



Important Dates

**P&F Family Movie
Night - The Regal
Theatre**

Friday 26 July 2024

**6:30pm – MITIOG
Workshop for
Parents (in Gym)**

Wednesday 31 July 2024

**9:00am – Assembly
(Year 2 classes
hosting)**

Thursday 1 August 2024

**National
Homelessness
Week, 5 – 11
August,
'Homelessness
Action Now'**

Monday 5 August 2024

**SACPSSA Cross
Country Carnival**

Wednesday 7 August 2024

**9:15am – St Mary
of the Cross
MacKillop, Whole
School Mass (Yr 5s
hosting)**

Thursday 8 August 2024

**10:00am – Year 2
Liturgy**

Friday 9 August 2024

**Preschool Photos
(JRP) Koala and
Joey's**

Tuesday 13 August 2024

**7:00pm – Sacrament
of Confirmation**

Tuesday 13 August 2024

**7:00pm – Sacrament
of Confirmation**

Wednesday 14 August 2024

**Preschool Photos
(JRP) Kanga and
Possums**

Thursday 15 August 2024

**Rec-Yr. 6 School
Photos (MSP)**

Thursday 15 August 2024

**10:00am –
Reception Liturgy**

Friday 16 August 2024

From the Principal

Thrive with Five

Leading paediatrician Professor Frank Oberklaid, from The Murdoch Children's Research Institute has produced a paper titled Thrive with Five, which articulates five key attributes required for children to thrive. I provide the main features from his paper.

Professor Oberklaid comments that when (young) children see, hear, or touch something, it helps their brain make new connections. As is known, eating healthy food and achieving good sleep are very important because they help the child grow strong. When parents/caregivers show love and care, it helps the child feel safe and learn to trust others. Playing and exploring help children learn to talk (initially) and become curious, which makes learning easier as they get older.

Families benefit from a supportive community, ensuring both they and the child thrive. I share information about the 'important five': play, talk, read, eat well and sleep.

Play can happen anywhere and can be fun. A good, shared laugh is a mood booster! Some ideas include dancing, playing active games, and exploring the outdoors.

Talking helps to understand and use words, which is key for a child's brain growth and future learning. Making it fun and helpful is central, and you can do this by talking about a wide variety of topics; show interest in your child's hobbies, activities, schooling; reading together; praising your child; and asking questions.

Reading is incredibly important for growth as it boosts language skills, fires up the imagination, and it is a good time for bonding. A couple of tips for reading with your child: ensure it is part of a daily and quiet routine, and make it interactive (i.e., point out words and pictures and make your voice lively with different tones).

Eating well: Healthy food means a tasty variety from the five special groups: vegetables, fruits, grains, dairy, and proteins. Each group has its own superpowers to help children grow, so introducing them to a wide range of foods from all the food groups is essential. Lead by example, as children learn by watching their parents/caregivers. Include your child in the eating process – they'll be more excited if they've chosen the food and involved in the cooking. Setting a routine is important, hence why regular meal and snack times help children know when to expect food, reducing the chances of them getting too hungry and cranky. Eat together – family meals are a great time to connect and encourage healthy eating habits, plus it provides opportunity to talk about the day and even tell funny stories.

Sleep is particularly important for children (and adults). It restores energy, as a good night's sleep helps children feel strong and ready for the day ahead. Sleep boosts learning, as when children sleep, their brains become 'supercharged', helping them remember things better and learn faster. Sleep keeps children healthy, making their bodies strong and fight off germs and illness. Sleep helps children grow – their bodies make a special growth hormone while snoozing. Sleeping well also helps us concentrate, cope with life's stressors, and more easily make plans and decisions. How much sleep? At www.raisingchildren.net.au the recommendations are:

- children aged 3-5 years to achieve 10-13 hours of sleep a night;
- children aged 5-11 years need 9-11 hours of sleep a night;
- teenagers largely require about 8-10 hours of sleep a night; and
- adults generally should be aiming for 8 hours a night.

Farewell Dora Cavuoto and WHS Officer appointment

I take this opportunity to thank Dora Cavuoto for her many years of devoted service to our community. Whilst Dora has worked in WHS over the last few years, she has had many different roles in her time at Payneham. We still may see Dora on the odd occasion, to support with any 'special project work'.

Replacing Dora as the Workers, Health and Safety (WHS) Officer will be Sandra Rapuano – a position she currently holds at St Brigid's Kilburn. In addition to being our new WHS Officer, Sandra will also work as a curriculum and admin. ESO. Sandra will commence with us in Week 2 of this term.

Mid-year Receptions and mid-year Preschool children make a start

We welcome our mid-year Receptions and mid-year Preschool children as they join us in this second semester. We also welcome Sarah Collins, teacher of the mid-year Reception class (four days a week), with Jess Vreugdenburg teaching the mid-year Reception class on Thursdays.

Congratulations Fr Michael, 10-year ordination anniversary

Fr Michael celebrates his 10-year anniversary as a Catholic priest on Thursday 29 August. This is an important milestone for Fr Michael

and our community. Mass in the church will occur at 7:00pm, followed by light refreshments in the school Gym. It would be wonderful to show our support for Fr Michael on this significant occasion.

Surname displayed in car for Marian Road after school pick-up

If you collect your child/ren in the 'pick-up' area along Marian Road after school, we'd love to trial having your family surname written on a piece of A4 paper, placed on the front passenger side windscreen.

From a staff perspective, this will allow for easy visibility, so when on yard duty the respective staff member can call out the surname ahead of time, preparing your child/ren ready for pick-up, and hence speed up the collection process. Obviously, your help is required, in writing your family surname on A4 paper, keeping it in your car, and placing it on the front passenger dashboard when collecting your child. If there are family members who regularly do the pick-up, promoting this initiative with them will be appreciated.

Children's illness

If your child is unwell, please keep them home until feeling better, so the likelihood of passing on their illness to others is less likely to occur, and of course resting at home is an important component towards recovery.

National School Improvement Partnership Survey

Catholic Education South Australia (CESA) through National School Improvement Partnerships (NSIP) are asking parents/caregivers to participate in a survey regarding our school.

This survey is being offered to Catholic schools across South Australia. When you access the survey and enter the specific code for our school community (details below), all the relevant information will be sent to our school. Staff and Year 2-6 students are participating in a similar survey, and like the parent/caregiver survey, all responses are confidential.

Further details will be circulated very soon. However, in the meantime, please click on the following link www.NSIPartnerships.com.au and enter the unique school code **SJSPHLLLP**. The survey closes on Friday 23 August 2024.

School Closure Day, Friday 6 September

Please note that Friday 6 September is School Closure Day. This means that it is a Student Free Day, and OSHC will not be available.

Family Movie Night – Final Reminder

As has been promoted, the Parents and Friends 'Family Movie Night' is taking place this Friday 26 July at The Regal Theatre, featuring the film *Despicable Me 4*. If you'd like to attend, please contact the Front Office.

Early Notice, Father's Day Morning, Friday 30 August

An early message for all dads and significant men in our community, that there will be a Father's Day morning, with a guest speaker on Friday 30 August, commencing at 9:00am. More details will be circulated closer to the date.

Wishing you well!

Simon Mechis

From the Deputy Principal

Welcome back families to Term 3! We hope you had a wonderful break.

A special mention and welcome to our new Mid-Year Reception and Mid-Year Preschool students starting school this week.

SRC Update

We thank the Semester One SRC Members for their dedication and hard work these past two terms. Their commitment to our school community is truly inspiring, and their efforts make a significant positive impact. We appreciate your leadership, teamwork, and the positive changes you bring to our school. We look forward to working with our new Semester Two SRC Members.

Bike Ed in Year 4

Last term you may have seen some of our students riding their bikes around the asphalt and in the neighbouring side streets of the

school. The Year 4 classes were lucky enough to be part of the Department of Infrastructure and Transport's Way2Go Bike Ed program. It is a practical program for students delivered by experienced instructors. Through participating in Way2Go, Bike Ed students:

- Build their knowledge and understanding of the road laws and traffic environments.
- Develop bike handling and maintenance skills.
- Develop decision making skills for off and on-road bike riding.

Our students loved the opportunity to further develop their riding abilities and confidence on a bike both at school and on the road. Please see below feedback from some of our Year 4 students involved in the program:

Liam (4BR) – I liked the BikeEd program because you got to learn how to safely ride your bike on the road.

Alexis (4MH) – I liked the BikeEd program because the instructors trusted us by taking us riding on the road and they taught us how to be safe when riding our bikes.

Isaac (4PA) – I liked the BikeEd program because the instructors put us into groups based on our different abilities and taught us different skills when riding a bike.

'Altruistic August' calendar

Please find attached the '[Altruistic August](#)' calendar from the Action for Happiness website (ready for the start of August next week!). We encourage you to have a go at the daily actions with your families and or friends to promote kindness.

We look forward to a fantastic term filled with learning and growth together.

All the best,

Michael Musolino

From the APRIM

Sharing God's Gift with People in Need

Welcome back to Term Three!

We hope you enjoyed a restful break, and we look forward to continuing our journey together.

In Sunday's Gospel of Mark (6:30-34), Jesus speaks to us about rest. We find Jesus calling his disciples together and inviting them to 'come away to a deserted place all by yourselves and rest a while.' This is also an invitation to us. We all lead busy lives, but it is important to find time to rest and take a break from our commitments, and to enjoy being in the presence of our children, family, friends, and God. In the Scripture story, Jesus recognises the need for his disciples to rest after being on a mission, and he shows care for them. And while Jesus might have wanted to rest, he still has his eye to the crowds who are waiting to meet him so eagerly. Jesus is moved with compassion by them, and he begins to teach them. In this story, we can see God's care for us, especially when we most need him. There is an invitation to find time for rest, reflection and being in God's holy presence, as well as sharing his gift of care and compassion with others, especially those most in need.

A Bag of Love Fore the Homeless

Jesus' loving care and compassion for all people, helps us to connect the Scripture readings to daily life in a meaningful way. Jesus inspires us to practise a faith in action by serving others in our community, especially those most in need. In such a cold winter, inevitably, our hearts are moved by the challenges facing homeless people. Every day in our streets, we see people desperately in need of help. They are the homeless and the lost, oppressed by misfortune, violence and poverty. How have so many people come to be on the streets of such a rich nation? And how is it that housing has become so unaffordable that it excludes increasing numbers of Australians? (SJS2018-19:2-3)

Housing is a human right, asserted by documents like the UN Declaration of Human Rights and by the teachings of our Church. Housing is an essential entitlement for all people to meet their basic needs, flourish in community and have their inherent human dignity affirmed and upheld by others. That human right and the call of the Church has been reinforced by the words and example of Pope Francis, who has made it a priority to reach out to the disadvantaged and marginalised people.

This winter, let's come together as a school community to start something beautiful, inspire a movement, make a change to the lives of people who are experiencing homelessness in South Australia. To raise awareness for National Homelessness Week (Monday 5 – Sunday 11 August), our school will organise a special fundraising event called, 'A Bag of Love for the Homeless', because we believe

that one by one, together, we can make a difference.

More information about 'A bag of Love for the Homeless' fundraising will be forwarded to families soon, together with a list of essential items you could donate. To uphold the dignity of each person, we kindly request your support in donating new items only. Alternatively, families could make a financial contribution. All donations will support Catherine House, Hutt Street Centre, Vinnies, and Catholic Mission. For more information, please contact me at ppuglia@stjopayn.catholic.edu.au, or 08 8206 5100. We wish to thank you in advance for your kind support.

Made In the Image of God Human Sexuality Education

The Made in the Image of God (MITIOG) program is the Human Sexuality Education program for SA Catholic Schools. It is based on the fundamental belief that humans are made in God's image and are deserved of the utmost dignity and respect, and that sexuality, integral to the human person, is a gift from God through which we can live out our vocation to love. The program is delivered across each year level from Reception to Year 12.

Parents and caregivers are acknowledged as the primary educators of their children, specifically in the area of sexuality. In providing sexuality education, SA Catholic schools support parents and caregivers in their primary role.

The Made in the Image of God Curriculum is taught in Semester Two. Each family will be sent a letter outlining the curriculum content for their child(ren)'s year level prior to its commencement.

In addition to the letter, APRIMS from schools in our region will host a MITIOG Information Evening on Wednesday 31 July at 6:30 pm – 7:30 pm, in our school gym. The MITIOG Information Evening is for any parents/caregivers interested in learning more about the program. A link to register was sent to families at the end of Term Two, and again, this week.

Celebration of The Sacrament of Confirmation

The time to celebrate Confirmation with our Year 4 students has arrived! This special occasion marks an important milestone in their spiritual journey, as they reaffirm their faith and commitment. Let us come together to support and rejoice with them during this significant sacrament.

Please be advised of a change of Celebrant for the Confirmation ceremonies. Father Dean will administer the Sacrament of Confirmation for our candidates on Tuesday 13 August, and Wednesday 14 August 2024 at 7:00 pm in Our Lady Queen of Peace Church. Archbishop O'Regan is no longer available to celebrate our ceremonies, as he will be attending the Installation Mass of Bishop Elect Joseph Caddy in Cairns. We wish to thank Fr Dean for kindly agreeing to take over as Celebrant. Father Michael will also be present, as he returns from his Annual Leave and Study Leave.

For the celebration of the Sacrament of Confirmation, children are asked to wear their best clothes which reflect the importance of the occasion. Father Michael urges our families not to spend an extravagant amount of money on clothes for the occasion.

In peace,

Patrizia Puglia

School Fees

School Fee Accounts were mailed to families during the school holidays (except those on direct debit payment plans). Accounts are due by the 1st September 2024

Parent and Friends (P&F) News

The P&F would like to say a big thank you to all families in our school community who took part in our Term 2 fundraising events.

We love holding events for the students and in Term 2 the P&F helped with the successful Multicultural Day, held the school disco and students completed the extra-curricular Dance program with Miss Laura.

With fundraising efforts, the P&F has provided funds for the school to soon purchase a second oven for the Canteen, including installation, stand and electrical works.

Recently, through our fundraising efforts, we are proud to report that we have purchased the following for the children at our school:

- New basketball ring for the school yard.
- Provided some funding towards the acquisition of additional devices for the school.
- The purchasing of two new 3D printers for STEM.
- Funded the whole school incursion 'Da Vinci's Apprentice' by Musica Viva ensemble.
- Assisted the Preschool with the creation of an Indigenous Garden by repurposing the old boat that was currently in the play yard and turning it into a flower patch and produce area. The wall behind the boat has also been turned into a mural and provided a space for the children's artwork to be displayed.

Save the date: Term 3

- 26th July – Family Movie Night (at The Regal Cinema)
- 29th August – Father's Day Stall
- 30th August – Father's Day Morning
- 20th September – Grandparents Day
- Extra-curricular – Chess Club (8-week program)
- Extra-curricular – Coding (8-week program)

We are thankful for your continued support and without your participation, we could not make our events possible.

We have lots more exciting occasions to come for the rest of the year, so please keep an eye out for flyers and notices.

Thank you,

Your School Parents & Friends Committee

Piccolini is now available on Tuesdays



**St Joseph's School
PAYNEHAM**



Piccolini Occasional Care

Welcome to St Joseph's Payneham, Piccolini Occasional Care - an Early Years Program for 3-4 year old children.

Two sessions per day available each week from **Tuesday to Friday**.

Session 1: 9am - 12pm
Session 2: 12pm - 3pm

Bookings are essential via the Qkr App and open up 24 hours prior to each session with a maximum number of 15 children per session at a cost of \$25 per session.

Our friendly Piccolini Coordinator, Celesta Seal meets and greets families in the Preschool play piazza and multipurpose areas. We look forward to seeing you!

☎ 08 8206 5100
🌐 www.stjopayn.catholic.edu.au

Playgroup and Occasional Care Programs

Please click onto the link below for further information

[Playgroup](#)

[Preschool](#)

[Preschool Mid-year intake](#)

OSHC

Please click onto the link below for further information

[Out of School Hours Care \(OSHC\)](#)

Community News

[CSPSA Positive Parenting Conference](#)

[Grasshopper Soccer Adelaide Central flyer](#)

Canteen

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.

2024 School Term Dates

29 January to 12 April

29 April to 4 July

23 July to 27 September

14 October to 11 December

Term 3 Calendar of Events 2024

[Term 3 Calendar of Events 2024](#)