



**ST. JOSEPH'S
SCHOOL**

HINDMARSH

Issue 5: 1st April 2020

FORTNIGHTLY *Newsletter*



ENROLMENT INTERVIEWS

for Preschool 2021 and Reception 2022 are now being organised.

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

APRIL

3rd–Friday End of Term 1–3.10pm

5th–10th Holy Week – PUPIL FREE DAYS/STAFF FORMATION

**PLEASE LOOK OUT FOR
FUTURE SCHOOL DIARY DATES
THROUGH OUR
SCHOOL COMMUNICATION
SEESAW, FACEBOOK, SKOOLBAG AND EMAIL**



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56 Albemarle Street, West Hindmarsh 5007

Dear Parents and Caregivers,

I am so grateful to be at school at this time as the sound of children playing happily and demonstrating such enthusiasm for their learning is so heartening and uplifting!

The staff and I are so appreciative of your wonderful messages of support and acknowledgement of their commitment to ensuring the continuity of learning for those children who are at home.

As you would be aware the Prime Minister has stated that schools are to remain open at present. This decision is consistent with the best medical advice available and is in the public interest.

The Prime Minister also advised that parents may choose to have their child learn from home, however these children will be required to be properly supervised at home and not congregate outside of home with other young people.

I would like to publicly acknowledge the significant work that has been undertaken by teachers, who whilst still teaching face to face have committed significant time in ensuring that there has been continuity to every child's learning in their class. We have also continued our commitment to the initiatives outlined in the school improvement plan!

The spelling curriculum has been reviewed and the Making Space for Learning Team has continued its work! Information about this will be shared in the new term.

We have a great team here at St Joseph's! We are genuinely committed to your child and your family!

In line with the Premier's declaration there will be four pupil free days from Monday 6 April to Thursday 9 April. The last day for students in Term 1 will therefore be Friday 3 April.

OSHC and vacation care is available.

In this coming week, teachers and support staff will be further developing their skill and application of Microsoft Teams and will commence planning for Term 2, in the event there is a change to the current situation.

At this stage I am unable to provide you with information about what 'school' will look like in Term 2.

I acknowledge the difficulties that our families are experiencing at this challenging time. Rest assured that we are doing all we can to manage the safety and wellbeing of your child. I thank you for your trust and understanding.

If you have any need to speak to me about your own personal circumstances, please feel free to contact me and I will arrange to speak with you at a convenient time.

Please note, that if SA Health contacts us for a school closure due to a known COVID-19 case, I will communicate with you immediately and inform you of the steps that need to occur. We will adhere to any advice provided by health authorities.

We will also adhere to any further advice provided by government authorities and provide appropriate updates.

Catholic Education SA is providing the latest information on their website at www.cesa.catholic.edu.au/alerts.

Student Wellbeing

Student wellbeing during this time is an absolute priority.

Please note that if your child wishes to speak to the school counsellor Ruby Lai or school Chaplain Mary Hemmings, you can request this by email @ rlai@sjs.catholic.edu.au or info@sjs.catholic.edu.au or mdaloia@sjs.catholic.edu.au

Alternatively assistance by phone is available from

- Kids Helpline phone Counselling Service <https://kidshelpline.com.au/> 1800 55 1800.
- Headspace Adelaide, Youth Mental Health Services for young people aged 12-25 <https://headspace.org.au/headspace-centres/adelaide/> or phone 1800 063 267.
- Centacare Family Counselling Services 08 8215 6310 for families who are experiencing anxiety or difficulties in coping with self-isolation and family disruption.
- A multilingual resource library focused on COVID-19 has been created providing information in 18 languages from health authorities at Federal, State and Global levels. This hub page is being updated as new information is provided and translated. This information when used in conjunction with www.health.gov.au may be useful to you and your clients for current, reputable in-language information and advice. Visit the site: [COVID-19 \(Coronavirus\) Multilingual Resource Library](#)

Many of these services also have online resources or information.

As this is the last newsletter for the term, the staff and I take this opportunity to extend you and your family a Holy Easter and school break. Whilst this holiday period will be different to other school holidays it is VERY important that all students and staff take a break from school matters. I will communicate as soon as I'm advised of arrangement for Term 2 by email.

A Prayer for Hope

Heavenly father, I am your humble servant,
I come before you today in need of hope.
There are times when I feel helpless,
There are times when I feel weak.
I pray for hope.
I need hope for a better future.
I need hope for a better life for all.
I need hope for love and kindness.
Some say that the sky is at it's
darkest just before the light.
I pray that this is true, for all seems dark.
I need your light, Lord, in every way.
I pray to be filled with your light from
head to toe. To bask in your glory.
To know that all is right in the world,
as you have planned, and as you want it to be.
Help me to walk in your light, and live
my life in faith and glory.
In your name I pray, Amen.



I fold these hands
into a prayer
To thank the Lord
for love and care.
Fold your hands
right next to me
And he will love us
both, you'll see.

God Bless and Easter blessings,

Maria D'Aloia—Principal

OSHC News

Dear Parents/Caregivers,

Despite the current public health crisis, the students at OSHC have adjusted well. They are practising good hygiene by using correct hand washing techniques and maintaining distance by using fun games like Aeroplanes. The staff are really committed to supporting the children during this time.

As a result of current health advice, we have temporarily moved into the hall to sign the children in. This is allowing the children to have more space between each other.

OSHC children have been engaging in various outdoor play like football, basketball, lava shark, cricket and much more. Students have been taking part in several inside activities which include colouring and craft making as well as using their OSHC time to complete any unfinished homework.

At this stage vacation care will go on. As most parents are aware, Week 11 is now a Pupil Free Week. This means OSHC will provide care for families who are working or needing care for their children. If you wish to book in, please feel free to come over to the OSHC building and collect the booking forms or send a message to the OSHC phone **0408809107**. Alternatively, you can download a copy from the school website at <https://www.sjsh.catholic.edu>

We are also very excited to announce that we have just purchased a 2.2m air hockey table for the children to use during vacation care. See picture below.



Preschool Reflection of Week 9



The vegetables and herbs the children planted are growing nicely and have been adorned by leaves falling from our trees. The children were invited to use cotton buds or their fingers to create an Autumn tree.



While at home, perhaps include a pack of seeds or bulbs as an Easter gift that your child could plant.

A walk around the neighbourhood to go on a leaf hunt would also be fun. The leaves could be used to make a nature collage.



Congratulations to

Maria in Preschool and her family
on the birth of her beautiful baby brother

Michael

May God bless, guide and watch over you,
your baby and your family.



Traditionally the egg was a symbol of **NEW LIFE** and in ancient times eggs given at Easter were hard boiled and dyed. The tradition of egg dying goes back thousands of years when the Egyptians would exchange dyed eggs, the ancient Christians also gave dyed eggs to family and friends at Easter time.



This week the children completed their clay Easter ornaments and decorated their Easter bags to take home. An Easter egg collage art activity using foil and patterned patty pans looked very effective when pasted onto black card. **This activity could be adapted at home using scrap paper, cut up magazines, alfoil, scraps of wool or fabric.**

A Message from the Department of Planning, Transport and Infrastructure

After close consideration of patronage, operational and road safety data, as well as feedback received from the community, the following changes will be implemented along Grange Road:

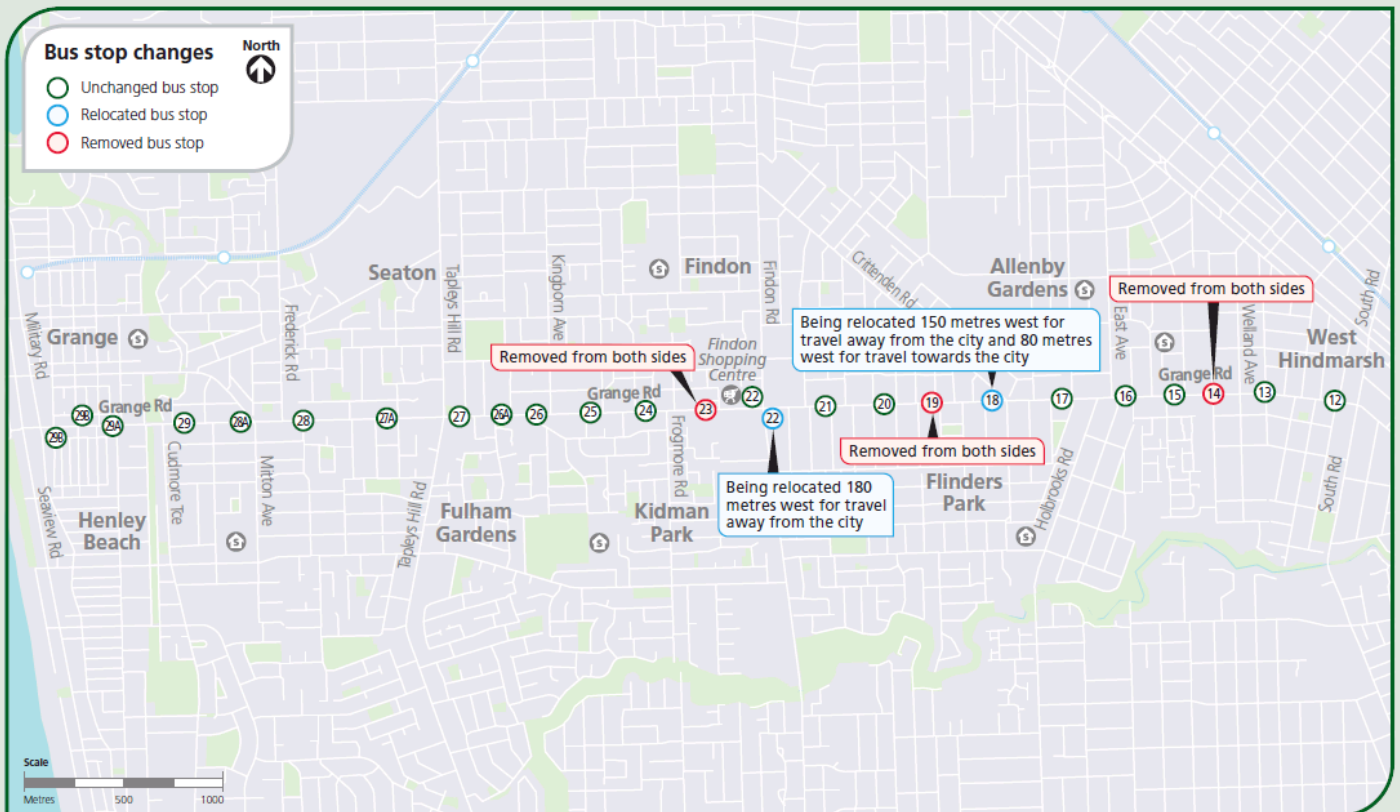
- Removal of stop 14 from both sides
- Relocation of stop 18 from both sides, 150 metres west for travel away from the city and 80 metres west for travel towards the city
- Removal of stop 19 from both sides
- Relocation of stop 22 on the southern side, 180 metres west for travel away from the city
- Removal of stop 23 from both sides

Due to community feedback regarding the value of bus stop 26A, the team have decided to keep bus stop 26A operational in its current location.

Please view the changes on the MAP below.

For further information please go to www.dpti.sa.gov.au

Bus Stop changes from 6 April 2020 Grange Road



Helping siblings resolve their fights



With family members living in close proximity during the current COVID-19 pandemic, parents may find an increase in sibling squabbles. This is understandable as any relationship is tested to its limits by excess time and lack of space. Sibling squabbles usually arise over low level issues such as space (“He’s sitting in my seat.”), possessions (“That’s my book!”) and fairness (“It’s not fair. I was here first!”). It’s enough to send most parents around the twist.

While it seems that kids in families are programmed to fight with each other, the good news is that parents have the power to facilitate learning.

According to a recent study, sibling fights teach kids important conflict resolution skills. In fact, parents who stop their children from arguing may well be depriving them of important learning opportunities. Researcher Laurie Kramer from the University of Illinois in the US found that kids who learned how to argue with their siblings had more advanced emotional development.

Many parents also worry that their children who fight with each other will not get along as adults. The evidence doesn’t support this view. The test for strong families is more about the willingness for kids to pull together when the chips are down, rather than the frequency of the squabbling.

Healthy families know how to fight well. When parents take an active approach to helping their children resolve their fights, they are teaching them a valuable life skill as well as reducing the incidence of fighting over the long term. Here are some practical strategies to use:

Model good conflict resolution skills

Kids wear L plates when it comes to solving disputes. Some kids will yell, get abusive or even get physical when they are settling disputes. Show them better ways of sorting out problems by talking things through with your partner, compromising and apologising when you’ve said something upsetting to your partner or your children.

Help kids manage their emotions

“Yep, it would make me mad too if someone said that to me.” Usually someone’s feelings get hurt when siblings argue so make sure you recognise their emotions without taking sides. This focus on feelings helps kids develop emotional literacy and promotes empathy in siblings as well.

Monitor sibling relationships

Keep your antenna up for the signs of discord within sibling relationships. Some disputes kids can sort out themselves, but you need to be ready to intervene and assist kids in the peace-brokering, or at least to act as a safety net when one child continually appears on the wrong end of a power imbalance.

parenting * ideas

Mentor them to sort out disputes

Kids need the chance to sort their conflict out themselves, but sometimes they need a little coaching. They often invite their parents to take sides, which is usually counter-productive. Rather than trying to sort out who started an argument, focus on possible solutions, provide suggestions such as taking turns, giving way, bargaining, swapping or even walking away.

Encourage them to make up

Kids often get over disputes far quicker than adults. They can be squabbling one minute and cuddling up the next, so it gets tricky intervening sometimes. However there are times when you need to encourage a child to mend bridges with an aggrieved sibling. This can mean kids have to swallow their pride, admit that they may be wrong, make an apology or make some sort of restitution such as doing a special favour. This type of restoration means kids must take responsibility for their behaviours and is a sign of growing maturity.

Conflict and siblings tend to go together. While sibling squabbles can be annoying, they also offer parents great opportunities to help kids to handle conflict effectively, which is a great life skill.

Related webinar

Our school has a membership with Parenting Ideas. As part of this membership, you can access the below webinar recording 'Sibling Fighting' at no cost.

Spend an hour with renowned parenting educator Michael Grose as he explores the weird and wonderful world of sibling relationships. He'll help you develop an active approach to resolving sibling disputes so they learn valuable life skills.

To redeem:

1. Click this link: <https://www.parentingideas.com.au/parent-resources/parent-webinars/sibling-fighting-what-to-do>
2. Click 'Add to cart'
3. Click 'View cart'
4. Enter the voucher code HARMONY and click 'Apply.' The \$37 discount will then be applied
5. Click 'Proceed to checkout'
6. Fill in your account details including our school's name to verify your eligibility. These are the details you will use to login to your account and access your webinar and resources
7. Click 'Place Order'

This voucher is valid until 5 May 2020.

We are aware there is a technical problem downloading the latest Insights for some members. If you are experiencing this issue please [click here](#) to open.



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

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

TUESDAY

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

WEDNESDAY

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

THURSDAY

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

FRIDAY

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

CUPCAKE TUESDAY - lunchtime only 50cents/cake