

# ST. JOSEPH'S SCHOOL

16 Tocumwal Rd, Numurkah, 3636.

Phone: 03 5862 1804

Fax: 03 5862 2768

E-mail: [parne@sjnumurkah.catholic.edu.au](mailto:parne@sjnumurkah.catholic.edu.au)

Website : [www3.sjnumurkah.catholic.edu.au](http://www3.sjnumurkah.catholic.edu.au)



## Newsletter—Week 3 of Term 3, July 27<sup>th</sup> 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 **Friendliness**

Our focus within the three areas are as follows

**Attitude** : Open & Welcoming

**Awareness** : Of The Feelings of Others

**Action** : Being Inclusive

Dear Parents, Carers and Friends

Hopefully, this newsletter finds you well. It's been a great start to the term and we look forward to plenty of teaching and learning opportunities. I have asked the staff to find experiences outside the school to complement the students learning this term which should be fun.

We congratulate all the students and families that were involved in the Grandparents and Elders mass and Lions Public Speaking competition on the weekend. It was wonderful seeing the community come together like that.

Finally, with lots going on around the school I ask that you update your details if they have changed, register on PAM and keep a regular eye on your emails and SEESAW.

Regards Dom

### School Uniform

Thank-you to all families and caregivers for playing your part in sending the students to school in the correct uniform. It's important that the students show as much pride in it as we do at the school.

A friendly reminder that:

- Boys and girl's hair that is longer than shoulder length needs to be tied back. This stops the spread of head lice and an important safety measure.
- If students are wearing jackets and beanies to and from school on the colder days, they are required to remove them when inside the classroom.
- Our Second Hand clothing store is open Monday afternoon after assembly or upon request with the Office.
- Please ensure all items are clearly labelled with your child's name so that they can be returned.

Thanks for your support.

### Saint Mary MacKillop Feast Day

Friday, August 11

- |         |  |
|---------|--|
| 9:30am  | Mass & Awards MacKillop Centre                       |
| 11.30am | Mary MacKillop Activities                            |
| 1pm     | Free Sausage Sizzle and Drink<br>Canteen window only |
| 2.30    | Music Showcase (details to follow)                   |



**Wednesday, August 16 – PUPIL FREE DAY – please note change of date**

## Afternoon Assembly : Monday at 2:45

Yr 6 Leaders & Class Prayer

July 31 : Nate S, Kate D, Riley B & Kayli H Prep M & J

August 7 : Tanner M, Carter F, Justin H & Jaiden M ;

Student Leaders

All Welcome!

## Dates to Remember

Sacraments Parent Night

St Vincent de Paul Winter Sleepout

Lightning Premiership – Yarrawonga

St Mary MacKillop Feast Day

Tuesday Aug 1

Friday Aug 5

Wednesday Aug 9

Friday Aug 11

**Wednesday Aug 16**

**Pupil Free Day**

## Office News

### 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: 28<sup>th</sup> July & 11<sup>th</sup> August.

Monthly Debits 18<sup>th</sup> of each month.

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*

## Preps

It is hard to believe that our students are already working through Week 3 of Term 3! The students have settled back into our living and learning routines well and we are excited by the opportunities this term will provide.

### 100 Days at School & Assembly:

The Prep students will be celebrating their 100th day of school on Monday the 31st of July. We will participate in outside games run by Skillzone, craft, a shared lunch and many more enjoyable activities to mark this special day! We would like to invite all families to our afternoon school assembly where the Preps will present a short prayer and song.

### Literacy:

In Reading, the students have been working hard to build stamina as they now know how to sound out and decode new and challenging words. It is great to see our students improving their confidence as they are developing a self awareness of being able to read for meaning and enjoyment. This has been supported through our daily Sounds-Write and Phonological Awareness lessons.

In Writing, the students have been learning how to structure and extend simple sentences by including the When, Who, What and Where. We are encouraging our students to develop their own ideas by thinking about “who” is their writing about, “what” events take place”, “when” did the events happen and “where” are the

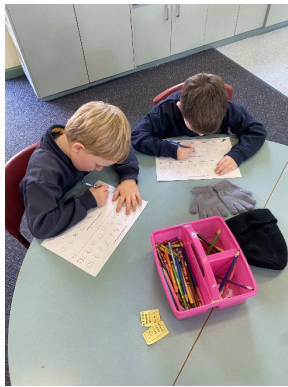


# St Joseph's School - Newsletter

characters. It is wonderful to see the student's writing really beginning to emerge, improve and grow at this time of the school year.

## Numeracy:

In Numeracy, the students have been revising their knowledge of Place Value. They have been learning about the value of a digit in a number and have been using concrete materials to represent this. They have continued their counting skills, including skip counting by 2s, 5s and 10s as well as forwards and backwards from given numbers. Next week we will begin to focus our attention towards Addition and Subtraction where the students will extend their understanding by solving more complex problems.



## Religion:

In Religion, the students have been learning about 'Our Church.' They have developed their understanding of belonging as it relates to family, school, community and parish. We have identified the Church as a community of people who come together to celebrate faith and discussed that when we celebrate as a Church community, we feel like family.

## Inquiry:

In Inquiry, the children have been learning about 'The Living World'. We have begun this topic by exploring living and non-living things as well as investigating what living things need to survive including sunshine, food, water, oxygen and shelter.



## **Important upcoming dates:**

31st July - 100 Days at School

11th August - Mary MacKillop Feast Day

16th August - Pupil Free Day

17th August - Prep & Junior Excursion (Kyabram Fauna Park)

24th August - Prep Community Reading Day

31st August - Book Week Parade

1st September - Prep/Junior Athletics Carnival & Fathers Day Stall

With a busy term ahead please ensure you check SeeSaw regularly for any upcoming events and/or general information.

Thank you for your continued support,  
The Prep Team.

## **Juniors**

Term 3 is already flying by. The children have all returned very settled and eager to continue living and learning together. We have some exciting things happening this term and we look forward to enjoying them together.

This Term we have welcomed Clara Lukies to our team as an LSO. Clara is filling in for Ally while she recovers from knee surgery. We wish Ally all the best in her recovery and look forward to welcoming her back soon.

### **Literacy**

#### **Writing**

In Literacy we have been looking at Writing Procedures. To begin our topic we made a cake as a class and spoke about the steps we needed to create a cake. This is a very exciting topic as the children get to participate and do things then write about what they have done. As we move forward we are hoping to write procedures for experiments we complete together.



#### **Reading**

Our Reading block is very full in term 3 and comprises of, 'Sounds Write', Shared Reading, Modelled Reading and finally our Reading Groups. We thank you all for helping to make our busy morning easier by putting fruit in a separate container to enable children to put this on the table at the beginning of the day. The children are enjoying our new routine.

#### **Nightly Reading Hints**

We ask that all students please read to an adult every night. Once completed please write the title and a small comment in their reader diary. When reading at home together, before reading, predict the story, look through the illustrations using the language in the book, stop half way and share what you think might happen next, check your predictions at the end. Finally ask your child to retell the story checking comprehension.



# St Joseph's School - Newsletter

## Numeracy

In the first 2 weeks of school we looked at Place Value in Maths. The children did lots of counting and worked out the quickest way to count a collection of counters. We also looked at the value of different numbers and worked with numbers in the thousands, hundreds, tens and ones.

This week we are working on Fractions where students are investigating halves, quarters, fifths and equivalent fractions. Students have used shapes, collections of objects, numbers, colours and skittles to develop their understanding.

## Religion

In Religion, we have been learning about "our call to Mission." We are looking at ways we can be like Jesus, show kindness, care for others, share with others and most importantly be a good friend.



## Inquiry

This term our Inquiry unit is Mini Beasts. We have begun the topic by discussing "What is science?" The children are excited to learn and explore the topic. We will be looking at living and nonliving things before we move into some experiments.

## Developmental Play

On Friday afternoons student participate in developmental play. This is a great opportunity for children to work on their social skills, communication, problem solving and imaginative play. Students often love working with building materials and the dramatic play tubs.



# St Joseph's School - Newsletter

## Specialist

Students continue to have specialist classes on Wednesdays. Sport uniforms will also be needed on Friday's.

## Wednesdays

Junior East: PE/Library

Junior West: LOTE/ART

## Thursdays

Junior East: Music

## Fridays

Junior West: Sport

Please send us a message on SeeSaw if you have any questions or concerns regarding your child. We continue to work together to provide the best learning environment for your child.

Tan, James, Joanie, Sara, Makayla, Bern, Georgia, Jane and Clara.

## Middles

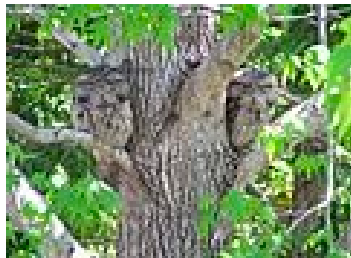
### Inquiry:

Our Inquiry focus this term is "Animal Adaptations"

We will be exploring all of the types of adaptations that particular animals make and have found out that animals make...

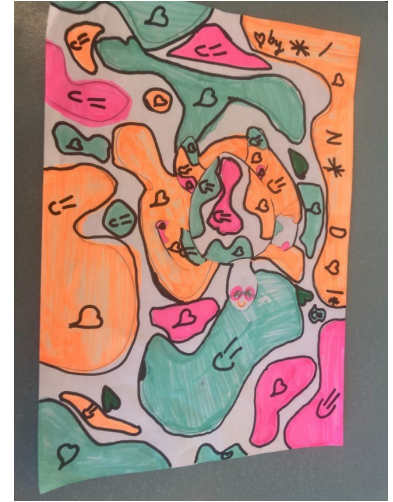
Physical Adaptations and Environmental Adaptations.

So far, we have explored camouflage and migration.



See if you can spot the animals in our camouflage creations below!!





## Excursions:

As part of our Inquiry, we will be visiting...

Bendigo Science Works

Mansfield Zoo.



Thursday August 10<sup>th</sup>



Thursday 7th September

## Literacy:

To begin the term, our comprehension focus has been; "Visualising"

This is a very powerful strategy, which enables students to engage in the texts they read and listen to, to create a more meaningful experience.

"Gangsta Granny" Quilt



Please send us a message on SeeSaw if you have any questions or concerns regarding your child.  
Mark, Ebony, Kelly, Jordyn, Sue, Allison, Amanda, Clayton & Tay

## Seniors

It is great to be back at school for Term 3, as we await the arrival of Spring and the warmer, longer days ahead. We have been working hard to consolidate our behaviour standards and our daily routines.

## Literacy/Science:

In our Literacy and Inquiry learning this term, we are learning about biological and chemical sciences. In reading, we have been exploring different animal adaptations, how these have come to be and why they are

important for survival. In our writing, we have been writing informative paragraphs to transfer our learning. In Week 5, we will publish our writing in preparation to share our work with the Junior classes.

We also congratulate our Public Speaking representatives who performed at the Lion's Club Final on Sunday. Georgia Robertson was the winner on the day, with Jasper Brown and Rahni O'Callaghan coming runners-up. We wish Georgia the best of luck as she moves onto the next stage!

We continue to encourage our Seniors to read each night and have their diary signed.

## **Numeracy:**

So far this term, we have been busy deepening our understanding of Fractions and Decimals. It has been great to explore how these concepts actually impact us in our daily lives. Next, we will be connecting these topics to Money. As usual we continue to urge our Seniors to keep practising their times-tables at home, as this is a skill that underpins everything in Maths.

## **Production Update:**

Our Senior Production is about to begin rehearsals! The children are busy learning their lines (and we encourage them to continue to do so!!) The children not immediately involved are going to be a great support to the production students by helping with props, backgrounds and marketing later in the term.

We are excited to announce that a date for the production has been set! Wednesday 13th September will be the big day. Further details such as ticketing and times will be announced closer to the day.

## **Religious Education**

This term we have begun exploring the seven sacraments. In classes, we have begun to investigate Baptism, Confirmation, Communion, Holy Orders and Marriage. We're looking deeper at the symbols and signs located with each sacrament, as well as the meaning and purpose of each.

As well, for the next four weeks, we will be participating in the Life Relationships course, "Moving into the Teen Years". It will focus on the special time in our young people's lives, when there are a lot of changes happening or about to happen. We encourage parents to check-in with their children each Monday and discuss the session together.

## **Lightning Premiership 2023**

We are gearing up for our Lightning Premiership in Yarrawonga, on Wednesday August 9th. This year four sports are on offer: Football, Netball, Softball and Soccer. First matches will be around 10am, and as usual parents are welcome to attend and cheer us on!

- Football & Netball will be played at Victoria Park, off Dunlop Street.
- Softball will be played at Sacred Heart Primary School, off Woods Road.
- Soccer will be played at Yarrawonga College Oval, on the corner of Gilmore & Dunlop Street.

## **Indigenous Excursion:**

On Thursday the 20th, some of the Year 6 leaders had a great honour in being commissioned as F.I.R.E Carriers. We had the opportunity to get commissioned by two of our Aboriginal representatives Michael and Lou, who we later met up with when we visited Kaiela Arts and SAM in Shepparton. Both of these places showed us the amazing and unique artworks done by elders and even people younger than us, which was amazing to see. When we finished exploring, we did an art project and tried to see the way Aboriginal art was done before our time, which is when all of the students stole the show with their wonderful art pieces and outstanding techniques. We then finished the





day with a mural walk seeing all the elders that shaped the community, who have also left a footprint in their time on this earth.

By Georgia Robertson & Kayli Henderson.



## **Homework:**

Our expectations for students continues to be:

- Reading each night and having their diary signed.
- GEM tasks completed each night.
- Maths homework sheet completed by Friday.
- Literacy sheet completed by Friday.

## **Uniform:**

Just a reminder we are now in the midst of winter, therefore it is an expectation that all children wear their jumpers outside. If your child wishes to wear a beanie it must be a school beanie. If something comes up and they are unable to, please write a note in their diary or send through a message.

Thank you,

**Senior School Staff**

Liam, Loreena, Virginia, Jeremy, Adam, Karlene, Di, Sam and Ray.

## Library

Welcome to term3! It's Bookweek term!!

This term we celebrate Bookweek. Our theme this year is

**“Read, Grow, Inspire”**

In art and library this term we will be celebrating books and their wonderful authors and illustrators. We will be reading some of the shortlisted books to the children and completing activities based on the stories read.

In week 8 (28<sup>th</sup> August-1<sup>st</sup> September) we will be conducting our annual

bookfair and book character dress up day. The fair will run from Tuesday to

Friday of that week and the dress up day will be held on Thursday 31<sup>st</sup> August. I will place a reminder in the newsletter prior to these activities.

A reminder, also, that orders for issue #5 Bookclub are due back at school or completed online by this Friday, 28 July.

Mary



## Public Speaking Competition



On Tuesday 27 of July a select few students from Middles and Senior classes, competed in the annual Lions Club Public Speaking Competition. Ella, Jack, Mia, Georgia, Jasper & Rahni had been refining their public speaking skills leading up to the competition. On the day the selected students had the opportunity to present their skills to their peers and members of the Lions Club. Congratulation to Georgia & Mia who move through to the next round with others schools in the region in the coming weeks.

## St Johns Parish

What a great celebration GRANDPARENTS DAY was with a church filled with children & grandparents & everyone in between! Lenny, whose Nan & Great Nan were present, welcomed everyone. Fr Jophon, in his opening words said, with so many children, it seemed the angels were present. Noah, Josh, Norah and Caylee sang three songs beautifully, concluding Mass with a moving performance of a 'Song for Grandparents'. The Art Exhibition was much admired and Morning Tea was a very social event with some families having travelled a distance to be present with grandparents.

Thank you to the school for the wonderful cooperation which enabled this event. Thank you to Carol Lawless for leading the children in the fabulous artwork featuring grandparents which is now on display in the church. Thank you to the children for sharing their talents. And thank you to everyone who attended with grandparents and made the day the success it was.

From St John's Parish Pastoral Council.



## 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

## Student of the Week

### Sen S      **Alex Chmiel**

*For his outstanding efforts in representing our school proudly at the state level Cross Country! Awesome job Alex!*

### **Matthew Friedrich**

*For his descriptive and informative writing about animal adaptations. Great work Matt!*

### Sen B      **Zen Frost**

*For always having a go to be his best and accepting each task in the classroom with a positive and determined attitude!*

### **Elijah Tonkin**

*For the leadership he shows in the classroom and always having such a positive attitude. Well done Elijah!*

### Sen K/H      **Bailey Harmer**

*For his informative writing about bats and their adaptations. Keep up the great effort Bailey!*

### **Toby Hansen**

*For keenly sharing his knowledge about animal adaptations during writing. Well done Toby!*

### Sen T      **Ash Curtis**

*For being an active learner during our writing time. You did such a great job on our bat adaptation piece. Well done mate!*

### **Matilda Rusooc**

*For always having a kind and friendly attitude in the classroom. Well done Tilly!*

### Mid H      **Ryan Feltham**

*For discussing his vivid descriptions and the connections he makes when reading and listening to texts*

### **Henry Bau**

*For discussing his addition and subtraction strategies with other students to help them in their learning.*

### Mid M      **Kael Arho**

*For settling back into school confidently and putting so much effort into his work.*

### **Max Boase**

*For his improved application to all tasks and for always being a kind and reliable friend to his peers.*

### Mid N      **Ella Mionnet**

*For the positive and happy way she has begun the Term. Well done Ella, keep it up!*

### **Charlotte Wells**

*For the positive attitude she is displaying towards her schoolwork. Great effort Charlotte!*

### Mid S      **Sienna Mulcahy**

*For the positive and independent way she is starting her day. Well done Sienna, keep it up!*

### **Lilith Beaton**

*For being a responsible and caring role model in our class. Well done Lil!*

### Jun N      **Aydan Heywood**

*For settling into St Joseph's beautifully and being a friendly member of our class, welcome Aydan and well done*

### **Olive Trimble**

*For the confident and happy personality she brings to our room and being a positive member of our class. Keep smiling Olive!*

### Jun P      **Eden Feltham**

*For making a wonderful start to Term 3 and always being a positive member in our classroom.*

## **Charity- Lee Cameron**

For her fantastic work during our writing block and assisting others where possible. Well done Charity!

## **Jun W Wil Foulstone**

For a settled start to term and being an inclusive and friendly member of our classroom. Keep up the great attitude Wil!

## **Skylar Wilson**

For her never give up attitude and all the hard work she has been putting into her Maths recently. Keep up the good work Skylar!

## **Jun O Isla Luxford**

For the confident way she has started Term 3. I love hearing you contribute to class discussions.

## **Ben Hubbard**

For extending his thinking in Maths and Writing. It is great to see you taking chances with your learning.

## **Prep M Mac O'Callaghan**

For his excellent classroom participation, always having a go and trying his best. Well done Mac!

## **Joel Brennan**

For his awesome work ethic in our writing lessons and creating detailed sentences. Terrific effort Joel!

## **Prep J Liam Boxtel**

For displaying a positive attitude towards all areas of the school day. What a wonderful start to Term 3!

## **Piper James**

For her excellent work during our reading and writing activities and for showing an improved "have a go" approach to challenging tasks. Awesome effort Piper!

## **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 2**

**Generosity:** Pippa Harris, Charlie Kane, Tahlia Dailey, August Alston, Phoebe Mulcahy, Lewis Robertson, Nate Duffett, Phoebe Keane, Audrey Martin, Carter Booth, Zeph Rossborough, Gabe Waters-Beaton, Nate Agnew and Justin Hendy.

## **Principal's Award**

Term 3

Week 2: Poppy

Week 3: Charlie

**Living out the values of**

**Saint Mary MacKillop**

**through what they say and what they do.**



## **Canteen**

### **July**

28<sup>th</sup> Kim Thompson/Gayle Morgan

31<sup>st</sup> **CLOSED**

### **August**

1<sup>st</sup> **CLOSED**

2<sup>nd</sup> Holly Brennan

3<sup>rd</sup> Sarah Burkitt

4<sup>th</sup> Sheree Lawless

7<sup>th</sup> **CLOSED**

8<sup>th</sup> **CLOSED**

9<sup>th</sup> Pupil Free Day - **CLOSED**

10<sup>th</sup> **Volunteer**

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

14<sup>th</sup> **CLOSED**

15<sup>th</sup> **CLOSED**

16<sup>th</sup> **Volunteer**

17<sup>th</sup> **Volunteer**

18<sup>th</sup> **Jody Tilley**

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



### Anxiety

Feeling anxious is a survival response to situations where there are dangers or threats, however some people react more intensely to such situations.

#### Anxiety is more than feeling stressed or worried

Whether a diagnosis is made (by a health professional) will depend on how often, how easily and how intensely a child or young person experiences the symptoms of anxiety and how much it interferes with everyday living.

Common signs and symptoms of anxiety include:

- feeling more anxious than others their age and level
- having anxious feelings are consistently very intense
- feelings that persist well after the stressful event has passed
- feeling so distressed that it interferes with their capacity to learn, socialise and do everyday things.

It's estimated that one in 14 children and young people experience anxiety.

There are a range of effective treatments and supports available, focusing on how to enable them to manage their condition.

#### How do anxiety conditions develop?

An anxiety condition isn't caused by a single factor but a combination of things.

Various factors play a role, including:

- family history of mental health conditions
- personality factors
- a learnt response
- physical health problems
- other mental health conditions
- substance use
- ongoing stressful events.

Possible triggers for ongoing stressful events include transitions (such as starting at a school), change in living arrangements, family relationship problems, major emotional shock following a stressful or traumatic event, being the recipient of bullying, verbal, sexual, physical or emotional abuse or trauma, and death or loss of a loved one.

#### What signs should I look out for?

Feeling anxious is a survival response to situations where there are dangers or threats – it helps us to respond efficiently.

However, some people react more quickly or more intensely to such situations.

#### Age is important

There are similarities but also key differences in the way anxiety manifests in people of different ages and developmental stages. For example, if a baby cries when an unfamiliar person wants to hold them, their fear seems perfectly normal for this age. But if a 12-year-old withdraws or refuses to talk to new people and avoids situations where it may be expected, this may be a sign of a more serious anxiety issue. No matter their age, both children and young people can have difficulty finding the words to express what they're feeling – their behaviour may be the best clue.

#### Early childhood

Young children are in the early stages of learning how to recognise, understand and respond appropriately to their emotions. Anxiety disorders are less likely to be formally identified in children under five, partly because certain fears are considered normal – for instance, fear of the dark, visiting unfamiliar places or separating from a family member.

Behaviours that might indicate they're experiencing higher levels of anxiety than average could include:

- taking a long time to calm or settle following separation from a family member on a regular basis
- frequent tantrums that are more regular or severe than others of the same age
- low interest or significant reluctance to interact in social situations
- unwillingness to get involved in unfamiliar activities
- significant difficulty or distress during change or transitions
- clingy behaviour or inability to separate from a favourite educator.

Many children in early childhood will display one or more of the above behaviours; however, if it happens on a regular basis and interferes with the child's ability to learn and engage in social relationships, then it's a sign they need additional support.

#### Primary school years

As children's thinking skills expand and become more abstract, they can develop fears of imaginary creatures and monsters. They may also worry about schoolwork, tests and their social relationships. As they grow older, they may have anxiety about family relationships or global issues such as war or famine.

The following behaviours might indicate a primary school age child is experiencing higher levels of anxiety than average:

- Wanting things to be perfect
- Reluctance to ask for help
- Asking for reassurance excessively
- Difficulty joining in
- Requests to go to sick bay
- Challenging behaviour.

#### Adolescence

During adolescence, common sources of anxiety include starting secondary school, fitting in with peers, exam stress, body image and family relationships. Worrying about these things isn't necessarily a sign of a mental health condition. Individuals may need additional support if they experience the following:

- Appearing withdrawn and reluctant to participate in classroom activities or social situations
- Oversensitivity to criticism or feedback
- Perfectionism and fear of failure
- Missing classes or excusing themselves to go to the toilet on a regular basis
- Negative thinking and always expecting the worst
- Challenging behaviour.

Looking beyond behaviour to try to identify what might be underneath can help you respond with understanding. Anxiety can be difficult to spot because it presents in many ways. The important point is to notice that there's a concern and seek further advice and assistance.

For more information visit [beyou.edu.au](http://beyou.edu.au)

Find out more about how you can support children and young people with anxiety [here](#).

#### References

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- Paulus, F.W., Backes, A., Sander, C.S., Weber, M., & Gontard, A. (2015). Anxiety disorders and behavioral inhibition in preschool children: A population-based study. *Child Psychiatry and Human Development*, 46, 150–157.
- Polanczyk, G.V., Salum, G.A., Sugaya, L.S., Caye, A., & Rohde, L.A. (2015). Annual research review: A meta-analysis of the worldwide prevalence of mental disorders in children and adolescents. *Journal of Child Psychology and Psychiatry*, 56, 345–365.

#### External links

- Beyond Blue – [Anxiety](#)
- headspace – [What is anxiety & the effects on mental health](#)
- Raising Children Network – [Anxiety in children](#)
- ReachOut – [What is anxiety?](#)

For more information visit [beyou.edu.au](http://beyou.edu.au)



7/18/23, 4:19 PM

Wraps.png

## Wraps

### Shaved ham, beetroot dip and salad wholegrain wrap

#### Ingredients:

- 1 wholegrain wrap
- 1 tbsp beetroot dip
- 1 coarsely grated small carrot
- 50g salt-reduced shaved ham
- ½ sliced small cucumber
- 20g baby spinach, rocket or mixed salad leaves

#### Method:

##### Step 1

Place wrap on a clean work surface. Spread the dip down the middle of the wrap. Top with carrot, ham, cucumber and spinach.

##### Step 2

Wrap to enclose the filling

#### Options:

- swap for your child's favourite dip
- swap for other lean meat options

#### Carrot Tips

- Save time and effort, don't peel carrots
- Carrots don't squash as a lone snack in the lunchbox
- Make carrots taste even 'greater' by grating them



As part of the Ritchies Community Benefit program, St Joseph's School received \$68.38 for the month of June 2023.

**RITCHIES IGA**



## \$52 Million

Contributed to our local clubs, schools and charities!



DOWNLOAD THE RITCHIES CARD APP AND SELECT THE CLUB, SCHOOL OR CHARITY THAT YOU WISH TO SUPPORT.

FOR FULL TERMS AND CONDITIONS OF OUR RITCHIES CARD PROGRAM PLEASE VISIT [WWW.RITCHIES.COM.AU/RITCHIESCARDTERMS](http://WWW.RITCHIES.COM.AU/RITCHIESCARDTERMS)





## THE SKIN CHECK TRUCK IS COMING TO NUMURKAH!

The Australian Skin Cancer Foundation Skin Check Truck is heading to the country town of **NUMURKAH, VIC!**

**FREE SPOT CHECKS | NO BOOKING NEEDED**

**NEWMAN SQUARE,  
QUINN ST, NUMURKAH  
FRI 4TH AUG, 2023  
9:00AM-3:00PM**

**NUMURKAH SHOWGROUND  
TUNNOCK ROAD  
SAT 5TH AUG, 2023  
9:00AM-3:00PM**

DONATE TO HELP KEEP OUR TRUCK ON THE ROAD  
[AUSTRALIANSKINCANCERFOUNDATION.ORG](http://AUSTRALIANSKINCANCERFOUNDATION.ORG)

AUSTRALIAN SKIN CANCER FOUNDATION



## Casserole Bank

**Dear Parents and Carers,**

Over the years there has been a wonderful group of parents and carers 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.

Please use the QR code to register for our Casserole Bank or return slip to the office.

I.....am able to make a casserole for the Casserole Bank when required.

(Print Name please)

Thanking You,  
Ruth Hartnett-Carr



# St Joseph's School - Newsletter

## UPDATED TERM PLANNER



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 Aug - 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 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 Feast of the Assumption	15 Aug Feast of the Assumption	22 Aug	29 Aug BOOK WEEK Arts on Show	5 Sept	12 Sept
Wed	12 July	19 July PT/IS Conference	26 Jul P&F Math's Olympiad	2 Aug SCHOOL BOARD	9 Aug Lightning Premiership	16 Aug School Closure Staff PD Day	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	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