



# Week 5 Term 1 2022

## Important Dates

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**Student Free Day**  
Friday 11 March

**Adelaide Cup Day**  
**Public Holiday**  
Monday 14 March

**Harmony Week**  
**commences**  
Tuesday 15 March

**First Eucharist**  
**Meeting**  
Tuesday 15 March

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## From the Principal

Dear Families,

### Learning from a Monk

In his great book, "Think Like a Monk", author Jay Shetty, suggests that if you want to become a master you should learn from the best. If you want to be a great basketballer, you should learn from Michael Jordan. If you wanted to learn about innovation, follow Elon Musk, and to become a master performer then learn from Beyonce. Shetty recommends that if you want to train your mind to find peace, calm

and purpose, Monks are the experts.

According to Shetty, Monks can withstand temptations, refrain from criticising, deal with pain and anxiety, quiet their ego and build lives that brim with purpose and meaning. For millennia, monks have believed that meditation and mindfulness are beneficial, that gratitude is good for you and that service makes you happier.

Shetty draws the comparison between the monk mindset and the monkey mindset. He argues that today we struggle with overthinking, procrastination and anxiety, as a result of engaging the monkey mind. The monkey mind switches aimlessly from thought to thought, challenge to challenge, without really solving anything.

<b>MONKEY MIND</b>	<b>MONK MIND</b>
Overwhelmed by multiples braches	Focused on the root of the issue
Complains, compares and criticizes	Compassionates, caring, collaborative
Overthinks and procrastinates	Analyses and articulates
Distracted by small things	Disciplined
Short-term gratification	Long-term gain
Demanding and entitled	Enthusiastic, determined and patient
Looks for pleasure	Looks for meaning
Looks for temporary fixes	Looks for genuine solutions

Our lives seem to be frantic, as well as challenging and demanding. Now might be the perfect time to work on the Monk mindset. If you aren't ready for the book (yet) then perhaps finding a quiet time each day to calm your mind and focus on your breathing can help you through the challenging times (we all have them). A good ritual for adults and children alike.

## Annual General Meeting (AGM)

A last reminder that the AGM will be held tonight, Thursday 3 March 2022, commencing at 7:00pm. Due to current indoor restrictions, the AGM is now being held online. If you are interested in being present (online), please advise Ingrid Douventzidis by 5:00pm today so an invitation link can be sent to you. Ingrid's email address: [Ingrid@stjopayn.catholic.edu.au](mailto:Ingrid@stjopayn.catholic.edu.au)

## Welcome to our university students

We have two UniSA students, Phoebe McGee and Shaira Tu-Ayon, at our school as part of their Social Work university placement. They will be here over the course of the first semester, providing support for children.

I also welcome Pellegrino (Pelle) Chiuchiolo to St Joseph's Payneham. Pelle is from Curtin University, and will soon be completing his teaching placement in the Year 6 classrooms.

## Parents and Friends, 2022

The Parents and Friends (P&F) are eager to have more members. There are no special skills or qualities required – just a willingness to share ideas and help-out from time to time.

It is not an onerous responsibility, rather an opportunity to join a group who share common goals that include: holding events for the children at St Joseph's Payneham; raise funds for the school; and create occasions for community bonding, all whilst having a bit of fun and building relationships with other parents/carers at our school.

There will be an informal gathering over a cup of coffee, just outside the school canteen, on Thursday 10 March after school drop-off (from 8:50am). This will be followed by a meeting (online) on Thursday 17 March at 7:00pm. If you are interested in joining, please email Ingrid Douventzidis with the subject line 'P&F' at: [Ingrid@stjopayn.catholic.edu.au](mailto:Ingrid@stjopayn.catholic.edu.au) An invitational link will be sent to those who wish to be present.

## Talking to trusted adults

Whilst we promote children being friendly and saying 'hello' to people, it is also important to remind children about only engaging in conversation with adults whom they trust. Teachers cover a unit as part of the Child Protection Curriculum, called 'talking to adults whom we trust'. I also strongly encourage you to have a talk with your son/daughter about this subject.

## Occasional Care, 'Piccolini' News

Occasional Care (or 'Piccolini') has re-commenced. Celesta Seal is facilitating the program this year. Piccolini will continue to operate on Wednesdays, Thursdays and Fridays, for children aged 3-4 years. The Education Standards Board has granted us additional sessions (if there is demand). This means we can offer morning (9am-12pm), as well as afternoon (12-3pm) time slots. Please contact Dora Cavuoto

## Student Counsellor, Andrea de Dezsery

Our school counsellor, Andrea de Dezsery, is at St Joseph's Payneham every Friday. If you believe your child requires student counselling support, please email Andrea (address below), or have a conversation with your child's teacher(s), who can communicate your concerns to Andrea. [AdeDezsery@stjopayn.catholic.edu.au](mailto:AdeDezsery@stjopayn.catholic.edu.au)

## Guidelines for Compliments, Concerns and Complaints

We are aware that there may come a time when a parent/carer has a genuine grievance regarding a school and/or class related matter. I believe the majority of grievances can be resolved after speaking to the person concerned.

Therefore, I strongly encourage parents/carers who may have a concern or question, that the first port of call should always be with the person/teacher/staff member who is directly involved in the matter. For example, all class related issues should be concentrated to the class teacher; OSHC issues should be focused to the OSHC staff; etc. A link to our 'Guidelines for Compliments, Concerns and Complaints' can be accessed here: [Parent Grievance Policy](#)

## Children's University, 2022

Children's University (CU) offers educational experiences for children aged between 7 and 14 years outside of school. There are strong connections with local educational and learning activity providers and an emphasis on experience as a significant learning tool; acknowledging the value of the range of different learning experiences and environments in which children engage.

Each child is issued with a Passport to Learning in which the hours of each validated activity are recorded. Once they have reached the required number of hours, children will graduate from the Children's University. Certificates are presented at a graduation ceremony.

If your child is interested in participating in Children's University this year, please contact our CU School Coordinator, Peta Yates at: [pyates@stjopayn.catholic.edu.au](mailto:pyates@stjopayn.catholic.edu.au) and if wanting further information please visit the CU website:

<https://www.adelaide.edu.au/childrensuniversity/>

## Supervision before and after school

Supervision in the yard commences at 8:30am. After school, any child who is not collected by 3:30pm, will be taken to OSHC. Also, a reminder that if your child is being collected early from school, they need to be signed-out at the Front Office.

### Supervision at After School Sports Training and Clinics

Any siblings of children attending after-school sports trainings or clinics, need to be supervised by a parent or a caregiver. If this is not possible, please ensure any children not directly involved in the after-school training or clinic are booked into OSHC. Thank you for your anticipated cooperation.

## Head injuries at school

Our school's current procedure for managing 'minor' student head injuries i.e., collision of heads, bumping into another object, etc., is for students to be assessed by a Senior First Aider in the Front Office. If students are identified to be well enough to continue their day at school, you will be telephoned to alert that a minor head injury has taken place.

## Student Free Day, Friday 11 March 2022

As has been promoted, on the above date, staff will be engaged in a whole day of Professional Learning (along with other Primary Catholic Schools in the Eastern Region), and therefore will be a Student Free Day. OSHC will be available from 7:30am until 6:00pm; just please ensure you book.

## Volunteering in 2022

In line with Catholic Education South Australia (CESA), to volunteer at St Joseph's Payneham in 2022, you need to have a current Catholic Police Clearance, which can be applied for through the School Office. If you hold a current Working with Children's Clearance (WWCC) this can be used to apply for your Catholic Police Clearance. Please provide a copy to the Front Office for processing.

In addition to the appropriate Police Clearance, all volunteers will need to either show or send their COVID Vaccination Certificate (indicating double vaccination) and complete the RRHAN (Responding to Risk of Harm, Abuse and Neglect for Volunteers) Course. Please go to the following link, login and complete the RRHAN training by clicking on Non-Department for Education Staff:

<https://www.plink.sa.edu.au>

Should you have any queries or wish to become a Registered Volunteer please contact the Front Office. Lastly, please note that parents/carers who visit the school, who are not volunteering, do not need to provide evidence of their vaccination status.

## COVID-19 Update

As highlighted previously, unfortunately, we will have children who will test positive to COVID-19. This may impact on the child's class mates and their Class Teacher (and ESOs). When we are notified that a child has tested positive, the families of the child's class will be notified (via our Skoolbag or Seesaw app). Obviously, staff may also test positive from their interaction within the school community, or may be exposed to family members who have tested positive (as has been the case with me this week). We will endeavour to engage the appropriate temporary staff for the period of the staff member's quarantine time.

A reminder, in line with SA Health, to keep ourselves and others safe, please:

- aim for a prompt drop-off and pick-up;
- do not congregate with others in the community;
- continue to have your child focus on good hygiene and hand washing;
- note that face masks are strongly encouraged for students in Years 3-6; and
- keep your child(ren) home when they are experiencing any COVID-19 symptoms and have your child tested, notifying us as soon as possible if your child does test positive for COVID-19.

## Isolating at home

At the moment, like all schools, we have children who are isolating at home (which will probably continue for some time). If your child is home, and not feeling well, the most important thing is that they focus on recovery.

Classroom teachers will endeavour to provide 'learning continuity', for those children who are isolating (either due to having COVID, or being a household contact). It is however important to note, that teachers are not providing online/remote learning. They are engaged in face-to-face teaching and learning with the students in their classroom.

I provide the following links (which have been set-up by Catholic Education SA and the Department for Education) for you to access and use, if required, during an isolation period.

<https://www.cesa.catholic.edu.au/learning-online/information-for-families>

<https://www.education.sa.gov.au/our-learning-sa>

## Best wishes to Vanessa Saccardo and Staff News

This is Vanessa Saccardo's last week for this year, as she and husband, Stef, prepare to welcome a baby into the world.

For the last two years, Vanessa has been our school's Leader of Learning, with a particular focus on developing Literacy and Numeracy, as well as Assessment + Moderation and intervention programs too. Vanessa has contributed significantly in this space and we will miss her. However, we are hoping that Vanessa will be back with us in the not-too-distant future. In the meantime, our best wishes to Vanessa and Stef.

Replacing Vanessa as Leader of Learning – Literacy, will be Sonia Tronnolone (0.2). Sonia will be out of the class on Fridays to undertake this important work. Nadia Plawecki will take 1T on Fridays.

The Leader of Learning – Numeracy, will be Natalie Caruso (0.2). Natalie is presently employed in a neighbouring Catholic school and has agreed to join us for the rest of this year. I welcome Natalie to our community. Natalie will be working at our school on Wednesdays.

## Congratulations

Lastly, I share with you recent 'baby news' and offer my congratulations to: - the Colalancia family (Nicodemo, RA), on the birth of a boy, John Jr.

**Wishing you well!**

**Simon Mechis**





## Shrove Tuesday and Ash Wednesday

All classes celebrated Shrove Tuesday by eating pancakes and participating in activities related to the beginning of Lent. Each class also had an Ash Wednesday Liturgy in the class on Wednesday to mark the beginning of Lent.

## Lent and Project Compassion

Ash Wednesday (this year) was yesterday; the commencement of the Lenten Season (the six weeks in the lead up to Easter) and culminates in the celebration of Christ's Resurrection. Lent is about the preparation for Easter, which includes prayers, fasting and penance over forty days. It is a time for personal reflection as we struggle with our bad habits and find new opportunities to turn back to God. Lent is a wonderful opportunity to spring clean our lives and start anew.

Many of us will connect Lent with Project Compassion and donate money to help with projects around the world which impact greatly on the lives of others. We also connect Lent with giving up something we enjoy, like chocolate. Making sacrifices is also an important part of Lent, we are called to come from a place of selfishness towards caring about and appreciating others and hopefully our lives will take on a meaning that is more about others than ourselves.

Project Compassion boxes can be found in each classroom at school this week as a part of the Lenten Program. You may wish to have your child place a gold coin in the Project Compassion box for Caritas Australia.

You are also able to visit the Caritas website to see some of the stories behind the project. <https://lent.caritas.org.au>

## Pope Francis declares Ash Wednesday a day of fasting and prayer for peace in Ukraine

Pope Francis made a heartfelt appeal for peace in Ukraine at his public audience in the Vatican on 23 February, as the situation continued to deteriorate between Russia and Ukraine. He appealed to the consciences of "those with political responsibility" and "all the parties involved" to "refrain from any action that would cause even more suffering to the people, destabilizing coexistence between

nations and bringing international law into disrepute.”

He also appealed “to everyone, believers and nonbelievers alike” to make 2 March – Ash Wednesday, “a day of prayer and fasting for peace.” He concluded with a prayer: “May the Queen of Peace preserve the world from the madness of war.”

[Please take some time to read his heartfelt prayer](#)

## Digital Technology Internet Safety Tips for Parents

(How to help your child be safe online)

If you're a parent and you're feeling lost when it comes to guiding your child with technology, you're not alone.

Many parents may feel like they don't have a reference point to navigate digital parenting dilemmas. Technology has changed the way we live, work, play, learn, and interact.

While schools can't be expected to have all the answers for parents, having an open dialogue about all aspects of digital citizenship is essential. Again, it's about having the same messages and support reinforced at both home and school. It's also about a simple willingness to work together to educate, prevent, and solve digital dramas as they arise.

Adults play an important role in helping students become safe, responsible, and productive digital citizens, but adults don't have to be experts.

[Click on the link to view Internet Safety Poster with 10 excellent tips for parents](#)

## SeeSaw - Keeping us all connected

Seesaw is continuing to provide a strong link with daily home and school learning experiences. This great digital tool provides the opportunity for personalised feedback to our students and parents and continues to be an important focus for our teachers and school with keeping us connected.

Being connected will allow us to achieve effective communication on many levels. Via Seesaw, we will post work samples of your child's work, newsletter links and may send reminders of classroom and/or school events.

Throughout the week, I regularly visit all classes on Seesaw and see the learning 'coming to life'. All of our families should be so proud of what their children are achieving. The work being uploaded is extremely impressive.

If you and other family members don't have a Seesaw connection as yet, please see your child's classroom teacher.

**Ingrid Douventzidis**

## Shrove Tuesday and Ash Wednesday











## School Fees

Thank you those families who had returned the completed '2022 Payment Option' for this year's school fee payments.

Direct debits commenced on 1<sup>st</sup> March 2022 or other date/s as confirmed.

This is a friendly reminder that the 1<sup>st</sup> instalment was due on **28<sup>th</sup> February 2022**, to avoid any late payment fee please ensure payment is made promptly, alternatively please contact me to discuss alternate payment arrangements.

Thank you for your assistance and, as always, if you have any queries or concerns, please don't hesitate to contact Mrs Helen Crosato on 8206 5103 or via email [hcrosato@stjopayn.catholic.edu.au](mailto:hcrosato@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!

**Book weekly \$5 per family**

**In the Early Learning /Preschool Area: signs will direct you to:**

**Playgroup is :**

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 - \$5 per family/session - bookings must be made each week via Qkr App.**
- sign -in, wear a mask and respect social distancing

**Piccolini (Occasional Care) is:**

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)
- sign in each time in the Preschool Play Piazza
- The Coordinator is Celesta Seal
- \$25 per session paid via QKR App - **bookings must be made each week via Qkr App**
- 6 sessions available (choose as many sessions as you like)

**Remember:**

- **Scan** school QR code as you enter
- Piccolini places open up 24 hours ahead of each session
- Playgroup places open up a week ahead



- Adults wear masks at all times
- **Book session via** App weekly
- Socially distance from others

[2022 Piccolini Enrolment Form](#)

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

[Qkr Instruction Guide](#)

## Community News

**Choosing a School for Year 7**

[CBC Open Evening Flyer](#)

[Kildare College Tour Flyer](#)

## Library News - Puzzle Time



The Library can be a haven for children who are interested in more quiet activities.

These boys worked together as a team, where their focus helped them to complete the puzzle in a short time. Well done boys!

## 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.

[2022 Canteen Price List T1 & T4 \(summer\)](#)

## Uniform Shop



## 2022 Term 1 Calendar of Events

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## 2022 School Term Dates

Term 1: 31 January to 14 April 2022

Term 2: 2 May to 8 July 2022

Term 3: 25 July to 30 September 2022

Term 4: 17 October to 16 December 2022

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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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