

ST. JOSEPH'S SCHOOL

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Website : www.sjnumurkah.catholic.edu.au



Newsletter—Week 3 of Term 4, 22nd October 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 **Tolerance**
Our focus within the three areas are as follows
Attitude : I will accept and appreciate other people
Awareness : I will be aware that we are all different
Action : I will treat others as I would like to be treated

Dear Parents and Carers,

The final term of the year is always a great one! There's lots going on and the last couple of weeks have seen great things happening in our community. The Numurkah Show is always a highlight of the calendar year. It brings the community together for a day that celebrates creativity, colour and country spirit. Our students proudly showcased their skills and enthusiasm, with entries in a wide variety of categories. The pavilions were bursting with bright displays of our student's work, reflecting weeks of preparation and imagination.

On the sporting scene, we had a contingent of students attend zone athletics. These students proudly represented our school, showcased outstanding sportsmanship, determination and school spirit throughout the day. An enormous thanks to Mr Shane Merkel and Ms Sam Carnie for taking the team and supporting them on the day.

As the weather continues to warm up, please remember that all students are expected to wear their hat as part of the summer uniform. To keep everyone safe in the sun, students need to wear their hat whenever they are outdoors during school hours. If a student forgets their hat, they will be asked to sit in the shaded area near the quadrangle during breaktimes.

Finally, please keep the community of St Mary of the Angels in your prayers, as they grieve the loss of Vilja Sutherland. Vil was a valued friend and colleague of both staff and students alike. I had the privilege of knowing Vil and working alongside her in the VCE (Vocational Major). Vil had a passion for hospitality but more importantly she had a deep love of children. Every student who had transitioned from our school to St Mary's has had their lives touched by Vil. Vil has quietly looked after some of the most vulnerable children in our community while in the kitchen at St Mary's, by ensuring they were fed and watered. On behalf of our community of St Joseph's I extend our deepest sympathy to her children Bryon, Tammy, Josh and Emily.

Be grateful for the blessings of each day and the love that surrounds you. *(St Mary of The Cross MacKillop)*

Ruth

**MELBOURNE CUP Long Weekend :
Monday & Tuesday Nov 3 & 4**



St Joseph's School - Newsletter

Dates To Remember

Friday Oct 31	Walk 2 School – Day for Daniel All Saints & Souls Mass
Monday Nov 3	Pupil Free Day–Report Writing
Tuesday Nov 4	Melbourne Cup Holiday
Wed-Fri Nov 12-14	Senior Camp – Sovereign Hill

Afternoon Assembly: Monday at 2:45

Yr 6 Leaders & Class Prayer
October 28: Everly, Jasmine & Jae; Mid South
November 4: No Assembly
ALL WELCOME!

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 hat with gold logo (Reverse side house colour)
- Black shoes/boots or all black runners

Summer Uniform – Girls

- School dress – small multi-check material, cuff & collar made from same material & navy buttons
- Navy shorts/skort and white socks
- Blue and gold polo-shirt with logo
- Navy blue school windcheater
- Navy blue hat with gold logo (Reverse side house colour)
- Black shoes/boots or all black runners

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 next year, please contact the office to complete the appropriate form. Unless contacted, we will assume that anyone who currently direct debits their fees will continue to do so next year.

Next Fortnightly Debits: Oct 24. **Please note:** If you have any outstanding amounts, we shall process catch up direct debits in November and December.

Monthly Debits 18th November. (Last One)

Please ensure any outstanding balance are finalised by 30th November.

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.



Walk to School Friday 31st October 2025

Dear Parents and Carers,

On Friday 31st October, we will run our "Walk to School" in conjunction with Daniel Morcombe's "Keeping Kids Safe" Program.

The students are asked to wear something red and bring a gold coin in support of the Morcombe Foundation.

The meeting points for the walk are:

1. The Corner of Saxton St and Nelson Street – start walking at 8.25am
2. The Skate Park – start walking at 8.25am
3. The Corner of Wattle Drive and Brooke Court – this group will start walking at 8.15am

On arrival at school, breakfast will be provided for the students in the Mackillop Centre.

During the day, the students will work with their teachers using the Daniel Morcombe Program which has a variety of resources targeted at different age levels.

Please see the website <https://danielmorcombe.com.au/> as a resource for a discussion starter with your family.

Preps

It is hard to believe it, but here we are in Term 4! The year has flown by and that just shows how much we are enjoying our learning and time here at school, experiencing our students growing each and every day.

Literacy

In Reading, we are really starting to see growth for all our students. It is so exciting to see how far our students have come from the beginning of the year. Just a reminder to all of the importance of reading at home on a consistent basis, particularly during Term 4, as this helps further develop our student's reading skills in preparation for Grade 1, which isn't far away.

In Writing, our students are beginning to see the importance of sentence structure and the use of oral language before starting our writing. The children are working hard to compose sentences and add information to our sentences to make them more interesting and exciting.

Numeracy

In Numeracy Prep students have completed the topic on 'sharing and grouping' and now begin to look at 'data.' This is a fun topic where we can ask yes, no questions, and look at mapping our data.

Religion

In Religion, the children have been learning about ways we can live like Jesus. They have been exploring how we can care for ourselves and others and sharing ways in which they can be kind to people just as Jesus showed us.

Inquiry

In Inquiry this term we are focusing on Fairy Tales. We are comparing fairy tales and using our problem-solving skills to come up with different ways to change the story.

St Joseph's School - Newsletter

Transition

In week 5, the prep children will begin to spend some time in the Junior classes. They will spend time in both junior classes over a 3-week period. During this time, Preps will work with the teachers and students to become familiar with the classroom and routines.

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

As always, please feel free to contact us at school or via seesaw.

The Prep Team!

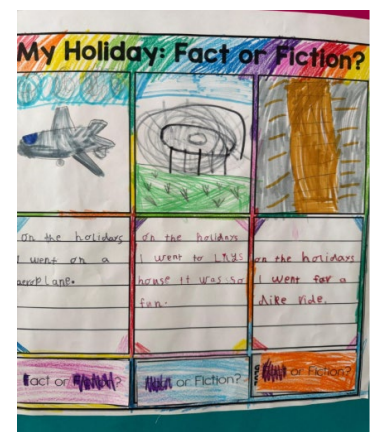
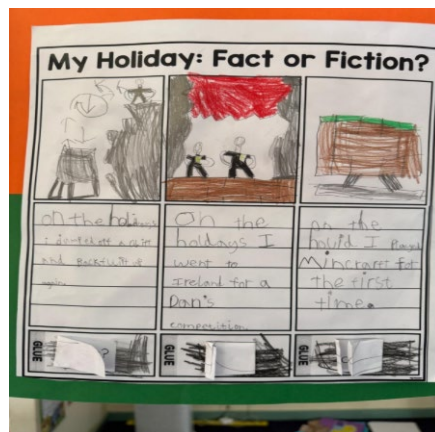
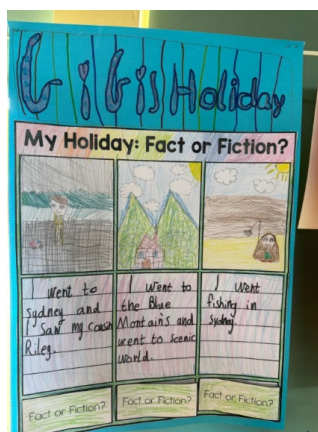
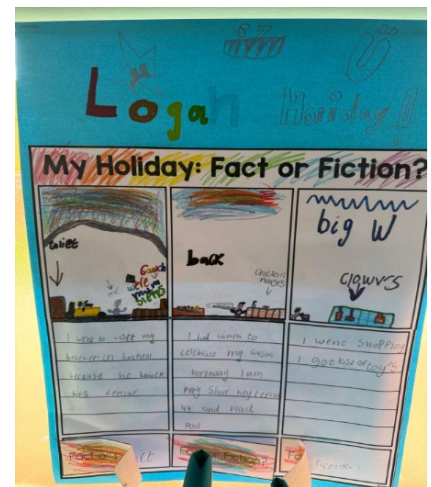
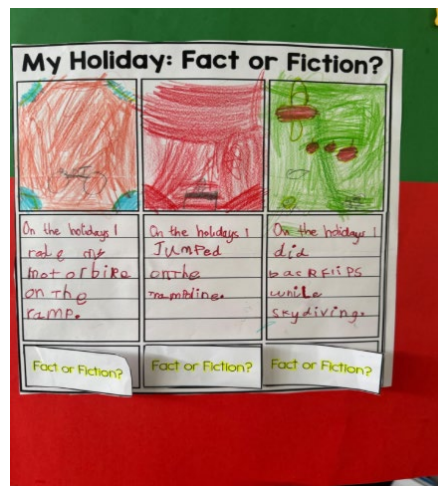
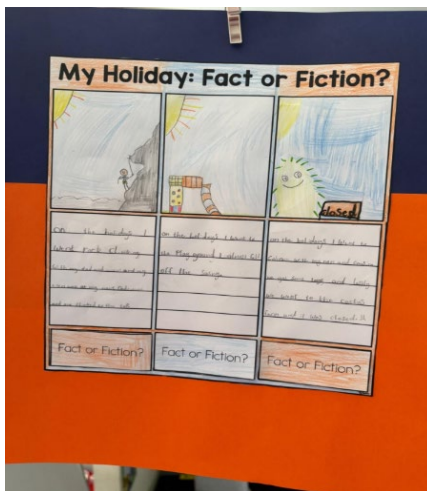
Juniors

We have some really exciting things happening over the term and we are looking forward to celebrating our amazing year together.

Our Grade Two sleepover will be on Thursday 20th of November. The Grade Ones will join us for Breakfast on Friday 21st before we begin a day of fun and activities with Skill Zone. More information to come.

Literacy

After the holidays we decided to have some fun with our recount writing. Students got to write some fact and fiction sentences that their peers got to guess. There were some tricky ones and some that used a little too much imagination....



St Joseph's School - Newsletter

In **Year 1** we have been working on short and long vowel sounds and some of the different spelling patterns for these. Students are learning about and applying prefixes and suffixes to base words to change the meaning of words. Our next focus is around multisyllabic words and how we can segment and blend these in reading and writing.

For our comprehension, students are being asked to retell important parts from stories that they have heard or read or answer questions about the text.

In **Year 2** Spelling, students have explored the different spelling choices '_tch' as in (catch) and '_ch' (lunch) as well as the 'tion' sound. They've also learnt the rules that guide when to use each spelling pattern. In Reading, students have been diving into our shared class novel, *George's Marvellous Medicine* by Roald Dahl. Before each chapter, they've been practising their prediction skills. After reading, they've worked hard to summarise the chapter in their own words.

Looking ahead, students are excited to take part in a Science experiment inspired by *George's Marvellous Medicine*. Students will mix different liquids together and then write a procedure to demonstrate their understanding.

Numeracy

In Numeracy, we spent the first two weeks of term investigating location. We had some fun navigating each other through obstacle courses by using clear directions. There is still some confusion between left and right and how your position changes on a map when you turn. Our focus now turns to fractions for three weeks. We will be looking into halves, quarters and eighths of amounts, shapes, time and mass.

Religion – Our Call to Mission

In this unit we will develop an understanding of mission. This means to lookout for those in need like Jesus did. We will understand that this spirit filled mission grows out of God's love for everyone. In our first lessons we read “The Rainbow Fish” to understand the importance of giving, sharing and helping those in need.



Inquiry

To finish our year in Inquiry, we are looking at Design and Technology. Students are already loving getting creative and exploring different concepts of design. In the coming weeks we will be looking to upcycle some toys and create some great new designs.

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Specialists

Students have specialist classes on **Wednesdays**. The children need to continue to wear their **sports uniform** every Wednesday and Friday. They also need to bring their Library bag each Wednesday.

Weeks 2-6 (Wednesday)

Junior East: LOTE/ART

Junior West: PE/LIBRARY

Weeks 2-6 (Thursday)

Junior West: MUSIC

Weeks 2-6 (Friday)

Junior East: PE



Please send us a message on SeeSaw if you have any questions or concerns regarding your child. If it is a timely notice, please contact the front office as teachers do not always check Seesaw throughout the day. Makayla, Sara, James, Andrew, Jo, Shay, Shannon, Ally, Clara

Middles

As we approach Christmas, our Middle students continue to show dedication to their learning and daily routines. In the spirit of Mary MacKillop's words, "Never see a need without doing something about it," our students are working hard in their core subjects while striving to treat others with kindness and respect.

Literacy

Students are concluding their novel study on Charlotte's Web. They have explored the theme of unlikely friendships and developed high-quality narratives through planning, drafting, and publishing. To finish the term, we will begin our final novel study, The One and Only Ivan, which will lead into a persuasive writing unit.

Mathematics

This term, students have explored location, probability, and place value. As we move toward the end of the term, our focus will shift to multiplication, division, and three-dimensional objects. These topics will help consolidate key numeracy skills.

Inquiry – DigiTech

Our current unit, DigiTech, has seen students highly engaged in learning essential digital skills. From basic computer operations to coding, robotics, and problem-solving, students are developing confidence and creativity in the digital space.

Religion

We are focusing on the theme of service to the community. Students are encouraged to reflect on how they can contribute positively to the world around them. The term will conclude with a celebration of Christmas and the values it represents.

Uniform Reminder

Students are now in full summer uniform including hats.

Sports uniform days are as follows:

Middle South wears sports uniform on **Fridays** from **Weeks 1 to 5** and on **Wednesdays** from **Weeks 6 to 11**.

Middle North wears sports uniform on **Wednesdays** from **Weeks 1 to 5** and on **Fridays** from **Weeks 6 to 11**.

Camp Kookaburra – Week 7

We are looking forward to our school camp in Week 7 at Camp Kookaburra. It promises to be a memorable experience for our students. Further information will be sent to families in the coming weeks to assist with preparation.

Athletics Achievement – Billy Hicks Heads to State

Congratulations to Billy Hicks who won the 10-year-old boys high jump at the Regional Athletics Championships in Albury last Friday with an outstanding jump of 131 centimetres. Billy now progresses to the State Championships in Melbourne. This is a fantastic achievement and a proud moment for our school community. Well done Billy!

Thank you to all our families for your ongoing support throughout the term.
The Middle Team



Seniors

“We are the standard!”

As we continue in our daily living and learning routines, we look forward to longer days, warmer weather and opportunities to participate in a variety of extra activities. We expect our students to continue their high standard of behaviour and uniform in the Senior School and appreciate parent/family support!

Literacy

The Seniors have continued their novel study on “The Grandest Bookshop in the World”. The story is a historical fantasy novel, set in the real life Coles Book Arcade in the Bourke Street Mall. It’s been a fantastic tool to help us write our own narratives featuring some of the same themes. We’ll wrap up this novel in the next week, and begin to explore our next text, “The Last Bear” in Week 5.

Maths

The focus for the first 4 weeks in Numeracy is Fractions, Decimals and Percentages. It’s been a chance to strengthen our mental computation skills of converting between these concepts.

Inquiry

Our Inquiry, focus the first five weeks of this term has been exploring STEM and the design cycle. Students have been working through weekly challenges in two-part sessions, where they must plan and create a design before they construct and test. In Week 1, we created catapults and challenged ourselves to project an object as far as possible. This week we are building tin foil boats to test whether we can keep objects afloat.

Production

Our performing arts program reached its climax at the end of last term with our Senior Production of “Kids in Paradise”. It was a fantastic opportunity to see our students excel and show off their talents. Well done to Miss Pendlebury, Mr Stirton, Karlene and Sam for the time and hard work they put into the show.



Athletics

A huge congratulations to all our Senior students who participated in the athletics carnival in Shepperton. Well done to all students that competed to the best of their ability and made the school very proud. A handful of students advanced to the regional carnival in Albury. After a tough day of competition, Jack Robertson and Axel Ramadge made it through to the state rounds. Congratulations boys and good luck.

Thank you

Adam, Jordy, Cait, Jody, Trevor, Karlene, Sam and James.

PE - Athletics

Shepparton Division Athletics.

On Monday 13th October, we took a team of 22 athletes to Shepparton to compete against schools from the Region. The students that excelled at our School Carnival were given the opportunity to compete in a maximum of two individual events.

The day was filled with a lot of nervous energy as the students waited for their event time to come around. Collectively, the group supported each other fantastically while also enjoying the social interaction with each other and with students from other schools.

Our students performed admirably and attained some great results. The first 2 place getters in each event were invited to the Hume Zone Championships to be held in Albury on Friday 17th October.

St Joseph's School - Newsletter

In all, we had 7 students successfully qualify for the Hume Zone Championships in Albury.

They were:

Henry Bau 11 Boys – Second in Discus

Jorja Power 9/10 Girls – Second in 1500m

Sophia McPherson 12 Girls – Second in Hurdles

Jack Robertson 11 Boys – First in 200m & First in Long Jump

Axel Ramadge 12 Boys – First in Shot Put

Billy Hicks 9/10 Boys – First in High Jump

Avarni Peterson 9/10 Girls – First in Discus.



Albury Hume Zone Athletics.

On Friday 17th October, 6 students ventured to Albury to compete at the next stage of their Athletic Journey. As always, competition was fierce, but our students stood firm and put in some fantastic performances. We were rewarded with 3 students progressing to the State Finals to be held at Albert Park on Thursday 6th November.

They were:

Jack Robertson – First in 200m & Long Jump (**New Hume Zone Record**)

Billy Hicks – First in High Jump

Axel Ramadge – Second in Shot Put.

Our other competitors, who were just short of advancing to the final stage were:

Jorja Power – 7th in 1500m, Sophia McPherson – 4th in Hurdles and Avarni Peterson – 4th in Discus.

Shane Merkel

Library

After many years helping cover library books, our wonderful Helen has decided to “hang up the contact!” Her help has been invaluable to me (and the children) and I can’t thank her enough for all her help.

THANKS HELEN

I’m wondering if there is anyone who would like to take Helen’s place covering library books. About twice a term there is a bundle of books to be covered. Contact, scissors etc will be supplied. If you are interested, please get in touch with me via the school.

Thanks

Mary Laidlaw

ART

We hope that the students who were able to Attend the Numurkah Show were able to see our school display and find their piece of work.

Thanks Carol Lawless



Student of the Week

Sen S Alex McLeod

For his growing focus and consistency with his home reading and daily diary tasks. Keep it up Alex!

Sophia McPherson

For being a reliable and responsible School Leader, who consistently applies herself in all areas of school. We love your positive attitude and enthusiasm you show every day.

Sen S/P Isla Culton

For a fantastic start to Term 4! You have really impressed us with your reading and efforts with your diary. Keep it up.

Nate Duffett

For his fantastic efforts in MaQLit. Your determination and hard work are paying off; you should be so proud!!

Sen T/H Nathanael Hubbard

Your independent learning during Literacy is amazing. I'm so proud of you and the growth you've made in your learning this year, Nathanael.

Jack Robertson

Congratulations on your stella performances at both Zone and Regional Athletics moving through to compete at State level. Jack also had a great week working in the top Math group. Keep up the great work Jack!

Sen M Bella Curtis

For being a great Team Player. You help with all classroom chores, even picking up other people's rubbish. You are an unselfish class member.

Mikayla Penny

For having a great work ethic. Mikayla completes all work tasks ahead of schedule, and her work is

brilliantly presented. She follows instructions diligently and is an excellent class member. Well done, Mikayla.

Mid A Sophie Kilpatrick

For bringing a smile into the classroom each day. It's infectious for both your classmates and teachers. Well done!

Billy Hicks

For representing our school so well at Albury during the Regional Athletics Carnival. Well done Billy!

Mid AA Acalia Ponting

For confidently coming into the classroom each day and independently completing your morning routine. Well done, Acalia!

Leland Alexander

For the determination and positive attitude he shows in class. You are making great progress with learning Leland. Keep it up!

Mid B Norah Keane

For having a wonderful first week back at school and making Mr T feel welcome in Middle South. Great job Norah.

Parker Patching

For his eagerness to share his Maths knowledge and for being a kind and helpful student. Great job Parker!

Mid M/B Zoe Altoft

For always being the best version of yourself! You have such a positive nature and attitude towards learning that is a pleasure to have in our learning space. Well done, Zoe!

Jorja Power

For placing 2nd at division athletics in the 1500m!
Amazing effort!

Jun O Blayze Penny

For being consistently positive, kind and friendly to all. You are always giving your best to everything!

Lucy Baker

For the pride and creativity she puts into everything she does. You have a very sweet imagination, particularly in your writing.

Jun W Evie Van de Berg

For showing wonderful growth in confidence while speaking in front of the class. It was great to see you share your holiday photos with the rest of the class with such assurance—Well done Evie.

Dustyn McKellar

For making great choices and trying his best in InitiaLit. It is great to see you smiling about your own learning.

Jun P Tanisha Maharaj

For demonstrating a terrific attitude towards your learning. You are always setting the standards for others Tanisha. Keep it up!

Max Pethybridge

For his fantastic work during MiniLit. It has been terrific to see you participating and trying your best. Well done mate!

Jun S Blake Hoiles

For beginning Term 4 with maturity and focus. His growing confidence is a wonderful sign of an emerging leader within the Junior Community. Keep up the great work!

Addyson Lee

For approaching all learning experiences with dedication and consistently giving her best effort. Keep up the great work Addy! !

Prep N Haddie Morrison

For being a kind and caring member of our class and never seeing a need without doing something about it. Thanks for all your help, Haddie, You're a gem!

Michael Grey-Noble

For showing a fantastic attitude towards his learning, staying settled, focused and engaged throughout the week. Well done, Michael! Keep up the amazing work.

Prep M Jonty Trimby

For the hard work you are putting in during our literacy block. It is visible how hard you try, and the result are showing, keep it up.

Myla McGrath

For the hard work you have been putting into your handwriting. I can really see the effort you are putting into your letter placement and formation.

Prep K/A Oliver Nugent

For working super hard to develop his reading skills. You are a star Oliver!

Idah Harbor

For developing her independence during learning time and making better choices to help her learning! Keep it up Idah!

Principal's Award

Term 4 Week 3 : Mia Muller

Living out the values of

Saint Mary MacKillop

through what they say and what they do

Triple A Social Skill & GEM Awards

The Triple A Social Skill is awarded to students in each area 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**.

The GEM award is part of our Resilience Project – Gratitude, Empathy & Mindfulness. We will alternate between the two awards.

Congratulations to the following students who received this social skill award in Week 2 Self Discipline: Olive Robertson, Finn Harrington, Aydan Heywood & Jasmine Farrant.

Congratulations to the following students who received this GEM award in Week 3: Blake Hodgkin, River John, Bridget Simmons & Dylan Said.

Canteen

If you are unable to attend on your day, can you please arrange a swap with someone else or as a last resort let Crystal and Sherrin 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 the office on 5862 1804.

October

24th **Volunteer**

27th **CLOSED**

28th **CLOSED**

29th **Volunteer**

30th **Kim Thompson**

31st **Volunteer**

November

3rd **CLOSED**

4th **CLOSED**

5th **Sheree Lawless**

6th **Gayle Morgan**

7th **Volunteer**

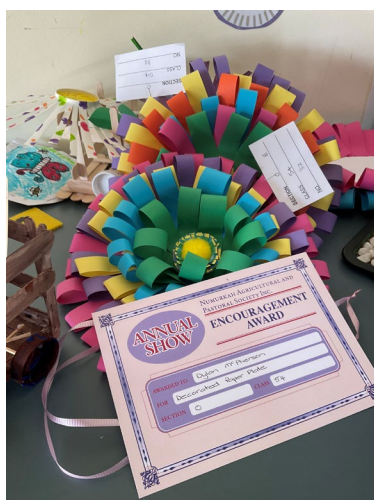
10th **CLOSED**

11th **CLOSED**

12th **Volunteer**

13th **Helen Osborne**

14th **Volunteer**



St John's Parish OSHC

Term 4 already!

The weather is starting to warm up so we need our hats for outdoor play so if you could all send another **hat (any broad brimmed hat)** for after school care that would be great as most of the children leave theirs in the classroom.

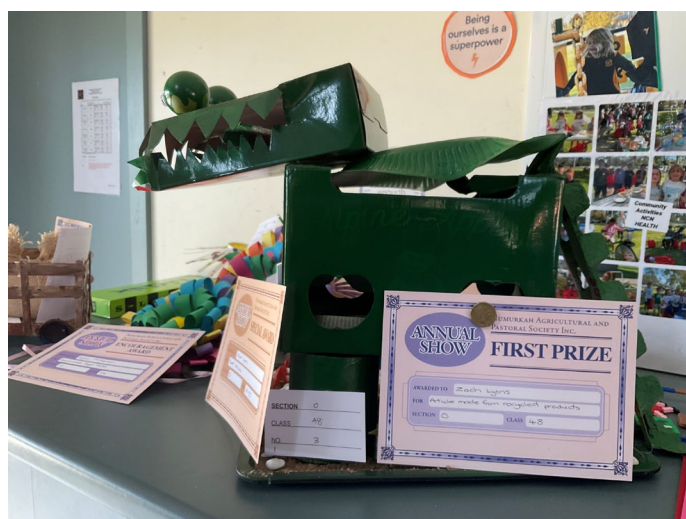
We have been enjoying the beautiful weather, playing games inside and outside, cooking and craft are always popular.

Congratulations to those who entered items into the Numurkah Show. Some Children were lucky enough to receive a prize!

Our spots have really grown in numbers. Please make sure that you mark your child as absent when the service is not required for the session, so that someone may be able to fill that spot, otherwise you may be charged.

Look forward to seeing you soon.

Sue, Emma, Tash, James, Abby, Riley, Jordyn & Claudia.



Community Notices

Piano Teacher for beginners. Beginner adult and children from 6 years of age .

I have permanently relocated to the Goulburn Valley from interstate where I taught in a small country town, and where my students were regular winners in the local Eisteddfod . I don't charge the earth, and special rates for a family with more than one student. \$15 for half an hour (sometimes goes over, not always strictly adhered to). If you don't have a piano, keyboards can be used for a fraction of the cost.

I will travel to your home. I hope to have enough students in Numurkah/Nathalia on any day to make the travel worthwhile.

Violin: I will also teach beginner violin.

Telephone: Valerie: 0400 429 284

Children's Author



Susea Spray

"Seas are calm, winds gently blowing, when a Big Blue Boat and her Captain head out for a day's sail."

Join Susea as she shares with us her picture book *A Big Blue Boat*, based on real-life sailing adventures.

Susea also has some songs to sing and a seaworthy craft activity.

Copies of 'A Big Blue Boat' and Susea's other books will be available for purchase on the day.

Find out more about Susea at www.suseaspray.com.

Bookings Preferred
as places are limited

Ph: 1300 374 765

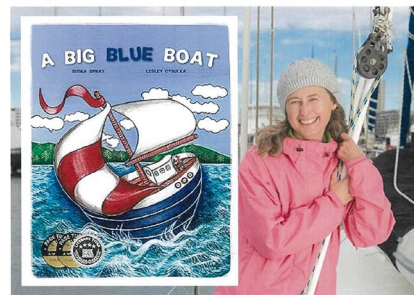
E: nathalia@gvlibraries.com.au

Nathalia Library

Friday

14th November

10:30am



1300 374 765
gvlibraries.com.au



Libraries
Change Lives

Numurkah Library Speechie Library Talk



This November, join us for a
Speechie Library Talk!



**Thursday
6th November
9:30am**

Meet and chat to a local speech pathologist.
Find out more about how you can support your child's
language and literacy development at home.
Enjoy a reading of one of the winning books from
Speech Pathology Australia's Book of the Year 2025.

For more information or to make a booking
Phone 1300 374 765
or email numurkah@gvlibraries.com.au

numurkah
library

Libraries
Change Lives

18 McCaskill Street, Numurkah
Tel: 1300 374 765
www.gvlibraries.com.au



FUN IS IN FULL SWING!

Join Woolworths Cricket Blast
A safe way to have fun and stay active for kids of all abilities.

NUMURKAH YOUTH CC WOOLWORTHS CRICKET BLAST PROGRAM
VENUE: NUMURKAH SHOWGROUNDS
DATES: THURSDAYS - STARTING OCTOBER 30
TIME: 4:00PM-5:00PM | USE CODE 7E7D438A AT CHECKOUT
SCAN THE QR CODE TO REGISTER!

SIGN UP TODAY!
Play Cricket

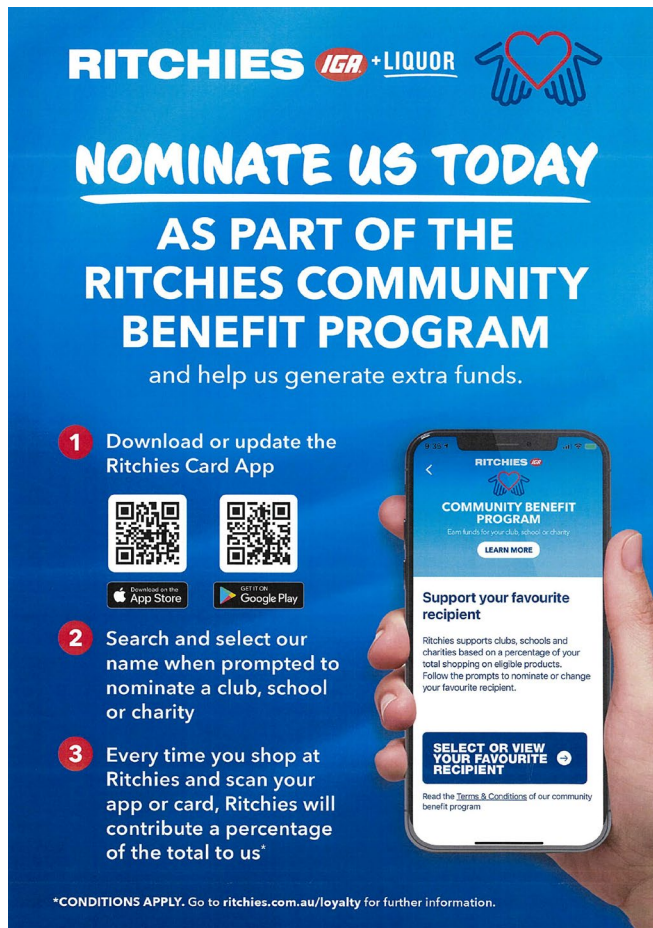
PROUDLY PRESENTED BY



2025
ROUND 6
NUMURKAH SKATE PARK
SATURDAY OCT 25TH
REGISTRATION & WARM UP 9:30AM
COMPETITION STARTING 10:00AM
PROUDLY RUN BY AL'S SKATE CO

ALL AGES EVENTS
ALL EVENTS ARE DRUG, ALCOHOL, SMOKE & VAPE FREE

Logos: ALSSKATECO, RURAL CITY OF WANGARATTA, INDIGO SHIRE COUNCIL, towongshire, ALPINE SHIRE COUNCIL, Mansfield Shire, Albury City, BENALLA RURAL CITY, moira SHIRE.



RITCHIES IGA + LIQUOR

NOMINATE US TODAY
AS PART OF THE RITCHIES COMMUNITY BENEFIT PROGRAM
and help us generate extra funds.

- Download or update the Ritchies Card App**
QR codes for App Store and Google Play.
- Search and select our name when prompted to nominate a club, school or charity**
- Every time you shop at Ritchies and scan your app or card, Ritchies will contribute a percentage of the total to us***

COMMUNITY BENEFIT PROGRAM
Support your favourite recipient
Ritchies supports clubs, schools and charities based on a percentage of your total shopping on eligible products. Follow the prompts to nominate or change your favourite recipient.

SELECT OR VIEW YOUR FAVOURITE RECIPIENT
Read the Terms & Conditions of our community benefit program

*CONDITIONS APPLY. Go to ritchies.com.au/loyalty for further information.



HEALTHY BITES FOOD, BODY IMAGE, AND EXERCISE FOR KIDS

The way in which we talk to kids about food and their bodies plays a key role in shaping their relationship with eating, exercise, and self-image. Here are some helpful tips to build a strong foundation and set them up for a healthy future.

1 YOUR BODY TALK: Be mindful of your language



Avoid making negative comments about your **body** or the **appearance** of others.

Avoid discussions about restricting **foods**, dieting, or changing eating habits to change body shape, size, or weight.

Avoid talking about **exercise** as a form of punishment.



Instead talk about your appreciation for what your **body** does for you. E.g. My body helps me run and play.

Instead talk about how you listen to your body's signals for hunger and satiety, and how good you feel when eat nourishing and nutritious **foods**.

Instead talk about how good **exercise** makes you feel.

2 ENGAGE KIDS IN POSITIVE BODY TALK

REFRAME

If a child speaks negatively about their body, redirect the focus to what their body can do - its strengths, abilities, and all the amazing things it allows them to experience.

COMPLIMENT

Offer compliments that focus on qualities beyond appearance.

For example, praise children for being funny, smart, and brave.

3 FOOD TALK helping kids build healthy food and body relationships

✓ Focus on how food fuels our bodies for play, growth, and energy, rather than its sugar content or impact on body size.

✗ Avoid labelling foods as "good" or "bad". Kids may feel guilty when eating "bad" foods.

✓ Focus on giving the food a "superpower", or categorise foods by meal (e.g., breakfast, lunch, dinner) or by traits like colour or texture (e.g., crunchy, soft).

Food for the soul

"Sometimes" foods that are comforting and that you eat for the taste

Food for the body and brain

Foods that we eat to have healthy bodies and brains

4 MEALTIMES: making the most out of family mealtimes

Connect and chat: Ask kids about their day, make family mealtime special. Ask them to share their favourite component of the meal, and why they like it.

Focus on our senses: Turn mealtimes into a sensory experience by talking about the colour, texture, and smell of the food. Encourage kids to describe what they're eating to the family.

Role model listening to your body: Encourage kids to trust their hunger and fullness cues, rather than eating to please others. Show them it's okay to stop when they're full and they don't have to eat everything on their plate.

"I provide, they decide": Avoid pressuring or bribing kids to eat more.

Parents/caregivers role

What: Providing a variety of healthy foods.

When: Offering meals and snacks at regular times.

Where: Creating a positive and relaxed mealtime environment.

Children's role

How much: Deciding how much to eat.

Whether: Deciding whether to eat the foods offer.