

DATES TO REMEMBER

WEEK 5

Ice-blocks sold on
Monday by Stage 3

SUBWAY LUNCH
ORDERS -VIA QKR

Friday 25th Feb

Thursday 31st March

PUPIL FREE DAY

Monday 4th April

SCHOOL PHOTO DAY

Thursday 7th April



ALL STUDENTS
Monday and Friday

****Newsletter will be
published on Monday
fortnightly in odd
weeks****

**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

Ph 02 4943 5414 Fax 02 4942 3218

Email: admin@charlestown.catholic.edu.au



Week 5, Monday 21st February 2022



Dear Parents and Carers,

The students have settled into the new school routines and it is wonderful to see the little ones in particular, confidently coming into school independently and happily.

We have had a few COVID cases in our community but minimal in-school transmission which is positive news. We maintain our playground cohorting, daily extra cleaning, hygiene practices and strongly encourage mask wearing. Masks are available at school in every classroom. Thank you for supporting the recommendations and for following the testing requirements. This has certainly helped avoid multiple in-school cases. With things improving in general across the community we are hoping some COVID restrictions will be lifted and we will notify you of any changes as they come to hand.

This week we celebrate the new school year with a liturgy on Thursday. We will commission our 2022 school leaders and welcome our Kinder cohort. We will pray for God's blessings on our school year as we learn, love and serve our community together. Our Parish Priest, Father Tony Potts will be celebrating with us. Unfortunately, at this stage we are unable to invite all parents and visitors due to the current restrictions. However, the parents of the Year 6 school leaders are invited to join us. Please use the QR code, wear a mask and sit in the designated areas.

Sadly, we have had multiple break ins of our school site over the past month. Nuisance thieves looking for the RAHT kits, stealing laptops, new podcasting equipment, our portable sound system and document cameras. The most recent break in was malicious damage to laptops and office computers. Each break in has involved glass and door repairs, extensive damage, insurance claims and clean up. We have now installed CCTV cameras around the school and have changed our security company to NAVS for monitoring and Southern Cross for security. It is very disappointing to think that local youths are causing this damage and cost to our school. If you are aware of any information, please contact the school or Crime Stoppers 1800 333 000.

Dates to Remember

Our first **P&F** meeting will be held on Monday 7th March 6:30pm – all welcome.

FAMILY BBQ – 5:30pm-7pm Friday 25th March - TBC



Kinder 2023 – Enrolments Open – Interviews and Tours Thursday 3rd March

Kinder 2023 Open Morning– Friday 25th March 9:30-10:30am TBC

Parent Teacher Interviews – WEEK 8 – Monday 14th March – Friday 18th March. Bookings will open on COMPASS next week.

Pupil Free Day on Monday the 4th April.

SCHOOL PHOTO DAY – Thursday 7th April

Please read through our newsletter and this week and meet our Stage 2 team.

See the advertising for various events and opportunities including ASPIRE – Song Competition and Choreographic Project opportunity.

There are also 2 important flyers for parents regarding a free webinar - [Parent Guide to Digital Technologies and Mental Health](#) and information for parents when you are worried about your child's excessive gaming.

SCHOOL FEES and PAYMENTS

2022 School Fee statements will be sent in the first week of March. I recommend all families set up a regular Bpay or Direct Debit payment to assist in paying fees throughout the year. Payments can be made via cash, cheque, Eftpos, Bpay or Direct Debit. For those parents who have a Health Care Card or Pension card, please contact the office to complete the correct paperwork. If you require assistance with school fees, please contact the office on 4943 5414 to discuss with me.

External Providers

If your child will be seeing a provider (eg; speech therapist, OT) this year at school, please complete the attached application form and return to school. If you require further information, please call the office on 4943 5414.

God bless,

Kate Drake

Principal



NEWS FROM THE ASSISTANT PRINCIPAL

A focus on Learning, Collaboration & Improving Student Outcomes

Learning update

This year concludes our 3 year School Improvement Plan cycle.

In 2020 and 2021 our major focus was Writing. We prioritised professional development in writing and our Professional Learning Conversation meetings were targeted on improving pedagogy (the way teachers teach) according to research based evidence. In 2021 we aimed to embed our improvements in writing. We revisited agreed practices, reviewed what worked well, discussed writing samples and how to move students forward. To ensure the sustainability of this critical work St Joseph's teachers have created a whole school writing statement.

In 2022 we move our focus to increase our knowledge and expertise in teaching Mathematics.

We look forward to showcasing our work in this area with our school community.

Parent Teacher Meetings

2022 will see us once again conduct these meetings in Term 1, week 8 (14th March- 18th March). We will send out interviews invites via compass shortly.

School Uniform

It is a requirement of attendance at our school that students wear the full school uniform and wear it correctly, at all times. Disappointingly, we have begun the school year with students wearing incorrect footwear. Fully enclosed polishable black leather school shoes are required to be worn on normal school days (joggers for sports days).

When a student is not in uniform, she/he is expected to have a note of explanation. The note must be shown to their class teacher. It must be signed by you, as parent/guardian, dated and indicate why and for how long your child will be out of uniform.

We ask for your support in doing all that you can to ensure that the situation is rectified promptly. In situations of financial hardship and where a prompt response is difficult, appropriate support will be provided once the school is made aware of the situation.

I thank you in advance for supporting our school values, policies and agreements.



What is Harmony Week?

It is a time to celebrate Australian multiculturalism, and the successful integration of migrants into our community.

Australia is one of the most successful multicultural countries in the world and we should celebrate this and work to maintain it.

Harmony Week is about inclusiveness, respect and belonging for all Australians, regardless of cultural or linguistic background, united by a set of core Australian values.

Harmony Week is 21 - 27 March this year. More information about our school's celebration of Harmony Week will be in the next newsletter.

With every best wish,

Nikki Norley
Assistant Principal

NEWS FROM THE RELIGIOUS COORDINATOR

Staff Formation

This year staff at St Joseph's will be focusing on staff formation as one goal of our strategic plan. Formation is a deep, experiential and transformational learning journey of head, heart and hands that nurtures both individual spiritual growth and communal flourishing. As staff in a Catholic school, we are committed to ongoing formation in order to fulfil our role as Catholic educators.



This year's formation will focus on developing an awareness of encountering the mystery of God in our everyday lives and will incorporate the themes God Within, Finding God in the Ordinary, A Heart for Community and Growing in Faith. Our professional development in this area will be enhanced by a staff

formation retreat day, *Teach us to Pray*, on the 27th June facilitated by Ryan Gato and a variety of differentiated staff opportunities throughout the year. We pray that we will be strengthened in our vocation.



Final Call for Enrolments for the 2022 Sacramental Program

Enrolments are now open for baptised Catholics in years 4 to 6 who wish to participate in this year's Sacramental Program. The program will be commencing in March with a Parent Information meeting on:

Wednesday 2 March 7pm at

St Mary Immaculate Catholic Church

11 Milson Street Charlestown

Please register as soon as possible with the Parish office on **4943 4153**.

Upcoming Important Dates:

Ash Wednesday: 2nd March

St Joseph's Feast Day: 19th March

Many Blessings

Clare Paff

NEWS FROM THE PRIMARY COORDINATOR

PBL and WELLBEING



A key role of all school staff is to set high expectations for behaviour and learning across the whole school community and for all students. Having clear expectations for behaviour allows our school to provide consistency in what we teach, acknowledge and correct in terms of student behaviour.

PBL has a strong instructional and differentiated approach to teaching students the behaviours they need for success at school and beyond. Teachers define, teach, reteach and model the expected behaviours. They provide regular opportunities for students to practise the expected behaviours in the settings in which they will be used. They also actively supervise students, promote the expected behaviour, prevent and correct inappropriate behaviour and acknowledge positive behaviour continuously and in a variety of ways.

When inappropriate behaviour occurs is seen as a behavioural error and students are provided with support to learn more appropriate behaviours. Logical consequences for behaviour that contravenes school expectations are applied consistently, but with consideration of individual circumstances. Our students are forever changing, growing and learning from experiences, both positive and more challenging. PBL is focused on addressing issues, restoring relationships, and fostering compassion, forgiveness and empathy through the lens of our school values.

WELLBEING

Mindfulness Strategies for Home- Mindful Looking

Mindful looking engages the sight sense to focus on what you can see in the present moment. By really concentrating on what you can see, whether one object or a scene with many objects, you are being grounded to the present moment. Often, we look without really seeing and miss important details or beauty in things around us. Mindful looking enables us to slow down, build our visual perception, brings greater understanding and joy. At home you can encourage your chd to children to sustain their attention on what they are looking at and notice the colours, shapes, details etc. Some useful tools include:

"Mindfulness is to pay attention, on purpose, to the present moment."

LAURIE GROSSMAN



♥ Glitter/calm jar



♥ Drip timer (these are available for a very small cost at cheap shops)

♥ Pin wheel

♥ Mindful Looking clip [here](#)



Don't forget to continue your mindful breathing.

Here is [link](#) you might also like to explore.



At SJC we always remember our...



Happy Birthday to the following students!



Birthdays for Weeks 1- 6

Emily J	Sophie F	Vivienne R	Miliana D
Hugo C	Leo M	Harry S	Louis S
Charlie P	Belen E	Lila W	Billie H
Jodi J	Lachlan C	Jackson D	Oscar M
Eden C	Isabella S	Olive H	

Have a wonderful week!

Karen Nolan

Primary Coordinator

ABORIGINAL EDUCATION

What a wonderful and busy start we have had to the year. It is so nice to be back amongst our beautiful school grounds. I'm looking forward to a fun year ahead with lots of cultural activities and celebrations.

It has been lovely seeing our new Kindergarten students around the school and I can't wait to spend more time with our newest little people!

As we ease back into school life- I have been working with various classes. Recently I spent some time with Year 1 Blue and Year 1 Red. Together, we looked at artwork by Aboriginal artist Michael Nelson Jagamara who is of the Anangu people of the desert. We talked about how the traditional Anangu people "painted" in sand long before the permanent materials that are used by today's contemporary artists. Their stories were inscribed into the earth and these images were danced on then left to the elements.

Drawing inspiration from the traditional practices of the Anangu people, our Year 1 students gathered natural materials around our school to create their own artworks that represent 'their story'. We discussed how the purpose of our artwork is not to look good (although they did), but to share information with each other- as traditional Aboriginal peoples have done for thousands of years.

Check out some of these awesome stories!

My Story by Izabelle Year 1 Blue

The sticks are campfire, and I am with my family. Around the outside are rocks so the fire can't escape.



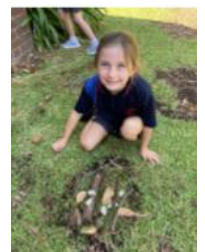
My Story By Ashlyn Year 1 Blue

The woodchips in the middle are my family. The outside sticks are my special people.



My Story by Faith Year 1 Blue

The sticks are Mum, Dad, Jed, Sissy, Jed and me. The small stick is my cat Lenny. The big leaf is a butterfly.



The brick is our couch. The flowers are some pillows.

My Story by Amy Year 1 Blue

The big leaves are my pets. I have a cat and a dog. The sticks are my sisters and my mum and dad.



The woodchips around are my special people.

My Story by Rory Year 1 Blue

In the middle is the family. We are on a bushwalk.

The sticks are the path we are on.



My Story by Otto Year 1 Blue

The sticks in the middle is like when I was bike riding and walked along the creek.

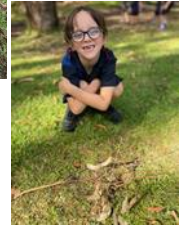
The woodchips along the logs are water.



My Story by Hayden Year 1 Red

The stones are my dad, my mum, my sister, my brother, my other brother and me.

The sticks around are all the people that take care of me.



My Story by Jordan Year 1 Red

The stones and leaves and my mum, dad ,sister and my dog. My sister is only four and I am six.

The big stick is the house. My sister and I are playing in the bedroom with lego.

My Story by Eden Year 1 Red

The leaves are the beach. The dirt is the rocks and sand. There is me, my sister and my younger sister.

We put our legs in the water and then we have a swim.

My Story by Venice Year 1 Red

My mum, dad, sister and me are drawing some pictures. Then we had lunch and went to the beach.



My Story by Violet Year 1 Red

The bark in the middle is mum and dad. The stones are me and my sister.

The leaves around are all my people.



National Apology Day: 13th February 2022

We at St Joseph's Charlestown recognise National Apology Day recently held on Sunday 13th February.

This event marks the anniversary of the Apology to Australia's Indigenous peoples in the House of Representatives on 13 February 2008 by former Prime Minister, Kevin Rudd, apologising for past laws, policies and practices that have impacted on Australia's First Nations Peoples, particularly members of the Stolen Generations.

Many members of the Stolen Generations were present in the Chamber to hear the Apology, including our own Aunty Chris who visited our school last year.

Over several decades, roughly one in five First Nations children were taken from their families between 1910 and 1970, countless communities broken up, and cultures forcibly suppressed.

The motion was supported by the Opposition and passed through both houses of Parliament. With this, finally the wrongs of the Stolen Generations were not only acknowledged by the government but apologised for.

Danielle Shaw

Aboriginal and Torres Strait Islander Teacher

CLASSROOM NEWS

Here is a snapshot of the great learning experiences in **Year 2 Red**.

Year 2 Red has been swimming well together during our first few weeks of 2022. We are loving our beautifully renovated 'sea themed' unit too! We have enjoyed practising our daily mindfulness focus, brain break games outside, reading in our 'quiet zone' and diving straight into learning. 😊



SPORT NEWS



Congratulations to our 2021/22 Swimming Age Champions who were presented with their medals at last weeks assembly. Those who were away will receive their medals at this week's assembly.

Junior Girl – Alice Dunkley

Junior Boy – Flynn Larnach

11yr Girl – Sophie Abbott

11yr Boy – Oscar Evans & Marcus Houston

Senior Girl- Charli Cummings

Senior Boy – Levi Gibbs



Well done to the IRWIN House Colour who won the most points at our carnival.



Congratulations to our representative swimmers at the Lakes Regional carnival last week. We are so proud of your efforts.

Alice D, Aria L, Charli C, Daniel B, Emily J, Flynn L, Frankie G, Hamish K, Harrison B, Harry S, Ivy M, Jack N, Jeremy H, Lauren S, Leo M, Levi G, Marcus H, Neva K, Nyah C, Olive W, Sophie A, Sophie W, Summer B, Sybella W, Urban B.

The following students advance to the Diocesan carnival on Tuesday 22nd Feb. We wish all our representatives the very best, we know you will be amazing!

Charli C, Sophie A, Ivy M, Nyah C, Sybella W, Levi G, Leo M, Jeremy H, Harry B, Oscar E, Hamish K.

REPRESENTATIVE SPORT TRIALS

These are held each year for individual sports and involve Stage 3 students. Our Lakes Region includes 11 schools, with only 3 students selected from each school to trial in their chosen sport. From this level, 6 students are sent to trial at Diocesan level, amongst 44 schools. From Diocesan level students are selected into a squad to trial for the POLDING team. At the Polding trials a team is formed to represent POLDING at State level.

Congratulations to the following students who have been selected to trial at various events.

Regional Basketball – Matilda R, Airlie W.

Regional Touch Football - Levi G, Urban B, Matilda R, Sophie A, Olive W.

Regional Netball – Charli C, Ivy B, Neve T. (rescheduled to 24/2)

Regional Soccer – Oscar E, Hamish K, Jack G, Harry S, Sophie A, Olive W.

Diocesan Touch Football – Levi G, Sophie A, Olive W.

Diocesan Basketball – Matilda R.

Diocesan Soccer-Jack G, Hamish K, Sophie A.



A school trial for experienced and talented NRL players in Year 5 & 6 to be selected for Regional Trials will be held this Wednesday 23/2. Players are to bring boots, head gear and mouth guards.

Any outstanding payments for the registration at each of these sport events is \$10 and needs to be paid in cash at the school office. The CSO have turned off the QKR payment option and Compass Pay option at this stage. We apologise for any confusion. Please send in the money in a clearly marked envelope with child's name and event.

Thank you!

Natalie Davis & Issac Fox
Sport Coordinators

LEARNING HUB BORROWING

Borrowing Has Started!

Borrowing has started with all classes. Please ensure ALL children bring their Hub bags every week on the day below. Their HUB bags are important, as they will be using their books in class and to take home.

Learning Hub Timetable 2022

MONDAY: Kindergarten & 5/6 Blue

TUESDAY: 3/4 Blue, 5/6 White, 3 Red, 1 Red

WEDNESDAY: 4 Red, 5/6 Red, 1 Blue, 2 Red

From the Learning Hub
Book Club catalogues
were sent home this
week.

**Closing date for orders
is 18th February.**

The LOOP app is the easiest way to place your order. The instructions are below.

Book Club LOOP
The EASIEST way for parents to order and pay for Book Club!

Parents: Are you registered for LOOP?
LOOP is the easiest way for you to order and pay online for your child's Book Club order, if you wish to pay by credit card.

Parents who are registered for LOOP receive exclusive sneak peeks, downloads and offers throughout the school year—don't miss out!

BONUS!

Head to [scholastic.com.au/LOOP](https://www.scholastic.com.au/LOOP) and register today!





<https://www.scholastic.com.au/book-club/book-club-Parents/>

SPEECH THERAPISTS, OCCUPATIONAL THERAPISTS & OTHER PROVIDERS COMING TO ST JOSEPH’S FOR YOUR CHILD NEED PARENT PERMISSION. PLEASE PRINT AND RETURN THIS FORM ASAP.

APPLICATION FOR A CATEGORY 5 CONTRACTOR TO PROVIDE SERVICES TO A STUDENT IN A DIOCESAN SCHOOL

1. Details of responsible adult and student			
1.1 Responsible adult's name			
1.2 Mobile		1.3 Email	
1.4 Relationship to student			
1.5 Student's name			
1.6 Grade			
1.7 Class teacher			
2. Details of category 5 contractor and requested access			
2.1 Contractor's name			
2.2 Trading or company name			
2.3 Address			
2.4 Mobile		2.5 Email	
2.6 Contracted service to be provided			
2.7 Frequency / duration	<div style="display: flex; justify-content: space-between;"> <input type="checkbox"/> Monday <input type="checkbox"/> Tuesday <input type="checkbox"/> Wednesday <input type="checkbox"/> Thursday <input type="checkbox"/> Friday </div> <div style="display: flex; justify-content: space-between;"> <input type="checkbox"/> Weekly <input type="checkbox"/> Fortnightly <input type="checkbox"/> Monthly Other: </div> <div style="display: flex; justify-content: space-between; margin-top: 5px;"> Start time for service: Duration of service: </div>		
2.8 Start date of service		2.9 Review / end date of service	

Meet the



Teacher 4 RED

Some of my favourite things are:

- Running (road and trail)
- Reading
- Growing plants
- Spending time in nature with my children Lucinda and Dominic.



Mrs Paff

Hello Stage 2,

I'm so excited to be teaching year 4 this year. I can't wait to see you all strive to do your best and work towards your personal goals! I will be teaching Monday, Wednesday, Thursday and Friday and Mrs McGlynn will teach on my release day on Tuesday.

This is my 15th year as a teacher and my 4th year at St Joseph's. Previously, I have gained a Bachelor of Teaching as well as having postgraduate qualifications in Special Education and a Master of Theology.

You can contact me at
clare.paff@mn.catholic.edu.au

MEET THE TEACHER

Meet your Teacher for 2022!

Mark Faith

3/4 Blue

Teaching Experience & Education

I have been lucky enough to teach at St Joseph's since 2019. I taught 5/6 for three years before making the shift this year to 3/4.

I have taught at a number of other Catholic schools within the Maitland/Newcastle diocese and bring with me a variety of experience. I particularly enjoy the use of technology within the classroom and exploring new and engaging ways to teach my students prepare them for their life ahead.



Class Goals for 2022

I aim to empower all students to become focused learners and confident decision makers.

I foster a growth mindset that encourages children to identify their learning goals, how to track them, and where to go if they need help.

I believe this is all best achieved when school and family work together and of course when we are having fun!

About Me

I am a Newcastle Knights fan. You may even see me wearing the jersey. I keep active playing 'multisport' each week. Photography is a passion of mine and I enjoy playing with gadgets and getting involved in all things technological. I have two dogs; dachshunds named Bellatrix and Bentley. Most excitedly though, I will be getting married later this year!

Contact Information: mark.faith@mn.catholic.edu.au

MEET THE TEACHER

Michelle Turner

3 Red

Teaching Experience & Education

I am excited to be starting the year teaching year 3 along side Mrs Norley this term! Collaboration and creativity is a big focus in my classroom and I look forward to getting to know all the students and capturing their interests.

I graduated with my Masters in Teaching (Primary) in November 2021 having previously practised law achieving a Graduate Diploma in Legal Practice and an LLB (Honours) Degree in Law.



Class Goals for 2022

To learn about my students and try to cater our learning to their interests. I am a big fan of mindfulness and will be looking at practicing this with the class each day.

I also have a big passion for learning and building confidence in my students. I look forward to instilling these passions in 3 Red.

About Me

I'm originally from the UK and have lived in Australia for 10 years. I love spending time with my family, I have a 2 year old girl and a 5 year old boy so life is very busy! I love running and yoga and try to keep these up everyday!

Contact Information: michelle.turner@mn.catholic.edu.au

Meet the Teacher

Hello & Welcome....

From Mrs Nikki Norley in 3Red!

Things I Love...

- *helping students strive to be their best selves
- *learning new things
- *goal setting- co-constructing a pathway of success for students



Education...

I am in my twenty second year of teaching. I have taught at many schools across our diocese and have held a variety of positions.

I have a double degree in Arts/Education and a Masters in Educational Leadership.

Contact Information:

nikki.cousins@mn.catholic.edu.au

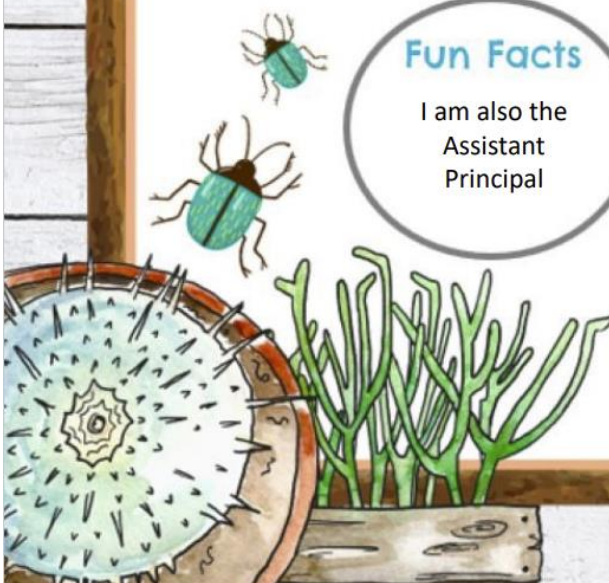
Fun Facts

I am also the Assistant Principal

I have an 12 year old daughter and a 9 year old son. We love the beach!

I am passionate about helping students to develop a growth mindset.

Together, we will learn and grow!



MEET THE TEACHER

Meet your Teacher for 2022!

Mrs Emma McGlynn

Year 4 Red – Tuesday

Year 5/6 White - Thursday

Teaching Experience & Education

I am looking forward to teaching and learning with Year 4 and 5/6 this year. I have been at St Joseph's for 9 years and teaching for over 13 years.

I am excited to be back teaching Primary after being with infants last year. I enjoy teaching mathematics and seeing budding mathematicians evolve.

My qualifications include: Bachelor of Teaching/Bachelor of Arts, Graduate Certificate of Religious Education and Graduate Certificate of Primary Mathematics.



Class Goals for 2022

I love teaching and seeing every child achieve their potential whilst having lots of fun along the way!

My class goal for 2022 is for myself and my students to learn together, grow together and have fun together!

About Me

My husband and I have 3 beautiful children (8, 5 and 1 years old) and a fur-baby!

We love going to the beach, going camping and exploring new places.

I'm looking forward to a year of netball, football games and getting out and about!

Contact Information: emma.mcglynn@mn.catholic.edu.au

KIDS LOVE DRAMA PARENTS LOVE THE RESULTS!



NOW TAKING ENROLMENTS FOR TERM 1 2022

**Our DRAMA
classes promote:**

- Self-Esteem**
- Confidence**
- Resilience**
- Communication**
- Acting Skills**

**Charlestown Primary
Friday
4:15pm - 5:15pm**

**Contact Shane
T: 02 4969 2338
M: 0408 425 659**

E: dramacorp@bigpond.com

USE YOUR \$100 CREATIVE KIDS VOUCHER!



SONG COMPETITION

ASPIRE 2022 largely takes place at the bottom of a wishing well and introduces the audience to a host of fantastical characters.

The Song Competition will be broken into 3 categories- Primary School (K-6), Year 7, 8 and 9 and Year 10, 11 and 12. Using the story for the production, the themes below will be the song writing focus for these allocated year groups.

PRIMARY SCHOOL (K-6): WISH

To feel or express a strong desire or hope for something that is unlikely to happen.

What type of things do you hope for?

What wishes have you made at wishing wells?

What are wishes and where do they go when people make them?

YEARS 7, 8 AND 9: MYTHICAL CREATURES

There are a massive amount of mythical creatures described in folklore, fairytales and legends.

Which ones spark some creativity in you?

Can you draw parallels between mythical creatures and humans?

How can you tell their stories or versions of their stories through music and song?

YEARS 10, 11 AND 12: WATER

Water is vital for all known forms of life, it is associated with renewal, refreshment and birth. You might decide to take your inspiration from what water symbolises or from water itself and the way it moves and sounds.

FRIDAY 8 APRIL 2022

Song Competition Closing Date

MONDAY 11 APRIL 2022

Song Competition Shortlisting

TUESDAY 26 APRIL 2022

Workshop Day Group 1

WEDNESDAY 27 APRIL 2022

Workshop Day Group 2

THURSDAY 28 APRIL 2022

Workshop Day Group 3

EVENING THURSDAY 5 MAY 2022

ASPIRE Song Competition Showcase

HOW TO ENTER

1. Video or record yourself singing or playing your song.
File formats: MP3, MP4 or MOV
2. A copy of your lyrics File format: Word document (NOT PDF or a photo)
3. If you can, include the chords or notation.
This is not compulsory.
4. Your song must be **no longer than 3 minutes 30 seconds**.
5. You will be able to upload via the Aspire website from **Week 10, Term 4 2021**.

Once entries close, shortlisted finalists will have the opportunity to workshop their song with professional musicians and ASPIRE Musical Director Jessica Lopez. The winner for each category will be decided at a live concert where a guest panel will judge the songs. This year there will be 3 winners, one for each category (Primary K-6, Years 7-9 and Years 10-12). Prize is a \$300 Musos Corner voucher and have their song professionally recorded at Tommirock Studios.

For more details go to aspire.mn.catholic.edu.au



ASPIRE

MUSIC.DANCE.DRAMA

CREATE CHOREOGRAPHIC PROJECT

<https://aspire.mn.catholic.edu.au>

Please refer to the ASPIRE website for all ASPIRE information, forms, updates, photos and the newsletter from the Artistic Director

ASPIRE is again collaborating with internationally recognised Newcastle-based company Catapult Dance in 2022.

Building on the success of previous programs, the Create Choreographic Project will offer students enrolled in schools in the Diocese of Maitland-Newcastle the opportunity to participate in an intensive contemporary dance and collaborative choreographic program.

Students will be provided with a dance and performance art experience that is inclusive, non-competitive, creative and collaborative, and that reflects the working processes of the professional industry. Students will be encouraged to have a voice, and present their thoughts and ideas in a studio setting at the end of the program.

The Create Choreographic Project will run from Monday 28 February 2021 to Friday 4 March 2022.

Dancers will be split into Junior (Years 4–6) and Senior (Years 7–12) groups to create an original piece to perform. They will work alongside professional choreographers at Catapult Dance's studio in Newcastle West.

Secondary students need to have dance training. Primary students must have a genuine interest in and flair for dance, but don't necessarily have to attend dance lessons outside of school.

Students can register for the program by filling out an application form, which must be signed by a parent/carer and teacher from their school. Please forward completed forms via email to anne.atkins@mn.catholic.edu.au

Scholarship places are available for students in genuine need of financial assistance. Please contact Anne Atkins for further information.

PROJECT DATES

COST

Junior	Monday 28 February 2021 – Tuesday 1 March 2022	9.00am – 3.00pm	\$60.00
Senior	Wednesday 2 March 2022 – Friday 4 March 2022	9.00am – 3.00pm	\$90.00

To register please complete the form overleaf and return to Anne Atkins
anne.atkins@mn.catholic.edu.au or call Anne Atkins on 02 4979 1331 for more information.

ASPIRE

To register please complete the form overleaf and return to Anne Atkins
anne.atkins@mn.catholic.edu.au or call Anne Atkins on 02 4979 1331 for more information.

ASPIRE



CREATE CHOREOGRAPHIC PROJECT REGISTRATION FORM

Student name: _____ Year: _____

School: _____ Student email: _____

Parent/carer name: _____ Parent email address: _____

Parent mobile number: _____ Address: _____

Why do you wish to be part of the ASPIRE Create Choreographic Project?

What dance experience do you have?

Signed (Parent/Carer): _____ Date: _____

Application supported by (school teacher within the diocese)

Signed (Teacher): _____ Date: _____

To register please complete the form and return to Anne Atkins anne.atkins@mn.catholic.edu.au
or call Anne Atkins on 02 4979 1331 for more information.

ASPIRE

PARENT WEBINARS

Parent Guide to Digital Technologies and Mental Health

Free webinar designed for parents and carers of young people aged 10–18.

It will cover:

- what do to about accidental exposure to content about suicide, self-harm or eating disorders
- using games, apps and social media to support mental wellbeing
- the pros and cons of digital mental health platforms
- strategies for young people to support friends online

Tuesday 8 March 7.30pm – 8.30pm

Register at <https://attendee.gotowebinar.com/register/6726877427764036623>



Gaming and Gambling Awareness

Do you have concerns about the amount of time your child is spending gaming? Would you like to learn how you can help your child manage their gaming and/or gambling?

CatholicCare is keen to help out!

Call 1800 497 065 or E: gambleaware@catholiccare.org.au for more information.

As parents or carers we always want the best for our children. We want to protect them from harmful activities and educate our children so they can recognise when they need help and how to access appropriate support.

Is gaming a problem?

- Studies are showing that excessive youth gaming may be associated with adult gambling habits
- The key is to be aware of gaming harm, how to recognise and prevent it

Gaming problem signs to watch for

- Feeling of depression including isolation from friends
- Obsession with simulated gaming apps and games
- Spending excessive amounts of time talking or thinking about gaming
- Experiencing mood swings, feeling stressed when not gaming
- Having fights with your family about gaming
- Obsessing about odds when watching sport instead of focusing on the game
- Lying or being secretive about gaming, gambling or cryptocurrency activities
- Missing school or grades falling due to time being spent gaming
- Borrowing or taking money from family and friends
- Continuing to gamble or game to win back money lost

What can I do to help my child manage their gaming?

- Be a good role model
- Encourage other activities and hobbies, such as sport, music or art
- Create a safe space at home by keeping devices in a visible shared location
- Establish a plan for screen time and explain that everyone needs balance in their lives
- Test games yourself and look for signs of gambling
- Start conversations about gaming and it's positive and negative elements
- Be careful linking debit or credit cards to gaming sites as they regularly offer purchased credits or rewards and it's not always obvious these purchases relate to real money
- Block or adjust online security so your child does not see gambling websites or access online gambling sites



Is gambling a problem?

- Can be – it's important to gamble responsibly
- Gambling harm can have a negative impact on social, emotional, mental and financial health
- Online gambling is increasing, statistic examples:
 - over \$172 million was spent on sports betting in 2018-2019, increase of 128% over 10 years
 - more people aged between 10 and 24 are engaged in gambling activities than any other form of risk taking, such as alcohol, smoking, and illegal drug use

What can I do to educate my child about gambling?

- Remind them it is illegal for anyone under the age of 18 to gamble
- Be a good example as most under-age gamblers are introduced to gambling by a parent, family member or friends who gamble.
- Be aware of the normalisation of gambling through advertising within sport and explain to your child that betting is not necessary to enjoy sport.
- Chat to your child about the warning signs that gambling is becoming a problem and the areas in their life it could impact, including finances, career, relationships, health and friends.
- Discuss how to respond to peer pressure to bet with mates, to be careful of gambling when under the influence of alcohol or drugs and always set a dollar limit.
- Encourage your child to recognise that gambling is not a game and being successful at gaming does not mean success with gambling.
- Explain to your child that gambling companies are in business to make money from customers and chances of winning are very limited.

Where can I get help or more information?

- GambleAware online resources www.gambleaware.nsw.gov.au
- Gambling or Financial Counsellor, GambleAware local office based at CatholicCare Social Services, 50 Crebert Street, Mayfield, ph 4979 1120
- Parent Information Sessions on Gaming, email gambleaware@catholiccare.org.au
- MoneyAware, financial education program for small groups delivered by experienced Financial Counsellors. Bookings on a need basis, email gambleaware@catholiccare.org.au.
- GamesSmart, board-game sessions run by GambleAware, email gambleaware@catholiccare.org.au
- Gambling Hangover Videos and Information, GambleAware NSW - YouTube

About GambleAware Hunter New England

GambleAware Hunter New England is a free service to support people to be gamble aware with information on how to gamble safely, plus free confidential support for people who gamble and their families and friends.

For more information or to make an appointment, contact us on:
Phone 1800 497 065 or email gambleaware@catholiccare.org.au

Locations: Cardiff | Forster | Gloucester | Maitland | Mayfield | Muswellbrook | Singleton | Taree

Congratulations to our students, Billie, Abigail, Jodie and Vivienne who are a part of the theatre production, OLIVER. They are all part of the ensemble of orphans! You may be interested in booking a fun family outing!

