

St Joseph's School Newsletter

Volume 33 No. 20

12th July 2023



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OFFICE HOURS

Monday: 8:30am-4:00pm
Tuesday: 8:30am-4:00pm
Wednesday: 8:30am-4:00pm
Thursday: 8:30am-4:00pm
Friday: 8:30am-4:00pm

Calendar

Thursday 13th July	Halls Gap camp Grades 3-6 School Nurse—Foundation
Friday 14th July	Halls Gap camp Grades 3-6 Fresh Fruit Friday— Bec
Tuesday 18th July	SAC Meeting. 7.00 pm
Wed-Thur 19-12 July	Office Closed. (Admin Workshop)
Monday 24th July	Insight Parent Surveys Open
Wednesday 26th July	Grandparents and Special Friends Day
Friday 28th July	PUPIL FREE DAY

Dear Parents, carers, families and parishioners,

This Sunday we celebrate readings for the fifteenth Sunday of the year. The first reading is on the money in relation to our current weather:

Thus says the Lord:

"As the rain and the snow come down from heaven, and do not return there until they have watered the earth, giving seed to the sower and bread to the eater, so shall my word be that goes out from my mouth; it shall accomplish that which I purpose, and succeed in the thing for which I sent it."

Thoughts to ponder as we watch the rain fall to the earth. God always has a purpose.

Mrs Quarrell

This term, Ms Mikala Roberts is on leave. Replacing her is Mrs Joy Quarrell. Joy is with us on Tuesdays and Wednesdays this term, covering lessons for Mrs Phelan's and Miss Weir's classes. Welcome Joy.

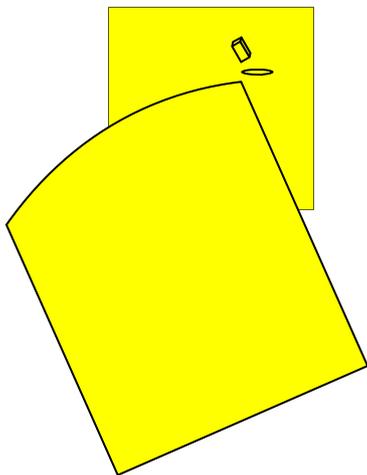
Insight Surveys

This year, once again, parents, staff and students will have to opportunity to complete surveys that will tell us about how we are travelling as a school and give us ideas about what we can do to be even better that we are now. The surveys are completed online and are open between 24th July and 4th August. More on this next week.



Until next week, Chris

A COMMUNITY OF FAITH AND LEARNING



Grade 3-6 Halls Gap Camp

We wish our grade 3 to 6 students along with Miss Weir, Mrs Phelan, Wendy and Patto all the best for the Halls Gap camp tomorrow. **A reminder that a sleeping bag, blanket and sheet is also required.** The bus will be departing at 8.00am sharp so please ensure your child/ren arrive prior to load the bus.

Grandparents & Special Friends Day

There will be a liturgy in the church to celebrate the gift of grandparents and special friends at 10.30am, followed by a shared morning tea in the community room. More information next week. We hope you can join us!

Basketball Court update

Due to illness and staffing the re-surface of the basketball court by Ballarat Groundworks will commence next Monday 17th July. We can't wait to see the transformation!



The seed that falls on good ground will yield a fruitful harvest.

(Luke 8:8)

National Schools Tree Day

National Schools Tree Day this year is Friday, 28th July. As this is a pupil free day, we will bring the day forward to Thursday 27th July. Staff and students will be assisting the Lake Committee in planting trees at Lake Lascelles. This is an opportunity for the students be involved in a real way in caring for God's good earth. This is also a great way for them to support the local community and care for the local environment here in Hopetoun.



Permission notes will be released on PAM by the end of the week.

Supervision

A reminder that school supervision begins at 8.30am.

Annual Report to the School Community

This report is available on the school website or alternatively if you would like a hard copy please contact the office. This is the report on the 2022 school year.

Attached this week:

Parenting Ideas-
Teaching kids to be kind

Upcoming Dates

Grandparents & Special Friends Day Wednesday 26th July
PUPIL FREE DAY Friday 28th July - Structured Literacy
Book Week 21st —25th August
SML Athletics Friday 25th August Rainbow
Andrew Chinn - Thursday 31st August
Parent Teacher interviews - Wednesday 30th August

WHAT'S HAPPENING IN OUR CLASSROOMS?

Foundation

Welcome back to another term!!

Hopefully everyone has had a chance to rest, recharge & do some things they enjoy.

Our daily routine in Foundation will remain much the same as last term, with a few changes to the afternoon programs.

Monday changes from visual art to performing art (after we tidy up a couple of unfinished projects), Tuesday-Integrated Studies, Wednesday - Religion, Thursday -The Resilience Project, and Friday will continue to be sport day with athletics being the main focus. The teaching of the afternoons will be shared between Mrs Jochinke, Mr Robarts, Amanda and myself.

This term will incorporate lots of revision as well as new learnings. We are very excited about what our team will produce this term! A reminder too, to contact us if there were any surprises or questions from your child's report.

A few things to keep in mind for the benefit of your child:-

*We cannot stress the importance of your child being at school before the bell. This gives time to complete their morning tasks and set themselves up for the day. It also allows time for us to touch base with your child before our routine begins. Almost everyone has something they deem important to tell/ask us about each morning. With all this done and dusted, everyone can begin their day on an even playing field. It is often unsettling for the child who enters the room late.

*Fruit snack - please cut this up and send any utensils needed as we only have a very small amount of time.

*Water bottles are needed **each day**.

*Please ensure (where possible) your child knows whether they are being picked up, on the bus or walking each day.

Bring on another fun and successful term & please contact us if you have any concerns or questions about your child. **Mrs Horman**

Grade 1/2/3

Welcome back to Term 3! It was great to see the students back on Monday and we hope you all had time to rest and enjoy a lovely break.

Our classroom routines have mostly stayed the same with a couple of small changes to afternoon programs and teachers. Monday stays the same as Integrated Studies. Tuesday Mrs Quarrell will be in the classroom from recess onwards taking the students for Measurement and Religion. Wednesday will be Music, Thursday Resilience Project and Friday Mr Robarts will be in the classroom. Sport will still be on Friday.

Homework is back to normal this week and was handed out yesterday. Please encourage your child to complete their homework throughout the week (only needs to be 5 minutes a day) and return it by Friday. Students are expected to complete their daily reading each day during the school week. We encourage parents and carers to ask their child a couple of questions after they have read their book to improve their child's oral language and understanding of different texts. Please also return all readers and library books that were borrowed at the end of last term. Once you have finished looking through your child's learning diary with them, we ask that these please also be returned over the next couple of weeks.

The Year 3s are very excited to head off to camp tomorrow. Don't forget to pack lunch and snacks for Day 1, bedding and warm clothes for our adventures. The bus will leave at **8am**. If you have any last minute questions please do not hesitate to send a message on Dojo or email (lphelan@sjhopetoun.catholic.edu.au). Keep an eye on Dojo for updates and photos. **Mrs Phelan**

Grade 4/5/6

What an exciting Term awaits us, beginning with Camp tomorrow! Don't forget to pack lunch and snacks for Day 1, bedding and warm clothes for our adventures. Keep an eye out on Class Dojo for camp updates and photos. Leaving School at 8am.

Our Integrated Studies topic for this Term is *The Buzz about Bees*. This unit explores the question, *why are bees important for humanity? Understanding the interdependence between bees and food sources encourages students to care for the natural world and think and act in more sustainable ways. Students will have a deeper appreciation of the interdependence between humans and the natural world. They will be more aware of where their food comes from and show greater care and respect when interacting with the natural world. Students also develop a greater range of strategies to use when communicating important messages with others in the community. Our visit to the Halls Gap Zoo this week provides us with a firsthand look and experience of the variety of creatures we share the world with and their relationship with their environment and the importance of living sustainably and the impact of this.* **Miss Weir**

★ ★ Star of the Week ★ ★

What is your favourite movie?
The Meg



Arlo

I am happiest when I see my mum.



What book would you recommend to your peers? The Green Lantern



What do you think makes a good friend? Help them



If you could only eat 1 food for the rest of your life, what would it be? Bananas



What has been the highlight of this year so far? Writing at school

Congratulations to the following students who received awards at assembly last week:

- ♦ **Joseph:** for working well when learning about Subtraction. Showing that he can use counters and tell stories using "maths talk".
- ♦ **Piper:** for working well when learning about Subtraction. Showing that he can use counters and tell stories using "maths talk".
- ♦ **Madden:** for working well when learning about Subtraction. Showing that he can use counters and tell stories using "maths talk".
- ♦ **Anthony:** for working well in his buddy group this week. You showed good teamwork skills by listening to other group members' ideas and helping to construct your marble maze.
- ♦ **Lola:** for working well on all her class activities and being a helpful class member at all times.
- ♦ **Denim:** What a term you've had Denim. You've given so many things a red hot go and have achieved so much. Your persuasive speech was carefully crafted and presented with enthusiasm. In Maths, you've worked hard on fractions, decimals and percentages and are really getting the hang of working with them. Have a lovely break, I can't wait to see what you achieve next Term 3!
- ♦ **Ava:** You were so brave when you presented your persuasive speech about why St Joe's should employ a Golden Retriever at school! You were nervous but spoke clearly and calmly with expression. We all thoroughly enjoyed your presentation. You've had a great term with many achievements and challenges along the way. Have a great holiday break and I can't wait to see what you achieve in Term 3!
- ♦ **Harry:** You have been an absolute star this Week Harry. You've knuckled down and have worked with independence and determination. Your efforts in EMM are really starting to shine in the number of questions you're answering independently and your impressive results. Keep up this positive momentum when you return next Term and you'll be in for a ripper Harry!
- ♦ **Playground raffle:** **Colt:** for being a projectionist extraordinaire
Millie: for cleaning up the sandpit

Child Safe Standards -Hopetoun Diversity and Equity Policy

Policy Statement

St Joseph's Primary School, Hopetoun strives to provide a safe, inclusive, and supportive school environment which values the human rights of all students and staff.

The nature of our school community is diverse, drawing from both the rural and town sectors of the Hopetoun district. The socio-economic makeup of the school community is likewise diverse and also fluctuating, representing a wide range of situations and circumstances. The school works with students with diverse learning needs, supporting these students through intervention programs. The school is also active in its support of students living in Out of Home Care and those from a variety of religious and cultural backgrounds.

St Joseph's Primary School, Hopetoun is committed to creating a school community where all members of the school community are welcomed, accepted, and treated equitably and with respect regardless of their backgrounds or personal attributes such as race, language, religious beliefs, gender identity, disability, or sexual orientation so that they can participate, achieve, and thrive at school.

The full policy is available at

http://www.sjhopetoun.catholic.edu.au/uploads/8/9/4/9/8949668/sjh_diversity_and_equity_policy_2022.pdf

We are committed to continuous improvement in our approach to child safety and wellbeing and welcome feedback from families and members of our school community on ways we can further strengthen our child safety policies, procedures and practices.

If you have any suggestions, comments or questions, please contact Chris Robarts.



SPECIAL REPORT: Celebrating NAIDOC Week

NAIDOC week celebrates the history, culture and achievements of Aboriginal and Torres Strait Islander people. It is celebrated by all Australians and is a great opportunity to recognise and learn more about the history and culture of indigenous communities.



NAIDOC stands for National Aborigines and Islanders Day Observance Committee. Its origins can be traced back to the Aboriginal rights movement, when on Australia Day 1938, protestors marched through the streets of Sydney to highlight the status and treatment of Aboriginal and Torres Strait Islander Australians. Today, it is a week-long celebration held in July that consists of range of traditional and contemporary activities.

NAIDOC Week is an important event that helps build positive relationships between Aboriginal and non-Aboriginal people. It enables a deeper understanding of our differences and similarities. NAIDOC week is an opportunity for all Australians to eliminate bias and discrimination by reflecting and reconciling the wrongs of the past to facilitate hope and build a fairer future. Families are encouraged to join in and support young people in learning the significance of NAIDOC Week.

This Special Report offers suggestions on how families can celebrate NAIDOC Week together. We hope you take a moment to reflect on the information offered, and as always, we welcome your feedback. If this raises any concerns for you, a loved one or the wellbeing of your child, please seek medical or professional help.

Here is the link to your special report https://sjhopetoun.catholic.schooltv.me/wellbeing_news/special-report-celebrating-naidoc-week

A COMMUNITY OF FAITH AND LEARNING

Vision Statement

St. Joseph's School is an inclusive community of faith and learning with Christ at its centre. St Joseph's School will educate its students to be of service to society in the Catholic tradition of love, faith and hope.

Mission Statement

As a Christ centred school we celebrate our Catholic beliefs, values, practices and traditions.

As an educational institution we:

- Will support the development of the whole person.
 - Will provide a comprehensive curriculum, which challenges all students in their pursuit of success.
 - Will cater for the varied learning styles of our students.
 - Will be a child safe school by providing a physical and online environment that is happy, safe and welcoming.
 - Will respect the dignity of the individual and value the participation and contribution of all.
 - Will work in partnership with parents, the parish and the wider community.
 - Will encourage our students to make a difference in the local, national and global communities in which they live.
-

HOUSEKEEPING!!

Student Absence from School

A reminder that it is a legal requirement for parents to explain absences from school. We do not need to know 'nitty gritty' details, simply sickness, doctor's appointment or family reasons will suffice. ***Please remember to log on to PAM to complete the notification or email or phone the school prior to 10am on the day of absence. An absence SMS otherwise will be generated. If there is a scheduled absence please advise us in advance.*** Thank you.

Sunscreen

Sunscreen is provided by the school for our students, however we do encourage the children to bring their own sunscreen to school to assist with sun protection. Students are regularly encouraged by teachers to apply sunscreen throughout the day.

Hats

School hats MUST be worn at all times when students are outdoors, except for extremely windy days where hats blow over the fence. School Hats are now \$15.00.

Signing out

Please remember to sign out your child at the office if you need to take them from school during the day. This is not only a legal requirement but also an important part of our emergency management plan.

P & F docketts

A reminder that any purchases for P & F from IGA must be put on the P & F account (not school account). Docketts then need to be sent to school please.

Pie warmer containers

A reminder that students can bring lunch to school wrapped in foil or in a foil container to be heated in the pie warmer.

Pie warmer containers are available from the office for **\$15.00** for 50 containers.

Grounds Roster: July: D Watson & D Kranz/D Scobie



A COMMUNITY OF FAITH AND LEARNING

Teaching kids to be kind



Judgement and criticism are the stock in trade for many people in today's fast-paced world. In our playgrounds and parks, children often act cruelly – or are simply uninterested in how other people feel. Little kids, big kids, and even adults can respond reactively and unthinkingly, or sometimes intentionally, with unkindness.

Although being unkind is nothing new (it's happened from the beginning of humanity), technology is enabling cruelty in faster, easier, anonymous ways. Technology is also making it hard for our kids to develop skills to delay gratification. Exercising impulse control – self regulation – is trickier because waiting isn't needed. These things combine to make it increasingly hard to be a compassionate and kind person, someone who considers the needs of others rather than acting out of self-interest. It demands intention and commitment.

The helper's high

Our brains release "feelgood" chemicals (like oxytocin, serotonin, and endorphins) which fight stress and make us feel happy when we engage in, or even witness, acts of kindness. It's called the "helper's high" and it's our brains' way of rewarding us for doing good, making us want to repeat the behaviour to get the same good feeling again. Not only does being kind feel good, but it generally keeps us safe because it makes us more likely to be accepted by social groups. It builds social capital when we are considerate of the needs of others.

Create opportunities for kindness

Even though they are hardwired for kindness we still need to create opportunities for our kids to engage in acts of kindness. We also need them to know what it feels like to have someone treat them kindly (so they know what behaviours to copy, and why kindness is important). So how can you help them?

Model kindness

Show your children how you treat others kindly. Hold open doors for people, put trolleys back that are in the middle of the car park, drop a meal to a sick family member, donate old towels to an animal shelter, let someone in when traffic is heavy.

They don't have to be grand gestures, just small and gentle ways of considering the needs of others.

Use kind language

Consider how you speak to your child and what you say when you speak. Ask how you speak about others (and yourself). Our kids use our behaviour as templates for how they should act. So let them see your compassion shine through for those around you. Be kind as you listen. Be kind as you talk. Say kind things.

parenting *ideas

Encourage helping

Is one child great at maths and their younger sibling isn't? Invite them to teach them or guide them through their homework. Ask them to show you how to play their favourite video game. If they are great at cooking, ask them to help you prepare dinner. Having them involved in prosocial ways gives them a helper's high.

Build their emotional intelligence

Kids who struggle to regulate and manage their emotions will find it harder to treat others with compassion. An essential part of teaching kids to be kind centres on teaching them to manage challenging emotions, and giving them coping strategies to navigate their way through.

- Teach them the words for feelings. Without the right words to share how they feel it can leave kids confused, fearful and frustrated...which only serves to make their big feelings more intense. When you see them experiencing a feeling, name it for them: "I can see that made you so mad", "I wonder if you felt sad when your friend left you out".
- Help them identify when they are escalating, but don't try and reason with them when they are in the "red zone" - we cannot reason with them at this stage as they are in the emotional part of the brain (mid brain) not the part that lets them be logical (pre-frontal cortex). Discuss strategies and practice when they feel calm. Get them doing things like squeezing play dough, talking about how they feel, going for a run, switching on music that makes them feel good, drawing or writing stuff down.

When you do this, you're being kind, teaching kindness, and helping them be kind to themselves.

In closing

Encouraging kids to be kind is essential in helping them avoid seeking instant gratification, ego-centric solutions, or being cruel. When people are empathic and kind they are more likely to experience better overall wellbeing, this is in part due to the helper's high, but also because they feel fulfilled and tend to have better quality relationships. Kindness is cool!



Rachel Tomlinson

Rachel Tomlinson is a registered psychologist and the author of Teaching Kids to be Kind and A Blue Kind of Day. Rachel has presented at national conferences on mental health topics as well as guest lectured about relationships at colleges and universities. She also serves as a subject matter expert for journalists on topics such as parenting, child development, and relationships. For further details visit www.towardwellbeing.com