



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

Friday, August 13th

ISSUE 24

TERM THREE- 2021

Aug 17 WT Athletics- Cancelled
Aug 22 First Eucharist (TBC)
Aug 25 Footy / Netball Lightning Prem Carnival @ Coleraine (TBC)
Aug 29 Confirmation (TBC)
Sept 06 SAC Meeting
Sept 3 Father's Day Breakfast 7am
Sept 17 End of Term

TERM FOUR- 2021

Oct 4- Student Free Day (WT Planning)
15 Nov Student Free Day (Scaffolding Literacy)
18-19 Nov Staff Retreat

WEEKLY PRAYER



The Assumption
Of the Blessed Virgin Mary

The Feast of the Assumption of Mary Jesus' mother Mary was a strong woman who worked to bring God's Kingdom. We pray for more women to be raised up to lead in our world, our nation and our church. AMEN

Dear Parents,

For the last two weeks, staff have been encouraging, recognising and reinforcing positive yard behaviour at recess times.

Teachers have awarded counters to students who:

- Play fairly and use school game rules
- Choose an appropriate activity for wet weather.
- Speak politely to other students and teachers.
- Help other students who might be hurt, or need a game to play.

Students who received a counter deposited it into a container with their sports house name MacKillop (Yellow), Mercy (Red), McAuley (Blue).

The scores at the end of today were;

MacKillop-
Mercy-
McAuley-

Congratulations to the ??? will receive 15 minutes of free play next week!

Eucharist

First Eucharist Mass will be held on August 22nd at 9 am. After two false starts, we have our fingers crossed that this will be the third time lucky!

Sacrament of Confirmation

Over the next few weeks, Thomas, Josh, Liam, Lacey and Xander will be preparing to receive the sacrament of Confirmation. This will take place on Sunday, August 29th at 9 am. Best wishes to these children and their families as they take this important step in their faith journey.

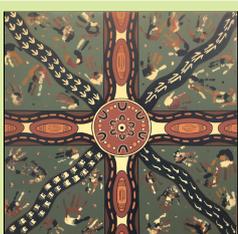
Kind regards

Karl

Diocese Community Magazine

Below is a link for "Our Diocesan Community" magazine. The value of this publication is important for sharing good news stories of our schools, parishes and agencies across the diocese to school communities and families to enjoy.

<https://www.ballarat.catholic.org.au/wp-content/uploads/2021/08/ODC-July-2021-web-hr.pdf>



We acknowledge the Traditional Owners of the land where we work and live, the Gunditjmara 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.

TEACH YOUR CHILD TO "RAIN" ON THEIR NEGATIVE THOUGHTS

Our minds constantly create mental drama. Sometimes it's so powerful that we actually believe it. And we make ourselves miserable because of it. When you teach your child to surround their negative thinking with compassion, it becomes easier for them to move on.



THE RAIN TECHNIQUE CAN HELP YOUR CHILD BECOME THEIR BEST FRIEND
INSTEAD OF THEIR OWN WORST CRITIC.

RECOGNIZE → ALLOW → INVESTIGATE → NON-IDENTIFY

R STEP 1: RECOGNIZE THE TROUBLING EMOTION OR THOUGHT

ASK YOUR CHILD:

"How are you feeling?"
"Where do you feel it in your body?"

THEY MIGHT SAY

"I'm so mad at myself for failing my spelling test. I am so stupid!"

A STEP 2: ALLOW THE MOMENT TO HAPPEN

TELL YOUR CHILD:

"We need to let our thoughts and feelings just be there. Even if we don't like it. It's okay to feel this way."

I STEP 3: INVESTIGATE WITH KINDNESS

ASK YOUR CHILD:

"When have you felt the same way before?
What do you need right now?"

THEY MIGHT SAY

"I felt the same after my biology test...I'm bad at it too."

N STEP 4: NON-IDENTIFY

TELL YOUR CHILD:

"Sometimes we have angry thoughts and feelings and it's okay. Our thoughts are not always true though so we can't believe them all the time. Our thoughts and feelings come and go. **They are not who we are.** You can pretend that your angry, sad feelings and thoughts are like clouds. Clouds pass, the sun comes out again, and you feel better."

BigLifeJournal.com

The RAIN technique was first introduced by Michele McDonald, co-founder of Vipassana Hawai'i

Big Life Journal

School Sport Victoria Hockey 7's

Good luck to our District Hockey 7's Team, FINALLY getting to play today at Hamilton after lockdowns forced two earlier postponements.

We wish the team all the best of luck!

Mitchell Munro – St Josephs
Maddison Munro – St Joseph's
Angus Tindall – St Josephs
Murphy Porter – Coleraine Primary
Lincoln Brown – Coleraine Primary
Samuel Barnes – Coleraine Primary
Sandy Porter – Coleraine Primary
Tahni Brown – Coleraine Primary
Rupert Dorahy – Casterton Primary

Lightning Premierships

On Wednesday 25th August, St Joseph's School will be hosting the Lightning Premierships in conjunction with Coleraine Primary School, so please keep this date free if possible as we will require assistance in the canteen. Thank you to those who have volunteered to coach a netball and football team respectively on our Lightning Premiership day. Unfortunately, due to restrictions, parents and spectators will not be allowed to attend. Please email kdwyer@sjcoleraine.catholic.edu.au if you can help out in the canteen on this day.

Hello again, Welcome again to term3, fingers crossed we won't be in lockdown again for a while.

This week I am sharing a 'poster' from the Big Life Journal website, they have lots of interesting resources.

We all get negative thoughts sometimes more often than others, I found this is quite clearly explained and easy to follow.

If you have any questions or just want to chat please don't hesitate to contact me on: 0400 994 032.

Have a good week.

Kind regards

Lisa Gonnet

Schools pastoral care worker



AWARDS

Principal's Award

Noah Bottrill, for fantastic work ethic at school. Awesome work Noah!



Leader's Award

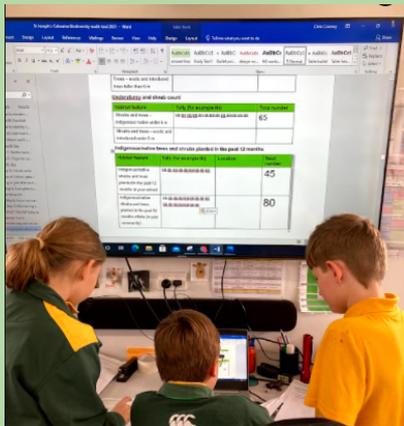
Charlie Wombwell



For trying hard in maths time.

Assisi Award

Ruby, Angus and Liam



For analysing and recording data from the Biodiversity Audit

CLASSROOM NEWS

LGA



This week we have been learning about Wet Day Norms

- Include others
- Inside voice
- Play quietly with friends
- Walk in the room
- Four or less on a game
- Pack up game before going outside or at the end of recess/lunch.
- Ask a teacher when you leave the building

LGB

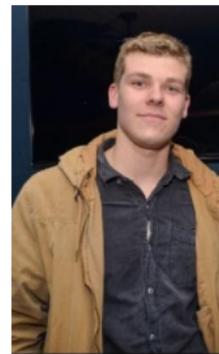
Next week, in LGB we are very excited to have a student teacher join LGB for the next 5 weeks. Welcome to Mr Tomkins!



University of South Australia

Hi! My name is David Tomkins and I will be doing my 4th year placement at St Joseph's for 25 days. I am from Casterton and have been studying at UniSA in Mount Gambier. I really look forward to my placement experience and aim to make the most of it.

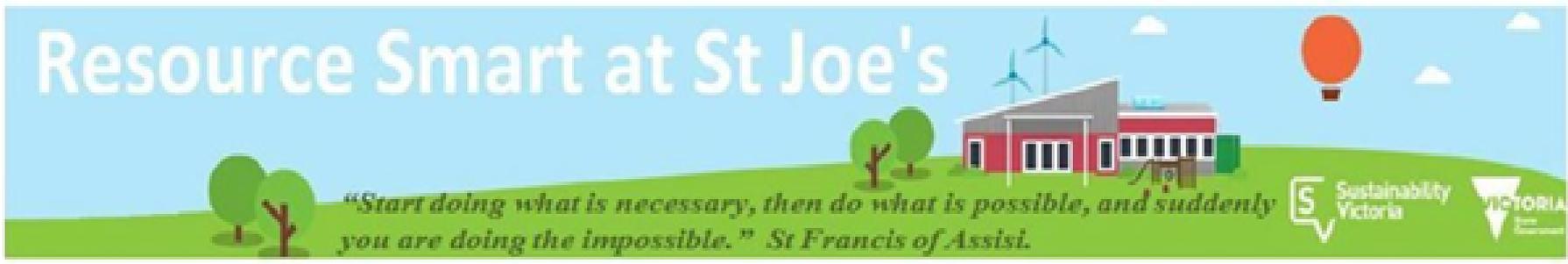
Hobbies and interests: sport, fitness, outdoor activities, reading and music.



LGC

This week LGC we have been learning about the solar system and the different sizes of the planets in context to each other, exploring how the Sun is colossal compared to other planets. Thomas, Maddison and Xavier have shown below how the Sun stands out in our solar system and the minuscule size of planets like Mercury and Earth in comparison to other planets in the Milky Way. Awesome work LGC!





WE'RE STILL COLLECTING LIDS 4 KIDS and BREAD TAGS

We're still collecting plastic lids and bread tags and pens, textas, highlighters and markers. Over the next few weeks we will sort and package up what we've collected to go to Terracycle and Lids4Kids in the holidays. So bring in any lids and bread tags you have.

Our lids can be used for making new plastics that will be made into prosthetic limbs for needy children. Our bread tags are bought by Transmutation in Robe who make amazing bowls and plates for Country Road and they sell online too. The money they pay for the bread tags is used to purchase wheelchairs. Over the last 2 years the bread tags collected have bought 20 wheelchairs.



A huge thanks to Hannah who has motivated community members to drop their lids into Barry at the Transfer Station. Amazing work Hannah.

We'll start collecting again in Term 4 so don't stop collecting at home.

Let's all make sure that plastic lids and bread tags and pens, textas and markers don't go into Landfill.



CAR PARK SAFETY



This week with kids we went over car park safety procedures with our students and we ask our parent community to help us in this also.

Students have been directed to wait for parents /carers on the east side of the church or to begin walking or wheeling their bikes along the paths along the west side of the church

Parents picking up from the car park are asked to park and collect their child, or patiently line up along the car pick up line.

Key points for parents:

- Do not park on clearways or crossings.
- Students are discouraged from walking through the carpark unsupervised. Stay outside the yellow line.
- Please be patient - student safety is the priority.
- Once your child is in the car please move off quickly to help keep the flow of traffic moving.

Parents Association News!!

We have been rather fortunate to be able to raise some funds this year between covid lockdowns. Things are generally a bit quieter during the second half of the year but there are a few upcoming events this term (all going well).

Sheep Poo Drive- bagging of sheep poo will be done this **Saturday 14th August & Sunday 15th August from 9am** for those who are able to assist please come along with your shovels and gloves. We have 140 bags to fill and deliver so all help would be much appreciated.

Lightening Prems- Wednesday 25th Aug our grade 3-6 students compete with 4 other local schools in the annual lightning prems. We are seeking **parent helpers and food donations**. Please see attached letter for more details. A hard copy has also been sent home with students today.

Father's Day Breakfast- Friday 3rd Sept we will be hosting our annual father's day breakfast. Keep an eye out for more details to come

Lightning Premierhips – Wednesday 25th August

at Silvester Oval Football Oval and Netball Courts for Grades 3-6

We will be teaming up with Coleraine Primary School on the day and running the canteen. We will need helpers on the day as well as donations of food items.

Can you please fill out the form below and return it to school before Friday 20th August.

We will be selling drinks (hot and cold), party pies/sausage rolls, hot dogs, steamed dim sims, sandwiches, cakes/slices and icy poles (weather dependent).

Your items can be dropped to school on Tuesday 24th August or straight down to the canteen at Silvester Oval on the Wednesday morning.

If it turns out to be too wet to hold the lightning premierhips or we are again restricted with Covid-19 rules on this date we will let you know. An alternative date will be arranged.

Thank you in advance for your help, *St Joseph's Coleraine Parents Assoc.*

FAMILY NAME: _____

If you can help out in the canteen, please put your name beside the preferred timeslot:

9am-11am _____

11am – 1pm _____

1pm – 3pm _____

I can donate the following food item(s):
(please circle)

Party Pies

Sausage Rolls

Dim Sims

Mini Hot Dogs

Milk

Bag/s Mixed lollies

Fruit Boxes

