



**ST. JOSEPH'S  
SCHOOL**

HINDMARSH

# FORTNIGHTLY Newsletter

Issue 18: 23 OCTOBER 2019

**come & try**  
BOOK NOW

# Kindergarten

★ NEW DATE ★  
**31st Oct** 9.30am - 10.45am

**Be curious & Explore our Preschool at St Joseph's**

**IMAGINE • DISCOVER • CREATE • ACHIEVE**

## Diary Dates for Term 4

### OCTOBER

Friday 25th **SPORTS DAY**

### NOVEMBER

Monday 4th **P&F Meeting**  
 Friday 8th **Whole School Concert**  
 Monday 11th **Preschool 2020 Meet and Greet**  
 Wednesday 13th **Reception 2020 Liturgy and Welcome**  
**School Board at 7.00pm**  
 Thursday 14th **Principal's Tour from 9.30am**  
 Friday 22nd **School Disco**  
 Monday 25th **Instrumental Evening**  
 Wednesday 27th **New Parents 2020 Information Session**  
 Thursday 28th **Parent Induction and Mandatory Reporting**

### DECEMBER

Wednesday 4th **School Board and P&F Dinner**  
 Tuesday 10th **Thanksgiving Mass at Sacred Heart Church at 7pm**  
 Wednesday 11th **Graduation Dinner**

St Joseph's Hindmarsh

# let's play

**Playgroup**  
Weekly from  
**9am - 10.30am**

**New Playgroup Day!**  
**Begins Next Term**  
**Friday 18th October**

Please bring a piece of fruit to share  
Visit us at 56 Albemarle Street, Hindmarsh

@letsplay\_playgroup

**SPICE**  
Supported Playgroups in Catholic Education

# SPORTS DAY

## Parent Information

### Friday 25th October

Arrive: 9am • Finish: 1.30pm

Where: Sam Johnson Sportsground  
(Fitzroy Oval) Swan Court, Renown Park

### Parents:

Sausage Sizzle available for lunch  
Cost: \$2.50 each

Bring along chairs, rugs, sun shelters, or if the weather is looking unsettled bring umbrellas

Don't forget your sunscreen

Kiosk available for Parents

# SPORTS DAY

## Parent Information

### Your Child Needs:

Healthy Recess

Lunch (if not ordering sausage sizzle)

Water (for break times)

### What to Wear:

Plain Coloured T-Shirt in their Team Colours  
(no writing or images)

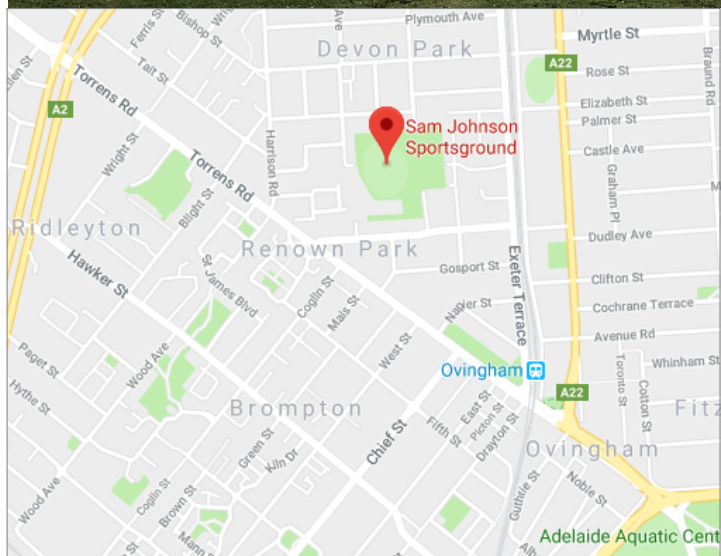
School Sport Shorts & School Hat

Sport Shoes

Apply sunscreen before arrival

Coloured ribbons may be worn

Apply coloured zinc/hairspray at home



### Travelling by Bus:

Children not in Before School Care but travelling by bus must arrive by 8.15am as the bus is leaving promptly at 8.30am

Students who have returned to the school by bus will be supervised by the teachers until 3.10pm when After School Care commences.

### INCLEMENT WEATHER

In the event of inclement weather, we will notify parents at 2pm on Thursday 24th October of any changes to the SPORTS DAY.

This information will be sent out via SeeSaw and Facebook.

### Sausage Sizzle

Sausages will be handed out during lunch by the teacher, please make sure you have pre-ordered your child's sausage for the day.

Return your child's order form with the money enclosed before Monday 21st Oct.

Spectators will be able to purchase a sausage on the day - cost \$2.50 each.

### Cake Stall

We are asking parents/families to bring along cakes, biscuits, slices etc to sell at our NUT FREE Cake Stall.

Please write the list of ingredients of your items

ST JOSEPH'S SCHOOL HINDMARSH

# SPORTS DAY

## Schedule 2019

### Times

### Sport Events

9.00 am	Students arrive and meet class teacher
9.20 am	Entry March
9.30 am	Principal Address <ul style="list-style-type: none"><li>- Australian Anthem</li><li>- Opening Prayer</li><li>- Health Hustle and Team Chants</li></ul>
9.45 am	Relay Races (Whole School)
10.10 am - 12.00 pm	Tabloid Events in Class Groups
12.10 pm	Sprints (All Students) (inc. pre-schoolers/siblings race)
12.30 pm	Lunch
12.45 pm	Pack up & Clean up
12.50 pm	Tug of War
1.20 pm	Presentations
1.30 pm	Dismissal
1.45 pm	Supervision of students concludes Teachers return to school

# LEADERSHIP & OFFICE CONTACT DETAILS

Maria D'Aloia

mdaloia@sjsh.catholic.edu.au

Helen Clark

hclark@sjsh.catholic.edu.au

OFFICE: 8346 6569

OHSC: 0408 809 107

info@sjsh.catholic.edu.au

www.sjsh.catholic.edu.au

Rita Garreffa

rgar@sjsh.catholic.edu.au

56 Albemarle Street, West Hindmarsh 5007

## Dear Parents, Carers and Students,

Dear Parents and Carers

Welcome back! I hope you all had a wonderful break with some time for rest and relaxation. It is wonderful to be back with you all. It was particularly lovely to be greeted with such enthusiasm when visiting the classes last week. So nice to feel the warmth of the St Joseph's community! I am very grateful to have had the opportunity of taking some long service leave to travel overseas and reconnect with my family in Italy and visit some amazing places. So grateful!

I've returned re-energized and eager to continue the work to grow our school as outlined in the School's Annual Improvement Plan and Strategic Plan.



A warm welcome is extended to: **Nayia and Savva Venizelou** and their family who join our community this term.

Welcome back to **Bec Keller** who returns to St Joseph's after maternity leave.



## MISSION OF JOSEPHITE LEADER'S DAY

Last week Helen Clark, Rita Garreffa and I joined with other leadership teams from St Joseph's Schools across the state for the annual Josephite leader's day. These days are so important in ensuring that ALL St Joseph's schools remain authentic in the mission of Mary of the Cross Mackillop. As stewards of the Josephite charism it is vital that our schools reflect our motto – *In all things love!*

## 2020 ORGANISATION

Preparations are underway for 2020 with much work behind the scenes organizing classes, class lists, staffing and fees for next year. Have you considered being on the School Board in 2020? Information about School Board Nominations is included in the newsletter.

## SCHOOL UNIFORM

Summer Uniform is to be worn in Term 4. Students are to wear the Sports uniform on days when they attend Sports lessons ONLY. School jumpers are to be worn with the formal uniform. Sport Jackets are to be worn with the sports uniform.

Our uniform identifies who we are and the emblem proudly displays our heritage and link with the Sisters of St Joseph. Our students are ambassadors for our school – please wear the correct school uniform proudly! Parents your support with this is important to maintain a high standard throughout the school.

Looking forward to meeting up with you on Sports Day this week and then on 8 November for the school concert.

God Bless

**Maria D'Aloia, Helen Clark and Rita Garreffa**



## CONCERT

The school concert 'Let's Groove' is scheduled for Friday, 8 November, at the Family Christian Centre, Frederick Road, Seaton. The children have been enthusiastically practicing their class item and are looking forward to performing on stage. It is also an expectation that all students attend this significant school community event.

**More information regarding purchasing your tickets will be sent out tomorrow.**

## CLASS PLACEMENTS FOR 2020

Preparations are underway for 2020. Thank you to all of you who have completed the 'Return to School' Survey. This information will be used to determine class structures. As soon as class structures are finalized we will begin organizing students into classes, which is a very complex task that requires much planning and thought.

Class teachers have a good knowledge of each student's academic development and social and emotional needs. Teachers will take all this knowledge into consideration, together with discussions and parent teacher discussions conducted throughout the year.

***If there are educational or social emotional issues that you feel need to be considered, please inform me in writing, before WEDNESDAY 30TH OCTOBER 2019.***

This does NOT include teacher requests. Class teachers will have the responsibility of arranging students into respective classes; however, I will meet regularly with teachers throughout the whole process.

**Please note: Any late requests or teacher requests will not be considered.**

# SCHOOL BOARD NOMINATIONS

## Role and Function of School Board

Each diocesan School Board has delegated responsibility from the Archbishop for the overall well-being of its school, within South Australian Commission for Catholic Schools (SACCS) and diocesan policies and guidelines. In practice, this means that in a spirit of partnership, the School Board acts to:

- develop policies that nurture the religious dimension and guide the direction of the school;
- develop the relationship between the school and the local Church;
- promote educational excellence within the school;
- support the administration of the school;
- foster harmonious and positive collaboration within the school community;
- protect children;
- monitor buildings and grounds development and maintenance;
- exercise financial stewardship of the school; and
- ensure compliance with legal obligations.

School Boards are important as they bring together, in a formal setting, the significant parties concerned with the provision of education of young people in the school.

The structure of the School Board includes:

- Parish Representative
- Chairperson
- School Principal as the executive officer
- Elected Parents
- Staff Representative
- Parent Voice Representative

The School Board is a partnership between parish and school, parents and staff, the school and Catholic Education South Australia (CESA) as a whole, and between the school community and the broader Church Community and society.

Currently, School Board meetings are held each month.

Membership of the Board will be for a period of two years for elected, nominated and appointed members. Members (other than Ex-Officio Members) should not serve more than six consecutive years.

The Criteria for membership is as follows:

- possess an enthusiasm for and willingness to promote the mission of Catholic schools;
- bring to the Board their gifts and skills;
- desire to give service to their school community;
- have an ability to work cooperatively and constructively with all Members of the Board
- be prepared to undertake formation;
- have an ability and desire to uphold confidentiality in Board matters;
- have sufficient time to devote to Board duties; and
- have a current police check clearance for the Screening and Verification Authority—Catholic Archdiocese of Adelaide.

There are three vacancies. If you are interested in being part of the School Board please nominate. If you are interested in being on the School Board please complete the nomination form. Should there be more than three nominations a vote will take place.

Nominations close on Friday 6 December 2019. An online voting process will also take place along with the voting slip in this newsletter to ensure that everyone has the opportunity of participating in this important decision.

The School Board Manual is available on request or you may wish to have a conversation with me or a current member of the School Board if you would like more information about what the role involves.

**SCHOOL BOARD NOMINATION FORM FOR 2020**—PLEASE RETURN BY FRIDAY 6 DECEMBER 2019 TO THE SCHOOL OFFICE

I, \_\_\_\_\_ (FULL NAME) wish to nominate myself for a position on the St Joseph's School Board for 2020 for a two year term.

SIGNED: \_\_\_\_\_ DATED: \_\_\_\_\_ MOBILE: \_\_\_\_\_

I, \_\_\_\_\_ (FULL NAME) support the nomination of \_\_\_\_\_ as a School Board Representative at St Joseph's School.

SIGNED: \_\_\_\_\_ DATED: \_\_\_\_\_ MOBILE: \_\_\_\_\_

# Religious Education News

## Principal Sleepout

I will be representing St Joseph's at the inaugural Principal (leaders) sleepout. This will be held on November the 14<sup>th</sup> at Mercedes College. *The Principal Sleepout campaign enables Vinnies to bring about significant social change for people who are homeless. I'd love your support – will you sponsor me?*

*You can donate via the following link, or place any spare change in the containers around the school.*

<https://principalsleepout2019.raisely.com//helenclark>



## Mini Vinnies

Thank you for your generous donations to the St Vincent de Paul Society on our 'Casual for a Cause' day on the last day of term. We raised just over \$200 and collected a basket full of toiletries to be donated to the Migrant and Refugee Centre.

## Mission Month

October is Catholic Missions Appeal month. Parishes will celebrate Mission Sunday this weekend and host appeals. The theme of World Mission Month 2019 is "Do not fear, for I am with you." Our focus country is Ghana, where the Church seeks to provide shelter, food, education, and life fulfilling opportunities for children in need, especially those with disabilities.

As we have a busy October with Holidays, Sports Day and Concert Preparation, we will postpone our fundraising and awareness campaign until November.

Please keep an eye for information regarding this from the Mini Vinnies.

## Altar Servers

Any student who has completed the School/Parish Sacrament Program (Reconciliation, Confirmation, Eucharist) in the past, is invited to train to become an altar server for weekend and school Masses. Altar serving is another way to minister within our Parish. A member of the Hindmarsh Parish will train and prepare students. Please send me an email or come and see me if you would like to find out more information.





# Religious Education News

## Sacraments 2020

Information about the 2020 Sacrament Program will be coming out this term. If you have any questions regarding the program, please come and see me. This program is aimed at children in Year 3/4 and above.

## Staff Retreat

On Monday the 14<sup>th</sup> of October, staff were engaged in a retreat, based around the theme of 'in all things love'. Staff were able to reflect on what or who nourishes their spirit and how they keep their inner light.

## Upcoming Masses/Liturgies

Week 2, Wednesday 9am: 5TC Mass

Week 3- 1/2 Unit will host prayer at their assembly themed around All Saints Day

Week 5- Monday 11<sup>th</sup> November, Remembrance Day Ceremony hosted by Year 6 Leaders

Week 6- Whole school Liturgy hosted by 3/4 unit- 'Missions'

Week 7 Liturgy- 1/2 classes Wednesday 9am

Week 8 and 9- Advent Liturgies hosted by Year 6 Leaders

End of Year Thanksgiving- Tuesday 10<sup>th</sup> December 7pm at Sacred Heart Church Hindmarsh

## Prayer for Catholic Mission

*God of all people, fill our hearts with your Holy Spirit that we will act justly to rid our world of all that harms our brothers and sisters*

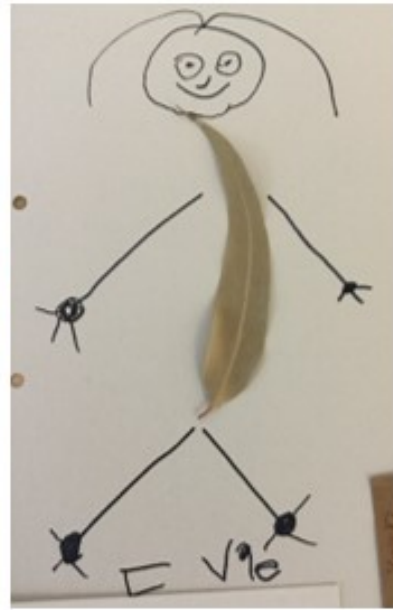
- *For all children who are orphans, that they will be given safe refuge through the work of committed and loving carers.*
- *For all children in Ghana, and throughout the world, who are challenged by disability, that they will be given opportunities and skills that will lead them toward fulfilled lives.*
- *For all missionaries, that they will be inspired to continue the saving work of Christ.*
- *For all of us, that we will continue to be a source of life and love for all God's children.*

**God Bless,**

**Helen Clark APRIM**



# What is happening in the Preschool?



This week we extended our focus of creating faces with loose parts.

The children collected leaves, sticks and gum nuts and used them to draw and create the body of a person.



**Nature is the ultimate resource for eco-friendly craft and art materials for children.** All materials - pine cones, twigs, shells, fallen leaves, flowers, branches, pebbles, and the list goes on and on are naturally produced by our environment and can be recycled.

# What is happening in the Preschool?

## Let's Eat Red!

This week we introduced red fruit and vegetables to our Eat a Rainbow story.

We played "Who am I?" guessing games with photos of red fruits and vegetables and read stories featuring red fruits and vegetables such as apples, tomatoes and pizza.



Play kitchens and picnics are a particularly popular resource for pretend play, as it gives children the opportunity to imitate situations that they are familiar with. Whether they are playing the role of a head chef, waiter, kitchen porter or parent at home, play kitchens allow children to imagine themselves in new roles and cook up exciting scenarios. By promoting different types of pretend food, such as fruit, vegetables, eggs and meat, it encourages children to make healthier food choices. They imagine the food they have cooked in appetising scenarios, which tends to encourage them to try eating that food in real life as well.

# insights

## Strengthening kids' self-esteem in a digital world

by Martine Oglethorpe



How do we develop and nurture our child's self-esteem in a world where the likes, comments and followers are often seen as the social currency for popularity, confidence and self-worth?

While young people live out much of their social lives online, there are certain elements of this world that can have a negative impact on the social and emotional wellbeing of young people, particularly if that person's self-esteem is already fragile.

The very connected, very visible and public nature of social media ensures that many of the challenges faced by young people previously are now magnified and felt more deeply when played out online. We need to give young people the confidence, skills and perspective to ensure that they can reduce the negative impacts, and instead learn to thrive both online and in real life.

What are some of the things we can do to help nurture that self-esteem and prepare them for the challenges of a very public social media?

### Build their independence and resilience early

Make sure they are confident in their own abilities to problem solve themselves. Let them to do things that may result in failure but allows them to pick themselves up. Let them know that mistakes are OK, as long as we learn something from them.

### Encourage activities and pursuits

Feeling part of a community can be an invaluable element to fostering self-worth. Encourage kids to have interests away from the screens, such as belonging to teams, clubs and groups where their achievements and efforts can be recognised and celebrated.

### Helping others and volunteering

Giving kids the opportunity to help others, such as coaching a junior team, helping out with training or helping people less fortunate are great ways to build self-worth. Developing empathy for others helps kids to realise that the world is a much larger place than their social media feeds.

### Spend time with them

It is easy to spend time with our kids when they are young. We can take them to the park, play games, read them books. As they get older and we are not so cool to hang out with, it becomes trickier. But we need to look for times to spend just being together, whether that's watching a movie they like, playing a game, or grabbing a milkshake

on the way home from sports training. Find things they like to do. Even just sitting on their bed at night and letting them know you are there can be beneficial.

## Family meals and rituals

Having regular moments of connection that are part of their everyday can be **critical in providing stability and security**. Connecting as a family with a nightly meal has been proven to be an effective way to give kids the comfort of knowing they have a place that is familiar and safe and unconditional. Or look for other rituals to provide this security.

## Communicate often about what is happening online

Talk to them about the things you see online, let them know you have an understanding, learn about it and be sure to look at things from their perspective. Use **teachable moments** to highlight when things go wrong and be sure that you remain relevant to their world so that they know you are there should something go wrong.

While we cannot always be there to follow everywhere they go online and be up to date on every single site or app they visit, we can do a lot in terms of instilling good values, building that self-esteem and ensuring that they have a positive sense of self that transfers from the real world to wherever they find themselves online.

**You can attend our upcoming webinar, Strengthening kids' self-esteem in a digital world, at no cost!**

### About the webinar

This webinar will look at how we can best equip our young people to thrive both online and in real life as they grow up immersed in online spaces.

### When

Wednesday 30 October 2019 8:00pm – 9:00pm AEDT.

### Price

This webinar is \$37 per person to attend, and is free of charge to families at schools that have a membership.

### How parents can redeem the voucher

1. Click this link: <https://www.parentingideas.com.au/parent-resources/parent-webinars/webinar-strengthening-kids-self-esteem-in-a-digital-world>
2. Click 'Add to cart'
3. Click 'View cart'
4. Enter the voucher code **DIGITAL** and click 'Apply Coupon' (valid until 30 November 2019). Your discount of \$37 will be applied.
5. Click 'Proceed to checkout'
6. Fill in your account details. These details are used to login to your account and access your parenting material
7. Click 'Place Order'



### 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](mailto:info@martineoglethorpe.com.au), [themodernparent.net](http://themodernparent.net), [facebook.com/themodernparent](https://facebook.com/themodernparent)

## Lacrosse Carnival

Next Tuesday the 29th October is the SACPSSA Lacrosse Carnival. Students who are attending will need to be at school by 8:30am to travel via bus to Barratt Reserve, West Beach. We will return by 3:10pm.

**WE CURRENTLY HAVE NO PARENT VOLUNTEERS TO ATTEND WITH US ON THE DAY. PLEASE EMAIL MRS KELLER URGENTLY IF YOU HAVE THE CORRECT CLEARANCES AND ARE ABLE TO HELP OUT ON THE DAY AND TRAVEL WITH THE STUDENTS AND TEACHERS ON THE BUS.**

We need at least 3 parent volunteers.

St Joseph's Hindmarsh

# let's play

**Playgroup**  
**Weekly from**  
**9am - 10.30am**

**New Playgroup Day!**  
**Begins Next Term**  
**Friday 18th October**

**Please bring a piece of fruit to share**  
Visit us at 56 Albemarle Street, Hindmarsh

   
@letsplay\_playgroup

  
Supported Playgroups in Catholic Education

## Playgroup News

**Together let's celebrate and have fun!**

**Term 4 Program**  
**\$4 per child**  
**\$5 per family**

**School Holidays**  
30th September - 11th October

**Cooking Together**  
Week 1 - 18th October

**Sock Caterpillars**  
Week 2 - 25th October

**Nature Art with Preschool**  
Week 3 - 1st November

**Sand Bottle Art**  
Week 4 - 8th November

**Xmas Saltdough Ornaments**  
Week 5 - 15th November

**Handmade Xmas Ornaments**  
Week 6 - 22nd November

**Xmas Snowglobe Baubles**  
Week 7 - 29th November

**Christmas Tea Party**  
Week 8 - 6th December

**Playgroup Closed**  
Week 9 - 13th December

**Playgroup will Return**  
**Friday 7th Feb 2020**

# What's in Your garden?

*by Rose Falanga*

Having a stroll in my  
garden, I hear and  
see the bees  
buzzing around.

What can you see in  
your garden this  
week?





# MOUNT CARMEL COLLEGE

## COLLEGE TOURS 4pm:

Tuesday 29 October

Wednesday 27 November

**BOOK A COLLEGE TOUR**

Visit: [www.mcc.catholic.edu.au](http://www.mcc.catholic.edu.au) or phone 8447 0500

33 Newcastle Street, Rosewater SA 5013 | T (08) 8447 0500 | E [mcc@mcc.catholic.edu.au](mailto:mcc@mcc.catholic.edu.au) | W [www.mcc.catholic.edu.au](http://www.mcc.catholic.edu.au)



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If you're looking for a great finance deal then our fixed car loan rate of 5.59% pa with a 5.86% pa comparison rate lets you trade up.

Our very low car loan rate applies to loans from as little as \$5,000 and is available for **new and used vehicles** under 2 years of age. So whether you're starting a new job, or new family members are on the way, we've made it easier to trade up - from one South Australian to another.

Fixed rate	Comparison rate*
5.59% pa	5.86% pa

**Notice:** For security reasons, current members of Credit Union SA are asked to submit all account enquiries through Internet Banking Secure Mail.

You will receive a call from our specialists on the same day of your enquiry at your preferred time, between 8.00am - 8.00pm Monday to Friday and 8.00am - 2.00pm on Saturdays.

Contact us



## COLLEGE TOURS

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

To register, visit: [olsh.catholic.edu.au](http://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](http://olsh.catholic.edu.au)

*For All Girls*



S'PATRICK'S  
Technical College

## PRINCIPAL'S TOURS

WED 23 OCT, 5-7pm  
THURS 24 OCT, 9-11am

Register online!



**"WE ARE UNIQUE"** Discover why  
@stpatstech  
[stpatstech.sa.edu.au](http://stpatstech.sa.edu.au)

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Finalising placements

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