



ST JOSEPH'S SCHOOL

NEWSLETTER NO 6 WEEK 7 TERM 1 MARCH 15 2017

VISION STATEMENT

We at St Joseph's Primary School Queens Park are a faith based community which strives to recognise and respond to the image of Christ in us all, as we grow through work and prayer.

THE ST JOSEPH'S SCHOOL COMMUNITY ACKNOWLEDGES
THAT WE COME TOGETHER ON THE ANCESTRAL LANDS OF THE
WHADJUK PEOPLE

ST MARY OF THE CROSS

We must teach more by example than by word.



PRINCIPAL'S REPORT

PRAYER FOR ST JOSEPH

Let us pray
That the Church will continue the saving work of Christ the Father,
You entrusted our Saviour to the care of St. Joseph,
By the help of his prayers
may the Church continue to serve its Lord,
Jesus Christ,
who lives and reigns with you and the Holy Spirit,
one God, for ever and ever. Amen.

FEAST OF ST JOSEPH: March 19 is the Feast of St Joseph, the Husband of Mary. St Joseph is the patron saint of fathers, families, workers, and the Church. As the Feast falls on Sunday we will honour St Joseph next Monday March 20 commencing with Mass at 9.00am. Parents and friends are welcome to join us for Mass. Children will have the opportunity to participate in a number of fun activities on the day. **All children are to wear their sports uniform on Monday.**



ST PATRICK'S DAY: This Friday March 17 is St Patrick's Day the patron saint of Ireland. We have a close affinity with St Patrick as the Mercy Sisters who established our school, and our Christian values, were from Ireland.

HARMONY DAY: Tuesday March 21 is National Harmony Day and our Year 6 Peer Support Group will be organising a number of events over the week to encourage children to continue to develop a sense of tolerance. As part of Harmony Celebrations, children will be encouraged to wear cultural dress on Friday March 24. If children do not have cultural dress they can wear the Harmony Day colour of orange.





THANK YOU: It was great to be officially back at school on Monday. The last thing I said to the students at the end of 2016 was to make sure that they had a safe holiday with no accidents but I did not heed my own warning. I would like to thank Mrs Savage-Morton for giving up much of her January holiday in taking on the Acting Principal's role. Mrs Savage-Morton, Mr Kelly and a number of staff had to shuffle schedules to accommodate my absence and I thank them for their hard work ensuring the children had a smooth start to the school year.

2018 ENROLMENTS: Over the past two weeks I have been conducting Kindergarten enrolment interviews for 2018. This is a final notification for parents of siblings who are yet to complete an application. Positions will be finalised over the next few weeks. If you have not submitted an application you will miss out on a place as applications far outweigh positions available.

ASSEMBLY: Year 3B will be holding their assembly this Friday 17 March at 9.00am. Parents are invited to attend.



INTERSCHOOL SWIMMING CARNIVAL: I believe the girls and boys have been training very hard and I look forward to them representing the school proudly at the Interschool Swimming Carnival on Thursday March 23.

God bless

Peter Yensch

Principal

ASSISTANT PRINCIPAL RE

LENTEN ACT: If possible, give to charity – practise almsgiving, one of the Three Pillars of Lent



SACRAMENT OF CONFIRMATION: Thank you to the parents who attended the Parent meeting for Confirmation last night. It was great to see you there. Please ensure you fill in the Confirmation Record Sheet and return to school as soon as you can.

SACRAMENT OF EUCHARIST: The Parent Meeting for the Sacrament of Eucharist is Tuesday March 28 at 7.15pm in the Performing Arts Room. At least one parent must attend the meeting. Children DO NOT need to be there.

In Faith

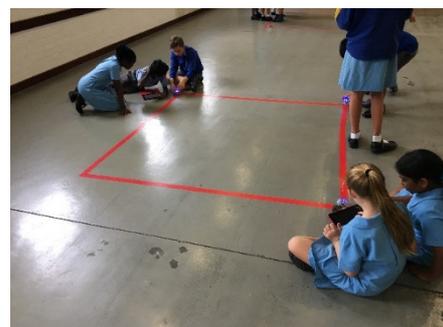
Kaye Savage-Morton

Assistant Principal RE



ASSISTANT PRINCIPAL ADMIN

ROBOTICS AND CODING: It has been a busy start to the new school year with Mr Yensch being away but now that things are getting back to normal I have been able to get into some coding and robotics this past couple of weeks. Students from Years Four, Five and Six have all had the opportunity to program our Sphero robotics during their I.T. lessons. We have used the hall for these lessons and it has proven to be a very useful space. We started off pretty basic with the challenge being to get the Sphero programmed to roll around the perimeter of a square. As you can see from the pictures, the children have been really enjoying this and I look forward to exploring this further throughout the year.



PHOTOGRAPH PERMISSIONS: At enrolment, parents of our school are requested to fill out a form regarding photograph permissions. This form gives the school permission to publish the children's photograph in our newsletter, on our website and on other promotional material (such as parent handbooks, leaflets etc). If your situation has changed and you wish to make an amendment to your original form, please come to the front office and fill out a new form in relation to this. Please note that when we publish pictures in our newsletter or on our website we do not publish full student names along with the picture and we ensure that the children's parents have given us permission on enrolment. If you have any further questions please do not hesitate to ask us at the front office.

SOCCER TOURNAMENT: Soccer fever has hit the school in recent times. The children love to play soccer at recess and lunch and last year was the first time St. Joseph's picked up a trophy at the Interschool Winter Sports Competition in this sport. To harness this enthusiasm and to ensure the children have a chance to play in a supervised environment and get to know the rules better we have decided to launch a lunchtime soccer tournament for years four, five and six. Students signed up to take part on Monday and I have picked teams that I believe to be fair and even. There will be five people on each team including the goalie and each game will comprise of two five minute halves. Once every team has played each other the top four teams will play finals. The tournament is purely for enjoyment and to familiarise the children with the rules so they can run their own games peacefully. I am hoping to run this tournament off between now and the end of this term.

Ronan Kelly
Assistant Principal Admin

INTERSCHOOL SWIMMING CARNIVAL

A squad of 31 students from Years 4 – 6 will be representing St Joseph's School in the Interschool Swimming Carnival next Thursday 23rd March 2017 at the Aqualife Centre in East Victoria Park.

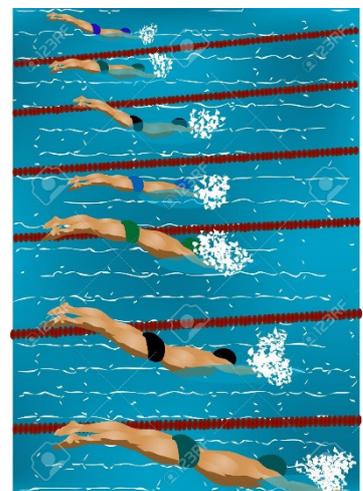
These students have been training extremely hard for the Interschool Carnival and we wish them all the very best!

Children need to be at school no later than 8.45am for a 9.00am bus departure. The carnival will commence at 9.30am sharp and conclude at approximately 2.00pm.

Below is a list of items the children will need to be wearing and will need to bring on the day:

- Dress: Sports uniform (Interschool shirt) & jumper
Girls – one piece bathers
Boys – speedos or skins preferred (no board shorts)
School hat and sunscreen
- Other: School bag with towel & thongs
Goggles
Recess and lunch
Water bottle

Good luck boys and girls!
Mrs Tennille Eoannidis



Rainbows and Sunbeams



The **Rainbows** program has been successfully running at St. Joseph's for many years now. **Rainbows** offers children who have experienced a major loss or trauma in their lives, such as the death of a family member or parents' divorce, the opportunity to meet in a weekly support group. Recently we introduced an additional **Rainbows** program especially for younger children called **Sunbeams**.



These programs run for 12 weeks and consist of groups of 4-6 students of similar age. These meetings are confidential and facilitated by a trained adult. They run for approximately an hour per week during school time.

It has been found that when something significant happens in a family, the entire family is affected. If a family member dies or divorce occurs, not only do the adults grieve but the children do also. Because of their age and short life experience, children find it very difficult to recognise and express these feelings. Rainbows and Sunbeams enable children to recognise and express these feelings and to work through them with the support of their peers.

This year we have offered students in Years 4 and 5 the opportunity to participate in **Rainbows** and students in Pre-primary may participate in **Sunbeams**. We are also pleased to announce that we are now able to offer **Rainbows** to our Year 2 students.

Permission slips have been sent home and need to be returned by Friday the 31st of March. Any queries or comments about the Rainbows or Sunbeams program can be directed to Lynda Beadle, Viv Ward or Christine Pittman at the school.

Lynda Beadle
Rainbows Coordinator

P & F NEWS:

EASTER RAFFLE: Tickets for the Annual Easter Raffle have been distributed throughout classrooms and can also be found attached to the back of the newsletter, along with spare copies available at Reception. The tickets will be 50c each. There are 12 tickets to a sheet. Please place your completed tickets, making sure you complete all details, along with the correct money in an envelope and place it in the P & F locked box at Reception. The raffle will be drawn at the Assembly on **Monday April 3**.

We will be seeking donations for our raffle prizes the week starting **Monday March 20**. Thankyou to the year 6 students who have arranged to collect the donations in the mornings at the P & F table in the Undercover Area.

FACEBOOK PAGE: Are you on our School Facebook Page? Search for "**St Joseph's Primary School Queens Park**"

P & F EMAILS

If you wish to receive emails from us during the year, please send us an email at: pandf@sjsqp.wa.edu.au and we will add you to our mailing list.

The P & F are always looking for volunteers for upcoming events. We will be asking for helpers to wrap Easter Raffle Prizes and also help out at the first Disco.
Please let us know if you are interested in helping at upcoming events.

Dates for your Calendar

Monday Friday 20 March 31 - Donations taken for Easter Raffle

Monday April 3 - Easter Raffle draw

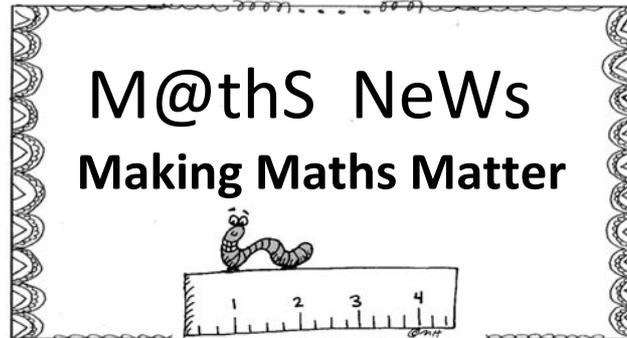
Friday May 5 - Disco

Monday May 8 - P & F Meeting

Friday May 12 – Mother's Day Stall and Monday June 12 - P & F Meeting

TERM 1 ACCOUNTS: All accounts should be settled by now unless you have a repayment plan with the school. If you are experiencing any financial difficulties you can contact me at the office to arrange a repayment schedule. Thank you to all parents who have already settled their account. Kindly ensure that a copy of your updated Health Care Card is at the office to continue getting the Tuition discount for Term 2 onwards. Thank you.

Georgia Dragon
Accounts



HELP!

Mrs Nigli is always willing to lend a helping hand to any parents and students who need assistance with anything MATHS! She is available in the Maths room (located between 3G and 3B) on Mondays and Tuesdays 3.15pm – 3.30pm.

Did you know that.....?

Multiplying ones always gives you palindromic numbers

If you multiply $111,111,111 \times 111,111,111$ you get 12,345,678,987,654,321 - a palindrome number that reads the same forwards or backwards. And that works all the way back down to 11×11 (121) or just 1×1 (1).

Mathletics Gold Certificates

Congratulations to the following winners...

Valent W, Catlinh T, Ryan W, Augusto B, Leo N, Alyssa C, Prastuti B and Inesh K.

Keep up the great work.

Week 5 Puzzle answers- Senior- a) 12 cherries b) 1/12 Junior- a) 10 minutes b) 20 minutes

Winners are Grinners! Samuel H from 2G and Sheryl M from 4G

This Week's Puzzle Problem

Junior Puzzle

Bree has an equal number of every note in her purse. She counts her money and sees that the total is \$370.

How many of each note does Bree have in her purse?

Senior Puzzle

100 marbles are put into 5 bags marked A, B, C, D, and E.

$A + B = 52$ marbles

$B + C = 43$ marbles

$C + D = 34$ marbles

$D + E = 30$ marbles

How many marbles are in each bag?

Please remember to place your entries in the boxes in the front office. Good luck!



SOCIAL WORKER NEWS:

Helping Children Navigate Playground Politics:

During these early months of school, it's not uncommon for certain dynamics to cause challenges for young children. Typically this happens in less-structured areas, like the playground. It's common for children to come home and tell their parents things like:

- "I was told there wasn't enough room for me to join the game all the other kids were playing at recess."
- "A boy in my class keeps punching me at lunch when he thinks nobody is looking."
- "A girl in another class keeps calling me names in front of my friends, and I hate it!"

But there's good news: Parents can help their children navigate day-to-day playground politics by teaching them social-emotional skills—such as empathy, emotion management, and problem-solving.

Empathy: Empathy helps children understand or feel what another person is feeling by putting themselves in the other person's shoes. Empathy can also help create self-awareness that allows children to distinguish their feelings from the feelings of others.

How to Teach Empathy to Kids: The most powerful way to encourage empathy is to model it. For example, when your child is hurt, disappointed, frustrated, or has a strong emotion, you might model showing empathy by saying, "Oh no, you sound sad..." or "It's so hard to leave the park when you're having so much fun, isn't it?" or "Uh oh, what happened?" You can also foster empathy in your child by discussing scenarios in which it could be used. For example, you could talk with your child about how another person might feel if he or she were to see someone get hurt on the playground or in response to something that happens to a character in a book or movie.

Emotion Management: Emotion management refers to a person's ability to control his or her emotions in response to arousing situations.

How to Teach Emotion Management to Kids: Two of the most important skills we can teach children are how to identify their feelings and how to self-soothe when they are experiencing a strong emotion. These skills take time and practice to develop. Positive self-talk and deep breathing are two emotion-management tactics commonly used and practiced with children. Teaching self-talk encourages kids to talk to themselves in a quiet voice or inside their heads. Some examples are: "I need to take three breaths," "I can do this if I practise more," "I'm not going to let her get to me," "That was probably an accident," or "My mom/dad still loves me, even when I mess up."

Deep breathing is an effective way to connect the body and the mind in order to move from a fight-or-flight response to problem-solving. The "Flower Breath" is a simple breathing method kids can use. Ask your children to imagine smelling a beautiful flower, breathing in through the nose and breathing out through the mouth, and releasing any stress, strain, or emotion they might be feeling as they exhale.

Problem Solving: Teaching problem-solving means helping kids learn to recognize a social problem, focus on finding solutions, predict consequences, and select a safe and respectful solution.

How to Teach Problem Solving to Kids: When challenges arise with other children, ask your children a series of questions to help them think through the problem. Eventually they'll be able to ask the questions for themselves. Questions to consider when teaching problem solving are:

- "What happened?"

This allows each child to tell his or her story and feel heard before solutions are brainstormed.

- "How did that feel?"

Helping kids get clear about how they feel will help clarify what they actually want or need.

- "What did you want/need?"

Many times we can read situations inaccurately. Asking this question helps focus the brainstorming solutions.

- "What are other ways to get what you want/need?"

Let your children brainstorm two or three ideas. It's okay if they're not all great ideas! This is just brainstorming. If they can't come up with ideas on their own, offer them two choices that align with your family's values.

- "How would that work for you?" or "What will happen if you try ...?"

This is an opportunity to evaluate each of the proposed solutions.

- "What are you going to do now?" or "What will you try next time?"

By asking this question, you allow your child to choose how to act differently next time. Expressing a future action out loud increases the likelihood your child will try it.

Managing social dynamics in a school setting can be very stressful for children and their parents. Social-emotional skills can help children de-escalate a conflict, advocate for themselves, and find more acceptable, safe, and socially appropriate ways of getting their needs met when they may be feeling bullied or dismissed.



P&F Easter Raffle



Tickets 50c each, to be returned with **correct money in a sealed envelope** to the **locked P&F box at Reception by Friday 31st March.**

The Easter Raffle will be drawn at assembly Monday 3rd April.

PLEASE CUT TICKETS *INDIVIDUALLY* BEFORE RETURNING TO SCHOOL

NAME:

CLASS/YEAR:

CONTACT NUMBER:

□-----□-----□-----□

NAME:

CLASS/YEAR:

CONTACT NUMBER:

NAME:

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NAME:

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