



St Joseph's Primary School

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Inspired by Christ, striving for excellence

Newsletter

Term 1 Week 2

3rd February 2020

What's On at SJD

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3/2	4/2 P & F Meeting 3.15pm	5/2	6/2	7/2
10/2 Parent Information Meeting Time tbc	11/2	12/2 Opening School Mass 12pm	13/2	14/2
17/2	18/2	19/2 Regional Swimming Carnival at Scone	20/2 Steve Simpson Shield at Singleton	21/2
24/2 Back up date for Regional Swimming Carnival	25/2 Shrove Tuesday	26/2	27/2 DIO Swimming Carnival	28/2

From The Principal, Mrs Helen Whale.....

Our staff days at the beginning of the year and the end of last year, enabled all staff to share a vision of what St Joseph's will achieve this year. Our school vision states that we are a community, inspired by Christ, striving for excellence. The staff would like to say to you....

Welcome to the 2020 St Joseph's School Year!

This is the year of positivity at St Joseph's.

We are setting the bar high in all areas.

We are going to work hard alongside our students,
their parents and each other to achieve the best
learning outcomes for
EVERY STUDENT.

We will love our school and inspire everyone
within and outside to love it also.

St Joseph's is a wonderful school.

What will this look like for our children, staff and parents?

- * Students will be proud of our school and demonstrate this by wearing the school uniform correctly and with pride.
- * Students will come to school ready to learn – on time, well rested, well fed, well prepared and well dressed.
- * We will all speak kindly and with respect to everyone.
- * Parents and students will try to find the facts when they encounter a problem and we will discuss our problems with someone who can help us solve them.
- * We will all try to remember that life is not always fair and sometimes bad things happen to us, but we will learn to be resilient and bounce back from disappointments.
- * We will all look for the good things in life and thank God for these every day.
- * Students will try hard to do our best in class, every day.
- * Students and parents will set some time aside each day at home to improve our learning eg reading, tables, set homework.

From The Principal, Mrs Helen Whale..... continued

To our new students at St Joseph's, our new staff members and everyone else welcome it is great to have you in our school community.

The holidays are fabulous opportunities to rest and relax before we start another busy school year. As they draw to an end, I feel a certain sadness that the "holiday is over". Any sadness felt was certainly quashed when I returned to school to happy, smiling students eager to be here and ready to learn. What a blessing.

St Vincent de Paul bushfire appeal: The holiday period was, of course, a very traumatic time for many of our fellow Australians as they faced the horrors of bushfires and many families who had loved ones actively fighting those fires. Loss of lives, property, wildlife and the loss of a sense of security will cause grief and sadness throughout the country for a long time. If anyone would like to help with the recovery process, the **St Vincent de Paul** has a dedicated fundraiser. Please feel free to send money in an envelope to the school and I will ensure that it reaches this appeal. I know many of you will have already made a contribution to a charity of your choice for this purpose.

Our Environment Group is starting up this week with our first project being a veggie garden. Please send gloves and an old shirt with your child if they would like to be involved.

Compass App

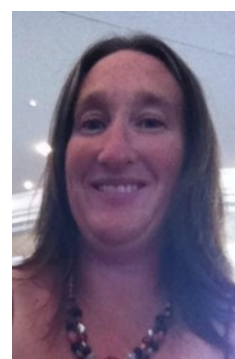
It is vital for all parents to be have access to the Compass App as this is the medium we use for school information. If you have a new phone or have recently updated a new version of operating system, sometimes it can affect your Compass access. If this has happened, please contact Virginia in the office who can reset your password & have you logged back in in no time.



Faces to names and names to faces.

Miss Alyssa Pritchard is teaching in Kindergarten 2 days a week. Miss Pritchard and Mrs Lovegrove have been working on a program of learning together, so that the transition from one teacher to the next will be seamless.

Ms Katrina Clement is our Year 3 Teacher. Ms Clement has a background in early childhood and primary teaching. Ms Clement has a great interest in our environment & is looking forward to becoming involved in some of our school activities.



Mrs Courtney Smith is teaching Year 4. Mrs Smith joins us from St Joseph's Dungog where she has taught at primary level for the past couple of years. One of her passions is creative arts & we look forward to her involvement in this area in 2020.

Come and meet all our friendly teachers at the Parent Information sessions on Monday 10th February.

From The Assistant Principal, Mrs Michelle Lovegrove.....

Welcome back to school! I trust you all had a lovely break with lots of family time and rest and relaxation. I have returned to school well rested and grateful, having spent lots of quality time with my family.

As you are aware part of my role this year will be that of Pedagogical Mentor. My role will be to support and lead teachers in the refinement of their teaching practice to improve student learning outcomes in Literacy and Numeracy. I'm looking forward to working closely with teachers and I'm excited that it will ensure all students at St Joseph's are '**striving for excellence**'.

Wellbeing at SJD

Our official training with Visible Wellbeing is complete however this does not see the end of our focus on creating a flourishing school community. We will still be setting goals and activities based on the SEARCH pathways. Over the coming weeks I will define the SEARCH pathways as a reminder of the Visible Wellbeing framework.

What does wellbeing in 2020 look like for the students in the classroom?

- ◆ This year Kindergarten will be taught the Grow Your Mind program and will also learn about character strengths.
- ◆ Our new Personal, Development and Health units in all classes have many lessons based around wellbeing and strategies that help improve it.
- ◆ Years 1 to Year 6 will continue to revisit the above important aspects of wellbeing throughout the year.
- ◆ Teachers will continue to provide resources and strategies to enable students to identify and regulate their own emotions.

In this year of positivity at St Joseph's I leave you with some facts below about positive emotions! If you have any questions regarding wellbeing at SJD please do not hesitate to ask. Enjoy the week!

Positive Emotions

Did you know that positive emotions are important? Here's why:

- ⇒ They broaden our thought-action repertoires – or in other words they allow us to think and show attention in a broader way thus increasing our positive thoughts.
- ⇒ They undo negative emotions – it's difficult to feel negative and positive emotions at the same time however "deliberate experiences of positive emotions at times when negative emotions are dominant can serve to undo their lingering effects" (Boniwell, 2012).
- ⇒ They enhance resilience – positive emotions increase problem-focused coping or encourage one to find positive meaning in a negative event.
- ⇒ They build psychological repertoire – or more simply, positive emotions boost "physical, intellectual, social and psychological resources that are enduring even though the emotions themselves are temporary" (Boniwell, 2012).
- ⇒ They can trigger an upward developmental spiral – just as negative emotions can trigger a downward spiral, positive emotions can help us to improve our emotional wellbeing and bring us to a happier state of mind (Boniwell, 2012).

REC, Miss Natalie Walters.....



Welcome back to another school year, I hope you all had a restful break. I know I enjoyed spending time with my family and friends and I recharged with some much needed rest and relaxation. I'm looking forward to seeing everyone's lovely faces around the school again. I hope you all enjoy the term!

Opening School Mass

Our Opening School Mass will be on Wednesday 12th February (Week 3). Parents, grandparents and friends are welcome to join us at St Bernard's Church at 12pm to help celebrate the new school year.

Bless us, Lord, and bless our year.

Bless who we are and the life we bring to the work we do.

Bless our community of staff and keep us true to one another.

Bless our students and their families and hold them in your love.

Bless our struggles and our joys.

Bless our disappointments and our triumphs.

Bless our hopes and bless our fears.

And bless the work we offer to you.

We make this, and all our prayers,

in the name of Jesus, the Teacher.

Amen.

Cricketing success for Caoimhe Bray

At the end of last year Caoimhe represented Central Northern at U13's Female Country Championships. She had a really good carnival and from there was chosen to play in the NSW Country Sixers team at the U13's State Challenge at Wellington. Caoimhe played the Country Thunder, Metro Sixers and Metro Thunder. The best players of the state were at the carnival. Caoimhe was awarded the Country Sixers Player of the Tournament. Congratulations Caoimhe on a wonderful achievement!!!

Sports Days

Sport will be held across 2 days, students will wear their sports clothes on their allocated days **ONLY**

Thursday = Infants (Kinder, Year 1 & Year 2)

Friday = Primary (Year 3, Year 4, Year 5, Year 6)



♥ Welcome to Kindergarten





From the P & F.....

P & F AGM
This Tuesday
Commencing at 3.15pm
All Welcome

SCHOOL
BANKING IS
BACK THIS
THURSDAY



Please remember to label ALL of your children's school clothing, including their hat. There is a lost property box located in the office for unclaimed items left on the playground. If your child loses something, please remember to check the lost property box.

Good for Kids good for life

PACKING AN EVERYDAY LUNCHBOX

Packing an everyday lunchbox does not have to contain fancy ingredients.

Make packing an everyday lunchbox easy by adding:

- **Crunch and Sip®:** 1 serve of fruit or vegetables
- **Recess:** 1 serve of fruit or vegetables + 1-2 everyday snacks e.g. rice crackers, yoghurt
- **Lunch:** Sandwich/wrap/roll or leftovers containing everyday ingredients e.g. pasta, fried rice
- **Drink:** Water and/or reduced fat plain milk
- Don't forget to add an **ice brick** to keep the food cool and safe

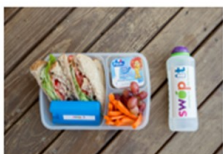
See our everyday lunchboxes below for ideas.



Crunch & Sip®: Capsicum sticks
Recess: Mini rice cakes, banana
Lunch: Multigrain wrap with chicken, cheese, carrot and lettuce
Drink: Water



Crunch & Sip®: Cherry tomatoes
Recess: Rice crackers, cucumber sticks and hummus
Lunch: Raisin bread sandwich with banana
Drink: Water, reduced fat plain milk



Crunch & Sip®: Carrot sticks
Recess: Yoghurt, grapes
Lunch: Whole meal sandwich with tuna, tomato and lettuce
Drink: Water

Whilst brands may be depicted in these images, Good for Kids has no affiliation and does not endorse any specific food brand.



Health
Hunter New England
Local Health District

HNE-LHD-GoodForKids@health.nsw.gov.au
<http://www.goodforkids.nsw.gov.au/>

Good for Kids good for life

Time for Healthy Habits



Children who develop healthy habits from a young age are more likely to continue these habits into adulthood.

Do you have a child between the ages of 2-6 years and live in NSW?

Do you wonder if they are eating enough of the right foods, being active enough or getting enough sleep?

We are offering a **free** program to help parents give their young children the healthiest start to life.

You can participate in one of these programs: online modules, telephone support calls or printed information. All programs will provide practical information and tips that will help with healthy eating, physical activity, screen time and sleep.



For more information and to register please visit www.timeforhealthyhabitsnsw.com/ or contact time-healthyhabits@uow.edu.au

Provided funded by



This project has been approved by the South Western Sydney Local Health District Human Research Ethics Committee, HREC Reference HREC/18/LPOOL/472 and delivered in partnership with Murrumbidgee, Illawarra Shoalhaven, Southern NSW, Hunter New England, and South Eastern Sydney Local Health Districts.



Health
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Local Health District

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