



ST JOSEPH'S SCHOOL

NEWSLETTER NO 30 WEEK 1 TERM 4 OCTOBER 11 10 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**

LAUDATO SI'

When we speak of the "environment", what we really mean is a relationship existing between nature and the society which lives in it. Nature cannot be regarded as something separate from ourselves or as a mere setting in which we live. We are part of nature, included in it and thus in constant interaction with it. Recognizing the reasons why a given area is polluted requires a study of the workings of society, its economy, its behaviour patterns, and the ways it grasps reality.



PRINCIPAL'S REPORT

*Have confidence in God's mercy,
for when you think He is a long way from you,
He is often quite near.*

T A Kemp



I would like to welcome all families back for Term 4. I trust the children had a great holiday and are ready to have a great final term.

PRINCIPAL VISIT: Mr John Rose will be visiting the school on Thursday afternoons from next week as he transitions into St Joseph's for the 2018 school year.



STAFFING: Unfortunately Mrs Menezes has not fully recovered and her leave has been extended. We are fortunate that Mrs Fernandes is able to continue in Mrs Menezes absence.

YEAR 6 CAMP: The Year 6 children have been on camp for the past day. They have arrived safely and are experiencing physical and educational challenges. We wish them all a great time and a safe camp. This week Fr Peter will be visiting the campers and will celebrate a liturgy with the children on Friday morning. A number of staff will be attending the camp over the week to help supervise the students.



TERM CALENDAR: The calendar has been posted on the school website. Please have a good look at the important dates this year.



SCHOOL ATTENDANCE: Families are discouraged from booking early holidays at the end of the year as it does cause interruptions to the end of year program. Reports will go home on the last day of term.

2018 ENROLMENTS: Please notify the school if your child/ren will not be returning in 2018 as there are a number of families who are on our waiting lists and would like their child to attend our school.

SCHOOL UNIFORM REQUIREMENTS: Please note that this week is a gradual phase in week for the Summer Uniform. By Week 2 all children should be wearing their full Summer Uniform. School hat is compulsory all year round.

Several boys returned to school with small but visible shaved hair patterns. Under the school hair policy this is not allowed. A number of students are starting to wear fad hairstyles once again these are discouraged. It is important that parents make the parent decisions for children at this age.

God Bless
Peter Yensch
Principal



TERM 4 SCHOOL FEES: Kindly settle all accounts as Term 4 school fees will be sent home at the end of next week. As this is the final school term for 2017 all accounts need to be settled before the end of the year. If you are experiencing any financial difficulties kindly contact me at the office to arrange a repayment plan. All families receiving the Health Care Card discount on Tuition fees must make sure they have a copy of their updated card at the office to ensure they continue to get the discount.

Thank you.
Georgia Dragon
Accounts

UNIFORM SHOP NEWS: The Uniform Shop will be closed this Monday October 16 2017.

Thank you
Mrs Kelly

SOCIAL WORKER NEWS: Six Strategies for Making Bedtime Easier <http://www.sandbox-learning.com>

Bedtime is difficult for virtually every child at some point. Children can get upset, protest, or create distractions (e.g. wanting a drink, another story, to use the bathroom *again*). A routine that is positive and consistent can make bedtime more pleasant and less stressful for everyone.

1. Be Consistent – Keep a consistent bedtime and bedtime routine. When children know bedtime is at 7:00 every night they are not caught off guard when their activities are interrupted. By sticking to a routine even on weekends you avoid nightly discussions about the time or requests to stay up a little later.

2. Plan - Plan ahead for bedtime. If you know it takes your son or daughter 30 minutes to get into their pyjamas, brush their teeth, and read three bedtime stories, always start the routine at 7:30 for an 8:00 bedtime. If children use a visual schedule include all of the activities leading up to bedtime in the schedule. Some children also need a reminder before they start their bedtime routine. Setting an alarm and saying, 'You have five minutes before it is time to brush your teeth,' is a way to prepare children and it creates a system that depends on the alarm not just you returning in five minutes and saying, 'Time to go brush your teeth.' Reading stories about a bedtime routine also can be helpful for reviewing expectations.

3. Make Bedtime Something To Look Forward To – Change bedtime from a time to dread into an enjoyable part of the day. Create a routine that includes quiet and enjoyable activities and use this as a time to devote your attention fully to your son or daughter. Reading to children is wonderful for their education and is a great way to relax. Other activities children can look forward to at bedtime are turning on a fun nightlight, singing a few songs together, or getting to snuggle in bed with their favourite stuffed animal. As with bedtime, make these activities consistent rituals in your evening. By making parts of bedtime unique and special, this time can become an enjoyable part of both your child's day and your day.

4. Be Positive - Children gather information from our tone and how we react to situations. Although you may have had a long day and are frustrated, keep an overall positive tone and attitude to keep overall stress down.



5. Follow Through – An 8:00 bedtime means 8:00. Although activities sometimes run late and parents have things that distract them, planning in advance to be home and ready for bed ensures children have consistency and know what is expected of them. Changing times, routines, and expectations can lead to unnecessary stress for children who depend on routines. Setting a schedule and enforcing it may be difficult at first, but following through with the set bedtime and routine is essential for success.

6. Recognize Bedtime Benefits Everyone – Everyone benefits from a consistent and positive bedtime routine! Research about the benefits of a consistent sleep schedule for children is plentiful, but a sleep routine benefits all family members. When children follow a bedtime routine without protest it is less stressful for parents and children. When children are in bed at a reasonable time, parents can relax or get things done before they go to bed.

P & F NEWS:

STALLS AT FAMILY NIGHT: If you are interested in holding a stall at this year's Family Night, please contact the P & F by email pandf@sjsqp.wa.edu.au

CADBURY CHOCOLATE FUNDRAISING: Thank you to everyone who has returned their chocolate money. If you have not returned your money, please do so ASAP. Please return the funds (\$50 total) in the envelope supplied, with your **child's name and class clearly marked** to the P & F locked box in reception. Families who opted out of receiving a box of chocolates, but chose to donate \$20 to the P & F will receive an email shortly regarding those donations. Thank you for your support.



IMPORTANT DATES FOR YOUR CALENDAR:

Monday November 13 - P & F Meeting

Friday November 24 - Family Night



"The Family night is fast approaching and once again we are appealing to your generosity to donate items for the lucky dip and jar stall. Items such as hair ties, stationery, lollies, craft, vouchers and match box cars have worked well in the past.

Collection for these items will be carried out every Thursday and Friday morning before school at the P and F table and will start in Week 2 of this term.

Every donation will receive a raffle ticket to win an ice cream voucher from the school Canteen.

Weekly draw will be carried out at Assembly on Monday mornings."

School P & F



VACSWIM: Enrol your children now in VacSwim swimming lessons during the summer school holidays.

With swimming pools and beaches a part of the Western Australian lifestyle, ensuring your children learn how to swim and are safe in the water is a must for all families.

Your children can join in the fun of learning to swim in lessons run at pools and open water venues across the State. VacSwim is for all children – from beginners through to advanced survival, rescue and resuscitation.

Your children can learn to swim for just:

\$7.00 per child for a five day short program

\$13.00 per child for all other programs.

It's even cheaper if you have three or more children:

\$18.00 a family for a five day short program

\$35.00 a family for all other programs.

To find out more about VacSwim and to enrol online please visit education.wa.edu.au/swimming.