



# St Joseph's Primary School

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*A community inspired by Christ, striving for excellence*

## Newsletter

Term 1 Week 4

17th February 2020

### What's On at SJD

| MONDAY  | TUESDAY  | WEDNESDAY                                      | THURSDAY   | FRIDAY   |
|---|--|--|--|--|
| 17/2  | 18/2   | 19/2<br>Regional Swimming<br>Carnival at Scone | 20/2<br>Steve Simpson<br>Shield at Singleton           | 21/2<br>Regional Netball<br>Trials at Singleton<br>9.30am<br><br>Regional Soccer Trials<br>at Scone 9.30am |
| 24/2<br>Back up date for<br>Regional Swimming<br>Carnival<br><br>Regional Cricket<br>Trials at Merriwa<br>9am | 25/2<br>Leadership<br>Assembly 9am<br><br>Shrove Tuesday<br>Pancakes for sale at<br>recess | 26/2<br>Ash Wednesday<br>Mass 12pm             | 27/2<br>DIO Swimming<br>Carnival<br><br>Life Education | 28/2<br><br><br>Life Education   |
| 2/3   | 3/3  | 4/3  | 5/3  | 6/3<br>Regional Rugby<br>League Trials at<br>Muswellbrook<br>11 & 12 yrs                                   |
| 9/3   | 10/3   | 11/3   | 12/3<br>DIO Cricket                                    | 13/3   |

**CATHOLIC SCHOOLS WEEK**

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

It was lovely to meet with so many parents at our parent information evening last week. This was a very positive evening with a great deal of information shared and explained. Thank you to the P&F committee for putting on the nibbles and drinks. There was a lovely atmosphere for new and not so new parents to mingle with teachers and the committee. Your P&F is a positive pro-active group of everyday parents trying hard to add value to the school experience of all students. All parents new and otherwise are encouraged to join them in this pursuit. Thank you to all our teachers for making yourselves available after hours, despite the considerable distance you have to travel to your families.

2020 is the year of high expectations of every student and every teacher. We are all committed with the ongoing help of our families to realising high levels of learning achievement for every student.

Here is a list of things parents can help with: -

- Students on time every time. Attendance is very important
- School uniforms complete, clean and worn correctly
- Students well fed and well rested every day. Vital for good brain development
- Time allocated for reading and revising lessons, at home daily
- Positive, supportive talk about school, at home
- Encourage and model constructive problem solving
- Be actively involved at school whenever you can be.

### **New school Positive Behaviour Policy**

This policy is ready to be discussed at parent level before being adopted across the school. I am looking for representatives from the following parent sectors – Parents and Friends, parents of children with special needs, parents of children in the Infants classes and parents of students in the Primary classes. Please let me know if you are interested in previewing this policy to ensure it meets the needs of all our school community.

### **We have two new positions at school**

**Pedagogical Mentor, Mrs Michelle Lovegrove** – Assists Principal in leading the learning in the school. Walks alongside teachers as coach to refine and improve pedagogy (teaching practice). This is a hands-on classroom-based role where teaching right across the school is observed, analysed and developed to identify and target the needs of all students so that every student at SJD achieves high levels of learning.

**Gifted Education Mentor, Miss Elke Lanzon** — Assists all teachers in the identification of students' academic strengths and differentiation of the teaching program at class level to enrich the learning experiences of every student.

Please watch this wonderful clip on parents and teachers role in providing your children with the best learning opportunities. It only takes 5 minutes.

[https://www.youtube.com/watch?v=Ay3J3y5qzQg&feature=emb\\_logo](https://www.youtube.com/watch?v=Ay3J3y5qzQg&feature=emb_logo)

### **Student leadership**

Year 5/6 students gave their leadership speeches on Wednesday. I was very impressed with the standard of every speech and the quality of leadership understanding shown by our candidates. Tomorrow the school will cast their votes for SRC representatives within each class and for 2 school captains for the next 12 weeks of the year. The successful candidates will have their badges presented on Tuesday the 25<sup>th</sup> February at a special 9am assembly in the hall. All are welcome to attend.

## **Sporting opportunities are plentiful for SJD students at the moment.**

The Upper Hunter Regional Swimming carnival is this Wednesday. Best wishes to our squad competing at this carnival. We look forward to hearing all about your efforts. Thanks to Miss Walters for being Team manager on the day.

Ten students from Years 5&6 have formed a team to compete at the Steve Simpson Rugby League carnival this Thursday at Singleton. Thanks to Mr Michael Medhurst for your help in training the students and to Mrs Smith for being Team manager.

Our school gymnastics program for sport starts this week & will run across 5 weeks.

Regional Sports Trials for eligible students are commencing next week & are offered in many different sporting options , please see the Sports News item in this week's newsletter for full details.

Have a great week!

Helen

## **REC, Miss Natalie Walters.....**

### **Sunday Gospel**

*Jesus said, 'So when you are offering your gift at the altar, if you remember that your sister or brother has something against you, leave your gift there before the altar and go; first be reconciled to your sister or brother, and then come and offer your gift'. (Matthew 5: 23 – 24)*

### **Questions of the Week**

**Adults** - When in your life have you been able to keep the spirit as well as the letter of God's law?

**Young People** - What strategies would you propose to young people who struggle with feelings of anger and envy?

**Children** - When have you taken the first step to make up with someone?



*Shrove Tuesday*

### **Shrove Tuesday**

Tuesday 25<sup>th</sup> February is Shrove Tuesday. The P & F will be selling pancakes at recess time. An order note will be going home tomorrow.

### **Ash Wednesday**

A Mass for Ash Wednesday will be held at St Bernard's Church on Wednesday 26<sup>th</sup> February at 12pm. Parents, grandparents and friends are welcome to join us.



**ASH WEDNESDAY**

*"All go to the same place; all come from dust, and to dust all return."*

*-Ecclesiastes 3:20*

## From the Assistant Principal, Mrs Michelle Lovegrove.....

### Wellbeing News

This week we will revise the 'E' – Emotional Management in the Visible Wellbeing SEARCH Framework. In this area of the framework the students learn to name their emotions and understand how emotions impact on their own wellbeing. They also learn how their emotions affect their learning and the learning of others in the classroom.

A resource used by the teachers to teach students about managing their emotions is the **Grow Your Mind** program. This program aims to foster mentally healthy children, families and teachers. Using animal analogy to teach key parts of the brain, children are introduced to the basics of neuroscience and what it means to feel mentally healthy. This year the students will revise this program in class and the Kindergarten students will be introduced to it and the many strategies for helping to self-regulate their emotions.



Below is an overview of the animal/parts of the brain referred to in the program:

Listen out for your child talking about shrinking their Guard Dog, or growing their Wise Owl, their Elephant and their Sifting Sooty.



**Guard Dog** – *amygdala* – this part of the brain determines whether we will fight, freeze or flee from a situation, share some information about our Guard Dog or amygdala.

Our Guard Dog is important as it protects and enables us to sense fear. Sometimes, however, our Guard Dog gets really BIG and really BOSSY when we are angry or stressed. When this happens the animal helpers or parts of our brain cannot talk to each other. One of the easiest ways to SHRINK our Guard Dog is to be aware of our breathing. A simple technique that we have been practising with the students is finger breathing. This involves running your finger up and down each digit on one hand, breathing in as your

trace up the thumb/finger and breathing out as your trace down the thumb/finger. This mindfulness activity enables us to focus on and slow our breathing down which in turn slows our heart rate and calms the body and ultimately shrinks our Guard Dog.

We discover the Guard Dog Catastrophe scale in class. This resource helps the students to understand that sometimes our Guard Dog can look and feel like a huge problem when in fact the problem is teeny tiny. This is helping the students to match their reaction to the size of the problem. We don't want our Guard Dog to look like it does when there is a HUGE problem, when we are actually only facing a teeny tiny problem. It is important the students know that it is ok to feel like it is a huge problem but we don't need our reaction to look like it.

Try practising the finger breathing at home with your child. Then prompt them to use it when they are stressed or angry to shrink their Guard Dog.

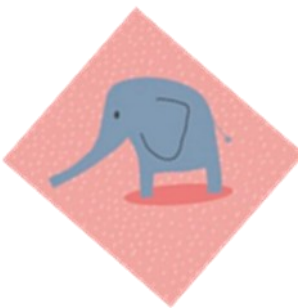
## ***From the Assistant Principal, Mrs Michelle Lovegrove..... continued***

*There are a number of apps which can be downloaded and used to guide mindfulness and meditation. These include:*

*Smiling Mind  
Headspace  
Stop, Breathe and Think – Kids  
Breathe  
Calm*

### **Wise Owl** - *prefrontal Cortex* – this part of the brain helps to make decisions

Our Wise Owl or prefrontal cortex is important as it helps us make decisions and allows us to be a flexible friend. It can problem solve and carry out higher order thinking. So, when everything is going smoothly and our guard dog is small, Wise Owl is capable of making good decisions and helping us to act in a way that does not harm ourselves or others. Wise Owl is very useful to us!



### **Elephant** – *Hippocampus* – helps us remember

Elephant helps us to lock in memories and stores the information we learn. It helps us to remember names, places and other new things. Elephant stores information and tries to remember it when we need it.

### **Sifting Sooty** – *Reticular Activating System (RAS)* - helps us to focus

Every day we are exposed to many sights, sounds and information and Sifting Sooty helps decide which information is important and should go through to the other animals in our brain. It does this by blocking out information it thinks is not so important.



All of these animals or parts of the brain are very useful to us! The students at SJD are familiar with these parts of the brain and will continue to revise them. The students will also continue learning and revising strategies to keep things running smoothly so their animals can talk to each other. Knowing about the parts of the brain helps to empower our thinking.

### **What can you do at home?**

*I encourage you to talk with your children and have them name their emotions on a regular basis. Use the language of see, hear and feel with them to engage in conversations that teach them to know what the emotion may look like, feel like and sound like. For example:*

**See** - *I can see your hands are clenched which tells me that you may be angry.*

**Hear** - *I hear laughter and that tells me you are enjoying each other's company.*

**Feel** – *I feel butterflies in my stomach, which means I'm excited.*

If you have any questions regarding wellbeing at SJD please do not hesitate to ask.  
Enjoy the week!

Michelle



## Sports News

### Sport Trials

In the last newsletter there was information regarding the Regional Sport Trials. Please find below the confirmed trial dates, times and locations. Only students who have been identified as eligible and have completed all required paperwork prior to the trials will be attending these events.

Netball – Friday 21<sup>st</sup> February at Singleton at 9:30am

Soccer – Friday 21<sup>st</sup> February at Scone at 9:30am

Cricket – Monday 24<sup>th</sup> February at Merriwa at 9:30am

Rugby League (11's & Opens) – Friday 6<sup>th</sup> March at Muswellbrook at 9:30am

Touch Football – Thursday 19<sup>th</sup> March at Singleton at 9.30am



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### Gymnastics for Sport

All students at St Joseph's Denman will be involved in a Gymnastics program beginning this week.

For this week, Infants (K-2) will complete their session on Thursday (normal sport day) and Primary (3-6) will complete their sessions on Friday (normal sport day).

For the following sessions all students from K-6 will be completing their Gymnastic session on a Friday.

Please ensure that all students wear their sport uniform on Fridays for the following dates:

28<sup>th</sup> February (Week 5)

6<sup>th</sup> March (Week 6)

13<sup>th</sup> March (Week 7)

3<sup>rd</sup> April (Week 10)

### Regional Swimming

Congratulations to our 22 competitors who will be representing our school this week at the Regional Swimming Carnival at Scone. We all wish you the best of luck and we look forward to seeing your fantastic results!

## Alumni

St Joseph's are very proud of all of our students, past & present. Every December we wave goodbye to our Yr 6 students as 12 years olds & often wonder what life has in store for them in their future years. The past helps to shape the present & in 2020 we would like to introduce our school community to some of the students who have wandered our playground in years gone by. Some you may know, some you won't but we hope you will enjoy learning about our alumni & celebrating their achievements since leaving SJD.



### ***Class of 2012—Dominica Leaver***

Dominica was DUX of SJD in 2012, completed her HSC in 2018 & spent 2019 working as an au pair for a family in Paris, France. She looked after two primary school aged children, learnt French and travelled in her holidays.

In 2020 she will start a Bachelor of Arts/Bachelor of Engineering degree at Sydney University.

All the best with your studies Dominica.

### ***Awards for week 3***

***Congratulations to all of our award recipients, keep up the good work!***

|          |   |
|----------|---|
| Kinder   | Oliver Jones for always giving 100% effort in all class activities.<br>Sharlee Parish for using her strength of teamwork when working in groups.                            |
| Year 1   | Quinn Peek for her perseverance during challenges.<br>Samuel Newton for eagerly exploring the concept of length in Maths.   |
| Year 2   | Chanon Saenphot for showing his strength of leadership by being a wonderful role model.   |
| Year 3   | Jack Brewer for showing pride in everything he does<br>George Thompson for always being an enthusiastic classroom member  |
| Year 4   | William Betts for having a positive attitude when moving to a new school.<br>Sofia Sardoma for taking pride in your book work, resulting in beautiful handwriting.          |
| Year 5/6 | Archie Johnson for his insightful and thought provoking questions during class discussions<br>Maybelle Nebauer for using the strength of bravery during leadership speeches |

*From the P & F.....*

**Uniform Shop will be  
open every Friday  
8.45am to 9.15am**

**CANTEEN IS EVERY  
FRIDAY**

**ORDERS ARE DUE  
BY 3PM EACH  
WEDNESDAY**

**Claim The Date  
Sunday 8th March  
Playground Working Bee**

**School Banking  
has changed to  
TUESDAY starting  
this week**

## **18+ TRIVIA NIGHT**

What:

Where:

When:

Who:

**RSL DENMAN**

**SATURDAY 21st MARCH** (6.30pm, for 7pm start)

**Parents. Extended Family. Friends of SJD.**

Coordinators: ANDREW TURNBULL (0456-535-140) [aturnbull333@gmail.com](mailto:aturnbull333@gmail.com)

EMMA NEWTON (0459-178-733) [emityboo@yahoo.co.uk](mailto:emityboo@yahoo.co.uk)

JO RYDER (0404-841-278) [joryder77@yahoo.com.au](mailto:joryder77@yahoo.com.au)

Why:

**Because Parents Deserve a Night out Too!!**

FUNDS RAISED FOR CHILDRENS PLAY EQUIPMENT UPGRADES

How:

**Kid Free Night of Community, Competition, and TRIVIA!**

\$20 PER PERSON or \$150 TABLES OF 8

*(Individuals and small groups will be combined to form teams of 8 on the night)*

NIBBLES, TEA & COFFEE INCLUDED

DRINKS BOUGHT FROM THE BAR

**GREAT PRIZES AND RAFFLES TO BE WON!!!**

*St Joseph's P & F*