



Important Dates

First Eucharist 2nd Meeting
Tuesday 15 February

Shrove Tuesday
Tuesday 1 March

Sacramental 3rd Meeting
Tuesday 1 March

Ash Wednesday
Wednesday 2 March

Student Free Day
Friday 11 March

From the Principal



Welcome to 2022

Greetings to all as we begin the 2022 school year. A special welcome to any students and families new to our community. I trust the holidays were opportune time for reenergising and occasion for spending time with those whom we cherish. We are immensely looking forward to this year – learning, developing and maintaining relationships, and of course enjoying ourselves along the way!

Gratitude – why we need it more than ever

A couple of months ago, I didn't think that South Australia would be in this current position, and certainly a hybrid model of school be in place for the start of the year. It is not the ideal scenario; however, this is the situation, and we need to adapt, be positive, and know that we will get through this period.

Whilst we can be critical about our current state of affairs, I believe we can change our mindset, or (as I often say) we can 'flip-it'. By this, I mean we can instead choose (and it is a choice) to be thankful and grateful for the 'good' we have in our lives.

I firmly believe that by being grateful, it helps us feel better about ourselves and life in general.

Over the holidays, with some spare time up my sleeve, I managed to read a few books, by chance, all with fairly similar messages:

- the importance to express gratitude on a regular basis;
- mindfulness and being present on the task at hand can greatly assist our wellbeing;
- being empathetic and understanding of others, benefits our relationships; and
- living with purpose, especially when we contribute and assist fellow human-beings, creates the greatest amount of happiness in our lives.

In today's piece, I refer to one of the books I recently read (kindly given to me as a birthday gift by my good friend, Mark), *The Resilience Project* by Hugh Van Cuylenburg. I especially focus on the quality that we know as 'gratitude'.

Widely known as the founder of positive psychology, Dr Martin Seligman, has shown that we can, in effect, retrain our brains so we feel happier on a day-to-day basis. Whilst there are many activities you can do, one simple action (advocated by Dr Seligman – a study that

has been cited more than 6000 times), is to write down three things that went well each day, every day, along with an explanation of why each good thing happened.

It's been shown that when human beings take time to look for and cogitate on the good things that happen to them every day, after one month our brains start scanning the world for positives rather than negatives. Dr Seligman found that, over the medium to long term, practising 'gratitude interventions' makes people happier overall.

Over the past few decades as more and more research has been done in the area, studies have indicated associations between practising gratitude, and improvements in: emotional well-being; fewer symptoms of stress, anxiety and depression; higher levels of self-esteem; enhanced life satisfaction; better quality of life; and greater optimism. Within the context of work, gratitude has been shown to correlate with greater personal accomplishment, job satisfaction, and reduced burnout.

According to Van Cuylenburg, if we can teach children how to practice gratitude and have them actively take note of three things, they are thankful for each day, then we have a better chance at turning the tide of anxiety and depression that is creeping up and up in the statistics.

This practice, of physically recording three things that one is grateful for each day, is a process that I have now been doing since 2014, when I had the privilege of hearing Dr Seligman speak and then subsequently read his book, *Flourish*. I can say that this simple act, at the conclusion of each day, really does make a positive difference.

Especially during these times, when there is added anxiety and uncertainty in our lives, I strongly encourage you and your child/ren to partake in this activity. The evidence for doing so is clear.

Staffing, 2022

We welcome the following staff members new (or returning) to St Joseph's Payneham.

Celesta Seal, who will be coordinating our Occasional Care, 'Piccolini' 3-year-old program (re-commencing in Week 4); Nadia Plawecki and Vicki Traino, both providing release for our Preschool staff on Wednesdays; and the following staff members, who are either returning from leave, or officially joining our team: Adrian Mastrangelo, who will be teaching Physical Education.; Alicia Matikulas, who will be teaching Year 3MM (sharing the class with Michael Musolino); and Caterina Musolino who will be teaching Year 2MG (sharing the class with Adriana Graziani).

I also acknowledge and welcome Payneham's new Parish Priest, Fr Michael Romeo. Fr Michael is very keen get to know the community.

I provide a list of St Joseph's Payneham, 2022 staff:

Leadership Team

Principal – Simon Mechis

Deputy Principal/APRIM – Ingrid Douventzidis

Inclusive Education Coordinator – Marie Polvere

Leader of Learner – Vanessa Saccardo

Leadership Support – Michael Musolino

Preschool Teachers

Anna Garimella (Joeys and Kanga 2 groups)

Nicole Baans (Koala group)

Jess Vreugdenburg (Kanga 1 group)

Nadia Plawecki (release for Preschool teachers)

Vicki Traino (release for Preschool teachers)

Reception Teachers

Joyce Nero

Lucy Martino

Amanda Karam

Jen Annetta

Year 1 Teachers

Maria Prestia

Karyn Rowett

Sonia Tronnolone

Year 2 Teachers

Tania Melfi
Shendelle Watters
Caterina Musolino and Adriana Graziani

Year 3 Teachers

Michael Musolino and Alicia Matikulas
Margaret McConnell

Year 4 Teachers

Bernardette Robinson
Rosanna Parrella and Tayla Carosi

Year 5 Teachers

Yvette Vingelis
Angela Scarpantoni

Year 6 Teachers

Michael Mastrangelo
Emily Parrella

Specialist Teachers

STEM – Nicholas Polvere
Physical Education – Adrian Mastrangelo
Music, Drama and Dance – Emma Hills
Italian – Tayla Carosi

Front Office

Administration / Reception – Lanette Burke and Peta Yates
Finance – Josie Ferragammo and Helen Crosato
ICT Technician – Barb Cole
Enrolments, WHS, Admin. support – Dora Cavuoto

Educational Support Officers (ESOs) – Early Years

Giovanna De Meo
Tania Cardone
Maria Lupoi
Laura Parletta
Leah Tregenza
Celesta Seal

Educational Support Officers (ESOs) – Curriculum

Peta Yates
Leah Tregenza
Manuela Ciniglia
Giovanna De Meo
Julie Ward
Rachel Armstrong
Manuela Belperio
Shima Safari
Mitchell Wells
Anusha Chaudry
Tina Hoffman

OSHC

Acting Director – Karina Forte
Before School Care Coordinator – Josie Nicolescu

Canteen Manager

Josie Nicolescu

Grounds and Maintenance

Parent Information Evening (Letter/Brochure)

As a result of the current restrictions, the Parent Information Evening will not go ahead in its usual format during Week 2, (where we typically hold this face-to-face with families). Instead, a detailed letter or brochure, along with the Term One Overview will be circulated by the end of Week 2.

Seesaw....

The *Seesaw* app. will be used for sharing your child's school work and a communication tool. If details have not been shared already, information will be coming home soon from class teachers.

Building work, 2022

In the final Parent Newsletter for 2021, I highlighted that over the holiday break, the transportable learning space (which was located in the south eastern corner of the school), housing two of our Reception classes, would be moved into the northern end of the Staff Carpark.

This occurred so a proposed new two-level building can be built on the eastern side of the school (where the current cottage garden area and sheds now sit). The new structure will be a high-quality, eight classroom (with added facilities and amenities) structure. We are anticipating that building work will commence in April 2022, and the new learning spaces open in 2023. The endeavour is for the transportable to be removed from the staff car park during 2022.

Further, as the transportable will take away some staff car parking, we have been fortunate to have extra parking allocation for staff granted. As also mentioned on a couple of occasions last year, the school purchased the property on the corner of Tarcoma Avenue and Portrush Road. We are aiming to transform the land into a parent and visitor car park.

Moreover, late last year, the school acquired the property at 11 Marian Road. Further details will be provided as developments arise.

COVID-19 update

Please ensure you keep up to date with our school's circulations regarding COVID regulations, restrictions, etc. Also, a reminder to you keep your child/children home if they are:

- unwell;
- experiencing any COVID-19 symptoms;
- any other member of the household has COVID-19;
- they are a close contact for a person who has COVID-19 and are required to quarantine; and
- notify us as soon as possible if your child/ren tests positive for COVID-19.

If staff notice children with such symptoms, you will be asked to collect your child from school. Thank you for your anticipated support.

Police Checks and COVID Vaccination status

All parents/carers and other community members need to undergo a Police Check before volunteering at the school. Additionally, it is now mandated by the government, that all volunteers, need to be fully COVID-19 vaccinated (or demonstrate a valid exemption). Please contact the Front Office for details.

Condolences

Recently, Sebastian Spaziani (Rec. A) had his paternal grandmother pass away. Our thoughts are with the Spaziani family at this time.

Congratulations

I share with you 'good news' which occurred over the holiday break, and offer my best wishes to:

- the Daram family (Akira, 3MM), on the arrival of a baby girl, Arnica, and;
- the Santamaria family (Xavier, 1P), on the birth of a baby boy, Gabriel, and;
- the Melo family (Maximiliano, RN), on the arrival of baby girl, Eloise.

Wishing you well!

Simon Mechis

From the Deputy Principal/APRIM



Welcome

Welcome to 2022. I hope you all had a wonderful break with your families. For many families, this year's start is unlike any other but we look forward to seeing all our students in the yard over the coming weeks to hear about their school holiday fun.

We extend a special welcome to Father Michael Romeo our new parish priest.

We are glad to have you as a part of our community.

May God enrich our lives together as we worship and serve Him.

Father Michael was ordained on August 29, 2014 and was previously Assistant Priest at Mount Gambier and then became the Parish Priest at Penola.

We look forward to working with Fr Michael, planning Liturgies and Masses and engaging in the Sacramental program.

Sacramental Program -Year 3 and 4

Students who wish to take part in the Sacramental Program in 2022 (Reconciliation, Confirmation and First Holy Communion) will receive a note this term. Parents please contact Ingrid Douventzidis if you have any questions regarding the Programme.

New Beginnings

At the beginning of each school year all classes/students are involved in the **NEW BEGINNINGS Program**. This is an important opportunity for children and teachers to develop supportive relationships and create cultures of learning that are high quality.

All class teachers 2-6 have planned their online learning around our New Beginnings Program. Educational research clearly indicates that student learning is enhanced when expectations are set high and environments are safe, supportive and engaging. The New Beginnings Program will support student success and a love of learning as they begin a new year.

Teachers and students will spend time building understanding through the online lessons of how learning to learn is a powerful tool for success. They will also engage with the Berry Street Education Model, which encompasses strategies to ensure our students begin the

school year with a positive mindset and being grateful for what we have in our lives.

Ingrid Douventzidis

Community News

Past Student Achievement

CBC are excited to share with you some Old Scholar success!

Mark Payne received 96.05 on his ATAR for 2021 and he is going on to study Primary Education (Honours) at UniSA.]



Enrolments 2022/2023



[Enrolment Information website](#)

Playgroup and Occasional Care Programs

We hope you are all well and ready to start Early Learning with your little ones.

We plan to start on **WEDNESDAY 23 February 2022** provided circumstances remain the same.

In the Early Learning /Preschool Area: signs will direct you to:

Playgroup is :

- Every Wednesday of the school term
- 9.00am – 10.30am in the Preschool area
- **\$3** per session pay via QKR App - **\$5 per family/session - bookings must be made each week via Qkr App.**
- sign -in, wear a mask and respect social distancing

Piccolini (Occasional Care) is:

- Wednesday, Thursday, Friday of the school term
- 3 hour sessions (9am - 12pm) (12pm - 3pm)
- sign in each time in the Preschool Play Piazza
- The Coordinator is Celesta Seal
- \$25 per session paid via QKR App - **bookings must be made each week via Qkr App**
- 6 sessions available (choose as many sessions as you like)

Remember:

- **Scan** school QR code as you enter
- Piccolini places open up 24 hours ahead of each session
- Playgroup places open up a week ahead
- Adults wear masks at all times
- **Book session via** App weekly
- Socially distance from others

[2022 Piccolini Enrolment Form](#)

[St Joseph's Early Learning Brochure](#)

[Qkr Instruction Guide](#)



OSHC and Vacation Care



Bookings can be made using our [Parent Booking Portal](#)

A reminder 12 hours notice is required if you wish to cancel your bookings through the portal.

[Download New OSHC Booking System for SJP](#)

Canteen

Please contact Josie on 0413 313 112 if you are available to volunteer in the Canteen.

If you have any queries, please feel free to contact the Front Office.

Canteen Sponsorship

Does your business need Promoting or Advertising?

Do you want to get involved and support your child's Canteen?

Sponsor the Canteen for just \$250 (tax deductible)

By becoming a Sponsor you will receive free advertising for the whole term in the School Newsletter and on the St Joseph's Payneham social media pages.

Any queries please contact Mrs Helen Crosato on 8206 5103.

Uniform Shop

[Devon Clothing New Webstore](#)

2022 Term 1 Calendar of Events

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2022 School Term Dates

Term 1: 31 January to 14 April 2022

Term 2: 2 May to 8 July 2022

Term 3: 25 July to 30 September 2022

Term 4: 17 October to 16 December 2022

Devon Uniform Shop



Shop 24, Clovercrest Plaza, Montague Road, Modbury North

T: 8350 7930

W: [Devon Clothing new Webstore information](#)

Secondhand Uniform Shop - New Opening Hours

Secondhand uniforms can be purchased from the school on:

Thursday: 2:30 - 3:15pm and Friday: 8:30 - 9:00am (TBC)

Payments can be made via Qkr
