursday November 21 while our Premier's Reading Challenge presentation assembly was held on Tuesday November 19. I would like to thank Deb Cashel for the effort she has put into organising these school events.

Pupil Free Day Friday November 15

During our recent Pupil Free Day on Friday November 15, staff were involved in 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 developed an *Action Plan around Ecological Conversion* in line with our sustainability focus across the school. What was developed on this day will now become a key driver of teaching and learning across the school in 2020 and beyond. Staff are to be commended for their engagement in the process of developing these 2 important documents throughout the day.

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 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.

The Importance of Play

To coincide with our recent Pre-school to Year 4 Nature Play Incursion and Year 5-6 Camp along with the expansion of our Preschool Nature Play Area, I have included a focus on the importance of play in children's development as part of my past two newsletters articles. As children grow, the way they play will change. Examples of play for children of different ages is below:

Babies (birth to around 18 months)

With babies parents might try:

- music, songs, gentle tapping on their baby's tummy while you sing, bells or containers filled with different objects – these activities can help develop hearing and movement
- objects of different sizes, colours and shapes to encourage a child to reach and grasp
- sturdy furniture, balls, toys or boxes to get a child crawling, standing and walking
- play with movement (for example, holding a baby while singing, swaying or gently dancing)
- play with words, such as in simple rhymes, animal noises, books, blowing raspberries and playing peek-a-boo.

Toddlers (around 18 months to three years)

A toddler might enjoy:

- big and light things like cardboard boxes, buckets or blow-up balls to encourage them to run, build, push or drag
- chalk, rope, music or containers can encourage jumping, kicking, stomping, stepping and running
- hills, tunnels or nooks that encourage physical activities like crawling and exploring, experimenting with different sounds and rhythms (try singing, dancing and clapping along to music with your child).

Preschool children (around three to five years)

Ideas to get pre-schooler's mind and body going:

- Old milk containers, wooden spoons, empty pot plant containers, sticks, scrunched-up paper, plastic buckets, saucepans and old clothes are great for imaginative, unstructured play.
- Simple jigsaw puzzles and matching games like animal dominoes help improve children's memory and concentration.
- Playdough and clay help children develop fine motor skills.
- Favourite music or pots and pans are great for a dance concert or to make up music.
- Balls and frisbees can encourage kicking, throwing or rolling. When encouraging children to kick or throw, try to get them to use one side of their body, then the other.

School-age children

School-age children can have fun with the following objects and activities:

- Furniture, linen, washing baskets, tents and boxes are great for building.
- Home-made obstacle courses can get children moving in different ways, directions and speeds.
- Rhymes or games like "I spy with my little eye, something that begins with..." are great for word play and help develop literacy skills.
- Simple cooking or food preparation like measuring, stirring and serving food is great for developing numeracy and everyday skills.
- Children's own imagination – with imagination, children can turn themselves into a favourite superhero or story character. If your child is interested, you could think about getting them into some sports or team activities for school-age children. Other possibilities include after-school or holiday art and craft activities.

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

Semaphore Street Fair

This Sunday (November 24) our school band will perform at the Semaphore Street Fair. This is a great opportunity for our school band to perform to a live audience and compliments the band's involvement in the *Battle of the Bands Competition* earlier in the year. The Semaphore Street Fair is also a great opportunity to promote our school, showcasing what we have to offer to the surrounding community. A big thank you to school band coordinator Duncan Kilburn for preparing the band for the day. It would be great to see you there.

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 has been opening between 6:30am and 8:30am 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.

Working in partnership with you in the best interest of all our children.

Shaun O'Leary.



Confirmation

The celebration for the Sacrament of Confirmation was held on Saturday 9th November in St Maximilian Kolbe Church. Congratulations to Lucas, Gian, Aliza, Mia, Favian, Xanthus, Gion, Harry, Bella, Gillean and Grent.

First Eucharist

The Sacrament of First Eucharist will be held at the St Maximilian Kolbe Parish Mass, 8.30 am on Sunday 1 December.

Peace and Harmony

Our wonderful school band, Peace and Harmony will perform at the Semaphore Street Fair next Sunday 24 November at around 12.30 pm. We would love to see you there.

The Christmas Raffle will be drawn at the St Joseph's Family Fun Night 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 your child's classroom. There is a donation basket there. Thanks for your wonderful and generous support.

Next Mass – please join us if you can to celebrate our end of year Mass on Monday 9th December in the Church at 10am.

Journey to Emmaus Student Leadership Program

Our Year 6 students will travel to St Patrick's School at Mansfield Park to share in the final Journey to Emmaus Student Leadership day for 2019. We will be preparing Christmas items for St Vincent De Paul and sharing a lunch and liturgy.

Library News

We celebrated Remembrance Day on the 11 November. We read "In Flanders Fields", a poem by John McRae. All the students completed some Peace Poems, to be made into a book. Here are some of them!



Lest we Forget Remembrance Day

Jennifer, Year 1

Be peaceful
Be nice
It's time to smile
Relax

Orlando, Reception

Playing
Be friends
Happy
Please
Quiet

Jannel, Year 2/3

Peace is care
Peace is love
Peace is no fights
Peace is nice
Peace is loving
Please be caring

Tommy, Year 3/4

Protect one another
Enough of wars
ANZAC Day
Care for one another
Enemies are not nice

Thuy-An, Year 4/5

Every poppy counts
as countries have ended
War we must care for them

Chris, Year 6

For a land of peace
For a land where everyone
can live in harmony
For a world where distant
laughs are heard, instead of
distant cries
For a land of smiles
and laughter
Instead of frowns and cries

The deep thinking, respectful writing and heart-felt words are truly warming to read. The students at St Joseph's are amazing!

Deb Cashel

OSHC News

Dear Parents and Caregivers,

The extended morning session in OSHC **6.30-8.30am** will continue next year.

This year OSHC educators have reviewed 12 policies, parents/caregivers are welcome to read these policies, feel welcome to ask and I will make copies available for your perusal.

Casual attendance in OSHC

Please remember check **your personal myGov** downloaded site and then **Centrelink for messages**. When parents use OSHC casually you won't automatically receive CCS (Child Care Subsidy). You will need to visit **your myGov website** to check for messages. Follow the prompts—confirming that you used the OSHC service. **This will occur for casual attendance of the service. Centrelink is just confirming that you are using the service.**

Please remember to make a booking when you need OSHC. All bookings can be made by ringing or messaging the OSHC mobile on 0437 863 067. If there is no answer leave a message on the service. I will call or message you back. Making a booking helps us keep the child/staff ratio in line with legislation. 24 hours' notice is necessary when cancelling a booking or charges will occur.

Thank you for your cooperation.

Please feel welcome to visit OSHC, where children are in a safe supervised environment. Where learning happens while children play, have fun and make new friends.

COMMUNITY FUN DAY

Saturday 23rd November
10am - 2pm
Level 1, Port Adelaide Plaza
(200 Commercial Road, Port Adelaide)

FREE CHILDREN'S ACTIVITIES

- Big Bubble Fun, Face Painting and more!
- Refreshments from our seasonal menu
- Tour the centre, meet our Founders and passionate team

Paisley Park
Early Learning Centre Port Adelaide

1800 PAISLEY | 1800 724 753 | www.paisleypark.com.au

MOUNT CARMEL COLLEGE

COLLEGE TOUR 4pm:

Wednesday 27 November

BOOK A COLLEGE TOUR

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

33 Newcastle Street, Rosewater SA 5013 | T (08) 8447 0500 | E mcc@mcc.catholic.edu.au | W www.mcc.catholic.edu.au