



# 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

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

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

Friday, September 17th, 2021

ISSUE 29

### TERM FOUR- 2021

Oct 4- Student Free Day (WT Planning)

Oct 5- Students Return

Oct 21-22 Grade 3/4 Grampians Retreat

Oct 4-22 Book Fair Returns in T4

Nov 9- Foundation Orientation

Nov 14- Eucharist

Nov 21- Confirmation

Nov 16- Foundation Orientation

Nov 23- Foundation Orientation

Nov 30- Foundation Orientation

Nov 15 Student Free Day

(Scaffolding Literacy)

Nov 22 SAC Meeting

Dec 5- End of Year Mass

Dec 6-10 Swimming Lessons

Dec 15th- Students last day

### WEEKLY PRAYER



**God of Service,  
In our bid to 'be more', let us never forget the advice of Jesus to be a servant to others.**

**May we remember to look for your face in those who serve us.  
Amen.**

Dear Parents,

There is a bit happening at our school next week with the demolition of the old shelter shed which is in a dilapidated condition. This was a recommendation from a recent Masterplan from Cooper Scaife Architects. Some temporary fencing will be erected on Monday afternoon week around the shed and Murrihy Demolitions will commence works either Thursday or Friday. On Monday, 20th September, we will be cleaning out the shed, and I would like to ask any families who may have a spare hour to come along and assist. We will commence this task at 10 am, and any help will be greatly appreciated.

Families are reminded that Monday, October 4th is our first pupil free day for 2021. This is the first Monday of Term 4. Our staff will be looking at Professional Learning communities with other members of the Western Trinity. The school is closed on this day.

Thanks to Mr Tomkins, who has been with LGB for the last five weeks of this Term. It's been a busy few weeks, but David has shown remarkable resilience in his teaching practice. He is to be congratulated on a great placement at St Joseph's Primary School and will be an asset to any school when he gains employment in the future.

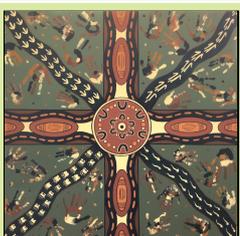
The beginning of Term 4 means that all students will again require school hats. It's time to locate school hats and have them ready in school bags for October as the weather becomes warmer and sunnier. Families are reminded to ensure that hats are clearly labelled. New hats are available from the school.

Finally, please check over the dates for Term Four included in the newsletter as there are several student free day dates to be aware of, and First Eucharist and Confirmation Mass have been rescheduled again!

Have a great break, everyone!

### BOOK FAIR

**Book fair will continue into Term 4. Families and students will be given an opportunity to explore and purchase their favourite books when we return to school. The final date for orders will be Friday 22nd October.**



*We acknowledge the Traditional Owners of the land where we work and live, the Gunditjmarra people, and pay our respects to Elders past, present and emerging. We celebrate the stories, culture and traditions of all Aboriginal and Torres Strait Islander communities who also live and work on this land.*

# Resource Smart at St Joe's

*"Start doing what is necessary, then do what is possible, and suddenly you are doing the impossible." St Francis of Assisi.*



## Wannon Water - Water Week Posters

For the last two weeks in Remote Learning Art lessons, students have been learning about how we need to care for the water in our environment and some of the ways Indigenous communities have been caring for water and Country. The students created some amazing posters in response to the Water Week theme, Caring for Water, Caring for Country. The posters will be online for Water Week 18-24 October.

Here are the great posters our students created.



## Footy Colours Day

On Friday the 17th of September we celebrated footy colours day and raised money for kids with cancer. We had such a great day. What a way to spend our last day of term.



# ReConnectEd Art Project



*May the wilderness of this time & the uncertainty we may feel,  
strengthen our resolve to lean on your Word, abide in your presence,  
and be guided by your enduring and powerful Spirit.*

In times where social distancing, isolation and separation have been necessary, let us take time to pause, reflect and look towards the future possibilities with hope. Sharing our experiences and feelings, to know we are not alone and gather strength and wisdom from each other.

Post traumatic growth theory suggests that children and adolescents have a great deal of resilience and can learn from adversity. They can discover and develop their abilities and learn how to manage difficult events by reflecting on the character strengths they have used during the previous challenging times, such as lockdowns last year.

Art in all mediums provides the opportunity for students to explore and express some of their feelings, worries and fears in a powerful and engaging way. It also acts as a mindful and relaxation activity.

Catholic Education Ballarat invites your child(ren) to participate by sending in a drawing, photo, poem, short stories, song, painting, or small clip inspired by the last 18 months and/or looking towards the future.

## **Questions/prompts to help focus on looking forward and positivity.**

- *What has been important to you during the lockdowns?*
- *What have you learnt?*
- *What new things did you do?*
- *What were some of the things you enjoyed in the lockdowns?*
- *What strengths have helped you?*
- *What are you looking forward to in the future?*

- *What are some ways you can help others during this time?*

*See Australian Red Cross: Kindness in a global crisis -photo gallery celebrating humanity and kindness in the COVID pandemic, for examples of helping behaviours.*

<https://www.redcross.org.au/news-and-media/news/2020-photo-gallery-covid>

A selection of the works will be displayed via an online art exhibition for Mental Health week later in the year and a booklet available for download.

Please submit works to [studentwellbeing@dobcel.catholic.edu.au](mailto:studentwellbeing@dobcel.catholic.edu.au) or send originals to Wellbeing Education Officer Catholic Education Ballarat 5 Lyons St Ballarat, 3350 Vic. By submitting the piece you agree for it to be shared in the formats mentioned above. Please note originals sent to the office will not be able to be returned.

Submissions close on the 5<sup>th</sup> of October, 2021.

## **Helpful hints when discussing Covid -19**

Conversations with your child about challenging circumstances are important. These conversations can help your child to cope, be prepared, and make sense of what they are seeing, hearing and feeling. When your child does not understand the situation, they can worry, feel alone and misunderstand what is going on.

Promote hope by sharing information about the actions being taken in the community and at home.

The best way to communicate hope is to talk about the actions that are being taken to prepare, to stay safe and to recover.

Talk to children about:

### **• What is happening in the community?**

Lots of people are working really hard to keep everyone safe, for example, doctors and nurses are getting ready to look after people if they get sick.

### **• What are you doing at home?**

By staying home we are helping to stop the spread of the coronavirus. We can help to protect the people we love and everyone in the community by washing our hands, social distancing, wearing masks and following the restrictions.

### **• What can they do?**

Children often want to help. You can share some of the helpful things that they can do such as washing hands and covering their mouth and nose when they cough. One of the most important things you can do is to help stop the virus from spreading. This means washing your hands more regularly and for longer - let's try singing 'Happy Birthday' all the way through while we wash. You can also cover your mouth with your elbow whenever you cough or sneeze (Emerging Minds, 2020).

## **Further Resources**

<https://www.coronavirus.vic.gov.au/talking-your-child-about-coronavirus-covid-19>

<https://preparecenter.org/toolkit/kidskit/>

## **Reference**

National Workforce Centre for Child Mental Health (2020) Communicating with your children about COVID-19. Emerging Minds.

[https://d2p3kdr0nr4o3z.cloudfront.net/content/uploads/2020/09/30145047/How-to-communicate-with-your-child-about-COVID\\_19\\_FINAL-1.pdf](https://d2p3kdr0nr4o3z.cloudfront.net/content/uploads/2020/09/30145047/How-to-communicate-with-your-child-about-COVID_19_FINAL-1.pdf)

# Self-Care September 2021



ACTION FOR HAPPINESS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 Find time for self-care. It's not selfish, it's essential	2 Notice the things you do well, however small	3 Let go of self-criticism and speak to yourself kindly	4 Plan a fun or relaxing activity and make time for it	5 Forgive yourself when things go wrong. Everyone makes mistakes	6 Focus on the basics: eat well, exercise and go to bed on time	7 Give yourself permission to say 'no'
8 Be willing to share how you feel and ask for help when needed	9 Aim to be good enough, rather than perfect	10 When you find things hard, remember it's ok not to be ok	11 Make time to do something you really enjoy	12 Get active outside and give your mind and body a natural boost	13 Be as kind to yourself as you would to a loved one	14 If you're busy, allow yourself to pause and take a break
15 Find a caring, calming phrase to use when you feel low	16 Leave positive messages for yourself to see regularly	17 Notice what you are feeling, without any judgment	18 Ask a trusted friend to tell you what strengths they see in you	19 No plans day. Make time to slow down and be kind to yourself	20 Enjoy photos from a time with happy memories	21 Don't compare how you feel inside to how others appear outside
22 Take your time. Make space to just breathe and be still	23 Let go of other people's expectations of you	24 Accept yourself and remember that you are worthy of love	25 Find a new way to use one of your strengths or talents	26 Avoid saying 'I should' and make time to do nothing	27 Free up time by cancelling any unnecessary plans	28 Choose to see your mistakes as steps to help you learn
29 Write down three things you appreciate about yourself	30 Remind yourself that you are enough, just as you are					

Happier · Kinder · Together

Suitable for ages 10-16 under supervision

## SCHOOL HOLIDAY *Virtual Cooking Fun*

FREE

TUES 28TH SEP, 11AM & THURS 30TH SEP, 11AM

Vegetable and Sweetcorn Slice



Blueberry and Banana Muffins



Join us to create healthy and yummy recipes from the Western District Health Service 'GREEN' Recipe Booklet.

Access Livestream via the [GenR8 Change Facebook page](#)

Be one of the first **20 participants** to register for each session and receive an ingredient pack delivered to your home, with everything you need to cook up a storm for you and your family!

Register now through the following links;

[Vegetable and Sweetcorn Slice - Tuesday 11am](#)

[Blueberry and Banana Muffins - Thursday 11am](#)



For queries contact Ebony at [ebony.rhook@wdhs.net](mailto:ebony.rhook@wdhs.net) or 0466554562

**Registration links are again below:**

Class #1 - Veg & Sweetcorn Slice <https://www.eventbrite.com.au/e/170923896977>

Class #2 - Banana & Blueberry Muffins <https://www.eventbrite.com.au/e/171613770407>