



eNews Term 4, Week 1, 2023

Important Dates

Term Four
Commences at
8.30am
Monday 16 October 2023

Year 4O Camp -
Monarto Zoo Oct
24-25
Tuesday 24 October 2023

Year 4T Camp -
Monarto Zoo Oct
26-27
Thursday 26 October 2023

School Board
Meeting 6.30pm
Monday 30 October 2023

Year 6 Camp Nov 1
- 3
Wednesday 1 November
2023

SAPSASA State
Cricket Carnival Nov
7-8
Tuesday 7 November 2023

JOEY's Graduation
(time TBC)
Friday 1 December 2023

Swimming:
Reception - Year 4.
Dec 4-8
Monday 4 December 2023

School Board
Meeting 6.30pm
Monday 4 December 2023

Year 9 Graduation
Mass & Dinner 6pm
Wednesday 6 December
2023

End of Year Mass
(Led by Year 6)
9.30am
Wednesday 13 December
2023

Year 6 End of
Primary School
Celebration Day
Wednesday 13 December
2023

Term Four
Concludes 3.05 pm
Wednesday 13 December
2023

Pupil Free Day
Thursday 14 December 2023

Pupil Free Day
Friday 15 December 2023



HELPING OUR CHILDREN MAKE SENSE OF WHAT IS OCCURRING IN OUR WORLD

Considering all the recent media coverage of the crises that are currently occurring throughout the world: Ukraine, Israel, and Palestine, I thought this week I would use an article from Michael Grose "Parenting Ideas" to look at how we can help our children understand and make sense of what they are listening to and the images they are seeing.

As adults we all want our children to live carefree lives and keep them from the pain and even horrors of tragedies such as natural disasters and the impact of wars throughout the world. In reality we can't do this. So, what is a parent, teacher, or other caring adult to do when disasters fill the airwaves and the consciousness of society?

1. **Reassure children that they are safe.** *The consistency of the images can be frightening for young children who don't understand the notion of distance and have difficulty distinguishing between reality and fiction. Let them know that while this event is indeed happening it will not affect them directly.*
2. **Be available.** *Let children know that it is okay to talk about the unpleasant events. Listen to what they think and feel. By listening, you can find out if they have misunderstandings, and you can learn more about the support they need. You do not need to explain more than they are ready to hear but be willing to answer their questions.*
3. **Help children process what they see and hear, particularly through television.** *Children are good observers but can be poor interpreters of events that are out of their level of understanding.*
4. **Support children's concerns for others.** *They may have genuine concerns for the suffering that will occur, and they may need an outlet for those concerns. It is heart-warming to see this empathy in children for the concerns of others.*
5. **Let them explore feelings beyond fear.** *Many children may feel sad or even angry with these events so let them express the full range of emotions. They may feel sadder for the loss of wildlife, than for loss of human life, which is impersonal for them.*
6. **Help children and young people find a legitimate course of action if they wish.** *Action is a great antidote to stress and anxiety so finding simple ways to help; including donating some pocket money can assist children to cope and teaches them to contribute.*
7. **Avoid keeping the television on all the time.** *The visual nature of the media means that images are repeated over and over, which can be both distressing to some and desensitizing to others.*
8. **Be aware of your own actions.** *Children will take their cues from you and if they see you focussing on it in an unhealthy way then they will focus on it too. Let them know that it is happening, but it should not dominate their lives.*
9. **Take action yourself.** *Children who know their parents, teachers, or other significant caregivers are working to make a difference feel hope. They feel safer and more positive about the future. So do something. It will make you feel more hopeful, too. And hope is one of the most valuable gifts we can give children and ourselves.*

Children's worlds can be affected in ways that we can't even conceive of, so adults need to be both sensitive to children's needs and mindful of what they say and how they act in front of children. In difficult times, it is worth remembering what adults and children need most are each other.

An important part of our school helping to understand these tragedies is through Prayer. It never ceases to amaze me how reciting a simple prayer can help a child (and an adult) in times of stress, grief, and anxiety.

View this article online to read more

Prayer Service and Mass Times Term 4

Wednesday, November 22 – Year 5 Mass	9.30am
Wednesday, November 29 – Year 4 Mass	9.30am
Friday, December 1 – Year 3 Prayer Service	9.30am
Wednesday, December 6 – Middle Years Mass	9.30am
Friday, December 8 - Year 1 Advent Prayer Service	9.30am
Monday, December 11 – Year 2 Prayer Service	9.30am
Monday, December 11 – Reception Nativity Prayer Service & Picnic	5pm
Wednesday, December 13 – Whole School Mass (Led by Year 6)	9.30am

View this article online to read more

From the Principal - Week One



Dear parents, carers, teachers, and students,

Welcome back to our new school term. I hope everyone had a great holiday and enjoyed the chance to catch up with family & friends over the break and also enjoyed the time to relax at home! Seeing the excitement in the yard this week was fantastic as the children met up with friends and caught up on each other's news from the past few weeks.

We are all looking forward to another fun-filled term with some anticipated highlights, including the camps, SAPSASA sports, swimming for our Reception to Year 4 students, liturgical events leading into Christmas, end-of-year celebrations and our first Year 9 Graduation.

Staffing Updates

We continue at St Joseph's School to build adult support around our students to cater for all learners. This week, we welcomed our newest staff member to St. Joseph's School, Mr. Jesse Peach. While studying to be a secondary teacher, Jesse will be an ESO part-time in the Middle years building. We also welcome back Mack Wenske as an ESO in our Primary year levels after a term of leave. I know that they will be made to feel very welcome by everyone in the community.

Preparation for 2024

The Leadership Team has commenced preparing for staffing and constructing class groups for next year. In doing this, we acknowledge that many families are considering their schooling options and may have questions about classes and class sizes for 2024. So that all families feel they have a forum to ask questions, please complete the online form by **Friday, October 27 (end of Week 2)**. Use the QR code or find the form at <https://forms.office.com/r/95zSpMPxev>



I also want to take a moment at this time of the year to focus on resilience while being grateful for the great support and opportunities a school provides.

I'm proud to say that St Joseph's School has dedicated and knowledgeable teachers committed to each individual child's overall growth and development. Teachers are supported by education staff officers who are present in every classroom, and together, they ensure each student receives the attention and assistance needed to thrive academically, socially, and emotionally.

We also understand that choosing a non-government school can come with financial considerations. That is why we strive to make education affordable for all families. We provide our students with up-to-date resources, such as individual (value \$1,000) laptops for students in Years 4 to 9, to enhance their learning experience and reduce this cost to families. Our school fees are the cheapest among non-government schools and are heavily subsidised. There continues to be financial assistance for families for students to attend camps, excursions, swimming lessons, purchase uniforms and ensure every child can access the resources they need.

We believe that schooling for your child encompasses many factors. At St Joseph's, we pride ourselves on listening to and being there for all families. We have direct access to our employed Occupational Therapy, Speech Pathology, Aboriginal Culture, and Counselling experts.

I encourage you to contact me to discuss any concerns or questions if you are considering leaving St Joseph's School. I'm here to support you and your child throughout their educational journey, and I want to work with you before making such a big decision.

Thank you to those who will continue with us into 2024 and for entrusting us with your child's education. Together, we can create a positive and enriching experience for them.

Have a wonderful weekend.

Mrs Ros Oates

Principal

[View this article online to read more](#)

Reminders

As the weather heats up in Term 4, students must wear their School hats when playing outside as part of our commitment to being a SunSmart school.

The final school closure days for 2023 are:

- **Thursday 14th December and Friday 15th December – Term 4**
(Last two school days of the year) – Curriculum, Data and Handover Day.

[View this article online to read more](#)

From the Classroom - Year 4



Camp- Monarto Safari Park

Week 10 saw the beginning of the year 4 camp to Monarto Safari Park for an overnight experience. The camp was closely linked to our curriculum learning for this term in the areas of Science and HASS where we had been looking at sustainability and eco systems. 4W was the first class to attend, students were able to experience what it would be like to be a zookeeper by undertaking various daily tasks that a zookeeper would do. Students had a tour of the park and participated in various group activities including a night building challenge. They experienced a night walk and a bonfire with marshmallows. Term 4 students' from 4O and 4M will have their turn to experience the overnight camp.

Mass

Year 4 classes lead the whole school Mary Mckillop Mass on August 9th, this was to celebrate all the wonderful and amazing things that Mary Mckillop achieved including founding our school.

We were Fortunate to have Father Phillip Marshall again volunteer his time to help us.

The Mass coincided with our Mary Mckillop Feast Day celebrations which was closely linked to our Religious Education learning about Mary Mckillop.

Excursion to Adelaide – *The Twits* and Botanic Gardens

In Week 8, the Year 4 group travelled by bus to the Festival Theatre in Adelaide to watch a live stage performance of *The Twits*. The students were thrilled by the show, which tied into our English unit of *Narrative Writing and Text Study*.

We then boarded the bus and travelled to the Botanic Gardens where students had lunch and went on a learning walk throughout the garden's wide expanses. This experience complimented our Science topic *Producers, Consumers and Decomposers* and Mathematics topic *Mapping*.

Excursion to Council Chambers/Pine Park

To culminate our HASS unit about *Local Government and Religious Education unit on Laudato Si*, the Year 4's went on a community walk to the Murray Bridge Council Chambers and Pine Park. We were lucky enough to have the Mayor, *Wayne Thorley*, speak to us on the importance of local government and what his job entails. We then moved into Pine Park, where we contemplated the hypothetical scenario of all of the giant pine trees being chopped down to build a new car park. Students were horrified and shared many reasons and implications for the destruction.

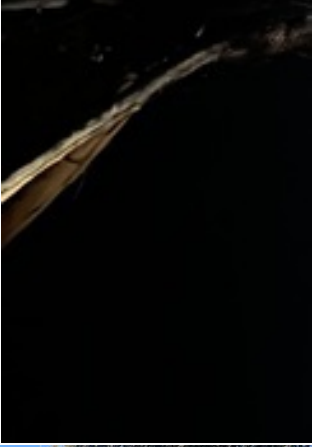
Police Visit – Online Safety

Early in Term 3, we were privileged to have SAPOL visit a couple of times to discuss with the students the dangers and effects of social media. Students were surprised to hear about the age restrictions of the different social media platforms.

Bertie Poshkza – Karen Prior

In Book Week, we were visited by the author of our class novel, *Bertie Poshkza*, Karyn Prior. A story about a Neurodiverse boy, who goes in-search of a new brain. She answered many of the students' questions about the book, about being an author and was provided with many ideas and suggestions for a sequel.

[View this article online to read more](#)



Digital Nutrition



Digital nutrition is a relatively new concept that has emerged in response to the increasing role of digital technology in our lives. Just as we pay attention to what we eat to maintain our physical health, digital nutrition focuses on the quality and quantity of the digital content and experiences we consume to maintain our mental and emotional well-being. In today's digital age, where we are constantly bombarded with information and stimuli from various digital sources, digital nutrition has become a crucial aspect of our overall health.

Here are some key aspects of the concept of digital nutrition:

Content Quality: Just as we choose to consume nutritious foods, we should also be selective about the digital content we engage with. This means prioritising high-quality, informative, and meaningful content while avoiding or limiting exposure to low-quality, sensational, or harmful content that can negatively impact our mental health.

Screen Time Balance: Managing time spent on digital devices is essential for digital nutrition. Excessive screen time can lead to issues like digital eye strain, sleep disturbances, and a decline in overall well-being. Striking a balance between screen time and other activities is important for a healthy digital diet.

Mindful Consumption: Practicing mindfulness while consuming digital content is fundamental to digital nutrition. Awareness of how certain content makes us feel and whether it contributes positively or negatively to our well-being, helps us make informed choices about what to engage with.

Digital Detox: Just as detoxing or cleansing diets are popular for physical health, a digital detox involves taking a break from digital devices and online activities to refresh and recharge. Periodic digital detoxes can help reduce stress and improve mental clarity.

Privacy and Security: Protecting our online privacy and ensuring the security of our digital data is also a part of digital nutrition. Being mindful of how our personal information is shared and taking steps to safeguard it contributes to a sense of digital well-being.

Digital Literacy: Developing digital literacy skills is crucial for making informed choices in the digital world. Understanding how information is created, disseminated, and manipulated online helps us navigate the vast landscape of digital content effectively.

Positive Digital Experiences: Seek out and create positive digital experiences that enhance your well-being. This could include engaging in online communities that support your interests and passions, using digital tools for personal growth and self-improvement, or enjoying digital entertainment that uplifts your mood.

In summary, digital nutrition is about being mindful of what we consume in the digital realm and making choices that promote our mental and emotional well-being. Just as we choose what we eat to maintain physical health, we must make thoughtful choices about our digital consumption to ensure a healthy and balanced digital life. By practising digital nutrition, we can harness the benefits of technology while minimising its potential negative impacts on our mental and emotional health.

View this article online to read more

Social Enterprise Business - Catalogue Out Now!



Check out these amazing products! Great ideas for Christmas gifts.

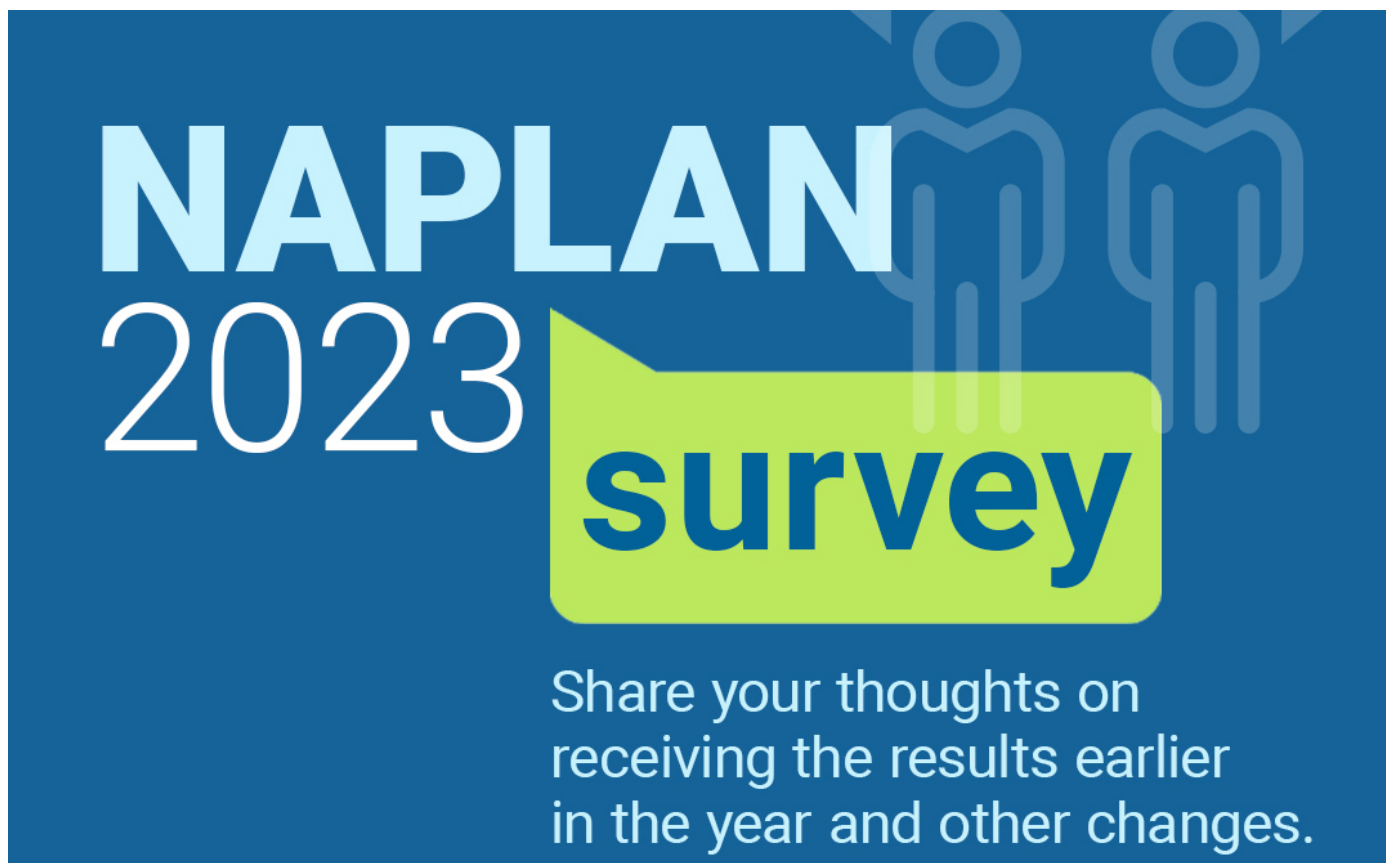
As part of their Business subject, Middle Years students needed to identify social issues in our community that were important to them. They then brainstormed, prototyped and refined their ideas into products they could make and sell for a profit in order to support their social issue. Each student started with \$20 seed money, provided by the \$20 Boss program. Now it is time for our young entrepreneurs to sell their products and build their empires!

Catalogues were recently distributed to students and their families via See-Saw, but you also find a [copy of the catalogue here](#). Order forms were sent home with students but you can also use the order form at the end of this catalogue to make a purchase. At this stage these products are just for sale to students and their families. You will need to pay for your order using the St Joseph's Qkr! account.

Please support these students and our local charities by making a purchase.

View this article online to read more



A blue banner with white and green text. The text reads 'NAPLAN 2023 survey' and 'Share your thoughts on receiving the results earlier in the year and other changes.' There are faint icons of people in the background.

NAPLAN 2023

survey

Share your thoughts on
receiving the results earlier
in the year and other changes.

As you may know, **NAPLAN** moved from May to March this year, and changes were made to reporting in order to provide simpler, clearer, and more meaningful results. We are keen to hear from principals and teachers, as well as **parents and carers**, on these changes. Feedback will be captured via a survey from 9 October to early December 2023.

A link to the survey is here: <https://www.surveymonkey.com/r/NRTZCHN>.

We would encourage participation by parents, and carers.

Thanks for your ongoing support.

View this article online to read more

Vacswim Programs

Vinnies Uniform Shops are all located within Vinnies Charity Stores and are serviced by appointment only, by making a booking ensures we have an appropriately trained uniform staff member onsite to assist with uniform fittings, selections, and purchases.

Parents can make a booking with Rochelle and the Murray Bridge Vinnies Uniform Shop Team by scanning the QR code or visiting [Vinnies - Uniform Shop \(simplybook.me\)](http://Vinnies - Uniform Shop (simplybook.me))

We encourage parents to contact us by email (schooluniforms@svdpsa.org.au) for consideration of appointments outside available booking times.

For parents who prefer to personally make a selection, or complete fittings themselves, we welcome you at any time during normal Vinnies Shop trading hours (refer to vinnies.org.au for trading hours) – **no bookings required**. Vinnies Shop volunteers will only able to assist with finalising the purchase of school uniforms, it is recommended parents make a booking if assistance and advice in uniform fittings and selection is required.



Vinnies Uniform Shop

Visit vinnies.org.au for store trading hours

Purchase of school uniforms and uniform fittings

Uniform shop staff are available in store by appointment only. **All bookings are to be made by visiting SimplyBook.Me, or scanning the QR code.** If personal selection and fittings are your preference, we welcome you at any time during normal Vinnies Shop trading hours – no booking required.



[Vinnies - Uniform Shop \(simplybook.me\)](http://Vinnies - Uniform Shop (simplybook.me))

If your preferred booking time is not listed, please email schooluniforms@svdpsa.org.au

View this article online to read more

Drum and Guitar Lessons



One-on-One tuition for drum and guitar is available at St Joseph's School on a weekly basis.

For more information on lessons and costs please contact Nathan Hill on 0448 426 946

[View this article online to read more](#)

All Content Copyright 2023 ©