

DATES TO REMEMBER

****Newsletter will be a brief weekly update during Term 2.**

WINTER UNIFORM IS NOW COMPULSORY



**Infants: Tuesday
Primary: Thursday**

ALL UNIFORM ENQUIRIES:



ORDER VIA QKR APP

All enquiries to email:
chl.uniformshop@mn.catholic.edu.au



St Joey's News

'Truth in Christ'

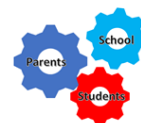
St Joseph's Catholic Primary School,
32 Shelton Street, Charlestown NSW 2290
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Email: admin@charlestown.catholic.edu.au



29th May 2020



Dear Parents and Carers,



It has been a great week! We celebrated Reconciliation Week with class liturgies and activities. We prayed as a school community for the Traditional Owners of this land we are on, the Awabakal people, and for all First Australians. We prayed that we continue to work together as all Australians for respect, acceptance, and reconciliation between all people. Thank you to Mrs Paff for organising our liturgies and special class activities.

This week saw increased attendance, and we loved all being back together on Wednesday as a whole school for the first time in two months. We are really looking forward to a full return to school on Monday.

Of course, we now have a new 'normal' with strict hygiene practices in place, extra daily cleaning, no whole school gatherings, and new routines for entering and leaving the school. As per advice from Government Health authorities, the greatest risk of transmission in the school environment is between adults. Staff and parents alike will be required to maintain physical distancing. Parents and other adults should not be on school premises unless deemed essential. Therefore, we must keep our 'Kiss and Drop/Pick Up' routines happening. I thank you for your adherence to this and for your patience when following the turning circle and 'Kiss and Drop/Pick Up' road rules.

Post COVID support for families - If your child is experiencing anxiety with the full return to school, please make contact with your child's teacher. Our Pastoral Care Worker, Maree is available to assist as well. Please see these helpful links for further advice and tips:

<https://kidshelpline.com.au/parents/issues/returning-normal-after-covid-19>

<https://www.abc.net.au/life/helping-kids-with-the-transition-back-to-school/12247052>

Also please see the **Seasons for Growth Fact Sheets** at the end of this newsletter.

Outside service providers such as Speech Therapists, Band and Drama are not considered 'essential' and will remain offsite at this stage. We await further advice from the CSO about the lifting of these restrictions.

Canteen will remain closed until further notice.

Kinder Enrolments – Next week we will be contacting all families who have asked for enrolment for 2021.

Enrolment forms can be requested from the office or printed from our new website:

<https://www.charlestown.catholic.edu.au/enrolment/enrolment-information/>

Please return your completed enrolment forms asap.

Uniform – All children should now be wearing the full winter school uniform. It is lovely to see our students take pride in their appearance and in their school by wearing all items correctly. Sports days for the rest of the term are:

Infants on Tuesday

Primary on Thursday

Huge thanks to our uniform shop volunteers who have been busy daily, filling the uniform orders for our families.

Mobile Phones – Many of our senior students are coming to school with mobile phones. We understand the need for these in terms of parent contact for after school arrangements. However, any in-school time contact with your child should be made through the school's office. Students are required to hand in their phones for security at the school office each morning and pick them up each afternoon. Please speak with your children about these procedures.

Multipurpose Room – During the last few weeks we have had major repairs to our Multi-Purpose Room. There has been an ongoing issue with drainage and damp which has now been rectified with underfloor ventilation, carpets removed, deep cleaning and recarpeting. We will now get quotes for some surface wall repairs, painting and remodelling of the wet area. This has been a very costly project out of our maintenance budget but one that is very worthwhile. Music lessons will resume in this space next week.

Thank you for the positive messages and support many of you have been sharing with us over these last few weeks. We are very appreciative of our family and school partnerships!

God Bless,

Kate Drake

Acting Principal

News from the Assistant Principal

Attendance

From next Monday, June 1, the expectation is that all students are either:

-at school every day

-at home because they are currently unwell or on leave- please enter an absent note on Compass

-at home because they have a current medical certificate which states that they are unable to return to school due to an ongoing medical condition.

Being on time for school is very important and even more so now when we are trying to limit the number of adults coming on site.

However, if your child is late or you need to pick them up early you will need to accompany them to the office and sign them in or out.

ICAS Tests

Each year we offer our students the opportunity to participate in the world-renowned ICAS Assessments. ICAS is developed by UNSW Global, a wholly owned subsidiary of UNSW Sydney, with over 35 years' experience in educational assessments.

ICAS is designed to target students' higher order thinking and problem-solving skills in English, Mathematics, Science, Spelling and Digital Technologies. They are **challenging tests** that test skills and content beyond the standard curriculum, and are suitable for students wishing to **extend themselves academically** and take up the personal challenge of competing in an international assessment.

ICAS Assessments are now online, and this year students can participate in the following subjects:

ICAS Science Yr 3 to 6
ICAS Digital Technologies Yr 3 to 6
ICAS English Yr 2 to 6
ICAS Maths Yr 2 to 6
ICAS Spelling Yr 2 to 6



The cost per test: \$15.95 including GST and the tests will be held at school during August.

If you would like your child to participate in any of the subjects listed above, please visit the new online Parent Payment System to make a **direct payment** to UNSW Global. The Parent Payment System is a simple and secure online payment service specifically for parents to purchase ICAS Assessments.

Our school access code is: **CGX849**

Our parent page link is: <https://shop.unswglobal.com.au/pages/pps>

Online payment closes Friday, 17 July 2020.

IMPORTANT: Please enter your child's name accurately into the System as it will appear on their ICAS certificate. If you have any questions, please feel free to contact me.

Mini Vinnies- Can you help?



Last year we collected an amazing number of toiletries from our St Joseph's community to make up a great many care packages that our local St Vincent De Paul group distributed to people in need. They expressed to us on several occasions how useful these packages were and how warmly they were received.

This year we would like to do this again and are asking for donations of the following items.

- toiletry items from your hotel stays
- shampoo/conditioner
- toothbrushes
- toothpaste
- roll on deodorant
- shaving cream
- hand cream
- disposable razors
- sanitizer
- small pack of tissues
- face wipes/body wipes
- body wash
- lip balm
- comb/brushes

Please send in any donations over the next few weeks. We thank you for your generosity.



PBL

Students from all classes are very excited about returning to school and to again start receiving their Joeys for **STRIVING HIGH, LIVING LIKE JESUS and CARING FOR THE ENVIRONMENT**. Children will not be disadvantaged by being away as we will be having increased and creative opportunities for students to earn Joeys throughout the term. Also, until normal assemblies resume, teachers will now alert parents when children have received a PBL Joey award through SEESAW (K-4) or OneNote (Year 5-6)

Congratulations to the following students who have received their BRONZE award for receiving 30 Joeys:

PBL Awards Term 2 Week 5

BRONZE 30		SILVER 60	GOLD 90	PLATINUM 120	MEDAL 150
Lucy C.	Jackson S.				
Lincoln T.	Anneliese W.				
Lila W.	Finn D.				
Huon C.	Jamieson Mc.				
James C.	Aria L.				
Ciara H.	Olive H.				
Ava L.	Leo M.				
Emily S.	Hugo Mc				
Kate W.	Maxwell L.				
Emily D.	Eden J.				
Alexander B.	Jesse W.				
Maya G.					

Every place, every time AND with everybody we remember to use our magic words at St Joseph's.



Karen Nolan
Acting Assistant Principal



Religious Education News

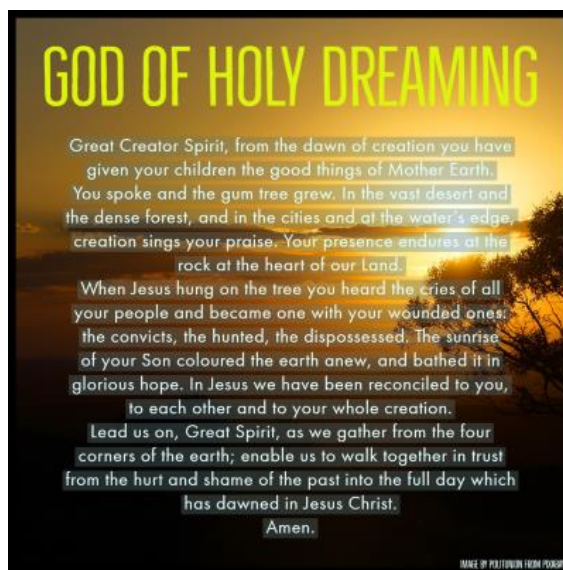
This week we commemorated important dates within our nation, particularly for our First Australians. On Tuesday it was Sorry Day, the beginning of a week of healing with Australia's Indigenous people and on Wednesday was the official start of Reconciliation Week. The theme this year is *"In this together"* and it recognises that we work together to further the national journey towards a fully reconciled country.

Reconciliation is a journey for all Australians – as individuals, families, communities, organisations and importantly as a nation. At the heart of this journey are relationships between the broader Australian community and Aboriginal and Torres Strait Islander peoples.

We strive towards a more just, equitable nation by championing unity and mutual respect as we come together and connect with one another, and collectively build relationships and communities that value Aboriginal and Torres Strait Islander peoples, histories and cultures.



At St Joseph's we participated in class-based liturgies, sharing of Indigenous stories and craft activities to mark this important week and to stand in solidarity with our First Australians.



We also commemorated our return to school as a whole community on Wednesday 27th with a video liturgy giving thanks and to celebrate our safe return to school.

Important Upcoming Dates

31st May- Pentecost

Many Blessings,

Clare Paff
Religious Education Coordinator



Please congratulate our Round 2 Lego Masters Winners:

Stage 3: Kiara, Emily D, Will S, Leo, Billy, Ciara, Fraser, Emily S, Kate, Kalea

Stage 2: Isla H, Milly, Liam

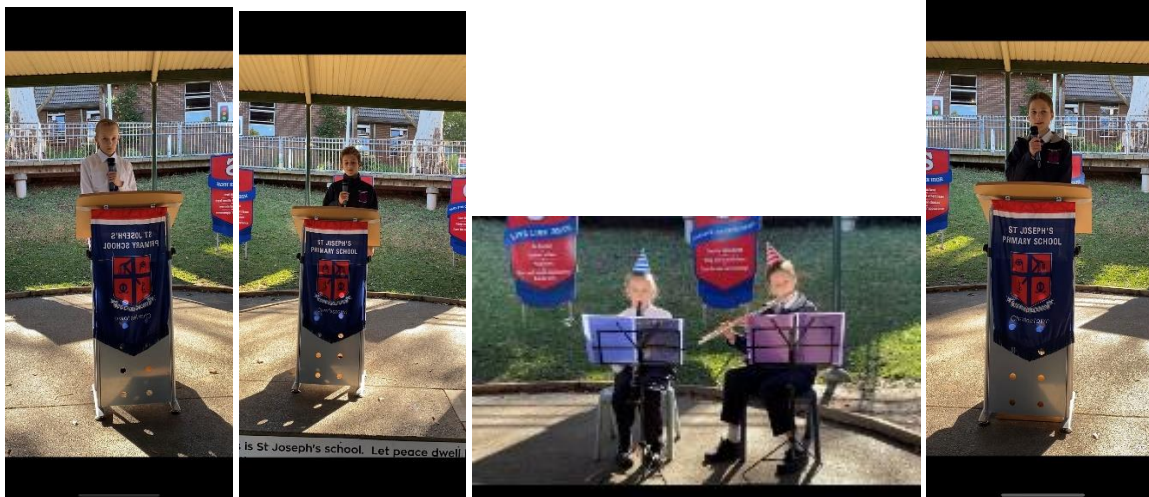
Stage 1: Alex, Fergus, Abigail, Charlotte, Ben, Rose, Perri, Lauren, Audrey, Jeremy, Sibylla, Sam, Oscar, Zaha, Alice, Isabella C, Arlia, Hugo, Heath

Kinder: Frankie, Lila, Daly, Alex, Jamieson

Here are some examples from our St Joey's winners for this round:



Our amazing school leaders have been doing such a wonderful job running our virtual assemblies. Please see compass to view our assemblies.



We have all loved having the whole school return. Our children are very creative with their play and imaginations.



Warm regards,
Mrs. Kathryn Hill
Acting Co-ordinator

Entertainment Digital Membership

The Entertainment Digital Memberships have started. ***There are no more hard copy books only digital.*** Digital memberships are the way of the future and you can have your membership on many devices and see the savings as you go. With school holidays fast approaching what better way to entertain the children using the vouchers. Did you know that 20% of your membership sale goes directly back to P & F? Spread the word - memberships can be purchased by anyone – family, friends, neighbours, just give them the link to the online payment process to start saving now. When you buy an Entertainment Membership between 1st - 31st March, you will receive a \$10 JB Hi-Fi eGift Card!

For orders, please follow the link: <https://www.entertainment.com.au/orderbooks/3407f9>

BIRTHDAY CELEBRATIONS

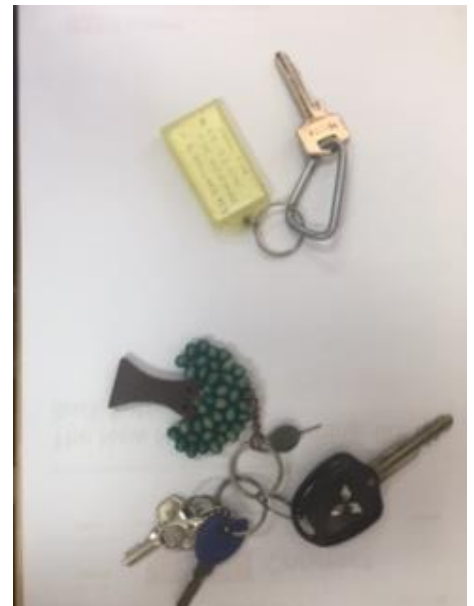


Congratulations to the following children will celebrate their birthday next week.

Matilda R	Ava T	Chloe G
Julian K	Jarvis W	Cruze C

LOST PROPERTY

We have several student glasses and 2 sets of keys in our office lost property. Please phone the office if they belong to you or your child.



Supporting your Child's Social & Emotional Wellbeing

Almost everything has changed: school, work, play. No-one really knows what the impact, if any, will be on children. What is known though, is that a caring, consistent and open parent or carer, who is coping as positively as they can, is likely important. The evidence shows that this relationship helps support children's resilience and wellbeing when they adapt to big changes, whatever they are.

However, being stuck at home together all day every day is not always easy. Here are some tips for handling the challenges and making the most of this time.

Listen and Involve



Check in regularly with each child. Listen carefully: their concerns might be different to what you expect. Calmly problem solve together around any issues, such as different ways to stay connected to friends or ideas for a virtual birthday party. Working together supports wellbeing and models positive coping, creative problem-solving and shared decision-making. These are important resilience skills.

Do Things Together...And Apart

Make sure there are times every day when you are each doing your own thing. Try the handy Octopus Tool. It can help kids learn to manage boredom positively and independently.

Get Outside, Get Active

Exercise reduces stress and boosts mental health. Get active outside as much as the regulations will allow and, where possible, spend time in parks or nature.

Make Memories

Create new routines to break up the week, such as pancake Wednesdays or virtual games nights or meals with grandparents. Celebrate mini-milestones, like the end of each week of home school.

Be Present

Put down your phone, turn off the TV. Put thoughts of the crisis aside. To have quality time together, really be there.

Keep in mind: Home is not a safe place for all children or for some adult/s who care for them. Where this is the case many of the suggestions above won't likely make it safer. Please seek support from organisations set up to assist families where safety is a concern due to being at home together for this long period of time.

Coronavirus (COVID-19) and Beyond

Evidence-based tips to help
support your child's mental
wellbeing

Managing Big Feelings

Worried? Upset? Bored? Frustrated? It's normal. Feelings like these are important. They let us know when something doesn't feel right and can help remind us to do important things, like wash our hands or call Grandma to cheer her up. Sometimes though, feelings take over our behaviour. Other times, we can get stuck in our thoughts and feelings and it stops us having fun or making the best of the situation. This handy Octopus Tool provides some steps for managing feelings in a positive way. It can be helpful for parents, carers and kids stuck at home. And, for learning emotional literacy as part of 'home school'.

1. Draw an octopus shape and choose an emotion that's bothering you.
2. Think of 8 things you like to do and that you can do by yourself. The more unusual and creative the better! Draw or write them on the tentacles.
3. Stick your octopus somewhere you can find it easily.

★ Top Tip: Make sure you lay out the resources so children can find these themselves when they need to. ★

4. Now the tricky part...notice when you are feeling the emotion. Don't try to stop or ignore it, just spot it. Then choose one or more of the activities from your octopus instead.

★ Top Tip: It's not always easy to know how you feel, but often your body or behaviour is showing you. For example, if you are whining, feeling grumpy, looking for a snack or bugging others you might be feeling bored. That's a good time to look for your octopus.

5. Make a new octopus as often as you want. Try different designs if you prefer - spider, jellyfish, flower, stack of cards...

Keep talking and listening

Check in regularly with how each other is feeling about the situation. If you are concerned that you really aren't coping it is important to seek professional advice (many services are available on-line or by phone).

