



ST. JOSEPH'S
SCHOOL

HINDMARSH

FORTNIGHTLY Newsletter

Issue 10: 6th JUNE 2019



IMAGINE • DISCOVER • CREATE • ACHIEVE

Today we had lots of visitors who came to our Preschool for our first Come & Try Session. We are now looking forward to our next session on 20th June. Please tell any family or friends know if they are interested.

**come
& try**

BOOK NOW

Kindergarten

2x SESSIONS

**6th June & 20th June
9.30am - 10.45am**



Be curious & Explore our Preschool at St Joseph's

St Joseph's Catholic School Hindmarsh | 56 Albemarle Street, West Hindmarsh SA 5007 | www.sjsh.catholic.edu.au

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56 Albemarle Street, West Hindmarsh 5007

Dear Parents and Carers



GRANDPARENTS/SPECIAL FRIENDS DAY was a *wonderful celebration* of who we are, a welcoming and respectful community committed to the values and ethos of Mary Mackillop - *In all things love!*

We have so much to be grateful for AND to be proud of!!

Thank you to our Grandparents, Special Friends and significant adults who travelled near and far to be with us!!

We are very grateful to you all!!

The sense of excitement and pride was evident throughout the school.

Gratitude and Thanks to the students and staff for their energy and commitment in showcasing our wonderful school.

Thank you to the St Joseph's Choir and St Joseph's Band led by Tyffany Madigan for setting the tone, Helen Clark for a wonderful Liturgy drawing our attention to the importance of having such special people in the life of our precious children and our school community.

Thank you to the volunteers who helped set up the hall last night for the Morning Tea, Catherine Petrakis, Lori Walker, Stav Lentakis and Patricia Marshall.

Thank you to the wonderful helpers today with setting out and serving the Morning Tea. The people who signed in on our Volunteers sheet this morning were: Lori Walker, Susan Allen, Simon Knapp, Rachael Pavli, Victoria Karidis, Stav Lentakis, Catherine Petrakis, Francesca Aiossa, Mel Melino, Dina Webb, Caryn Vonhof and Laura Vrbanac and thank you if you helped but did not fill in our Volunteer sign in sheet.

Thank you to the Year 6 students for serving morning tea and acting as ambassadors of the school.

Thank you to the school guides for welcoming our visitors.

God Bless

Maria D'Aloia & the Leadership Team



Thank you Grandparents & Special Friends for visiting our school



TO THE COMMUNITY OF ST JOSEPH'S SCHOOL, WEST HINDMARSH

Dear Community Members

I write to inform you that Ms Maria D'Aloia will be taking Long Service Leave in Term 3, from the 26 August until 27 September 2019.

I am pleased to announce that I have appointed Ms Jenny DeGilio as Acting Principal while Maria is on leave.

Jenny is currently the Deputy Principal at Nazareth Catholic College, Findon, where she has previously held the position of Acting Principal on a number of occasions. She brings a depth of leadership experience to this position along with a commitment for ensuring excellence in teaching and learning.

Jenny is looking forward to working in partnership with the students, staff, families and the parish community of St Joseph's School. I would like to express my gratitude to Jenny for taking on this key leadership position and wish her all the best as she prepares to lead St Joseph's School.

Yours sincerely



Dr Neil McGoran
Director

3 June 2019



A LETTER FROM THE CHAIRPERSON OF THE SCHOOL BOARD REGARDING SERIOUS TRAFFIC CONCERNS

RE: TRAFFIC MANAGEMENT AROUND OUR SCHOOL

To All Members of our School Community,

I am writing as Chairperson on behalf of the School Board of St Joseph's School West Hindmarsh about the ongoing concerns we hold in relation to **driver behaviour** in and around our 'Kiss and Drop' area on Albemarle Street.

Whilst after years of advocating we have recently had our School Crossing installed for which we are most grateful, there is still grave concern amongst staff, students and parents about driving behaviour around the Crossing and our Kiss and Drop areas.

Drivers are continually conducting three-point turns, often through the crossing itself, parking in the middle of the road and in general not taking into consideration the safety of our school community.

It is of particular concern when the students themselves, both utilising the crossing and monitoring the crossing are the main voice of these concerns.

Unsafe driving behaviour has also been witnessed on Bertie Street after school.

As a school community we continually do our utmost to educate drivers around the Kiss and Drop area, however unfortunately the message does not always seem to reach everyone.

The School Board holds serious concerns of an incident occurring before too long.

If you would like to discuss this matter further please do not hesitate to contact the school office to arrange an appointment.

Sincerely,

Richard Ellerman

School Board Chairperson

Religious Education News

Catholic Education Week

'Thriving people, capable learners, leaders for the world God desires'

This week we are celebrating Catholic Education Week, this is a great opportunity to highlight the wonderful things that are happening in every one of our schools. During this week, we have several great celebrations occurring.

Earth Hour- Stewards of God's Creation

Catholic schools join in a combined effort to raise awareness about the effects of greenhouse gas emissions and to demonstrate how schools, homes and businesses can reduce their impact on the environment. As stewards of Creation, students participated in Earth Hour, a Switch Off day of action. We demonstrated our commitment to re-imagining our partnership with the Earth as stewards of our natural environment by living more peacefully with our world. Earth hour involved reducing our electricity consumption by for example, switching off lighting and heating for a period of time, and not using any unnecessary electronic devices.

Migrant and Refugee Centre Visit

On Tuesday, Mini Vinnies visited the St Vincent de Paul Migrant and Refugee Centre at Hindmarsh. We were greeted by Mary Ireland and the amazing team of volunteers. The students had an opportunity to be a part of their meeting and learn about the different ways that they support their companions. Companions of the centre are supported in a variety of ways, including; filling out forms, applying for housing and seeking medical support. One of the most significant ways they help, is to just be able to listen and empathise with the migrants and refugees.



Religious Education News

Mini Vinnies

WINTER APPEAL

St Vincent de Paul Winter Appeal bins arrived this week. They are located in the downstairs break-out space. Please see posters for what items are suitable for donation.

Refugee Week- Week 8

Jayne Short from St Vincent de Paul will be visiting the Year 5/6 classes during Refugee Week to work with students in areas of Social Justice and to develop an understanding of what life is like for struggling families.

During this week, Mini Vinnies will launch an appeal to raise awareness of what St Vincent de Paul do for migrants and refugees. They will also be collecting donations for the Port Road Centre.

Upcoming Masses and Liturgies

Week 8, Wednesday 19th June- Whole School Mass- Celebrating the MSCs as the Heart of St Joseph's Hindmarsh and farewell for Fr Bill Brady- hosted by 5TC

Week 9, Wednesday 26th June- Cultural Week Liturgy and Celebrations

Week 10, Wednesday 3rd July- Whole School Liturgy- Hosted by 3TDP

PEACE BE WITH YOU

God of peace,
Create in us a peace-filled heart.
Help us find quiet times to be still and reflect on your presence with us.
Assist us to act with love, forgiveness and compassion, so we can live peacefully with others.
Guide us in showing respect and care for all of creation.
In all our thoughts, words and actions, help us be peacemakers in creating the world you desire.

*We ask this in the name of the light of Christ,
Spirit of Peace.*

Amen

God Bless
Helen Clark
APRIM





Parish Leadership Transition

Update 2: 18-19 May 2019

Welcome to our latest Sacred Heart Parish Hindmarsh-Findon Transition Communication.

Transitioning from the leadership and care of the Missionaries of the Sacred Heart involves a significant change for everybody in our parish, especially those of us in the worshipping and school communities.

At the heart of our Hindmarsh-Findon Parish we are a Eucharistic community with Christ at the centre. We are also a community which hopes to continue growing in faith and remain a viable presence of Christ in the western suburbs of Adelaide.

Your Parish Council Members and Transition Team have worked on compiling a 'picture' of our Parish at present and have tried to express what we feel are our Hopes for the future. In light of this, we are presenting the following information that we encourage all to take the time to read.

Page 2 is a map of our Parish Ministries and Involvement, in which we have attempted to capture the different key aspects of our Parish Community.

Page 3 includes a breakdown of these key aspects of parish, incorporating the different ministries and activities that are presently giving life to our parish.

On page 4 your PPC has proposed what we feel are the "The Hopes of our Parish Community".

How can you be involved?

Does the **Parish Map** and the **Ministries and Involvement** reflect all that is happening in our parish at the moment?

Do **The Hopes of our Parish Community** capture the key aspirations of our parish? Are there other hopes that we have not named? Have we grasped the essence of what we can work towards in the future?

Our community has been shaped and moulded over the last 105 years together with our MSC priests. Our growth into the future is largely dependent upon **our efforts as parishioners**, together with anyone who joins us in the coming years.

This material will be used to inform whoever may be appointed by the Archdiocese to work with us to know *who we are as a Community*.

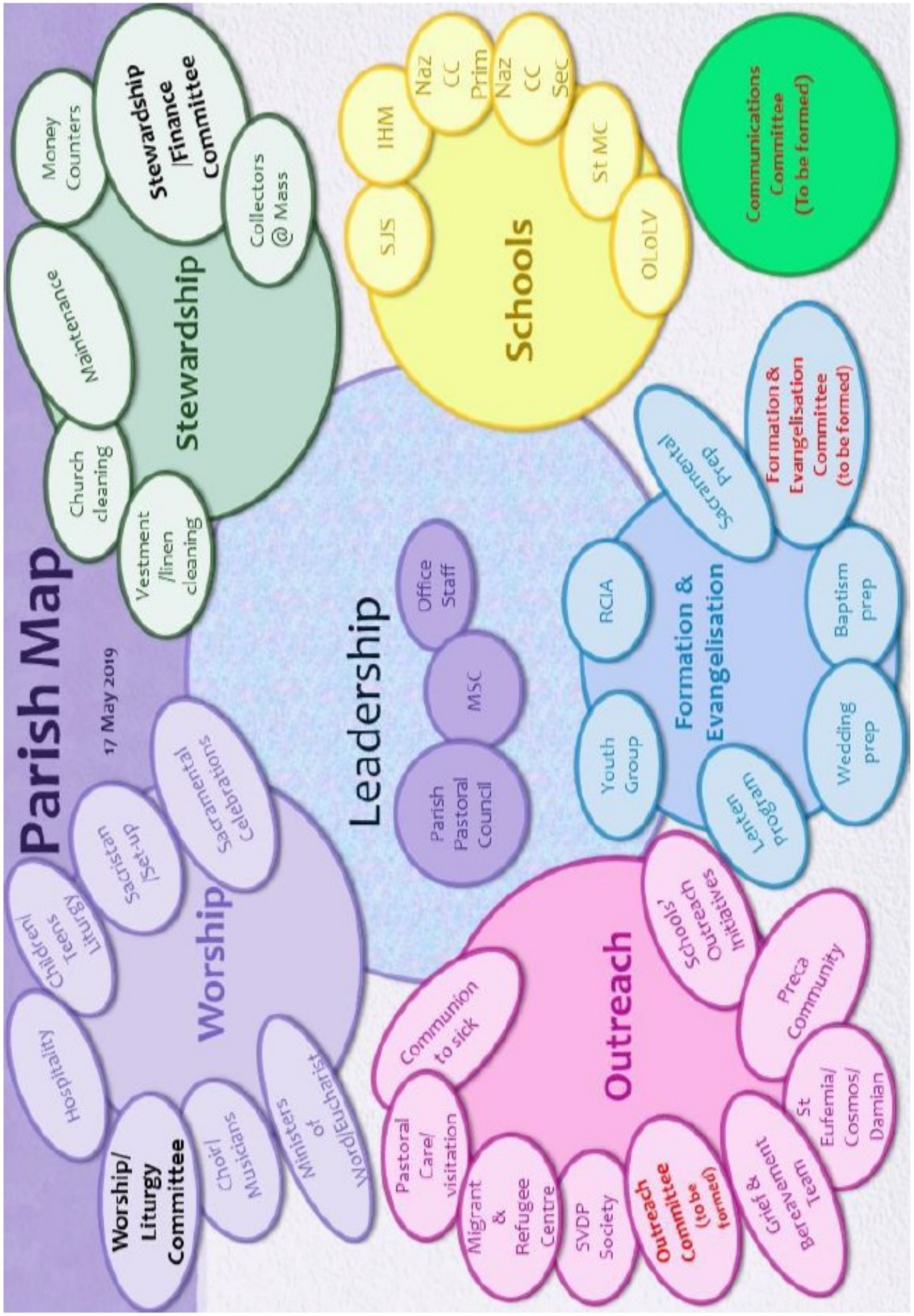
Your response to this information is vital to ensure we reflect our whole parish. Feel free to remain after Mass next weekend (25/26 May) for some informal chats. Written responses can be emailed to shparish@sjsch.catholic.edu.au or handed to a PPC/Transition team member or parish/school office. We are very keen to hear from you!

Parish Pastoral Council – Fr Bill Brady, Mary Hemmings, Narita Perrotta, Peter Oswald, Lin Low, Valan Cenchetty, Cathy Strangio, Pauline Kinsman, Sandra Bahlij, Damian Patton, Maria D'Aloia, Linda Arman, Melanie Perrotta, John Micallef, Bob Hart, Flora Aniella and Chris Lynch

Parish Transition Team - Fr Bill Brady, Mary Hemmings, Narita Perrotta, Ann Bliss, Teresa Lynch and Maria D'Aloia

Parish Map

17 May 2019





Parish Leadership Transition

Update 2: 18-19 May 2019

Parish Ministries and Involvement

As at May 2019

Worship

- Liturgy
 - o Music/Singing at Masses
 - o Liturgy committee
 - o Special events eg Holy Week/Easter
 - o Ministers of the Word/Eucharist
 - o Children's Liturgy of the Word
 - o Youth Led Mass - Findon
 - o Sacramental Celebrations: Reconciliation, Confirmation, First Eucharist
 - o School Liturgies / Masses
 - o Funeral Masses
- Sacristans
 - o Setting up for Masses
 - o Setting up for Baptisms, funerals, weddings, special occasions
- Hospitality
 - o Welcomers
 - o Morning teas

Formation and Evangelisation

- Baptismal preparation/support
 - o Preparing parents for children's baptism
- Parish Schools/State Schools Preparation for Sacraments
- Rite of Christian Initiation of Adults (RCIA)
 - o Preparation group beginning July 2019
- Wedding Preparation: ongoing
- Training for leaders of Liturgy of the Word: May/June 2019
- Sessions for young parents** July 2019
- Lenten Program
- Youth Group
 - o Friday evening gatherings/camps/reflection days (youth and families)

Stewardship

- Finance
 - o Finance Committee
 - o Weekly Counters
 - o Collectors at Mass
- Vestment/linen cleaning
- Church cleaning/flowers/notice boards etc
- Maintenance/grounds
- Ecological initiatives eg sustainable practices at parish gatherings

Outreach

- Nursing Home visitation
- Visiting sick and housebound
- SVDP Society (Vinnies)
- Migrant and Refugee Centre support
- Preca Community
- Schools' Outreach Initiatives

Community Building

- Preca Youth/Family group
- Parish Conversations
- Cultural celebrations eg St Eufemia community
- First Sunday of Month Findon – Young people lead Mass and shared lunch
- Wise Owls

Schools

- St Joseph's Hindmarsh
- Immaculate Heart of Mary Brompton
- St Michael's Junior School Beverley
- Nazareth Catholic College: Findon and Flinders Park
- Our Lady of La Vang Flinders Park

Communication

- Social Media: Parish Facebook
- Parish Website
- Parish Bulletin

SACRED HEART PARISH HINDMARSH-FINDON

The Hopes of our Parish Community

If the parish proves capable of self-renewal and constant adaptivity, it continues to be "the Church living in the midst of the homes of her sons and daughters". Pope Francis: Joy of the Gospel par 26

Community: *"The parish is a community of communities, a sanctuary where the thirsty come to drink in the midst of their journey and a centre of constant missionary outreach."* Pope Francis: Joy of the Gospel para 28

In light of this, we hope to

- continue flourishing as a vibrant Eucharistic community where every member may experience the loving presence of God by feeling welcomed and affirmed to contribute to the life of our community
- deepen our relationship across our schools and wider parish and cultural communities as we work together to develop communities that are inclusive of all
- progress as a viable and sustainable Parish by working collaboratively and communally

Leadership: *We recognise that as part of our baptismal call, each person is gifted by God's Spirit for the sake of all.*

In light of this, we will seek leadership that

- acknowledges, supports and affirms the diverse gifts of all in our community
- is collaborative and exercises consultation, co-operation and transparency
- continues to model a heart-centred approach, *with love and kindness, humility and simplicity* (Jules Chevalier) ... and serve all in our community

Worship: *Opportunities to gather for prayer and Eucharist are key to us being a Catholic community.*

In light of this we will

- strive for Eucharistic and other forms of prayer to be faith enriching encounters which recognize and celebrate our cultural diversity
- continue to enliven our liturgies through music, engaging homilies/reflections and creativity
- enable active and inclusive participation which values the gifts of all members in all our gatherings

Social Justice (Outreach) *Social Justice is at the heart of the Gospel, not an appendage to it. (Parish Strategic Goal)*

In light of this we will

- actively seek awareness of those in need and engage with others beyond the walls of our church buildings
- continue to reach out to those in need within our community, including those who are experiencing the effects of ageing, isolation, sickness and cultural or social marginalisation.

Evangelisation *By virtue of [our] baptism, all the members of the People of God have become missionary disciples.* Pope Francis: Joy of the Gospel para 120

In light of this we will

- be people who give witness to our faith by living the Gospel values in our daily lives
- be as Jesus Christ: just and merciful and kind in dealings with each other

Formation *"I have come that they may have life and have it to the full" (John 10:10)*

In light of this we will

- provide opportunities for our community to grow in knowledge and understanding of our faith
- encourage the ongoing development of gifts and talents of all, from the youngest to those who remain 'young at heart'
- collectively as Catholic School communities, Worshipping Communities and the wider community support our families to nurture the minds and hearts of our young people

Stewardship *"Let us be 'protectors of creation'...of one another and of the environment."* Pope Francis 19th March 2013

In light of this we will

- encourage parishioners to share their gifts to assume responsibility for areas of ministry to which they are called
- ensure all undertakings care for our world through practices of ecological conversion and sustainability

Rite of Farewell to our MSC Leadership



**SACRED HEART PARISH
HINDMARSH-FINDON**

**RITE OF FAREWELL
TO OUR MSC LEADERSHIP**

VIGIL MASS AND DINNER

Sat 29 June 2019 - 5pm

Sacred Heart Church, Hindmarsh

The Sacred Heart Hindmarsh-Findon Parish Extends a warm Invitation to you TO JOIN US IN COMMEMORATING 105 Years of Ministry in our Parish of the **Missionaries of the Sacred Heart on Saturday 29 June 2019** *Mass of Thanksgiving* 5.00pm Sacred Heart Church 252 Port Road Hindmarsh Followed by *Celebration Dinner* 6:45pm Nazareth Catholic College Primary-Gym 176 Crittenden Road, Findon. Dinner Tickets may now be purchased directly via the following link by Friday 14 June 2019 <https://www.trybooking.com/BCVOS> Dinner tickets are \$20 per Adult \$10 per Child under the age of 12 Years (A booking fee of 50cents per ticket applies) BYO Drinks Enquiries to Parish Office 08 8346 3901 or email: shparish@sjsk.catholic.edu.au

DIARY DATES FOR TERM 2

Week 6 Catholic Education Week
7 June: Orientation for Term 3 Reception students

Week 7
10 June: Queen's Birthday—Public Holiday School Closed
12 – 14 June: Year 5/6 School Camp
14 June: Orientation for Term 3 Reception students

Week 8
17 June: Refugee Week
P & F Meeting
Catholic Athletics' Carnival
19 June : Parenting Workshop at 7pm

Whole School Mass—celebrating MSCs as the Heart of St Joseph's and farewell for Fr Bill Brady hosted by 5TC

20 June: Come & Try our Preschool

Week 9
26 June : School Board Meeting
26 June: Cultural Week Liturgy and Celebrations
28 June : Feast of the Sacred Heart
Cultural Day and Dinner
Orientation for Term 3 Reception students
Saturday 29: Parish Event – Farewell Fr Bill and Missionaries of the Sacred Heart

Week 10
3 July Whole School Liturgy hosted by 3TDP
4 July Learning Journey

CONCERT DATE FOR 2019

FRIDAY 8 NOVEMBER.

MORE INFORMATION NEXT TERM

PE News from Cristian Morgado



Soccer 2018 Season

- Please check the website for fixtures www.nwjsa.org.au
- We are still on the lookout for additional players for U7, U8 and U9 Soccer. If you are interested in playing please see Mr Morgado or email cmor@sjsh.catholic.edu.au

SAPSASA Knockout Netball

- Well done to our Yr 6/7 Girls Knockout Netball Team who played at Fulham Gardens last Friday in the first round of SAPSASA Knockout Netball. Unfortunately we lost to some very strong teams. Thanks to Mrs Campbell and our two student teachers Matt and Caitlin for volunteering to help out.

SAPSASA Knockout Soccer

- Our boys had an amazing result against Fulham Gardens beating them by a big score. We are looking forward to our next challenge. Well done boys!
- Girls Knockout Soccer will be held on Wednesday Week 8. More information will be available as we are waiting for confirmation.

SACPSSA Athletics Carnival Trials

The SACPSSA Athletics Carnival trials were held on Wednesday 26th of May and Tuesday 4th of June. Selected students will be invited to attend the Athletics Carnival. Athletics Trials have been held during PE lessons for Hurdles, Long Jump and High Jump. Further details about team selections will be sent home shortly.

SACPSSA Athletics Carnival

The SACPSSA Athletics Carnival is being held on Monday 17th of June. Students will be notified shortly of their participation and I will send a permission note home during the next few days.

What is happening in the Preschool?



We welcomed Tiana Bain from Tauondj Aboriginal College to our Preschool for Reconciliation week. Tiana showed the children the traditional dress worn when Kurna people perform dances at special events and celebrations. They were able to dress up and perform a dance featuring the moves of kangaroos and emus as Tiana sang the Kurna lyrics. It was a great honour to have Tiana with us sharing stories, language and culture.



- **Black** – represents the Aboriginal people of Australia
- **Yellow circle** – represents the Sun, the giver of life and protector
- **Red** – represents the red earth, the red ochre used in ceremonies and Aboriginal peoples' spiritual relation to the land.

The Australian Aboriginal Flag was designed by artist Harold Thomas and first flown at Victoria Square in Adelaide, South Australia, on National Aborigines Day, 12 July 1971. A group of children created their artistic representation of the flag for our room this week.



On Friday we attended a Reconciliation Week assembly hosted by our Year 3 buddy class.



“When the major aspects of children’s lives intersect through connections and understandings, and these understandings are incorporated into planning for children’s learning, children are much more likely to succeed and have a strong sense of belonging. (EYLF Educator’s Guide, 2009, p.17)”

Our workshop with Tiana inspired the children to create their own dance costumes, necklets and headdress.

TOGETHER WE MAKE HAPPY MEMORIES FOR OUR CHILDREN



**St Joseph's
Parents
& Friends**

Parents & Friends

INFORMATION

Reminder



St Joseph's School

Presents

Bill Hansberry

who will be conducting a **FREE Parent Workshop**

on Wednesday 19th June at 7pm

PLEASE FEEL WELCOME TO INVITE FAMILY AND FRIENDS

EVENING PROGRAMME

7-7.45pm **'Get off that Computer!'**

8.00-8.15pm *Coffee Break*

8.15-9.00pm **'My child is being picked on!'**

*** Creche available ***



ABOUT BILL HANSBERRY

Bill is an author of many books on behaviour management in schools and parenting. Bill works as a consultant and a private mentor. He is a father of three school-aged children himself and understands the trials and self-doubt that comes with being a parent.

RSVP

MONDAY 3RD JUNE 2019

Please return to the front office OR

email to info@sjsh.catholic.edu.au

NAME/S OF PEOPLE ATTENDING:

CONTACT EMAIL:

ELDEST CHILD'S NAME & CLASS:

I / We will be attending the Bill Hansberry Parent Workshop on Wednesday 19th June at 7pm.

No attending: _____

I will be requiring the creche:

NAMES AND AGES OF CHILDREN ATTENDING:



When you shop at Woolworths you can earn one sticker for every \$10.00 spent. Start collecting your stickers for our school to have the chance to redeem great prizes for our school.

REPLY SLIP— PLEASE RETURN THIS FORM TO CLASS TEACHER BY 21 JUNE 2019 or
EMAIL info@sjsh.catholic.edu.au



**PARENT
WORKSHOP**
by Kate Dilger

PARENT NAME: _____

CONTACT NUMBER: _____

ELDEST CHILD'S NAME & CLASS: _____

PLEASE INDICATE THE NUMBER OF PEOPLE ATTENDING THE **STEM** PARENT
WORKSHOP ON 24 JULY 2019 _____

save more
for your family's
Christmas
and we'll have a
bonus gift
for you too!

\$50 CASH BACK

To supercharge your savings for Christmas, and enjoy a **\$50 cashback...**

- **Step 1** -
Open a Credit Union SA Netsave Account at creditunionsa.com.au/scr-christmas
- **Step 2** -
Enter the promo code SCR on the *Personal details* section of the online form.
- **Step 3** -
Have at least \$200 in your Netsave Account by **1 November 2019** (scheduling monthly deposits of \$50 should do the trick!)

To top it off, you'll be helping to give back to your nominated school through the *School Community Rewards* program, which provides a regular financial benefit just for you banking with Credit Union SA.

Terms & conditions apply - see creditunionsa.com.au/competitions



* To be eligible for a \$50 account credit you must join Credit Union SA and open a new Netsave Account from 24/5/19 to 30/7/19 and have a minimum balance of \$200 in their Netsave Account before 11:59pm (ACST) on 1/11/19. Offer limited to South Australian residents aged 18 years and older. Limit one (1) cashback per person. Joint accounts limited to one (1) cashback per account. Please read the terms and conditions at creditunionsa.com.au before making a decision and consider whether the product is suitable for you. The offer is current as at 24/5/19 and is subject to change at any time. All members of the school community must consider their own circumstances and obtain their own advice before joining School Community Rewards. The school takes no responsibility for any advice or product provided by Credit Union SA Ltd. This information is general in nature and doesn't take into account your own personal circumstances. It is important for you to consider the terms and conditions before acquiring any of our products or services to help you decide whether they are suitable for you. Conditions and fees apply. Credit Union SA Ltd, ABN 36 087 651 232. AFSL, Australian Credit Licence 241066, Credit Union SA Centre, Level 3, 400 King William Street, Adelaide SA 5000 GPO Box 699 Adelaide SA 5001. SCR190508

Imagine Inspire Ignite at the Charles Sturt Libraries

We welcome you to join us this August as we celebrate a month long, fun-filled festival of learning that incorporates both National Science Week and Children's Book Week.

All events listed below are free, but bookings are necessary for each session via our online form at: www.charlessturt.sa.gov.au/ImagineInspireIgnite.

Bookings are due by **COB Friday 26 July**, and a follow-up email from a librarian will confirm your booking.



Library Experience

Join our librarians to celebrate 2019 Children's Book Week with the shortlisted books and an activity at any of our five library branches at **10:00am**:

- Civic (Woodville)
- Findon
- Henley Beach
- Hindmarsh
- West Lakes

To book in a tour, go to our online form, choose the date listed and nominate which library you would like to visit.

August

2, 5, 23, 26

Suitable for **Kindergarten to Year 7**.
Maximum of 2 classes



Experience VR (Virtual Reality)

Experience the unreal! Come along to the **Findon Library** from **10:00-11:30am** and try out our special virtual reality headset. You'll discover augmented reality (AR) where you can make your colouring come to life and see if you can trick your brain with paper based optical illusions.

August

9, 23

Suitable for **Years 4-7**.
Maximum 1 class per booking.

PLEASE JOIN US FOR A
MOVIE AFTERNOON



Saturday 22 June 2019 | 2.30pm | The Regal Theatre

Tickets Adults \$20 & Kids 15 & under \$15 (+ \$1 BF)
Includes free drink and snacks for the movie

Book online - <https://www.trybooking.com/BCKAU>

Proudly supporting:



St Joseph's Hindmarsh

let's
play

Playgroup
Every Wednesday
9am - 10.30am

Please bring a piece of fruit to share

Follow us on Instagram
@letsplay_playgroup




OLSH
OUR LADY OF THE
SACRED HEART
COLLEGE

**COLLEGE
TOURS**

Last Tuesday of every month
9:30am & 5:30pm

To register, visit: olsh.catholic.edu.au
or phone 8269 8800 to request a tour

A Girls Secondary Catholic College from Year 7 - 12
496 Regency Road, Enfield SA 5085
Phone: 8269 8800 Web: olsh.catholic.edu.au

For All Girls

insights

Encouraging healthy attitudes towards women

by Dr Rosina McAlpine



Recent events and current statistics highlight that as a nation we have a serious problem when it comes to domestic violence. While there's no easy solution, together, we can do our part to stop violence against women. If you're a parent or guardian, you can play an important role. Disrespect towards girls can begin in childhood, and we can break the cycle when we teach our children to be respectful and caring right from the start.

As parents, we have three main jobs:

- First, to love our children and build a strong lifetime bond
- Second, to keep them safe from harm until they can do that for themselves
- Third, to teach them all the skills they need to thrive in life and to make a positive difference in the world

Life skills approach to raising children

So what life skills do children need to learn when it comes to the issue of preventing violence against girls and women? As parents, we can talk with our kids about:

- Behaving respectfully towards others
- Communicating their needs using words and without the need to hit, snatch or shout
- Managing their emotions and their behaviours so as not to 'fly off the handle'

Start the conversation about respect early

Start by responding to your child calmly when they are disrespectful to others. The following three-step communication approach can be used from early childhood through to teen years. Let's put it into practice.

If a boy is making fun of his sister or a female friend:

1. **STOP:** Respond calmly rather than react asking him to stop the teasing.
2. **EMPATHISE:** Invite your son to see the behaviour through the eyes of his sister. 'How do you think your sister/friend feels right now?'

3. EDUCATE: Provide options such as ignoring his sister or friend if she's annoying him or providing an appropriate social script he can use to communicate his thoughts such as, "I find it annoying when you don't share the computer"

It's a marathon, not a sprint

When it comes to gaining academic knowledge and learning skills, parents know it takes years of consistent effort from childhood through to adolescence. In the same way, parents can take a long-term approach to teaching life skills beginning right from toddler to teen.

Parents lead the way

Parents are powerful teachers and role models for the next generation. We can teach our children how to be respectful and kind to each other. By stopping disrespect and violence at the start we can play a crucial role in putting an end to violence against girls and women.

Resources you can use

The Stop it at the Start campaign provides parents, family members and others with information and practical resources to self-reflect, and talk to boys and girls aged 10-17 about being respectful and caring. You can find videos, guides and other resources to help you have conversations with your children at www.respect.gov.au/resources/talking-about-respect.

There is so much we can do in families to develop healthy attitudes toward women. Through modelling and teaching we can change entrenched attitudes and behaviours that will put an end to the cycle of violence against women.



Dr Rosina McAlpine

Dr Rosina McAlpine is an author, parenting expert, mother and CEO of Win Win Parenting. Win Win Parenting supports busy working parents to effectively navigate work and family for success at home and at work. Parents learn practical strategies to manage day-to-day parenting challenges like struggles with technology, emotional outbursts and keeping calm even in the most volatile situations. Connect Dr Rosina at WinWinParenting.com or DrRosina.com.

insights



Creating healthy digital habits in kids

by Martine Oglethorpe



Surveys have consistently shown that children have been exposed to rising amounts of screen time in recent years, as well as parents struggling to manage the moods and time demands of children and young people.

As kids spend increasing amounts of time tethered to a digital device, it makes sense that the time they are online, is time well spent. As parents we're often concerned about the connections children and young people are making and the subsequent impact on their wellbeing. We're often concerned about the content they're consuming, and how helpful, relevant and safe it is for them. Rightfully, there's concern that the time spent online, scrolling, searching and swiping, may well be time better spent on other pursuits.

Obviously, these digital devices won't be going anywhere fast. So, we need to look at how we remain in control of our screen use, and ensure the time we're investing online is adding something helpful, positive and meaningful to our lives.

Here are a few tips to help you be more intentional with your scrolling. Being mindful of how time spent on devices, is certainly not just reserved for young people.

Encourage creation not just consumption

Here's a simple question. Are you more of a consumer or creator when you're online? When you spend your online time in creative mode such as making things, creating own videos, editing photos, writing blogs, coding a video game or composing a song you are getting something tangible in return for the time spent on a screen. You are achieving and creating something, rather than simply consuming the content made by others, which is generally far more satisfying as a user.

Look at who you are following

Consider the real purpose of the people on your feeds. Are you following celebrities you can never relate to, companies you would never buy from, or people who bring you down rather than teach or inspire you? Ideally, you'll follow people and companies that you can connect with and add positively to your life.

So what about your child? If they have a passion for something, help them find suitable people to follow. For instance, if they love space, search for NASA and related accounts. If they love photography, help them find great photographers sharing their work online. When they're following people that teach, inspire and ignite their passions, they're less likely to spend valuable time with energy zappers.

Do a digital declutter

We all have so many apps on our devices and many are just clutter that we used once and no longer visit or don't add anything constructive to our day. Maybe you could try deleting all the apps on your phone and only put those back that you need to make your day easier, or that offer you something positive. This forces us to look at the real benefits, or not, of the apps and thus the time we are spending online. Could there be better games for your kids to play? Are there better videos for them to watch than the ones that the YouTube algorithm believes they want to see?

Role model good practises

Most kids learn much more from what they see and experience, rather than from what they are told. As a parent be sure to be intentional with your screentime. Do you:

- Follow people that support you, challenge you in helpful ways or inspire and lift you up?
- Interact in positive ways?
- Give people your attention rather than scroll whilst others are talking to you?
- Put your digital devices away in order to fit all the other important things into your day?

Setting your kids up with good online habits will help make these practises the norm. If you don't want your children falling prey to the harmful and unhelpful experiences online, you need to be sure that they are focusing on positive and helpful screentime pursuits.

Be intentional with your scrolling, and you'll ensure you're getting a much greater return on your online investment.



Martine Oglethorpe

Martine Oglethorpe is an accredited speaker with the Office of the eSafety Commissioner and has presented to numerous parent groups, schools and teachers. She is a speaker, counsellor and educator with a passion for building resilient kids in a digital world. Contact details: info@martineoglethorpe.com.au, themodernparent.net, facebook.com/themodernparent

ST JOSEPH'S TUCKSHOP MENU AND PRICE LIST 2019 – TERM 2

AVAILABLE EVERY DAY:

CHICKEN NUGGETS:*

5 Chicken Nuggets \$4.00
 Extra nuggets 80 cents each



CRUNCHY CRUMBED FISH:*

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



SIDES:

Can be ordered separately or as a nuggets/fish combo

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

HAMBURGERS:*

Beef Burger (home made) \$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 \$1.50

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

PLEASE NOTE:

Cutlery will only be provided free with canteen food purchases, otherwise there will be a charge of **10cents/item**. Thank you.

*Nutrition breakdown can be found on the school website.

ST JOSEPH'S TUCKSHOP MENU AND PRICE LIST

2019

DAILY SPECIALS:

(Term 2)

MONDAY

Hot Dog (whole)	\$3.50
Hot Dog (half)	\$2.50
Cheese	50 cents
Tomato/BBQ sauce/Mustard	20 cents

NEW!

Hot Chicken Rolls	\$3.50
Coleslaw	\$1.00
Cheese	50 cents

TUESDAY

Cheesy Vegetable Slice	\$3.50
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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 (thick cut)	\$3.00
Tomato sauce	20 cents
Sweet chilli mayo	50 cents
Melted cheese	50 cents

CUPCAKE TUESDAY - lunchtime only 50cents/cake