

St Joseph's Primary School NEWSLETTER



Week 6, Term 3, 2020 | Campaspe Street, Rochester | 54841797 |
www.sjrochester.catholic.edu.au | e: info@sjrochester.catholic.edu.au

St Joseph's is a CHILD SAFE school. We promote the safety, wellbeing and inclusion of all students.

EVENTS CALENDAR

Term 3 -
CLOSURE DAYS
- Friday 28th Aug
- Friday 18th Sept

AUGUST:

Friday 21st
-Feel Good Friday

SEPTEMBER:

Friday 4th
-Feel Good
Friday...Sports/Footy
Colours Day (remote)

Thursday 17th
-Feel Good
Thursday...PJ Day -
Last Day of Term

SCHOOL HOURS
8.45AM - 3.15PM

*Please ensure students are
at school before 9am.*

OFFICE HOURS
8.30AM - 4.15PM

PRINCIPAL'S MESSAGE: Dear Parents & Carers,

As we look “down the barrel” of another six weeks in COVID lock down, it’s hard not to feel a little trapped, despondent, powerless, hemmed in, need I go on? These are difficult times for everyone.

As hard as we are doing it here, spare a thought for the Melburnians who are undergoing the tightest lockdown in Australian history. In a strange way, we are relying on them to keep us all safe. As hard as it all is, I am buoyed by the fact that such acts of generosity by those who willingly comply with the regulations are saving lives. It especially cares for our elderly who are more grateful for the gift of life than most of the others, given that they have less of it in front of them than the younger ones! Who of us wants to lose a loved one in such a way?

In our care for others, we are actually giving those in need a great gift. The gift of life. Okay, it might not be with the same selflessness that Jesus gave his life, but it does have an essence of Godliness to it. We are, in effect, reaching out to others with love. So, when you walk around the block to exercise or go to the supermarket and discover they’re out of snags or pasta, it’s not such a big deal really. We have far more important things to appreciate.

My thoughts and prayers are for those in our world that have leaders that value their economy over people’s lives. We are lucky to be in Australia, even if times are tougher than usual. It’s actually nice seeing our political parties joining to fight a common cause (well, a couple still like to snipe which is annoying in these times). There are plenty of people around the world who would love to live in a society like Australia because of the value our leaders have put on life.

It was a little different this time around as staff had an idea of what to expect so they were able to transition back with greater ease. They still ‘blow me away’ with their commitment and dedication to the students.

Always remember, if you have any questions or queries, then please do not hesitate to contact your child’s teacher or me. I’m sure the teachers will continue their high-level contact with students as they did before, but it’s important that parents know we are here for them just as they are here for us!

Kind regards

Peter Teggelove
Principal

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Parish Priest: Fr. Ashley Caldow

Email: ashleycaldow@hotmail.com

Presbytery phone: 54841073

Fax: 54503309

ALL mass times have been suspended until further notice. Online sermons are available via Father Rob Galea
<https://www.facebook.com/FrRobGalea/>

Catholic Identity at St Joseph's

Preparing Our Hearts

We now prepare a symbol, reminding us of God's love (eg: a cross or a candle).

Taking a moment to become still (pause),

listening to our bodies, minds and hearts,

listening to the breath we breathe in

and the breath we breathe out (pause).

Become aware of the gift of life God gives today,

become aware of the difference you can make in our

world today,

become aware of your needs and how you feel today.

God is present in every element of our lives.

In the name of the Father, Son and Holy Spirit

Gospel reading: Matthew 15:21-28

At that time Jesus withdrew to the region of Tyre and Sidon. And behold, a Canaanite woman of that district came and called out, "Have pity on me, Lord, Son of David! My daughter is tormented by a demon." But he did not say a word in answer to her. His disciples came and asked him, "Send her away, for she keeps calling out after us."

Together we pray:

Compassionate Christ,

Be present to those on the margins,

Be present to those who cry out to you for help,

Be present to those who need healing today,

Be present to those who turn their backs on the poor,

Be present to all of creation that suffers today due to human incompetence and selfishness. AMEN

He said in reply, "I was sent only to the lost sheep of the house of Israel." But the woman came and did him homage, saying, "Lord, help me." He said in reply, "It is not right to take the food of the children and throw it to the dogs." She said, "Please, Lord, for even the dogs eat the scraps that fall from the table of their masters." Then Jesus said to her in reply, "O woman, great is your faith! Let it be done for you as you wish." And her daughter was healed from that hour.



Spend some time looking at this image and ask yourself:

What do you notice about this image?

Where do you find yourself in this scene?

As you ponder this image, what is your prayer for our world today?

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HAPPY BIRTHDAY

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To all students and staff that have recently celebrated their birthday or have a birthday coming up!

6 years old...Olivia, Chad

7 years old...Hayden, Nash, Hazel, Chloe

8 years old...Mila

9 years old...Cian

12 years old...Ben

Lea H and Mr K...celebrated their 21st birthdays!

SCHOOL NEWS



PAM (Parent Access Module): a one stop information portal for families; remote attendance marking, on-site attendance

bookings, Newsletters and information. If you cannot access, please call the office for assistance 03 5484 1797

ICON: (Integrated Catholic On-line Network)

St Joseph's is in the process of changing our administration package to a System level platform. This will cause considerable disruption to accounting practices for the next month

CHILD SAFE:

At St.Joseph's, we promote the safety, wellbeing and inclusion of all students. Please see the front office for more information or visit the school website

www.sjrochester.catholic.edu.au



ON-SITE SUPERVISION BOOKING: a reminder students need to be booked by 12pm Friday the week before on PAM. This allows us time to organise enough on-site staff to care for the students.

PARENTING NEWS


Encourage kids to occupy themselves

A child's ability to fill in their own time and cope with moments of boredom are important independence skills to develop. Children have less practise at keeping themselves occupied than those of past generations. You have many jobs as a parent, but constantly entertaining your child, should not be one of them. Check out these ideas.....an interesting read (see attachment from Michael Grose)


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PBIS



SAFE






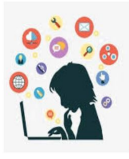
RESPECTFUL







RESPONSIBLE

During this period of remote learning, St Joseph's PBIS team has created two new matrices on how to work during remote learning while still using our school expectations of being **Safe**, **Respectful** and **Responsible**

1. Google Meets
2. Remote learning

Our ST JOSEPH'S community is...	 SAFE	 RESPECTFUL	 RESPONSIBLE
<p><i>When remote learning...</i></p> 	<ul style="list-style-type: none"> ▪ Use materials for learning ▪ Keep your learning area tidy ▪ Sit comfortably for learning 	<ul style="list-style-type: none"> ▪ Be an active learner ▪ Use kind words to those supervising you ▪ Follow directions 	<ul style="list-style-type: none"> ▪ Complete set tasks to the best of your ability ▪ Stay focused on the task ▪ Ask for help when tasks are hard

Our ST JOSEPH'S community is...	 SAFE	 RESPECTFUL	 RESPONSIBLE
<p><i>When in a Google Meet...</i></p>  Google Meet	<ul style="list-style-type: none"> ▪ Keep your device on a sturdy surface ▪ Have a parent close by ▪ Stay in the one spot during the meet 	<ul style="list-style-type: none"> ▪ Mute your mic when you are not talking ▪ Be on time ▪ Be an active participant 	<ul style="list-style-type: none"> ▪ Be in school uniform ▪ Use Google Meet features appropriately ▪ Be prepared with your work and questions

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parenting *ideas

INSIGHTS

Encourage kids to occupy themselves



A child's ability to fill in their own time and cope with moments of boredom are important independence skills to develop. Children have less practise at keeping themselves occupied than those of past generations. You have many jobs as a parent, but constantly entertaining your child, should not be one of them. These ideas will help:

Invite them to keep themselves busy

When your child tells you that he or she is bored they are bringing you a problem to solve. Boredom is your child's problem, not yours. If this happens, encourage your child to keep themselves busy by asking questions such as "How can you keep yourself amused?"

Make a list

If your child is stuck for ideas make a list of activities that they can refer to when they're bored. Include a variety of activities such as creative tasks, performance tasks, crafts, sports, indoor and outdoor games, music activities, reading and helping. Place the list in a convenient place with easy access and visibility.

Make a boredom buster jar

Cut up a list of boredom busting activities and place them in a jar. When your child is stuck for an idea to keep him or herself amused invite them to select an activity from the boredom buster jar. Ask your child to add enjoyable activities to the jar over time.

Encourage plenty of green-time

Today's children spend more time in front of screens, and less time outdoors than those of previous generations. Not only is time spent in natural environments refreshing, relaxing and rejuvenating, but it's also a wonderful way for kids to relieve boredom. Encourage your child to spend some of their free time outside in natural environments to promote good mental health and develop their confidence.

Help find their interests

If your child struggles to keep him or herself occupied, consider helping them identify a hobby or interest that they enjoy. Often finding that one activity a child loves or excels in makes a huge difference to their self-esteem and wellbeing, and can become the driver for future career choice.

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parenting * ideas

Build in downtime

A trait common among healthy families is the propensity for everyone to enjoy spending downtime or unstructured time together. It's during downtime that parents and children share activities together, which promotes better relationships and helps children's informal learning.

Most children when given unstructured time will rise to the occasion (even after some complaining) and will find interesting things to do. By encouraging them to find something "to do", other than filling their time with screen-based activities, you are promoting a fabulous life-skill in your kids.



Michael Grose

Michael Grose, founder of Parenting Ideas, is one of Australia's leading parenting educators. He's an award-winning speaker and the author of 12 books for parents including *Spoonfed Generation*, and the bestselling *Why First Borns Rule the World and Last Borns Want to Change It*. Michael is a former teacher with 15 years experience, and has 30 years experience in parenting education. He also holds a Master of Educational Studies from Monash University specialising in parenting education.