



# Week 3 Term 4 2022

## Important Dates

Reconciliation  
 Meeting (parents &  
 students to attend)  
 - 6pm  
 Wednesday 9 November

Preschool 2023  
 Orientation visit  
 Thursday 10 November

Remembrance Day  
 Friday 11 November

Yr. 3 Mass - 9:15am  
 Friday 11 November

BYOD Parent  
 Information  
 Sessions - 6pm  
 Monday 14 November

Children's  
 University  
 Graduation - 6pm  
 Wednesday 16 November

Preschool 2023  
 Orientation visit  
 Wednesday 16 November

2023 Reception  
 Parent Information  
 Session - 5:45pm  
 Thursday 17 November

Sports Day  
 Friday 18 November

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## From the Principal

Dear Families,

### Parenting is not always easy

Families and parenting author Dr Justin Coulson talks about that parenting can feel tough at the best of times, and the more challenges you face, the harder it is to parent?

Perhaps it's a reflection of life and what it throws our way. In short, there is a lot to deal with as an adult. Add to this the fact we have kids to care for, pay for, and answer questions for, and it can all feel a bit much. Make no mistake, it's hard for many of our children too, as they navigate the challenging world in which we live.

Dr Coulson says that most parents with whom he speaks, talk about feeling extremely tired, or languishing; as parenting is a taxing role to play, particularly since it's not the only thing most of us are doing.

When times are tough, we often feel that sense of being 'stuck'. We don't know where or how to focus. Our motivation ebbs. Life feels hard, and we often see our children as one more task on our list, rather than as real people with real needs.

If that's not you, that is good news. However, if this describes where you are, there is a way forward to overcome languishing:

1. Finding flow in joyful activity.
2. Giving ourselves uninterrupted time.
3. Making progress on things that are important to us.

These are excellent ways to lift ourselves from languishing. It's hard to find uninterrupted time in these circumstances. Joyful activities are something we did a lot more of before children; and finding creative ways to make this happen can feel like too much.

Plus, it's often not just about you. There's a child who's struggling, making noise, and needing the support of an adult to get through a tough time too.

Dr Coulson also recommends some alternative ideas for parents who are really struggling. In the next edition of the Parent Newsletter, I will share ideas that may help you through tough, exhausting, and stressful times.

### Multicultural Dress-up Day, this Friday 4 November

The SRC Executive has organised a 'Multicultural Dress-up Day' for this Friday, whereby students are invited to wear clothing from the family's cultural background, or colours that depict the respective nation's flag. The SRC Executive has planned this day, to promote multiculturalism.

This week has also seen Italian cultural activities occur during Italian lessons (and next week too). Thank you to Italian Specialist Teacher Maria Catalano for creating this opportunity for the students. Further, there have also been Canteen Special Food Days across the week, with a multicultural focus. I express my gratitude to Canteen Manager Josie Nicolescu for her work to make this happen.

### Staff update

I welcome Viv Camerini to St Joseph's Payneham. Viv started with us last Friday, taking over from Bernardette Robinson (in Year 4R) for the remainder of Term Four. Bernardette is recovering from surgery (required at this time) and the recuperation period will see Bernardette on leave for the remainder of Term Four.

### World Teachers' Day

Friday 28 October was World Teachers' Day. As I said to staff last week, I believe the day should be called 'World School Staff Day', as it is a combined effort which is required to educate and support children. I pay tribute to all staff at St Joseph's Payneham for the consistent dedicated work to the children in our care.

### Building Work News

As has been mentioned previously, building work for the Stage 1 project (eight new classrooms with added facilities) commenced in early September. There are extra vehicles (including trucks) during this construction period (on Tarcoma Avenue), so please take extra care when driving and dropping-off/picking-up your child(ren).

You can view images of what Stage 1 will look like upon completion, by clicking on the following link:

[https://issuu.com/stjopayn/docs/new\\_building\\_2023](https://issuu.com/stjopayn/docs/new_building_2023)

## Sports Day, Friday 18 November at Payneham Oval

This year Sports Day will be held at Payneham Oval on Friday 18 November (Week 5). I provide you with some information regarding the day, noting that Sports Coordinator and Physical Education Teacher, Adrian Mastrangelo will be circulating further details soon.

- Students to arrive at school, as per usual.
- Students will walk to Payneham Oval, with their class group (staggered departures from school).
- Sports Day will commence at 9:45am.
- Sports Day will conclude at approx. 2:00pm.
- Students can be collected and dismissed from Payneham Oval by parents/caregivers (as long as the child's class teacher is informed).
- All other students will walk back to school with their class, arriving at approx. 2:30pm.
- Dismissal for the students at school will be the usual 3:00pm.
- A sausage sizzle (to be pre-ordered via QKR) will be available, as well as drinks and coffee.
- There will be free fruit available for all children; kindly donated by Tony and Mark's.
- Students are to wear a coloured t-shirt that reflects their House colour (families can purchase a coloured t-shirt from the Front Office or via QKR).
- Families are encouraged to bring own chairs for the day (if wishing to sit).
- Parking is recommended in neighbouring streets.

I am looking forward to a great community day and hopefully fine weather!

## COVID-19 update

To protect our school community, please note:

- If unwell, stay home.
- If there are cold or flu symptoms, get tested for COVID-19.
- If you have COVID-19, please stay at home until acute symptoms (runny nose, sore throat, cough and fever) have cleared. In consideration for the health of others, upon returning to school, please wear a mask while indoors until 7 days have passed since symptoms first started or since testing positive, (whichever is earliest).

## Condolences

I extend my sympathies to:

- the Humphrys-Glynn family (Paige, 2MG) and (Madison, RD) on the passing of their maternal great grandmother; and
- Barb Cole (staff member – ICT Technician), on the passing of her father-in-law.

**Wishing you well!**

**Simon Mechis**

## From the Deputy Principal

### BYOD Program

The focus of the BYOD program at St Joseph's School is to provide tools and resources to the 21st Century Learner. A successful BYOD program requires technology to be seamlessly integrated throughout the school's curriculum. Increased access to technology is essential for teaching students skills for a future in which, as societal trends suggest, digital literacy is key. The individual use of personal devices is a way to empower students to work to their full potential and develop essential learning habits with the support of digital tools.

A meeting has been organised for Monday 14th November at 6pm in the Gym to discuss and questions or concerns you might have.

[BYOD Meeting](#)

[BYOD Guide for 2023](#)

## Cyber Safety: A School & Family Responsibility



This week I would like to share some information around cyber safety.

At St Joseph's we are very aware of the importance of cyber safety in our ever expanding technological world.

We recognise that we have a joint responsibility, along with parents, to educate ourselves and our students about safe online practices as we all develop as digital citizens.

Some of us are yet to embrace Cyber Citizenship and others who have or may have found it moving so fast that it is difficult to keep up with new developments and what they really mean.

The students in Years 3-6 will be attending a cyber safety session on the 7th November run by SAPOL.

For the wellbeing of our students and their families, we have also gathered some information about Cyber safety and associated devices to help you become more informed.

### *Website and Article Links for Parents & Families:*

- [eSafety](#) This website hosted and supported by the Australian Government has extensive information. Of particular interest: [Managing Children's Online Time](#) and in the parent question area of the same page cyber safety expert, Dr Michael Carr-Gregg, talks about the importance of sleep for brain development and academic success- My child is up late online most nights. Should I be worried?
- [iParent](#) The eSafety parent Portal where parents can learn about the digital environment and how to help children have safe and enjoyable online experiences. The new Screen Smart Parent Tour is certainly worth a look.
- [Screen Smart Parent Tour](#) A 10 minute interactive tour for parents of pre-teens and young teens (10 to 14 yrs ) which addresses six important online topics including **social media, screen time, personal information, inappropriate content, cyberbullying and contact with strangers**. Each topic offers practical tips and advice on how to allow children to explore safely and manage online issues if they arise.
- [ThinkUKnow](#) ThinkUKnow Australia explores the possible dangers of online interactions and actions to take.
- [Cyberbullying What is it?](#) The Australian Parenting Website, Raising Children Network, published this article.
- [Guide To Games Apps & Social Networking](#) Up to date, specific information provided by eSmart. Some Apps and sites you have heard of and many you probably haven't, but your children may have!

We are encouraged to:

**Engage Positively Online – Know Your Online World – Choose Consciously When Interacting Online**

## Swimming 2022

As part of the Physical Education Programme this year, children from our school are required to attend swimming lessons, which are being held at ARC Swimming Centre for Reception to Year 5 (Mid Year Receptions not included). Buses have been organised to transport the children to and from the ARC Swimming Centre.

DATES FOR SWIMMING LESSONS: **Week 8** Mon 5th Dec to Thurs 8 Dec, further information to follow.

**King Regards**

**Ingrid Douventzidis**



## 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

### 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

[2022 Piccolini Enrolment Form](#)

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





## Enrolments 2023/2024



### 2023 Preschool Enrolments

Is your child ready to start Preschool in 2023 and Reception in 2024?

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](mailto:info@stjopayn.catholic.edu.au)

[Enrolment Information website](#)

# P&F Cadbury Fundraiser

The Parents & Friends Committee would like to thank all of the school families who participated in selling chocolates for our school Cadbury Chocolate Box Fundraiser.

We hope that you all enjoyed eating...we mean selling the chocolates as much as we did.

There were some very creative ways of selling chocolates, Isaac from Year 3MC sold his box by setting up a shop out the front of his house on the first day of the school holidays. He sold all of his chocolates, he didn't give up, was dedicated and sold them all. He even raised \$62.05 as one person who bought some chocolates gave him a little extra for his efforts.

Another student, Eden from 1P, also set up a stand out the front of her house during the school holidays, and even set up an umbrella to protect the chocolates from the sun so they would not melt. A fantastic idea, no one likes melted chocolate.

Cartia from 2M sold all of her chocolates to 'My Physio My Health' who bought the entire box.

We love hearing positive feedback like this from our school families; thank you to those who reached out.

We would especially like to thank the families who sold more than 1 box, a special mention to Billy B. from RC, Chelsea L. from RA and Leo T. from 1P who all sold second boxes.

We are still in the process of counting all the money that has been raised and we will report back once we have a final count. The money raised will go back into the school, as mentioned in the Week 1 Parent Newsletter.

The Parents & Friends will be giving each of the students a small thank you gift on Friday for all their hard work and participation.

**As always, THANK YOU!**

**Your School Parents & Friends Committee**







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.

**A reminder to update class profile on Qkr if applicable (i.e., especially for those who have moved to mid-year Reception).**

### 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

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

## 2022 Term 4 Calendar of Events

[2022 Term 4 Calendar of Events](#)

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## 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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## 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

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