



## Important Dates

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**Year 5 Mass at  
9:15am**

Friday 1 March 2024

**Assembly at 9am -  
Yr.1s hosting**

Thursday 7 March 2024

**STUDENT FREE  
DAY**

Friday 8 March 2024

**Adelaide Cup Day -  
Public Holiday**

Monday 11 March 2024

**Reconciliation  
Workshop for  
Parents and  
Students at 6:30pm**

Wednesday 13 March 2024

**School Picnic (St  
Joseph's Day) at  
Payneham Oval**

Friday 15 March 2024

**St Joseph's Day  
Whole School Mass  
at 9:15am**

Tuesday 19 March 2024

**Palm Sunday**  
Sunday 24 March 2024

**Celebration  
Sacrament of  
Reconciliation  
3:15pm - 6pm**  
Tuesday 26 March 2024

**Celebration  
Sacrament of  
Reconciliation  
3:15pm - 6pm**  
Wednesday 27 March 2024

**Stations of the  
Cross in the Church**  
Yr. R-1s at 9:00am,  
Yr. 2-4s at 9:45am,  
Yr. 5-6s at 10:15am  
Thursday 28 March 2024

**Good Friday -  
school closed**  
Friday 29 March 2024

# From the Principal

## Happiness

If you ask most parents what they want for their children, the answer is often ‘for them to be happy’. Whilst this is a good thing, we all know that one cannot be happy all the time. There are going to be occasions when your child and you won’t be happy. Additionally, there will be times of struggle, unfairness, and the gamut of emotions which exist.

I recently read ‘The Resilience Shield’, co-authored by ex-SAS soldiers Ben Pronk, Dan Pronk and Tim Curtis. They express that most of us focus on the seemingly simple task of filling our lives with wanting or trying to be happy. Compared to the alternative, the pursuit of happiness seems a pretty reasonable, if not ultimate goal. However, they also point out that we tend to associate happiness with the outputs of meaningful endeavour and forget all the hard work that has led up to them.

This makes sense – the sweet fruit at the top of the tree is a worthy reward for the hard climb, a perfect tangible manifestation of everything that has been overcome to attain it. The problem is that the fruit is only a proxy for happiness – a correlate, not the cause. If we fail to recognise this, if we attempt to short-circuit the process and grab the fruit without the climb (or worse, get it handed to us), we get confused when it doesn’t bring us any real joy. Consider your relationship with your child – are there areas for development in this area? It’s a hard lesson I’m trying to teach my teenage sons now.

We can’t have the reward without the effort; the result but not the process; the victory but not the fight. What we may forget however, is that without struggle, the reward loses meaning. The ongoing litanies of problems that seem to beset those who are ‘famous for being famous’ serve as anecdotal reinforcement of the emptiness of this kind of venture.

Pronk, Pronk and Curtis articulate that the best definition of happiness comes from a Greek word eudaimonia, commonly translated as ‘happiness’, but more accurately as ‘flourishing’. The origin of the word is even more instructive. It comes from the combination of eu (good) and daimon (spirit). To be in good spirit.....or of good spirit. In a redefinition, true happiness then is the moment when you are fulfilled. When you feel that incredible sense of achievement or when you are in the best spirit – when you are ‘flourishing’.

Think back to a time you felt like this. Most likely at the end of some form of struggle; a time after you’d faced and overcome a profound challenge. Mental and physical tests, discomfort, and perhaps even a little self-doubt and anguish. In order to realise that true sense of achievement, some sort of suffering had to take place. This kind of happiness is certainly not all sunshine, but it is the good stuff. I am hoping this piece makes you think a bit more deeply about happiness for you and your family.

## School Board 2024

At the AGM on 21 February, election and endorsement of the 2024 School Board took place. I provide the names of the 2024 School Board Members:

President:	Fr Michael Romeo
Principal:	Simon Mechis
Deputy Principal:	Michael Musolino
Chairperson:	Ernie Icolaro
Deputy Chairperson:	Daniel La Bella
Treasurer:	Iolanda Calabrese
Secretary:	Tina Caggiano
Staff Representative:	Tania Melfi
P&F Representative:	Kayla Holding
	David Uglesic
	Vince Mascolo
	Chris Talbot
	John Athanasiou

## School Picnic, Friday 15 March

The Feast of St Joseph, patron saint of our school, occurs on Tuesday 19 March. A School Mass at 9:15am will occur on this day. On

Friday 15 March, to acknowledge this feast, there will be School Picnic at Payneham Oval (for Reception to Year 6 students). Families are welcome to join. A letter, with all the details will be sent home soon.

## National Student Wellbeing Program (NSWP)

This year, in addition to other services we offer, we have employed a Student Wellbeing Officer, Olivia Barbaro. This is a new position (for which the school has received funding, at 0.2 equivalent). Olivia has completed a Bachelor of Psychological Science (Counselling and Interpersonal Skills) and is also currently studying a Master of Social Work (to be completed this year).

Olivia already is employed at the school, providing support to students as an Educational Support Officer (ESO). 'The National Student Wellbeing Program', aims to support the wellbeing of students that contribute to the maintenance or establishment of student wellbeing services in the school.

## Nature Playground

The new Nature Playground opened at the end of Week 2. The children are loving the space. A reminder that students are not to use the space before school until a staff member is present (from 8:30am) and after school the playground is not supervised by staff. Therefore, we kindly request that children do not access the space after the 3:00pm bell.

## New School Uniform thanks

I'd like to pass on the positive feedback received from the owner and staff of Belgravia Apparel, our school's uniform supplier; essentially of the patience and respectful dialogue that has taken place by you. In the words of Belgravia's CEO, "It's been a pleasure working with the Payneham community."

## Safeguarding Children and Young People Policy and Keeping Safe, Child Protection Curriculum

In this Newsletter, I include for you the *Catholic Archdiocese of Adelaide Safeguarding Children and Young People Policy* (attached to this Newsletter); and *The Keeping Safe, Child Protection Curriculum* site for parents and carers (link below).

<https://www.education.sa.gov.au/parents-and-families/curriculum-and-learning/early-years/keeping-safe-child-protection-curriculum-information-parents-and-carers>

[Safeguarding Children and Young People Policy](#)

## Donation of pancakes

We are now in the season of Lent, which commenced with Ash Wednesday (on 14 February). The day before we observed an old age tradition, 'Shrove Tuesday', where traditionally, pancakes are consumed. I express my thanks to Norwood Foodland, as they kindly donated the ready-made pancakes for all our students.

## Student Free Day, Friday 8 March

Please note that Friday 8 March is a Student Free Day. Staff will be involved in professional learning on this day. OSHC will be available for the duration of 8 March, if you require this service.

## Condolences

I extend my sympathies to:

- Caterina Musolino (Year 1 Teacher) and Jen Mastrangelo (Reception Teacher), on the recent passing of their grandfather, Micuccio.
- The Vatsilas family (Mariah, 6CK and Orlando, 3NZ), on the passing of their paternal great grandfather, George.

**Wishing you well!**

**Simon Mechis**

## From the Deputy Principal

## Classroom Pulse Check In

Each term in Weeks 5 & 6, Catholic Education SA school students undertake a 'Classroom Pulse Check In'. The purpose of

the 'Classroom Pulse Check In' is to find out how students are feeling about their experience of school. Students are asked some simple questions about:

- Identity
- Learning
- Relationships
- Belonging.

Our aim is simply to "check in" with our students and measure how they are feeling. Your child's responses will help us to identify any potential social, emotional or learning needs they may have.

## Social Work students

Welcome to Tiahn and Harshita who will be conducting their university placement at St. Joseph's Payneham this semester. Tiahn and Harshita are looking forward to working with our students to support them with their social and emotional development.

## Semester 1 SRC Members

We welcome and congratulate all the Semester 1 SRC Members, including the Year 6 SRC Executive, who will be working together to make important decisions and lead change at our school. We look forward to our first meeting this Friday!

- RecJM - Joanna Geretly
- RecRD - Grace Noto
- RecLM - Natalia Reppucci
- RecJN - Aarya Vinod
- 1MP - Vanessa Zaytoun
- 1WM - Eva Albanese
- 1DC - Zac Shanahan
- 1TC - Gabriel Ogdon
- 2SW - Claudia Sergi
- 2GG - Mason Musolino
- 2TM - Lily Carbone
- 3MM - Sophia Festa
- 3NZ - Arjun Mangat
- 3VM - Amelia Chatfield
- 4BR - Jaxson Hall
- 4PA - Robbie Collins
- 4MH - Alexis Williamson
- 5YV - Rosina Adams
- 5AS - Isaac Mercorella
- 6CK - Madison Russo
- 6AM - Jack Blanco, Jacob Cameron and Lilly Docker

## News Leaders

Introducing our 2024 News Leaders, who will be sharing highlights from across the school this year to our community in the Parent Newsletter.

- Name: Luisa Musolino
  - Class: 6CK
  - Hobbies: Soccer, Art, Shopping.
  - Favourite things about SJP: Teachers, Activities, Friendships.
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- Name: Julian Abarno
  - Class: 6CK
  - Hobbies: Soccer, Video games, Sport.
  - Favourite things about SJP: Everyone is so caring and nice.

- Name: Charlie Imeson
  - Class: 6CK
  - Hobbies: Karate, Soccer, Footy and Gaming.
  - Favourite things about SJP: My friends.
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- Name: Aiden Paravia
  - Class: 6AM
  - Hobbies: Drawing, Collecting, Tech and Comics.
  - Favourite things about SJP: Specialist activities.



## ‘Mindful March’ calendar

Please find attached the ‘Mindful March’ 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.

**All the best,**

**Michael Musolino**  
(Deputy Principal)

## From the APRIM

### Through the Desert God Leads us to Freedom

This week, we continue our Lenten journey by preparing our hearts and minds for the mystery and celebration of Easter. Something about our faith moves me greatly and goes to the core of our work with the children entrusted to our care, reaching beyond acquiring new knowledge and skills. As a Catholic school in the Josephite tradition, we are committed to the education of the whole person, and to inspiring our young to be people of integrity who show care for others in need.

In his Lenten message for 2024, Pope Francis has chosen the theme, "Through the desert God leads us to freedom." He is inspired by the passage from the Book of Exodus, "I am the Lord your God, who brought you out of the land of Egypt, out of the house of slavery." (Ex 20:1-17). The Lenten exodus emphasises the transformative nature of the season, describing it as a time of conversion and freedom from slavery. Pope Francis encourages a dual concept of action during Lent – both active engagement and intentional pauses for prayer, echoing the unity of love for God and love for neighbour, especially the poor and those most in need.

By linking prayer, almsgiving, and fasting as interconnected elements, Pope Francis envisions a Lent filled with creativity and new hope arising from genuine conversion. He extends an invitation for communities to contribute positively to society by rethinking their lifestyles and consumption habits. As a school community, we embrace Pope Francis’ invitation wholeheartedly by living our faith in action through prayer and the celebration of Mass and Liturgy of the Word; CARITAS Project Compassion; the Parish’s Clean Recycling in support of the Pastorelle Sisters’ Mission for the poor in the Philippines; and through the purchase of ethically sourced Easter Eggs; thus, contributing to making the world a better place for all future generations.

### Indulge Responsibly this Easter!

This Easter let’s buy responsibly sourced chocolate that supports companies working towards eliminating child labour from their supply chain.





## Clean recycling for a cause at our church's doorsteps

At the rear of the church, you'll notice two large blue drums designated for dropping off your empty cans and bottles. The exciting news is that all proceeds from the collection of these items will go towards supporting a cause that holds special significance for us.

Throughout the Lenten season, Fr. Michael and Sr. Josie encourage us to contribute to the Pastorelle Sisters' Mission in support of the poor in the Philippines. This compassionate mission began over forty years ago, sparked by Sr. Tarcisa's poignant visit to the Philippines. Witnessing the challenging living conditions of many, she was inspired to make a difference. Today, as a united school-parish community, we have the chance to participate in this meaningful fundraising effort, demonstrating our care for both the poor and the environment.



## CARITAS Project Compassion Appeal



This year, Project Compassion brings us the stories of three resilient women from three different corners of the world. They are facing vastly different challenges but are all united by one dream: to create a better tomorrow.

This week we meet Ronita from the Philippines. Ronita is a mother of two young boys living in a slum in Quezon City. She went back to school to finish her education. With her new diploma, Ronita has now secured a job at a call centre and is looking to a brighter future for her whole family.

"I have now graduated senior school and I am so proud of myself," she said. "I feel hopeful for the future... Now it's not impossible for me to achieve my dream... Thank you."

Watch [Ronita's Story](#)



Please donate to Project Compassion via Qkr! We invite you to make your donations to your child(ren)'s House Colours which were communicated by their class teachers. Families will receive an alert, inviting them to select their child(ren)'s House Colour and make a donation to this worthy cause that honours the dignity of all people.

Together, we can help vulnerable communities face their challenges today and build a better tomorrow for all future generations.

Thank you for your kindness and compassion.

## A PRAYER FOR LENT

Loving God

We pray for gratitude for the wonder of faith in God and the beauty of life.

May our vision be broad and deep as we embrace people in great need through our support of Project Compassion and the Pastorelle Sisters' Mission.

AMEN.

**May God bless you,**

**Patrizia Puglia**

**APRIM**

**St Joseph's Payneham**

## Finance News

### School Fee Accounts 2024 Reminder

**Accounts are due: Friday, 1st March 2024.**

A late fee may be applied if not paid by above date.

All families on payment plans will have their direct debits processed tomorrow (1.3.24.)

Should you have any queries, please contact Mrs Helen Crosato on T: 8206 5103 or via email: [hcrosato@stjopayn.catholic.edu](mailto:hcrosato@stjopayn.catholic.edu)

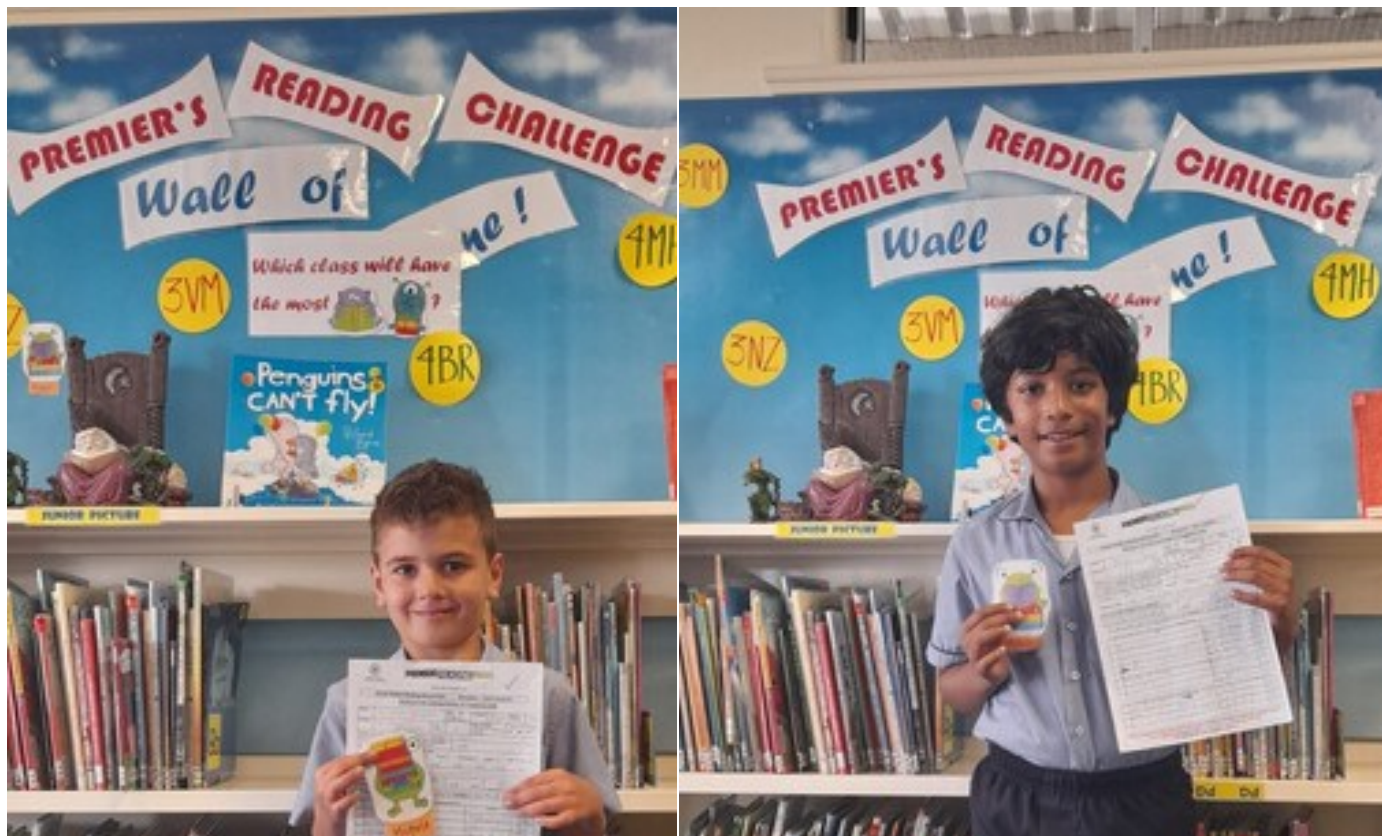
## Premier's Reading Challenge - First Forms Received!!

Congratulations, to Michele 1TC and Mihir 3NZ, who are the first students to lodge their PRC forms in the Junior Primary and Senior Primary sections.

Their Reading Monster's have been placed on the Premier's Reading Challenge Wall of Fame in the library.

Students have until 6th September to lodge their forms.

**READING is MAGIC!**



## P & F News

This year the P&F has started off with a bang!

Due to your hard work fundraising last year, we have been able to subsidise part of the student costs towards the "P&F Fun Fest" learning programs such as Visual Arts in Term 1, Dance and Movement in Term 2, Stem - Little Coders and Robotics in Term 3 and African Drumming in Term 4.

The interest and bookings have shown it to be a huge success so far and we hope that this is something that we can continue to do in the future. If you have not booked your children in for Term 2, 3 or 4 activities, there are still limited places available on QKR.

We feel that every child should have the opportunity to experience and learn new skills throughout these extra curricular activities creating new and fun outlets for the students and community.

We have many exciting ventures for our students at St Joseph's School Payneham to look forward to this year. Stay tuned for a list of dates to add to your calendars for this year's fundraising events.

In 2024 we have many new additions coming to the school from the P&F – we will keep you updated on the school's purchases, which are all for the children at our school.

A big thank you, to all the school families and friends, as without your support, we could not purchase different products and provide



various options for students.

If you feel you would like to be part of the P&F community, please contact [info@stjopayn.catholic.edu.au](mailto:info@stjopayn.catholic.edu.au)

We are always needing and wanting as many people as possible to join. We are a group of creative thinkers, organisers and volunteers who help bring our school and students the best possible opportunities.

[P&F Flyer](#)

**Kind regards**  
**Your P&F**

## Playgroup and Occasional Care Programs

Please click onto the link below for further information

[Playgroup](#)

[Preschool](#)

[Preschool Mid-year intake](#)

[Piccolini](#)

## OSHC

Please click onto the link below for further information

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

## Community News

[Catholic Education Awards info flyer 2024](#)

[Mary MacKillop College Open Art Night 2024](#)

[Mary MacKillop Open Night Dance 2024](#)

[Catholic Colleges from Year 7](#)

[Catholic Secondary College Education](#)

[Newton Jaguars Netball Club](#)

[Raptors Netball Club](#)

## 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

22 July to 27 September

14 October to 11 December

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## Term 1 Calendar of Events 2024

[Term 1 Calendar of Events 2024](#)

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