



Important Dates

Holy Thursday

Thursday 6 April

Good Friday

Friday 7 April

Easter Sunday

Sunday 9 April

Easter Monday

Monday 10 April

Colour Blast

Friday 14 April

End of Term 1 -

3pm finish

Friday 14 April

Term 2 Commences

Monday 1 May

From the Principal

Instant Gratification

In the Week 5 Parent Newsletter, I wrote about success coming from good habits. Today I focus on instant gratification – which reveals an important truth about success: because of how we are wired, most people spend all day chasing quick hits of satisfaction.

Author James Clear (of whom I referenced in the previous Parent Newsletter) writes that the road less travelled is the road of delayed

gratification. If you're willing to wait for the rewards, you'll face less competition and often achieve a bigger pay off. As the saying goes, the last mile is always the least crowded. This is precisely what research has shown.

People who are better at delaying gratification have higher exam scores, lower levels of substance abuse, lower likelihood of obesity, better responses to stress, and superior social skills. We've all seen this play out in our own lives. If watching television or scrolling on our phones is delayed and homework is done, generally one will learn more and achieve better grades. If you don't buy desserts and chips at the store, you'll often eat healthier food when you arrive home. At some point, success in nearly every field requires you to ignore an immediate reward in favour of a delayed reward.

Here's the problem: most people know that delaying gratification is the wise approach. They want the benefits of good habits – to be healthy, productive, at peace. However, these outcomes are seldom top of mind at the decisive moment. Thankfully, it's possible to train yourself to delay gratification, but you need to work with the grain of human nature, not against it.

The best way to do this is to add a little bit of immediate pleasure to the habits that pay off in the long run and a little bit of immediate pain to ones that don't.

The vital thing in getting a habit to stick, is to feel successful – even if it's in a small way. The feeling of success is a signal that your habit has paid off and that the work is worth the effort.

I think it is worth considering the message of delaying gratification and talking to your child(ren) about means to implement this way of living. This may involve a change of mindset and a change of habits – but the results are worth it!

School Board, 2023

Earlier this month, members of the parent community convened for the St Joseph's School Payneham AGM.

As there were four vacancies, one aspect of the AGM involved electing members to the School Board (noting, that those Board members who had completed a two-year tenure, but less than six years, were able to re-nominate). I thank all those who nominated, and I am grateful to those who will be part of School Board this year (see below).

I also advise that we have a new Board Chair for 2023 – Ernie Icolaro. This comes about as the former Chair of the Board, John Flynn, had his youngest child graduate from Year 6 at the end of 2022.

School Board, 2023

President (Parish Priest):	Fr Michael Romeo
Principal:	Simon Mechis
Deputy Principal:	Ingrid Douventzidis
Chairperson:	Ernie Icolaro
Deputy Chairperson:	Daniel LaBella
Treasurer:	Iolanda Calabrese
Secretary:	Michelle Page
Staff Representative:	Tania Melfi
P&F Representative:	Stephanie Donnarumma
Members:	Vince Mascolo
	David Uglesic
	Chris Talbot
	Aly Giannitto

Parent/Student/Teacher Interviews, Week 2, Term Two – Early finish, 1pm on Monday 8 May

Parent/Student/Teacher Interviews will take place in Week 2 of Term Two. Information regarding the interviews, including the booking process will go home next week. I also provide early notice that on Monday 8 May (the start of Week 2) there will be a 1:00pm finish for students. Interviews on this day will start early at 1:30pm. If you are unable to collect your child/ren early on the Monday, this is fine, as all students remaining at school will be supervised by school staff, until 3:00pm, with usual pick-up procedures in place. OSHC will also be available as per typical routine as well.

Colour Blast

As has been widely promoted, the last day of Term One, that is Friday 14 April, we are holding a 'Colour Blast'. For all information, please view the details which have been circulated to date. Thank you to the P&F, namely Skye Campbell-Hand for her work involved to organise this day for the school. It certainly promises to be a colourful day!

School Swimming

At the end of 2022, families were asked to participate in a survey asking for thoughts about the School Swimming program. Staff also had opportunity to comment. The final question asked families whether the School Swimming program should continue, knowing there will be a cost involved? Interestingly, of those who took part in the survey, the response had about a 50/50 split.

At the March School Board Meeting, Board members had a lengthy conversation about School Swimming. The dialogue which took place considered the community feedback, as well as a discussion of the pros and cons of School Swimming, with the decision being that School Swimming will not occur in 2023, but to be reviewed again in 2024.

School Uniform

Wearing the correct uniform brings a great sense of belonging to the community as well as pride in one's appearance. Let's work together to ensure it is sustained. At this time, can we pay particular attention to ensuring that hair past the collar length is in ponytail or tied up; for plain blue socks to be worn with the school uniform; and for plain white socks to be worn with the sports uniform.

As you are no doubt aware, from 2024 St Joseph's Payneham will be endorsing a new school uniform. The Uniform Committee, together with the School Board have been working through this process. There will be a transition period from the current uniform to the new. Further details will be released in due course.

School Gates

A reminder that the Tarcoma Avenue gate is locked from 9:30am until 2:30pm each day (for the safety of the students). If coming on to the school site during this time, please access the Marian Road or Portrush Road gate.

Prime drinks

Recently, you may have come across the drink called Prime. The drink label has attracted considerable attention, especially amongst youth. Prime is not recommended for children under 15 years of age, and I encourage you to discourage your child from consuming the drink.

Year 6 Camp

Greeted with glorious early April weather, our Year 6s attended camp at Aldinga this week. It is always a rewarding time for the students. I thank the staff who attended (Michael Mastrangelo, Charlelie Kalz, Leah Tregenza and Michael Musolino), for being present and away from their own families, so the students could partake in this experience.

Condolences

I extend my sympathies to:

- Angela Scarpantoni (Year 5 Teacher), on the recent passing of her father, Domenico.
- The Lionello family (Ava, 3BP and Alessio, 2MG); and the Caiazza family, (Olivia, 6MM, Anthony, 2MG and Leonardo, PS Joeys), on the recent passing of their great grandfather, Domenico.
- The Skaqaj family (Kristjan, 3MM and Isabel, RJN), on the passing of their grandfather, Marash

Congratulations

I offer my best wishes to:

- Shana Phillips (Year 1SP teacher), who will be getting married at the start of the holidays. We wish Shana the best on her special day.
- The Kruss family (Carlisle, 3VM), on the safe arrival of baby boy, Jacob.
- The Jenkinson family Ella (RJN), on the safe arrival of a baby girl, Piper.

Easter and End of Term One / Beginning of Term Two

I take this opportunity to wish you all a holy and safe Easter. Students return to school after the Easter break on Tuesday 11 April for the final four days of Term One, which concludes on Friday 14 April at 3:00pm. The first day of Term Two, is Monday 1 May.

Wishing you well!
Simon Mechis

From the APRIM



Throughout this week, our church has journeyed through Holy Week as we prepare for The Easter Triduum. The Easter Triduum is the formal name for the major events over Holy Thursday, Good Friday through to Easter Sunday. Our students commemorate the journey here at school during this week. They do this through stories, prayer and reflection, which have culminated with the marking of the Stations of the Cross, lead by our Year 5 students this morning at 9:00 am. This was a solemn ceremony, which was treated very reverently. We return next week after Easter and celebrate the risen Christ with a joyous liturgy on Tuesday 11th April at 11.30 am.

Easter Bunny and Eggs

While many people still observe Easter as a religious holiday, the commercialisation of the event has become so prominent that it has overshadowed its religious significance for many. Instead of focusing on the resurrection of Jesus Christ, many people associate Easter with Easter bunnies, candy, and Easter egg hunts.

The commercialisation of Easter has dominated our religious observance for many years now.

As a community we wait to share hollow eggs until after the Resurrection of Our Lord. The book 'Easter Bunny's Amazing Day', helps to explain why we wait for the eggs until Sunday and ties the two major aspects together of our Catholic Tradition and the Easter Bunny.

You may enjoy listening to the story with your children.

<https://www.youtube.com/watch?v=Mr3wBLI6mxQ>

[Holy Week 2023 Times](#)

Sacramental Program

Our Lady Queen of Peace Parish and St Joseph's Catholic School work in collaboration in preparing children for the Sacraments of Initiation (Reconciliation, Eucharist and Confirmation).

The APRIM and the teachers work with the Parish Sacramental Team of Father Michael and Sr Josie to ensure that parents are supported during the Sacramental Program.

Parents are informed through the Parish and School Newsletter when the programs are running.

As the primary educators of their children, parents have the responsibility to be involved in the sacramental preparation process. Their attendance and participation in the program and the Mass is crucial to their children's sacramental development.

The following Communion book is being used by the parents and children.

[Blessed First Communion Workbook](#)

CELEBRATION OF THE SACRAMENT OF CONFIRMATION

Although it is customary for the Archbishop to visit the parish to administer the Sacrament of Confirmation, we have received notification that the Archbishop will not be coming to Payneham this year.

The Vicar General, Fr Dean Marin will officiate.

The dates have been confirmed for:-

- Tuesday, 9 May at 7pm
- Wednesday, 10 May at 7pm.

I will allocate the candidates for the ceremonies soon.

CELEBRATION OF FIRST HOLY COMMUNION

The celebration of First Holy Communion will take place over 3 weekends during the regular Sunday Masses as outlined below:

- Saturday, 9 September - 6pm Vigil
- Sunday, 10 September - 8am, 9.15 (Italian), 11am
- Saturday, 16 September - 6pm Vigil
- Sunday, 17 September - 8am, 9.15 (Italian), 11am
- Saturday, 23 September - 6pm Vigil
- Sunday, 24 September - 8am, 9.15 (Italian), 11am

Families will have the option to choose which parish Mass they would like to attend for the celebration of First Holy Communion. There will be a maximum of 8 children per Mass. A booking system has been created for parents to allocate the Mass they would prefer.

If you have any questions or concerns please ring the office on 8206 5100.

Wishing all our wonderful families the blessings of Easter.

Enjoy spending this precious time with your loved ones.

Ingrid Douventzidis

SRC update from Term 1

Our focus in SRC this semester continues to be around the theme of sustainability. Our SRC has planted vegetables and flowers in our garden beds (located outside the STEM room). Students have planted carrots, broad beans, mung beans and lots of colourful flowers. Over the past few weeks, the students have been excited to see our vegetables and flowers growing.



A new initiative starting at school soon is the 'Wonder Recycling Rewards'. We will be recycling bread bags that might otherwise go to landfill. In return, our school will earn rewards points to redeem on new sports equipment. Further information will be shared with our families soon.



Weekly Maths Riddle

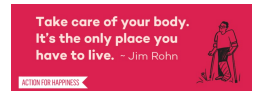
Each week, a Maths Riddle is displayed on the blackboard in the Wellbeing Piazza (outside the Gym) and students are encouraged to have a go at answering it. This Maths Riddle is also shared in our weekly Student News. It's great to see and hear the students having mathematical conversations in the yard.



'Active April' calendar

Please find attached the 'Active April' calendar from the Action for Happiness website. We encourage you to share this calendar with your families at home to promote kindness. An idea might be to place a copy on your fridge and discuss the activities with your child/children.

[Active April calendar](#)



Wishing all our families a Happy Easter and nice long weekend.

Michael Musolino

(Leadership Support & Leader of Student Wellbeing)

Enrolments 2024 and beyond



2024 Preschool Enrolments

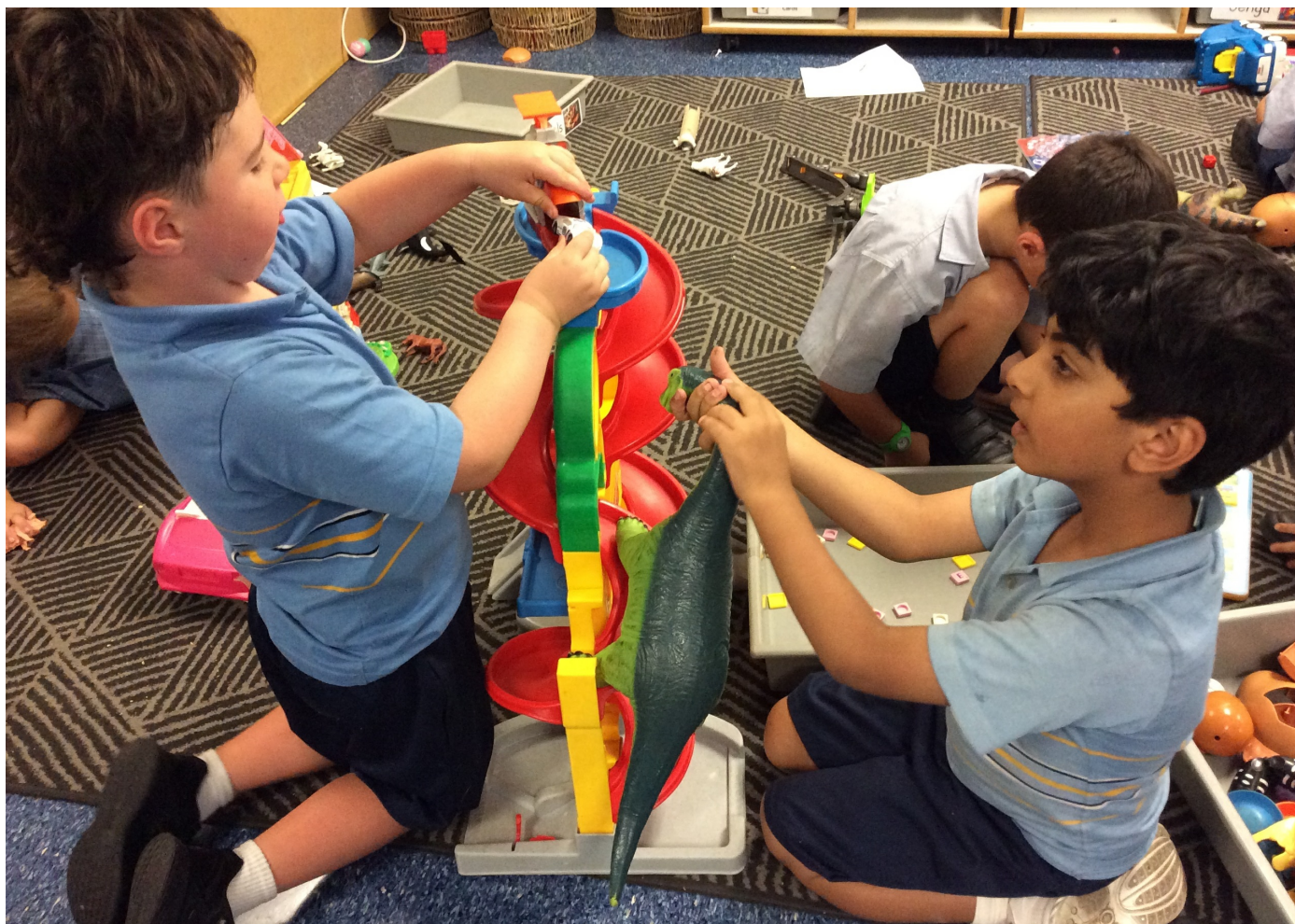
Is your child ready to start Preschool in 2024 and Reception in 2025?

Places are filling fast for children born in 2019. January start if they turn 4 years of age by 30 April. July start if they turn 4 years of age between 1 May and 31 October.

Check the dates and tell your family and friends to avoid disappointment.

Ring 8206 5100 or email info@stjopayn.catholic.edu.au

[Enrolment Information website](#)



Please Note: Only the account holder can access the parent app BSC and ASC

Cancellations: Cancellations need to be made by 5:00pm the night prior to a BSC booking and by 9:00am the day ASC is required. Cancellations can be made by clicking the booking on the spike childcare app. In the case of an emergency and missed cut off times, parents/caregivers can notify OSHC staff on 0409675738 regarding cancellations. You will still be charged if you have not cancelled your child's booking.

[April 2023 Vacation Care Program and Consent form](#)

[2023 OSHC Information Booklet](#)

[2023 OSHC Enrolment Form](#)



If you need any assistance, please contact OSHC staff on 0409675738.

Kind Regards,

Karina Forte
OSHC Director

Playgroup and Occasional Care Programs



Lots of families enjoying our fun intergenerational playgroup sessions – grandparents, aunts, mums and bubs too!

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

Playgroup

Every Wednesday of the school term a group of children (0-4 yrs), along with their parents/carers, join our school coordinator for a one and a half hour Playgroup Session in the Early Learning Area.

9.00am – 10.30am in the Preschool area

\$5 per session pay via QKR App - bookings must be made each week via Qkr App.

Piccolini (Occasional Care)

Come and join our fun filled Piccolini sessions for 3-4 year old children.

Wednesday, Thursday, Friday of the school term

3 hour sessions (9am - 12pm) (12pm - 3pm) (choose as many sessions as you like)

The Coordinator is Celesta Seal

\$25 per session paid via QKR App - bookings must be made each week via Qkr App

Limited places available. Please visit the website for further information.

[2023 Piccolini Enrolment Form](#)

Remember

Piccolini places open up 24 hours ahead of each session

Playgroup places open up a week ahead

Sign in/our register at Preschool entrance

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

[Qkr Instruction Guide](#)

Sports News

Catholic Schools Swimming Carnival!

On Friday 31st March 13 Year 3-6 students represented our school at the SACPSSA Swimming Carnival.

Our students had a brilliant day competing in a variety of events, with all our students' earning ribbons for their races, finishing with the following placings:

1st place - 2

2nd place - 10

3rd place - 10

4th place - 9

Overall our school came 2nd, which is amazing!! The students should be so proud of their efforts.

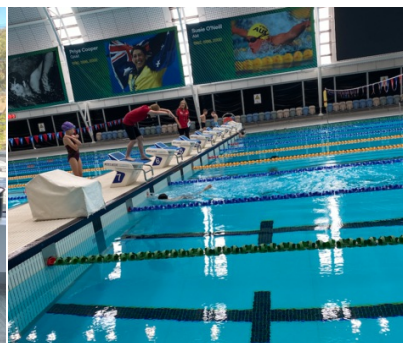
Thanks to the parents and families who came down to assist, spectate and cheer us on.

GO SJP!!

Kind Regards,

Adrian Mastrangelo

P.E Teacher & Coordinator



Netball

'2022 Sub Junior Netball team back to represent St Joseph's Payneham for the very last time on Friday night!' Only just were they defeated by Loreto but had the best last game playing together as a team.

Regards

Sarah Roma



4/5 Summer Netball

What a fantastic season of Summer Netball we have had. Our team experienced convincing wins, disappointing losses and everything in between. Most of all we have learnt the value of determination, resilience and hard work and have played some awesome netball. We have also developed as a team and have had lots of fun. Well done to the 2022/2023 year 4/5 St Joseph's Payneham Summer Netball team!

Coaches – Carla Tronnolone and Sarah Collins

Team – Eliza Collins, Tahlia Tronnolone, Eliza Ciccocioppo, Sophie Ciccocioppo, Elita Giancaspro, Talia Giancaspro, Cleo Cavaiuolo, Madison Russo, Olivia Iommazzo, Siena Callisto, Lexi Korte and Allegra Iuliano.

Community News

[Hockey SA - School Holiday Clinics](#)

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.

School Uniform - Important Information

New School Uniform

As has been mentioned, from 2024 St Joseph's Payneham will be endorsing a new school uniform. The Uniform Committee, together with the School Board have been working through this process. There will of course be a transition period from the current uniform to the new. Further details will be released in due course.

Winter School Uniform

Term Two is when the school Winter Uniform is worn. We always have a two-week transition period. However, by the start of Week 3 all students need to be wearing the full Winter Uniform.

The sale of the current school uniform (***discounted by 30%**) will be available from Wednesday 12 April, 2023 at:

- Belgravia Apparel Store, 10 Newton Road, Campbelltown

The school's Second-Hand Uniform Shop:

- Will not receive any consignment items after Thursday 13 April, 2023.
- Will sell the current school uniform (**new items, discounted by 30%, *not including Winter Pinafore/Skirt**).
- Has limited second-hand items for sale.

Second-Hand Uniform Shop Opening times for the remainder of Term 1:

Thursday 6 April, 2023 2.30pm – 3:00pm

Thursday 13 April, 2023 2.30pm – 3:00pm

Term 1 Calendar Events Activities

[Term 1 Calendar of Events 2023](#)

2023 School Term Dates

Term 1 - 30 January to 14 April

Term 2 - 1 May to 7 July

Term 3 - 24 July to 29 September

Term 4 - 16 October to 15 December

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