

St Joseph's School

16 Tocumwal Road, Numurkah, 3636

Phone: 03 5862 1804

Fax: 03 5862 2768

E-mail: parnel@sjnumurkah.catholic.edu.au

Website: www.sjnumurkah.catholic.edu.au



Bulletin—Week 5 of Term 3, 13th August 2020

Saint Mary MacKillop said,
"Never See a Need Without Doing Something About It!"
At St Joseph's We: Need to have a **Positive Attitude**
Need to be **Aware** and Need to Take **Action**.
Our next fortnight's Triple A Social Skill is **Patience**
Our focus within the three areas are as follows
Attitude : Being Patient
Awareness : Of Others
Action : Waiting for Others / Taking Turns

Home Learning #2

Our first week of Home Learning has begun well. I think we are all a bit more relaxed about this period of Living and Learning in general and more accepting in just letting it all happen.

The stresses and strains involved in trying to make everything work just isn't worth it.

Our staff certainly have embraced this which will be reflected in our approach to the children's programs.

We have accepted a number of children at school with the understanding that their parents/carers are working and cannot provide care for them. I appreciate families cooperation with this as my responsibility at school is to ensure the welfare of all staff and to comply with the Government's Covid Regulations requiring minimal community contact and movement.

Otherwise, make the most of your family time and go easy on yourself and your family and friends.

Live Life To The Fullest In Christ

Paul Arnel

Note : There will be no "Pupil Free Days" this term as advertised in the Term Planner

All Children's Home Learning Packs will now be in Family Groupings in Middle North - Rooms 5&6. Please enter via the double front gates. Signs will direct you. This initiative minimises the need for you to enter school buildings.

ALL HOME LEARNING PACKS TO BE NOW PICKED UP IN MIDDLE NORTH



Office News

SCHOOL FEES:

Next Fortnightly Debits: Aug 21st & Sep 4th.

Monthly Debits take place on the **18th of each month** up to and including November.

If you have unexpected circumstances for the fortnight or month and need to stop a Direct Debit please note they are processed two days before the due date and so you will need to contact us prior to that, to put a stop on them.

EFTPOS and **CENTREPAY** are now a payment option. Please enquire at the office.

If you have any queries or concerns about your payment commitments please do not hesitate to come in and speak to Paul. If you are wanting to amend your payment options please do so ASAP.

The Term Planner can be viewed from the school website under news & events \ newsletters

If you have any queries, please ring Gayle or Donna at the office on 5862 1804

Our New Website including the New St Joseph's Numurkah App are now up and running. Click the link on the school website to download the App via Google Play or the App store. You can use this to access newsletters. Notifications are sent via this app regarding Sports Days, Special events etc. Please make sure you turn notifications on once downloaded.



Student of the Week

Sen S **Tom Graham**

For his excellent commitment to his nightly reading and diary.

Sen H **Seth McCracken**

For his amazing work on fractions and in the class, using his very kind heart.

Sen B **Brian Hansen**

For his improved focus in class and continuing to work hard on his reading.

Sen M **Joel O' Dwyer**

For working hard in maths and contributing to class discussions.

Mid M **Konnar Stell**

For his awareness of others in the yard and classroom. For always... 'Never seeing a need without doing something about it.'

Mid H **Justin Hendy**

For a happy and positive attitude. You have a great smile!

Mid O **Tilly Schreenan**

For her dedication to improving her reading and accuracy decoding words.

Mid W **Kate Dyson**

For being a kind and responsible class member who is always willing to help others both in the classroom and out on the yard. Well done Kate!

Jun S **Noah Watson**

For the outstanding effort he is putting into his Koala report.

Jun H **Josh Alexander**

For his generous nature and always having a go to do his best.

Jun F **Callan O'Dwyer**

For his enthusiastic approach to our science experiments and excellent predictions! Super effort Callan!

Jun M **Mia Muller**

For her neat and organised approach to all learning tasks.

PREP N Alex McLeod

For being a positive and enthusiastic member of our class.

PREP A Talia Agnew

For thinking of others especially during prayer time.

PREP H Sienna Mulcahy

For approaching all tasks with a positive attitude. Congratulations Sienna on a great start to prep at St. Joseph's!

Specialists Award - LOTE Xavier Prior

For amazing Italian descriptions in the Cartoon Character Game. Well Done!!!

Community Notices

Hello Families,

'Smiling Mind' has put out a free resource. (You may have seen it on the news recently.) Smiling Mind is offering 'kids care packs' for children who may be worried about covid-19. It focuses on gratitude and mindfulness exercises and accompanying activities. This might be a beneficial resource to help with the impact of stress and worry your child/ren may be feeling in regards to covid-19, particularly with the current television exposure. There's even a self-care package for adults.

<https://www.smilingmind.com.au/kids-care-packs>



Combating Fussy Eating:

One week bananas are your child's favourite food, the next they won't touch them? Or they only eat jam sandwiches and won't eat any vegetables?

Fussy eating isn't uncommon in this age group, and can be very frustrating and a cause of anxiety for a lot of parents. Increased growth rate, asserting their independence, and an increased awareness of what their peers and others eat contribute to this. Here are a few tips and tricks you can try at home to develop your child's eating habits, to support healthy eating throughout life!



- 1. Eat meals together.** Role modelling is very important, if a child observes you or a sibling enjoying and trusting a food, they will be more accepting of it.
- 2. Patience.** It can take 15 exposures to a new food before it is trusted, and double this before they enjoy it – Keep trying!
- 3. Rewarding.** Do not use food as a reward for good behaviour or achievements. This sets up an unhealthy relationship with food that can last into adulthood. Use non-food rewards like stickers, specific praise, time together.
- 4. Positive language.** Don't assume your child will not enjoy vegetables, offer them in a relaxed, supportive environment. Offering a variety of different vegetables alongside other foods they enjoy can help.
- 5. Routine and Consistency.** During mealtimes, sitting at the table is a great way to do this, with no television as a distraction. Make meals together an enjoyable, stress free time.
- 6. Do not cater.** Do not quickly offer another option if they are not eating one already offered. This demonstrates to your child they are not expected to eat the meal in front of them. Give them time to consider it, then put it away and re-offer it at a later stage.
- 7. Explain, don't bribe.** Bribing can be detrimental to how your child sees food. Try to explain why it is good for them in ways that they value, for example; 'this sweet potato gives you energy to play longer!'
- 8. Plant vegetables.** When your child is involved in the process of planting and caring for the vegetables, they are more excited to eat them!

Healthy children will eat when they are hungry. You decide when, where and what they eat, and let your child decide whether they eat and how much they would like to eat. Remember persistence is the key!

Follow <https://www.facebook.com/more4moira/> for more ideas to keep you and your family healthy

Savoury Mighty Muffins

Prep time: 10 mins
Cooking time: 20 mins
Serves: 6

Ingredients:

- 1 1/2 cups self-raising flour
- 2 cups grated tasty cheese
- 100g chopped salt-reduced shaved ham
- 1 grated zucchini
- 1/4 cup thinly sliced chives
- 3/4 cup milk
- 1/4 cup fruit chutney
- 1 egg

Method:

Step 1: Preheat oven to 200°C. Grease a muffin pan. Line bases of holes with baking paper or muffin cases.

Step 2: Sift flour into a large bowl. Add cheese, ham, zucchini and chives. Whisk milk, egg and chutney in a jug until well combined. Make a well in centre of dry ingredients. Pour in milk mixture. Gently mix until just combined. Spoon into muffin wells.

Step 3: Bake for 15 - 20 minutes or until a skewer inserted into the centre comes out clean. Stand in pan for 3 minutes. Turn onto a wire rack to cool. Store in an airtight container at room temperature.

Save time

- Plan ahead and bake these muffins on the weekend ready for the school week
- Store muffins in the freezer and place in a lunch box frozen. They will defrost in time to eat at school



©NewsLifeMedia



Sushi

Prep time: 20 minutes
Cooking time: 20 minutes
Makes: 24 small pieces

Ingredients:

- 1 1/2 cups sushi rice
- 2 tbsp rice wine vinegar
- 1 tsp caster sugar (optional)
- 4 nori sheets
- 1 Lebanese cucumber, cut into matchsticks
- Approx. 185g thinly sliced tofu or tuna
- 1 medium grated carrot
- Salt-reduced soy sauce to serve

Method:

Step 1: Rinse and drain rice 3 times or until water runs clear.

Step 2: Cook rice as per directions on the packet. Remove from the heat and leave covered for 10 minutes.

Step 3: Mix the sugar (if using) with the vinegar and add to the cooked rice, stirring to break up lumps. Allow the rice to cool.

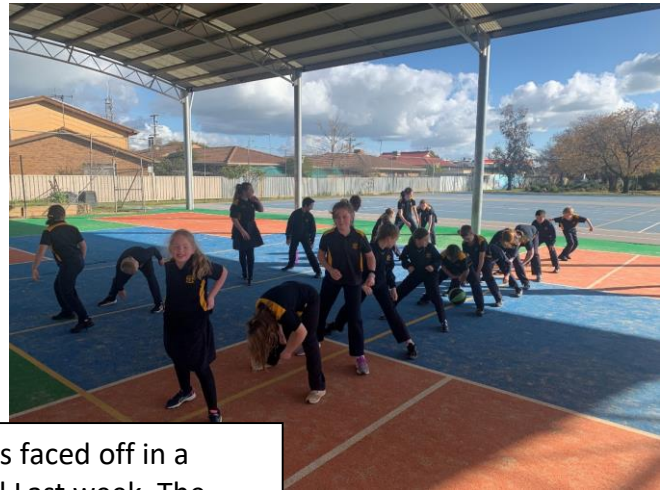
Step 4: Place 1 nori sheet, shiny-side down, on a sushi mat. Using damp fingers, spread 3/4 cup rice over nori, leaving a 2cm strip at 1 short end. Arrange one-quarter cucumber, tofu (or tuna) and carrot over the rice. Using the sushi mat, roll up firmly to form a roll. Cut into 6 slices. Repeat with remaining nori sheets, rice, cucumber, tofu (or tuna) and carrot. Pack in a lunch box with a small container of soy sauce.



*Get your kids involved for a Sunday fun day activity ready for lunch on Monday
Use leftover rice from the night before
Use lint-free large hand towel to replace sushi mat*



Photo Gallery



Middles and Seniors faced off in a game of Tunnel Ball Last week. The Middle students were gracious in their win against their fellow Senior students.

