



ST JOSEPH'S SCHOOL

COLERAINE

NEWSLETTER

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 - 9 am (Lay-Led), 2nd Sunday of the month - 9 am, 3rd Sunday of the month - 9 am, 4th Sunday of the month - 9 am, 5th Sunday of the month - 9 am Ecumenical Service
67 Read Street, Coleraine VIC 3315 | P 0355752131

E admin@sjcoleraine.catholic.edu.au | W <https://sjcoleraine.catholic.edu.au>

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

Friday, October 29, 2021

ISSUE 33

TERM FOUR- 2021

- Nov 1- SAC Meeting
- Nov 2- Melb Cup (Public Holiday)
- Nov 7- Working Bee 10 am
- Nov 15 Student Free Day (Scaffolding Literacy)
- Nov 21- Eucharist
- Nov 22- SAC Meeting AGM
- Nov 28- Confirmation
- Dec 2- End of Year Mass/Awards
- Dec 6-10 Swimming Lessons
- Dec 13-14 Grade 3/4 Grampians Camp
- Dec 15th- Students last day
- Dec 16/17- Staff Retreat

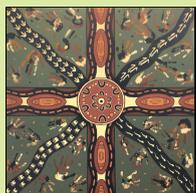
WEEKLY PRAYER

Jesus, You taught people that the Kingdom of God is close at hand. Through your word... Remind us to look for the Kingdom of God. Help us to recognise the Kingdom God. Inspire us to be a part of the Kingdom of God. AMEN

Dear Parents,

We had a lovely morning for our Socktober celebration. Thank you to Fr George and Cay (4th Year Seminarian) for coming to Coleraine and celebrating a liturgy in the church. We learnt about the country of Thailand and how many people are less fortunate than us. Many people live in poverty and don't have access to fresh drinking water, clothing and housing. Following the liturgy, we played different soccer activities with a 'sockball' to understand that children in developing countries don't always have access to the kinds of soccer balls that we have in Australia. In total, our school raised \$259, which will go towards supporting a kindergarten in Thailand. Thank you to everyone for the generous donation.

Kind regards
Karl Dwyer



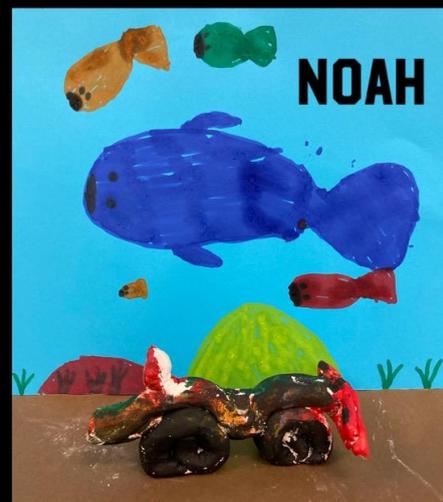
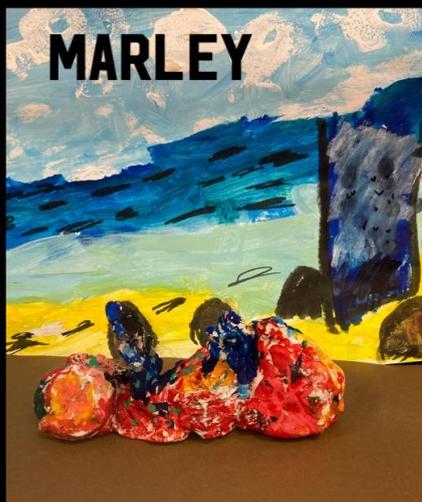
We acknowledge the Traditional Owners of the land where we work and live, the Gunditjmara people, and pay our respects to Elders past, present and emerging. We celebrate the stories, culture and traditions of all Aboriginal and Torres Strait Islander communities who also live and work on this land.

Incredible Freedom Machines Inspired by our Garden

Some students have finished their Incredible Freedom Machines and the background painting of their Freedom Place.

Here are the Incredible Freedom Machines completed by Ruby, Noah and Marley. We will miss their talent, creativity and participation in Art classes. Good luck, Ruby, Noah and Marley, on your new creative adventures.

INCREDIBLE FREEDOM MACHINES



Watering System- Helpers Wanted!!

We'll be installing the Watering System in the veggie beds on Sunday 7 November from 10 am. If any parents or friends are available, we'd love your assistance.



Leaders Award Ruby and Marley Botrill

For being awesome
students at St
Joseph's Coleraine.



Principal's Award

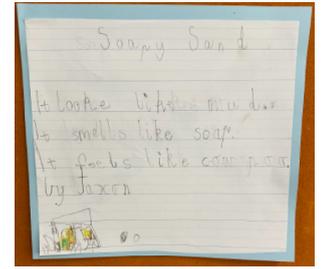
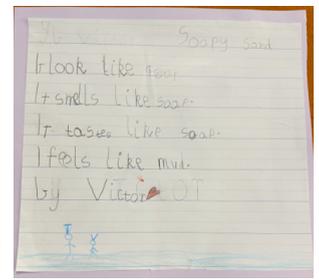
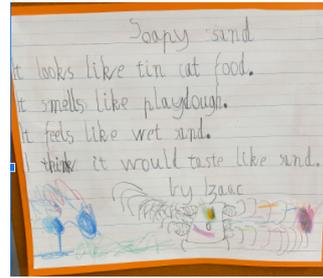


William Cunneen

For being an
excellent helper to
Ms Conney and a
role model for the
younger students
during Art class

LGA

Over the past couple of weeks, students in LGA have put in a lot of effort with their writing pieces. They should be very proud of themselves. Last week we got messy and played with some sand and dishwashing liquid, it made a big mess, and they had lots of fun. We then sat down and wrote about what it smelt like, looked like and felt like. This week we made some Elephants Toothpaste in class as part of our writing lessons. Once again, the students had a ball watching this experiment and seeing how mixing things together can cause a reaction. Here are some of the fantastic writing pieces our students have created over the past few weeks.



LGB

In LGB this term, for Science, we are learning all about "Matter". We have identified the differences between - solids, liquids and gases are. Last week we experimented. We put water and cornflour and mixed them to see what would happen. Some experiments worked, and the liquid (water) and solid (cornflour) became squishy solid when mixed. We love Science!



Assisi Award

Noah Bottrill



*For collecting
food waste and
checking the
SubPod*

LGC

On Thursday, LGC put nails in different liquids, and so far, the vinegar has made it black we had lots of fun sanding the zinc of the nails and putting them in the liquid-like vinegar, oil and paint. It will be interesting to see how it will change throughout the week.
By Mitchell and Connor.



Message from Lisa

Hello this is the final week of the article on school refusal. If you wish to view online please see link:
<https://raisingchildren.net.au/school-age/school-learning/school-refusal/school-refusal>

When you're at home with your child

- Stay calm. If your child sees that you're worried, stressed or frustrated, it can make your child's anxiety worse.
- Plan for a calm start to the day by having morning and evening routines. For example, get uniforms, lunches and school bags ready the night before, get your child to have a shower or bath in the evening, and get your child to bed at a regular time.
- Make your home 'boring' during school hours so that you don't accidentally reward your child for not going to school. This means little or no TV or video games and so on. You could think about not letting your child use their phone during school hours.
- Get your child to do work provided by the school while at home. This will help to make sure your child doesn't fall behind with class work.
- Provide consequences that reduce the amount of attention your child gets for not going to school – for example, an early bedtime or limited time with you at night.

Getting to school

- Get someone else to drop your child at school, if you can. Children often cope better with separation at home rather than at the school gate.

- Praise and reward your child for going to school. For example, if your child goes regularly, they could earn bonus technology time, a memorable outing with a parent to their favourite park, or their favourite meal for dinner.

Your child needs your love and support to get back to school. So focus on any efforts your child makes to go back, be patient with your child's progress, and try to keep any frustration to yourself. This will help your child build the confidence they need to get back to school regularly.

Getting professional help for school refusal

Families can get professional help to learn about managing school refusal and to sort out the problems behind it.

If your child is saying they feel sick, make an appointment with your GP to check it out.

If there are no physical reasons for your child feeling sick, your GP might refer you to a paediatrician, psychiatrist or psychologist.

A psychiatrist or psychologist will usually do an assessment to see whether the school refusal is linked to issues like anxiety or depression. Therapies and supports for school refusal will probably work better if your child is also getting help for anxiety or depression.

It's a good idea to ask your child's health professional about any strategies you can use at home to support your child's return to school.

Your GP will probably talk with you about a mental health treatment plan for your child. If you have a plan, you can get Medicare rebates for up to 20 sessions with a mental health professional. You can also get Medicare rebates for visits to a paediatrician.

Looking after yourself

School refusal can be hard to handle, and it can be very worrying. Looking after yourself with healthy food, regular exercise, and enough rest is good for your health and wellbeing. And when you're healthy and well, you'll be better able to support your child to go to school.

Getting support from a trusted friend or a mental health professional can often be a big help too.

Kind regards and have a wonderful week

Lisa Gonnet Schools Pastoral Care Worker -0400 994 032

Foundation (Prep) Transition Program for 2021-2022

Starting school marks an important milestone in the lives of young children. Their familiarity with the school setting strongly influences children's adjustment to their first year at school. At St Joseph's Primary School, we believe it is vital to make the transition from home or Kindergarten to school as smooth as possible.

To support your child's transition into St Joseph's School, we deliver the following services as part of our junior entry program:

DATE	EVENT	PERSONNEL	TIMES	LOCATION
Thursday 21 st October	Enrolment Forms Due	Parents	9am- 4pm	School Office
Monday 8 th November	Transition Day	Student	9am – 11.30am (Pack lunchbox)	St Joseph's School, Junior Classroom
Wednesday 17 th November	Transition Day	Student	9am – 11.30am (Pack lunchbox)	St Joseph's School, Junior Classroom
Monday 22 nd November	Transition Day	Student	9am – 11.30am (Pack Lunchbox)	St Joseph's School, Junior Classroom
Monday 29 th November	Transition Day/ Numeracy Testing	Student	9am – 12midday (Pack Lunchbox)	St Joseph's School, Junior Classroom
Wednesday 1 st December	Family Meeting	Student Parents Teacher	(15min) *By appointment	St Joseph's School, Junior Classroom
Tuesday 7 th December	Orientation Day (Whole School 2022 Classes)	Student	9am – 1.00pm (Pack Lunchbox)	St Joseph's School, Junior Classroom
	Parent Information Morning Tea	Parents Principal	9.10am – 9.45am	School Hall