



St Joseph's Primary School

80 Palace Denman NSW 2328

Phone: 02 6547 2496

Email: admin@denman.catholic.edu.au

A community inspired by Christ, striving for excellence

Newsletter

Term 1 Week 6

2nd March 2020

What's On at SJD

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2/3	3/3 P & F Meeting 3.15pm in the Library	4/3	5/3 Catholic School Week Celebrations 9am Liturgy in Hall, reading with parents & shared picnic morning tea	6/3 Gymnastics for Sport K-6 Regional Rugby League Trials at Muswellbrook 11 & 12 yrs
9/3	10/3	11/3	12/3 DIO Cricket	13/3 Gymnastics for Sport K-6
16/3	17/3	18/3 PUPIL FREE DAY	19/3 Regional Touch Trials at Singleton 9.30am	20/3 Netball Gala Day for Primary students at Muswellbrook
23/3	24/3 DIO Winter Sports Trials	25/3 Polding Swimming	26/3	27/3 1/2 Day Public Holiday

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

Welcome to the season of Lent which we officially entered on Ash Wednesday last week. I personally love the Lenten season because it is a time when we are reminded to strive to be the best version of ourselves. It is a time when we try to be closer to Jesus Christ. Of course, Jesus is not physically present with us today, but he is present within each of us. This 40-day Lenten period is a great opportunity to see Jesus in **everyone** we meet.

Catholic Schools Week

Schools across the Diocese of Maitland-Newcastle will celebrate their strength of community when they open doors to families and friends for Catholic Schools Week (CSW) 2020.

CSW runs from Sunday 1 March to Saturday 7 March and the theme is “Drawing from the well. Invitation, Encounter, Witness”. This acknowledges that Jesus Christ is always at the heart of everything we do. Recognising this is the foundation of a Catholic school education, the lens through which everything is viewed, and the belief that informs all policies and decisions.

“Invitation, Encounter, Witness” celebrates the connection of the school community with Jesus Christ. Our students are invited to the well, where, with Jesus as their guide they encounter diversity of learning in a supportive and inclusive environment, and witness service to others and the community.

Our school will host a CSW liturgy in the hall on Thursday this week at 9am. This will be followed by a parent-student reading time and then a shared morning tea.

Catholic Schools Week also marks the start of the 2021 enrolment period for all 58 schools across the Diocese of Maitland-Newcastle. If a member of your family is a student at our school, or if you are considering a Catholic education for your child, please come along and celebrate with us on Thursday.

The Where There's a Will foundation has been working with all the schools in the Upper Hunter for 4 years to help build the mental health of all our students so that they can thrive. The tireless work of the WTAW foundation has raised money to enable programs to be put into the schools to facilitate this work; to educate all teachers in all schools in the region in the understanding of Visible Wellbeing; Support for teachers to do certificates in Positive Education, support for members of school staff to attend the PESA conference each year, support for students to attend leadership summits in Geelong and Sydney and return to conduct leadership summits with our own high schools; mental first aid courses for parents, community groups and high school students across the region as well as other initiatives. I believe it is close to \$1 million that has been used in this effort. Now it is time to see what difference it has made so far. A survey permission note has been sent home to all families of students in Year 4, 5 & 6. Please send this permission note back in as we are very keen to see if we are on the right track. Without this data it will be impossible to determine whether we continue with this work in the direction we have been taking.

Our bumper working bee will be held this Sunday. Please come along at 8am if you are able to help restore our old play equipment. Please RSVP to Andrew or the school, for catering purposes. Don't forget to bring personal protective equipment – gloves, goggles, earmuffs, hat, closed in shoes etc.

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

The environment group has started the new veggie garden. We are in need of some mulch/hay. If you are able to donate any, please drop off at the front of the school.

The Positive Behaviour Policy is ready to be ratified by the parent community. So far we have 2 volunteers. Please let me know if you would like to be a part of this process.

Have a great week.

Helen

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

Wellbeing Survey

Attention Parents of Year 4, 5 and 6 students

We have only received a handful of consent forms for the wellbeing survey so far. Please complete the permission form and return to school as soon as possible. Thank you to the parents who have already completed this permission for their child/ren.

In the **Visible Wellbeing SEARCH framework** the 'R' is for Relationships. **Relationships** - "A student's social skills play an important role in allowing him/her to develop nourishing relationships with others. This domain involves students to understand, express and manage the social aspects of their learning"

(www.visiblewellbeing.org)



Research confirms:

- There are consistent findings of "the overwhelming importance of positive social relationships".
- "A sense of belonging correlates with a range of positive outcomes, including higher self-esteem, greater life satisfaction, lower levels of stress, less mental illness and a longer life".
- "Each time you joyfully connect with another person, the pleasure-inducing hormone oxytocin is released into your bloodstream, immediately reducing anxiety, and improving your concentration and focus".

(Michelle McQuaid & Dr Peggy Kern)

How can you help your child build positive relationships?

- ⇒ One way is to model **Active Constructive Responding (ACR)** with your children and other adults when they tell you something good. ACR helps develop and maintain strong personal relationships.
- ⇒ An example of ACR - When your child tells you that she made the soccer team, resist the urge to complain about how much more driving that will mean for you or how much her gear will cost. Resist the urge to just say, "I'm proud of you." Instead, congratulate her with specific statements of praise. For example, you might say, "That's great news! You practiced so hard over the summer, and now it's paying off. I can't wait to see you play in your first game. Tell me more about it!"

<https://gostrengths.com/what-is-active-and-constructive-responding/>

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

Michelle

REC, Miss Natalie Walters.....

Project Compassion



Around 2.8 million children in the Philippines do not go to school.

We begin Project Compassion learning about the story of Shirley. Shirley was struggling to support her family and keep her children in school. She faced regular discrimination and disadvantage, limiting her family's access to food, education, employment and healthcare.

With Caritas Australia's support, Shirley trained to become an indigenous health worker. She has learnt to supplement her income and is able to feed her family. The program has also empowered Shirley to send her children to school.



Shrove Tuesday



Last Tuesday, we celebrated Shrove Tuesday by enjoying pancakes at recess time. Students from the Social Justice team and Andrew cooked pancakes for all the students. As a result, we raised \$96 for Project Compassion. I would like to thank Andrew for his time in cooking and helping the students organise and run the day.



Awards for week 5

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

Kinder	Leroy Wright for his ability to understand and interpret vocabulary in shared reading time. Betty Keith for always using her strength of kindness to help others.
Year 1	Blair Garland for using the strength of kindness in the classroom. Levi Eastley for taking initiative to clean up the environment.
Year 2	Digby Hunkin for his strength of creativity when writing his song about his favourite things. Izabelle McKenzie for her fabulous use of rhyming words in her writing.
Year 3	Jack Brewer and Ruby Anderson for their insightful answers during our Life Education visit.
Year 4	Jed Summers for trying his best at all times in all of his lessons. Evie LeGrange for having a positive attitude and having a go at tricky concepts.
Year 5/6	Sophie Paull and Jacob Green for their contributions with Healthy Harold.
Principal	Aidan Moon and Jemma Paull for their leadership strength and dedication to the environment group.

Sports News

Dio Swimming

Last Thursday, 11 students travelled to Lambton Pool to compete at the Dio Swimming Carnival. Scarlet, Danielle, Emmitt, Harry, Henri, Ivy, Archie, Claudia, Stella, Ivy and George all swam well on the day and showed great sportsmanship on the day. Congratulations to Harry and Emmitt who will be travelling to



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 2015—Ned Chapman

Ned finished Year 10 at St Joseph's Aberdeen in 2019 in conjunction with a First Year School Based Apprenticeship in Light Automotive at Muswellbrook TAFE.

His employer converted his SBAT into a full indentured apprenticeship at the start of 2020 & he is now working & studying as a 2nd year automotive apprentice.

Ned still lives local & continues to enjoy playing rugby league for the Denman Devils.

THANK YOU MUSWELLBROOK SHIRE COUNCIL

At the end of 2019 St Joseph's applied for a grant through Muswellbrook Shire Council as part of the 'Don't Be A Tosser' program & we were very fortunate to be chosen as a successful recipient.

We offer a big thank you to Mrs Tracy Ward who advised us of the grant process & for organizing us a brand new 6m x 3m portable gazebo. Mrs Ward delivered the gazebo to us on Friday in conjunction with her talk with Yr 3 & 4 students about Clean Up Australia Day.



We were excited to have Healthy Harold visit our school again in 2020. All the students really enjoyed the program & had a lot of fun.



St Joseph's P & F.....

What: 18+ TRIVIA NIGHT

Where: RSL DENMAN

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

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

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

EMMA NEWTON (0459-178-733) emityboo@yahoo.co.uk

JO RYDER (0404-841-278) 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!!!

Current Prize pool, growing every day!

1 x 2 wine pack from Two Rivers

2x \$100 vouchers from Brook Butchers

1 x 2 wine pack from Hollydene Estate

1 x \$50 voucher from The Vines Restaurant

1 x Gift Voucher from Capelli Style Hair Salon

IMPORTANT DATES FOR YOUR P&F

Tuesday 3rd March—Monthly P&F Meeting, 3.15pm in the Library. Everyone is welcome.

Sunday 8th March—Playground Working Bee, anytime from 8am. Lunch & drinks provided.

Saturday 21st March—Adults only Trivia Night. Book your tables today.

From the P & F.....

Lots of things happening with the P & F in term 1, still some vacancies on rosters that will need to be filled, especially Cattle Sales. Please contact Lillian Hagan on 0417 777 553 if you can spare some time once a month on a Friday to serve some hungry farmers.

There are 2 P & F events in March which is a great opportunity to come together as a community. Sunday 8th March is the Playground Working Bee & Saturday 21st March the adults only Trivia Night. Notes have been distributed for both events & RSVP's are essential. If you need a new note please see Virginia in the office for a replacement.

We look forward to seeing lots of new faces at either or both of our events, we are a friendly like minded group of parents just trying to do our bit for our wonderful school & we welcome everyone to join in.

**School Banking
is every Tuesday**

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

**CANTEEN IS EVERY
FRIDAY
ORDERS ARE DUE
BY 3PM EACH
WEDNESDAY**

Meals on Wheels 2020

Date	Names
18 th March	Kim Bray and Julie Neville
15 th April S/H	
20 th May	Mrs Whale and students
17 th June	Kim Bray and Julie Neville
15 th July S/H	Ben and Lillian Hagan
19 th August	Mrs Whale and students
16 th September	Mrs Whale and students
21 st October	Mrs Whale and students
18 th November	Kim Bray and Julie Neville
16 th December	

Cattle Sales

Date	Serve	Slice	Slice
20 th March	Rose Stocks	Shilo Peek	Kimberley Vincin
17 th April	Paul Thompson	Amanda Thompson	Monique Jones
22 nd May		Nikki Feeney	Monique Jones
19 th June		Nikki Feeney	Shilo Peek
24 th July	Paul Thompson	Amanda Thompson	Monique Jones
21 st August		Shilo Peek	Monique Jones
18 th September		Shilo Peek	Monique Jones
23 rd October		Kimberley Vincin	Monique Jones
20 th November	Paul Thompson	Kimberley Vincin	Shilo Peek
18 th December		Kimberley Vincin	Shilo Peek

Term 1 Canteen 2020

Date	Name
14 th February	Anna Falvey
21 st February	Anna Falvey
28 th February	Lillian Hagan
6 th March	Monique Jones
13 th March	Jo Ryder
20 th March	Anita Kirby
27 th March	Kimberly Vincin
3 rd April	Megan Anderson