

Important Dates

Sports Day

Friday 12 November

Confirmation & Eucharist 2022 1st Parent Meeting

Tuesday 16 November

Preschool Orientation visits

Wednesday 17 November

Instrumental Concert

Thursday 18 November

2022 Reception Orientation Visit

Friday 19 November

Preschool Orientation Visits

Wednesday 24 November

Twilight Christmas Concert

Thursday 25 November

2022 Reception Orientation Visit

Friday 26 November

From the Principal



Dear Families,

Having Perspective and Resilience in Challenging Times

I was recently reading some work by Steve Francis, a well-regarded consultant in school-leadership and expert in life-satisfaction.

Steve states that according to the World Health Organisation Icelandic people are amongst the longest living on the planet. On average they make it to over 83 years of age. Despite Iceland being a somewhat less than desirable place to live – food can be scarce; winters last for nine months; for a number of days there are only four hours of sunlight; and it rains 213 days per year.... Icelandic people live more than 13 years longer than the world average. All of that hard living has made them stronger and resilient.

Best-selling author Eric Barker notes the moments in life that made you better, that make you swell with pride when you think about them, from career achievements to education to parenting, did not come easy. These successes were the result of over-coming the challenges that were put in front of us.

Jeff Bezos, founder and CEO of Amazon says, “You earn a reputation by trying to do hard things well.” We build our reputation when circumstances are challenging and demanding, not when things are easy.

In Michael Easter’s book ‘The Comfort Crisis’, he highlights that the ‘good old days’ weren’t necessarily so good. We now live-in climate-controlled environments; we have (mostly) temperature-controlled houses and offices, and air-conditioned cars. Tasty food is plentiful and can even be delivered to our door. Hunting and gathering has a completely different feel.

Whilst it is natural for us to continually seek to improve things and remove discomfort from our lives, our brains are constantly seeking out problems. Michael Easter explains, fewer problems don’t lead to more satisfaction, they lead us to lowering our threshold for what is considered a problem. According to Easter it’s scientific proof of ‘first world problems’, as he states: “When a new comfort is introduced, we adapt to it and our old comforts become unacceptable. Today’s comfort is tomorrow’s discomfort. This leads to a new level of what’s considered comfortable.”

The quest to avoid discomfort and live in a state of bliss will never end because our brain won’t allow this. It is an endless marathon where the finish line is always a mile away. We are constantly looking for problems and areas for improvement. The first step in solving problems is to identify them. Our radar is well attuned to identifying problems and highlight the negative aspects. It is all about perspective. An issue that is a huge problem for one person could be considered a minor issue for another.

Rather than avoiding all discomfort, we need to deliberately challenge and stretch ourselves to remind our brains that our current difficulties aren’t all that bad. As an example, whilst the current pandemic has been demanding and the uncertainty makes it stressful, it can be helpful to remember how much worse it could be. Rather, we should be grateful for what is ‘good’ in our lives. Reminding ourselves to ‘hang in there and we will get through this’, usually always applies and helps us to overcome the obstacles we face.

Thank you to our Volunteers – Morning Tea Celebration, Tuesday 23 November at 9:00am

An immense thank you to everyone in our community who has given their time to volunteer in our school this year. St Joseph’s Payneham wouldn’t be the same without your generosity.

Thank you for supporting us in a multitude of ways, from: coaching/managing an out of hours sports team; helping in the canteen or cook for a special food day; assisting with school banking; being on a school committee; time dedicated on an excursion; preparation for an event i.e., Mother’s/Father’s Day Stall, Colour Run, etc.; laminating Mathematics resources; and the list continues.

My sincere gratitude for volunteering your time, to the benefit of the students and school. I therefore cordially invite you to join for a coffee and cake on Tuesday 23 November at 9:00am in the ‘Wellbeing Piazza’ (just outside the Parish Hall). If you intend to come along, please RSVP to info@stjopayn.catholic.edu.au

Children’s University

Last night at University of Adelaide, some of our students were recognised for their efforts in completing extra-curricular hours, contributing to their Children’s University award. A big congratulations to Sirat, Olivia, Jack B, Anhad, Jack D, Lexi, Aiden N, Jayvin and Aiden P on this significant achievement.

I would also like to acknowledge staff member Ms Peta Yates, who has done a lot of the work ‘behind the scenes’, especially in liaising with children, families and the Children’s University. If your child would like to participate in the Children’s University program for 2022, please do speak with Peta – pyates@stjopayn.catholic.edu.au

Road safety and following parking protocols

As I have written about before, school drop-off and pick-up times are busy, for everyone. Of course, the aim is for this to happen in a safe and courteous manner. Please demonstrate consideration, patience, as well as travelling slowly around the school, especially where marked (no faster than 25 km/h). Moreover, please do not park or stand your vehicle across driveways and solid yellow lines. If there are grandparents, family members, or friends, who drop-off/pick-up, please pass on these details. Thank you for your anticipated attention to the above.

Property Purchase – 84 Portrush Road

The school recently acquired the property that is on the corner of Portrush Road and Tarcoma Avenue. I thank the School Board for their support and work through this respective process. More information about the plans for this site will be conveyed in due course.

Thank you

Many thanks to Joanne Metti (current parent) whose business, *LOUNET*, has donated several boxes of hand sanitizers to our school. We are grateful for this kind donation.

End of Year Christmas Concert

A reminder about the End of Year Concert happening on Thursday 25 November, at 6:30pm, on the school grounds. This is for all Preschool to Year 6 children and families. We are strongly encouraging all children and families to be present on the night. Please see the flyer in the this Newsletter for more information.

Bandanna Day

Thank you for supporting Bandanna Day on Friday 29 October. Our school raised \$1099, which goes towards young Australians dealing with cancer.

Condolences

Harper Marotti's (1T) great grandmother recently passed away. Our sympathies to the family at this time.

Baby News

Congratulations to the Festa family (Sophia, RNG), on the recent arrival of their daughter and sister, Amelie.

Also, best wishes to the Traino family (Evie, Preschool Kanga1), on the birth of their son and brother, Owen.

We remember...

Today is Remembrance Day; a day to ponder the impact of war and violence on the lives of so many, giving thanks for all those who died in the pursuit of peace.

Preschool to Year 6 students participated in a minute's silence just before 11:00am in front of the Australian flag (located on the asphalt). I had the pleasure of taking the SRC Executive (Elise, Sierra, Nicholas and Jett) to the Cross of Sacrifice (near the Payneham Civic Centre), for a community Remembrance Service. Let us teach our children the value of both silence and gratitude in moments like these.

COVID-19 information

As per the details in the previous Parent Newsletter, Catholic Education South Australia, in line with community requirements, has advised that the wearing of face masks is not required outdoors on the school site (physical distancing must still occur).

However, if you need to enter a building, please COVID-Safe check-in, physically distance from others, and in this situation please wear a face mask.

Friday 12 November: R-6 Sports Day and Preschool Student Free Day

A final reminder that St Joseph's Payneham Sports Day will be tomorrow, Friday 12 November, at SA Athletics Stadium (formerly SANTOS Stadium). For further details, please view the letter which was circulated by Sports Coordinator, Mr Michael Musolino. On that note, I do extend my thanks to Michael for the work and organisation in the lead up to Sports Day – it's a big undertaking with much work prior to the event.

Additionally, tomorrow, Friday 12 November, for Preschool children, is a Student Free Day.

Wishing you well!

Simon Mechis

From the Deputy Principal/APRIM



First Reconciliation

The last two Friday's our Year 3 students celebrated the Sacrament of Reconciliation. These students, along with their families have been preparing to celebrate this Sacrament. On behalf of St Joseph's School community, along with the Payneham Parish, we wish to congratulate these children on this special celebration. I would also like to thank their teachers, Mrs Angela Scarpantoni and Mrs Margaret O'Connell and of course Father Allan for working with these students and parents in their preparation. I ask that you keep these students in your prayers as they continue on their journey of faith.

First Eucharist

Our Eucharist preparation commences this term. The first parent meeting will be held on the Tuesday, 19th November at 7.00pm. This will be followed by a Commitment Mass early next year, where the candidates are presented for Communion. Enrolment forms will be given to all families with important dates for next year.

ReLAT (Religious Literacy Assessment Tool)

Last term the Year 4 students participated in an assessment in Religious Education. This assessment has been developed by the Catholic Education Office and is based on the learning outcomes identified in the Crossways Religious Education Framework. ReLAT is designed to assess some of the basic knowledge taught in Religious Education lessons. The assessment is not a measure of a child's

faith or their participation in the broader life of the Catholic community. Recently we received our ReLAT results and while these provide only a 'snapshot' of children's overall Religious knowledge, that data will be collated by our school to inform the learning needs of students and staff. Congratulations to our Year 4 students who produced some excellent results, well above the state average.

BYOD 2022 Year 3-6

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.

Welcome to BYOD for Learning

The Website Portal for ordering will be opened soon.

<https://shop.compnow.com.au/school/sjs-payneham>

Device specifications:

iPads: (Year 3-6) Gen 9 with Wi-Fi only - 64GB or 256GB

iPad Accessories: One plain cover option plus 2 keyboard cover options and iPad pencil. (Please Note that there is currently a shortage of iPads World Wide and therefore CompNow cannot guaranty delivery of iPads in time for the start of Term 1 2022. They recommend that if Parents are able to source an iPad elsewhere, that they do so.

MacBook Air: (Year 4-6) comparable to the ones we have ordered for the school.(13" M1 8Core CPU/7Core GPU/8GB RAM/256GB SSD)

Accessories: MacBook Protective zipper sleeve/carry case to safely transport in school bag, a protective shell/cover that encases the MacBook to protect against damage if dropped or knocked about.

Insurance options: for both iPads and MacBook's:

Insurance will be optional and must be purchased separately 4 days after the purchase of the Devices via a link that will be shown on the Portal at the time of purchase.

Payment Options: Credit Card, Internet Banking or Payment Plan option through Edstart: This option will come with a \$6 per month charge and will be negotiable for a Weekly/Fortnightly or Monthly payment option.

P&F News



[P&F Nomination Form 2022](#)

Hard copy also available from Front Office

[SJP Christmas Raffle Information](#)

Community News



[St Joseph's Christmas Concert Flyer](#)

Thursday 25th November at 6:30pm

[Christmas Concert Letter 2021](#)

Thank you to our school community for supporting Canteen Bandanna Day on Friday 29th October 2021. Total raised \$1099.

[CBC Scholarships Advert Senior Campus](#)

Pauleen Kinoti (parent) eBook is offering SJP Community a \$20 OFF discount using the Coupon **Code SJP20** which can be applied at Checkout.

The website to get Pauleen's book is <https://www.sserene.life>

Why be a Volunteer?



It's not for money, it's not for fame.
It's not for any personal gain.
It's just for love of fellowman.
It's just to send a helping hand.
It's just to give a tithe of self.
That's something you can't buy with wealth.
It's not medals won with pride.
It's for that feeling deep inside.
It's that reward down in your heart.
It's that feeling that you've been a part.
Of helping others far and near,
That makes you be a Volunteer!



[Enrolment Information website](#)

Playgroup and Occasional Care Programs



Piccolini Occasional Care Program

Playgroup Program



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](#)

[Download 2021 OSHC Enrolment Form](#)



Iron is a nutrient needed for many functions of the body. While it can store iron, your body can't make it so the only way to get iron is from food. The recommended iron intake for children is as follows:

- 1-3 years of age - 9 mg (milligrams)
- 4-8 years of age - 10 mg
- 9-13 years of age - 8 mg
- 14-18 years of age - 11 mg for boys, 15mg for girls

Here are some foods high in iron and their approximate level:

- 11mg - 100g chicken liver
- 3.4mg - ½ cup of tofu
- 3.3mg - ½ cup cooked lentils
- 3.2mg - ½ cup cooked spinach
- 2.7mg - 100g red meats (beef, lamb, veal, pork, kangaroo)
- 2.3mg - 1 cup cooked wholemeal pasta
- 2.0mg - 1 medium baked potato with skin on
- 1.mg - 1 cup steamed broccoli
- 1.5mg - 30g cashews (about 20)
- 1.4mg - 100g canned tuna
- 1.3mg - 1 tablespoon of sesame seeds
- 1.3mg - 100g chicken
- 1.0mg - 1 slice of bread
- 0.93mg - 30g dried apricots (about 5)
- 0.9mg - 1 cooked egg
- 0.7mg - 1 cup cooked rice

Canteen



502 Lower North East Road, Campbelltown SA 5074

mobile: 0401 355 620 **email:** michael@aeexpress.com.au

***Shop Fitouts, Maintenance, New Installations
Renovations, Extensions, Data, Alarms & CCTV***

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.

[Canteen Sponsorship information](#)

Term 4 Special Food Day

Week 2 - Sausage Sizzle & Canoli Day

Generously sponsored by AEE (Adelaide Electrical Express) Michael & Carla Forte

Adelaide Electrical Express operates throughout metro Adelaide and rural South Australia. With over 15 years combined experience AEE proudly services domestic, commercial and industrial clients, 24 hours a day 7 days a week.

P: 0401 355 620 - Call us today for a no obligation free quote

E: michael@aeexpress.com.au

A: 502 Lower North East Road, Campbelltown SA 5074

Sports Results



Year 2/3 Bears Basketball

Score: Stradbroke Stars (10) d SJP (7)

Coach: Renee Demana

Good game all! Such a hard and defensive game. We all played well and gave it everything. Unfortunately some of the baskets just wouldn't go in for us or the other team Great effort as always bears!

Year 2/3 Cougars Basketball

2/11/21

Score: SJP (10) drew Trinity Terriers (10)

Coach: Melissa Bradbrook

Great game and good passing everyone!

10/11/21

Score: SJP Cougars (12) drew Pembroke Green (12)

Coach: Melissa Bradbrook

Everyone played so hard tonight! Great passes and defence!! Considering we played a team a year older than us, I was so proud of you all for your hard work you put in every minute of the game! What a close game it was!!

Netta 2

15/10/21

Score: SJP (11) d SJ Memorial

Coach: Sandra Kaplan

22/10/21

Score: SJP (3) d Loreto (1)

Coach: Sandra Kaplan

29/10/21

Score: Magill (9) d SJP (0)

Coach: Sandra Kaplan

Great work girls even with the goal post not being the correct size and changing location at We have welcomed 3 new players into the team, and keep seeing smiles and enthusiasm in each and every player. They keep working hard to share the ball around and have done a great job so far against tough competition. We'll done!

Netta 5

30/10/21

Score: SJP (4) d Burnside Blue (1)

Coach: Mary Wood

Great work girls even with the goal post not being the correct size and changing location at the last minute. We won!!!

7/11/21

Score: SJP (11) d Trinity Gardens Gold (3)

Coach: Mary Wood

Fantastic win!!! Keep up the good work!!

Uniform Shop

[Devon Clothing New Webstore](#)

[St Joseph's School Uniform](#)

Booking appointments must be made as soon as possible. We are still following the social distancing guidelines and therefore require all customers to make appointments, leading all the way into the January back-to-school period. Availability will be scarce for those that leave it to the last few weeks of the Christmas holidays to make a booking.

We would like to inform families that the allocated appointment times for your school are as follows:

New Students – 30 Minute Appointment

Existing students – 20 Minute Appointment

Customers will be required to click on the dropdown list to navigate to the correct calendar.

Term 4 Calendar of Events & Activities

[Click on link to view Term 4 Calendar of Events](#)

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

Payments can be made via Qkr

