

St Joseph's School

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Bulletin—Week 5 of Term 2, 22nd May 2025

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 **Forgiveness**
Our focus within the three areas are as follows
Attitude : Being Open To Forgiveness
Awareness : That Relationships Need To Be Rebuilt
Action : The 4 Steps Of Reconciliation

Dear Parents, Carers and Friends

Friday was a tremendous celebration for our Mothers, Grandmothers and even Great Grandmothers with our Breakfast, Juniors Prayerful Presentation and then the Cross Country to enjoy. We emphasise that this is a time to recognise the importance of the role that our Mother or Mother figure has in our lives. Whether she lives at home or away or has passed on, our Mum is our Mum. The morning was a huge hit with an absolute full house and more.

Special note of thanks to Ron Watson and Kim McPherson and their P&F helpers for organising the Breaky and Stall.



KING'S BIRTHDAY HOLIDAY – Monday June 9





Winter Uniform

It's been a mild start to Term 2 but next week it looks like Wintery Conditions will be with us. So Full Winter Uniform is now to be worn.

Remember, shoes are to be all black (no logos, no little coloured bits etc ... then no arguments).

Winter Uniform – Boys

- Long navy pants & navy socks
- Blue and gold polo-shirt with logo
- Navy blue windcheater
(gold stripe in the "V" neck & embroidered gold logo – track & field material)
- Black shoes/boots
- School Beanie (optional)

Winter Uniform – Girls

- Kilt (with no pin) & navy tights (the kilt is optional)
- Navy slacks
- Navy or white socks
- Blue and gold polo-shirt with logo
- Navy blue windcheater
(gold stripe in the "V" neck & embroidered gold logo – track & field material)
- Black shoes/boots
- School Beanie (optional)

Winter Sports Uniform

- Tracksuit pant – Navy track & field pant (double or single knee – track & field material) or
- Navy knit shorts or girls may also wear navy netball skirt
- White socks
- Blue and gold polo-shirt with logo
- Navy blue windcheater
(gold stripe in the "V" neck & embroidered gold logo – track & field material)



Students proudly wearing our winter uniform.

St VINNIE'S WINTER APPEAL

We ask each family to send along New or Near New Condition Items of bedding eg sheets, doonas, blankets, beanies, gloves and coats as part of the St Vinnies Winter Appeal. We will present our collection at the June 16 Assembly.

Afternoon Assembly : Monday at 2:45

Yr 6 Leaders & Class Prayer

May 26 : Jay L, Mia P, Kael A; Mid North

June 2 : Hazel A, Blaze S & Jae P; Mid South

All Welcome!

Dates to Remember

Sunday May 25

Monday May 26

Tuesday 27 May-3 June

Monday June 9

Community Open Day 11am-1pm

National Sorry Day

Reconciliation Week

King's Birthday Holiday

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: 23rd May & 6th June.

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 your circumstances have changed and you are now eligible for a Health Care Card, please complete a CSEF application if you haven't already done so. Applications close July 4th.

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 call Gayle or Donna at the office on 5862 1804.

Cross Country

In glorious conditions, our Preps & Juniors kicked off the 2025 X-Country in front of a large crowd of parents/carers, many of whom had stayed on after a hugely successful Mother's Day morning. With help provided by our Year 6 leaders, the Prep girls followed by the boys were first to the start line. One lap around saw many happy and sweaty faces cross the line after 500m of toil.

The Year 1 and Year 2 students then completed two laps of the course which totalled close to 1km in distance.

Many impressive efforts were on display, especially Rhett Wilson (Gr 1) who crossed in first place with only one shoe, having lost his other one mid stride, early in proceedings.

Results – Winners: Preps Haddie Morrison (2min 01) & Spencer Tilley (2min 00)

Year 1 Addi Shannon (4min 53) & Rhett Wilson (4min 15)

Year 2 Ava Rees (4min 03) & Darcy Trimby (3min 41)





The Senior and Middle students made their way down to the Showgrounds to complete a 2km (9 & 10 Years) or 3km (11 & 12 Years) run around the oval and along the creek & golf course before finishing in front of the Football Clubrooms.

The focus was on students being able to challenge themselves and to be happy with their effort.

Some good times were recorded, whilst others took the opportunity to enjoy the track in the company of friends.

Results - Winners:	12+ Years	Sophia McPherson (15min 26) & Axel Ramadge (18min 58)
	11 Years	Lily Frederickson (15min 38) & Jack Robertson (12min 59)
	10 Years	Zarli Burkitt (11min 14) & Ben Hubbard (9min 39)
	9 Years	Jorja Power (10min 35) & Lewis Robertson (9min 50)



In all, 14 students were selected to represent St. Josephs at the Division Cross Country Event, which were held in Shepparton on Friday 16th May. The following students all performed their best to qualify for the next level of Zone races and we will have the results in the next Newsletter.

9/10 Years:	Erin Nugent, Zarli Burkitt, Jorja Power, Bridget Simmons Ben Hubbard, Flynn Keane, Lewis Robertson
11 Years:	Caylee Rawson, Lily Frederickson, Jack Robertson, Ryan Feltham
12 Years:	Sophia McPherson, Ella Mionnet, Everly Smyth.

Canteen

May

23rd Tammy Rees

26th Closed

27th Closed

28th Volunteer

29th Helen Osborne

30th Volunteer

June

2nd Closed

3rd Closed

4th Sheree Lawless

5th Gayle Morgan

6th Kim Thompson

9th Closed

10th Closed

11th Lee Swann

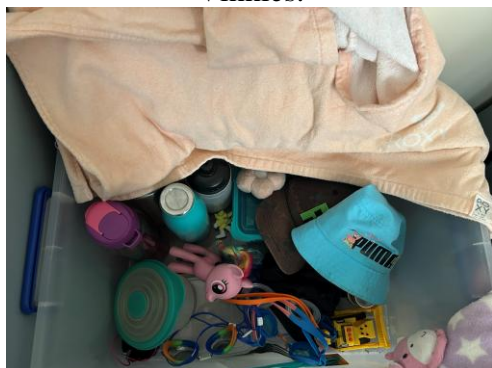
12th Helen Osborne

13th Volunteer

If you are unable to attend on your day, can you please arrange a swap with someone else or as last resort let Marcella know in advance, so she is aware that she has no helper that day.

Parish News

Lots of jumpers, drink bottles, goggles, towels & containers etc still in lost property. Please make sure you label your child's jumper so that they can be returned to you. Come & check at the office for any lost items by the end of term. Items still in lost property shall be donated to Vinnies.



Lost Property

RESIDENTIAL LAND FOR SALE

ST JOHN THE BAPTIST AND ST JOSEPH'S SCHOOL COMMUNITY MEMBERS ARE INVITED TO PURCHASE ONE OF THE 19 LOTS IN THE ST JOHN THE BAPTIST RESIDENTIAL SUBDIVISION IN KILMARTIN PLACE NUMURKAH. THE PLAN OF SUBDIVISION IS ON DISPLAY AT THE BACK OF THE CHURCH AND SCHOOL RECEPTION.

ST JOHN THE BAPTIST AND ST JOSEPH'S COMMUNITY MEMBERS SHOULD EXPRESS THEIR INTEREST IN A SIGNED LETTER OF OFFER TO:

PARISH SUBDIVISION STEERING COMMITTEE, PO BOX 130, NUMURKAH, 3636

(Your signed offer should include full name of purchaser, address, contact details, your solicitors/conveyancer's details, desired Lot No, listed price, days to settlement and whether this is a conditional/unconditional offer.)

THIS OFFER CLOSING 30 JUNE 2025 AFTER WHICH THE LAND IS LISTED FOR SALE BY GAGLIARDI-SCOTT REAL ESTATE AGENTS, NUMURKAH

Community Notices

ST MARY OF THE ANGELS SECONDARY COLLEGE
PROUDLY PRESENTS

SMOKE



Book by
CHRIS D'ARIENZO
Arrangements
and Orchestrations
by ETHAN POPP

TICKETS ON SALE
AT TRYBOOKING
<https://www.trybooking.com/CZTFW>

ROCK AGES
HIGH SCHOOL EDITION™

LIVE AT ONE VENUE
ONLY IN 2025
ST CLARE AUDITORIUM
ST MARY OF THE ANGELS
SECONDARY COLLEGE,
NATHALIA

EVENING SHOWS 7.00 PM
Thursday 29th May
Friday 30th May
Saturday 31st May

MATINEE 2.00 PM Saturday 31st May

BY ARRANGEMENT WITH ORIGIN™ THEATRICAL
ON BEHALF OF SAMUEL FRENCH, INC. A CONCORD THEATRICALS COMPANY



HEALTHY BITES FOOD TO MOVE

Carbohydrates

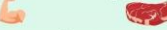
Give us energy to move our bodies and exercise



- Bread
- Cereals
- Rice

Protein

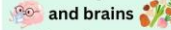
Helps build our muscles and repair them after play



- Meat/chicken/fish
- Legumes
- Milk & yoghurt

Veggies

Provide important vitamins & minerals for healthy bodies and brains



- Carrots
- Broccoli
- Cauliflower

What did the mumma tomato say to the daughter tomato when out for a run?

Ketchup!



Designing a balanced lunchbox

One to Two **veggies**

- Example: Veggie sticks, coleslaw, salad sandwich

The fibre, vitamins and minerals will keep kids' bodies healthy and their tummies settled.

One source of **protein**

- Example: Meat/Fish, boiled eggs, cheese, yoghurt

This will help keep them full throughout the day and support their growth.

Include **carbohydrates**

- Example: Bread, crackers, rice

These foods will fuel their playtime and support their learning in classtime.



Veggie of the month

CAULIFLOWER

Aim = introduce cauliflower at least 1/week in family meals - find some ideas below

Ideas on how to prepare cauliflower:

- Cauliflower rice - pulse in blender and sauté
- Cauliflower mash - boil and mash
- Cheesy cauliflower nuggets
- Cauliflower gratin
- Buy frozen and blend into smoothies

Cauliflower is rich in:

- **Folate** - supports energy production
- **Vitamin C** - boosts immune health
- **Vitamin K** - helps with bone building
- **Fibre** - helps with constipation and fullness

Tips and tricks for picky eaters

- When introducing a new food to picky eaters, **repeated** exposure is key!
- Try offering the food multiple times before deciding that your child doesn't actually like the food.
- Offer it in **different forms** - roast, steamed, grilled or even incorporated into other dishes like pasta sauce or mashed potatoes
- Make the experience **fun, creative** and low pressure for your child.

CAULIFLOWER MAC & CHEESE

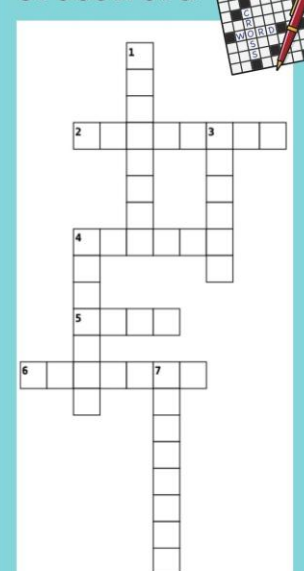
Ingredients:

- 350g macaroni pasta
- 1 medium cauliflower
- ¾ cup milk
- 1 cup grated cheddar cheese + ¼ cup for the top
- 1 tbsp butter
- ½ tsp mustard
- salt and pepper to taste

Method:

1. Preheat the oven to 200c.
2. Cook macaroni in a pan of boiling water according to instructions.
3. Cut cauliflower into small florets.
4. Place in a saucepan and cover with boiling water. Cook for 5-6 minutes.
5. Drain cauliflower, add to a blender, with milk, cheese, butter & mustard.
6. Blitz until all the ingredients have combined to a sauce consistency.
7. Drain the pasta and return it to the saucepan with the cauliflower sauce.
8. Transfer pasta into one large baking dish. Sprinkle the extra cheese.
9. Bake in the oven for 10-15 minutes until the top is crispy.
10. Allow to cool a little and then serve.

Crossword



Across

2. This vegetable comes in a variety of colours, like red, yellow or green.

4. You can make chips or fries from this vegetable.

5. Small, round, green vegetables that grow in pods.

6. A leafy green vegetable rich in iron that helps with building strong muscles.

Down

1. You can make a Parmigiana using this purple vegetable.

3. This vegetable is known to help with eyesight. It is also enjoyed by rabbits!

4. People often carve out a scary face on this vegetable for Halloween.

7. This vegetable is used to make pickles.

This newsletter was created by four Dietetic students from Monash University on placement at NCN Health for eight weeks. The students also worked on the Growing Healthy Habits Project along the Numurkah Community Learning Centre.



Please scan this QR code or copy and paste the link below to fill out this brief survey to help Monash University students better understand how we can best support your community!
https://docs.google.com/forms/d/e/1FAIpQLScC04E_zSiRvJBtixwA-Lb4quZhtb15iWwHwYfPaDwHjA/viewform?usp=dialog



Answers: Across: 2. Capsicum; 4. Potato; 5. Pea; 6. Spinach; Down: 1. Eggplant; 3. Carrot; 4. Pumpkin; 7. Cucumber.