

## DATES TO REMEMBER

### WEEK 7

Ice-blocks sold on  
Monday by Stage 3

SUBWAY LUNCH  
ORDERS -VIA QKR

Friday 11<sup>th</sup> March

Thursday 31<sup>st</sup> March

### PUPIL FREE DAY

Monday 4<sup>th</sup> April

SCHOOL PHOTO DAY

Thursday 7<sup>th</sup> April



ALL STUDENTS  
Monday and Friday

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

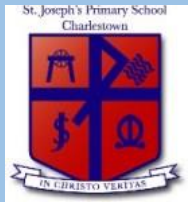
**ALL UNIFORM  
ENQUIRIES:**



**ORDER VIA QKR APP**

All enquiries to email:

[chl.uniformshop@mn.catholic.edu.au](mailto: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](mailto:admin@charlestown.catholic.edu.au)



Week 7, Monday 7<sup>th</sup> March 2022



Dear Parents and Carers,

This week we reach the halfway mark of our term and are excited that some COVID restrictions have been lifted. Mask wearing is optional for those of us in primary school and cohorting of students is no longer required. We will, however, continue to encourage good hand hygiene, the use of RAHT's when symptomatic and enhanced extra cleaning. We will have another delivery of RAHTS this week so that all students will have received a total of 8 tests. We distributed 4 per child in Week 5 with some families missing out. Thank you for your patience and understanding. We are watching the weather and will post on Compass the next date for morning distribution in the coming days.



We have now entered the Church season of Lent and we marked this with our Ash Wednesday liturgies across the school.

Unfortunately, due to the wet weather, we could not celebrate together, but each of us received the cross of ashes on our foreheads to remind us to turn our hearts to God. In choosing Catholic education for your children, you as parents are

committing to be a part of our Catholic community and your children will learn about our faith and traditions throughout the year. I joined Stage 3 for their liturgy and was so pleased to see their respectful participation and to hear their interesting suggestions on how we can all try to live lives modelled by the example of Jesus. Through Lenten actions of prayer, fasting and almsgiving we can demonstrate our love for God and others, and we can strengthen our friendship with Jesus.

In these current stressful times, I encourage you to pray with your family for the needs in our world. The devastating effects of the Tongan Earthquake, the Taliban again enforcing devastating rules on the women in their society, war in Ukraine, the Eastern coast flooding, the continuing COVID situation causing poverty and financial hardship, and daily occurrences of heartache are witnessed so easily on the news and other social media platforms. If you or your children are experiencing anxiety you may like to access some of these resources to assist when talking with them.

<https://www.mentalhealth.org.uk/publications/talking-to-your-children-scary-world-news>

<https://psychology.org.au/getmedia/a61fcf9d-dc4c-40f3-b94d-65995c85995b/helping-children-affected-tragic-events.pdf>

<https://raisingchildren.net.au/school-age/play-media-technology/media/disaster-news-supporting-children-6-11-years>

*Father God, we pray for our world today.*

*We pray for peace and hope to abound.*

*Many have been troubled by natural disasters, conflict, and the results of a global pandemic.*

*In challenging times, help us turn to you as our source of strength and hope.*

*Merciful Lord, we offer a prayer for your peace to be with all those who have suffered and continue to do so.*

*Amen.*



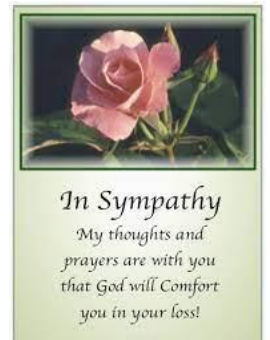
Bookings are now open on COMPASS for Parent - Teacher face to face meetings. Please check your child's Compass dashboard /conferences tab and book in your preferred times. This is a great opportunity to meet your child's teacher and discuss goals for their learning and any concerns you may have. Remember positive partnerships between home and school help to promote positive outcomes for our students.

This week we invite you to get to know our Stage 1 teaching team by scrolling to the end of the newsletter. These may help you put names to the faces you meet at pick up and drop off times.



Welcome to the Chand family who have joined our St Joey's community- Evie in 3Red and Jacob in 1Red. We hope that you will find SJC to be a wonderful place for your children and family to learn and grow.

We extend our deepest sympathies to the Mitchell family on the loss of Keesha and Lily's grandfather. Also, to Miss Ellie Ryan, our Learning Support Teacher, on the loss of her grandfather. We keep you and your families in our prayers and trust that your loving memories bring you comfort in your grief.



Congratulations to Levi G who has qualified to represent the Diocese of Maitland – Newcastle at the POLDING Swimming Championships. An amazing effort Levi! We are proud of you!

### Dates to Remember

Our first **P&F** meeting will be held tonight Monday 7<sup>th</sup> March 6:30pm – all welcome.

**FAMILY BBQ** – 5:30pm-7pm Friday 25<sup>th</sup> March

**Kinder 2023** – Enrolments Open –For interviews and tours. Call the school office to book 4943 5414

**Kinder 2023 Open Morning**– Friday 25<sup>th</sup> March 9:30-11:00am

**Parent Teacher Interviews** – WEEK 8 – Monday 14<sup>th</sup> March – Friday 18<sup>th</sup> March. Bookings are now open on COMPASS

**Harmony Day** – Monday 1<sup>st</sup> March- wear orange

**St Joseph's Day**- Friday 18<sup>th</sup> March 10:00am Liturgy, open classrooms and picnic lunch

**Pupil Free Day on Monday the 4<sup>th</sup> April.**

**SCHOOL PHOTO DAY** – Thursday 7<sup>th</sup> April – Full Summer Uniform

See the advertising for various events and opportunities including ASPIE – 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 were sent on Friday. 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. These discounts will be shown on your April statement. If you require assistance with school fees, please contact the office on 4943 5414 to discuss with me.

CANTEEN Volunteers needed! Thank you to all our current volunteers, especially Brooke and Natalie who look after the ordering, rosters and Subway Days.

#### **Our St Joey's school canteen:**

... is the biggest fundraiser for the P&F and all the money raised is donated back to the school!

... is open 3 days per week – Tuesday, Thursday and Friday!

... is run entirely by amazing volunteers from our school community!

... it takes 9 volunteers to run the canteen each week!

#### **Our St Joey's school canteen needs you!**

... becoming a new volunteer is now easier than ever!

... fill in the canteen volunteer form at the end of this newsletter and send it into the office

... a link will then be emailed to you to complete an online form and this will lead you through the process to receive volunteer clearance!

... with clearance you can volunteer in **ANY** capacity – reading groups, school excursions, swimming and athletics carnivals!



*God bless,*

*Kate Drake*

**Principal**



## NEWS FROM THE ASSISTANT PRINCIPAL

*A focus on Learning, Collaboration & Improving Student Outcomes*

Dear parents,

Week 6 often brings challenges that we need to work through to ensure learning continues for the remainder of the term and semester. By the middle of a term, students should be well into the swing of work routines and expectations at school, after school activities, their training requirements plus home responsibilities. At this stage of the term the schoolwork is harder as new content is delivered. Rules are expected to be followed and a strong work ethic is required. Persistence and resilience are required if students are to master new content in Mathematics, English, Science, Geography or History. Our school values need to be followed if lunchtime play is to be enjoyable for all. So, let us all assist our children by encouraging them to rise to the occasion when the work is harder, when they need to be more persistent and not give up, and when they need to display resilience when things don't always go their way, so that their learning continues to be the priority and they succeed in this quest.

On this note I have placed a few reminders below. Working together in partnership ensures all students become the best possible versions of themselves! Please reiterate the schools and your own expectations and/or goals you have for have for your beautiful children this year.

### School Uniform

We have noticed a huge improvement in students wearing the correct school uniform each day. Thank you for your ongoing support. A reminder that 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.

### Cyber-safety - A reminder that most social media sites require students to be 13 years of age to have an account.

If your child has signed up for an account that has this age limit then they have breached the Terms and Conditions. Parents setting up accounts for children are also breaching the Terms and Conditions if the child is under 13. It is up to parents to model acceptable behaviour and ensure that Terms and Conditions are followed.

If you would like to read more about Cyber-safety visit <https://www.esafety.gov.au/parents>

### Pokemon Cards

There has been a few instances of students trading cards. We ask that students do not trade at school. Trading of cards across age-groups is difficult to monitor and poses the risk of un-fair trades. Students may bring their cards in folders for break time to show their peers.

**St Joseph's will celebrate Harmony week on Monday 21<sup>st</sup> March.**



## Children are encouraged to wear something **orange**.

### Why **orange**?

**Orange** is the colour chosen to represent Harmony Week. Traditionally, **orange** signifies social communication and meaningful conversations. It also relates to the freedom of ideas and encouragement of mutual respect.

By wearing something **orange** during Harmony Week we show our support for cultural diversity and an inclusive Australia.

### What is Harmony Week?

Harmony Week is a week to celebrate Australian multiculturalism, based on the successful integration of migrants into our community. It is an opportunity for all Australians to embrace cultural diversity and to share what we have in common.

Multiculturalism is in Australia's national interest. It is about inclusiveness, respect and belonging for all Australians, regardless of cultural or linguistic background, united by a set of core Australian values.

Australia is one of the most successful multicultural countries in the world and we should celebrate this and work to maintain it. Our cultural diversity is one of our greatest strengths and is at the heart of who we are. An integrated multicultural Australia is an integral part of our nation's history and character.

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

### Interesting Facts (*ABS 2016 Census Data*)

- Nearly half (49 per cent) of Australians were born overseas or have at least one parent who was.
- We identify with over 300 ancestries.
- Since 1945, more than 7.5 million people have migrated to Australia.
- 85% of Australians agree multiculturalism has been good for Australia.
- Apart from English, the most common languages spoken in Australia are Mandarin, Arabic, Cantonese, Vietnamese, Italian, Greek, Tagalog/Filipino, Hindi, Spanish and Punjabi.
- More than 70 Indigenous languages are spoken in Australia

This year we are combining our Harmony Day celebrations with the National Day of Action against Bullying and Violence. Each class will participate in activities, and we will hold a whole school assembly. Photos of these activities and learnings will be shared with the school community via Facebook.

### Volunteers

At our P&F meeting plus at the various Parent/Teacher Zooms, the call has gone out for volunteers to assist with the canteen, uniform shop and various other activities. The response has been amazing, and we thank you. However, before we can accept these generous offers, volunteers new to the role of volunteering or who have perhaps not been an active volunteer for a while due to COVID, will need to go to the diocesan website and complete the Volunteer registration form. There is a [link here](#) to register your interest in becoming a volunteer at St Joseph's. This is a Diocesan mandate, and all volunteers are required to complete this registration form online (unless you are already registered and cleared to volunteer by the Diocese). It has a Police check section that is mandatory. Once this registration form is completed and a police check is completed, then we will be notified by the Diocese that you are clear to volunteer here at school. This whole process can take a few weeks. We ask that you all pop on to the website and complete the registration form ASAP so you can all come on site and be part of this amazing school community in many varied ways!

With every best wish,

**Nikki Norley**  
**Assistant Principal**

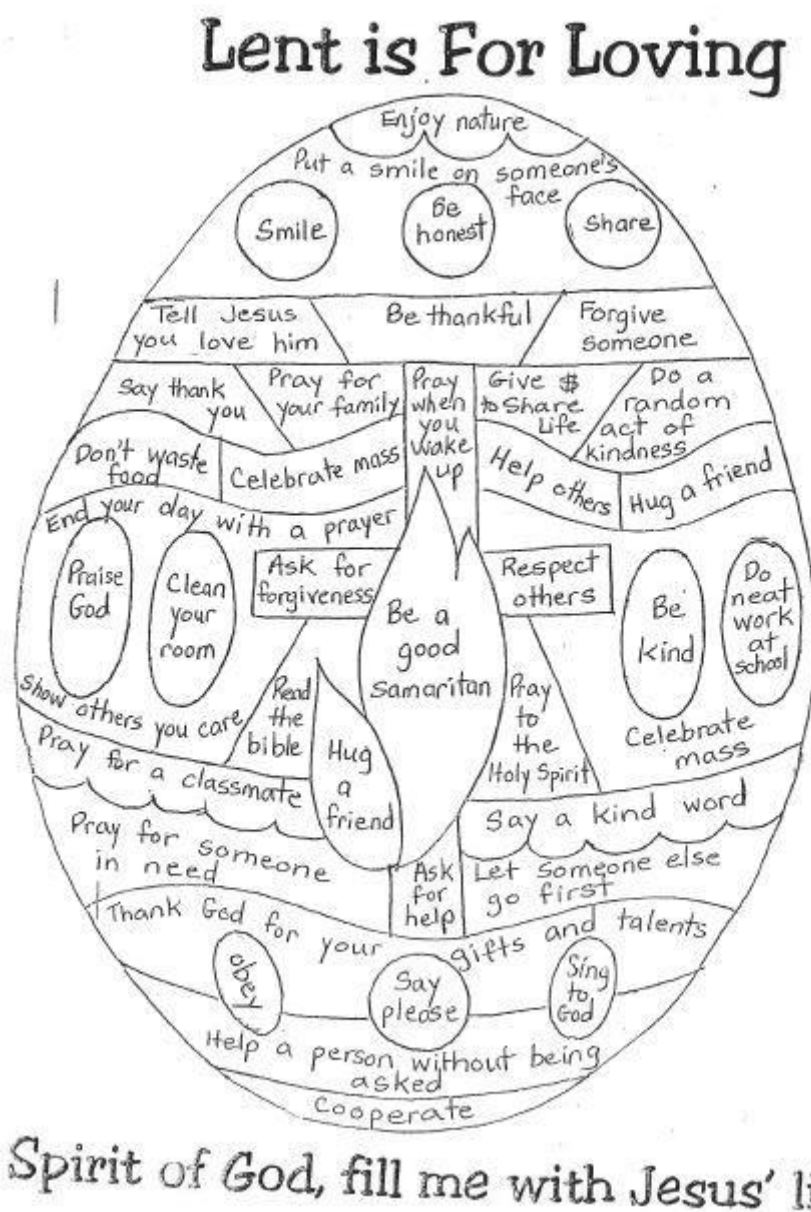


## NEWS FROM THE RELIGIOUS COORDINATOR

### Lent

Last Wednesday marked the beginning of Lent with Ash Wednesday. On this day the ash from last year's Palm Sunday palms is used as a reminder to turn our hearts back to God as we begin our 40 day preparation for Easter.

Lent is a time for prayer, giving (almsgiving) and fasting (or giving up those things that take away our focus from caring for others and knowing God). It's a good time to rethink what's important and focus our lives on being more like Jesus. Here are some simple ideas below



### St Joseph's Day

St Joseph's Feast Day to be held on Friday 18<sup>th</sup> March at 10am celebrated by Fr Tony with the assistance of Yr 4 Red and 3/4 Blue.

Following the liturgy, which includes the announcement of winners of our annual St Joseph's art competition, we will have open classrooms and a picnic. Please note this date in your diaries and attend if you can.

**Many Blessings**

**Clare Paff**

## NEWS FROM THE PRIMARY COORDINATOR

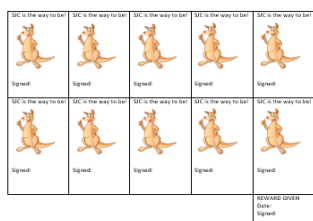
### PBL and WELLBEING



Our “JOEYS” positive reward system aims to “CATCH THE STUDENTS MAKING POSITIVE CHOICES!”

Children receive a Joey for demonstrating behaviours that align with our school values. It compliments other forms of positive reinforcement such as verbal praise/feedback, stickers, notes home etc.

Each class will have a system where the number of Joeys are tracked for each student e.g., a grid



For the playground Joeys, teachers will have some in their First Aid bag which they can give out to students when they see our SJC values in action.

Children in each stage will brainstorm and negotiate rewards they might get when reaching certain milestones in the Joey tally. For example, extra technology time, reading/relaxation time, free game time etc. These will vary in each stage to suit the interests of the students. The emphasis will be on non-material rewards.

Children will receive formal recognition at our weekly assembly when their Joey tally reaches certain milestones. It's an important part of the 'Joey' system that a child will NEVER lose a Joey once earned because of poor choices and negative behaviour at a later date.

This year we are encouraging each student to set themselves a JOEY GOAL e.g. to increase their Joey total by 20 , 30 etc this year. Encourage your child to communicate this goal with their teacher on a regular basis so that they can work together to achieve it.



## WELLBEING



### **Mindfulness Strategies for Home- Mindful Looking Part 2**

Mindfulness means becoming more aware of our inner self through the act of paying attention on purpose, in the present moment, in a non-judgmental way. Mindfulness allows us to become fully present in all aspects of life and to be fully aware of the here and now. By practising mindfulness techniques, we can learn to slow our thoughts and connect to the moment.

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

LAURE GROSSMAN



There is no one way to "do" mindfulness, and indeed we honour ourselves and our children by remembering that it is the process where the benefits lay not the destination. It can be hard to find quiet moments for reflection in our busy days and sitting still (for adults and children) for meditation can feel like an impossible task.

It is for this reason that this year we aim to explore all the different ways you can be mindful, including meditation. Teaching Kinder I know very well that they like to be on the move- playing, running, learning, exploring. The areas of their brain which regulate self-control and focus are still developing which can make the combination of sitting still for even a short time near impossible! Our Mindfulness practices need to be responsive to the needs of our youngest learners and utilise techniques that tap into individual needs and preferences.

This week we are going to continue to be focused on mindful looking which may be a mindfulness practice that resonates with you and your children.

Some examples include:

Take a walk to collect several different objects and observe/describe how each feels



Find shapes in the sky by laying down together and choosing different objects to search for in the clouds

Choose a favourite photo or image and focus on all the things they can see.

A Mindful Breathing and Looking video- link [here](#).

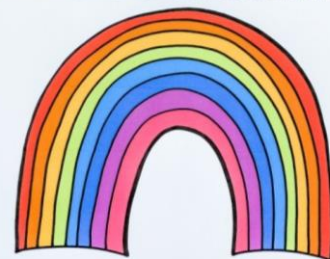
### **New Mindful Breathing Ideas**

#### BACK-TO-BACK BREATHING

1. Find a partner. Sit with your back resting against your partner's back.
2. Sit up straight. Be still and silent. Soften your breath and shut your eyes.
3. Take three slow, deep breaths in and out.
4. In your mind, count '1, 2, 3' during each breath in and '1, 2, 3' during each breath out. Pause slightly at the end of each exhale.
5. Continue for 3 to 5 minutes.



#### Rainbow Breathing



1. Imagine a rainbow in the air in front of you.
2. Move your finger from left to right to trace the rainbow while you inhale slowly through your nose.
3. Move your finger from right to left to trace the rainbow while you exhale slowly through your mouth.
4. Repeat as many times as necessary.



*At SJC we always remember our...*



**Happy Birthday to the following students!**



### **Birthdays for Weeks 7 and 8**

Huon C	Lee M	Jamieson Mc	Taj A
Owen K	Gus F	Kipp H	Jack B
Summer R	Max L	Flynn L	Oscar W
Alex B	Sam W		

Feel free to get in touch with me if you have any PBL or Mindfulness questions.

[karen.nolan@mn.catholic.edu.au](mailto:karen.nolan@mn.catholic.edu.au)

Have a wonderful week!

***Karen Nolan***

**Primary Coordinator**

### **SPORT NEWS**

Congratulations to the following student advancing to Diocesan selections for the following sports:

Soccer – Jack G, Hamish K, Sophie A

Netball – Charli C, Neve T

Rugby League- Tia R, Max W, Kobe H.

Congratulations to Levi G. being selected to represent the Diocese of Maitland – Newcastle at the POLDING Swimming Championships at Sydney Olympic Park Aquatic Centre, Homebush, 22nd March 2022.

Levi qualified in the following events:

1. All ages 100m Freestyle
2. 12 Years 50m Freestyle
3. 12/13 Years 50m Backstroke
4. 12/13 Years 50m Butterfly
5. Senior 200m Individual Medley

**AMAZING!!**

***Natalie Davis & Issac Fox***  
**Sport Coordinators**

# CLASSROOM NEWS

Here is a snapshot of the great learning experiences in the Learning Hub.

## From the Learning Hub Borrowing

The children are all borrowing each week for both home and classroom reading. Thank you to the parents who are helping their children remember their books and bags. This assists us in organising our books between class and home.



## Lessons

The children have weekly information literacy lessons that link with the class curriculum in English. They focus on topics from the History, Geography or Science curriculum, with ICT capabilities embedded throughout their learning. Examples this term are Stage 3 who are working on creating videos that explain Australian migration, and Stage 1 who are creating presentations on what Newcastle was like in the past.





## Our St Joey's school canteen needs you!

- ✓ Can you help in the canteen for 1 or 2 mornings per term? You're awesome!
- ✓ Do you have a preschool aged little one at home? No problem, bring them along!
- ✓ Would you like to spend your morning in the canteen with your bestie? Just say the word and we'll make it happen!
- ✓ How do I sign up to this wonderful opportunity? Simply fill in this form!

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I would love to volunteer in the canteen!

My name is: \_\_\_\_\_

Please circle: I'm a parent                  I'm a grandparent

My child/children are: \_\_\_\_\_

In class/classes: \_\_\_\_\_

Preferred day/s – Please circle:      Tuesday      Thursday      Friday

Availability – please circle:      Once per term      Twice per term      or more ☺

Contact phone number: \_\_\_\_\_

Email address: \_\_\_\_\_

Thank you!! Please drop this form into the office or email to [natthebatevans@gmail.com](mailto:natthebatevans@gmail.com)  
Any questions please get in touch – Natalie Evans 0400 413 448





**premiers'  
reading  
challenge**

The Premier's Reading Challenge opened on Monday 26th February, 2021.

Orange bookmarks with User names and Passwords will be sent home this week with all Kinder students. Any students who are new to the school this year, will receive theirs at their next Hub lesson. For any other students who wish to do the PRC and no longer have a record of their password, they need to contact me and I will retrieve it for them.

Happy reading everyone!

Mrs Hoffmann—PRC Coordinator



## **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](mailto:dramacorp@bigpond.com)**

**USE YOUR \$100 CREATIVE KIDS VOUCHER!**



Charlestown Child Care & Early Learning Centre is a Community-Based, Non-Profit organisation, established since 1986. The building is owned by Lake Macquarie Council and managed by a committee of interested parents.

The centre is licensed by the NSW Department of Education and Communities. We are engaged in a program of ongoing quality improvement through the National Quality Framework (NQF), which involves following the National Law and Regulations; the National Quality Standard (NQS) and the Early Years Learning Framework (EYLF). Our current rating is Exceeding the National Quality Standard.

We believe in building strong connections with children, families and the local community and our high staff ratio supports this goal. We have many long-term staff, which further enhances our community feel.

We take great pride in providing quality educational programs. Each child will have a focus teacher who is responsible for supporting and documenting their learning journey. Educators document each child's learning through written observations and programs, summative assessments and photographic day sheets.

We value the input of families in our centre. Families are welcome at the centre at any time, and we aim to work in partnership with all families in order to provide the best possible environment for children to grow and learn.

#### Our Rooms:

Sugar Glider Room caters for 15 children each day, aged 0-3 years, including up to 5 under twos.

Lilly Pilly Room caters for 25 children each day, aged 3-5 years.

The Centre is open from 7.30-5.30, Monday to Friday, and meals are provided. Our fees are currently \$106.00 per day (2022). This is the full fee and may be reduced greatly by the Child Care Subsidy, depending on your income. There are also annual levies of \$50 per year; and a fundraising levy of \$20 per term.

Please feel free to phone or email if you would like more information, or if you would like to have a look around the centre.





# MEET THE TEACHER

Meet your teacher for 2022!

**Angela Shaw**

**1 RED**

**(Mondays and Tuesdays)**

## Teaching Experience & Education

I am excited to be returning to St Joseph's after 12 months off on maternity leave. This is my 8<sup>th</sup> year at this school teaching in infants as part of the Stage 1 team on both Year 1 and Year 2. I have 12 years experience teaching across all grades in both the Maitland/Newcastle diocese as well as overseas. My qualifications include Bachelor of Teaching/Bachelor of Arts (Special Education).



## Class Goals for 2021

I am looking forward to working in a Job-share capacity (Mondays and Tuesdays) with Mrs Woodward (Wed-Fri) this year, as we both recognise the importance of building a positive partnership between families and teachers. My class goal is to cater to the variety of learning styles within our class through hands on, active and engaging lessons across all Key Learning Areas.

## About Me

My husband and I have been very busy learning the ropes of parenthood with our very active one year old daughter Vivienne. On the weekends you will find us playing on the equipment at the park, swimming in the ocean baths and cheering on the knights at the footy. I look forward to getting to know you and your family this year!

**Contact Information:** [angela.byrnes@mn.catholic.edu.au](mailto:angela.byrnes@mn.catholic.edu.au)



# MEET THE TEACHER

Meet your teacher for 2022!



Ms Heather Wozniak

2 Red



## Teaching Experience & Education

I am excited to be joining the infants team and teaching Year 2 this year at St Joseph's. This is my 3<sup>rd</sup> year here and I feel so grateful to be a part of our beautiful school community!

Previously in my teaching career I have taught in Canberra, London and now Lake Macquarie. I have happily been teaching for 8 years, mainly on Stage 2.



## Class Goals for 2022

I strive to help all my students grow each and every day to become independent and engaged learners. I work with students to strengthen their positive mindset and wellbeing, whilst ensuring all students are encouraged and supported towards academic success.

There is nothing more I love to see, than a student bounding excitedly into my classroom in the morning. My goal this year is to help your child LOVE learning as much as I do!

## About Me!

Dog mum to my gorgeous 4 year old Westie dog 'Alfalfa'.

I love a good cup of coffee, country music, gardening and spending weekends at the beach.

I also love to be creative, travel, play with my niece and nephew and watch the South Sydney Rabbitohs win a game with my dad!

Contact Information: [heather.wozniak@mn.catholic.edu.au](mailto:heather.wozniak@mn.catholic.edu.au)

# MEET YOUR TEACHER

## Miss Houlahan



### I BLUE 2022:

I am so excited to be teaching 1 Blue this year.

This is my fourth-year teaching and second year at St Joseph's.

#### Contact:

brydie.houlahan@mn.catholic.edu.au



### CLASS GOALS:

My class goal is to develop well-rounded students: including physically, intellectually, socially and emotionally.

I want every child in my class to feel excited about coming to school and feel confident and nurtured within my classroom.



### FUN FACTS:

I have two nieces and one nephew who I adore.

I love running and pilates.

I can't live without coffee.

I am the youngest of four children.





# MEET THE TEACHER

**Sue Woodward**

**1 Red, 2022**

**(Wed, Thurs & Fri)**

## Teaching Experience & Education

I am an experienced teacher who has taught in several schools throughout the Maitland Newcastle Diocese. I have been teaching Year 1 at St Joseph's for the past 8 years. I love the unique setting at the school, where we work in a unit/stage and teachers have the opportunity to share knowledge, skills and resources and learn from each other.

As a teacher in a Catholic school I am committed to living the gospel values in my daily life so that the children see me as a living witness of faith. Having attended Josephite schools and then having worked in a number of them, including St Joseph's Charlestown, I have a strong affinity with Mary MacKillop and I strive to live her values.

My qualifications include: Diploma in Teaching (Primary Education) and Graduate Diploma of Arts



## Class Goals for 2022

In working in a job share capacity with Mrs Angela Shaw (Mon, Tues) we aim to ensure continuity in the teaching program and consistency in practice and procedures. I value the partnership between parents and teachers while recognising that parents are the first educators of their children. I look forward to working closely with you and developing positive relationships with both you and your children and to help your children grow in confidence of their ability and learn.

I aim to provide a stimulating learning environment where the children are exposed to quality instruction and they are encouraged to actively participate and take risks with their learning. I believe that every child is unique with their own gifts and talents. As their class teacher I aim to ensure each and every child reaches their full potential.

## About Me

I am married and have three adult children. On weekends I enjoy spending time with my family, particularly my two granddaughters.

I enjoy going to the gym and jogging/walking around the lake.

## **Contact Information:**

**[susan.woodward@mn.catholic.edu.au](mailto:susan.woodward@mn.catholic.edu.au)**

**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

<b>1. Details of responsible adult and student</b>			
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			
<b>2. Details of category 5 contractor and requested access</b>			
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	<input type="checkbox"/> Monday <input type="checkbox"/> Tuesday <input type="checkbox"/> Wednesday <input type="checkbox"/> Thursday <input type="checkbox"/> Friday <input type="checkbox"/> Weekly <input type="checkbox"/> Fortnightly <input type="checkbox"/> Monthly    Other: _____ Start time for service: _____                      Duration of service: _____		
2.8 Start date of service		2.9 Review / end date of service	





# 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](http://aspire.mn.catholic.edu.au)

## 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](mailto: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 advertising 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](http://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](mailto: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](mailto:gambleaware@catholiccare.org.au).
- GamesSmart, board-game sessions run by GambleAware, email [gambleaware@catholiccare.org.au](mailto: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](mailto: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!

