



St Joseph's School

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Bulletin—Week 1 of Term 3, 13th July 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 **Generosity**
Our focus within the three areas are as follows
Attitude : Being Compassionate
Awareness : Of the Needs of Others
Action : Giving & Sharing

Welcome Back

Welcome back! Hopefully, all the students are rested and excited to return, I know most parents would be. The staff have been working hard over the past few weeks to plan and prepare lots of wonderful learning and teaching opportunities for the students so we ask that you **keep a watchful eye over the newsletters, Seesaw and/or Facebook for any relevant information.**

We welcome back **Joanie Arnel** from Long Service Leave, and **Lainey Sutton** returns. We welcome a new staff member, **Clara Lukies** who will be working in the Juniors while Ally is on leave.

Have a wonderful term.

Works & Maintenance Update

- We have upgraded our PA system over the holidays. This will allow us more functionality with our tones and alters over the school. Thanks to Sounds Around for the installation.

Vinnies Winter Sleep Out



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



World Day for Grandparents

Pope Francis has declared that a World Day for Grandparents be celebrated each year on the Sunday closest to the feast of Sts. Joachim and Anne, Jesus' grandparents, and has asked all parishes to organise a celebration. This year that is Sunday 23rd July.

St John's Parish & St Joseph's School are planning a celebration which includes 10.30am Mass with Children's Liturgy & a Blessing for Grandparents. The children are currently preparing paintings/drawings of a grandparent or elderly friend for the Art Exhibition in the Church which opens that day with a special Morning Tea provided.

You're encouraged to let all grandparents know about the event.

Grandparents are invited to bring a grandchild! Children are invited to bring a grandparent!

Parent / Teacher / Student Conferences Next Wednesday 19th July 2-6pm

Next Tuesday we provide a formal opportunity for parents and carers to catch up with teachers. This conversation combined with the mid-year reports provides you with an accurate picture of progress as well establishing goals for the second half of our year. Please make time to come along. Your presence sends a clear message to your children of how we all see the importance of education in their lives.
Bookings can be made via PAM.

Dates To Remember

Wed 19 July	Parent/Teacher Student Conferences 2-6pm
Sun 23 July	Public Speaking Final 2pm Numurkah & District Netball Clubrooms
	World Grandparent Day
Tues 1 Aug	Sacrament of Reconciliation Parent Night
Fri 4 Aug	Winter Sleepout
Wed 9 Aug	Pupil Free Day

Afternoon Assembly : Monday at 2:45

Yr 6 Leaders & Class Prayer

July 17: Leni E, Poppy D, Hayden F & Nate S; Sen S & T
July 24 : Georgia R, Bailey Haw, Nate A & Emma C; Sen B & K/H
All Welcome!

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! If anyone has any concerns about your payment commitments please do not hesitate to come in and speak to Paul.

Next Fortnightly Debits: July 14th & 28th.

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 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

CROSS COUNTRY

Congratulations to Jasper Brown, Alex Chmiel & Aiden Power for competing today at the State Competition for Cross Country in tough muddy conditions. A sensational effort to make it to this level. Well Done.

Canteen

July

14th Helen Osborne/Gayle Morgan

17th **CLOSED**

18th **CLOSED**

19th **Volunteer**

20th **Volunteer**

21st Jody Tilley

24th **CLOSED**

25th **CLOSED**

26th **Volunteer**

27th Rachel Robertson

28th Kim Thompson/Gayle Morgan

31st **CLOSED**

August

1st **CLOSED**

2nd Holly Brennan

3rd Sarah Burkitt

4th Sheree Lawless

7th **CLOSED**

8th **CLOSED**

9th Pupil Free Day - **CLOSED**

10th **Volunteer**

11th Helen Osborne/Gayle Morgan

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.

Community Notices



World Day
for Grandparents
and the Elderly
2023

CELEBRATION

ON: SUNDAY 23rd JULY

AT: St John's Church

Art Exhibition



by the children of
St Joseph's School

featuring 'GRANDPARENTS'

Begins with Mass at 10.30am

(Children's Liturgy & Blessing of Grandparents)

Followed by Special Morning Tea & Art Exhibition

GRANDPARENTS are invited to bring a grandchild!

CHILDREN are invited to bring a grandparent !

(or elderly friend)

How many serves in your lunchbox

Keeping lunchboxes interesting and nutritious enough to keep kids full and active throughout the day is easier with these serve size ideas - Simply pick an option from each food group.

For more ideas visit <https://www.facebook.com/more4moira/> for our serve size video - developed by our wonderful dietitian students

Meat and Alternatives
1 serve =

- 65g cooked lean meat (beef, veal, lamb, pork)
- 80g cooked chicken
- 2 large eggs
- 100g fish e.g. 1 can of tuna
- 1 cup legumes e.g. lentil or chickpeas
- 170g tofu
- 30g nuts

Fruit
1 serve =

- 150g (1 piece) of kid-sizes fruit
- 50g (2 pieces) of small fruit e.g. apricots or kiwi fruit or plums 150g
- 1 cup diced watermelons, berries or canned fruit
- 30g dried fruit e.g. 4 dried apricot halves
- 1 ½ tablespoons of sultanas (only to be used occasionally)

Dairy
1 serve =

- 1 cup (250ml) fresh, long-life milk, or powdered milk
- ½ evaporated milk
- 2 slices (40g) hard cheese
- ½ ricotta cheese
- ¾ cup (200g) yoghurt
- 1 cup soy beverage or beverages made from rice with at least 100mg calcium added per 100ml

Vegetables
1 Serve =

- ½ cup green beans or broccoli (75g)
- ½ cup carrot or 1 small carrot (75g)
- 1 cup salad vegetables (75g)
- 75g sweet corn
- ½ cup cooked dried or canned beans, chickpeas or lentils (75g)
- 1 medium tomato

Grains
1 serve =

- 1 slice of bread (40g)
- ½ medium roll or flat bread (40g)
- ½ cup cooked rice, pasta, noodles, barley, buckwheat, semolina, polenta, bulgur or quinoa (75-120g)
- ½ cup wheat cereal flakes (50g)
- ¼ cup muesli (50g)
- 3 crispbreads (35g)
- 1 crumpet (60g)
- 1 small English breakfast muffin (35g)
- 1 plain scones (55g)

NCN Health | Nathalie Cobram | Numurkah

Everyday Cost Cutting Ideas!

HERE ARE 5 WAYS TO MAKE YOUR WEEKLY BUDGET STRETCH THAT BIT FURTHER!

1.) BULK BUY AND COOK



Bulk buying items offers a cheaper alternative to continuously buying individual items (e.g. flour, rice and lentils). Bulk cooking and freezing food is also a convenient way to meal plan for the week!

2.) BUY FRUIT AND VEGETABLES IN SEASON

When fruit and vegetables are in season they are often cheaper to buy.



3.) INCORPORATE LEGUMES INTO A DISH TO REDUCE MEAT



Making meat last that little bit longer during the week can be a great way to cost cut. Instead of making a chicken and vegetable curry try adding chickpeas and half the meat!

4.) USE LEFTOVERS

Using leftovers is a great way to minimise waste and avoid having to head off to the supermarket yet again! If you have veggies that are getting past their best make a vegetable soup and freeze it!



5.) PLAN YOUR SHOP



Avoid impulse purchasing by assessing what you have at home, what you plan to make during the week, and creating a shopping list with only these items on it!

Savoury Mighty Muffin



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.

Recipe Tips

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



MONASH University

For more information please contact NCN Health Numurkah - More4Moira
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