



Important Dates

Twilight Christmas Concert
Thursday 25 November

2022 Reception Orientation Visit
Friday 26 November

Swimming Week Commences
Monday 29 November

Preschool Graduation
Wednesday 1 December

Year 6 Retreat Day
Friday 3 December

Year 6 Excursion
Monday 6 December

Year 6 Graduation Liturgy
Tuesday 7 December

End of Year Mass
Wednesday 8 December

Year 6 Graduation Dinner
Wednesday 8 December

Casual Clothes Day supporting Vinnies
Thursday 9 December

End of Term 4 - School Holidays
Thursday 9 December

Student Free Day
Friday 10 December

From the Principal

Helping Children Face Their Fears

I have previously mentioned Dr Justin Coulson – a child-rearing and family author (and also recently appearing on a parenting TV show). I recently came across an article by Dr Coulson regarding helping children face their fears. I provide the highlights of the piece for you, as I think there are key learnings for our children, as well as ourselves.

Doubt and fear seem to be intrinsically woven into the hearts of some children. Their worries and anxieties can cause them to shrink, or avoid. Sometimes, as parents, we don't recognise that fear responses are normal, healthy, and to be expected. Other children harbour some uncertainty and respond fearfully at times. Few children are fearless.

For our young children, fears can revolve around thunderstorms, monsters under the bed, dogs, and the dark. For older children it could be fear of people or crowds, going on school camp, or it could be the ocean or the big scary roller-coaster at the theme park. The questions at play: How do we respond to children's worries and fears? How do we help our children to 'get over' such fears?

With the best intentions, sometimes parents accidentally attempt to assist in less helpful ways. Some try a sink or swim, 'toughen up' approach. For example, if your child is afraid of the dark, it's saying 'there's nothing under the bed!' as we shut off the lights and walk away. Others might be encouraging, but dismissive, 'you'll be right'.

At times we become autobiographical; 'I use to be scared, but I pushed through, and look, I'm not afraid; you have nothing to worry about.' Or we command them to do it how we do it now. However, this communication is somewhat dismissive.

At times we might even be disapproving. We threaten, 'if you keep it up, I'll make you do it.' We threaten punishments and we vent, 'I'm sick of this; it's been going on and on and you just don't seem to get over it.' Our lectures ('I've told you again and again') and our judgment, undermine our relationship and our child's ability to overcome their fears too.

Now and then, some parents – again, well-intentioned, unwittingly push their children over the edge in an effort to show them their fear is irrational and unwarranted, and to teach them to be resilient.

However, forcing children towards those fears, even to show them there's 'nothing to be afraid of' just doesn't work. Force creates resistance. Here's some tips, on what Dr Coulson advises we should do instead.

Take it slow: There was a video of a dad pushing his son over the edge of a skate ramp. It didn't end well. His intentions were good, as he was trying to teach his son that there was nothing to be afraid; but he was literally pushing his son over the edge.

Instead, take it slow. Gradual exposure while moving at the child's pace is best. When anyone is placed in a situation where they're afraid, their fight or flight response is triggered. The level of anxiety from that response will be more or less depending on how imminent the fear trigger is at that time.

So, if your child is afraid of going to swimming lessons, don't force them into the pool. Try being in the pool with them. Take it slow. Help them get use to the environment, the teacher, the water, and the structures. Your child's anxiety will go down as the body learns to put the brakes on the fight or flight response.

Allow children the opportunity to express their fear without recrimination: Sometimes our children are afraid of the ridiculous, or things that we see as ridiculous. The long and the short of it is, that it's not up to us. If they're afraid of something, honour that. Never punish your child because they backed away from an encounter or won't face something because they are scared.

Now is the time to get curious, not furious. We need to explore what has triggered the fear and try to understand, rather than reprimand. Remember, your child is not being difficult or defiant. Your child is simply overwhelmed and needs your support to get through the anxiety.

Allow your child to choose to walk away: Always allow your child a way out if they are afraid. Never force them to do something where they are afraid. Rather than 'exposing' them so they become less afraid (as many hope), force will lead to resistance. Your child will probably become less willing to give it a try the next time if they were forced previously.

Encourage bravery: Though we don't want to force our children into doing anything, it's great to encourage bravery. Sometimes in life we need to be courageous and face situations that aren't easy. Teaching them to face struggles will give them the best chance at long-term happiness.

Remind your child that being brave doesn't mean not being scared. It means being scared, but doing it anyway. When your child is ready to face his/her fear, be a great cheerleader. Tell them, 'I know you can do it!' However, always make it clear that you won't pressure them into doing anything they aren't ready to do.

And talk, often, about doing hard things. Ask them, each night at the dinner table, what they did today that was hard, or scary, or required courage.

Empathy rules: Sometimes we won't understand why our children are afraid. But those fears are very real to the child experiencing them. Minimising those fears is not helpful for the child. Instead, say 'I see that you're scared; that's okay, I get scared sometimes, too.'

Validating your children's fears, assists them to feel less alone in the experience and goes much further to helping them keep those fears

in perspective.

Marketing and School Logo

The school marketing team, in consultation with the School Board, has been considering and working on some rebranding for St Joseph's Payneham, including discernment for a new school logo.

Early in Term Three, you were asked for your thoughts on the proposal for a new school logo. Staff was also given this opportunity, as well as input from the Student Representative Council (SRC). Thank you for your feedback.



The overall preference was to change to a new logo. This has since been endorsed by the School Board and the logo submission has also been approved by the South Australian Commission for Catholic Schools (SACCS). You will start to see a gradual introduction of this new logo (below) appearing across the school, commencing in digital form, letterheads, flyers, brochures, etc.

Second Semester Reports – distributed Monday 6 December

The Student Reports emphasise the learning that students have demonstrated this semester and aim to give you (parents/carers) in conjunction with Semester One, a clearer description of a student's educational progress this year. The reports are also designed to provide a picture of your child's progress across all learning areas, as well as highlighting the level of effort, behaviour and social/emotional development.

Learning and teaching take place throughout the year and so does the assessment of the learning. As per usual, I am encouraging you to look at the 'effort' section before taking a look at the grades. It is important to look at reports as a measure of your child's own individual learning journey, and not as a comparison to one another, or their friends' development.

Families can use the report to celebrate successes and identify ways to support your child. A student's report is only one of many ways that schools keep families informed about student progress. I trust all families are aware that if you have questions about what your child's learning, or how to help your child learn at home, you can come to school and discuss this with your child's teacher.

Sports Day thanks

Despite the uncertainty of the weather, in the end we were fortunate, as it only rained for a few minutes mid-morning. Subsequently, Sports Day on Friday 12 November, was a success. Thank you for your attendance and support.

I do especially acknowledge: the children's effort and enthusiasm; our parent volunteers who gave out ribbons; staff who ensured the events ran effectively; those who assisted with the setting and packing up of equipment; the school COVID Marshalls; the scorers; First Aid officers; the P&F for setting up the fruit stall for the children; and the generosity of Tony and Mark's for supplying the fruit.

Lastly, I extend my thanks to Mr Michael Musolino, for the planning, organisation and work in the lead up to Sports Day – it's a big undertaking and I congratulate Michael on a successful school-wide event.

Consideration for our neighbours

Please be respectful of our neighbours, which includes not parking or standing with your vehicle in their driveways. Further, kindly ensure your child is keeping out of residents' gardens. Thank you.

Rest in Peace

Condolences to the Barbaro and Spatharos families, on the recent passing of their respective cousin and nephew, Stefan.

Sympathies are also extended to the Panozzo family, on the recent passing of their respective brother and uncle, Anthony.

End of Year Christmas Concert

A final reminder about the End of Year Concert happening tonight, Thursday 25 November, commencing at 6:30pm, on the school grounds. This is for all Preschool to Year 6 children and families. We are strongly encouraging all to be present. I am looking forward to seeing you.

Conclusion of Term Four

Whilst there will be one more Parent Newsletter for this year; early notice that Term Four concludes on Thursday 9 December at 3:00pm (the final day for our Year 6 students is Wednesday 8 December). Thursday the 9th will also be a Casual Clothes Day.

Wishing you well!

Simon Mechis

From the Deputy Principal/APRIM

Why celebrate Advent in our School?

Starting this Sunday, we will be celebrating the Liturgical Season of Advent. The students and staff have been preparing ourselves for the coming of Christ at Christmas. The Season of Advent offers us each year, an opportunity to seek God in our lives among the noise and activity of the world around us.

Advent is a time where we re-sow the seeds of faith and hope.

The four weeks of Advent allow us time to ponder how Jesus came into this world in such a stunningly humble way. As we contemplate His birth in a bed of straw in a messy stable, perhaps, we see our own life as being a little messy too.

Our life is often distracted, a little self-centred and sometimes leaves us wishing we were better people. If we can slow down and refocus our attention, we might realise that God is there, waiting to love us even though we often have so many unfulfilled good intentions and so many unfulfilled wishes about our own spirituality.

Advent Prayer

Let us pray

O God, open our hearts to prepare the way for the coming of Christ.

Guide us in your ways of compassion so that we may extend your love and mercy to all people.

Amen



Southern Cross

The current edition of the Catholic newspaper put out by the Archdiocese called, 'The Southern Cross,' is available at www.thesoutherncross.org.au

Vinnies Christmas Appeal

Christmas is about family, but the reality for many Australian families is that they can't provide a meal for their families or even a roof over their children's heads. Over 3 million Australians live below the poverty line, which includes 731,000 children. That means 8% of the population cannot afford basic necessities and 15% of children live in poverty. But your support can make a difference.

In support of Vinnies' Christmas Appeal, we are asking for your help. We will be collecting new unwrapped gifts or some non-perishable food to ensure all South Australians can enjoy this special time of year.

The reality is that without the support of the community, Vinnies would not be able to assist families and individuals who turn to them during Christmas. The truth is that we need to help out, dig deep and make a donation to the Vinnies Christmas Appeal.

Donated gifts will be distributed by Vinnies volunteers to ensure every child in need will experience the joy of having a gift under their Christmas tree and food on their tables this year. As important as it is for the child to experience the joy of receiving a gift at Christmas, this act also affords parents dignity. To be able to provide your child with a gift at Christmas is something every parent hopes they can do. We will have a casual clothes day in **Week 9 Thursday 9 December** – we ask for a donation of either food or a gift.

Remembrance Day

Last week our whole school gathered on Thursday 11 November to pause and remember the sacrifice of all servicemen and women who have served their country in war and conflict. Our ceremony led by the Year 5 and 6 students featured prayers, the Ode of Remembrance, playing of the Last Post and observing one minute silence to honour all those who have fallen, served and continue to serve to protect our freedom. We prayed for all those around the world that are still affected by war and hope for peaceful resolutions for countries still in crisis. A wreath, with poppies was laid, as a mark of remembrance.

The SRC Executive attended the Remembrance ceremony at the Payneham Civic Centre with Simon Mechis.

Swimming Program 2021

Our annual Swimming Program will commence next week (Monday 29 November – Thursday 2 December) at the ARC Swimming Centre for students in Reception to Year 5. Please ensure that your child comes to school ready each day for their session. Refer to the note which was distributed previously for all details. Finally, ensure the consent forms and medical details have been returned to your child's class teacher by this week if you have not done so already. A reminder, that we are encouraging children to bring their own lunch and recess and not to order lunches from the canteen.

This is a fantastic opportunity for students to learn a few water safety techniques whilst having lots of fun in the water.

Ingrid Douventzidis

School Board

[Term 4 School Board Meeting Staff Comments](#)

Maths Olympiad 2021



The 25 members of the St Joseph's Maths Olympiad Team were presented with their medals, badges and certificates on Thursday 18th November.

Highest Score

Zai (Yr 6)

Top 10%

Zai (Yr 6)

Top 25% Achievers

Luca F (Yr 6)

Special Achievement Awards

Alex D (Yr 5)

Congratulations to all the other students who participated. Each student is to be commended for their participation and persistence.

Premier's Reading Challenge

Congratulations to the 206 students from Reception to Year 6 who showed their love of reading by completing the Premier's Reading

Challenge this year.

They took part with 129,100 students in South Australia this year.

The students received their certificates and medals on Thursday 18th November.

P&F News



St Joseph's Payneham

Christmas **RAFFLE**

Thank You for supporting St Joseph's School Payneham

Lady Burra	BlomBlom Studio
Mercato	Telstra Mt Barker
St Morris F45	Coffex
Dulwich Bakery	Giftables
Johnny Biscuit	Ignition For Men
The Cannoli Box Co.	Built Surfaces
Continental Taralli	Sfizio Cucina e Caffè
Anthony's Cucina	Blowout
Mitre 10	Bold Spaces
Zohair	CityWest Print
FRP Capital	The Infant Boutique
Oh So Sugared!	Northside Locksmiths

We would like to say a big Thank You to the following businesses for supporting our 2021 Christmas Raffle. Without the support from local businesses and our community we wouldn't be able to put on our events and support our school.

Thank You - Lady Burra, Mercato, St Morris F45, Dulwich Bakery, Johnny Biscuit, The Cannoli Box Co., Continental Taralli, Anthony's Cucina, Mitre 10, Zohair, FRP Capital, Oh So Sugared!

BlomBlom Studio, Telstra Mt Barker, Coffex, Giftables, Ignition For Men, Built Surfaces, Sfizio Cucina e Caffè, Blowout, Bold Spaces, CityWest Print, The Infant Boutique, Northside Locksmiths

[P&F Nomination Form 2022](#)

Sports Day

Well done and thank you to the St. Joseph's Payneham community for their efforts and support at our annual Sports Day, held at SA Athletic Stadium on Friday 12th November. It was fantastic to see the energy and enthusiasm from our students while they were competing in various track and field events and getting loud and proud with their 'Cheers' in the grandstand.

Special thanks to:

- All of our students, including our Sport Captains, for the enthusiasm they showed at Sports Day and leading up to the day.
- All staff for their efforts in supervising, leading and supporting our students throughout the day and leading up to the day.
- Those staff members for their assistance with setting up early in the morning, support with coordinating events throughout the day and packing up in the afternoon.
- Our scorers, first aid supervisors, COVID Marshalls, music coordinator and photographer.
- Our parent and older sibling volunteers for handing out ribbons and supporting at Station Events.
- Our P&F Committee members for organising the fruit and water and working at the Fruit Stand.
- Tony & Marks for supplying our school students with fruit for the day.
- The SEDA College and Mary MacKillop College students who supported our students throughout the day at various events.
- Our Year 5/6 classes for pinning the ribbons prior to the event.

Community events such as this one take a real team effort and everyone's support was greatly appreciated.

Congratulations to all of our teams, in particular the Yellow Team (St Joseph), who won the Sports Day Shield and Spirit Cup for 2021.

Michael Musolino

Sports Day







Preschool Sports Day





Did you know...

Reconstituted fruit juices do not offer the high nutritional qualities of their freshly squeezed counterparts.

The heating process it undergoes destroys most, if not all the essential nutrients and enzymes found in the fruit of origin. There are often chemical additives to prolong its shelf life and to compensate for the nutrients lost during the evaporation process.

If you would like your children to reap all the health benefits of fruit juice, you are better off squeezing it out yourself or looking for juices in the supermarket that are 100% fruit juice on the ingredients list.

Community News



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

Thursday 25th November at 6:30pm

[Christmas Concert Letter 2021](#)

[Christmas Concert Night Parent Flyer](#)

[NPSP Reality Christmas Campaign](#)

[Payneham Swimming Club 2021](#)

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>



[Enrolment Information website](#)

Playgroup and Occasional Care Programs



Piccolini Occasional Care Program

Playgroup Program

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 2022 Vacation Care Form](#)

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



Netta 2

12/11/21

Score: Walkerville (7) d SJP (4)

Coach: Sandra Kaplan

19/11/21

Score: SJP (5) d SJ Memorial (4)

Coach: Sandra Kaplan

Improving teamwork from all team members, well done girls!

Netta 5

30/10/21

Score: SJ Tranmere (7) d SJP (2)

Coach: Mary Wood

Girls played an excellent game it wasn't our game to win. Keep up the good team work.

Year 2/3 Kanga Cricket

20/11/21

Score: SJP Kanga (124) d SJ Memoiral Gold (62)

Coach: Carla Tronnolone

The team took 13 wickets and their bowling, fielding, batting and team work was excellent. The team has played so well all season, improving every match. Well done on such a great result last weekend.

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](#)

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

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