



St Joseph's School Newsletter

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SCHOOL VISION

At St Joseph's School, we are committed to the teachings of Jesus Christ. We value harmony, inclusiveness and respect for God, each other and our world.

PARISH MASS TIMES

1st Sunday of the Month – 9am (Lay-Led) 2nd Sunday of the Month – 5pm
 3rd Sunday of the Month – 9am 4th Sunday of the Month – 9am
 5th Sunday of the Month – 9am Ecumenical Service

Co Pastors: Fr Patrick Mugavin & Fr George Kuruvila Principal: Mr Karl Dwyer SAC Chair: Mrs Andrea Munro

February 19th 2021

ISSUE 3

UPCOMING EVENTS

TERM 1 - 2021

Feb 21 Beginning of Year Mass 9am
 Feb 22 District Swimming Sports
 Feb 23 Year 6 Baimbridge Transition Day
 Feb 24 Parents Association 3.30pm
 Feb 25 School Open Night 6.00pm
 Mar 1 SAC Meeting 7.00pm
 Mar 2 Clean Up Australia Day
Mar 8 Labour Day Public Holiday
 Mar 10 District Aths
 Mar 12 Division Swimming
 Mar 26 St Joseph's Twilight Fair
 Apr 1 Final Day of Term 1

WEEKLY PRAYER



God of Lent,
 As we begin the 40 days of
 Lent:

May our fasting help us
 remember the hardships faced
 by those in difficulty.

May our almsgiving allow us to
 share what we have with those
 who have less.

May our prayer and reflection
 help us to make time and space
 for the sacred in our lives.

Amen

HAPPY BIRTHDAY



Nickayla Lowe
 19th Of February
 21 years old

Dear Families,

Thankfully the lockdown was for five days only and didn't stretch on for any longer! I've got a feeling it won't be the last time it happens. Well done to all families who were able to readjust their schedules and transition to Remote Learning for the Monday-Wednesday. I'd like to pass my thanks onto all the teaching staff who were able to plan and cater for those students at home as well as those few who were on-site.

Yesterday our school observed Ash Wednesday by attending Mass. We appreciated seeing a number of families join us as well as other members of the parish.

On Sunday we will celebrate Mass in our parish church, marking the beginning of the school year and welcoming our new students and staff. All family members who are able to attend are very welcome. Mass begins at 9.00am. Please sign in upon entering the Church and have a mask on.

Good luck to those students in LGC who are representing the school at the CDSSA swimming sports in Casterton on Monday 22nd. Mr Sinnott will accompany the children on this day. Permission forms were sent home on Thursday.

As you might remember from the end of 2020, all Catholic primary schools in the Ballarat Diocese now come under the governance of DOBCEL: Diocese of Ballarat Catholic Education Limited. In the coming months our school website will update regularly as different groups of policy are ratified. The first batch relate to child safety and can be viewed at on the school website

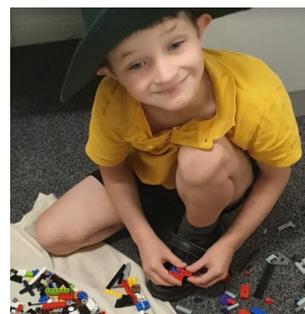
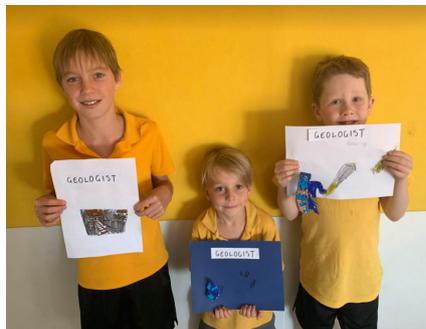
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On Thursday February 25th, we will be holding an open night for all parents to attend with children. Families are invited to a short address at 6.00pm in the hub by Karl about Zones of Regulation and some associated strategies that will be implemented in classrooms this year. Following on from this at about 6.15pm, students will be invited to give their parents a tour of their learning area and speak with teachers. This is a great opportunity for all parents to touch base with their child's teacher and understand the workings of the classroom. We will send a reminder about COVID 19 arrangements closer to this event.

Kind regards,

Karl Dwyer

SNAPSHOTS OF REMOTE & FLEXIBLE LEARNING



This is the final week of the sleep article which can be found on website:

<https://raisingchildren.net.au/school-age/sleep/understanding-sleep/school-age-sleep>

Obstructive sleep apnoea

If your child has obstructive sleep apnoea, it means that they sometimes stop breathing when they're asleep. Your child might snore, pause or struggle while breathing at night. You might notice that your child seems tired during the day. If you think your child has sleep apnoea, see your GP.

Night terrors and nightmares

Night terrors are when your child suddenly gets very agitated while deeply asleep. They're less common than nightmares and usually disappear by puberty. Night terrors **don't harm your child**, who often won't remember them in the morning. But they can be scary for you. Night terrors usually happen in the first few hours after falling asleep.

Nightmares are very common in early school-age children, and nightmares are **often scary enough to wake children up**. As children get older, they get better at understanding that a dream is just a dream. Nightmares happen in the second half of the night, which is when your child dreams the most.

Sleeptalking and sleepwalking

Many school-age children sleeptalk, especially if they're excited or worried about an event like a holiday or a test. Sleeptalking is nothing to worry about. Calmly talking with your child about whatever is worrying them might help reduce sleeptalking.

Sleepwalking happens when your child's mind is asleep but their body is awake. It sometimes runs in families, and it can also be caused by anxiety or a lack of sleep. Sleepwalking usually doesn't need treatment, and most children grow out of it as teenagers.

Sleepwalking and sleeptalking usually happen in the first few hours after falling asleep, when your child is in deep sleep.

Teeth-grinding and thumb-sucking during sleep

Many children grind their teeth in their sleep. It doesn't mean there's anything wrong with your child, and it usually doesn't cause damage. If you're concerned about your child's teeth-grinding or thumb-sucking, talk to your dentist.

I hope this was of interest.

My contact details are 0400 994 032 or email lisa.gonnet@centacarewarrnambool.org.au

Kind regards and have a wonderful week

Lisa Gonnet

Schools pastoral care worker