



Week 3 Term 2 2022

Important Dates

Confirmation
(Group 2)
 Thursday 19 May

Eucharist
Celebration (Group
1)
 Saturday 21 May

Our Lady Help of
Christians Whole
School Mass
 Tuesday 24 May

Eucharist
Celebration (Group
2)
 Saturday 28 May

Reconciliation Week
 Monday 30 May

Student Free Day
 Friday 10 June

Feast of St Anthony
 Sunday 12 June

Queen's Birthday
Public Holiday
 Monday 13 June

End of Term 2
 Friday 8 July

From the Principal

Dear Families,

Family connections are key

I was recently reading an article by parenting author and presenter, Dr Justin Coulson, discussing the mountain of research which shows that being happy is not just a natural human desire – it is actually really good for us.

Happiness makes our hearts healthier, improves our immune system, lowers pain, is associated with improvements in long-term illness and even increases longevity, meaning that happy people live longer. Today's focus is on families, and Dr Coulson promotes the following, to experience greater happiness.

Family dinners

Family dinner time might be the single best thing that can be done as a family. It is the most reliable time of the day to connect with loved ones, and connection leads to greater happiness.

Dr Coulson's research highlights that family dinner time also fosters great outcomes. It leads to children to have lower anxiety, better physical health and less likely to engage in high-risk teenage behaviours and lower rates of depression. They also are more likely to do better at school.

Less stress, more sleep

The child raising years are a busy time. In an extensive survey, which involved 1000 families, children were asked, 'If you were granted one wish about your parents, what would it be?'. Their number one wish was that their parents were less tired and stressed (the parents thought it would be more time together).

Dr Coulson advocated that more sleep and less stress will make families happier, but admits that it can be a big ask. He suggests that maybe it could be about dropping one extra commitment (such as saying no to social events on Sundays), or by making it a habit to go to bed earlier each night instead of watching mindless reality TV or surfing the web. Small changes can greatly increase a family's happiness.

Share your family history

Dr Coulson advocates that families with a strong sense of family history are the happiest. Dr Coulson states that the more children know about their heritage, the more they feel a part of a story that is bigger than themselves. They have a better sense of control over their own lives, have higher self-esteem and are even able to handle stress better.

Subsequently, Dr Coulson recommends to pore over family photos and tell family stories often (dinner time is a great opportunity). The best stories don't shy away from the negative, but talk about the family's ups and downs. They also end by emphasising how your family always sticks together.

Love is spelled T-I-M-E

There is nothing that creates more happiness than spending time with another person. Dr Coulson refers to a dad at one of his seminars who takes his family out for hot chips every Tuesday. It's not a big or expensive outing – and children don't need that. However, they do need consistent availability.

Dr Coulson does however emphasise the need to be available when our children need us. They need to know they are always welcome to come to us. It's important to honour that request.

Screens....

Dr Coulson emphasises that screens degrade the quality of our relationships (he calls it 'technoference' and it's not good). So, to really promote happiness in our families, we need to put the phones and the tablets down, shut off the computers and turn off the television. We need to spend that time looking each other in the eye, talking and having fun.

School Uniform, Term Two

As mentioned previously, Term Two is when the school Winter Uniform is worn. We always have a two-week transition period. However, by this week all students need to be wearing the Winter Uniform. If you are unsure of any school uniform requirements, please speak with your child's class teacher, or the Front Office.

If wanting to purchase a uniform item from the second-hand uniform shop, the usual hours are Thursday afternoons, from 2:30 – 3:15pm, and Friday mornings, from 8:30 – 9:15am. Thank you to Kayla Holding (P&F member and parent at our school) for volunteering

her time so the second-hand uniform shop is available to families. Lastly, if you have any school uniform items that are no longer required, these can be donated to the school.

COVID update

- Whole school liturgies/assemblies (and the like) are allowed to resume.
- Adults are still required to wear masks if entering buildings and other indoor spaces.
- Under the Catholic Education SA COVID-19 Vaccination Policy Outcome, Workers, including staff, volunteers and contractors need to be COVID vaccinated i.e., have completed a course (being 1 dose of a single-dose vaccine, or 2 doses of a double-dose vaccine, in accordance with the schedule recommended by ATAGI) of a TGA-approved or recognised COVID-19 vaccine; or be considered medically exempt with a Medical Contraindication to Vaccination, which means one of the contraindications outlined in formal clinical advice from the Australian Department of Health to vaccine providers based on advice from the TGA and ATAGI.

Student Free Day, Friday 10 June

Advance notice that **Friday 10 June** will be a Student Free Day. Staff will be involved in professional formation. If you require your child/ren to be OSHC for this day, please contact Karina Forte (OSHC Director).

Congratulations

Lastly, I share with you the following 'good news' and offer my best wishes to:

- the Haines family (Beau, RM) on the birth of a baby girl, 'Lola'.
- the Do family (Matthew, 1T) on the birth of a baby boy, 'Mason'.

Wishing you well!

Simon Mechis

From the Deputy Principal/APRIM



Maru Help of Christians Feast

Tuesday 24th May is Mary Help of Christians Feast Day. Mary Help of Christians is one of Australia's Patron saints. There is an interesting history attached to why she is our patron saint

The Feast Day of Our Lady Mary Help of Christians has been celebrated in Australia since 1844 but the history to this day, dates to the start of the 1800's at a time when Napoleon Bonaparte had gaoled Pius VI (who also died in gaol). And later, when Pope Pius VII was elected, he too was gaoled by Bonaparte, who kept him prisoner at Fontainebleau.

The Holy Father vowed to God that if he were restored to the Roman See, he would institute a special feast in honour of Mary. The military eventually forced Bonaparte to release the Pope and on 24 May, 1814 Pius VII returned in triumph to Rome. Twelve months later the Pope decreed that the Feast of Our Lady Mary Help of Christians be kept on 24 May.



The infant church in Australia had a special reason for turning to Mary. No priests were sent to the colony in its early days and Mass was not allowed except for one brief year until 1820. It was largely the Rosary in those early days that kept the faith alive. The Australian Catholic community remained faithful to Mary and Australia was the first nation to choose her under the title, 'Mary Help of Christians' as principle Patroness. Australia also became the first country to have a cathedral dedicated in Our Lady, Mary's name. St Mary's Cathedral in Sydney was dedicated in her honour by the Irish pioneer priest, Fr John Therry who arrived in Sydney. (Source: Columban Missionaries and Sydney Archdiocese)

To recognise this day there will be a whole school mass celebrated in the Church. Years 3-6 will be attending lead by our Year 6 classes.

Catholic Education Week

Catholic Education Week was celebrated in all Catholic schools throughout South Australia last week. During Catholic Education Week we said THANK YOU to our dedicated staff for their hard work, support and care in Raising the Hearts and Minds of our young people and for making St Joseph's School such a special place of faith, learning and love for our students and families.

Sacramental Celebration

Sacramental Program

Congratulations to all children who will be celebrating the sacraments of First Communion on the weekend. The celebrations continued this week with the Confirmation Ceremony. All students worked very hard preparing both academically and spiritually to receive the Holy Spirit and it was pleasing to see their reverence and participation during the celebrations.

Thank you to Fr Michael Romeo, for leading this special occasion in the life of our Church. I would also like to thank the teachers Mrs Bernardette Robinson, Mrs Rosanna Parella and Mrs Tayla Carosi for their support, hard work and guidance.

Finally, a big 'thank you' to the parents and Sponsors of the sacramental children who are walking this journey and are continuing to guide their children in their faith. May the Lord always provide you with the strength and love you need.

[2022 Confirmation Group 1](#)

Mass and Liturgy times for Term 2

Parents and Caregivers are welcome to attend these celebrations with the children.

WEEK 3

Friday, 20 May

9.15am Mass – Year 5S and 5V

2.30pm Liturgy – Year 2M, 2W and 2MG

WEEK 4

Tuesday, 24 May (Our Lady Help of Christians)

9.15am – Whole School Mass lead by Year 6M & 6P (Year 3-6 attending)

WEEK 5

Friday, 3 June

10.15am Liturgy – Reception

WEEK 7

Friday, 17 June

9.15am Mass – Year 3M and 3MM

WEEK 9

Friday, 1 July

10.15am Liturgy – Year 1T, 1R and 1P

Southern Cross

Please find the latest edition of the Southern Cross at <https://thesoutherncross.org.au/>

Enrolments 2022/2023

[Enrolment Information website](#)

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.**
- sign -in, wear a mask and respect social distancing

Piccolini (Occasional Care)

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



10 places available in the morning or afternoon.

- 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

Remember

- Piccolini places open up 24 hours ahead of each session
- Playgroup places open up a week ahead
- Sign in/ou register at Preschool entrance
- Adults must wear masks at all times
- Socially distance from others

[2022 Piccolini Enrolment Form](#)

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

[Qkr Instruction Guide](#)

Student Wellbeing

We have some exciting wellbeing initiatives happening at school this term. Some of our Primary students will be involved in the 'Wellbeing Club' this term (a social skills program) facilitated by our Social Work students, Phoebe and Shaira. Our Junior Primary students will continue with their social skills program, which begun in Term 1. These programs have adopted elements from the 'What's the Buzz' program, Berry Street Education Model, along with Restorative Practices. Both Phoebe and Shaira have organised a range of activities for these students which focus on communication, problem solving, decision making, self-regulating and peer interactions.

'Friday Funday' started on Friday in Week 1. Every Friday at recess and lunch time, our Year 6 Health and Wellbeing Leaders (Ash N, Kiera F, Talia K and Matthew O) will be running some wellbeing activities for our students. For the next few weeks, board games will be on offer at Friday Funday. We will be looking at offering different activities throughout the year for our students. Reception to Year 2 students will be able to participate at Recess time (11-11:20am) and our Year 3 -6 students will have the opportunity to participate at Senior lunch time (1:30-1:50pm).

[Friday Funday Flyer](#)

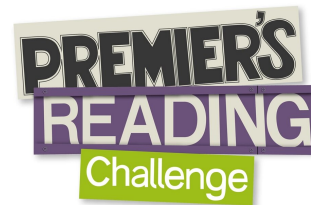




Library News

Premier's Reading Challenge

The Premier's Reading Challenge plays an important role in promoting the love of reading. This year we are encouraging all students to take up the Challenge!



The challenge is to **read twelve books in total**, by **Friday 9th September**.

From Reception to Year 6, **eight** of these books must be from the Challenge Booklist; available on the Premier's Reading Challenge website and **four** books of their own choice.

Student reading records are available from the library or can be downloaded from the Premier's Reading Challenge website. A link to the website can be found on the St Joseph's Student Intranet page by clicking the library icon.

Is your child taking up the Challenge in 2022?

If so, please ensure they fill in their student reading records as they read their books and sign off the form as they go. Once completed, the form should be handed in to their class teacher/library.

Once the form is received, the child's name will be placed on a star, to appear on the **St Joseph's Premier's Reading Challenge 'Wall of Fame'**, situated in the Library, in relevant class groups.

Which class will have the most stars?

Community News

Survey request from Year 12 student

A Year 12 student from Gleeson College, Wynn Vale, Natalie Cufone, is studying Stage 2 Child Studies. Natalie is currently conducting research surrounding cultural diversity in children's media and television, as well as children's development of self-identity.

One of the requirements for the task is the inclusion of primary sources, and to collate opinions from parents/caregivers of primary school aged children. Sparing 2-3 minutes to undertake the short survey (link below) will be appreciated by Natalie.

<https://www.surveymonkey.com/r/DCC9ZCP>

[City of Norwood, Payneham & St Peters Exhibition Artists Flyer](#)

Year 7 pathways and beyond

[OLSH College School Tours 2022](#)

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.

Term 2 Week 4 Special Food Day generously sponsored by

Play Therapy SA helps children heal, thrive and process through play!

We see children who experience anxiety, have trouble with emotional regulation or who have a trauma history. We also see kids who have a diagnosis such as ASD, ADHD or GDD.

Play Therapy is a gentle and effective approach where children can gain confidence, increase their sense of self and develop skills in self-regulation. The personal nature of play therapy allows a safe and secure bond to form between the therapist and child which is so important to allow the child to fully express themselves and explore their thoughts, feelings, and behaviours.

Sports News



Year 2 Netball

7/5/22

Score: SJP (1) – Burnside (2)

Coach: Lisa Mitolo

What a game we had Saturday. Whilst we didn't win, the girls had a great time. Ciana scored her first ever goal and we were all so proud. The score was 2-1.

Soccer Blue

Score: SJP Blue (4) - Walkerville (1)

Coach: Shane Pearce

Great team effort from the boys for their first game of the season. Being 1 nil down at half time and coming back and winning 1-2 showed great spirit and determination. Goal scorers Lucas 3 OG 1.

Soccer Gold 6

Score: SJP Gold (6) - Thordon Park (0)

Coach: Maurice Marciel

Gold scorers: Liam, Leo I & Leo B

Uniform Shop

Please Note that families are no longer required to make appointments **from now until October 2022 at Devon Clothing.**

[Devon Clothing New Webstore](#)

[St Joseph's School Uniform](#)

Term 2 Calendar of Events

[Term 2 Calendar of Events & Activities](#)

2022 School Term Dates

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