



NEWSLETTER

St Joseph's Primary School
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21.2.2020

Week 4 Term 1

Principal's Message

Dear Parents

Thank you to the parents and carers who joined in the celebration of Eucharist for the opening of our school year. The liturgy was prayerful and students were reverent in their participation. Congratulations to our school leaders who were commissioned to their roles for the new school year.

Unfortunately, the Annual General Meeting of the P&F did not have enough people in attendance to vote in a new executive. We will be holding another AGM on Monday 24th February at 6.30pm in the staff room. If you are able to attend and assist the school, please join us.

I am very concerned about the number of students arriving early before 8.40am. The children are **unsupervised** and must sit quietly on the green seats in the Primary eating COLA. Students are not to put their bags near their classroom or go to the toilet, they must sit down and wait quietly. Students are not to be playing or walking/running around. The school has an OOSH on site that families can use for before and after school care.

Kinder, new families and Year 6 students and families are invited to join us at the 'Welcome BBQ' next Thursday 27th February at 5.15 to 6.15pm in the Canteen COLA. Volunteers are required to assist with serving and BBQ duties on the day. If you are able to assist please email the admin staff at school.

Parents and families are invited to join us for the Catholic School Week Mass, Open Classrooms and shared picnic recess on Tuesday 3rd March 9.30am. This will be a wonderful way to show off our refurbished classrooms.

Be gentle on yourselves and your children.

God bless

Marie Butel-Simoes



At St Joseph's East Maitland, we are a faith community living the experience of the Body of Christ in all we do. Our mission is striving for excellence, with empathy and integrity. We live by Gospel teachings and the Mercy values of respect, courage, compassion, hospitality, service, and justice with Jesus as our guide.

From the Assistant Principal

Wellbeing and Our Children

Welcome to our second newsletter for the year. Can you believe that we are getting ready to enter Week 5, already nearly halfway through Term 1?



This year we have welcomed many new students and families to St Joseph's. Transitioning to a new school or even settling into a new class is difficult for some children and creates feelings of anxiety and trepidation. At a school level we are very aware of this and are actively endeavouring to support our students to have a settled and happy transition into the 2020 school year. In order to offer further support, this fortnight, and over the coming weeks, I thought I would share some helpful parent websites and articles as well as share with you the structures and initiatives we have in place at St Joseph's to support our students, staff and parents wellbeing.

It is interesting to note that research tells us that schools with good wellbeing practices have common themes in their approach to promoting wellbeing for all students and responding to specific wellbeing concerns and issues. The motivation to do better was underpinned by the desire for school to be a good place for students. All schools that focused on improvement for wellbeing were shown to do better.

The following themes were also clearly evident in schools that had supportive and well-developed effective practices and approaches to wellbeing:

- We can do better.
- Improvement focus.
- Recognising the need for a balanced focus on wellbeing and achievement.
- Providing layers of support.
- Systems, people and initiatives 'wrap around' students.
- Making implicit school values explicit.
- Schools using restorative practices.
- We want the best for all of our students.

These schools had carefully developed a culture of wellbeing. They recognised the need to plan for wellbeing in the curriculum. Students in these

schools had opportunities to show leadership and have their opinions heard and acted on. Each school had the right systems, people and initiatives to fit their culture and their needs.

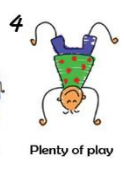
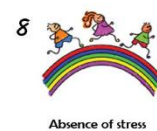
At St Joseph's we agree fully with this research and are endeavouring to emulate these practices in all we do.

Website to Support Your Child's Wellbeing

Maggie Dent has a great website that is worth having a look at. Her easy to read resources are a great portal for parents and educators. Topics covered for parents on her website include:

- Anxiety & Stress
- Anger, Self-regulation & tantrums

10 Resilience Building Blocks for children aged 0 - 12 years



- Building Resilience
- Building family relationships
- Bullying
- Raising boys
- Raising girls

And many, many more. This is definitely a worthwhile resource

<https://www.maggiedent.com/common-concerns/building-resilience/>

NAPLAN 2020

Once again, this year, NAPLAN will be conducted online. Over the coming month, we will be participating in what is called a national coordinated practice test. Some classes will be participating in this to ensure that the school has the technical capacity to hold these sessions.

Dates to Remember:

- National Coordinated test date – March 23rd
- NAPLAN online Years 3, 5 & 7 – May 12th to 22nd

Information that was sent to us from the various Education authorities contained the following information.

A number of schools experienced disruptions on the first day of NAPLAN Online 2019 testing. The Australian Curriculum, Assessment and Reporting Authority (ACARA) has provided assurance that changes to the NAPLAN Online technical infrastructure have been made to prevent a repeat of the problem that caused the disruptions. These changes will be fully implemented for NAPLAN 2020.

A number of training and practice options are available to support schools' preparation for NAPLAN Online.

All schools participating in NAPLAN Online are expected to participate in practice tests from 23 March to Thursday 9 April 2020. In order to achieve maximum load on the platform, schools are asked to participate in the Coordinated practice test at noon on the first day of the practice test window (23 March). See the NESA website for further information.

If you have any questions about the transition to NAPLAN Online for your school, contact NESA's NAPLAN team on 1300 119 556 / 02 9367 8382 or naplan.nsw@nesa.nsw.edu.au For updates about NAPLAN, register for the NESA News and visit the NESA website.

Making new friends and staying in touch with old classmates by Michael Grose

As a parent there is a great deal you can do to help your child adjust socially at the start of the school year. Here are some tips to help.

Encourage your child to be open to new friendships

An open, friendly attitude is a child or young person's best social asset. Students who open to forming new friendships are more likely to succeed than those who seek solitude, who are critical and who limit themselves to just one or two familiar faces. Encourage your child or young person to seek out new friendships, even though they may feel uncomfortable or strange at first.

Encourage healthy relationships

Do all you can to encourage healthy relationships based on respect and common courtesy. Generally, when a relationship is healthy a child feels safe, valued and able to speak up. Unhealthy relationships, such as cliques, are restrictive, one-sided and are full of gossip and criticism.

Encourage inclusiveness

Studies have shown inclusiveness to be one of the prime social skills shared by socially successful students. Encourage your child or young person to include others in games, conversations, team activities and other group activities. Inclusiveness is not just a wonderful friendship skill, it's strong leadership attribute as well.

Encourage friendships with both genders

If you are in a co-education environment encourage your child to form friendships with both boys and girls. This is particularly valid if your child has siblings of their own gender, or don't have siblings. It's through these early relationships that we gain the confidence to mix with different genders in the later years. Forming friends across genders helps to break down the mystique that sometimes forms, when a child has little contact with the 'other' gender.

Stay in touch with former classmates and school friends

Encourage your child to maintain friendships with former classmates and groups outside of school as this helps to insulate against unfriendly behaviour that they may experience with their close social circle.

Provide social scripts

Your child may benefit from being provided with some social scripts that they can use in common social situations such as meeting a new friend, joining in a game or asking someone else for help. Boys, in particular, can benefit when given the words to use in a variety of different social situations.

Forming new friendships can take time

Meeting new students and forming new friendships can be anxiety-inducing. If this is the case for your child, then it helps to acknowledge their feelings of discomfort, but also remind them that these feelings will pass. As well discuss the fact that feeling comfortable with new friends often takes time, particularly if your child by nature is reserved or slow to warm up in social situations.

Helping kids work through friendships can be tricky for a parent as you don't have a great deal of control over what happens at school. However, with empathy, patience, encouragement and a supportive attitude you can do a great deal to help your child make a smooth social transition.

(Source: Parentingideas.com.au)

[2020 The Year of Gratitude](#)

[Gratitude is a powerful expression of love and it can perform miracles in your life.](#)

There are countless benefits associated with being grateful. Among these, gratitude has been linked to increased levels of happiness and life satisfaction. Giving thanks is one of the most powerful ways there is to increase your well-being.

Reading gratitude quotes can help remind you of everything that you have to be grateful for, and it can help you appreciate all of the good that there is in your life. In addition, it will help you to shift your focus from the things you lack, to the abundance that is already present in your life.

**“No duty is more urgent than that of returning thanks”. —
Unknown**



“Let us be grateful to people who make us happy; they are the charming gardeners who make our souls blossom.” — Marcel Proust

“We can only be said to be alive in those moments when our hearts are conscious of our treasures.” — Thornton Wilder

“There are only two ways to live your life. One is as though nothing is a miracle. The other is as though everything is a miracle.” — Albert Einstein

“Gratitude can transform common days into thanksgivings, turn routine jobs into joy, and change ordinary opportunities into blessings.” — William Arthur Ward

“Take full account of the excellencies which you possess, and in gratitude remember how you would hanker after them, if you had them not.” — Marcus Aurelius



RE News

Dear Parents,

Thank you to the staff, children and families who attended our Opening School Mass on Tuesday. It was a wonderful celebration to begin our school year. It is a busy term already and there are quite a few opportunities coming up for parents, relatives and family friends to come along and join in our school and community celebrations. Please make note of the liturgies and celebrations listed below and mark them in your calendars.

Ash Wednesday

The beginning of the Lenten season in the Church calendar begins with Ash Wednesday. We receive ashes on our forehead in the shape of a cross—like the one Jesus died on. We wear these ashes to show that we want to change and prepare for Easter.

All classes (Yrs K-6) will take part in a special class liturgy where all children will receive the blest ashes.



ASH WEDNESDAY LITURGY For all classes K-6 (various times) Wednesday 26th February

Lent

Let's remember the Three Pillars of Lent- Prayer, Fasting and Almsgiving and offer up some time for these, here are some ideas:

- Commit to attending Mass
- Do the Stations of the Cross or pray the Rosary
- Give up meat on Fridays
- Limit your social media time, spend more time with family and friends
- Help a neighbour in need
- Rather than gossip, share a positive comment about someone
- Try not to be negative, be joyful, happy, and remember to thank God all the time



Project Compassion Launch

All Maitland Newcastle Diocesan Schools have been invited to send representatives to a combined celebration for the Launch of Project Compassion and CSW at the Sacred Heart Cathedral in Hamilton next Tuesday 25th. Our School Captains and Prefects will attend the liturgy with Mrs Simoes which includes a commissioning and blessing for all Catholic Schools.



Next week the beginning of the season of Lent also marks the beginning of the annual Caritas Australia Project Compassion Appeal. Donations to Project Compassion allow Caritas Australia, the Catholic Agency

for International Aid and Development, to work with local communities around the world to alleviate poverty, hunger, oppression and injustice.

We encourage you to put your compassion into action this Lent through your prayer, fasting and almsgiving by supporting Project Compassion. Each family will receive a Project Compassion box for their donations or you can donate online via our website at lent.caritas.org.au

Let's Go Further, Together! <https://lent.caritas.org.au/page/week-1>

Catholic Schools Week

All schools in our Diocese will celebrate Catholic Education during Week 6. Our school community will have a special outdoor Mass on Tuesday 3rd March.

The theme this year is
"Drawing from the Well"



To celebrate Catholic Schools Week, we will have a special mass

for all classes in the main COLA
on Tuesday 3rd March at 9.30am.

Parents and visitors are then invited to visit the
children's classrooms to view students' work.

All visitors are invited to stay for morning tea with the children.

Please bring chairs, rugs and some morning tea to share.

Future Liturgy dates to mark in your calendar for Term 1

Week 8 – Friday 20th March - St Joseph's Day Liturgy - Whole School (K-6) 9.30am

Week 11 - Tuesday 7th April - School Mass – Stage 2 and 3 (Yrs 3-6) 9.30am

Week 11 - Thursday 9th April – Holy Week Liturgy – Whole School (K-6) 9.30am

God Bless
Annemarie Arkell

Awards Week 3

Kindergarten	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Leo Belbin Jaxon Morris Elleanore Burton Elyse Brideson Georgia Burg Kelly Tran	Ridhima Myneni Jude Searl Charlie Sidoti	Bridgette Watters Matteo Tettamanzi Lara Nunn Jai Firlie Katie McDougall Peter Curto	Keenan Riley Samuel Brideson Audrey Searl Ryan Callan Joseph Wilson Makenzie Skinner	Patrick Shanahan Aaron Harland Zac Wright Lucy Cant Henry Harrison Saphire Werren	Frankie Proctor Jason Wright Marley Herden Madelene Connolly Henry Cotten	Nischal Bunnemeyer Charlie Jones Jayden O'Rourke Ben Hurney Lucinda Prebble Isla Simpson Jack Sullivan
CHRISTIAN VALUE AWARD- RESPECT						
Emma Ramage Emmett Walker	Charlotte Mullin	Bridgette Watters Saxon Kelly	Christopher Barnaba Abel Harris	Saffi Humble Henri Walton	Kayden Mahony Lucy Greaves	Zalia Monkley Oscar Schweinberger

Awards Week 4

Kindergarten	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Eliana Emmanuel- Olisa Mia Filipuzzi Laura Oswald Zayden van der Schaaf Evelyn Urane Kate Abraham	Ella D'Angelo Liam Martin Harriette Stace	Abigail Blazevic Xavier Dwyer Bharat Repalle Cooper Field Grace Fletcher Oliver Brown	Audrey Jones Marcus Filipuzzi Oscar Williamson Audrey Antcliffe Alex Robinson Eleanor Sacco	Pearl Adamson Owen Lyons Jackson Watters Milla Winchester Marli Grice Cameron Francke	Charlotte Allen Cooper Lancaster Jorja Jackson Jake Neal	Ashley Clarke Iman Mayet Harry Lynch Ben Fairlamb Ryan Hakes Kynan Dwyer Adam Kendell Lachlan Francke
CHRISTIAN VALUE AWARD- RESPECT						
Archie McFarlane Florence Coleman	Samuel Lewis	Aidan Smith Ashley Fairlamb	Kolby Neumann Alexander Motum	Sophie Porter David Johns	Logan Roberts	Airlie Jackson Jack Lantry Ava Hassett

Dates to remember

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
WEEK 5 23/2 Sacramental Masses	24/2 P & F AGM 6.30pm	25/2	26/2	27/2 Diocesan Swimming Carnival Welcome to Kinder & New Families & Year 6 students & Families BBQ 5.15pm	28/2	29/2
WEEK 6 1/3 Chisholm Regional Kid's Mass 6pm Catholic Schools Week	2/3	3/3 Catholic Schools Week Mass Open classrooms and Recess Picnic from 9.30am	4/3 School Tours 9.15am 10.15 am & 4pm	5/3 School Tours 9.15am & 10.15am Kinder 2021	6/3	7/3 Sacramental Ritual masses

Important Dates for

Date	Event
27 th February	Diocesan Swimming Carnival; Kinder & New Families BBQ 5.15pm
3 rd March	Catholic Schools Week Mass/ Open classrooms/Recess picnic from 9.30am
10 th March	Resilience Talk/Morning Tea 9.30am
17 th – 19 th March	Year 6 Canberra Visit
20 th March	St Joseph's Day Liturgy & Activities
27 th March	School Cross County TBC & 6W Assembly 2pm
7 th April	Stage 2 Mass 9.30am
9 th April	Last Day Term 1 & Holy Week Liturgy
27 th April	Pupil Free Day
12 th – 14 th May	Years 3 & 5 NAPLAN
22 nd May	1W Assembly 2pm
29 th May	Athletics Carnival
23 rd July	PUPIL FREE DAY
15 th October	School Photo Day
28 th – 29 th October	Year 5 Aussie Bush Camp

School News

OOSH Extra places available

The OOSH now has the ability to cater for 75 students. If you require before or after school care please contact MBCOOSH on 4939 1840 or email admin@mbcoosh.org.au

End of day PICKUP

Thank you to the parents and grandparents who are following the correct pickup procedures.

End of day pickup is a very busy time for students and teachers. We have a responsibility to keep walkways clear of parents and grandparents so that students and teachers can move quickly and safely to their pickup point and duty. Sometimes this is very difficult. It can be very stressful for students if they can't get past the parents and often grandparents who are waiting in walkways because they want to take their child before they go to the appropriate line for departure. As a result of this problem many schools are not unlocking gates until all students are safely to their departure point. It is not something that I would like to do at St Joseph's, but I do ask parents and grandparents to be respectful of the school procedures at this time of day and wait for the students to be released appropriately.

Parents, Grandparents or Carers have three options for pickup.

1. **The Canteen COLA** is the **ONLY** place to wait for Infants students who are walked to the COLA and supervised until 3.30pm. **NOT IN THE QUAD AREA OR IN FRONT OF THE INFANTS TOILETS**
2. **King St Walkers line**, parents can wait on the grass outside the office or on King St. This line is a faster way to leave the school site. The students are walked out the office gate before buses commence and can be collected immediately from the front of the school.
3. **Primary Cola/ Valet Line**, students line outside the Year 3 building and proceed down to the canteen cola where they can wait with the infants students to be picked up or continue with the Valet line to the Valet area. Students are able to leave the line and join their parents on the tar outside the boys toilets. **DUE TO THE BUILDING WORKS PLEASE DO NOT LINE UP ON THE PATHWAY NEAR THE TERRY CENTRE DRIVEWAY.**

Valet

Students must be able to enter a car alone and do up their own seat belt.

Infants Valet Students line up outside 2B and are walked over to Valet via the primary grass playground.
Primary Valet Students line up in front of 6W and are walked via the Presbytery side to Valet.

NO STUDENT IS ALLOWED TO CROSS THE CHURCH CARPARK PEDESTRIAN CROSSING WITHOUT AN ADULT.

Another area of concern is VALET. Afternoon valet does not open until **3.15pm**. Families are reminded not to enter the Valet zone in the Therry Centre until 3.15pm. When people line up early the lane between the Presbytery and the school fills up causing congestion on King St and the Highway. The RMS can close the school Valet down if we interfere with the flow of traffic on King St or the New England Highway. Please restrain from entering Valet early. Valet is open until 3.30pm. PLEASE REMIND OTHER FAMILY MEMBERS WHO ARE PICKING UP VIA VALET OF THIS IMPORTANT INFORMATION.

Kinder and New Families Welcome BBQ

The P&F Association would like to extend a warm invitation to all our Kindergarten students, new families and Year 6 students & families to attend a welcome BBQ on **Thursday 27th February 2020** from 5.15pm to 6.15pm. This will be held in the Canteen cola.

This is a FREE function which has been a very successful event on the P&F & school calendar providing the opportunity for teachers, students & families to catch up with one another while our children's friendships are being formed.

We would also like to invite our Year 6 students and a parent/guardian to attend and spend some quality time with their respective buddies whilst assisting the P&F Committee in a leadership role.

Please RSVP via QKR by Monday 24th February.

Catholic Schools Week

This year, Catholic Schools Week will be held from Sunday 1st March until Saturday 7th March. The theme is, 'Drawing from the Well: Invitation, Encounter, Witness.'

Parents and families are invited to celebrate Catholic Schools Week on Tuesday 3rd March at 9.30am for an open air mass in the Canteen Cola (pending weather) followed by Open Classrooms followed by a Picnic Morning Tea (bring your own) on the playground.

Catholic Schools Week also marks the beginning of the Enrolment period for 2021. If you have a child starting school next year, please contact the office for an enrolment pack from Monday 2nd March.

School Tours will be held at the following times:

Wednesday 4th March 9.15am & 10.15am

Thursday 5th March 9.15am ,10.15am & 4pm

Booking can be made at the school office via email at admin@eastmaitland.catholic.edu.au or by phoning 4933 5536.

More school tours will be available in April and May.

PUPIL FREE DAYS

27th April (First day of Term 2)– The teachers will be joining St Alysious Chisholm and St Patrick's Lochinvar to attend a Maths Professional Development with Katherine Cartwright.

23rd July- The teachers will be attending a Religious Education Day with Michael Dennim.

Morning tea for parents - Building Resilience in Children

Resilience is the ability to bounce back from adversity. It's about learning how to cope with life's challenges and build strengths that protect and promote well-being. It can help us to not just survive, but to thrive. When children are resilient, they are braver, more curious, and more adaptable.

Please join myself for some morning tea on **Tuesday 10th March at 9.30am** for a talk on building resilience in children. If you can please RSVP to the front office.

I look forward to seeing those of you who can make it.

Stacey Mortimer School Psychologist

2020 Class Assemblies

All class assemblies will be held on Friday at 2.30pm in the Therry Centre. All dates have been added to the Compass Calendar.

2020 School Assemblies and Birthday Celebrations

In an effort to capture precious learning time we have reduced the amount of assemblies and line up time each day.

Whole School Assembly - In 2020 we will continue to have a whole school assembly on a Monday morning where we gather together to pray and celebrate any important student achievements and to share with everyone the Mercy Value focus of the week.

The Awards Assembly on a Friday morning will also continue. At this assembly selected students receive an award. The teachers select weekly award recipients for academic, social and Christian Values. The teachers do not contact parents to inform them their child is receiving an award at the assembly.

Birthdays are celebrated twice a week. The students are invited out the front of the student body. The birthday person is encouraged to sing, dance and celebrate with the students.

The birthdays are celebrated as follows:

At the Monday Whole School Assembly we sing to students who have a birthday on Monday, Tuesday, Wednesday and Thursday.

At the Friday Awards Assembly we sing to students who have their birthday on Friday, Saturday and Sunday.

Parents are welcome to join us at either assembly.

Child Protection

The Catholic Diocese of Maitland-Newcastle has an absolute and abiding commitment to promote the safety, welfare and wellbeing of children. As a parent sending your child or children to a Diocesan school, you should be aware of your rights and obligations in protecting your child and all children in our schools.

The Children and Young Person's (Care and Protection) Act 1998

In NSW we are able to report certain information to Family and Community Services (FaCs). If you are concerned for one of more of the children in the school, you can discuss our concerns with a teacher, Assistant Principal or Principal. Concerns can be reported to the FaCS Child Protection Helpline (Ph. 133 627, 24 hrs/7 days) if you have reasonable grounds to suspect that a child or young person is at risk of significant harm and our concerns are current. Risk of significant harm may occur from a single act or omission or to a series of acts or omissions. It is better to be safe than sorry, so if you are uncertain, talk to a staff member at the school. All staff in education are mandatory reporters and obliged by law to report any concerns.

Part 3A of the Ombudsman Act 1974 Part 3A Ombudsman Act 1974, defines Diocesan schools as a 'designated non-government agency' and as such we must have systems for preventing, reporting (to the Ombudsman) and investigating reportable conduct.

All staff and volunteers in Diocesan schools fall within the scope of Part 3A and may be investigated for alleged ‘reportable conduct’ which includes sexual offenses, misconduct, assault, ill-treatment, neglect and behaviour that causes psychological harm to children. The Office of Safe Guardian www.officeofsafeguarding.org.au is the Diocese’s specialist child protection service who works with the Ombudsman to ensure the Diocese meets its obligations under Part 3A.

The Child Protection (Working with Children) Act 2012

Under this legislation people **who work in a paid or volunteer capacity** in the Diocese of Maitland-Newcastle are required by law to have a Working with Children Check Clearance. This ‘Clearance’ can be obtained from applying online at check@kidsguardian.nsw.gov.au.

As a parent, if you learn about a staff member or a volunteer working in the school without a Clearance, you should talk with the Principal or Assistant Principal as soon as possible. If you believe that nothing is being done about our concerns, we can contact the Office of Safe Guardian www.officeofsafeguarding.org.au.



LATE FOR SCHOOL?

CHILDREN LEARN BEST AT THE START OF THE DAY

If your child misses....	That Equals...	Which is...	Over 13 years of schooling that is.....
10 minutes a Day	50 minutes a Week	1.5 Weeks per Year	Nearly 1/2 Year of lost learning
20 minutes a Day	1 hour 40 minutes a Week	2.5 Weeks per year	Nearly 1 Year of lost learning
30 minutes a day	1/2 a Day a Week	4 Weeks per year	Nearly 1.5 Years of lost learning
1 hour a Day	1 day a Week	8 Weeks per year	Nearly 2.5 Years of lost learning

Support your child’s success. Make sure they attend school, all day, every day!

EVERY MINUTE COUNTS!

Wellbeing

Stress

People experience stress for many reasons

One of the most common reasons is sudden or unexpected change, but even positive changes can be stressful. Expected changes – such as a child or young person starting at an early learning centre or school or changing between schools – can be also stressful.

Stress can be a response to a single event or might be prolonged, cumulative stress. Overwhelming stress impacts our physical and mental health, relationships, learning and development, and capacity to fulfil our



roles (for example, parenting, working or studying).

Stress is the body's reaction to change or overload

It can show up in children and young people's behaviour, emotions, body and thinking. This can look like:

- sleep changes or tiredness
- changes in appetite or interest in food
- returning to earlier behaviours (such as bedwetting or needing frequent comfort)
- not enjoying or participating in usual interests or experiences
- withdrawing from friends and family
- changes in engagement in learning or academic results
- irritability and frustration
- fearfulness or constant worrying
- tearfulness and crying
- poor concentration
- overreacting to small things
- being physically run down or feeling unwell (for example, stomach pain or headaches)
- mood swings
- low levels of motivation.

Many of these signs of stress are similar to an adult's experiences. Being mindful of the different ways that stress manifests in people is an important first step in offering support.

Office Notices

School Fee Information 2020

Thank you to those families who have completed their blue 'Fee Discount form'. It is very important that these forms are completed and returned for each family for every new school year even if you only have 1 child at school. We need to know if you are intending to pay the Voluntary Diocesan Pastoral Contribution Levy and adjust the fees accordingly and Family Discounts cannot be applied without the form being lodged.

The 2020 Term 1 School Fees were emailed out earlier this week. These fees are due, if paying by the term, on 31st March. If you wish to pay your fees weekly/fortnightly or monthly please contact the office and we will issue a full years statement and calculate payments for you. Please ensure that all fees are paid in full by the end of November, if this is your chosen method of payment.

The majority of families choose BPAY as their preferred payment option so that the whole expense can be paid off weekly, fortnightly or monthly throughout the year. Other options are Cash, cheque or EFTPOS at the Office or over the phone.

For your information, the approximate cost for 2020 for total yearly school fees is

\$3083 for 1 child ... this equates to approximately \$80 per week

\$4610 for 2 children ... approximately \$115 per week

\$5882 for 3 children ... or approx \$148 etc

Year 5 & 6 Camps

These are separate to school fees and **MUST BE PAID PRIOR TO CAMPS.**

The Year 6 Canberra excursion will be 17- 19/3 March year and will cost \$400.

The Year 5 Camp will be on 28 – 29/10 and will cost \$300 approximately.

If you choose to pay the Camp fee via BPAY or QKR we request that you advise us when you have paid (by phone or email). This will ensure that the money is directed straight off the Camp.

Health Care Cards must be presented each new school year and a copy provided to the Office, and an additional form also needs to be completed at the office.

Should you have any queries at any time with Fees or in meeting your fee obligations feel free to contact the Office on 4933 5536 or admin@eastmaitland.catholic.edu.au

Learning Support News

New Year, New Start.

Have you had your child's ears and eyes checked?

To learn to read, a child must be able to discern sounds. Hearing assessments can be done through a self-referral to the community health centre. You can also get it done privately by googling "hearing tests children". If your child is having difficulty in the early years with phonics and reading, it is very worthwhile to have this checked.

Vision is not just about eyesight, but also how the eyes function. Tracking and focus which are needed for reading print and copying from the board are an important part of the acquisition of reading. Eye-function, can be checked by a behavioural optometrist. www.acbo.org

Cate and Brooke
Learning Support Teachers



Library News

BOOK CLUB

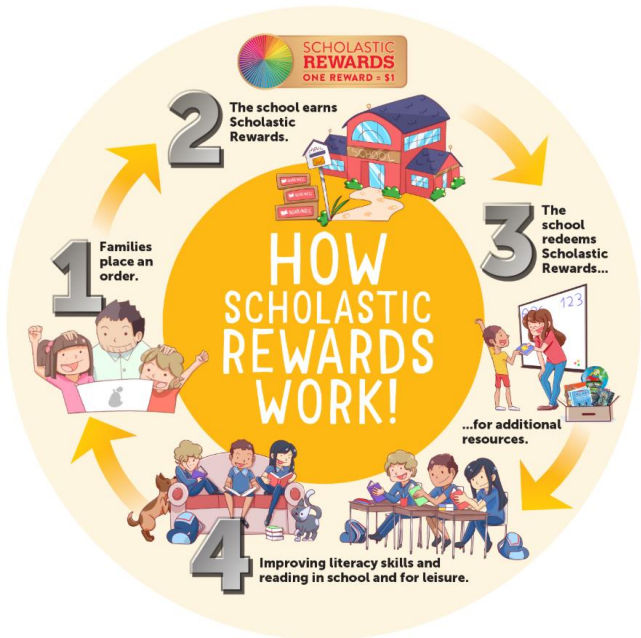
Information for our new families:

Each term we have two Scholastic Book Club catalogues that will go home.

Each Issue of Book Club contains specially curated, age-appropriate titles that have been carefully selected and levelled by a team of professionals. When you purchase through Book Club the school earns rewards points that can be spent to purchase new books for the Library too!

Information for how to purchase books is found in the catalogue and you can find more information here: <https://mybookclubs.scholastic.com.au/Parent/About.aspx>

Issue one orders have been handed out this week. The issue two catalogue will go home later in the term



The EASIEST way for parents to order and pay for Book Club!

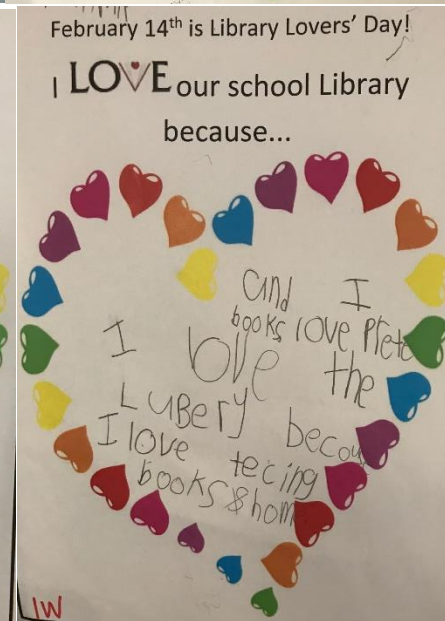
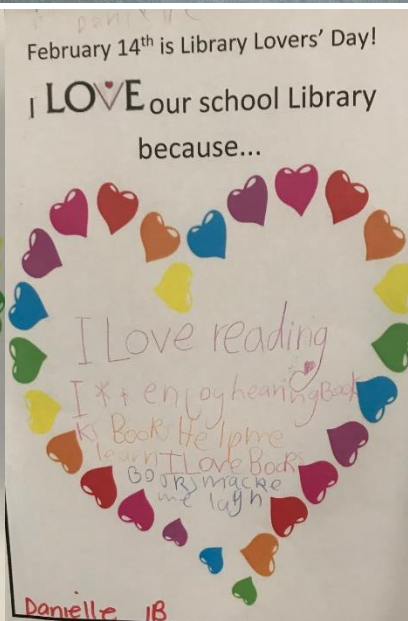
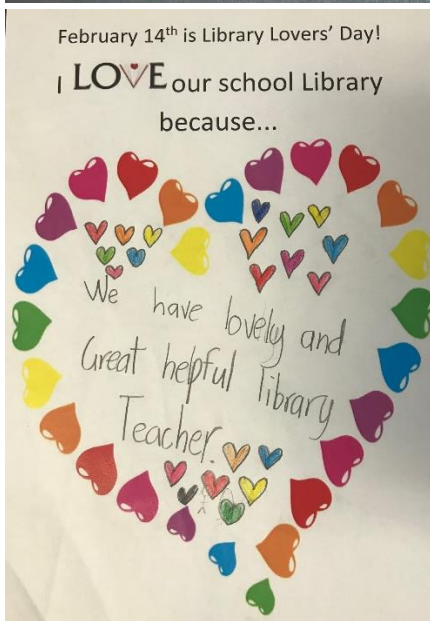
Linked Online Ordering & Payment platform

It's easy to order and pay online for your child's Book Club order using your credit card. Your order will electronically be linked to your school when you order and pay by LOOP.

Also available as an app:

Download on the **App Store** GET IT ON **Google play**

Friday the 14th was Library Lover's Day! We celebrate all the things we love about our Library.



[SORA Online Library](#)

St Joseph's students have access to a digital borrowing platform called OverDrive. Schools throughout the Catholic diocese in NSW have merged collections with one another to become the ACEN digital library. Our ACEN collection is currently the **second largest eBook library in the world!**

Access to the ACEN eBook library is through an app called SORA. It can be used on tablets, laptops, desktops, chromebooks and smartphones. The SORA app makes reading an adventure. Students earn badges by reading books and using app features, they can see how many books they've read, their total reading time, and much more.

Download the app for free from your app store, or go to www.soraapp.com

Detailed instructions for logging on for the first time can be found at the bottom of this article.

Whilst there is nothing quite like holding onto a physical book and having that kinaesthetic experience, there are many wonderful features of eBooks. They are easy to access, and students can adjust screen brightness, enlarge text, change fonts, and search for their next reading adventure based on recommendation, keyword, author, popularity or reading level among other criteria.

The ACEN collection also includes read-along books with an audio component that reads to students as they scan the written text. A dictionary function allows students to tap any word to discover its meaning.

The online collection acts just as a physical Library- if the book you would like to borrow is already on loan, you can reserve it. Wait times vary due to demand and number of copies available, however, most books should become available within a week or two.

Students can borrow three books at a time for up to two weeks and have three books reserved.

Any questions, feel free to email me at sarah.mckenzie@mn.catholic.edu.au

Happy Reading,

Mrs Ziemba, Mrs Wallace & Mrs Bezzina

 **Cancer Council**
Healthy Lunch Box

Nutrition Snippet

The simplest way

... to cook with kids.

Providing lots of opportunities for kids to be involved in the kitchen is a great way to raise healthy eaters, teach them life skills and boost their development.



Young kids can:

- Wash fruit and vegies
- Tear foods like lettuce or bread
- Use scissors to trim vegies
- Add premeasured ingredients
- Stir and sprinkle

Older kids can:

- Use measuring cups, spoons and scales
- Use equipment like salad spinners, and blenders under supervision
- Prep easy to chop foods with kid's knives
- Be in charge of preparing simple recipes

healthylunchbox.com.au

 **Cancer Council**
Healthy Lunch Box

Nutrition Snippet

The simplest way

... to pack a healthy lunch box .

Does packing lunch boxes feel like a chore? We are here to help you kick start the year easily, packing healthy lunch boxes your kids will enjoy.



Healthy lunch boxes don't have to be boring.

We are very excited to bring you our new look [healthy lunch box website](#) that has been improved with new features and functions based on feedback provided by you! You can now search for gluten free and vegetarian recipes, as well as easy to freeze and quick and easy recipes because as parents, we know how important it is to pack lunches quickly.

You can sign up to the [Healthy Lunch Box e-newsletter](#) for ideas, updates and recipes delivered to your inbox throughout the year.

[Check out the new website now!](#)

healthylunchbox.com.au

Sports News

Regional Swimming Carnival

Well done to all students who represented our school at the All Saints Cluster Regional Carnival held at Maitland Pool on Monday 17th February for the encouragement and support given to one another on the day. Congratulations to the students who qualified to represent our school at Diocesan level as part of the All Saints Cluster Team. All notes have been sent home with students for participation at the Diocesan Carnival being held at Lambton Pool on Thursday 27th February.

St Joseph's Boys Diocesan Swimming Team

Xavier Schweinberger

St Joseph's Girls Regional Swimming Team

Keely Fogarty, Anaelle Tule, Olivia Mackaway, Emalee Farrell and Chloe Murray

Thank you to Mrs Schweinberger and Mrs Wallace who assisted on the day.

Winter Sports Trials

Netball

Trials were held for netball this week. Thank you to all who participated and encouraged others and to Miss Bylton for assisting with this activity. Our netballers attending the ASC Regional Trials next Friday 28th February are Evie Kaal, Grace Lantry, Emalee Farrell and Shayla MacBeth. Congratulations and best of luck.

Football

Mr Carey ran both our school football trials and the Regional Football Trials last week. Penny Clarke, Marcus Anderson, Damien Pitcher, Jack Sullivan, Lincoln Hardy, Cooper Lancaster, Darcy Butchard and Oscar Wills represented our school in Cessnock at the Regional Trials. Congratulation to Penny Clarke who was selected to attend Diocesan Football on 24th March at Speers Point. Our thanks to Mr Carey as he again volunteered to be the Convenor of the Regional Trials.

Rugby League

Charlie Jones, Riley Rostron, Archie Gibson, Kaden Lawler, Jayden O'Rouke, Lachlan Jackson, Oakley McDonough, Hayden Searl and Lucas Walton will represent St Joseph's at the Rugby League Regional trials to be held on Wednesday 4th March. Please note the time changes: 11yrs 12:00 to 1:30 and Seniors 1:30 to 3:00pm. We wish them all the best!

Summer Sports - Tennis

Ben Hindle is finally attending Tennis Polding in Lismore today after numerous rained out days. Good luck Ben.

Cricket

We will be holding our cricket trials at school in Week 5 to select players for the Regional Cricket trials being held on Wednesday 4th March and Diocesan Cricket on Friday 13th March. Crickets need to be playing at a representative level to trial.

Cross Country

Our school Cross Country will take place in Week 9, Friday 27th March. Please keep an eye out on Compass and Facebook for early morning training dates for those students who wish to participate.

Thank you for your support,
Karen Kiem
Sports Coordinator

Canteen News

OKR

Please make sure that you have updated your child's profile on the QKR app so we can process payments and canteen orders correctly.

New Canteen Menu

A new Canteen menu for 2020 will be distributed shortly. Price adjustments have to be made for Fruit and Vegetables as prices have increased for those products.

Special Order Days

The Canteen will be having 2 special order days in Term 1. A Cheeseburger/Hotdog day & Easter Orders for Good Friday.

More information will be sent home in the next few weeks.

Canteen Roster

Monday 24/2	Tuesday 25/2	Wednesday 26/2	Thursday 27/2	Friday 28/2
Belinda Meskauskas	Kate Meyn-Shrimpton	Gloria Emerton	Claudette Callan	Angie Lawler
Karen Kelly	Claire Dillon	Annette Hodgson	Rosalyn Upston	Mel Smith
Tiffany Lynch	Anne Porter	Collen Stark		Kate Carney
				Amy McGregor
Monday 2/3	Tuesday 3/3	Wednesday 4/3	Thursday 5/3	Friday 6/3
Natalie Butchard	Beck Piefke	Susanne Goodman	Ruth Eveleigh	Irene Ziemba
Mandy Thornton	Adrian Humphries	Helen Pantaleo	Robyn Jones-Finlay	Amanda Carlstron
Kate Wang	Rebecca Thompson			Sharon Allen
				Amanda Antcliff
				Georgina Harrison

Parish News

Sacraments of Initiation

RITUAL Mass -Presentation of the Creed for children preparing for the sacraments of Initiation at all Masses on Saturday 22nd & Sunday 23rd February. The community enjoy welcoming the children who are participating in the Sacraments of Initiation within their Community.

Chisholm Region

@ St Joseph's East Maitland

KIDS MARCH

KIDS MASS



Bring the kids ... Bring the whole family...

A special welcome to Kinder 2020

MUSIC, CUSHIONS, SAUSAGES, CAKE, FUN, FRIENDS, JESUS!!

SUNDAY 1ST MARCH 6PM

COME EARLIER TO JOIN IN WITH THE MUSIC, DO A READING, OR OTHER MINISTRY



THE ACTIV8 CHISHOLM YOUTH
MINISTRY PRESENTS

*A Concert with
Fr Rob Galea*

TUESDAY 31ST MARCH 2020
6.30-8PM
ALL SAINTS' COLLEGE, ST MARY'S CAMPUS
16 GRANT ST. MAITLAND NSW 2320

A musical extravaganza featuring
the best Christian music out there!

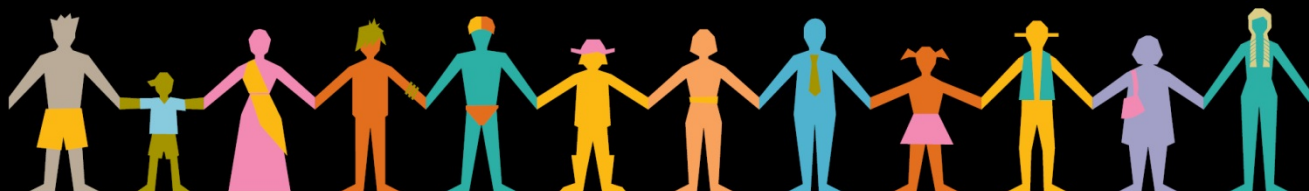
HURRY! BUY A TICKET NOW AT [EVENTBRITE.COM.AU](https://www.eventbrite.com.au)

Type in "ACTiv8 Youth - Concert with Fr Rob Galea"



Australian Government

HARMONY DAY



Harmony Day Assembly Wed 25 March 9.15-10.15

Come along and **celebrate Cultural Diversity** at St Joseph's

Harmony Day is about respecting one another and a sense of belonging for everyone.

Out of School Uniform- Wear Orange or a **traditional costume** from another country even if you are not from that country, or a t-shirt from a country or place you have visited. (Prizes for best dressed).

Colouring Competition winners announced.

Hear students speak about cultural diversity at St Joseph's and see our students perform dances from around the world.

Say our **Harmony Day prayer** with us and sing our **Harmony Day Song**.

"God of all people, God of Love, we pray that your spirit of love and compassion may bloom in our communities, our families, our school and our classrooms. Help us to show true understanding, acceptance and respect so that we may live in harmony."



EVERYONE BELONGS
www.harmony.gov.au



*Thank you
to our
2020
Newsletter
Sponsors.*

**HELP MAKE THIS SCHOOL YEAR
THE BEST EVER FOR YOUR CHILD!**

BENEFITS OF RHEE TAEKWONDO FOR KIDS

- ★ **LISTENING** - Your child will be able to practice their listening skills to develop better self-control, discipline and values.
- ★ **HAND-EYE COORDINATION** - Hand-eye coordination is important in your child's early development. Rhee Taekwondo provides plenty of opportunities to improve fine motor skills through techniques, obstacles, drills and challenges.
- ★ **SPEED, AGILITY AND BALANCE** - Speed, agility and balance gives your child better body awareness and coordination.
- ★ **SOCIALIZATION** - Kids experience partner and team-oriented situations in class that helps develop strong communication skills.
- ★ **GOAL SETTING** - Goal setting is an important skill for kids to learn. Rhee Taekwondo teaches both short-term and long-term goal setting in a fun and positive environment.
- ★ **MEMORY & FOCUS** - Learning Rhee Taekwondo sharpens memory focus retention skills. It also keeps kids mentally engaged.

THORNTON

Pat Hughes Community Hall
Taylor Avenue, THORNTON
Tues & Thurs 6.00 - 7.15pm

ASHTONFIELD

Hunter Valley Grammar School
Cameron Centre
Thurs 3.30 - 4.45pm

Enquire Today:

Robert Durighello
0437 037 964

E: rtkd.newcastle@gmail.com



Please Support them