

# St Joseph's Primary School NEWSLETTER



Week 7, Term 1, 2021 | Campaspe Street, Rochester | 54841797 |  
[www.sirochester.catholic.edu.au](http://www.sirochester.catholic.edu.au) | email: [info@sirochester.catholic.edu.au](mailto:info@sirochester.catholic.edu.au)

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

## EVENTS CALENDAR

### MARCH:

Tuesday 16th - Ride2School Day

Wednesday 17th - St Patrick's  
Feast Day

Thursday 18th - Senior Mural  
Excursion

Friday 19th - St Joseph's Feast  
Day Mass @9:30am

Wednesday 31st - Sacrament of  
Reconciliation @6:00pm

### APRIL:

Thursday 1st - Last day of term.

Monday 19th - Term 2 begins

Tuesday 20th - School photos

Friday 23rd - Pupil Free Day

Sunday 25th - ANZAC Day

Friday 30th - Whole School  
Mass

### SCHOOL HOURS

8.30AM - 3.15PM

Students are to wait in the  
office for supervision to begin  
at 8:30am

### OFFICE HOURS

8.15AM - 4.15PM

### Administrators:

Maria Whitehead  
[mariaw@sirochester.catholic.edu.au](mailto:mariaw@sirochester.catholic.edu.au)  
Bree Cox  
[bcox@sirochester.catholic.edu.au](mailto:bcox@sirochester.catholic.edu.au)

Dear Families and Community,

Cambridge Dictionary defines 'community' as **people living in one particular area or people who are considered as a unit because of their common interests, social group, or nationality**. Last night we came together as a community to celebrate the beginning of another year together. A year that we are hopeful will be more onsite - than off. Being able to chat with families was a blessing and to hear laughter in our school yard from you all was a joy - we look forward to having more gatherings like these.

We were spoiled by delicious food by Becky O'Sullivan with Sweet 'n' Savory boxes, Michelle Acocks with tasty salads and woodfired pizza by Brad O'Brien. A special thanks to the P&F who were instrumental in organising our options for food and providing soft drinks and icy poles for the children.



Next week marks an important day for us as a school, we celebrate our patron, St Joseph on Friday 19th March. We will begin the day with mass @9:30am - all families are invited to be part of this celebration.

Two of our Foundation families have had wonderful news since the beginning of the year. We say **Congratulations** to the Kelly family; Amanda, Jarrod, Georgia (F) and Henry on welcoming a son and brother, Clem to their family.



**Congratulations** to the Lovering family; Maryanne, Cameron, Smmuel(F) and Raphael on welcoming a daughter and sister Gabrielle to their family.

With strength and gentleness,

Jessica Carmichael  
PRINCIPAL

## HIP HIP HOORAY - HAPPY BIRTHDAY!

*Charlotte, Max, Matilda, Macey, Darby, Roby*



## SCHOOL NEWS

### CSEF:

Information was emailed to families in regard to current CSEF applications.

Please complete and return to school if you wish or are eligible to receive this assistance.



### GOLDEN HAMMER DAY - Friday 19th March.

P&F will be supplying lunch for students to commemorate St Joseph's Feast Day



### UNIFORM REMINDERS:

Children are to wear school coloured shorts /skorts to school. **Navy shorts/skorts are the only acceptable colour to be worn.** Bike shorts may be worn underneath uniform but not as uniform.



**SCHOOL JUMPERS:** please ensure that your children are wearing school issued jumpers. For students to wear alternative jumpers, a case by case arrangement will be made. However, it **MUST** be navy.

## PARENTING NEWS

*As humans, we've all fallen into the habit of labeling kids now and then, whether for good or bad. We might label one child as athletic, the other as musical. Whether aloud or in our heads, we think of one as difficult or challenging and the other as easy-going.*

*Each time we do this though, we fall into the labels trap without realizing the limiting effects and consequences.*

*If you have been the parent of a child who has been labelled as a challenge, you know too well the kind of feelings that manifests, the anxiety it can create and the negative implications that it presents when you are the mother or father of 'that kid'.*

*On the flip side, if you are the parent of a child who learns easily, can master any sport they try or is socially able - you would experience feelings of pride and a sense of parenting wins.*

*We are all responsible for making our children feel complete.*

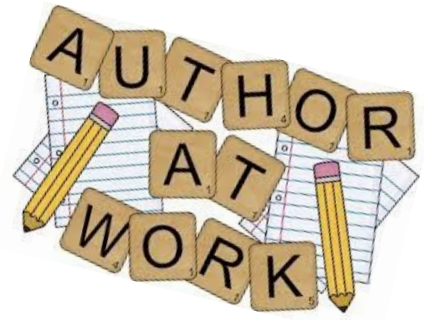
## - Classroom Connections -

### FOUNDATION CLASS - Miss Sortino

What a great few weeks we have had 😊 Thank you so much for attending your child's Learning Conversation, it was lovely to touch base in person and discuss your child's learning. The 'Frogs' have had an amazing few weeks, we have been busy developing lots of skills and strategies in Maths. We have learnt how to use a triad to represent our numbers and we have also begun learning about tens frames. Lots of fun and learning is happening! 😊



Year 1/2 - Mrs Schwab  
***We are proud of our writing...***



The Quokkas have been busy writing about our school. The students were presented with photos of our school and decided to write their own ideas. Here are some of their amazing ideas

*My School - We have a lovely playground and we have a library. We love to play basketball. **By Willow***

*My school - My school has 2 playgrounds and an oval, we have animals. My school is a good place to make friends and have fun and learn about stuff. **By Max***

*St Josephs - is a place for kids to play and the footy oval it is fun to do cartwheels and talk to each other. **By Isabelle.***

*My school is big and fun and we learn here because it is safe. **By Nash***

*My school has everything I could dream of. I love the school. It is a catholic school. Because it has a church. There are a lot of games to play. **By Hayden.***

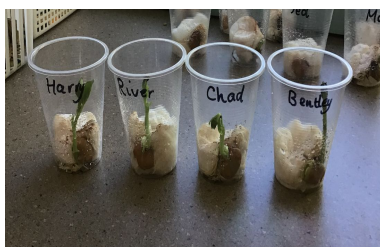
*The chooks are in the chook cage. There is lots of chicken poo in the cage. I can see the playground. I can see the oval, it has a big tree. I can see the orange seat. **By Lillian***

Year 1/2 - Miss Snowdon



The Caterpillars have also been writing all about our school. Here are some of our fantastic responses:

- I can see the frogs class where the preps are. I see the chickens they're white and brown. The oval is nice and green, it's very light green. I can see the office it's where you get band-aids and where the box goes. **By Chloe.**
- On the doors in our school they have animal stickers. On the grass in our school they have very very nice grass. In our school they have chickens and they all lay eggs. In the playground they have monkey bars and they're red. When someone doesn't have a friend to play with they go to the orange seat. **By Heidi.**
- My school - We have chickens and bee bots. We have books. Do not forget gotchas and assembly. **By Harry.**
- We have animals on our doors. My class is the caterpillars class. **By Bentley.**
- My Big School - My school has six classrooms it goes to grade six. I am in the caterpillars class. In our school we have literacy, spelling, maths and inquiry/RE. **By Nellie.**



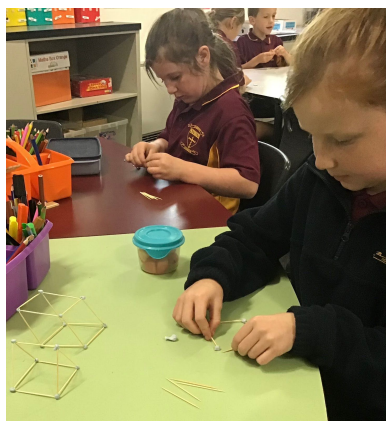
Our bean seeds are growing wonderfully! It is so exciting to see how they are changing every day.





### Year 3 - Mrs Bennett

WOW! What a busy week. It was so nice to catch up with most of you on Monday and share some of the fun times we have been having in the Dolphins classroom. We have been writing a class narrative titled, 'Sea World Adventure', without giving too much away our class is going to Sea World for an excursion to swim with the dolphins. Unfortunately things don't go to plan. Watch this space for updates. In Maths this week we have been learning the names of 3D shapes and learning how to describe them using their properties - vertices (corners), edges, and faces. We made 3D shapes using toothpicks and bluetac.



### Year 4/5 - Mr Shorthouse

The Year 4/5 students have been busy covering many topics in class. All the students are working very hard and trying their best. During Week 6 we had some fun with our estimating in Maths and even played some Golf maths games to help us appreciate how maths is used in the real world. Noah Makepeace was very keen to share his golfing tips and brought in some equipment for us to use. We set up a hole with some hazards such as sand, water, trees and then tried to get the ball in the hole. Low and behold after a few attempts at guessing how many shots it would take for various students to get their ball in, Banjo made the prediction that Madison would get it in one shot. The class erupted as one when she did and we celebrated the HOLE IN ONE! It was a magical moment in our class!



## Year 5/6 - Miss Allen

A huge welcome back to Ms McEvoy who has started a netball clinic with the Seniors this week. She has us moving and shuffling, working on our netball passes (bit different from footy) and working on our fitness. In Maths we have been measuring all sorts of different things. We have

Harriet	21.5	22	
Kels	18	20 1/2	
Jackson	23	20 3/4	
Darby	20 3/4	20 1/2	
Hayley	19 1/2	19 1/2	Chayse 11.5
Harvey	21 1/2	21 1/2	11.5
Taleah	22 1/2	22 1/2	
Amon		22 1/2	
Cody	20	21 1/4	
Abby	23	20	
Emily	18	18	
Dani	19	22	
Kahlia	20	19 1/2	
Blair	19.5	22 3/4	
Nate	21.5	21 1/4	

investigated how to measure accurately using our bodies and the Pavillion (it's a bit dirty down there). Persuasive writing has entered the classroom in a whirlwind with learning about the three main types - single perspectives, comparing and contrasting and analysis of topic. Miss Allen has begun her 'where is the evidence?' speech.



We have enrolled in a Caritas Q&A next week. Watch this space.

*Darby Martin and Kelsee Harris*

## Social and Emotional Learning - RRRR Mrs Kerlin

This week the Juniors again focussed on being a "Bucket filler".

We discussed the language of bucket filling and bucket dipping. Each student has bought home a small card as a prompt to discuss with their families what it means to be a bucket filler.

Some of the things we discussed in our lesson were:

Being a bucket filler

- Listen
- Take turns
- Include others
- Be kind
- Smile
- Help others
- Give compliments
- Share

Being a bucket dipper

- Ignore someone
- Use put downs
- Call people names

## Performing Arts - Mrs Oakley

Over the last two weeks of Performing Arts, the students have been working together in small groups, using their combined bodies to create particular scenarios, actions or objects.



## Digital Technology/ STEM- Mrs McKiernan

Wow - what an explosion of fun we have had the last two weeks!

We have been busy making Bottle Rockets using vinegar and baking soda. When mixed together we found out it causes an acid-base reaction and a gas is released. With the cork stopping the gas from escaping, the force of the gas pushes the cork out making the bottle fly!



- Exclude others
- Shout at others
- Push in line
- Hurt others
- Use mean words



The students in Years 3-6 had their first session focussed on netball

skills. This session was delivered by Olivia McEvoy as part of the sporting schools grant that we successfully received. There was lots of laughter and fun in the sessions. Stay tuned for some photos in the next newsletter. The students will participate in a session each week until the end of Term.



### Wellbeing News - Rachael Else

This Tuesday (16th March) we are holding our yearly celebration of Ride 2 School Day! This year we will be leaving from three different locations with the assistance of our local CFA and the Bicycle Network ladies.

Please see the attached flyer for more details and a map of meeting locations.

For more information or questions please contact [relse@sjrochester.catholic.edu.au](mailto:relse@sjrochester.catholic.edu.au)



# RIDE2 SCHOOL





## Avoid the pitfalls of labelling kids

by Michael Grose

*People are natural labellers. We're quick to categorise others, particularly when they hold different views to ourselves. Terms such as 'racist', 'feminist' and 'socialist' are used liberally at the moment.*

The trouble with placing a label on a person is that it stops us from thinking too deeply about what they're saying and prevents us from understanding who they really are. It's hard to see beyond the label.

The same principle applies when we apply labels like these on kids:

*"She's the bright one of the family."*

*"My child is the one on the autism spectrum."*

*"He's such a naughty kid."*

*"She's an only child."*

*"He's shy."*

The labels we place on kids can become their defining characteristics. Anyone who has been called 'stupid', 'tanglefoot' or a 'klutz' will know that these tags can become an overriding narrative, remaining well into adulthood. *"I'm hopeless with accounts. I was a klutz in maths when I was a kid and I'm still hopeless with figures,"* is an example of a self-limiting storyline that has its origins in childhood.

Even positive labels can be a burden for some children. Be told often enough that you're the 'smart', the 'good' or the 'responsible' child of the family or class and you've got some lofty expectations to live up to. There's nothing wrong with setting high behavioural or academic standards, but a child's good behaviour or high achievement shouldn't become a badge or label that they always have to wear.

### Look beyond the label

Instead of labelling kids, look beyond the label when you talk about them. For instance, when working with a child on the autism spectrum a teacher or coach will need an understanding of the child's condition in order to communicate with, manage and teach the child. But autism shouldn't be the defining characteristic; it shouldn't be the only lens used to relate to the child.

A child is so much more than any condition they have, but being labelled as the 'autistic child', the 'anxious child' or the child with oppositional defiant





disorder immediately colours the perception others will have of them, as well as affecting the way the child sees him or herself.

### **Help kids to define themselves broadly**

Many children put self-limiting labels on themselves. A child who defines himself as being stupid because he struggles academically benefits from parents who lovingly point out that there is more to life than schoolwork. Help your kids see the strengths that they have in other areas of life such as making friends or success at leisure activities, along with personal qualities such as loyalty, patience and persistence. In other words, help children see past any labels that they place on themselves.

### **Label the emotion or behaviour**

Just as we should resist calling a child who bends the truth a liar (as it may well become a self-fulfilling prophecy), we should also avoid labelling kids who experience anxiousness in new or unfamiliar situations as 'anxious children'. Being tagged an 'anxious child' gives a child a great excuse to avoid situations such as attending school camp or going to a concert because she feels uncomfortable, nervous or shy. The anxious child tag can stop a child from showing the bravery and courage she needs to overcome nerves, self-consciousness or feelings of discomfort.

Instead, talk about anxiousness, nervousness and tension – which are emotions that children will naturally experience – while avoiding using the terms as tags or labels. For instance, it's possible to feel anxious without being an 'anxious person'. Labelling the child instead of the feeling can too easily define and restrict kids.

Talk about behaviours that may reduce these feelings, such as planning ahead, practising and mindfulness. This will help kids feel that they have some control over their feelings, whereas being tagged with a label or name negates a child's feelings of control and makes self-regulation more difficult.

Catch yourself next time you're about to stick a label – positive or negative – onto a child. Separate the deed from the doer, the kid from the condition, and focus on the behaviour or qualities that he or she needs to succeed in whatever it is they are trying to accomplish.



### **Michael Grose**

Michael Grose, founder of Parenting Ideas, is one of Australia's leading parenting educators. He's the author of 10 books for parents including *Thriving!* and the best-selling *Why First Borns Rule the World and Last Borns Want to Change It*, and his latest release *Spooned Generation: How to raise independent children*.

# ST JOSEPH'S "RIDE2SCHOOL" DAY

**Tuesday 16th March**



Join more than 350,000 students across Australia who will ride, walk, scoot and skate to school.

\*See back for further information





Tuesday 16th March

# ST JOSEPH'S RIDE2SCHOOL DAY

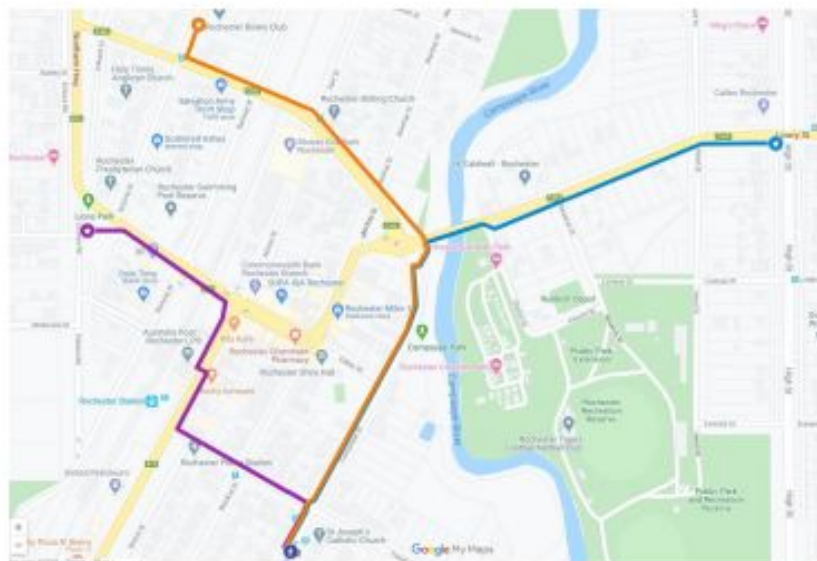
This year we are celebrating National Ride 2 School day a little bit different to previous years.

This year we are;

- Celebrating Ride 2 School Day on the **16th of March**
- Welcoming staff from Ride 2 School
- Meeting at 3 separate locations (details on map below)
- Leaving from each meeting point at **8.30am to arrive at school by 8.45am - 8.50**
- Following COVID-19 restrictions and socially distancing
- Still having fun while riding, walking, skating or scooting to school!

The below three meeting places and routes to school will be marked with special stickers for students to follow to school. A staff member will be at each point to guide students to school on the **16th of March.**

**They will be leaving the meeting points at 8.30am sharp.**





# COMMUNITY NEWS



ROCHESTER NETBALL ASSOCIATION  
SEASON 2021 COMMENCING 1st MARCH

## MONDAY NIGHTS

DIV 1 & 2 - 5 PM START

12 WEEK PROGRAM

REGISTRATIONS & PAYMENTS NOW OPEN ONLINE AT  
MYNETBALL

RNA MEMBERSHIP \$62.00 + Netball Victoria M/SHIP \$58.00 = \$120.00

## NET SET GO

10 WEEK PROGRAM

COMMENCING 22nd MARCH 2021 4-4.45 PM

NET SET GO \$68.00

Registrations open 16th February, 2021

## CONTACTS

Leah 0400 619 271 Beck - 0477034166



St. Joseph's  
College Echuca  
STRENGTH & KINDLINES

Please come along to the

## YEAR 7 2022 INFORMATION EVENING

Monday, 26th April 2021 at 7.00pm in the  
St. Joseph's College Oak Centre

**Principal** Friday 26.03.21 9.00am & 9.45am  
**Tour Times** Wednesday 21.04.21 2.00pm, 4:00pm & 4.45pm  
Friday 23.04.21 9.15am & 10:15am

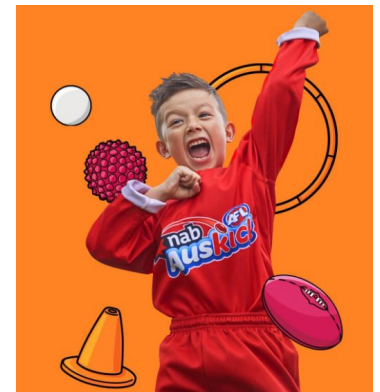
To book a tour, contact Mrs Brianna James  
(03) 5482 2577 or [registrars@stje.vic.edu.au](mailto:registrars@stje.vic.edu.au)

Enrolment Packs available for collection at the College  
AFTER 26th April 2021 if you are unable to attend.

Parking is available at VIC PARK  
(Details above pending COVID  
Restrictions)



**Auskick registrations are now open!**



Go to <https://play.afl/> to register.  
Season starts Sunday 2nd May, 10am  
at The Windridge Oval. Cost per child  
is \$85. Please contact Casey James  
with any queries ph: 0418190877 or  
email [caseandal@gmail.com](mailto:caseandal@gmail.com)



March 1st - 31st

## Get Active Victoria Campaspe Active Transport Month

Get Active this March with Active Transport Month!  
This March we're encouraging businesses and  
employees to walk and ride work.

Live too far away? There are still many ways to get  
moving at work, such as:

- Walk or ride to work/school
- Walking meetings
- Walking groups at lunch
- Parking further away to walk the rest of the way  
too and from the workplace



Visit:

<https://www.getactive.vic.gov.au/>



Rochester Basketball Association  
is excited to announce

## Mini Hoops 2021

When: Wednesday 10, 17, 24, 31 March

Where: CVCC

Cost: Gold Coin each week

Time: Foundation & Grade One - 4.00pm - 4.30pm

Grade Two & Grade Three - 4.30pm - 5.15pm

Parents will need to sign a registration form on arrival.

The program will be conducted in partnership with  
Rochester Secondary College Duke of Edinburgh Program  
participants. You can do one week or four weeks!

Everyone invited!

