



## Important Dates

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**St Joseph's Day**  
Saturday 19 March

**Sacramental and  
Eucharist Parent  
Meeting**  
Wednesday 30 March

**Sacramental and  
Eucharist Parent  
Meeting**  
Wednesday 6 April

**Palm Sunday**  
Sunday 10 April

**End of Term 1 -  
School Holidays  
commence**  
Thursday 14 April

## From the Principal



Dear Families,

### Ukraine and floods in Eastern Australia

As we continue the season of Lent we keep the people of Ukraine, as well as our neighbours in Queensland and NSW, who have been ravaged by floods, in our hearts. Project Compassion (which occurs every Lent, to support those most vulnerable) is a major fundraiser for Caritas Australia, the international aid agency of the Catholic Church, and also a partner agency with Caritas Ukraine.

### Can you learn optimism?

I recently shared this piece with staff and thought it would be worthwhile to include for you too.

We are certainly experiencing challenging times. Being optimistic that we will successfully get through such time is more helpful and productive than doom and gloom. However, as we know, some people are more positive than others. Nelson Mandela says he didn't know if his own optimism was due to nurture or nature.

In the book *'Deliberate Optimism – Reclaiming the Joy in Education'*, the authors argue that optimism can be learned, developed and maintained. They aren't talking about blind, *Pollyanna* ignorance that everything is wonderful, but a positive outlook that things will get better and ultimately will be okay. They quote the key to success in developing optimism is Chinese philosopher Lao Tsu's saying, *"Thoughts lead to actions, actions lead to habits, habits lead to character, and character changes destiny."*

Psychologist and author, Dr Martin Seligman, believes humans can learn to be optimistic by unlearning non-productive thought patterns. He believes that to lead an optimistic life, you have to learn to argue with yourself in a non-negative way. He originated the ABC method.

**Adversity** – You are confronted with a challenge or difficult situation. Often, this is a decision that is made and you don't agree with it.

**Belief** – Your default thinking or belief is that the decision was made to penalise you. Our interpretation of why the decision maker made this decision is very important and has a huge impact on how we respond. If we believe the intent behind the decision lacked

consideration for us personally or was deliberately intended to harm us, then we are primed for revenge.

Consequences – The impact of your beliefs. You are hurt and upset and would like to get revenge on the person who made the decision. You decide that you will let everyone know how unhappy and disappointed you are. Defaulting to the ‘them’ and ‘us’ mentality is sometimes an automatic reaction. To develop optimism, Seligman advocates adding ‘D and E’ to the method.

Disputation – Our inner dialogue, where we argue with our thoughts, is a key practice for building optimism. We need to dispute our beliefs and be aware of how different perspectives change the consequences. Seligman says there are four ways you can dispute your beliefs more effectively.

*Evidence* – “What’s the evidence you have for and against the belief

*Alternatives* – “Is there another way to look at the adversity?”

*Implications* – “What’s the impact? Am I making a mountain out of a molehill?”

*Usefulness* – “Is this a good time for me to be thinking about this problem?”

If now is not the time, then either do something physically distracting, schedule another time to think things over or write down the negative thoughts and deal with them later. Disputing your negative thoughts might help you change your perception and how you respond to the adversity you are facing.

Energisation – Seligman highlights that when we dispute our negative thinking and replace it with reasoning that is reflective and grounded in beliefs about our best selves, we can change defeat and depression into hope and energy.

Whilst you might be thinking, “Well, it’s easy to list those steps, but can we really control our thoughts?” Yes, we can learn to control our thoughts. It’s not easy or even simple, but with practice it is a skill that one can develop and can have a positive impact on our life.

## St Joseph’s Day and Harmony Day, 2022

The feast of St Joseph is this Saturday 19 March. As a school we will celebrate this occasion on Friday. Typically, we would gather for a whole school Mass, but as you are aware, this is not permitted at this time. Instead, there will be liturgies in classrooms.

Additionally, Harmony Day is also fast approaching (21 March). Harmony Day celebrates Australian multiculturalism, based on the successful integration of migrants into our community. It is also about inclusiveness, respect and belonging for all Australians, regardless of cultural or linguistic background, united by a set of core Australian values. Orange is the traditional colour to recognise Harmony Day.

Therefore, to acknowledge both the feast of St Joseph and Harmony Day, this Friday 18 March will be a Casual Clothes Day – promoting a splash of orange to be worn. There will also be extended play time for recess and zooper doopers will be distributed to children during lunch time.

## Year 6 Student Leaders and SRC, 2022

I congratulate all the Year 6s on their student leadership positions for 2022. All our Year 6s have a leadership role within the school, with an aim to provide authentic student leadership opportunities. There are a variety of positions for the Year 6 cohort, including: SRC Executive; Social Justice Leaders; Library Leaders; Health and Wellbeing Leaders; STEM Leaders; Canteen Leaders; Student Newsletter Editors; Assembly Leaders; Sport Captains; School Tour Guides; Italian Leaders; Yard Leaders; Performing Arts Leaders; Futsal Leaders; and Road Crossing Monitors.

I also make mention of the newly elected students from Reception to Year 5 on being chosen as part of the Student Representative Council (SRC). There will be a new student chosen from each class for Semester Two. The SRC meet with Ingrid Douventzidis and Michael Musolino, whilst the SRC Executive meet with myself.

## School Board, 2022

At the Annual General Meeting (AGM) on the 3rd March, the School Board for 2022 was elected. I thank all those who have nominated (or re-nominated), as well as those members continuing; for their willingness to be involved in not only Board meetings, but also the discussions and decision making for the future of our school.

I present to you the School Board for 2022:

President:	Father Michael Romeo
Principal:	Simon Mechis
Deputy Principal:	Ingrid Douventzidis
Chairperson:	John Flynn
Treasurer:	Peter O’Loughlin
Deputy Chairperson:	Daniel LaBella



Secretary: Michelle Page  
Staff Representative: Bernardette Robinson  
P&F Representative: TBC  
Members: Luna Gaoni  
Domenic Gullifa  
Nadia Plawecki  
David Uglesic  
Ernie Icolaro  
Aly Giannitto

## Parents and Friends, 2022

A last reminder that tonight, Thursday 17 March at 7:00pm, there will be a P&F Meeting, online. 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 you.

No special skills or qualities are required to be part of the P&F – just a desire to share ideas and assist from time to time. Thank you for your consideration.

## Parking, road safety, driver etiquette and being friendly to our neighbours

School drop-off and pick-up times are busy for everyone. The endeavour is for this to happen in a safe and courteous manner. Please demonstrate consideration and patience, as well as travelling slowly around the school, especially where marked (no faster than 25 km/h).

If not using 'kiss and drop/collect' on Marian Road, you may want to find a car park a little further away from the school; where you will not only discover that it is easier to locate a parking space, but also opportunity for some exercise with your child, and an extra chance to 'connect', as you walk your child to and from school. You could even plan to meet with another family at a designated point (for example at Payneham Oval), and then walk the 5 or 10 minutes to school.

Additionally, please be considerate of our neighbours, which includes not parking or standing with your vehicle in their driveways. Lastly, please ensure your child(ren) are keeping out of residents' gardens.

## COVID-19 Update

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

As mentioned in the previous Parent Newsletter, at the moment, like all schools, we have children who are isolating at home (which may 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 also 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/>

**Wishing you well!**

**Simon Mechis**



## Feast of St Joseph

This Friday 18th March we celebrate the Feast of St Joseph, our patron saint, with a class liturgy. St Joseph was a great role model for us all. He struggled with what God asked him to do: take Mary as his wife and care for her unborn child, the Son of God. Joseph showed courage by putting his trust in God and being faithful to his mission. Joseph was with Mary at the birth of Jesus, he took Mary and the baby Jesus to Egypt for protection from King Herod. He was with Mary and Jesus travelling to Jerusalem for the census, but we know little else about him except that he was a carpenter, an ordinary worker, an ordinary man asked to be extraordinary. Joseph's humility and care for his family inspired St Mary MacKillop to take him as the patron for the Sisters of St Joseph. "Go to Joseph" was her answer whenever they encountered an obstacle in their work and he continues to give them and everyone the inspiration they need!

To further celebrate this day of Solemnity the children can dress in casual clothes (promoting a splash of orange for Harmony Day) and all will be given a izoooper dooper. *Happy St Joseph's Day to all!*

## Praying this Lent

Like you all, I am sure you have been saddened by the horrific circumstances unfolding in the Ukraine and the flood devastation faced back home in the Eastern states. It is difficult to comprehend what these families are going through and a feeling of helplessness comes to the fore. Pope Francis, on Ash Wednesday declared a day of Prayer and Fasting for Ukraine. Furthermore, as part of the universal Church we can support by continuing to pray for peace in the region, by constantly being informed about the situation and finally, by supporting the works of Caritas who are providing significant humanitarian aid.

Prayer, the lifeline of our faith, must continue to be one way we offer our intentions and care to all those who are suffering. I share below a prayer for the people of Ukraine.

### ***Prayer for Ukraine***

*Gracious God, we pray for the people of Ukraine suffering from war,*

*May they be held in your loving care and protection and given the strength to endure their suffering and hardship.*

*Transform the hearts and minds of those who perpetrate the violence and oppression.*

*Grant wisdom to world leaders in advancing efforts toward peace; may they not be compromised by self-interest and blind indifference.*

*May the world unite and encourage peace so that no more suffering is endured.*

*We ask all of this in the name of your Son Jesus, and the Holy Spirit, now and forever.*

*Amen.*

## Project Compassion

The theme this year for Project Compassion is: *For All Future Generations*. Our students have or will watch a video presentation, which helps explain where the monies and support for Caritas goes. Below I share with you an excerpt from Biru, from India, whose story is the focus for the second week of Lent.

*Biru lives in a rural village in India's east. He lost mobility in one of his legs, after contracting polio as a child. Biru worked as a shepherd, looking after other people's cattle, to support his wife and four daughters. Keeping up with the cattle was a challenge.*

*Biru taught himself how to repair bicycles by watching other people, but he never dreamed of using those skills to start his own business.*

*With your generous support, Biru was able to access an entrepreneurship and livelihoods training program, run by Caritas Australia's partner, Caritas India. He gained the support and skills he needed to start his own bicycle repair business. Now, Biru earns enough money to support his family.*

Watch a short film about Biru's story [here](#).

Please support Project Compassion: [lent.caritas.org.au](http://lent.caritas.org.au)

Together, we can help vulnerable communities face their challenges today and build a better tomorrow For All Future Generations. You can donate through Project Compassion donation boxes at home or in classrooms or by visiting [lent.caritas.org.au](http://lent.caritas.org.au)

## Sacramental Program: Confirmation and First Communion

As yet our Parent Information Evening for the Sacraments of Confirmation and First Communion have not commenced due to COVID restrictions on gathering. In discussion with Father Michael we have set some new Communion and Confirmation Parent Meetings times:

Wednesday 30 March 6:00pm -7:00pm

Wednesday 6 April 6:00pm -7:00pm

Wednesday 4 May 6:00pm -7:00pm

Wednesday 11 May 6:00pm -7:00pm

**On Sunday 20th March at 11.00am** we ask each family attend Mass where they will be presented with a Parish Passport. The Passport will need to be presented at subsequent Sunday Masses of the family's choosing. A holy card will be received at each Sunday Mass until Confirmation and a follow up Sunday on Pentecost.

Candidates can start learning their prayers ASAP.

The following Communion e-book will be used with your child at each Parent Meeting and in the school.

Blessed - COMMUNION

[Download Blessed\\_FirstCommunion\\_Workbook.pdf](#)

Online lessons have also been developed to support parents until we meet on Wednesday 30th March.

<https://www.stjopayn.catholic.edu.au/learning/religious-education/sacramental-program>

**Dates for celebration are:**

**Confirmation: Tuesday 17th & Thursday 19th May - 7pm**

**Communion: Saturday 21st & 28th May 1:30pm**

We pray for all our young people embarking on their sacramental journey at Our Lady Queen of Peace Parish.

Southern Cross

The March edition of the Southern Cross can be found here: <https://thesoutherncross.org.au>

**Ingrid Douventzidis**



[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.**
- sign -in, wear a mask and respect social distancing

### Piccolini (Occasional Care)





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) (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/ou register at Preschool entrance
- Adults must wear masks at all times
- 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 Come and Try Day](#)

[Come 'n' Try MacKillop Day](#)

## Year 6 Leaders 2022

The Year 6 Leaders of St Joseph's School Payneham participated in a Year 6 Leadership Day on Friday of Week 5. The Day began with an early breakfast consisting of individual breakfast boxes made by Mr Mastrangelo and Mrs Parrella, a reflective liturgy run by Father Michael Romeo and an engaging team building and leadership session run by Scouts SA.

As the day progressed, excitement began to build as students were going to find out their Leadership Roles for 2022. How lucky we were that Mr Mechis and students who were unable to attend our Leadership day, joined us via teams to hear the announcements!

A Leadership workshop with activities to encourage positive leadership, teamwork and qualities of a great leader was conducted by the Year 6 teachers.

All Year 6 students now have a leadership role which encourages them to take responsibility for a particular focus in our school community. We look forward to the bright ideas and change that each Year 6 Leader will bring to their roles as they develop their leadership qualities throughout the year.

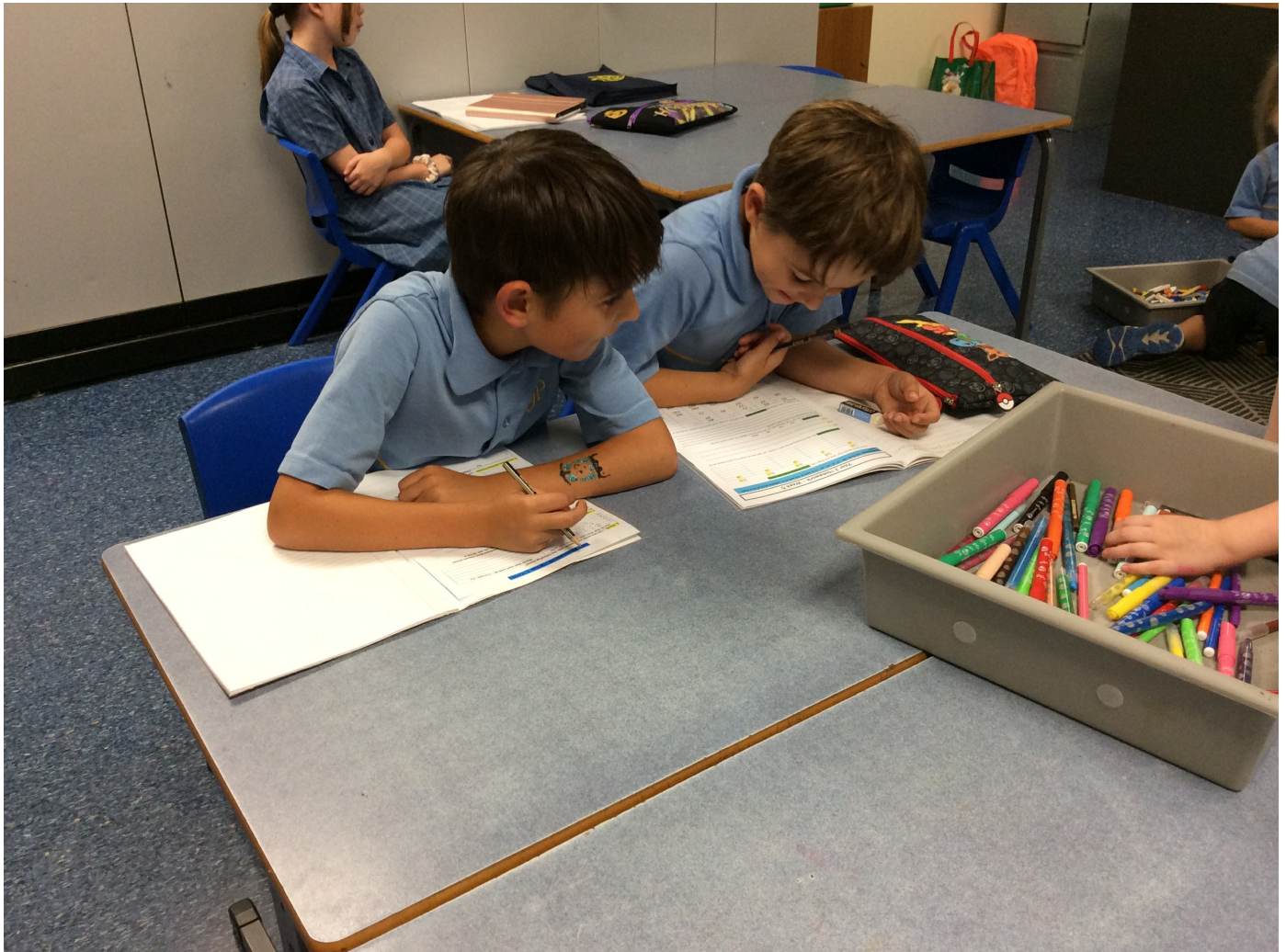








## OSHC and Vacation Care



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](#)

[April 2022 Vacation Care Info Booking and Consent Program](#)

## 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

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

[Devon Clothing New Webstore](#)

[St Joseph's School Uniform](#)

## 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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