

# St Joseph's School

16 Tocumwal Road, Numurkah, 3636

Phone: 03 5862 1804

Fax: 03 5862 2768

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

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



## Bulletin—Week 1 of Term 4, 5<sup>th</sup> October 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 **Tact**  
Our focus within the three areas are as follows  
**Attitude** : Being Sensitive  
**Awareness** : Understanding Situations  
**Action** : Thinking Before You Act

Dear Parents, Carers and Friends,

Welcome all to our last term of Living and Learning for 2023. Our Planner is attached and reveals a full term of activities that add to the most important Daily Living and Learning Routines. It will surely fly.



James, Lauren, Adam, Makayla, Tanya, Sara and Mark pictured outside Docklands PS.  
Dave Jenner took the photo !

### Melbourne Professional Development Trip

On Tuesday, eight of our staff members headed to Melbourne to visit Docklands Primary School.

The purpose of the visit was to observe evidenced based, best practice teaching, with a focus on "Sounds Write".

The opportunity to observe, engage and reflect on our own practice was both affirming in the great work we already do, but also a chance to pursue possible future avenues in our programs.

Visiting another school is such a rich professional learning experience that our teachers have embraced, as we are continually looking to grow and develop our knowledge and understanding. Mark Harmer

Live Life To The Fullest In Christ

**Numurkah Show -  
Wednesday, October 25 –  
Pupil Free Day**



## Uniform & Presentation

We now change to Summer Uniform and ask that all of our children wear the prescribed uniform proudly in maintaining our high standards of presentation. This also includes hair styles and ties, jewellery and nail polish— keep it neat , keep it simple !

Reminder - Shoes are to be ALL BLACK

### Summer Uniform – Boys

- Navy shorts & navy socks
- Blue and gold polo-shirt with logo
- Navy blue school windcheater
- Navy blue broad brimmed hat with gold logo (stiff brims)
- Black shoes/boots

### Summer Uniform – Girls

- School dress – small multi-check material, cuff & collar made from same material & navy buttons
- Navy shorts and white socks
- Blue and gold polo-shirt with logo
- Navy blue school windcheater
- Navy blue broad brimmed hat with gold logo (stiff brims)
- Black shoes/boots



Senior Students wear their Summer Uniform proudly. Reminder – new design hats will be proved free of charge at the start of 2024. Current model hats are available from the school office for \$5 with proceeds going to the P&F.

### Afternoon Assembly : Monday at 2:45

Yr 6 Leaders & Class Prayer

October 9 : Harry O, Castiel W & Rick R; Sen S & T

October 16 : Georgia R, Olivia P & Hayden F; Sen B & K/H  
ALL WELCOME !

### Dates To Remember

Wednesday Oct 25	Numurkah Show Day Holiday
Friday Oct 27	Walk 2 School – Day for Daniel
Wed/Thurs Nov 1/2	Middles Camp
Thurs/Fri Nov 2/3	Juniors Sleepover / Activities
Monday Nov 6	Pupil Free Day–Report Writing
Tuesday Nov 7	Melbourne Cup Holiday

## Office News

### PRIVACY POLICY

For access please visit our website. [www.sjnumurkah.catholic.edu.au](http://www.sjnumurkah.catholic.edu.au).

### SCHOOL FEES:

Next Fortnightly Debits: Oct 6 & Oct 20.

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.

We are setting up next year's fees in the coming weeks, so if you wish to change your payment plan, please contact 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.

## Senior News

### PRODUCTION

Lights, camera, action! On Wednesday 13th September, some of our creative Senior Students presented our 2023 production "DangerKids". For the first time, the students also presented an evening show for all to see. We are very proud of our students who gave their all in producing a quality show for their audience. Well done!



## Athletics Carnival

### P-2 Carnival

In what was a very busy week, the Prep and Junior students completed their Athletics Carnival in front of a crowd of enthusiastic and supportive parents & carers, many who had stayed on after another popular Fathers' Day breakfast.

After practicing throughout the Term, the Preps/Juniors showcased their skills across a variety of running, jumping and throwing activities. The day is a great way for students to have fun and build confidence in a non-threatening environment and prepare them for the more serious events when they enter their Middle and Senior years.

The morning was full of smiles and best efforts and culminated with an exciting relay, which brought together the fastest Grade 2 runners from each house.

### Middle and Senior Carnival

After an earlier weather postponement, we were greeted with beautiful sunshine for our Middle and Senior Carnival.

Students rotated across 9 different events and displayed a fantastic "can do" approach throughout the whole day. All efforts were measured and recorded in order to select a Team to represent the School at the Division Championships in Shepparton.

After an exciting and hard-fought relay to complete the day, McCarthy House were crowned deserving Champions.

McCarthy 594

Rohan 575

O'Connor 523

Cremin 497

A huge thankyou must be given to our Teaching staff who continue to go above and beyond for the benefit of our students, and to our 16 wonderful S.M.O.T.A. volunteers. As ex-students', it's a great tradition to see them return and give back in the manner they do.

**Shane Merkel**



The following students will be representing St. Joseph's in Shepparton on Monday October 9<sup>th</sup>. We wish them luck!

## 9/10 Years

Jack Robertson  
Indi Rodda

Jobe Morris  
Sophia McPherson

Aiden Power

Henry Bau

Axel Ramadge

## 11 Years

Tyler Burkitt  
Josh Alexander

Callan O'Dwyer  
Ruby Fredrickson

Jasper Brown  
Rahni O'Callaghan

Aydan Watt

Alex Chmiel

## 12 Years

Hayden Feltham  
Jorja Sprunt

Harry Oswald  
Summa Neyland

Blade Turvey  
Tilly Schreenan

Bailey Hawthorn  
Georgia Robertson







## Canteen

### October

6<sup>th</sup> Sheree Lawless

9<sup>th</sup> CLOSED

10<sup>th</sup> CLOSED

11<sup>th</sup> Julia Campbell

12<sup>th</sup> Gayle Morgan

13<sup>th</sup> Helen Osborne

16<sup>th</sup> CLOSED

17<sup>th</sup> CLOSED

18<sup>th</sup> **Volunteer**

19<sup>th</sup> Rachel Robertson

20<sup>th</sup> Jody Tilley

23<sup>rd</sup> CLOSED

24<sup>th</sup> CLOSED

25<sup>th</sup> Closed - Numurkah Show

26<sup>th</sup> Gayle Morgan

27<sup>th</sup> Kim Thompson

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 they are aware that they have 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.

## St John's Parish OSHC

What a great holiday program we had these school holidays. The weather was magnificent for us to do some excursions. On a couple of days, we walked over to the Memorial Park, had our lunch and a play. Some of the children are into the Army so they were happy to have a play on the machine guns. Last Wednesday we were invited to the Historical Society. Before we went in, Bern Steward told the children about the displays. The children were given a sheet of paper with pictures on it; they had to find these things and write down what they thought they were and used for. After they had all been through the museum, we had morning tea outside on the lawn area. Before we



went back to school, the children all got to have a go on the pianola. When we got back to school, Mr A cooked us a sausage sizzle which was yummy. We also went on a nature walk. The children were paired up and they also had a sheet with different things to find magpie, bark, duck, etc. We ended up at the football oval. The children had a drink and a play before we ventured home. The children were into making forts out of the chairs and sheets which kept them busy. We had a busy couple of weeks, if you would like to book in for the Christmas Holidays, do it early as the spots fill up fast.

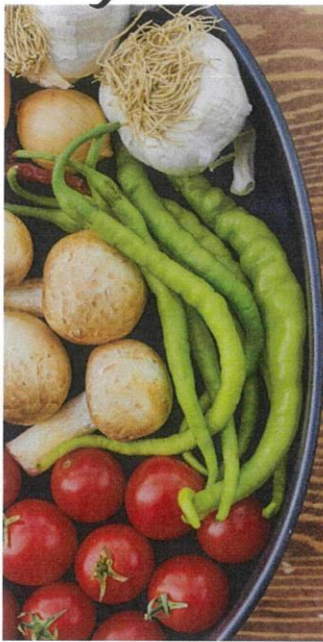


Sue, Georgia and Shaylee





### Vegetable Frittata



**Prep time:** 5 minutes  
**Cooking time:** 35 minutes  
**Serves:** 4

**Ingredients:**

- Olive oil spray
- 1 tbsp olive oil
- 500g frozen stir-fry vegetable mix, thawed (if you can include fresh vegetables of your choice instead that's even better!)
- 6 eggs
- 125ml (½ cup) milk
- Mixed salad leaves to serve

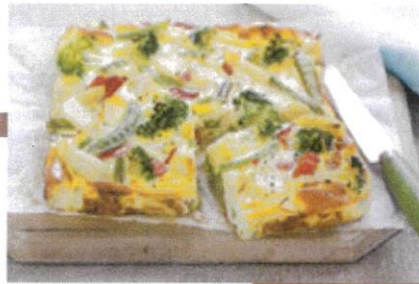
**Method:**

**Step 1:** Preheat oven to 180°C. Spray a 20cm (base measurement) square cake pan with oil. Line base and sides with baking paper.

**Step 2:** Heat oil in a large non-stick frying pan over medium-high heat. Stir-fry the vegetables for 3 minutes or until soft. Transfer to the prepared pan.

**Step 3:** Whisk eggs and milk in a bowl until combined. Season with salt and pepper. Pour over the vegetables. Bake for 25-30 minutes or until set and light golden.

**Step 4:** Set aside for 10 minutes to cool slightly. Serve with salad leaves.



**Save Time**

- Bake on the weekend and refrigerate
- Include your other favourite colourful veggies you already have at home!



### Quick and Easy Pasta Salad

**Prep time:** 10 minutes  
**Cooking time:** 10 minutes  
**Serves:** 5

**Ingredients:**

- 250g dried pasta
- ½ cup sliced capsicum
- ½ cup thinly sliced zucchini
- ½ cup cherry tomatoes
- 1 cup rinsed and drained canned beans (or bocconcini)
- ½ cup pitted olives
- 1 cup grated cheese
- ½ cup fresh parsley or basil

**Dressing**

- 2 tsp red wine vinegar
- 2 tsp lemon juice
- 2 tsp olive oil
- Pinch of salt
- Pepper to taste

**Method:**

**Step 1:** Bring a pot of water to a boil. Add pasta and cook until tender, 6 to 10 minutes (check the package for cook time). Drain and rinse well under cold water.

**Step 2:** While the pasta cooks, in the bottom of a large bowl, make the dressing. Whisk the red wine vinegar, lemon juice, olive oil, salt and pepper until blended. Add the drained and rinsed pasta to the dressing and mix well.

**Step 3:** Stir in the capsicum, zucchini, tomatoes, canned beans, olives, cheese, and the herbs (if using). Taste for seasoning and adjust as needed. Serve, or for the best results, cover and refrigerate for at least 30 minutes.



- Use pasta or couscous leftover from last night's dinner
- Roast some veggies while cooking dinner for something extra special, or use canned or frozen veggies for something quick





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

4  
2023

	Week 1 2 - 8 Oct	Week 2 9 - 15 Oct	Week 3 16 - 22 Oct	Week 4 23 - 29 Oct	Week 5 30 Oct - 5 Nov	Week 6 6 - 12 Nov	Week 7 13 - 19 Nov	Week 8 20 - 26 Nov	Week 9 27 Nov - 3 Dec	Week 10 4 - 10 Dec	Week 11 11 - 17 Dec
Mon	2 Oct <b>SCHOOL RESUMES</b>	9 Oct <i>Rep Aths - Shep Robotics Incursion</i> Ass : Sen S&T	16 Oct Ass : Sen B&A/H	23 Oct Ass : Mid S&N	30 Oct Ass : Year 6 Students	6 Nov REPORT WRITING Pupil Free Day	13 Nov Ass : Md K&H	20 Nov Ass : Jun O&W	27 Nov Ass : Jun P&N	4 Dec Ass : Year 5 Students	11 Dec Ass : Prep Nativity
Tues	3 Oct	10 Oct	17 Oct	24 Oct	31 Oct	7 Nov Melbourne Cup Holiday	14 Nov	21 Nov	28 Nov	5 Dec	12 Dec Whole School Orientation Day
Wed	4 Oct	11 Oct	18 Oct	25 Oct Numurkah Show Holiday	1 Nov MIDDLE CAMP COROP	8 Nov P&F Meeting	15 Nov School Council Meeting	22 Nov	29 Nov	6 Dec School Council / P&F Dinner Meeting	13 Dec
Thurs	5 Oct	12 Oct	19 Oct	26 Oct	2 Nov MIDDLE CAMP COROP JUNIORS : Yr 1 After School Yr 2 Sleepover	9 Nov	16 Nov	23 Nov	30 Nov TWILIGHT SPORTS Bulletin	7 Dec	14 Dec Graduation Final Newsletter
Fri	6 Oct Bulletin	13 Oct	20 Oct Newsletter	27 Oct Daniel Morcombe Walk 2 School	3 Nov All Saints & Souls	10 Nov	17 Nov Newsletter	24 Nov Advent Liturgy 2	1 Dec Advent Liturgy 3	8 Dec Advent Liturgy 4 END OF YEAR MASS	15 Dec Last Day for CHILDREN
Sat	7 Oct	14 Oct	21 Oct	28 Oct	4 Nov Remembrance Day	11 Nov Remembrance Day	18 Nov	25 Nov	2 Dec	9 Dec	16 Dec
Sun	8 Oct	15 Oct	22 Oct	29 Oct	5 Nov	12 Nov	19 Nov	26 Nov	3 Dec	10 Dec	17 Dec

Last Day of School for Children – Friday December 15  
School Closes – Tuesday December 19



## CANTEEN PRICE LIST TERM 4, 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

**TOASTIES** Note on order if you choose to have your sandwich toasted

<b><u>WEDNESDAY</u></b>	Toasted Focaccia - Ham, cheese tomato and avocado - Salami, cheese and tomato	<b>\$6.00</b>
<b><u>THURSDAY</u></b>	Mini Lunch platter - Includes Cheese, cabana, crackers cucumber and tzatziki (gluten free available)	<b>\$6.00</b>
<b><u>FRIDAY</u></b>	Chicken Schnitzel Roll – Served with cheese and coleslaw	<b>\$6.00</b>

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

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

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

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**



Saint Joseph's Primary School  
Parents And Friends  
Second Hand Uniform Price List

Summer Uniform

Item	Recommended Retail Price*	Condition	Discount	2nd Hand Price (round to nearest \$)
Polo T-Shirt	\$25.50	Very Good	50%	\$13
		Good	70%	\$8
		Fair	90%	\$3
Windcheater	\$45.50	Very Good	50%	\$23
		Good	70%	\$14
		Fair	90%	\$5
Summer Unisex Short	\$26.95	Very Good	50%	\$13
		Good	70%	\$8
		Fair	90%	\$3
Girls Skort	\$24.95	Very Good	50%	\$12
		Good	70%	\$7
		Fair	90%	\$2
Girls Dress	\$74.95	Very Good	50%	\$37
		Good	70%	\$22
		Fair	90%	\$7
Summer Unisex Sport Short	\$26.99	Very Good	50%	\$13
		Good	70%	\$8
		Fair	90%	\$3
Summer Hat Broad Brim	\$14.99	Very Good	50%	\$7
		Good	70%	\$4
		Fair	90%	\$1
School Bag (with logo)	\$69.50	Very Good	50%	\$35
		Good	70%	\$21
		Fair	90%	\$7

\*R.R.P. from McPherson's Mensland as of 17-10-2022

Very Good      Near new condition.

Good              Minor wear and tear.

Fair                Will have general wear and tear marks, including small stains or tears, fading or pulls, may have a missing button/s (replacement/s supplied) - please check to see if minor repairs are needed.

Updated Summer 2022