



## Important Dates

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**Sports Day -  
Payneham Oval**

Friday 18 November

**Preschool Koalas  
and Joeys Sports  
Morning - 9am**

Tuesday 22 November

**Singing Concert -  
5:30pm**

Tuesday 22 November

**Preschool Kangas  
Sports Morning -  
9am**

Wednesday 23 November

**Instrumental  
Performance -  
4:30pm**

Wednesday 23 November

**Preschool 2023  
Orientation visit**

Wednesday 23 November

**Assembly at 2pm**

Thursday 24 November

**2023 Reception  
Orientation Visit**

Friday 25 November

**End of Year Concert  
- 6:15pm**

Wednesday 30 November

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## From the Principal

Dear Families,

### **'Parenting is Tough' (continued) – Ideas for Parents**

In the last edition of the Parent Newsletter I shared thoughts from families and parenting author Dr Justin Coulson, and his views about parenting being a tough game. I also concluded the piece stating that I would share ideas that may help you through tough, exhausting, and stressful times. Please read on if interested.

[Tool #1: Accept Emotions](#)

Just like waves on the shore, our emotions come in and go out, ebb and flow. Most emotions don't last more than a few moments. Occasionally they'll last a few days, but that's unusual. When you feel a big emotion, remind yourself that "this is what I'm feeling right now", and be accepting of it. You'll see it disappear faster than if you try to wrestle it, fight it, and subdue it. Emotions don't vanish by being banished.

#### Tool #2: Create Psychological Distance

Notice that when you're in the thick of things, it's hard to see a way out. It's in these moments that you call a friend and ask for their perspective. They have distance while you're stuck in the middle of it all. When our emotions are high, our intelligence is low. The aim is to level out emotion and keep our thinking clear.

#### Tool #3: Choose Growth and Contribution, not Happiness

Reframing the tough times from problems and pain to opportunities for us to develop character and make a difference helps us see those tough times through a new lens. Those times stop crushing us, and instead give us raised vision, aspiration, and desire to be better people – for ourselves and for our children.

#### Tool #4: Focus on Progress

When you're ready to crack, or perhaps when you're ready to shrug your shoulders and walk away, pause, and ask the question, "What are my actions moving me closer to?" Are you progressing towards your goal/dream of having a family who loves being together, and who thrives and supports one another when times are tough? Or are you moving closer to an alternative (and less appealing reality)? As you see progress, you'll feel motivated to keep going. Progress feels good.

#### Tool #5: Reframe your Expectations

Knowing there is always too much to do can be a burden or a blessing. Instead of being weighed down by the thought, be intentional about what you choose to do. That can be freeing. Choose with intention. You can't do it all.

#### Tool #6: Control the Controllables

Control what you can control. You can't answer all of your child's questions. You can't pay cash for their education, the car, the house, the holiday, and the dental work! You can't stop the war, slow the cost of living, prevent the rain (or the drought), change the government, or heal the planet. This might sound depressing – but it's not (when you remember tool #5). Instead, look at what you can do. You can hug your child. You can listen with mindful focus. You can organise a meal. You can read a story or play a game of cards with your child. Control what you can control. Put your attention there and your energy will follow.

#### Tool #7: Avoid Screen Burnout

Screens are often non-productive, passivity that add to our stress by working as a procrastination tool. When it comes to screens, be mindful; use them meaningfully; and be moderate in screen use.

#### Tool #8: Lighten up

Sometimes we take everything very seriously. It's good to joke, be light, and let go of things now and then. Humour helps us navigate stress and challenge in healthy ways.

#### Tool #9: Build Relationships

The heart of wellbeing, happiness, and love all come back to one thing – relationships. Build connection by being present. When our relationships are deeply connected, they are alive – and so are we.

#### Tool #10: Take a Break

Breathe. Let things go. Find something you really enjoy doing. Exercise; get out in nature; have a coffee with a friend. Do what you can to have a small amount of bliss.

## **Sports Day – Tomorrow, Friday 18 November at Payneham Oval**

Sports Day is being held tomorrow at Payneham Oval. I remind you to take note of the following:

- 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 dismissed from Payneham Oval by parents/caregivers (ensure this has been indicated in the form circulated this week).
- 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 (pre-ordered via QKR – now closed) 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.
- Students are to wear their school hat and apply sun cream.
- 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 seeing you there.

## New Staff joining St Joseph's Payneham in 2023

Next year, we have four new teachers joining St Joseph's Payneham. I welcome Brontè Platt, Charlelie Kalz, Dominic Calabria and Shana Phillips. All currently work in South Australian Catholic schools.

## Parents and Friends (P&F) News

Your support of the various P&F fundraiser events that have occurred this year has been appreciated. Of late, thank you for supporting the Cadbury chocolates fundraiser. We made a profit of \$6,384. This is a tremendous effort! I'd like to acknowledge the work of parent and P&F member Kayla Holding, who dedicated many hours of her time to make this fundraiser happen. As mentioned in a recent Parent Newsletter, the funds from the P&F that have been raised this year will go towards the following items: educational games for each class; a new oven for the school canteen; portable speakers for the Preschool; two tents with SJP logo; an outdoor PA system; coloured sporting flags with new SJP logo; and protective pads for the school's football posts.

## Children's University

Last night at Bonython Hall, located on the University of Adelaide grounds, 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 Violet Carbone, Oliver Doyle, Julian Luppino, Robert Collins, George Collins, Eliza Collins, Sebastian Martino, Oliva Nero, Shazad Patel and Jayvin Purba on this achievement.

I would also like to acknowledge staff member Josie Colangelo, who worked behind the scenes, in liaising with children, families and the Children's University. If your child would like to participate in the Children's University program for 2023, please do speak with Josie – [jcolangelo@stjopayn.catholic.edu.au](mailto:jcolangelo@stjopayn.catholic.edu.au)

## End of Year Concert, Wednesday 30 November

The End of Year Concert is being held on Wednesday 30 November, commencing at 6:15pm on the school grounds. This is for all Preschool to Year 6 children and families. There will be food and drink available on the evening.

## Condolences

I extend my sympathies to:

- the Priarollo family (Jacob, 3MM) on the passing of his paternal grandfather.

## Congratulations

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

- the Matsumura family (Leon, RN) on the recent birth of a baby girl.

**Wishing you well!**

**Simon Mechis**

## From the APRIM/Deputy Principal

### Feast of Christ the King

On Sunday the 20th of November we come together to celebrate the feast of Christ the King. God sent Jesus to show us how to live with compassion, justice and peace. Jesus showed us how to live in right relationships by being kind, forgiving and understanding.

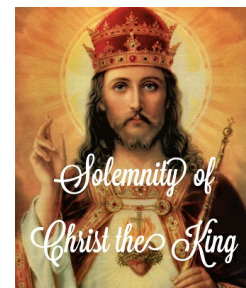
We pray

*Almighty God, we celebrate Jesus as our king.*

*Help us to live as kingdom people, willing to serve others as Jesus did,*

*sharing what we have as Jesus did, and showing mercy, compassion and kindness to all we meet as Jesus did.*

*We ask this prayer in Jesus' name.*



## ReLAT (Religious Literacy Assessment Tool)

Last term all 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. Parents should have received their child's ReLAT report this week.

## Mass and Liturgy

We have almost come to the end of term and it has been a very full five weeks of school. It was lovely to be able to celebrate Masses and liturgies this term. It has also been a blessing to have parents and caregivers join us for Mass and liturgy as it always special having the parish and school community join together.

## End of Year Thanksgiving Mass

On Friday 9th December at 9.15am, there will be a Whole School Mass celebrated in the Church. Our Mass will be led by Father Michael Romeo.

Year 6 Graduation will be celebrated on Tuesday 13th December at 7pm. This will be a Liturgy in which the Year 6 Class of 2022 will have their Graduation in the Church.

Both occasions will offer us opportunities to say farewell to the Year 6 students.

## CASUAL CLOTHES DAY – CHRISTMAS APPEAL

As in previous years, we will be supporting the St Vincent de Paul Christmas Appeal. We encourage all students and families to contribute any of the items listed as a donation on **Tuesday 13<sup>th</sup> December**. The children will be able to wear casual clothes in return for a food donation.

The Vinnies volunteers are happy to accept any donations for their Christmas hampers. The items that they are looking to collect are:

- Christmas Pudding
- Custard
- Tinned Fruit
- Tinned Vegetables
- Mince Pies
- Tinned Ham
- Tuna
- Pasta
- Rice
- Pasta Sauce
- Tea
- Coffee
- Cordial
- Long Life Milk

Thank you in advance for your support with this initiative.

## BYOD Meeting

The focus of the BYOD program at St Joseph's School is to provide tools and resources to the 22nd 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.

Learning results from continuous dynamic interaction among students, educators, parents and the extended community. Technology immersion does not diminish the vital role of the teacher. On the contrary, it transforms the teacher from a director of learning to a facilitator of learning. Effective teaching and learning with technology integrate technology into the curriculum any time, any place. Our BYOD session last Monday provided parents with essential information regarding the implementation, management and operation of our BYOD program.

As an extension of the program, we have developed simple how-to guides that systematically explain some fundamental processes parents/caregivers may need to know. (Available on the school website).

Thank you to those parents who made the effort to attend the meeting.

**Kind Regards**

**Ingrid Douventzidis**

## 2023 School Fees

Please find attached information relating to 2023 School Fees which is being sent home via your child next week. If you have not received this information please contact the office:

[2023 Fees & and Parent Information](#)

[2023 School Fee Payment Plan](#)

Following a change to the Catholic Education South Australia (CESA) Fee Policy, all families must complete a payment plan for 2023.

All families are requested to complete and return the forms to school office by Monday 28 November 2022.

Please do not email any direct debit forms (hard copies must be forwarded to office)

Our Finance Officer, Mrs Helen Crosato (Tel: 8206 5103 or E: [hcrosato@stjopayn.catholic.edu.au](mailto:hcrosato@stjopayn.catholic.edu.au)) can help you if you have any questions.

## Important Information about Volunteering

St Joseph's School provides a safe environment for all while valuing the partnership between school and home.

As a Catholic community, we welcome and value volunteers. Volunteering may include attending excursions, reading or helping in the classroom, assisting at swimming, attending community events, etc.

To volunteer in a Catholic school, you are required to:

- hold a current Catholic Police Check;
- hold a current Responding to Risks of Harm, Abuse and Neglect in Education and Care for Volunteers certificate;
- have completed the volunteer's application package; and
- and hold a COVID vaccination certificate.

This process ensures we maintain a child safe environment and meet the requirements from Catholic Education South Australia and Church Office.

If you wish to volunteer (and to avoid disappointment), we encourage you to obtain the relevant documentation. If you require any assistance, please do not hesitate to contact the Front Office on 8206 5100, or email: [info@stjopayn.catholic.edu.au](mailto:info@stjopayn.catholic.edu.au)



## Enrolments 2022/2023



### 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](#)

# 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](#)

[Qkr Instruction Guide](#)





## 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](#)

[Download 2021 OSHC Enrolment Form](#)

## Italian News

Benvenuti a tutti! (Welcome to all!)

The Adelaide Italian Festival (AIF) commenced on the 11th

of November. Here at St Joseph's School, we launched into this celebration sooner.

Our festivities began on the 1st of November across all the Italian classes, and until the 10th November. For the children, this involved an array of exciting, fun-filled language activities and cultural experiences. For example, some classes had the opportunity to go on a virtual journey of adventure, visiting fascinating parts of Italy, exploring many of its famous icons, places and immersing themselves into many traditional language and cultural experiences.

During Wednesday's recess, children gather together at the Well-being Plaza, to play Scopa or Briscola. In the Italian lessons, children designed some amazing masks, created a collection of jewellery made from pasta and discovered interesting facts about their origins and significance to Italian cultural traditions, experiences and celebrations.

In the library, there was an Italian display for the children to visit at their leisure. This also provided an opportunity, to explore new understandings of Italy and the way of life for most Italians.

The Special Multicultural Food Days (from 1st to Nov 5th Nov), plus Zeppole Day (Thurs 11th Nov) organised by Josie in the canteen and her team of wonderful helpers brought us an array of gastronomic delights daily! On behalf of the school community, I wish to extend my heartfelt thanks to them for bringing those delicious meals to us. Also, thank you so much to the SRC Executive Committee for organising the, "Wear Traditional Clothing Day", (Fri 5th Nov) initiative. All of these cultural experiences, enrich children's understanding and knowledge of others' cultures, and language. More importantly, these initiatives provide many opportunities to connect with each other, as well as appreciate the wonderful world of diverse cultures we come to enjoy together, each day.

At a whole school assembly on Thurs 17th November, the children will showcase their new discoveries and will look forward with sharing them to you. Hope to see you there!

Ciao,

Signora Maria Catalano





## Sports Results

### Netta 6 Netball

After some challenging first few games the team has really come together enjoying their first win last week.

Daniel and Amelia Russo



## 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.

[Devon Clothing New Webstore](#)

[St Joseph's School Uniform](#)

## Secondhand Uniform Shop - New Opening Hours

Seconhand uniforms can be purchased from the school on:

Thursday: 2:30pm - 3:15pm and Friday: 8:30 - 9:00am

Payment can be emade via Qkr

## Term 4 Calendar Events Activites

[Term 4 Calendar Events and Activites](#)