



St Joseph's Catholic Primary School

Wandal, Queensland

~ To Love is to Serve ~

Newsletter 4/2017 15 February 2017

'I try to take one day at a time....'

'...but sometimes several days attack me all at once.'* That was my experience earlier this week. I was overwhelmed by what needed to be done in the rest of the day so much so I was getting a little frantic. I stopped, sat down, tried to make myself calm...and then spent a few minutes counting my blessings and thanking God for them. What a difference it made. I got up, worked steadily through the rest of the day, got most of the work done and then didn't worry about the rest. Civilization wouldn't end because I hadn't 'succeeded' in my tasks.

In counting my blessings, I changed my perspective. When we are very busy, we can begin to feel put upon: 'Why is this is this happening to me? It is so unfair. Nobody appreciates all I do.' You catch my drift. We each have our own 'poor me' script that can spoil even a good day. But by focussing on what is good in our lives, we open our vision to reality. We choose the big, good picture of life.

By thanking God, we acknowledge that we really aren't in control of our lives and that God is looking after us. To remember and realise this, we need to constantly 'refresh our browser'. It is so easy for our hearts and minds to slip into negativity, especially when we are overworked or when things aren't going our way. Counting our blessings and thanking God isn't being Pollyannaish and ignoring the challenges we face. Rather it is looking at reality the way it is: me, with all my gifts and talents, the situation with its good and bad and God, alongside me, on my side.

Loving God, when know what happens to me when life overwhelms me. Give me the wide wisdom of your Spirit to open my heart and mind to see clearly and peacefully how I can serve those I love. I ask this in Jesus' name confident that you will hear me.

*Ashleigh Brilliant

Sr Kym Harris osb

From the Principal

Opening School Mass - Thank you to Father Chris who presided at our Opening School Year Mass last Wednesday. Well done to Mr Robertson and our Year 6 school leaders who participated and organised what was a great way to begin the school year.

School Fees have now been issued and are due by Friday 17th February This statement is defaulted to your email address. Please contact either myself or Kathy Fishburn (Finance Secretary) should you have any concerns or queries.

Have a great week
Kellie



Gastroenteritis

Gastroenteritis (Gastro) is currently prevalent in the wider community. Recently cases have been diagnosed in our school.

The main symptoms of gastro are diarrhoea and vomiting. Gastro usually spreads when hands, food, objects and surfaces become contaminated and the infectious organism is transferred to the mouth when eating, drinking or touching the mouth.

If students are suffering from gastro it is important they do not return to school until the symptoms have stopped for 24 hours.

It is suggested that parents remind children of the following hygiene practices:

- stay home when you are sick;
- wash your hands frequently for at least 15 seconds with soap and water or hand gel;
- wash your hands for at least 15 seconds prior to handling food and after going to the toilet;

Headlice - We have had a number of cases reported in various classes, please check your child's hair. Please treat accordingly and repeat treatment in 7 - 10 days.

Pupil Free Day - A reminder that **this Friday**, 17th February is a **Pupil Free Day** due to the annual Bishop's In-service Day. This is a faith development day for all Catholic school staff in the Rockhampton area. Our school office will be closed on this day.

Tuckshop Ordering System Update - Our Tuckshop has been incredibly busy this year and we thank you for supporting this valuable school service. Due to our increasing numbers of students, and therefore orders, our tuckshop staff are finding it difficult to get orders out on time. As you can imagine, our little people are not happy when they need to wait for their lunch! The introduction of our online ordering system, Flexischools (flexischools.com) has alleviated some of the pressure as there is no need for money to be counted, change given or orders to be manually collated.

Mrs Brady and I met last week to discuss options for ensuring the continued effectiveness of our tuckshop. We will continue to offer an option of ordering via paper bags and money for the *short term*. From **next week, Wednesday 22nd February** however, paper bag orders will need to be presented the DAY BEFORE tuckshop with CORRECT CHANGE. We will no longer be accepting paper bag orders on the morning of tuckshop. There will be a box in the school office foyer into which paper bag orders can be placed. Online orders can continue to be placed up until the cut-off time of 8.30am on the morning of tuckshop.

Please ensure you are using the correct prices, from the updated 2017 menu. Your child may not receive all the items they have ordered if not enough money is being given. Whilst our tuckshop does not exist to make a huge profit, it is preferred that we do not run this service at a loss. We thank you for your understanding in this matter.

Water Bottles - Please ensure glass bottles, containers etc. are NOT being brought to school. We had an instance this week of a child bringing a glass water bottle, which smashed at eating time in the middle of a large group of children.

OSHC Positions Available - Would you like to join our Outside School Hours Care team? We have a couple of positions available for persons interested in working after school and/or vacation care hours. Experience is welcomed but not necessary. Applicants must be willing to apply for a Blue card and First Aid certificate. Please drop your resumes into the school office or email them to sjwl@rok.catholic.edu.au. For further enquiries please call the office on 49224250 or our OSHC coordinator, Hailey on 0429316543.

Check out this recent article on our OSHC Service:

<http://www.rok.catholic.edu.au/.../new-outside-school-hours-.../>

Afternoon Pickup Procedures and Changes - A request from our office staff please....if you need to change afternoon pickup arrangements for your children, please advise the office staff BEFORE 2.30pm. Our office is incredibly busy before school finishes and often there is only one staff member available to pass on messages, answer phones, handle enquiries etc.

Remember, if you are making arrangements for your children to go home with another school family or family friend, we must be informed. We take the safety of our children very seriously. Thank you for your understanding.

P and F Help please! We are still looking for Parent Liaison Representatives from some class levels! The role is not an onerous one and your actions assist us to further build a supportive community of learners. You are not expected to be at the school on a daily basis.

To put forward your interest in becoming a Class Liaison Representative or to receive an information sheet on the role of the Class Liaison Representative please contact our P and F President on the below details.

Emma Singleton

Emmasingleton1980@gmail.com

St Patrick's Race Day - Each year the Catholic Primary schools of the Rockhampton region band together to host the **St Patrick's Day Race meeting** at Callaghan Park. This year it will be on **Saturday 18th March**.

The Race day provides a wonderful fundraising opportunity for all schools and is a great event for the Central Queensland community.

Each of our primary schools takes responsibility for a certain task. St Joseph's Wandal traditionally provides some Year 6 Irish Leprechauns and Colleens to welcome patrons and hand out Lucky Gate Dodgers at the main gate.

We are also called upon to sell raffle tickets. If you think you can sell a book of 10 tickets, please call into the office and collect a book. Tickets are \$2 each and can also be purchased separately from the school office. There are some fabulous prizes up for grabs! Thank you in advance of your support of our local Catholic schools.

APRE News

Prayer Corner

"We must teach more by example than by word." Mary Mackillop (1867)

OTogether Everyone Achieves More (TEAM)

This may seem like a simple statement but deep down we like to be accepted as a team member and to be accepted we have to put some of our talent, time, energy, enthusiasm or interest to the team or club. It doesn't have to be recognised club like Netball or Football - it can be like home, class or school etc

make **Jesus** *real*

Team Work - Makes The Dream Work - Happy family, Happy Class, Happy sporting team, Happy school.

Mini Vinnies 2017

Members of our Mini Vinnies Team working with our local community members this week.





Prayer Assembly with Year 3H

Thank you to Mrs Hutchinson and Year 3H for their Prayer Assembly on the value of respect. There will be no assembly this week due to Pupil Free Day this Friday.

Sacramental News

Please find attached the Ritual of choosing that will be celebrated this coming weekend information in box below.

Sat 18 February	Ritual of Choosing (during Mass)	St Mary's Church	Vigil Mass at 6.00pm
Sun 19 February		St Joseph's Cathedral (for St Paul's, St Joseph's and St Peter's)	Mass at 10.00am

Please contact myself or Marg Hallinan if you have any queries.

Children's Liturgy of the Word

A reminder that Children's Liturgy is held most Sundays at St Joseph's Cathedral 10am during the school term. It is wonderful to see our students attend. All students (particularly those preparing for sacraments) are encouraged to attend.



Scott Robertson

APC NEWS

2017: The Year of Maths

At St Joseph's Wandal, Mathematics teaching and learning is a big focus for us this year. We aim to highlight the importance of mathematics in our daily lives and seek to make it relevant and engaging for all.

Talking about Maths:

In general, a growth mindset is the belief that intelligence and 'smartness' can also be learned and that the brain grows from experience and effort. The opposite, a fixed mindset, is the idea that you are smart, or you are not. In mathematics, that translates into "some people are good at maths, and some are not." Did you know that praising efforts rather than intelligence or results can impact your child's ability to persevere in challenges?! The goal is to have children thrive on challenges and see failures, not as a sign of low intelligence, but as a learning opportunity. Brain research tells us that making mistakes actually wires more connections into the brain! When a person has a growth mindset, they accept challenges, see their efforts as worthwhile, and are open to learning from mistakes. Students with a growth mindset achieve at higher levels than those with fixed mindsets.

How can you help? Some simple ways:

Adding "yet" when they claim they are "not good at this" (Respond: "You are not good at this yet.")

Ask questions that focus on their effort and choices and get them to reflect on satisfaction of that effort (e.g. What did you learn today? What mistake did you make that taught you something? What did you try hard at today?)

(From http://www.edugains.ca/newsite/math/schoolleader/ideas_for_school_leaders.html)

Problem of the Week: As a family, try and figure this out!

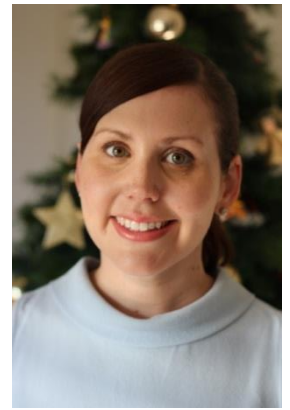
How much money would it take to put a line of coins around the equator? With a bit of research and a bit of maths, you'll soon know the answer! (Taken from <https://blogs.csiro.au/helix/coins-around-equator/>)

Have an amazing week,
Janette



Meet the Teacher -

Hello! My name is Melanie Egan and I have enjoyed settling in to the St Joseph's community. I have moved here from St Paul's, Gracemere where I taught for nine years. Before that I was teaching at St John's, Walkerston. I have a daughter, Gabrielle, who has just started Prep and a son, Harry, who is soon turning three. My husband, Daniel attended St Joseph's and is very keen for our family to return to the Tenison sports house! I have loved getting to know the students and families of Year 1E and over time look forward to meeting more families at St Joseph's.



In our classrooms

We have our own version of 'The Block' happening outside Prep most days.



The Prep classes loved meeting their Buddies from Year 6.

Our Prep students are making lots of new friends.



Working with our Year 6 Buddies.

Rockhampton and District Primary School Trials for 10-12 year olds

The process for nominating for Rockhampton District Sport teams in 2017 has changed. It is requested that all Parental Permission Nomination Forms are returned to Scott Robertson at least 3 days before the trial dates which are found on the 2017 10-12 Years Trial Calendar flyer (under separate attachment). If you have any questions please feel free to contact Scott Robertson at school.

Important Dates to remember:

17 th February	Pupil Free Day - Bishop's Inservice Day
21 st February	Cross Country Training 7.15am Session
22 nd February	Year 6 Leadership Day - Excursion to The Caves Playgroup - 9.30 - 10.30 in the Hall for Balloon Fun and fine motor skills
23 rd February	Cross Country Training 3.15pm Session
24 th February	Year 6 Student Leaders Badge Presentation
28 th February	Cross Country Training 7.15am Session Shrove Tuesday - Join us for the Great Pancake Bake Off
1 st March	Ash Wednesday Mass Playgroup - Water Play RDS Netball Trials Girls 10 - 11 yrs, 10 - 12yrs (Forms must be submitted at least 3 days prior)
2 nd March	Cross Country Training 3.15pm Session



The Cathedral College New Enrolments 2018 and beyond

We will be hosting an Information Evening at The Cathedral College in Our Lady's Hall on **Monday 27th February 2017 from 5.30pm.** All intending Year 7 2018 families should attend as important information will be presented. Should you require any further information please contact the Enrolments Officer Mrs Meg Halberstater on 4999 1300, meg.halberstater@tccr.com.au

*****Enrolment packs can be collected from the offices of The Cathedral College, St Peter's, St Paul's and St Joseph's Wandal.*****