

St Joseph's School

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Bulletin—Week 9 of Term 1, March 30th 2023

Dear Families and Friends

Our first term has flown and we can look back proudly on ten weeks of Living and Learning at St Joseph's. Our Preps are well settled and our new Year 6 Leaders have accepted their responsibility capably. I marvel at the skill, ability and understanding of our staff in working with and supporting our children and families.

PARISH EASTER CELEBRATIONS

I also urge you to take time over Easter to participate meaningfully in our Church's Commemoration of the Death of Jesus and Celebrate His Triumphant Resurrection—the Victory of Good over Bad.

The Parish Services over Holy Week are :

April 2 - Palm Sunday	10:30am Mass
April 6 - Holy Thursday	8pm Mass—The Lord's Supper
April 7 - Good Friday	10:30am Stations of the Cross 3pm Commemoration of Christ's Death
April 8 – Holy Saturday	7:30pm Easter Vigil
April 9 – Easter Sunday	10:30am Mass Numurkah



School Advisory Council 2023

Our School Advisory Council AGM was held last Wednesday. We farewelled Trav Lukies and welcomed Jody Tilley. She will join on-going members Bill Masters, Rach O'Dwyer, Helena Browning and Heather Mason. The P&F Rep is Bryan Schreenan, the Staff Rep is Mark Harmer while Dom Izzard and Gayle Watters are School Reps.

For reference, the Council deal with policy, finance, planning and big picture matters rather than operational detail.

Rach O'Dwyer continues as our Chairperson.

Dates to Remember

Friday March 31: Easter Raffle Tickets Due Back

Tuesday March 4: School Photos – Full Summer Uniform

Thursday April 6: Last Day of Term 1 early finish 2.15pm

(Please note Buses will run an hour earlier)

CARITAS Boxes to be returned

Monday April 24: Start of Term 2

Tuesday April 25 : ANZAC Day Public Holiday

ANZAC DAY : Tuesday, April 25

We need to be well organised with our ANZAC Day arrangements this year as it falls on the Tuesday after the holidays.

As usual, we as a school participate in the Town Ceremonies. In fulfilling their Leadership Roles, I ask all Year 6 children to attend and lead us in the March. I invite all other children to join us. Full WINTER UNIFORM is to be worn.

We meet at the Post Office at 10:00am.

Last Day of Term 1 Thursday, April 6 2:15pm Finish



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 **Excellence**
Our focus within the three areas are as follows
Attitude : Having A Go
Awareness : Of Your Ability
Action : Striving To Do Your Best

Afternoon Assembly : Mondays at 2:45
Yr 6 Leaders & Class Prayer
April 3: Poppy D Bailey H & Elijah T; Senior Leaders
All Welcome!

**SCHOOL
PHOTOS
NEXT
TUESDAY**

St Joseph's Primary School

Numurkah

Photo Day 2023

Tuesday 4th April

To Order Photos:

Go to www.msp.com.au and click "Order Photos". Enter your child's personalised shootkey and follow the prompts.

Order your School Photos before midnight 11th April

Late Orders can be accepted after 11th April by contacting 03 5482 3190. All late orders incur an extra \$20 for postage and handling.

Family Photos – Please order online prior to photo day with the unique shootkey on the bottom half of your eldest child's photo form.

1 Family Shoot Key per Family.




**msp
photography**

03 5482 3190
admin.mrr@msp.com.au
www.msp.com.au

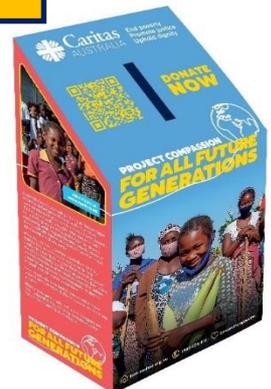
CANTEEN NEWS

Our P&F have been working hard to ensure the on-going viability of our Canteen. Costs have all but doubled over the last few years.

Our Term 2 Price List will include price rises to most items. The Canteen will be open for 3 days only, namely **Wednesday, Thursday and Fridays**. These changes will be trialled then analysed.

CARITAS

One final request for all Caritas Boxes that have been sent home to be returned to school. A huge thankyou for all your donations both BIG and small as every dollar counts! If you haven't had the chance to watch the weekly Caritas videos then jump on the Project Compassion website. It's amazing to see the positive change that we help create in our world and it all starts with you and your donations! Next week is our school fundraisers which are listed below.



CARITAS FUNDRAISING

WEEK 10

Junior Easter Egg Raffle

Raffle will be drawn on Wednesday 5th April

Middle School Slushies

One slushy per student on the advertised day.

Monday – Senior Students

Tuesday – Middle Students

Wednesday – Junior Students

Thursday – Prep Students

Cost \$1

Senior School Cake Stall

Wednesday 5th April

Gold Coin Donation

All donations are for Project Compassion and you can find more information by scanning the QR Code.



Caritas
AUSTRALIA



**PROJECT
COMPASSION**
FOR ALL FUTURE GENERATIONS



Office News

PRIVACY POLICY

For access please visit our website. www.sjnumurkah.catholic.edu.au.

SCHOOL FEES:

If any family would like to commence having their fees directly debited fortnightly or monthly this can be done at any time!

Next Fortnightly Debits: 7th & 21st April.

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.

If your circumstances have changed and you are now eligible for a Health Care Card, please complete a CSEF application and return to the office by Thursday 6th April 2023.

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

SACRAMENTAL PROGRAM

There are currently 17 students participating in the Sacramental program this year. Next term on Tuesday the 2nd of May (Week 2) these students will have their Reconciliation celebration. While our Parish Priest Fr. Jophin Joy is away on holiday Fr. Jackson Saunders will be filling in.

Please keep these students in your thoughts and prayers over the next few weeks as they prepare for this wonderful celebration.

Thanks,

Liam Booth

Religious Education Coordinator

Student of the Week

Sen S Poppy Dobson

For her considerate nature and her helpful, positive attitude. You are a delight to have in our classroom!

Alex Chmiel

For his positive upbeat attitude and willingness to help with classroom jobs. Keep it up Alex!

Sen B Cobie Patching

For always being a reliable student who sets a fantastic standard in our classroom.

Ruby Laidlaw

For setting a great standard in our classroom helping those around you when you see them in need of help. Well done Ruby!

Sen K/H Bailey Harmer

For his efforts in keeping organised with his diary and home learning tasks. Good job!

Cohen Burrows

For writing creative narratives and his happy demeanour.

Sen T Samuel Altoft

For always being a happy and easy-going student. You are an absolute pleasure to have in the classroom. Keep up the great work.

Eric Alexander

For always applying himself in all areas of learning. Keep up the great work mate!

Mid H Indi Rossborough

For her enthusiasm for investigating words, suffixes and prefixes.

Peyton Lee

For discussing and investigating the features of informative texts.

Mid M/H Jobe Morris

For being a responsible and dedicated learner who always gives 100% effort. Keep up the wonderful work Jobe!

Elsie Browning

For being a conscientious learner and a testament to Saint Mary MacKillop's motto "Never see a need without doing something about it".

Mid N Maisie Carr

For doing such a great job attending whole school events. Well done Maisie we are so proud of you.

Phoebe Keane

For all the great work and leadership she displays in the class.

Mid S Owen Chmiel

For having a consistently positive attitude towards all learning tasks.

Nate Duffett

For his positive 'can do' attitude towards all learning tasks. Well done Nate!

Jun N Dougal Alexander

For all the effort he has been putting into his Literacy work and completing tasks independently. Keep it up Dougal!

Dylan McPherson

For always showing great listening skills and participation in our class activities with enthusiasm, well done Dylan!

Jun P Charlie Stevens-Venville

For participating regularly in whole class activities and willing to socially engage with others. Well done Charlie!

Parker Patching

For his initiative to assist with setting up the classroom and helping others where possible. Well done Parker!

Jun O Caleb Campbell

For working really hard on his organisation and reading every morning.

Leland Alexander

For his hard work with Mrs A working on his sounds and reading. It is great to see you so enthusiastic.

Jun W **Lainey Alexander**

For being a kind and caring member of our class and always having a positive attitude.

Emma Reade

For the amazing effort she has been putting into her creative writing and the fabulous contributions made during class discussions. Well done Emma!

Prep M **Archer Tilley**

For being a wonderful role model in our classroom and always displaying a positive attitude. Terrific effort Arch!

Evie Van De Berg

For being a kind and caring student who always demonstrates a positive attitude toward her learning. Well done Evie!

Prep J **Hudson John**

For working hard to learn the letter sounds and also for being organised. Brilliant effort Hudson!

Thomas Simmons

For the amazing effort he has been putting into learning letter sounds and for making good decisions during learning time. Well done Thomas!

LOTE **Georgia Robertson**

For her consistent effort in learning Italian and always leading by example. Well done Georgia!

Principal's Award

Term 1

Week 7 : Samuel Altoft

Week 8: Jorja Sprunt

Living out the values of

Saint Mary MacKillop

through what they say and what they do.

Triple A Social Skill Award

This is awarded to students in each class who display excellence in the Triple A Social Skill that we focus on each week. At St Joseph's we need to have a positive **Attitude**, need to have **Awareness** & need to take **Action**.

Congratulations to the following students who received the social skill award in Week 8

Assertiveness:

Addyson Lee , Evie Clurey, Sophie Caccianiga, Poppy Patching, Eden Feltham, Olive Trimble, Jack Roberston, Edward Trimble, Talia Agnew, Zoe Bartle, Remi Storer, Jorja Sprunt, Lenny Keane and Charlie Jenner.

Lost Property

Lots of jumpers, drink bottles & containers etc **still** in lost property. Please come & check at the office for any lost items by Thursday 6th April. At the end of the term any containers still in lost property shall be donated to Vinnies.



Canteen

We would like to take this opportunity to thank Donna Jensen for her great addition to our team in the canteen, and wish her well in her new employment.

As previously advised in the Bulletin, the canteen will be open **Wednesday, Thursday and Fridays** as of Term 2.

If you are unable to attend on your day, can you please arrange a swap with someone else or as last resort let the Canteen Manager know in advance, so they are aware that they have no helper that day.

March

31st Narelle Miller



April

3rd Volunteer

4th Volunteer

5th Volunteer

6th Sarah Burkitt

24th Closed

25th Anzac Day

26th Volunteer

27th Rachel Robertson

28th Kim Thompson

May

1st Closed

2nd Closed

3rd Volunteer

4th Sarah Burkitt

5th Sheree Lawless

Once your request has been accepted, (usually within 48 hours) you will need to complete an enrolment for each child. Please note that this will need to be completed on a desktop computer as not all functions work on a tablet or phone. Once completed, please click on the submit tab as this will send your information to our system. You will need to acknowledge that you are using our service via your MyGov account to receive any Child Care Subsidies. This may also include completing details regarding your employment and/or personal family situation. You will now be able to download the My Family Lounge App to manage your bookings.

If you wish to start using the program, please contact the office for enrolment information before the end of Term.



St John's Parish OSHC News

VACATION CARE

Bookings are now open for Vacation Care, which shall be running again during the next school holidays Tuesday, Wednesday & Thursdays 8am to 5pm. cost shall remain the same, \$60.00 per day with Child Care subsidies also provided. Children will need to bring their own lunch, snacks and water bottle.

There will be a range of activities including craft, cooking, sport, indoor & outdoor games all onsite in the MacKillop Centre. If your child is already enrolled in the Before & After School Care Program, then you can book via the My Family Lounge App just like Before and After School Care.

If you have not used the program before, then you will need to enrol your child/ren via the school website.

www.sjnumurkah.catholic.edu.au/enrolment-information/outside-school-hours-care/outside-school-hours-care-enrolment

If you have never used the My Family Lounge, you will need to register and request a booking.

Community Notices

Numurkah Lions Club Inc.

MARKET

South Bank of Broken Creek
Numurkah

**SATURDAY
APRIL 15TH**

Time: 8.00 am -12.00 noon

- ❖ Cottage Craft
- ❖ Produce
- ❖ New and Second Hand Goods
- ❖ Something for everyone

Enquiries: 0459322496

Another Lions Club Project

New Students Welcome!

Learn the art of Shotokan Karate

Open for all ages 5 to 105 Qualified Instructor
 We train - Traditional classes every Tues / Fri 5:30pm - 6:30pm
 - Sports Karate every Sunday 4:00pm - 5:00pm

Shotokan Karate
 Budokai - Victoria



KARATE
 CLASSES
 NUMURKAH



Advantages

- ✓ Qualified Instructor
- ✓ Improved Confidence
- ✓ Practical Self Defense
- ✓ Increased Strength
- ✓ Increased Flexibility
- ✓ Increased Fitness
- ✓ Sharper Mind
- ✓ Reduced Stress

ABOUT US

A school to promote and teach traditional Japanese Shotokan Karate, that is spirited and strong. The wisdom and confidence gained from these solid foundations can then be applied in the art of self defense and competitive sport.

More details

Sensei Steve - 0467 714 823



<https://www.facebook.com/Shotokan-Karate-Budokai-Victoria-101704472455288>

www.skbvictoria.com.au

PICOLA UNITED FNC

Picola United is welcoming new football players to the club in season 2023 for the following grades.

- *U/11s
- *U/14s
- *U/17s

Trainings Thursday from 5:15pm



Call 0400858579 for more information!

Numurkah FNC Junior

Footy & Netty



This year our Junior Age Divisions for our youngest footballers are Auskick then Under 10s and Under 12s. Our Auskick will run at the Showgrounds under the guidance of **Mark Brown** starting Friday, April 28.

Training for the 10s and 12s continues on Thursdays at the Showgrounds.

If you are not sure whether Under Age Footy or Auskick is right for you then don't register yet.

2023



The purpose of Net-Set-Go is to learn and develop basic fundamental skills required in Netball.

When:	Friday nights (Term 2)	Who for:	5 - 10 years of age * children that turn 5 years of age this year are eligible to participate
Dates:	Friday 28th April To Friday 23rd June	Registrations:	Please register your child online before the first Training *2022 players will receive an email as a reminder
Times:	5:00 - 5:45pm		
Cost:	Netball registration \$87		https://registration-netball.squadi.com/userRegistration?organisationId=38709b60-ad44-48d6-9465-103da8bd1a0e&competitionId=3cd085a4-554a-4c01-9548-8dafa04e5fd1

Contact person: Leanne Rawson - 0429 729 766



If possible, please join this Facebook page: Net-Set-Go 2023 Numurkah Football Netball Club



Katunga Auskick and NetSetGo will again be running for children aged 5-10 again this year and all new and past participants are invited to join in the fun.

The sessions will be held on Thursdays from 5-6pm during Term 2, commencing this week 27 April at the Katunga Recreation Reserve.

To register please visit our website www.katungafnc.com.au/registrations

If you require any further information please email katungafnc@outlook.com or call Rach on 0400 877 409.





Physical activity and mental health

Regular physical activity is great for children and young people's healthy development and helps prevent and relieve mental health issues

How does exercise affect mental health and wellbeing?

Physical activity promotes many aspects of child and adolescent development, including social and emotional skills, as well as physical development of motor skills.

It also supports mental wellbeing. We know that high levels of inactivity can lead to a greater risk of both physical and mental health problems.

Physical activity:

- can increase levels of serotonin and endorphins, the neurotransmitters involved in regulating and improving mood
- promotes sleep – which also helps regulate moods, increase energy levels and improve memory and learning

- increases the connections between the brain neurons, which improves memory and learning capacity
- pumps blood to the brain to boost mood, concentration and alertness
- promotes relaxation by reducing skeletal muscle tension
- provides children and young people with an outlet for excess energy and frustration, which relieves tension
- provides an opportunity for children and young people to socialise and meet new people, reducing loneliness and isolation
- improves motor and cognitive skills, which boosts self-esteem
- distracts children and young people from negative thoughts.

These benefits also serve to improve classroom behaviour and promote a more positive learning environment.

How much exercise do children and young people need?

The 24-Hour movement guidelines outline the following recommendations for exercise for children and young people:

- **Infants** (birth to one year): 30 minutes per day of supervised interactive floor-based play including tummy time, reaching and grasping, pushing and pulling and crawling.
- **Toddlers** (1-2 years): at least 180 minutes a day, including energetic play such as running and jumping.
- **Pre-schoolers** (3-5 years): at least 180 minutes a day of which 60 minutes is energetic play such as running, jumping and kicking and throwing.
- **Children** (5-12 years) and young people (13-17 years): at least 60 minutes of moderate to vigorous intensity physical activity every day.

The percentage of children and young people meeting current guidelines is:

- 61% of two to five-year-olds
- 26% of five to 12-year-olds
- 7.9% of 13 to 17-year-olds.

What can your early learning service or school do to promote exercise?

Services and schools provide many opportunities for children and young people to join in physical activity, through both structured activities like formal classes or team sports and spontaneous play.

Though there are challenges integrating formal exercise programs into the curriculum (it takes specialist teachers, sports equipment and facilities), there are many ways you can engage children and young people in physical activity. You can:

- hold outdoor or walking classes where a lesson is conducted 'on the move'
- establish a 'bush kinder/class' session or incorporate walks to local parks or nature reserves as part of your early learning program
- include outdoor activities in subjects such as maths, science or geography
- try standing lessons to break up extended sitting time
- provide bats and balls and other play equipment during lunch and recess
- have play spaces and play equipment to encourage physical activity
- see if it's possible to partner with local sport and recreation clubs and local councils so you can use their equipment and facilities – perhaps you could apply for a physical activity grant to fund a project
- provide safe and secure bike parking
- promote active travel, such as encouraging children and young people to walk as much as possible and welcome active travel ideas like a walking school bus to your local community.

Some children and young people dislike competitive sport and anxiety about competition may worsen existing mental health issues.

You could consider offering non-competitive physical activities such as yoga and Pilates as an alternative. Or offer activities where the focus is on participation, not competition. It's more important for children and young people to learn that being active is fun rather than focusing on winning.

References

Australian 24-Hour Movement Guidelines for the Early Years (birth to 5 years). Retrieved from [https://www1.health.gov.au/internet/main/publishing.nsf/content/FCE78513DAC85E08CA257BF0001B_AF95/\\$File/Birthto5years_24hrGuidelines_Brochure.pdf](https://www1.health.gov.au/internet/main/publishing.nsf/content/FCE78513DAC85E08CA257BF0001B_AF95/$File/Birthto5years_24hrGuidelines_Brochure.pdf)

Australian 24-Hour Movement Guidelines for Children and Young People (5 to 17 years). Retrieved from [https://www1.health.gov.au/internet/main/publishing.nsf/Content/AC46FFBF3130BC97CA2583D00023E7B0/\\$File/Australian%2024-Hour%20Movement%20Guidelines%20for%20Children%20and%20Young%20People%205-17%20years.pdf](https://www1.health.gov.au/internet/main/publishing.nsf/Content/AC46FFBF3130BC97CA2583D00023E7B0/$File/Australian%2024-Hour%20Movement%20Guidelines%20for%20Children%20and%20Young%20People%205-17%20years.pdf)

External links

[Australian 24-Hour Movement Guidelines for the Early Years \(birth to 5 years\)](#)

[Australian 24-Hour Movement Guidelines for Children and Young People \(5 to 17 years\)](#)

Better Health Channel – [Exercise and mental health](#)

Beyond Blue – [Exercise your way to good mental health](#)

For more information visit
beyou.edu.au



Casserole Bank

Dear Parents,

Over the years there has been a wonderful group of parents who have generously made casseroles for our "Casserole Bank."

In our lives we all have times where we are overstretched due to special celebrations such as the birth of a new family member, family illness or other concerns.

As a community it has been wonderful to be able to support our families by providing a meal for them – something less they need to worry about at these times.

If you are able to cook a casserole for our 'Casserole Bank' could you please let me know by scanning the QR Code and completing the form.

In the past we have used foil / sealed containers to store / freeze the casseroles. Our school will supply the foil containers.

We only store a few at the time but it would be wonderful if you could be involved and I will let you know when I need a casserole for a family who needs our support.

Thanking You,

Ruth Hartnett-Carr

