



## Important Dates

**Yr. 6 Excursion The Beachhouse**  
 Tuesday 6 December

**Reconciliation 3:30 - 5:30pm**  
 Tuesday 6 December

**Preschool Graduation - 5:45pm**  
 Wednesday 7 December

**End of Year Mass - 9:15am**  
 Friday 9 December

**Yr.6 Retreat Day**  
 Monday 12 December

**Canteen Special Food Day - Sausage Sizzle**  
 Tuesday 13 December

**Last day for Yr.6 students**  
 Tuesday 13 December

**Yr. 6's Graduation Mass/Liturgy - 7pm**  
 Tuesday 13 December

**Yr. 6 Graduation Dinner - 6:30pm**  
 Wednesday 14 December

**End of Term 4 -**

## From the Principal

Dear Families,

### Ideas to assist your child/ren in difficult times

Continuing on from the last Parent Newsletter, where the focus was on ways to help you through tough, exhausting, and stressful times. In today's piece, I provide some helpful ways to guide your child/ren through challenging and confusing times, again stemming from families and parenting author Dr Justin Coulson.

#### Tool #1: Minimise Triggers

It's almost a given that your child/ren will struggle when they're hungry, angry, lonely, tired, or stressed. Be aware that these triggers exist and reduce their exposure to them.

#### Tool #2: Encourage Healthy Breaks

Your child/ren are designed to be happiest when they are active and playing. Facilitate lots of play for them, and when they're on screens or doing schoolwork, make sure play opportunities are a regular feature of their schedule. Open-ended activities, particularly those with a little bit of age-appropriate risk, are ideal.

#### Tool #3: Give Voice to Feelings

Knowing that somebody understands goes surprisingly far in helping make stressful or challenging situations bearable. 'Feel' with your child/ren and give voice to their feelings. You might say, "You must be struggling so much. You must see how stressed I am and that's no fun for you. I can't make it alright... but I understand that it's hard for you." When you do this, your child/ren won't feel alone. Additionally, remember, an emotion is like a train going through a mountain tunnel. It will pass through to the other side if you allow this to occur. There's no need to plunge your hand deep down through the mountain and rip that train out of the top. You'll only make a big mess. Give it time.

#### Tool #4: Pre-arm your Child

If you know something challenging is coming, talk to your child/ren about it. If you have a child around the age of 9 and the war is going to be in their awareness, you could say:

"There's been something horrible on the news and I want to tell you about it. Over the next little while you're going to hear stories about invasions, guns, and even some killing. War is a really awful thing. I want you to know it's happening, and to talk to me about any questions you have."

Pre-arming your child/ren, when done discerningly, and with a focus on your child/ren's healthy and age-appropriate development, can make them resilient. When you tell them everything that's going to happen, what they'll see, where things will be, how things will work, and so on, they are less likely to be shaken when it occurs. Further, you've done it in an emotionally safe and supportive space.

#### Tool #5: Encourage Mindfulness

There is plenty of evidence that mindfulness can work for some people in the right context, and it should be a considered tool to be used. Here are two simple mindfulness exercises that can work wonders with children:

1. Deep Breaths: So simple, but concentrating on deep breaths really does centre and balance us. Breathe in for 5 seconds, hold for 3 seconds, and breathe out for 5 seconds. Repeat 3 times. Feel the difference.
2. Countdown to Calm: This activity involves all 5 senses. Your child/ren sits with you and identifies 5 things they can see, 4 things they can feel/touch, 3 things they can hear, 2 things they can smell, and 1 thing they can taste. It doesn't matter if they can't get all the answers. It's about being present. Identifying our senses does that.

#### Tool #6: Visualisation

Encourage your child/ren to picture themselves on a grassy knoll beside a river, sitting beneath a big tree in the sunshine. A leaf falls from the tree and drops into the river. It slowly floats past your child, through the rocks, around the bend, and out of sight. The leaf is like our thoughts. They come and go. We simply accept them, and sit and watch them float by with mild detachment. In this way, our thoughts are no longer facts. They're no longer frightening. They're merely ideas that we have.

#### Tool #7: Be Present

There are times when nothing works. In those moments, your presence is sometimes all your child needs to get through a tough time. A hug from mum or dad, can make everything feel better. No words required.

#### Tool #8: Offer Autonomy

A supportive line to use when a child is upset: "Would you like me to be with you to talk; would you like me to be with you and not talk; or would you like some space?"

#### Tool #9: Give your child/ren 'The Fantasy'

Sometimes a child needs to know they can't have what they want, but in a deeply empathic and understanding way. It might be a visit to a beloved family member that is cancelled due to health issues and COVID restrictions. Perhaps it's an end to war, global hunger, or poverty. Our children have some generous desires. We obviously can't give them that, and we can't reassure them everything will be fine. That's false and they know it. In this instance, offer them 'the fantasy'. "Wouldn't it be great if..." "Don't you just wish that..." When you do this, you provide them with the knowledge that you really do understand – and that is such a reassuring thing.

#### Tool #10: Build Hope

As parents we are hope-builders. During tough, terrible, tumultuous times our children can sometimes feel hopeless rather than hopeful. Hopelessness can lead to helplessness, which is related to depression and anxiety. We don't want that.

Build hope – be a hope-builder! First by working with your child/ren on finding something to work towards – a goal. However, more is needed for hope. Second, help them identify a way to reach that goal – a pathway (or more than one if some paths turn out to be dead ends). Third, help them believe in themselves and their ability to walk that path to that goal.

Perhaps that is how we build hope best. We give our children the support they need to develop belief in themselves. We reassure them that we believe in them, particularly when times are tough.

#### Conclusion

Terrible times come and go throughout our lives. What's interesting is that often global catastrophes affect our children (and us) far less than we might have imagined. The smaller, personal challenges are substantially more affecting.

Regardless of how tough times are, the ideas presented will help you get through the challenges life throws our way; including the moments where we languish.

Lastly, if your child/ren, or you are genuinely doing it tough – seek help. Is it making an appointment to see the GP, a psychologist or counsellor; whatever it may be. Just be sure you receive help.

## End of Year Concert

Our End of Year Concert, celebrated on, Wednesday 30 November, was a fantastic community event with a positive vibe. I am grateful for your attendance. The children were joyous in performing and looked spectacular on the stage.

I wish to acknowledge those who provided food and drinks for the evening; the Parent and Friends for their support; and especially Skye Campbell-Hand and Kayla Holding, who did the lion's share of work in organising the catering and promoting the event. Also, a large thank you to Staging for supplying the stage.

Lastly, as mentioned in my wrap-up on the night, a big congratulations to the school's singing teacher, Julia Johnson and support from our Music/Performing Arts Teacher, Jane McDowell for the time put towards planning and preparing for the event.

## Sports Day thanks

Despite the rain towards the end of Sports Day, making for a hasty conclusion, it was a successful day. Thank you for your attendance and support.

I do especially acknowledge: the children's effort and enthusiasm; our parent volunteers who gave out ribbons, assisted in walking the children to Payneham Oval from school and assisted with the sausage sizzle; staff who ensured the events ran effectively; those who assisted with the setting and packing up of equipment; 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 Physical Education Teacher and Coordinator, Adrian Mastrangelo for the planning, organisation and work in the lead up to Sports Day – it's a big undertaking and I congratulate Adrian on a successful school-wide event.

## Neighbours' gardens

Please ensure your child/ren are not touching the neighbours' gardens (including the verge) when travelling to and from school. There

have been a couple of complaints from neighbours concerning ripped flowers and shrubs.

## Building work traffic update

There will be an increase in the volume of trucks, cranes, and workers from 7 December until the end of the school year, especially along Tarcoma Avenue. As always, please take care when driving and dropping-off/picking-up your child(ren)

## COVID-19 Vaccination Policy update

There is an update and change in relation to the COVID-19 Vaccination Policy as implemented by Catholic Education South Australia (CESA). The amended Policy has adopted a 'personal responsibility' approach that strongly encourages vaccination but does not require it to work and volunteer in most CESA workplace settings (except a few 'high-risk' settings where up-to-date vaccination will be required).

This outcome means that volunteers who are approved by the school to provide support at St Joseph's Payneham, including attending excursions, now need only to comply with the South Australian Commission for Catholic Schools (SACCS) Policy for Volunteers. In short, volunteers need to have signed the school's Volunteer Declaration and hold a current Catholic Working With Children Check. Ongoing volunteers also need to have completed the free 2 hour online Mandatory Reporting (RRHAN-EC) training.

We are grateful for your continued support of our students, particularly in volunteering for different events and activities.

## Conclusion of Term Four

Whilst there will be one more Parent Newsletter for this year; advanced notice that Term Four concludes on Wednesday 14 December at 3:00pm (the final day for our Year 6 students is Tuesday 13 December).

**Wishing you well!**

**Simon Mechis**

## From the APRIM/Deputy Principal



### ADVENT

The change to this new season is seen in the purple colour which signifies that this is a time of preparation and expectation of the birth of Jesus at Christmas. Unlike the purple of Lent this season is one that reminds us to get ready for a joyous event and to do all we can to welcome Jesus anew into our life.

In our Advent wreath we have a circle of greenery that symbolically speaks of the abundant life and never-ending love of God. To begin the Advent

season, we light the first purple candle. This small light will increase over the 4 weeks of Advent, as we light an additional candle each week. This adds to the expectation of the coming of Jesus, Light of the world, into our midst

We pray.....

God of new life, Your Son Jesus came as an innocent baby to set us free. In gratitude for this amazing gift help us to grow into the fullness of life you have promised each of us. We pray through Jesus our Saviour and our brother.

## The Immaculate Conception

The birth of Mary was not mentioned in Scripture, the first reference being within an extra-biblical source dating back to the second century CE. Mary's parents were believed to be an elderly, apparently infertile couple, Joachim and Anne. Through the divine proclamation of an angel, they soon conceived and later welcomed a baby girl into their lives.

Mary's conception, known as The Immaculate Conception, was declared official Catholic doctrine on December 8, 1854, by Pope Pius IX. Often confused with the Virgin Birth of Jesus, the tradition developed over many centuries that Mary was conceived naturally but, unlike the rest of humanity, she was preserved from the impact of original sin from the instant of her conception throughout her life by the sanctifying gift of God's grace. It has been suggested that an implicit reference to Mary's uniquely sacred nature was reflected in the Angel Gabriel's announcement to her that she would soon have a child: "Greetings, favoured one! The Lord is with you." (Luke 1:28) (1)

In a direct sense, Mary received the greatest gift of all from God: to be blessed as the mother of our Lord Jesus Christ.

However, we are each gifted in so very many ways by God. Like Mary, we need to joyously accept these gifts and use them responsibly to spread the love and compassion of God to those whom we encounter daily.

The annual celebration of The Immaculate Conception on 8th December is a fitting time to thank God for the abiding example of Mary and to pray for guidance about how we, like Mary, may also be Christ-bearers to others.

We pray...

Dear God

You gifted Mary to be without sin, truly worthy to be the mother of Jesus. May we be grateful for her willingness to accept this vital role within your plan. We ask this in the name of Jesus.

Amen.

## SWIMMING REMINDER

As part of the Physical Education Programme this year, children from our school will be attending swimming lessons next week which are being held at ARC Swimming Centre for Reception to Year 5 (Mid-Year Receptions not included).

Reception will only do 2 days of swimming either a Monday/Tuesday or Wednesday/Thursday where all other classes will do 4 days.

Buses have been organised to transport the children to and from the ARC Swimming Centre.

A reminder to make sure the children come prepared for swimming by bringing along:

- Bathers
- T-Shirt
- Towel
- Underwear.
- Summer Uniform
- Goggles if required

Parents please make sure that you have returned all permission forms required.

**Regards**

**Ingrid Douventzidis**

## Finance News

### School Fees 2023

Could you please ensure that all Payment Plans for 2023 are completed and returned to School Office by **Friday 2nd December 2022**.

Thank you to the families that have completed and returned their Payment Plan for 2023.



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.

## Stationery Packs 2023

Orders need to be placed by Friday 2nd December 2022.

To Order:

1. Online (free delivery for Orders placed before end of December 2022)\*
2. Store Collection at 29 OG Road, Klemzig (please bring letter with you)

Should you have any queries please contact the school office.

## Playgroup and Occasional Care

[2022 Piccolini Enrolment Form](#)

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

[Qkr Instruction Guide](#)

## OSHC



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](#)

Dear Parents/Caregivers, please see December/January vacation care program. Please remember to use the new Childcare app to book in. Please use your phones camera app to scan the QR code below. If you are using the service for the first time, please fill in an enrolment form and return it to the front office or OSHC room, you will not be able to book in on the app unless your enrolment form has been added to the OSHC system. Dates available will show up in green on the app, to book in one of those dates click on the date and press accept next to your child's name. The date will turn blue when the booking has been accepted.

[Dec/Jan 2022/23 Vacation Care Info Booklet & Consent Form](#)

[2023 OSHC Information Booklet](#)

[2023 OSHC Enrolment Form](#)



If you need any assistance, please contact OSHC staff on 0409675738.

**Kind Regards,**

**Karina Forte**

## Library News

Congratulations to the 248 students from Reception to Year 6 who showed their love of reading by completing the Premier's Reading Challenge this year.



They took part along with 123,795 students, from 690 schools in South Australia this year.

The students received their certificates and medals at School Assembly on Thursday 24th November.

## 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.

### Week 9 Special Food day - Sausage Sizzle, Tuesday 13 December

Generously sponsored by The Perfect Blend Coffee Cafe located in Payneham South

- Fantastic coffee and hot drinks
- Tasty breakfast and lunch options
- Quick bites and tempting sweets
- Good selection of cold drinks

The Perfect Blend Coffee Cafe

eat • drink • chat

52 Devitt Ave, Payneham South

Open: Monday to Saturday 7.30am - 4pm, Sunday 8.30am - 2.30pm



<https://www.facebook.com/theperfectblendcc>  
<https://www.instagram.com/theperfectblendcc>

## Uniform Shop

[Devon Clothing New Webstore](#)

[St Joseph's School Uniform](#)

## 2022 Term 4 Calendar of Events

[2022 Term 4 Calendar of Events](#)

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## 2023 School Term Dates

Term 1 - 30 January to 14 April

Term 2 - 1 May to 7 July

Term 3 - 24 July to 29 September

Term 4 - 16 October to 15 December

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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

Payments can be made via Qkr

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