

St Joseph's Primary School NEWSLETTER



Week 10, Term 3, 2020 | Campaspe Street, Rochester | 54841797 |
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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 18th Sept

Term 4 -
OCTOBER:
- Monday 5th:
*All students resume
on-site learning*

- Monday 12th:
Students resume
onsite learning

- Wednesday 14th:
Little Joey's begins

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,

This week marks the end of the most remarkable Term 3 in my memory. Well done to everyone who has battled through the challenges presented. A huge thanks to parents, carers and grandparents for supporting the remote learning programs and to the children who have done their best to complete work at home, we know it hasn't been easy. I'd also like to thank and acknowledge the work of our staff, for their work in communicating, planning and implementing the curriculum and especially for continuing to provide connection to our school. A reminder to all that Friday 18th (tomorrow) is a pupil free day.

Great news was received yesterday, St Joseph's will welcome back all students to on-site learning from Monday 5th October - beginning of term four.

Term 4 will be filled with challenges, however we are very much looking forward to returning to some form of structure at school. Our teachers will be focussing heavily on the Literacy and Numeracy curriculum as well as the social emotional learning that we have missed so much of this year. We have organised weekly whole school activities to enhance student engagement, leadership opportunities and just have fun together as a school community. Again we await direction regarding reports and assessment and how this will look at the end of the year.

We look forward to resuming our Foundation 2021 interviews and meeting with parents and children ready to begin the primary school journey with us next year. We will be in contact with families who will need to book a meeting time.

Finally, all the best to everyone for your fantastic support and as we say thanks, we look forward to a more normal Term 4 - one that will be both COVIDSafe and educational.

Kind regards

Peter Teggelove
Principal

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Parish Priest: Fr. Ashley Caldwell

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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 20:1-16

Jesus said to his disciples, "For the kingdom of heaven is like a landowner who went out early in the morning to hire labourers for his vineyard. After agreeing with the labourers for the usual daily wage, he sent them into his vineyard. When he went out about nine o'clock, he saw others standing idle in the marketplace; and he said to them, 'You also go into the vineyard, and I will pay you whatever is right.' So they went. When he went out again about noon and about three o'clock, he did the same. And about five o'clock he went out and found others standing around; and he said to them, 'Why are you standing here idle all day?' They said to him, 'Because no one has hired us.' He said to them, 'You also go into the vineyard.' When evening came, the owner of the vineyard said to his manager, 'Call the labourers and give them their pay, beginning with the last and then going to the first.' When those hired about five o'clock came, each of them received the usual daily wage. Now when the first came, they thought they would receive more; but each of them also received the usual daily wage.

heat.' But he replied to one of them, 'Friend, I am doing you no wrong; did you not agree with me for the usual daily wage? Take what belongs to you and go; I choose to give to this last the same as I give to you. Am I not allowed to do what I choose with what belongs to me? Or are you envious because I am generous?' So the last will be first, and the first will be last."



Reflection:

- How important is fairness to you? Why?
- Can we allow God to be so good to everyone?
- The ultimate reward of eternal life is the right of all. How does that make you feel?

Together we pray the prayer of St Francis:

*Lord, make me an instrument of your Peace
Where there is hatred, let me sow love.*

Where there is injury, pardon.

Where there is doubt, faith.

Where there is despair, hope.

Where there is darkness, light.

Where there is sadness, joy.

O Divine Master, grant that I may not so much seek

To be consoled as to console;

To be understood, as to understand;

To be loved, as to love; for it is in giving that

we receive, It is in pardoning that we are

pardoned And it is in dying that we are born to

Eternal Life

AMEN

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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 in the school holidays!

6 years old...Hannah

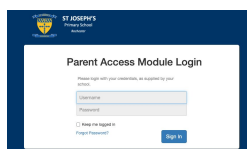
7 years old...Jack

8 years old...Seth

11 years old...Locky

12 years old...Darcy

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

Student Fees: Due to restrictions and remote learning this year, families will receive a refund or credit for the excursion and swimming levies. This will be calculated and relayed to parents in coming weeks.

SPOONCHESTER:



A 'feel good' initiative has been started under the large trees in our front space. Spoonchester has been started to create a sense of community and unity during this remote learning time. We are encouraging all families to create a resident.

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. Please note **no student will be allowed on the school site unless the parent or carer has;**

1. Completed the on-line PAM google 'attendance form'.
2. Contacted the school and completed a hard copy of the booking form at least two days prior to attendance.



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PARENTING NEWS

Wellbeing Strategies for Parents

The coronavirus pandemic and its associated disruptions are beginning to take a toll on our mental health and wellbeing. You don't need to look far in your community or social networks to identify a worrying trend of people experiencing a range of challenging emotions including mood swings, despair, anger, sullenness and lack of motivation.

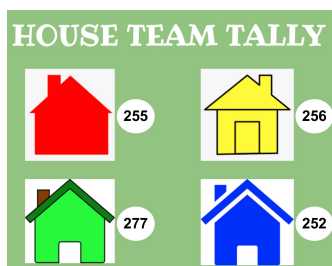
People who usually pride themselves on being able to manage most difficulties that come their way now find themselves suddenly unable to cope, leading to a profound sense of disappointment. A number of people have spoken about feeling guilty for being a less than perfect parent, partner, teacher, work colleague or friend during these times.

Check out these ideas.....an interesting read (see attachment from Michael Grose)

PBIS News



House Team jars are looking mighty full again for the GOTCHA DRAW - make sure you are looking out for the video on Thursday this week.



House Team Tally (total end of week 8); we are still tallying the house teams. Think about the ways that you can still be a 'team player'; complete set work, show initiative in Google Meets, use respectful words in emails...GO TEAMS,!

PBIS Competition - create an Expectation Super Hero you may have seen the flyer on Facebook...have sneaky look - we cannot wait to see the Super Squad that will be created by you all-

PBIS
Back to School

To celebrate being back together onsite it's **competition time!**

Design an 'Expectation Super Hero!'
Your super hero must be a reminder to all about what it means to be **SAFE, RESPECTFUL** or **RESPONSIBLE**
Label your super hero with their super hero traits *eg: eyes looking, waiting your turn, helping others*

Create your super hero. Draw them in the centre of your page so you can label around them. Ask your family for ideas on what it means to be safe, respectful and responsible at school.

Start imagining and creating your super hero now - these will be collected on Wednesday 14th October with the winners announced at assembly the following Monday.

One Super Hero will be chosen for each expectation and displayed in all classrooms - as well as our social media pages...GOOD LUCK



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parenting * ideas

INSIGHTS

Wellbeing strategies for parents



The coronavirus pandemic and its associated disruptions are beginning to take a toll on our mental health and wellbeing. You don't need to look far in your community or social networks to identify a worrying trend of people experiencing a range of challenging emotions including mood swings, despair, anger, sullenness and lack of motivation.

People who usually pride themselves on being able to manage most difficulties that come their way now find themselves suddenly unable to cope, leading to a profound sense of disappointment. A number of people have spoken about feeling guilty for being a less than perfect parent, partner, teacher, work colleague or friend during these times.

This inability to cope is understandable. Our capacity to adapt to acutely stressful situations such as natural disasters has been severely depleted by the long-term nature of the pandemic. It's common in situations of great uncertainty to feel exhausted and experience periods of burnout. Coupled with this is a sense of loss that many people feel – loss of connection to friends and family, loss of freedom and a loss of a way of life.

There is no handbook for functioning in a pandemic however it's apparent that we need to accept that our lives will be different for some time. It also helps to expect less of yourself, which is the opposite to how high-achievers and perfectionists ordinarily operate. Feeling comfortable with uncertainty takes some getting used to as most of us have an innate wish to feel in control.

Daily wellbeing treats


Self-care is a proven remedy to most wellbeing ailments, but it's ironic that for many of us our self-care activities have been restricted by the coronavirus. Coffee with friends, a massage or a visit to the gym and other such activities are out for many people. However, this doesn't mean that we should neglect our mental health and wellbeing. Instead we need to look closer to home for our regular wellbeing treats. Things that help include regular deep breathing to start the body's relaxation response, practising moments of mindfulness to shut down mental chatter, finding hidden exercise opportunities to promote mood-enhancing endorphins and spending time each day in calm-inducing green space.

Resilience bank account

During my conversations one person described living in this era as "always feeling a little off balance, like standing in a dinghy in a rough sea and not knowing when the storm will pass."

Our mental reserves are constantly being called upon, so it's necessary to build regular practices into our lives that build our resilience. Hopefully, most of us had bulging resilience bank accounts before the pandemic hit but it's never too late to start. Attending to areas such as sleep, good nutrition, regular exercise, relationship-building and self-care help keep our resilience buckets filled up.

Humans are adaptive and can get better at anything with practice, including living through a once in a century pandemic and all the changes it brings to our lives.



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