



**ST. JOSEPH'S  
SCHOOL**

HINDMARSH

Issue 2: 20th February 2020

# FORTNIGHTLY Newsletter

JOIN US FOR OUR

## Parents & Friends Afternoon Tea

**Mon 24th Feb at 2pm**

*Please join us for Afternoon Tea in the Staffroom  
Everyone is welcome - preschool aged children too!*

...

If you are interested in meeting new people and getting involved in school events or just getting to know about the different events coming up this year at St Joseph's please join us.

Look forward to seeing many of you!



### EARLY NOTICE OF SCHOOL CLOSURE ON THURSDAY 9TH APRIL

A Staff Formation Day has been organised for Thursday 9th April 2020 (Holy Thursday).

*This means that the last day of Term One will be on Wednesday 8th April at 3.10pm.*

OSHC will be available for families who will require this service.

## DIARY DATES

### FEBRUARY

24th Monday

25th Tuesday

26th Wednesday

### MARCH

2nd, 3rd, 4th

Mon 9th

10th-13th

17th Tuesday

19th Thursday

20th Friday

27th Friday

### APRIL

8th Wednesday

9th Thursday

P&F Meeting 2pm

Shrove Tuesday

Ash Wednesday

Year 5/6 Camp

ADELAIDE CUP—PUBLIC HOLIDAY

Swimming Week

St Patrick's Day

Learning Conversation

St Joseph's Day—Andrew Chinn Visit

Antibullying Day

Mayoral Make-a-Book launch

Footsteps Concert

End of Term One at 3.10pm

Holy Thursday—Staff Formation Day

## REMINDERS

- **Preschool Parents to provide their child's Immunisation History to the front office**
- **2020 Documents & Information to be returned ASAP**

# LEADERSHIP & OFFICE CONTACT DETAILS

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56 Albemarle Street, West Hindmarsh 5007

## Dear Parents and Caregivers,

It was a wonderful sight seeing the entire school process down to Sacred Heart Church for the beginning of Year Mass last week. Father Lancy's homily highlighted how precious each child is considered in our church and school. It is an absolute privilege to witness the growth and development of each child from enrolment to graduation!!

The staff and I hope your child has settled well into preschool and school and enjoying their learning and interactions with their peers. I know the senior students are looking forward to attending camp on 2-4 March and R-4 students keen to attending the Thebarton Aquatic swimming centre from 10 – 13 March.



## Living Learning Leading

We are committed to providing experiences to ensure that every child has the opportunity of achieving the capabilities outlined in the CESA vision.

To achieve this we need to work in respectful partnership to ensure that our learning vision is realised.

At St Joseph's Hindmarsh, learning is co-constructed and dynamic. Learners are encouraged to **IMAGINE, DISCOVER and CREATE** and to make meaningful connections with their world.

As capable learners they are given opportunities to develop capabilities that build their confidence and skills to engage with the curriculum and **ACHIEVE** excellence.

We want you to be actively involved! Staff are always available to discuss any matters. We just ask that a mutually agreed time is organised as they are often involved in staff, curriculum or team meetings before and after school.

Included in this newsletter we are happy to present to you our 2020 School Improvement Plan. There are also two letters for your information regarding the Coronavirus from the Federal Government and the notification of the collection of addresses from the Department of Education.

Learning Conversations will take place in the week beginning 18 March. Information about the online booking will be included in the following newsletter.

This Sunday the staff will be commissioned at the 9:00 am Parish Mass @ 9:30 am. You are most welcome to attend. **We would love to see you!**

God Bless, **The Leadership Team**

# Farewell Mrs Bray we will miss you

Last week we farewelled Mrs Bray.

We expressed our heartfelt gratitude for her energy, enthusiasm and commitment to St Joseph's for over 30 years.

She has assisted students in class, in preschool and as Director of OHSC with great vigour and enthusiasm, always demonstrating care for the children and families.

Mrs Bray has lived our motto,

**IN ALL THINGS LOVE**

in all the roles she undertook!

Please join me in extending our best wishes for the next chapter and we pray that you are showered with a an abundance of God's loving blessings.

Thank you and God Bless!



# St Joseph's School Hindmarsh

## Improvement Plan 2020

### Catholic Identity

- Further develop an understanding the Theology of the Child
- Staff Formation - Staff Retreat
- Implement the revised Crossways and MITIOG curriculums
- Engage all the community in social justice outreach program
- An emphasis on ecological conversion - Engage staff in professional learning and reflection to develop a school wide plan that addresses ecological sustainability throughout the school
- Continued development and focus on Parish/School relationship

### Curriculum & Co-constructed Learning Design

- Professional Learning – continue in developing a common understanding and language of the 'competent child'
- Continued Involvement in Early Years Mathematical Project – 2 teachers
- STEM/Technologies Professional Learning
- Introduce Mac Lit as Primary years intervention program
- Introduce Initial Lit as R – 2 Tier 1 literacy programme
- Continue to use Language Features and Levelling tool as a Moderation tool in Literacy
- Involve 3 – 6 students in a Digital Challenge!
- Maths professional learning

### Student Agency, Identity, Learning & Leadership

- Implement Student Management System – SEQTA
- Use One Note as a collaboration point – Participate in "Creating, Collaborating and Communicating with O365 platform" CESA project
- Involvement in CESA Trauma project
- To further develop the understanding of the 5 Respects in promoting a culture of high expectations
- Agreed approach to Inquiry Pedagogy
- Review the Agreed approach to Assessment
- Ensure the Student Voice is evident in Curriculum Design

### Community Engagement

- Further develop Parent Engagement Committee and Class Representatives
- Continue to introduce Be You as student wellbeing resource in the school
- Parent Workshops as outlined in PIE Grant.
- Look at pathways and connections with school - Playgroup with Preschool

### Resourcing

- Investigate the installation of solar panels on the hall
- Undertake audit of ICT's in the school
- Undertake audit of AV system in the hall
- Install outdoor blinds to preschool area – enclosing eating area





**ST JOSEPH'S  
CATHOLIC SCHOOL**

**HINDMARSH**

56 Albemarle Street  
WEST HINDMARSH SA 5007  
T (08) 8346 6569  
info@sjsh.catholic.edu.au  
sjsh.catholic.edu.au

Dear Parent/Caregiver,

I would like to update you on the situation regarding coronavirus disease 2019 (COVID-19) and the current Federal Government health advice that we are following.

This week the Federal Government announced it will extend the travel ban on foreign nationals who have recently been in mainland China for a further week from 15 February 2020 to protect Australians from the risk of coronavirus.

Restrictions remain in place for people who have recently returned to Australia from mainland China, with the following advice current across all public schools and preschools:

In the following scenarios you **cannot** attend school or an early childhood centre:

- If you have left, or transited through, mainland China - you must isolate yourself until 14 days after leaving China.
- If you have been in close contact with a confirmed case of novel coronavirus - you must isolate yourself for 14 days after last contact with the confirmed case.

In the following scenarios your child **can** attend school or an early childhood centre:

- Students and staff who have returned from mainland China and have isolated themselves for 14 days after leaving China.
- Students and staff who have only been to Hong Kong, Macau or Taiwan.

More information on the current advice can be found at: [www.health.gov.au/resources/publications/novel-coronavirus-2019-ncov-information-for-parents-of-school-aged-children-jia-chang-xu-zhi](http://www.health.gov.au/resources/publications/novel-coronavirus-2019-ncov-information-for-parents-of-school-aged-children-jia-chang-xu-zhi)

The Department of Health has also issued the following advice in relation to preventing the spread of viruses:

- teach and encourage your children to wash their hands often with soap and water before and after eating as well as after going to the toilet;
- avoid spreading infections to others by keeping children home if they are unwell;  
teach children to cough and sneeze into their elbow.

If you have any questions about coronavirus disease, you are encouraged to contact the National Coronavirus Health Information Line on 1800 020 080.

We will let you know if the advice changes.

Regards,

**Leadership Team**



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## **Dear Parents & Carers,**

Following this short letter we are sending you an Australian Government Department of Education and Training document notifying you that the department has requested St Joseph's School Hindmarsh to provide a statement of addresses in accordance with the Australian Education Regulation 2013.

Please read the following document which explains the Data Collection in full, including contact details if help is required.

Kind Regards,

**Maria D'Aloia**  
*Principal*

## **Notice of 2020 Student Residential Address and Other Information Collection**

The new look 2020 Student Residential Address and Other Information Collection (Address Collection) opens in SchoolsHUB on **Monday 17 February 2020** and will close **COB Friday 13 March 2020**.

### **Key changes to the Address collection in 2020**

The changes include:

- The Address Collection will be done in Schools HUB. Users will notice some changes to the look and feel of the IT system
- Help and support information is available through the Address Collection help page. This includes the Upload Data File Template (for reporting large numbers of students), Upload Data File Technical Specifications and Guide to Reporting Students and Parents for the purposes of the collection.
- The Upload Data File Template is in excel format and converts data to XML format for upload

## Prepare for the Address Collection

Before the collection opens:

- send parents/guardians of students the attached *2020 Student Residential Address and Other Information collection notice* advising them about the address collection
- check the student enrolment information for your school(s) is up to date
- check your SchoolsHUB access. Approved authority representatives or SchoolsHUB users with a data declarer role can declare the data.
- schools using the Upload Dat File Template should ensure macros are enabled (see the Address Collection Upload Data File Technical Specifications for further information).
- schools using software to extract your data to copy into the bulk upload template should check whether your software puts all the required data fields into the correct order and format (please refer to the Upload Data File Technical Specifications).

## How to submitting Address Collection data

1. Sign in to SchoolsHUB and enter or upload student residential addresses, and names and addresses for parents or guardians. Submit information for two parents/guardians where you hold this information. If you only hold information for one parent/guardian then you only need to report this parent/guardian (please refer to the Guide to Reporting Students and Parents).
2. Check your data. It is important you review the data before it is declared to check it contains all required information and is correct.
3. Declare the data is correct. This includes a declaration that the *2020 Student Residential Address and Other Information collection notice* has been distributed to parents and/or guardians of students.

## Further information

Support materials will be made available on the SchoolsHUB Address Collection help page before the collection opens on Monday 17 February 2020.

You can also contact us directly by email at [seshelpdesk@dese.gov.au](mailto:seshelpdesk@dese.gov.au), or call 1800 677 027 (option 4).

For assistance with the bulk upload template, please contact the SES helpdesk for assistance. For privacy reasons, do not email your bulk upload template to the helpdesk.

Yours sincerely,



**John Baker**

Assistant Secretary, School Funding Branch

7 February 2020

# Religious Education News

## **BEGINNING OF YEAR WELCOME MASS**

Thank you to everyone who joined us for the beginning of the Year Mass at Sacred Heart Church. Our School Captains, House Captains and SRC were inducted at this Mass. Our Receptions and new students were also officially welcomed into our community at this service. It was a beautiful celebration of our leaders and community, and lovely to have so many parents and friends in attendance.

## **STAFF & SCHOOL BOARD COMMISSIONING MASS**

School staff and board members will be commissioned at Mass at Sacred Heart Church, this Sunday at 9:30am. We invite all members of our community to attend this Mass. There will also be a Sacrament Information session held after this Mass at 10:30am. Please see details below.

## **PROJECT COMPASSION**

### **Let's go further Together**

Our class Assembly focus for Term 1 is on the stories of the people that we support through our Project Compassion fundraising.

This week, 5/6ED and 1/2GM will share the story of Shirley, an indigenous Manide woman living in a remote province of the Philippines. She is a mother of four and the sole breadwinner of the family, as her husband is sick. Shirley was struggling to support the whole family and keep her children in school.

Indigenous minorities in the Philippines face regular discrimination and disadvantage, limiting their access to education, employment and healthcare. But thanks to Caritas Australia's Supporters, Shirley's life has transformed. Shirley is the focus of our first Project Compassion Fundraising activity, Pancakes, which will be held on Shrove Tuesday.

## **SHROVE TUESDAY- February 25th**

**Shrove Tuesday**, in the Christian calendar, is the day before **Ash Wednesday**. "Shrove" comes from the Roman Catholic practice of confessing one's sins and being absolved of them, or "shriven". Shrovetide feasts were designed to use up the food that could not be eaten during the Lenten fast. Shrove Tuesday is also known as 'Mardi Gras' (French for 'Fat Tuesday'). Many countries around the world hold carnivals on this day.



**On Shrove Tuesday, 5/6ED and 1/2GM have organised to provide pancakes for classes, for a gold coin donation to Project Compassion.**

**We ask that students bring their own reusable plate, so that we are not generating waste by using disposable plates.**

**Please notify your child's class teacher of any dietary concerns that the school is not already aware of.**



## ASH WEDNESDAY AND LENT



Ash Wednesday marks the beginning of the Church season of Lent. Lent is a 40 day period of fasting and reflection in preparation for Easter. During this time we focus on the promises made at baptism. All of this prepares us for celebrating Christ's death and resurrection at Easter.

The colours of linens and vestments are purple as a sign of penance. On the fourth Sunday of Lent (Laetare) the colour is rose or violet.

On **Ash Wednesday**, ashes from the burnt leaves from Palm Sunday the year before are placed on people's foreheads in the sign of the cross. This shows that we are sorry for our sins and reminds us that Lent has begun.

We are marked on the forehead with a sign of the cross.

The priest or Liturgy Leader says:

*'Turn away from sin and be faithful to the Gospel' or,  
'Repent and follow the Gospel'*

On Ash Wednesday (26<sup>th</sup> February) the Year 3-6 classes will walk to Sacred Heart Church on Port Road, to host the Sacred Heart Parish Mass, at 9:30am. **Permission forms went home this week and are due back by Friday 21<sup>st</sup> February.** We would love for parents to join us in the celebration of this important Feast Day. Each class requires a minimum of 1 parent helper (with appropriate Volunteer requirements) to walk to and from the Church.

The Reception to Year 2 students will attend an Ash Wednesday Liturgy here at school, at 9am led by Mrs Rita Garreffa, parents are invited to join in this liturgy.

## MASSES AND ASSEMBLIES

Week	Class Masses/Liturgies	Assembly
4	Yr 1/2 Community Prayer	PROJECT COMPASSION Launch
5	Ash Wednesday Yr 3-6 @ Sacred Heart @ 9:30am R-2 Liturgy @ School	5/6ED & 1/2GM
6	Year 4 Community Prayer	4M & 3T
7	Year 5/6 Mass	No assembly Swimming
8	St Joseph's Day Andrew Chinn Visit	Anti-Bullying Yr 6 Leaders
9	Year 3/4 Mass	5/6TDP & 1/2C
10	Reception Community Prayer	1/2R & 4/5 C
11	Holy Week Liturgies	No Assembly

## SACRAMENT PROGRAM 2020



### Sacred Heart Catholic Parish Hindmarsh-Findon



We invite all parents and children from our parish community who wish to enquire about preparing your child/children for the sacraments of:

- Reconciliation
- Confirmation
- First Holy Communion- Eucharist

To a parent and student information session:

**“An introduction to the Sacraments of Initiation”**  
**On Sunday 23 February 2020 at 9:30am for Mass**  
**(session will follow Mass and conclude at 11:30am)**  
**Sacred Heart Church – 252 Port Road, Hindmarsh**

**Please rsvp before Friday 21 Feb 2020 - via your school APRIM**

Helen Clark [hclark@sjsh.catholic.edu.au](mailto:hclark@sjsh.catholic.edu.au)

or E: [shparish@sjsh.catholic.edu.au](mailto:shparish@sjsh.catholic.edu.au)

## Prayer

God of all peoples and nations,  
As you accompany us on our Lenten journey,  
May our fasting strengthen our commitment to live in solidarity,  
Our almsgiving be an act of justice,  
And our prayers anchor us in love and compassion.  
Awaken our hearts and minds that we may be one human family  
As we all go further together.  
We ask this in Jesus' name,

**Amen**

*God Bless  
Helen Clark  
APRIM*



# Message from our new OSHC Director



## Dear parents/caregivers'

It is great pleasure to introduce myself to you as your new Director here at St Joseph's School OSHC. My name is Catherine Appiah. I have extensive experience in Out of School Hours Care (OSHC) operations and administration here in South Australia. I have worked in leadership roles in both public and private schools' OSHC here in South Australia as a Coordinator and a Director since 2015.

I have three lovely children and a caring husband. Prior to working in OSHC leadership roles in South Australia, I worked as a teacher in Ghana (where I originally come from) and in a beautiful Sapporo City in Hokkaido Japan. I describe myself as a naturally born childcare educator and I love supporting parents/caregivers and their children. It's my pleasure to be part of this lovely school community and I'm really looking forward to getting to you all and your children. If you ever have time, please drop in to say hi.

The OSHC team and I are so grateful to Mrs Bray for her guidance during this transition period. I have seen the wonderful community you are, and I'm thrilled to be joining this community.

We are always looking forward to your participation in our OSHC/Vacation Care Programs.

If you've got a minute, we would love to hear your feedback on our programs and the activities your child/ren love to do so we can incorporate these into our program planning cycles.

Through the **All About Me 2020 Forms** that you filled out, some of the activities we have gathered from the students include but not limited to:

- Cooking such as lamb roast, pizza, tacos, nuggets, chicken soup, pasta, fried rice, schnitzel, toast sandwiches, pancakes etc
- Fruits/Vegetables: grapes, apples, watermelon, kiwifruits, olives, salads, rock melon, strawberries, cucumbers etc
- Building/construction: Lego, monster cars, balloon cars
- Art & Craft: painting, colouring, playdough, slime etc
- Outside play/Sports: crickets, football, nature play, playground, running, kicking footy and soccer balls, gymnastics, swimming, dancing

Other activities: Play with toys, play with cars, reading books, playing board and card games.

We are incorporating these activities into our programs each week and we love to hear more from our dear families.

**Thank you for your support.**

**Kind Regards,**

**Catherine & The OSHC Team**

# Hello from our School Chaplain

## Mary Hemmings



I have been involved in Catholic Education as a teacher and leader over many years and am now delighted to take on the role of School Chaplain in two schools, including here at St Joseph's. I look forward to working across the community, connecting with children and parents. I love getting to know people and sharing in their stories. I myself did my primary schooling at St Joseph's and was Principal here for nearly 10 years so I have a great sense of connection to this community.

My involvement in the Sacred-Heart Parish Hindmarsh-Findon is a further link to this community. I play keyboard in our music group, work with families preparing to celebrate their child's Baptism and am Chair of the Parish Pastoral Council. Having been very involved in schools that were established by the Sisters of St Joseph, firstly as a student and then throughout my working life, I am a part of an International group of Josephite Associates, spanning Australia, New Zealand, Peru, Timor Leste and Scotland. These are women and men who try to live the Gospel message, inspired by the person and spirit of Mary MacKillop, to make a difference in our local area. I have been fortunate to visit both Peru and Timor Leste through this connection.

I love tracing family history, reading and playing tennis and much time is spent with my very extended family. I will generally be at St Joseph's on Friday and look forward to sharing in the life of this great community in the year ahead.

Please make yourself known in coming weeks!

## STUDENT WELLBEING PROGRAMS 2020

### Does your child need a little extra support socially or emotionally?

With the support of Mary Hemmings, our School Chaplain, and Ruby Lai our School Counsellor, some extra support for children can be provided this year.

### Seasons for Growth – Small Group

Seasons for Growth is a small group program for children or young people who have experienced significant change or loss. Seasons for Growth is based on the belief that change, loss and grief are a normal and valuable part of life. It examines the impact of changes such as death, separation, divorce, moving homes, new additions to a family and natural disaster upon our lives. It explores how we can learn to live with and grow from these experiences.

The core intentions of this program are the understanding of **emotions** and development of **resilience** to promote social and emotional wellbeing. The program is educational in nature and does not provide therapy. There are three levels offered, with different activities based on children's development.

The program is based on the metaphor of four seasons and through it the children

- Learn that change and loss are a part of life
- Learn about the different ways people experience change and loss
- Learn skills to assist with adapting to the change and loss
- Learn ways that help in moving forward with life

### Mentoring

The aim of our mentoring program is to develop a trusting relationship that is likely to support students in both the classroom and in the yard, especially when difficult social situations arise.

This program is a personalised, positive and encouraging approach, with a strong emphasis on a growth mindset. Through games and conversation, the program supports students to debrief, reflect, develop skills and confidence and to discover new ways to interact, learn and work independently and with others.

Students will initially work on a one to one basis, meeting for about 30 minutes each week for 4 – 6 weeks.

## Social Skills program: What's the Buzz?

What's the Buzz is designed to explicitly teach children how to think and relate socially. Children have one session per week, within a small group of 4-6 children. These programs will be delivered through direct teaching, storytelling, role play, quizzes and fun in the context of an encouraging group.

Students benefit from looking at topics such as:

Getting attention	Making it better after a fight	Jealousy
Following instructions	Fact or opinion	Changing moods
Identifying feelings	Angry feelings	Friendship and loyalty
Winning and losing	Saying no	Feeling shy and lonely
Feelings and early warning signs	It's OK being different	Humour can be hurtful
Thinking positively	Nobody's perfect	In cyberspace
Empathy and responding	Understanding fear	What is bullying?
Handling worry	Expressing gratitude	What to do if you feel bullied
Dealing with disappointment	Being the boss of your feelings	Liking myself

If after reading you would like your child to be considered for any of the programs, please fill in the return slip and return to the school office. If you would like any more information, please feel very welcome to contact Mary Hemmings via the Office.

### Student Well-Being Programs 2020

I give permission for my child to be considered for and participate in the following program/s:

- Seasons for Growth (child/ren's names) \_\_\_\_\_
- Mentoring (child/ren's names) \_\_\_\_\_
- What's the Buzz (child/ren's name) \_\_\_\_\_

Signed \_\_\_\_\_ Date \_\_\_\_\_

Please provide a short comment on the main aspects of your child's wellbeing you are concerned about or a significant event that has/might impact them.

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# *Congratulations to our Student Leaders 2020*

## **School Captains**

Jordan Grandal

Scala Ferreira

## **House Captains**

<b>MacKillop</b>	
Lachlan Arthur Jiyaa Bahn	Aaron Zito Sienna Hall
<b>Tenison</b>	
Jacob Burton Sanya Gill	Laurence Andriani Darcy Allen
<b>Joseph</b>	
Bryce Vonhof Tahlia Maraia	Clayton Presgrave Nayia Venizelou
<b>Chevalier</b>	
Riley Knapp Kiera Alaia	Morrissey Smith Maggie Ellerman



# Can you help with Chess?

We are looking for any parents, grandparents who would be interested in passing on their knowledge of playing chess to interested students during lunchtime. Even if you can help one day a week or fortnight. We would like to create a chess club for our students.

If you are one of these people, please contact the office, we would love to hear from you. The office will assist any volunteer who does not have the documents to volunteer to obtain the correct documents.



## FIRST P & F MEETING FOR THE YEAR

All parents are warmly invited to attend the first P & F Meeting for 2020 on Monday 24th February at 2.00pm in the Staffroom.

Come along for a coffee and chat.

## SCHOOL FEES

We have experienced delays in processing the 2020 school fees. School Fee accounts will be sent via the mail to all families next week after we have finished collating the 2020 School Fee Declarations. The due date for Term 1 charges will be 4 weeks from the date of the invoice.

***For Level C families wishing to pay the annual amount upfront in order to receive the 3% early payment discount on the Tuition component of the school fees the payment by date will be extended to 31 March 2020.***

If you wish to apply for school card remissions in 2020 you need to complete a School Card Application Form, please note Level A discounts will not be applied to accounts ***without a completed application form.*** Application forms are available from the Front Office.



We have been asked to advertise  
the following ..

## St Joseph's Old Scholars Annual Mass

**Sunday March 29th** 2.00p.m. St Joseph's Old Scholars Annual Mass in St. Joseph's Convent Chapel, Kensington. Priest: Father James Valladares. Most have a connection with a Josephite School/College as a teacher/old scholar and/or with St. Mary MacKillop. Devonshire Afternoon Tea (\$5) will follow Mass. All very welcome. (Josie Van Pelt - 82953667)

## Principal Tours & Open Evening



**Senior Campus  
Principal Tours**  
19 March, 9.15am  
14 May, 9.15am

**Open Evening** 1 April, 4 - 7pm

**Now enrolling** 2021 and 2022

To register for a tour  
or our Open Evening,  
visit [www.cbc.sa.edu.au/tours](http://www.cbc.sa.edu.au/tours)  
For information contact  
Ms Rita Micale on 8400 4210



**2021 Scholarships available - [www.cbc.sa.edu.au/scholarships](http://www.cbc.sa.edu.au/scholarships)**

A Catholic College for boys in the Edmund Rice Tradition [www.cbc.sa.edu.au](http://www.cbc.sa.edu.au) | [f /cbcadelade](https://www.facebook.com/cbcadelade)

### PARENT INFORMATION SESSION

## MENTAL HEALTH: AND YOUR TEENAGER



Facilitated by two counsellors this session will explore strategies to help your teenager cope with difficult emotions and give you strategies on how to manage your teens difficult behaviours at home. We will also discuss anxiety, it's triggers, symptoms and associated behaviours.

Monday | Feb 17th  
7.00 - 8.30pm

The Brocas Warehouse | 111 Woodville Rd | St Clair  
RSVP 8408 1316 | [coloughlin@charlessturt.sa.gov.au](mailto:coloughlin@charlessturt.sa.gov.au)

**OLSH**  
OUR LADY OF THE  
SACRED HEART  
COLLEGE

**OPEN DAYS**

SUNDAY 15 MARCH  
1 - 3pm

MONDAY 16 MARCH  
5 - 7pm

To register, visit: [ols.h.catholic.edu.au](http://ols.h.catholic.edu.au)  
A Girls Secondary Catholic College from Year 7 - 12

*For All Girls*

# Supporting kids affected by the bushfires



This summer's Australian bushfire crisis is a reminder of the fragility of life, the unpredictability of our relationship to nature and the incredible human capacity to come together when tragedy strikes.

The fires have also provided a poignant reminder of the vital place that local schools place within our communities. Whether it's been a gathering point during fires, a recovery centre or the place where people go for a sense of community, local schools have been major assets during this time of crisis. And they continue to provide a sense of connection not just for those areas directly affected by the fires, but for communities across the country who've been deeply affected.

Children and young people are not immune to the impact of these fires. For those children and young people directly exposed to the bushfires shock, anxiety, sadness, fear and anger are common emotions that you may see on display as their vulnerability and infallibility has been exposed. Those not directly affected by the bushfires are not immune to their impact. They too can feel distressed, upset and unsettled by these events.

As a parent it can be difficult to know how to help kids to process what they've seen and experienced. Here are some ideas to help:

## **Give kids permission, space and time to talk**

Make it easy for children and young people to talk about the bushfires and share their thoughts and stories. Try to ensure that they don't run away with the facts, which can exacerbate anxiety. Children can be faulty interpreters of information so be prepared to assist them to process what they see and hear.

## **Listen to what they have to say**

Gauge children's emotional reactions by listening to what they have to say. Sometimes children can feel distressed, unhappy, sad or scared, yet they can't connect it to a specific event. You don't necessarily need to make a link but understand that their feelings are real.

## **Monitor the media your children access**

Children under the age of six can be frightened by images and stories they see and hear on the TV news so it's probably best to keep the TV turned off at news time. Older children and teens are more able to cope with disturbing images but they may not fully understand what they see. They also generally want to know what's happening and can feel more of a sense of control when they can learn first hand the latest fire news. Common sense and sensitivity are your best assets when it comes to monitoring children and the media.

## Take solace in everyday routines

School routines add structure to the day and can stop kids thinking endlessly about what's happened. If family life has been upended by bushfires, a return to routine is part of the recovery process.

## Support children's concern for others

They may have genuine concerns for the suffering that has occurred to people and wildlife, and they may need an outlet for those concerns. It's heartwarming to see this empathy and concern for others. Helping others overcomes our feelings of helplessness in the face of tragedy or catastrophic events. Look for ways that kids can help whether it's donating some pocket money to one of the various bushfire appeals, helping one of the many localised action groups that have sprung up everywhere or even assisting you to minimise the possible impact of bushfires in your own community.

## Make anxiety management a lifestyle

If the bushfires is a cause of anxiety for your children, use anxiety management techniques such as deep breathing, mindfulness, exercise and other simple relaxation techniques. Being close to someone who makes them feel safe can also lower a child's anxiety.

And remember in difficult times like these, what adults and children need most is each other.



### Michael Grose

Michael Grose, founder of Parenting Ideas, is one of Australia's leading parenting educators. He's an award-winning speaker and the author of 12 books for parents including *Spoonfed Generation*, and the bestselling *Why First Borns Rule the World and Last Borns Want to Change It*. Michael is a former teacher with 15 years experience, and has 30 years experience in parenting education. He also holds a Master of Educational Studies from Monash University specialising in parenting education.

# ST JOSEPH'S TUCKSHOP MENU AND PRICE LIST 2020 – TERM 1

## AVAILABLE EVERY DAY:

### CHICKEN NUGGETS: (DF)

5 Chicken Nuggets \$4.00  
Extra nuggets 80 cents each



### CRUNCHY CRUMBED FISH: (DF)

Plain \$3.50  
In Hot Dog roll/Wrap \$4.50  
with salad \$5.00  
Sauce/Mayo 20 cents each



### SIDES:

Salad cup \$1.00  
(Carrot, cucumber, tomato)  
Dinner roll \$1.00  
Corn Cobette \$1.20

### HAMBURGERS: (DF)

Beef Burger (home made) (DF) \$3.50  
**Veggie Burger (home made) (DF)** \$3.50  
PLUS salad \$4.50  
Cheese 50 cents  
Sauce/mayo 20 cents



### PASTA SPECIAL:

Beef Lasagne (home made) \$4.00



### PIZZA:

Pizza (whole) \$4.00  
Pizza (half) \$2.50



Ham & Pineapple, Supreme, Veg.

### SANDWICHES, ROLLS & WRAPS:

(White or wholemeal bread)

Plain, buttered \$2.00

Please add **50 cents** extra for a **roll/wrap**

Please add **50cents** extra for toasted.

**Please list fillings of your choice: (50 cents per filling)**

cheese ham, tomato  
vegemite roast chicken lettuce  
strawberry jam tuna cucumber,  
avocado carrot

Mayo, mustard **20c each**

### DRINKS AVAILABLE ALL DAY

Bottled Water \$1.20  
Juice (250ml) Apple/Apple & Blackcurrant/Orange \$2.00  
Moo Chocolate/ Strawberry Milk (200ml) \$2.00  
Up & Go Vanilla (250ml) \$2.20  
V8 Tropical \$2.20

### SOMETHING SWEET

Finger Buns (DF) (whole) \$1.50  
(half) 80 cents  
Fruit & choc chip muffin (home made) \$1.00  
Protein Balls (DF) 80 cents

# **ST JOSEPH'S TUCKSHOP MENU AND PRICE LIST 2020**

## **DAILY SPECIALS:**

**(Term 1)**

### **MONDAY**

<b>Hot Dog</b> (whole)	<b>\$3.50</b>
<b>Hot Dog</b> (half)	<b>\$2.50</b>
Cheese	<b>50 cents</b>
<b>Beef Sausage Roll</b> (homemade)	<b>\$2.50</b>
Tomato/BBQ sauce	<b>20 cents</b>

### **TUESDAY**

<b>Chicken pattie Sliders</b>	<b>\$2.50</b>
Cheese	<b>50 cents</b>
Tomato/cucumber	<b>50 cents</b>
Sauce/mayo	<b>20cents</b>

### **WEDNESDAY**

<b>Nacho Cups</b>	<b>\$2.00</b>
(wholemeal tortilla chips with vegetarian sauce and melted cheese)	

### **THURSDAY**

<b>Sushi</b>	<b>\$3.50</b>
Teriyaki Chicken/Tuna/Veg.	
Soy Sauce	<b>20cents</b>

### **FRIDAY**

<b>Cup of Fries</b>	<b>\$3.00</b>
Tomato sauce	<b>20 cents</b>
Sweet chilli mayo	<b>50 cents</b>
Melted cheese	<b>50 cents</b>

**CUPCAKE TUESDAY** - lunchtime only 50cents/cake