



**ST. JOSEPH'S  
SCHOOL**

HINDMARSH

Issue 4: 18th March 2020

# FORTNIGHTLY Newsletter



## ENROLMENT INTERVIEWS

for **Preschool 2021** and **Reception 2022** are now being held.  
If you have a child or know of a child who is ready to start  
**St Joseph's Preschool or School in 2021**  
please contact the school office for Enrolment forms.

## DIARY DATES

### MARCH

19th Thursday	St Joseph's Day
20th Friday	Antibullying Day—wear a touch of orange
27th Friday	Mayoral Make-a-Book launch

### APRIL

1st Wednesday	POSTPONED: Carly Ryan Parent Session
5th—10th	Holy Week
8th Wednesday	End of Term One at 3.10pm
9th Thursday	Holy Thursday—Staff Formation Day

### 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.

## NOTIFICATION OF THE POSTPONEMENT OF THIS YEAR'S EASTER RAFFLE

Today we consulted with CESA & the Australian Government Department of Health regarding conducting our yearly Easter Raffle. We were advised not to go ahead with the raffle as at this time.

We look forward to organising another fantastic Raffle later in the year.

If you have already donated Easter items, we thank you. If you would like, you can collect these items from the class teacher.

Thank you for your understanding, *Leath Margrie—Chairperson of the Parents & Friends*



# LEADERSHIP & OFFICE CONTACT DETAILS

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## Dear Parents and Caregivers,

We have been so heartened and proud of how our wonderful students are continuing to engage with their learning, for embracing the extra handwashing practices introduced and for demonstrating resilience as events such as Assemblies and special events are cancelled or postponed. We extend our appreciation and thanks to all parents for remaining calm, your understanding in minimizing the time at drop off and pick up, and for being respectful to staff and maintaining a social distance of 1.5 meters with each other.

The staff are working together to prepare in the event the Australian Government decides to close all schools for minimal impact on student learning and to ensure continuity to your child's learning by preparing for an online environment.

Teachers will communicate this to you should the need arise. As we prepare it is important that ALL parents download the See-Saw app and make sure the school has a current email address. Please contact your child's teacher for the See-Saw app.

If your email address has changed since you filled in your Back to School Forms at the beginning of this year please notify the office via [info@sjsh.catholic.edu.au](mailto:info@sjsh.catholic.edu.au)

As outlined in previous correspondence updated information will be communicated by:

- Email
- Facebook Page
- Website
- Skoolbag
- See-Saw

## OSHC & Vacation Care

OSHC will continue to operate and adjust their practices to maximise social distancing and also maintain hygiene practices.

The April Vacation Care program will now take place as an onsite program and therefore all excursions have been cancelled. **If the school is closed the OHSC and Vacation Care will not operate.**

We will continue to keep staff and families up to date with information as it becomes available. Be assured, that our Critical Incident team, and all of our Staff are making decisions based on the best public health advice available to us at this time. Your health and safety, and that of our community is paramount and we thank you for your cooperation and support.

## NAPLAN

Year 3 and 5 children will participate in NAPLAN Practice testing on Monday 23rd of March.



# Preparing for online learning - if needed.



## School Board

Throughout these unprecedented times the school is functioning well. The School Board has met to continue developing our preschool and school.

*I am delighted to announce the School Board Members for 2020*



Father Lancy D'Silva  
**President**



Maria D'Aloia  
**Executive Officer**



Helen Clark  
**Deputy Executive Officer**



Richard Ellerman  
**Chairperson**



Stav Lentakis  
**Deputy Chairperson**



Craig Costello  
**Finance**



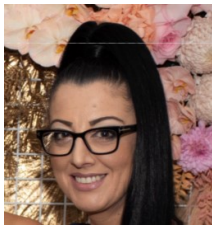
Mark Thompson  
**Secretary**



Francis Ben  
**Board Member**



Kathleen Melis  
**Teacher Rep**



Caterina Vignogna  
**Parents & Friends Rep**



## Staff News

### *Kim Williams (nee Seemann)*

Some of you would be aware that Kim has been diagnosed with a brain tumour. I am delighted to announce that the tumour has been removed and that she is on the way to recovery. Please continue to pray for Kim's speedy recovery so that she is able to fully enjoy being with her young family.

### *Rose Caire*



Rose Caire is currently on long service leave. She has written to inform me that after she completes long service leave she will be retiring. A farewell to demonstrate our gratitude for 24 years service to our community as an education support officer, first aid officer and school receptionist. Is being organized in Term 2

Rose has developed many positive relationships with students and families in the various roles she has undertaken. Rose has demonstrated a strong commitment to ensuring the wellbeing of all the students in her care and communicating with parents providing a link between school and home.

God Bless and stay healthy. **Maria D'Aloia—Principal**

# BOOKCLUB

**DUE DATE**

**Thursday 19th March, 2020**

Reminder that Issue 2 of 'Book Club' will close this coming Thursday 19th March. Books can be ordered directly through Scholastic using the very easy to use 'Loop' payment process or through payment at the School office.

Correct payment is appreciated as orders are not processed through the school office.

**Any queries please see  
Miss Carmody or Sue Ciampi**

## ANTI BULLYING DAY—FRIDAY 20 MARCH

Friday children can wear a touch of orange on this day.

**In Term 2 Bill Hansberry** – well known educator and author  
<https://www.hansberryc.com.au> will facilitate two parent workshops:

**My child is being picked on! AND Will you two just leave each other alone? (sibling rivalry)**

What time would you prefer?

9:15 am

1:30 pm

7:00 pm

Please indicate your preferred time by ticking your preference. The most popular time will be chosen. If you visit Bill's website and would prefer an alternative parent workshop – please let us know!



# OSHC News

Dear Families,

We are very excited to announce that our April Vacation Care program is ready. Some of the activities we have planned includes cooking classes, slime making, group disco, basketball clinic, Kenetic sand creations and Sand Art,.

We are providing alternative workshops and in-house activities for the children. We look forward to receiving your bookings soon.

New Resources in OSHC

We have recently purchased new resources for OSHC including Jenga, Trouble and a Playdough set, which have been a big hit among all ages. Due to our observation so the children's love to play outdoors, we have added outdoor play to Before School Care.

We are always looking forward to your input in the OSHC program , so please feel free to have a chat, text us on 0408809107 or email your feedback to us at [oshc@sjsh.catholic.edu.au](mailto:oshc@sjsh.catholic.edu.au)

Thank you all and well wishes to all our dear families .

*Your OSHC Team.*



# Religious Education News

## LENT- PROJECT COMPASSION 2020 CARITAS AUSTRALIA

*Let's go further Together*

"Not All of Us Can do Great Things, but We Can do Small Things with Great Love." – Mother Teresa.



### SAKUN FROM INDIA

Sakun is a 32 year old indigenous Gond woman who lives in a village in central-east India. She developed polio as a child and has difficulty walking. Until she joined a Caritas Australia funded program, she was isolated in her community, unable to earn a livelihood and without knowledge of government schemes that could help her.

Sakun lives with her sister in a rural area of Chhattisgarh, which is India's poorest state and home to 26 million people, with 10 million living in poverty. Life is especially hard in this region, especially for indigenous people. The Gond tribal community is amongst India's officially designated Scheduled Castes and Tribes and have been disadvantaged, suffering higher poverty rates than other parts of India.

In 2018, Sakun joined a Caritas Australia-funded program which is implemented by Caritas India and its local partner, Samarthan. With their support, Sakun learned new skills and gained important mobility. She now earns her own money and makes a small profit which goes towards her family's basic needs. This has allowed her to be more resilient, confident and independent.

*"I can move around my village, visit community members and talk to them, I feel happy and my social life and network has improved," said Sakun. "It has also given me the opportunity to keep in contact with other people living with disabilities which enabled me to express solidarity with them.*

*Today I am given due respect in the village and community."*

(Caritas Project Compassion 2020, <https://lent.caritas.org.au/page/week-4#blank>)

## HINDMARSH-FINDON PARISH SACRAMENT PROGRAM 2020

### RECONCILIATION PREPARATION: Term 1

(Term 1)

- Student only in-class preparation
- Child/school

All remaining sessions for Term 1 have been postponed until further notice.



# FEAST OF SAINT JOSEPH

THURSDAY 19<sup>TH</sup> MARCH

On Thursday the 19<sup>th</sup> of March, we honour the feast of Saint Joseph. St Joseph was the foster-father of Jesus and patron saint of the Sisters of St Joseph and therefore our school.

He took loving care of Mary and Jesus. Saint Joseph was a patient and kind person who trusted God in all things, just as we should. He was always faithful to what God asked of him.

We also honour the work of the Sisters of St Joseph for their work in many communities around the world.

Liturgies celebrating our patron saint, will be held in learning teams throughout the school day.

## *Prayer to St Joseph for our family*

Gracious St Joseph, protect my family and all other families from danger,  
as you protected Jesus and His mother Mary.

Pray for us, that we respect, love and care for each other in our family  
as you did with Mary and Jesus.

Help us to be understanding and forgiving towards each other.

Most of all St Joseph, bring us closer to Jesus.

St Joseph, please pray for our family. *Amen*

## CLASS MASSES AND LITURGIES

Our Catholic Identity continues to be of great importance during this time. Liturgies will still occur, but will be held in Learning Groups, rather than as a whole school.

Our Holy Week Liturgies will be pre-recorded so that they may be shared with the school community.

## Prayer for Lent

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*



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/cbcadelaide](https://www.facebook.com/cbcadelaide)



**ST PATRICK'S Technical College**

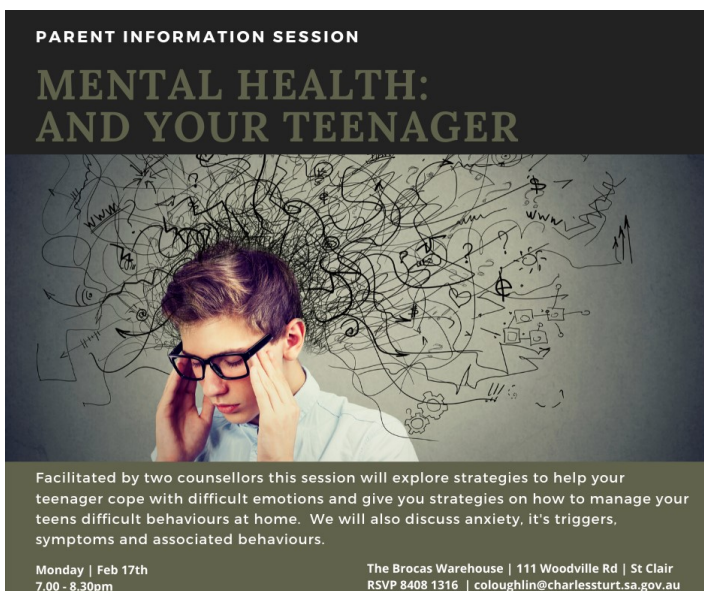
**ST PATRICK'S TECHNICAL COLLEGE**  
**OPEN DAY**  
**SUN 29 MARCH**  
12-3PM | REGISTER NOW

Registrations essential  
[www.stpatst.edu.au](http://www.stpatst.edu.au)

Principal's Presentations at 12:15pm, 1pm or 1:45pm with tours of the college conducted throughout the day  
Enjoy refreshments prepared by our Food & Hospitality students

2-6 Hood Road, Edinburgh North SA

**YEAR 11 & 12 EDUCATION, TRAINING & APPRENTICESHIP PATHWAYS**



**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: [olsh.catholic.edu.au](http://olsh.catholic.edu.au)  
A Girls Secondary Catholic College from Year 7 - 12

*For All Girls*

# Leading the way for children during the Coronavirus pandemic



If you're like me, the news of the Coronavirus (COVID-19) pandemic has your head spinning and your heart pumping. That's only natural as life as we know has taken a seismic shift in recent days.

International travel bans, cancellation of sporting and cultural events, shopping frenzies and talk of school closures continue to dominate the airwaves. Terms such as social distancing, self-isolation and social lockdowns have entered our vocabularies and may soon become part of our daily lives.

Coronavirus is having an unprecedented impact on our daily lives, and will probably do so for some time. While keeping ourselves and children healthy and safe is our main concern, it's also essential to address the anxieties of children and young people during these changing times. Here are some ideas to help inform, reassure and keep children and young people safe.

## Build on what your children know

Children and young people have already been exposed to a great deal of information about corona virus through media, digital means and direct social contact. Their understanding will vary depending on their age and also the quality of their information sources so you probably will need to help kids process what they already know.

Casual conversations with teenagers and older children can be useful ways to glean their understanding. You could ask questions like "What are you hearing about Coronavirus? Is there anything you're not sure about?" Younger primary age children may need a more direct approach with parents addressing their specific concerns without giving too much information that can overwhelm them.

## Check your own thoughts and feelings

Check your own frame of mind and emotions about COVID-19 before talking to kids. Most children are astute mood detectives and they'll gauge their safety by the way you communicate with them. If you tell a child, "You've got to wash your hands or you'll get infected," you are communicating your own anxieties, making it difficult for them to maintain a healthy state of mind. Have a think about how you can frame your instructions and their importance in a way that doesn't heighten your child's anxieties.

## Stay informed

It's difficult to work out fact from fiction, correct from incorrect, information from exaggeration when the news is changing so fast. However you need to educate yourself about the virus itself, including how it's transmitted and how to stay safe. Get information from trustworthy sources such as The Australian Government Health Department website and the current federal government corona virus information media campaign.

# parenting\*ideas

## Answer questions truthfully

It's important that parents and teachers answer children's questions honestly in age-appropriate ways and within context of what is happening at the given time. If their sport or hobby has been temporarily cancelled empathise with their concerns, while helping them maintain a sense of perspective.

## Initiate positive action

One way to reduce anxiety and allay children's fears is to involve them in planning and preparation for their personal and group safety. Positive activities such as maintenance of personal hygiene, greeting people with an elbow tap and getting plenty of sleep can help restore a sense of control, that is so important for their wellbeing.

## Find refuge in rituals

Regular rituals such as mealtimes, bedtime stories and regular one-on-one time provide both an anchor to normality and a sense of connection for kids at times of change. Consider reconstituting favoured family rituals at this time if they have lapsed due to lack of time, or lifestyle frenzy.

## Look outwards

In difficult times there is a tendency to look inwards, which is a natural protective strategy. The alternative is to establish a sense of connection and community spirit by focusing on generosity and togetherness. Help children see past their own needs and look for ways to assist others whether it's shopping for an elderly neighbour, helping a younger sibling occupy themselves, or planning an indoor movie night for the whole family.

The Coronavirus presents many practical challenges to parents and other important adults in the lives of kids. Staying calm, keeping informed, and adjusting our own habits are just some of the challenges we face. However a significant challenge is one of personal leadership. That is, during these difficult times we need to be civil to each other, look out for each other and be mindful of the common good in everything we do. In this, we can all take a significant lead.



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

### **TUESDAY**

<b>Chicken pattie Sliders</b>	<b>\$2.50</b>
<b>Cheese</b>	<b>50 cents</b>
<b>Tomato/cucumber</b>	<b>50 cents</b>
<b>Sauce/mayo</b>	<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>
<b>Teriyaki Chicken/Tuna/Veg.</b>	
<b>Soy Sauce</b>	<b>20cents</b>

### **FRIDAY**

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

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