



# St Joseph's School

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## Newsletter—Week 9 of Term 2, 22<sup>nd</sup> June 2023

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 **Listening**

Our focus within the three areas are as follows

**Attitude** : Showing Respect for others when they are speaking

**Awareness** : Of what a Good Listener is & Looks Like.

**Action** : Listening Well

Dear Parents, Carers, Families and Friends

We now close in on our mid-year break. Well done on working as one to ensure we stay healthy and stay open. I wish you all a restful Winter Break. Thanks again to our amazing staff who keep giving to ensure our kids get the best.



### St Vinnie's WINTER APPEAL

We presented our trailer load of Winter Goodies to the local St Vincent de Paul Team at Monday's Assembly. Well done to you all on contributing to such a wonderful cause. Importantly, it asks our children to be AWARE of the needs of others and demonstrate an ACTION that can help.

Our next focus is the Winter Sleepout.

### **Staffing – Second Semester**

- Joanie Arnel returns from Long Service leave. We hope she had a restful and enjoyable break.
- Shane Merkel heads off for well-deserved Long Service Leave for the first 3 weeks of Term 3.
- Tony Kent continues on with us during the semester. It's great having his experience and knowledge back on staff.
- Lainey Sutton is our new Wellbeing Officer and will work Monday- Wednesday from the start of the semester.

**Last Day of Term 2 TOMORROW 23 June 2023 2.15pm finish**



## Dates To Remember

**Fri 23 June** - Last Day of Term 2 2.15pm finish  
**(Please note Buses will run an hour earlier)**  
**Mon 10 July** – Start of Term 3  
**Wed 19 July** – Parent/Teacher Student Conferences 2-6pm

## Afternoon Assembly : Monday at 2:45

**Yr 6 Leaders & Class Prayer**  
**July 10: No Assembly**  
**July 17: Leni E, Hayden F & Nate S; Sen S & T**  
**ALL WELCOME !**

## Office News

### PRIVACY POLICY

For access please visit our website.  
[www.sjnumurkah.catholic.edu.au](http://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:** June 30<sup>th</sup> & July 14<sup>th</sup>

**Monthly Debits** take place on the **18<sup>th</sup> 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*

As of Term 3, we shall be emailing our School Newsletter and Bulletin. If you need to update your email address, or wish to receive a paper copy sent home with your child, please call the office to organise this ASAP. The Newsletter will also be available from the office and via our school website.



## Vinnies School Sleepout



On Friday 4 August 2023 the Year 6 students will be taking up the challenge to sleep rough to raise money for St Vincent De Paul. The challenge is to sleep in the cold, with only a sleeping bag and cardboard box for a night.

To support, please donate online using the QR Code and click "**Give Now**". Any small amount helps.



Thanks for your support in advance.

Year 6 Students

**PLEASE USE QR CODE IF YOU WOULD LIKE TO DONATE**

## St John's Parish OSHC News

This Term in After School Care, the children have been helping to make sausage rolls and baking, which they have then enjoyed eating as their afternoon snack.

Even though the weather is getting cooler, the children still love to get outside and play football, basketball and netball. The children have been doing lots of craft weaving, sewing with felt and beads. The children are always coming up with new ideas of what they would like to do.

### VACATION CARE

This term in Vacation Care, we are giving the children the opportunity to learn to sew. Also the children will have the opportunity to cook, craft including scrap booking, and play games.

Bookings are now open for Vacation Care, which shall be running again during the school holidays Tuesday, Wednesday & Thursdays 8am to 5pm. The 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.

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.

Looking forward to seeing you in Before, After or Vacation Care.

Sue, Georgia, Julie, Tash & Clayton.

## Student of the Week

### Sen S      **Kate Dyson**

*For her superb efforts at our Festival of the Sacred concert, and for stepping outside of her comfort zone to take on a singing solo. Well done Kate!*

### Sen B      **Aiden Power**

*For his fantastic effort at Regionals on Friday and advancing to the next stage, well done Aiden..*

### Sen K/H      **Bindi Lahn**

*For her efforts joining in at the Festival of the Sacred. Well done on your positive attitude and efforts Bindi!*

### Sen T      **Nate Agnew**

*For his incredible effort at the Festival or the Sacred Concert, you did such an awesome job participating mate. Well done!*

### Mid H      **Indi Rossborough**

*For demonstrating her inquisitive nature while researching the 7 Wonders of the World.*

### Mid M/H      **Jae Ponting**

*For his confident, friendly nature and settling in beautifully to our class.*

### Mid N      **Indi Rodda**

*For always being a productive member of class and bringing a happy and easy going attitude to school each day. Keep up the good work!*

### Mid S      **Eva Russo**

*For challenging herself during Maths and expanding her Multiplication & Division knowledge. Well done Eva!*

### Jun N      **Sophie Kilpatrick**

*For the friendly way she goes about her day and always offering a helping hand, thanks Sophie! We appreciate your hard work.*

### Jun P      **Nash John**

*For his excellent work during our literacy block and improvement in oral language.*

### Jun O      **Zac Aldridge**

*For his enthusiasm towards all learning areas. Your hard work has gained many great rewards this Semester!*

### Jun W      **Sophie Caccianiga**

*For her happy nature and her helpful positive attitude. You bring sunshine into our classroom.*

### Prep M      **Evah Tweed**

*For her positive attitude and determination to improve her Literacy and Numeracy skills. You are a star Evah!*

### Prep J      **Addyson Lee**

*For her effort towards improving her handwriting skills. Well done Addyson!*

## 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 this social skill award in Week 9**

**Sportsmanship:** Charlie Boler, Max Erickson, Chase Wilson, Caleb Campbell, Oliver Mason, April Caccianiga, Myah Shelton, Ethan Brown, Jobe Morris, Willa Schulz, Jasper Brown, Remi Storer, Elijah Tonkin and Georgia Robertson.

## Canteen

### June

23<sup>rd</sup> Kim Thompson /Gayle Morgan

### July

10<sup>th</sup> CLOSED

11<sup>th</sup> CLOSED

12<sup>th</sup> Julia Campbell

13<sup>th</sup> Volunteer

14<sup>th</sup> Helen Osborne/Gayle Morgan

17<sup>th</sup> CLOSED

18<sup>th</sup> CLOSED

19<sup>th</sup> Volunteer

20<sup>th</sup> Volunteer

21<sup>st</sup> Jody Tilley

24<sup>th</sup> CLOSED

25<sup>th</sup> CLOSED

26<sup>th</sup> Volunteer

If you are unable to attend on your day, can you please arrange a swap with someone else or as a last resort let Marcella know in advance, so she is aware that she has no helper that day. If you are unable to commit to a permanent day each month but are available to help out when you see a volunteer required, please call Marcella 0409 622 589.

## Lost Property

Lots of Jumpers, drink bottles containers and **jewellery** in lost property. There are lots of Tupperware amongst these items, so please come and check for any lost items before the end of the term. At the end of the term, any unclaimed items shall be donated to Vinnies.

## Community Notices



### Sushi

**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.

**Ingredients:**

- 1 1/2 cups sushi rice
- 2 tbsp rice wine vinegar
- 1 tbsp 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

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

**NCN Health** | Nathalia Cobram Numurkah

**more4moir**

- 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

### Combating fussy eating

One week bananas are the favourite food, the next they won't touch them? Fussy eating isn't uncommon, and can be very frustrating 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. Sit at a table during meal times, with no screens as distractions. Make meals together an enjoyable stress free time.
- 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, incentive or punishment. 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. 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!'
- 5. 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.
- 6. Plant Vegetables** When your child is involved in the process of planting and caring for the vegetables, they are more excited to eat them!

## CANTEEN PRICE LIST TERM 3, 2023

**CLEARLY WRITE NAME AND CLASS ON PAPER BAG ORDERS AND PLACE IN CLASSROOM TUBS**

**PLEASE ENSURE ALL GLUTEN FREE OR DAIRY/LACTOSE FREE ORDERS ARE CLEARLY MARKED**

### SANDWICHES-WHITE OR MULTIGRAIN BREAD ROLLS WHITE, WHOLEMEAL OR MULTIGRAIN)

WRAPS WHITE OR MULTIGRAIN GLUTEN FREE OPTION (rolls/sandwiches/Wraps 50c extra

Butter or DF spread	\$1.50	Salad (no meat )	\$4.00	Chicken (real BBQ)	\$4.00
Ham	\$3.00	Chicken & Cheese	\$4.50	Egg	\$3.50
Vegemite	\$2.50	Ham & Cheese	\$4.00	Egg and lettuce	\$4.00
Cheese	\$2.50	Ham, Cheese & Tomato	\$4.50		
Cheese					
Dairy/lactose free	\$3.00	Ham <u>or</u> Chicken & Salad	\$6.00		

Salad consists of lettuce, cheese, cucumber, carrot, tomato & beetroot

Please note on order if you want to leave a salad item out or want to add mayo, aioli, tomato or bbq sauce

Salad in a container \*GF \$4.50

Salad & meat in a container \*GF(chicken or ham, please choose) \$6.00

### HOT FOOD OPTIONS

WEDNESDAY **Chicken & Gravy Roll** (Gluten free available) **\$5.00**

THURSDAY **Dim Sims** – Tomato, BBQ or soy sauce Each **\$1.00**

FRIDAY **Meat pie** **\$5.00**

**Homemade sausage roll** Large **\$3.00**  
Small **\$1.50**

**TOASTIES** (Wed - Fri) Note on order if you choose to have your sandwich toasted

### WINDOW ITEMS – purchased through canteen window after 2<sup>nd</sup> bell

\*GF=Gluten Free \*NF= Nut Free

FRESH FRUIT CUPS (with or without greek yoghurt)	\$3.50
SMOOTHIE mixed berry & banana (choose between dairy or orange juice base)	\$3.50
SMOOTHIE CHOC BANNANA. Made with banana, yogurt, milk and coco powder	\$3.50
300ml Plain Milk <b>\$2.50</b> 250ml Water <b>\$2.00</b>	

Frozen Orange	*GF *NF	50c	Plain chips	*GF *NF	\$1.00
Frozen Pineapple Ring	*GF *NF	50c	Rice Biscuits	*GF	\$1.00
Popcorn	*GF	50c	True Fruit Bars	*GF *NF	\$1.00
Home Baked Treat (flavour changes without notice)		50c (limit of 2, subject to availability)			
Homemade Icpole *GF *NF	\$1.00	various flavours available (select at window)			

**Canteen open Wednesday, Thursday & Fridays Only**



## S T J O S E P H S T E R M 3

2023

	Week 1 10-16 Jul	Week 2 17 - 23 Jul	Week 3 24-30 Jul	Week 4 31 - 6 Aug	Week 5 7 - 13 Aug	Week 6 14 - 20 Aug	Week 7 21 - 27 Aug	Week 8 28 Aug - 3 Sept	Week 9 4 - 10 Sept	Week 10 11 - 17 Sept
Mon	10 July SCHOOL RESUMES	17 July Assembly Sen S & T	24 Jul Senior Parent Night 7pm - 9pm Assembly Sen B & K/H	31 Jul - 6 Aug Prep 100 Days Celebration Assembly Preps	7 Aug Assembly Student Leaders	14 Aug Assembly Mid N & S	21 Aug Assembly Mid Mid H & M/	28 Aug BOOK WEEK Assembly Jun N & P	4 Sept Assembly Year 5	11 Sept Assembly Jun O & W
Tues	11 July	18 July	25 Jul	1 Aug Sacraments parent night	8 Aug	15 Aug <i>Feast of the Assumption</i>	22 Aug	29 Aug BOOK WEEK Arts on Show	5 Sept	12 Sept
Wed	12 July	19 July PIT/S Conference	26 Jul P&F Math's Olympiad	2 Aug SCHOOL BOARD	9 Aug School Closure Staff PD Day	16 Aug	23 Aug	30 Aug BOOK WEEK P&F	6 Sept SCHOOL BOARD Math's Olympiad	13 Sept
Thurs	13 July	20 July	27 Jul	3 Aug	10 Aug	17 Aug	24 Aug	31 Aug BOOK FAIR & PARADE	7 Sept	14 Sept
Fri	14 July NEWSLETTER Bulletin	21 July Indigenous Senior Excursion	28 Jul FULL NEWSLETTER	4 Aug St Vincent de Paul Sleepout Maths Comp	11 Aug NEWSLETTER Bulletin St Mary MacKillop Feast Day	18 Aug	25 Aug FULL NEWSLETTER	1 Sept Junior Athletics Carnival Father's & Grandpa's Day Breakfast	8 Sept NEWSLETTER Bulletin Senior Athletics Carnival	15 Sept Footy Theme Day End of Term
Sat	15 July	22 July	29 Jul	5 Aug	12 Aug	19 Aug	26 Aug	2 Sept Sacramental Mass 5.30pm	9 Sept	16 Sept
Sun	16 July	23 July Public Speaking Final - to be confirmed	30 Jul	6 Aug	13 Aug	20 Aug	27 Aug	3 Sept Father's Day	10 Sept	17 Sept