

St Joseph's School Newsletter

Volume 34 No 3

14th February 2024



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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**

**WHERE POSSIBLE PLEASE PHONE THE
SCHOOL DURING OFFICE HOURS**

Calendar

Thursday	15th Feb:	Swimming 11:30am Chelsea here for Speech
Friday	16th Feb:	Southern Mallee Lakes swimming Fresh Fruit Friday (Bec)
Monday	19th Feb:	Swimming 11:30am
Tuesday	20th Feb:	Horse Hero Program SAC Meeting 7pm
Wednesday	21st Feb:	No school for Foundation Swimming 11:30am
Thursday	22nd Feb:	Swimming 11:30am
Friday	23rd Feb:	Water Fun Day Fresh Fruit Friday (Sherelle)
Tuesday	27th Feb:	Horse Hero Program Structured Literacy parent session
Wednesday	28th Feb:	Little Desert Swimming (Horsham)

Dear Parents, carers, families and parishioners,
Phew! It's only Wednesday but what a week we've had so far! The weather has given us a stark reminder this week that we live in the Mallee! But, with true Mallee grit, determination & resilience we've got through it! We were delighted to have Jess & Digby with us yesterday, albeit with a slightly modified program to adjust to the weather conditions. The students were wonderful and Digby was absolutely incredible in the wind, heat and flies! We look forward to continuing the Horse Hero Program next week.

It was absolutely wonderful to see so many of you at our Beginning of School Year Mass last Saturday evening. Thank you to everyone who came along and helped to make our welcome to our new students and staff so lovely!

Today is Ash Wednesday, the beginning of the season of Lent. Lent is a time for prayer and preparation to celebrate Jesus' death and resurrection. This afternoon we attended Mass with Fr Matt.

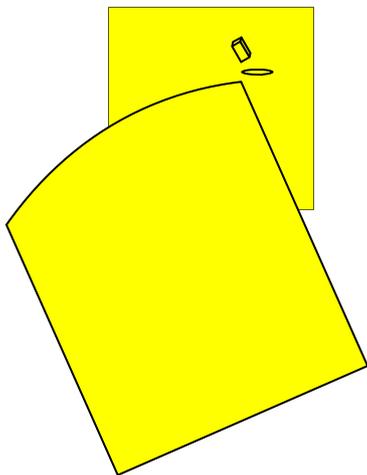


Lent is a time to give generously to others. Project Compassion boxes will be sent home to families today. Your contributions will support programs that promote human dignity and fight injustice. Project Compassion offers us a way of expressing our solidarity with young people all around the globe. It's a way that we, as a Catholic school, can follow in the footsteps of Jesus and respond with compassion to those who are in need both in Australia and in other countries of the world.

Thanks to everyone who supported Project Compassion by purchasing pancakes for recess yesterday. Well done to the Grade 6 students for cooking and serving the pancakes. Thanks to Jacki for her help with this. \$85.50 was raised yesterday for Project Compassion. The BBQ at the Water Fun Day next week will also support Project Compassion. Could all Project Compassion boxes please be returned to school by the end of the term. Thank you for your support.

Wishing you all a wonderful week! Cynthia

A COMMUNITY OF FAITH AND LEARNING



Praise to you, Lord
Jesus Christ, king of
endless glory!
If today you hear his
voice, harden not your
hearts.
Praise to you, Lord
Jesus Christ, king of
endless glory!

Attached this week:

Parenting Ideas -
Consequences

Project Compassion
boxes

Southern Mallee Lakes Swimming Carnival

This carnival will take place this Friday 16th February at the Hopetoun Pool, commencing at 10am. Nominations have been finalised and permission notes have been released on PAM for those students who will be attending. Students come to school as normal, in their sports uniform, and we will walk to the pool at 9:30am. Please ensure your child has a couple of drink bottles and plenty of lunch and snacks for the day. Please note that there is a \$2 entry fee for all adults. This money goes towards the running costs of our sports association and ribbons that are awarded to students and will give you a program of events for the day. If you are able to help with timekeeping or ribbons, please let the school office know.



This year at The Southern Mallee Swimming Carnival we will be trialling a new point system for the age champion. Instead of our age champion being won by winning the medley, students will accumulate points for each event: 7 points for first, 5 points for second and 2 points for third place (No points will be given for relays or Gretna Green). At this stage the age champion will only be given to students in the **12+, 11's and 10's age groups**. One medallion will be given for both a boy and a girl champion in these levels, while our younger students will still compete to build upon their development and confidence. All students who place 1st, 2nd or 3rd will be awarded a ribbon in all ages.

We look forward to seeing many of you there on Friday, cheering our St Joseph's team on!

Water Fun Day

Our Water Fun Day will be held on Friday 23rd February. Thank you to those who have indicated they can assist on the day. Students will leave school and walk to the pool at 11:30am. There will be a BBQ lunch for sale - \$1 for sausage or hamburger in bread with all proceeds going to Project Compassion. Students will need to bring their own snacks and plenty to drink. Students will be dismissed from the pool at the end of the Water Fun Day if their parents are there to take them or if a written note has been received from parents to say they can go with another parent or walk home. Any students not dismissed from the pool will walk back to school with the teachers. We look forward to a great day and hope to see many of you there helping out or cheering on our students.



Helpers

Lifeguard: Tara
Announcer: Sherelle
Marshalls: Zoe, Laura, Amanda, Lisa
Starter: Mel
Chief Judge: Rachael
Place ribbons & kickboards for backstroke: Emma, Kim, Alex, Bec
Cook BBQ: ??

Structured Literacy Parent Information Session

On Tuesday the 27th of February we are holding a Structured Literacy parent information session at 3.20pm. We welcome all parents to come along and learn about what structured literacy is and what it looks like in the classroom. It will also be an opportunity to ask questions about our journey in structured literacy and find out about what happens in the classroom. We hope many of you are able to make it!



Clean Up Australia Day

We are taking part in Clean Up Australia Day on Friday 1st March. Students will leave school at 9:30am to head to the Lake, returning by recess. We need a couple of parents to assist. Please let us know if you are able to help. **Could students please bring an old pair of runners or boots and a spare pair of socks to school as some will be cleaning up along the water's edge.**



As a catholic school community we are called to care for our environment and ensure it's sustainability for future generations. Participating in Clean Up Australia Day is one small way we can do this. Permission notes will be sent out through PAM.

Taking photos

A reminder to parents and family members to please ensure, when at school events, to take photos of your child/ren only. Please do NOT post photos of other children at school events on your personal social media pages.

We thank you for your cooperation in respectfully using social media and doing your bit to keep everyone in our school community safe.



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Yearbook/School Magazine or Learning Diaries?

There has been a suggestion that we move away from Learning Diaries, instead producing a Yearbook or School Magazine at the end of the school year. The yearbook/magazine would outline special school events throughout the year. They would be printed professionally off-site. Whilst we can't say a definite cost at this stage to families, it is anticipated they would be \$25-\$30 each.

A key component of the Learning Diaries has been the opportunity to provide families with a snapshot of student learning from the term. If we were to move away from Learning Diaries, work samples would be regularly communicated to parents through Class Dojo.

Before any decision is made, we want your feedback! A Google form will be emailed to you shortly. We do ask for a quick return with responses as, if the feedback is to stay with Learning Diaries, teachers will need to begin these. Stay tuned for more information!



This year, **Project Compassion** brings you the stories of three resilient women from three different corners of the world. They are facing vastly different challenges, but are all united by one dream: to create a better tomorrow **for all future generations**:

Ronita from the Philippines. Ronita lives with her husband and two children in a barangay (local district) in Quezon City, which is situated in Metro Manila in the Philippines. She went back to school to finish her education so that she could earn income to support her children.

Leaia from Samoa. Not having access to a reliable source of clean water was very difficult for Leaia and her family. But, with the support of Caritas Australia, a water tank was installed at their home, improving their health and living conditions.

Memory from Malawi. Memory, the eldest daughter from a rural Malawian family, trained to become a carpenter and is now a trailblazer for future generations of women in her village.

Throughout Project Compassion, you will get to know the stories of Ronita, Leaia and Memory. Journey with them as they forge a path to a brighter future for all generations.

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WHAT'S HAPPENING IN OUR FOUNDATION/GRADE 1 CLASSROOM?

This week in Year 2/3...

The past 2 weeks we have had an awesome start to 2024. We have spent some time going over classroom expectations and have put in place great daily routines.

In Literacy we have been practising more elements of Structured Literacy. In the photos, you can see the students doing 'Paired Fluency' where they take in turns to read a given text for a set time. At the moment we have been working on fluently reading for 2 minutes. One partner reads for the time, the other gives quick feedback using a positive or constructive feedback prompt. They then swap roles. Students are also revising and learning new sounds in their 'No Nonsense Phonics' books (a new phonics program we are implementing this year).



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Cutlery

A reminder to pack cutlery for your child/ren if they need it for recess or lunch. Thanks for your cooperation with this!



Brain Break

Students have a Brain Break at 10am each morning, which includes a fruit snack. Please ensure your child's fruit snack is **cut up and ready to be consumed quickly**.



Thank you for your support with this.

**Reminder
No school for Foundation students on Wednesdays.**

Drink Bottles

A reminder to ensure that your child has a labelled drink bottle with them every day.



Catastrophic Fire Rating Days

In September 2022, Australia introduced a new fire danger forecasting system, the Australian Fire Danger Rating System (AFDRS). A nationally consistent system will more accurately predict fire danger and produce clear, simple messages for communities. Victoria has been using a 6-tier system for fire danger ratings, from 'Low' or 'Moderate' to 'Code Red'. The AFDRS will replace the Victorian system this year and uses 4 tiers of fire danger, from 'Moderate' to 'Catastrophic'



In response to the updated state Victorian Fire Risk register, St Joseph's is now rated CAT 4. This means that our school must close on days forecast as 'Catastrophic', by the Bureau of Meteorology within our designated fire district. The decision to close will be confirmed by the Emergency Management Commissioner no later than 1.00 pm the day prior to the closure. Once we have received confirmation of the closure we will contact you directly via SMS before the end of the school day to confirm this.

Upcoming Dates

Please note the following dates for your calendar

- Wednesday 14th Feb Ash Wednesday
- Friday 16th Feb SML swimming
- Friday 23rd Feb Water Fun Day
- Tuesday 27th Feb Structured Literacy parent session
- Wednesday 28th Feb Little Desert swimming (Horsham)
- Friday 1st March Clean Up Aust Day
- Wednesday 13th March NAPLAN commences
- Tuesday 19th March Feast of St Joseph
- Wednesday 20th March P/T Interviews
- Monday 25th March PSGs
- Thursday 28th March Last day of Term



Swimming dates

Thursday 15th February 11:30am-1pm
Monday 19th February 11:30am-1pm
Wednesday 21st February 11:30am-1pm
Thursday 22nd February 11:30am-1pm
Friday 23rd February Water Fun Day from 11:30am

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

- ♦ **Miah:** for being an excellent listener in class this week and participating in every lesson. Well done jumping straight into literacy this week and remembering all your sounds
- ♦ **Jakob:** for actively listening to and following teacher instructions, positively participating in activities and being a great helper to his peers and teachers this week. Keep up the great work Jakob!
- ♦ **Colt:** Year 6 is totally agreeing with you Colt! You are engaged in your learning, working well independently and with others. You are a respectful learner, showing you are listening when required and giving everything a red hot go. Keep up this amazing high standard you have set for yourself and keep being a spectacular school leader for all students and classmates. You're a star Colt!
- ♦ **Amelia:** You are absolutely stepping into the role of Year 6 at St Joe's with ease. You are having fun with friends and with your learning but are also knuckling down when there is work to be done, setting the high standard. You are giving everything a go in drama and showing off some hidden talents! You are kind and encouraging of others and your warm smile brightens everyone's day. Keep working hard Amelia!

Playground raffle: **Willi:** for being welcoming and inviting to others.
Sophie: for excellent self-regulation when lining up.



Star of the Week



My favourite day of the week is Friday because after Friday it's the weekend!



If I was an animal, I'd be a bunny because they are cute!



My favourite family tradition is spending time with my family at Christmas.



Alliannah

I am thankful for my family.



How would your friends describe you? Fun!



What is something awesome about your teacher? Mrs Phelan is fun!



Beginning of School Year Mass



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Shrove Tuesday



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Horse Hero Program with Jess & Digby



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In this week's edition of School TV – Neurodiversity

Neurodiversity emphasises the natural variation in how an individual's brain functions and how they perceive and interact with the world, leading to diverse ways of learning and communicating. While most young people are neurotypical, some exhibit variations in brain development, such as ADHD, autism or dyslexia, making them neurodivergent.

Embracing neurodiversity involves accepting, celebrating, and supporting neurodivergent children and adolescents without attempting to change or treat their differences. Using respectful language, challenging unhelpful attitudes, avoiding assumptions, and actively promoting inclusivity can help embrace neurodiversity effectively.

Acknowledging the unique ways neurodiverse young people do things and then adapting tasks and activities to ensure their full participation will encourage them to develop strategies that feel natural to them. It will help improve their mental health, wellbeing and sense of self. By recognising and nurturing their strengths, parents and caregivers can contribute to building an inclusive and compassionate society where all young people can thrive.

Learning more about neurodiversity, equips caregivers with insights into effective communication techniques, educational strategies, and parenting approaches tailored to the specific needs of their neurodivergent child.

We hope you take time to reflect on the information offered in this edition of SchoolTV and we always welcome your feedback. If you have any concerns about your child, please contact the school for further information or seek medical or professional help.

Here is the link to the **Neurodiversity** edition of SchoolTV

<https://sijhopetoun.catholic.schooltv.me/newsletter/neurodiversity>



CAMPS, SPORTS AND EXCURSIONS FUND (CSEF)

The Camps, Sports and Excursions Fund (CSEF) applications are now available to those eligible parents and carers who hold a valid concession card. Primary school students are eligible for \$150 The Camps, Sports and Excursions Fund (CSEF) provides payments for eligible students to attend activities like:

- school camps or trips
- swimming and school-organised sport programs
- outdoor education programs
excursions and incursions.

Please email or call the office if you would like an application form, Existing families who have received CSEF and hold a valid concession card do not need to reapply.

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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: February- N Seipolt, K Leetham



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INSIGHTS

happy families. 

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Consequences

Picture this. You're at the playground having a picnic with some friends. Your child starts teasing one of the other kids and won't let them play with their ball.

"She needs a time-out," one friend mutters.

"Confiscate her ball" another advises.

"She needs to learn the consequences of her decisions," counsels another.

Consequences have become a buzzword lately in the parenting field. There is talk of 'natural' consequences, 'logical' consequences, 'applied' consequences, and 'imposed' consequences. Yet for all these labels, 99% of the time when people are talking about consequences, what they're really talking about is *punishment*.

As far as behaviour modification goes, we know that punishment works. But the real question is... "works" to do *what*?

Often a time-out or taking her ball away would be effective ways of stopping your child from teasing other kids. However, these actions are based on Behaviourist principles developed from studying pigeons and rats. They're effective... in the short term, and only for as long as we're willing to keep imposing the consequences.

Furthermore, what do you want the reasons to be for your child going along with what you've asked? If compliance is your only goal, then punishment makes sense. Of course, you would have to be there all the time to impose that punishment. If you want your child to do something because they want to do the right thing, deep down, then we need better approaches.

I don't think these tactics are the best way forward. In fact, I think that we can do 99% of our parenting without imposing consequences of any kind. There are two reasons for this. The first is that a lot of the time, natural consequences occur to teach our child the negative results of their behaviour without our intervention. If your child teases their friend, the natural consequence is that the other kid won't want to play anymore. Maybe all the other kids won't want to play with your child anymore, and they'll be lonely. By explaining the link between their actions and the consequence, you can reinforce the learning without shaming them. "I saw you teasing one of your friends at the playground today. Then all the kids didn't want to play with you anymore. You really looked unhappy when that happened."

However, we can't always rely on natural consequences. After all, the natural consequence of getting aggressive and throwing punches is that someone else will get hurt, and the natural consequence of riding a bike across the street without checking for cars first is that they could get run over.

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When we're unable or unwilling to let our child experience the natural consequence of their actions, we need to try something else. Many people advocate for 'logical' consequences – that is, a consequence somehow logically linked to the behaviour. For example, taking the ball away would be a logical consequence for not sharing, while a time-out wouldn't be. However, both of these 'consequences' are really just punishments. Their goal is to deter the child from undesirable behaviour by imposing a penalty.

Which brings me to the second reason that consequences aren't necessary: we don't need to make our child feel worse for their behaviour to get better.

Instead, we want to explore, explain, and empower.

By **exploring**, we connect with our child and seek to understand the motivation behind their behaviour. Once they feel seen and heard, we can move to **explaining** what our expectations are. Most of the time our kids already know what we expect from them, so we don't need to lecture them. A short and simple explanation is all that's necessary. Then we can **empower** them to collaborate with us in finding solutions that work for everyone.

As a note, these steps only work when our children are capable of logic and reasoning. When emotions are high, those capabilities go out the window. So, if there are tears, angry voices, or other signs of big emotions, the first step is getting everyone back to a state of calm. To do that:

1. Focus on staying calm yourself. Emotions are contagious. If we're not focused, we'll end up catching their chaos rather than having them catch our calm. Breathe.
2. Describe what you see ("It looks like you're having a hard time right now").
3. Help to remove them from the challenging situation and ask them if they want some time alone or together while they calm down.

From there, we can move back to explore, explain, empower.

Here's what that looks like in action:

Explore – "I noticed you were really upset with your friend and didn't want to share your ball. Can you tell me how you were feeling?"

Explain – "It's ok to be upset, but it's not ok to tease people."

Empower – "How can you make things right with your friend again?"

Contrary to what anyone may say, our children rarely need to learn the consequences of their actions. They just need to be supported to choose better ones.



AUTHOR

Dr Justin Coulson

Dr Justin Coulson is a dad to 6 daughters and grandfather to 1 granddaughter. He is the parenting expert and co-host of Channel Nine's Parental Guidance, and he and his wife host Australia's #1 podcast for parents and family: The Happy Families Podcast. He has written 9 books about families and parenting. For further details visit happyfamilies.com.au.



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Hopetoun Swimming Pool

Swim_a_thon

1,000 laps for a \$1000.00

Sponsor our lap swimmers to help them raise money towards a major refurbishment at the pool including a splash park!

Wednesday 21st February 2024
3.30 - 5.00pm

Hopetoun Swimming Pool

Sponsorship forms available from the pool



Anyone is welcome to come and join in and help the kids complete the laps.

Pool not open to the general public during this event.

SPECTATORS WELCOME.

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