

NEWSLETTER

TERM 1 WEEK 6 - 3/18 - 9TH MARCH 2018

GRAND PARENTS DAY 2018



Dear Parents,

Usually, when we talk about poverty we are referring to the lack of food, clean water, adequate shelter and basic services such as education and health care.

However, there is an unseen poverty that has to do with our spirituality; with this poverty we associate a lack of belief or uncertainty about our place in the world and the meaning behind our lives.

As human beings made in the image and likeness of God, we each contain a God-shaped void that only God can fill. We are not complete of ourselves. We find our identity and purpose only with God. God's gift to us when we were conceived, was to plant within us a share of His Spirit. He gave us, as a gift, a share of His life and challenged us to live life to the fullness of our ability and then to return to Him with the gift having been used well: "God is where I came from and where I'm going."

Ira Stone.

God can be quickly removed from our identity and purpose, if we live only on a material level where the emphasis is on instant gratification, having it all now, buying peace of mind, buying happiness. The sole pursuit of material things is simply a deceit, for shortly after obtaining them we realise that we are still the same person. To try to be a "better" person we are encouraged to move onto the next purchase and the next and the next. In spite of our never-ending quest, we are still no happier than before. We never achieve the desired satisfaction because God is not in the picture.

Thousands of years ago, a psalmist encouraged the people of his time to "Take delight with the Lord and he will give you the desires of your heart." Psalm 37. Spirituality is being concerned with things beyond the material world. To neglect to cultivate our own personal spirituality is similar to leaving a ship unanchored in the ocean and hoping that the wind never

blows up. Trying to put an anchor down in a fierce gale is a difficult task. Establishing a working spirituality and setting our anchor while life is calm, will have us prepared for life's challenges that can occur when we least expect them.

Poverty of the mind and spirit can lead to great suffering. When Jesus said, "love your enemies," He was offering a spiritual principle to eradicate poverty and conflict. Unless we can forgive our enemies we will continue to suffer conflicts and wars that entrench ongoing poverty and suffering. A collapse of social order is a spiritual sickness; it is the poverty of the human spirit that needs attention.

Charles Howard, an activist for spirituality, suggests that "our spirituality embraces all that we are, all the elements that go to make up our living: our relationships, our gifts, our joys and our sorrows, our dreams and our moods, our struggles and our failures, everything."

St Paul offered an insight into himself when he wrote, "I have nothing yet possess all things." 2 Cor. 6:10 St Paul managed to find God in the hustle and bustle of his arduous daily life, rather than trying to get away from it. It is an ongoing challenge for us to achieve a union of the spiritual and the material in our daily life; to nurture this union in our children presents us with an even greater challenge. Luckily, we parents are experts when it comes to dealing with challenges!

"Jesus, You taught Your disciples the Lord's Prayer. As well, You taught them through the lost sheep, the tiny mustard seed, the Caesar coin, the loaves and fishes – the everyday things of life. Help us to pray using the everyday happenings of our lives to grow closer to You in love. Amen."

Peace and Best Wishes

Dear Parents

What a wonderful start we had to Catholic Schools Week 2018 as we welcomed our parents, grandparents, and even great grandparents to St Joseph's School. After a beautiful liturgy facilitated by Fr Garry and led by our senior class we moved to the classrooms. The school was abuzz with enthusiastic learners as the children showcased the learning experienced in our school today. From the history of the washing machine, to the growth of seeds, to Creative Mathematics games, and Computer Technology, our guests were treated to an educational extravaganza. The morning tea following was a huge success with everyone enjoying the fine food, the atmosphere, and most particularly, catching up and having a great chat.

Thankyou to everyone who attended and made our day so special. Thankyou to all staff for their organisation of the day and to all students who are a credit to the school.

OTHER CATHOLIC SCHOOLS WEEK EVENTS

Pet Education K/1/2

Walkathon 16th March – Please don't forget to return your child's permission note for next Friday's St Joseph's Walkathon. Notes have been distributed to each child today.

The plan for the day follows:

| | |
|-----------|---|
| 10am | Primary students leave SJS |
| 11am | Infants students start to be transported to meet primary. |
| 11.10am - | Morning Tea at top of common |
| 11.40am | |
| 11.40am | Walk through the bush |
| 12.20pm | WILLIWA CREEK Picnic begins |
| 1.15pm | Fr John Grannall Sports |
| 2.15pm | Transport back to SJS |

Infants transport

If your child is in K/1/2 we are asking if parents are able to assist with the transport of children from the school to the top of the common.

Please see your child's permission note for details.

SPORTS REPORT

2018 Diocesan Carnival

“Congratulations” and “Well Done” to our students who competed at our Diocesan Swimming Carnival at Dubbo on 1st March. It was an excellent day and our students performed well displaying excellent swimming skills and a fine attitude towards competition and giving of your best.

Libby Bailey, Mia Dunleavy, Annika Taylor and Yasmine Turner. The following individual overall results were achieved on the day:-

Mia Dunleavy

- 1st 50 metres Freestyle
- 1st 50 metres Butterfly
- 2nd 50 metres Individual Medley
- 3rd 50 metres Backstroke
- 8th 50 metres Breaststroke

Yasmine Turner

- 7th 50 metres Butterfly
- 12th 50 metres Freestyle
- 12th 50 metres Backstroke

PP5 Relay Team - 2nd Overall

POLDING

All four students will compete at Polding level on Wednesday 21st March at Homebush.

MIA IN HER INDIVIDUAL EVENTS AND OUR RELAY TEAM COMPRISED OF MIA, YASMINE, LIBBY AND ANNIKA.

Best wishes from all at St Joseph's!

LIBRARY

Library lessons are held on a Tuesday for all classes K-6.

Can all students please bring a library bag on Tuesdays to transport books to and from school. This helps protect the library books and also keeps books secure so that finding them is easy. Children will not be able to borrow books until they have a library bag.

A library bag doesn't have to be fancy. An old pillow case, or 'green' shopping bag is a cheap alternative. Label the bag clearly with your child's name so that staff and others can locate the owner easily.

P & F NEWS

A very successful P&F Association AGM was held last Tuesday night and we welcome a new executive for 2018.

| | |
|-----------------------|------------------|
| President: | Courtney Pelling |
| Vice President | Denise Karam |
| Secretary | Tracey Huijser |
| Treasurer | Nikki Field |
| Tuckshop Co-ordinator | Maree Bilby |

A huge vote of thanks is extended to these parents for accepting the nominations. Thankyou, also to everyone who attended this special meeting.

The first Item on the agenda was the Walkathon. Our P&F Association take on a lot of the responsibility for this important event.

The Easter Raffle and the Mother's Day Fete which is held early in Term two were the next agenda items.

The next meeting will be held on Tuesday 3rd April at 7pm in the school staffroom.

ALL parents are invited to attend. This will be a special Fete meeting.

Dates were also set for the 2018 P&F Meetings for the year:

| | |
|---------------------|-----|
| Tuesday 22 May | 7pm |
| Tuesday 14 August | 7pm |
| Tuesday 20 November | 7pm |



CLUB CHAMPIONSHIP DAY

We are holding our annual Club Championship Day on Sunday 18 March, 2018 commencing at 10.00am. We are incorporating into this day a Family Fun Day for the Lithgow, Portland and Wang Communities for any children who would be interested in joining our swimming club. We have had a number of enquiries from interested families since the school swimming carnivals have been held in the past couple of weeks.

So come along on Sunday 18th and join in the cheering for our wonderful swimmers. There will be Lithgow Swim Club events during the morning, games and informal races throughout the middle break where non-members can "have a go" and then we will continue with more LSC events in the afternoon. There will be brochures and information available and our coaches will be able to advise you on the best level for your child. We do continue throughout the Winter period with squad swimming and race nights once per month. During the Summer, squad swimming picks up its pace and we have weekly race nights where parents can also participate with assistance in timekeeping.

So come along and we will see you on the 18th March!!

For further information, please contact Pete Evans on 0422 735 888.

CASH AT SCHOOL

Please note that for security reasons the school does not hold any petty cash in the office. Therefore we are unable to provide any change. Please ensure that if you need to send cash to school that you have the correct money.

HEALTHY HAROLD VISIT

Please find below a permission note for your child to attend the Healthy Harold/Life Education Program which will be at the school on Tuesday 22nd May and Wednesday 23rd May.

Could you please complete and return to the school. Please note that payment is not required with the return of note as the cost has already been factored into your school fees.

PROGRAM OUTLINE



Below is a brief outline of the programs available to the children for participation:

| | |
|------------------------------------|---|
| My Body Matters NEW! | Early Stage 1 (K) - Healthy food choices, importance of physical activity, safety |
| Harold's Friend Ship NEW! | Early & Stage 1 (K – Yr 1) - Explores how to build friendships and care for others, feelings and emotions, safe and unsafe situations and early warning signs, safe places and people to turn to for help. |
| Ready, Steady, Go NEW! | Stage 1 (Yr 1) - Body workings, safe use and storage of medicines, peer pressure and coping strategies, safety, decision making |
| Growing Good Friends NEW! | Stage 1 (Yr 2) Unsafe behaviours, situations and environments, healthy food choices. |
| Safety Rules NEW! | Stage 1 (Yrs 1-2) - Problem solving, personal safety, seeking help, how to care for others and behaviours that maintain friendships |
| All Systems Go | Stages 1 & 2 (Yrs 2-3) Function of body systems, peer pressure, second hand smoking, and safety with medicines. |
| bCyberwise | Stage 2 (Yrs 3 & 4) – Explores cyber safety through animation, vox pops of children, relevant scenarios, discussion & problem solving. |
| Mind Your Medicine | Stage 2 (Yr 4) - Safe and unsafe situations, medicines and consequence of misuse, peer influence and friendship, positive communication |
| On the Case | Stage 3 (Yr 5) – Short and long term effects of smoking, effects of passive smoking, laws, peer influence, and refusal skills. |
| Think Twice | Stage 3 (Yr 6) - Consequences of alcohol use and misuse, stay safe situations and refusal skills, laws controlling purchase and use. |
| Relate Respect Connect NEW! | Stage 3 (Yrs 5 & 6) – Teaches the knowledge, skills and attitudes that children need to develop and maintain safe and respectful relationships both on and offline. Including effective communication skills, development of empathy and conflict resolution skills |
| Decisions NEW! | Stage 3 & 4 (Yrs 5, 6, 7 & 8) – This module offers choice of content on legal drugs or legal and illegal drugs. Students explore the decision-making process and improve decision-making skills by looking at choices, consequences, responsibility, facts and influences |

Teachers of composite classes will choose the program which best suits the needs of their children.

THE COST IS \$10.00 PER STUDENT. Date / /

I give permission for _____ Class _____

to attend the Life Education program and enclose \$ _____

Signature _____ (Parent/Guardian)



FOSTERING A GROWTH MINDSET

Congratulations to the following learners who received awards for showing **RESOURCEFUL** learning.

Early Stage 1: ***Parker Miles***

Stage 1: ***Lexi Field***

Stage 2: ***Koby Griffiths***

Stage 3: ***Emily Kitching***



These great learners showed responsible learning by: Being organised and ready for learning, asking sensible questions to learn more, taking their time to think about what they are learning and enhancing their learning through extra work.

Well done!

Congratulations to all other learners who received Resourceful Learning Merits during the two weeks.

Our next focus is: **RESILIENT** learning.

A **RESILIENT LEARNER** does not give up. They keep trying until they understand or have produced great work. They stay positive, even during challenges and they practice, practice, practice!

HAROLD MERCHANDISE



Dear Parents,

Life Education NSW is a not for profit organisation that relies on the support of the community to assist us in reaching our fundraising goals. Every Harold product purchased helps us visit more children in NSW.

The sale of Harold merchandise to the children whilst the program is visiting each school supports our overall fundraising activities and helps cover the gap between the cost of delivery and what parents and schools pay for our program. These products help to remind children about the messages delivered to them during their Life Education session and have either a picture of Harold or the Life Education logo on them.

The educator will provide the opportunity for children to purchase these products during the school visit. ***Please DO NOT make online payments to your school. Please provide the correct money in an envelope with the item written on the face of the envelope along with your child's name and class.*** This allows the educator to process orders efficiently and accurately. Orders will be returned by the conclusion of the visit. You can also check out our **NEW** product range online by visiting www.lifeeducation.org.au/shop



Name: _____ Class: _____

| Product Description | Price Incl. GST | QTY | Product Description | Price Incl. GST | QTY |
|-----------------------|-----------------|-----|-----------------------|----------------------------------|-----|
| Tattoo | \$0.50 | | Large Harold Soft Toy | \$15.00 | |
| Harold Post-it-note | \$1.50 | | Harold Stationery Set | Check availability with Educator | |
| Harold Hand Ball | \$3.00 | | Harold Keyring | Check availability with Educator | |
| Small Harold Soft Toy | \$8.00 | | | | |
| Total Owing | \$ | | Total Owing | \$ | |

NB Harold Products are subject to availability Life Education NSW thanks you for your support.



Help support Life Education

* I would like to donate \$ _____ to Life Education NSW. Gifts of \$2.00 or over are tax deductible.

Name: _____ Phone (optional): _____

Address: _____ Suburb: _____

Postcode: _____ Email (optional): _____

Child's Class: _____

Visit Life Education at www.lifeeducation.org.au

SCHOOL MASSES—TERM 1

School Masses commence at 9.30am on
Wednesdays

WEEK 7—14th Mar 3/4 Lent

WEEK 8—21st Mar 5/6 St Joseph

WEEK 9—28th Mar 3/4 Holy Week

WEEK 10—4th April 5/6 Easter

WEEK 11—11th April 3/4 Easter

Please Note: St Joseph's School has been rostered on to do Offertory at Sunday Masses so please bring your children along and become involved in our Parish.

ALTAR SERVERS ROSTER

St Vincent's Portland

Please arrange a swap if you are unable to attend on your rostered Sunday Mass.

Mass commences at 8am

| | |
|----------------------|---|
| Sunday 18th February | Mia Dunleavy Annika Taylor Maddison Field |
| Sunday 25th February | Nate Green Savannah Green |
| Sunday 4th March | Halle Gillespie Yasmine Turner |
| Sunday 11th March | Mia Dunleavy Annika Taylor Maddison Field |
| Sunday 18th March | Nate Green Savannah Green |
| Sunday 25th March | Halle Gillespie Yasmine Turner |
| EASTER | VOLUNTEERS |

IMPORTANT DATES at St Joseph's

TERM 1—2018

| | | | |
|---------|-------|----------------------|--|
| Week 7 | March | 13 16 | Pet Workshop (K/1/2) SJS Walkathon |
| Week 8 | March | 20 21 21 23 | Peachey/Richardson Cup St Joseph's Mass Polding Swimming Winter Sports Trials |
| Week 9 | March | 30 | Good Friday |
| Week 10 | April | 1 4 6 | Easter Sunday Assembly School Photos |
| Week 11 | April | 13 | Last Day of Term 1 |

TERM 2—2018

| | | | |
|--------|-------|----------|--|
| Week 1 | April | 30 | School Resumes |
| Week 2 | May | 7 | Litter Workshop |
| Week 4 | May | 22 23 | Healthy Harold Workshop Healthy Harold Workshop |

CANTEEN & CAKE ROSTERS

TERM 1

A massive thank you to all who volunteered to be a part of the cake roster for Term 1.

Please find below the roster. If there is a problem with the date you're rostered please let me know.—Maree 0439 027 009

CANTEEN & CAKE ROSTERS

TERM 1

A massive thank you to all who volunteered to be a part of the cake roster last year!!

Please find below the roster . If there is a problem with the date you're rostered please let me know.
Maree 0439 027 009.

| | Canteen Roster | Cake Roster |
|---------------------------|---------------------------------------|----------------------|
| 5 th February | Maree Bilby & Cec Bilby | |
| 12 th February | Courtney Pelling & Debbie Sloane Hill | |
| 19 th February | Karen & Barry Rochester | Karen Rochester |
| 26 th February | Maree Bilby & Cec Bilby | Donna Bennett |
| 5 th March | Courtney Pelling & Denise Karam | Denise Karam |
| 12 th March | Karen & Barry Rochester | Karen Rochester |
| 19 th March | Maree Bilby & Terry Field | Bianca Griffiths |
| 26 th March | Maree Bilby & Debbie Sloane Hill | Donna Bennett |
| 2 nd April | Easter Monday | Easter Monday |
| 9 th April | Maree Bilby & Cec Bilby | Cec Bilby |



Don't forget to install the Schoolstream app on your electronic device. A large percentage of the schools communications will soon be done through Schoolstream—permission notes, newsletters and information notes. We also have parents currently using the app to send in Absentee Notes which is another great way to ensure the school receives the information safely and promptly.

It is very convenient to receive an alert on your phone to notify you of any important information we need to distribute quickly.

With the Year 6 Canberra Excursion and our whole school excursion fast approaching, updates of arrival times etc. will be done using the Schoolstream app so we strongly encourage all parents/carers to sign up.

COMMUNITY INFORMATION

Study help, right when you need it

Feeling overwhelmed, stuck on a study question or not sure where to even start with an assignment?

Get help with your essay or report draft in less than 24 hours, or live, expert assistance with subjects like writing, maths, science, economics and more. Our friendly subject specialists are waiting online to help you, 3pm – late, Sunday to Friday.

To access Studiosity, please log in to your LMS, navigate to one of your courses then select Studiosity from the bar on the left.

School or library students: studiosity.com/connect

University or TAFE students: studiosity.com/access

What is Studiosity?

New name, same quality study help

When you get stuck on a tricky study question, or can't bring yourself to re-read your draft essay for the seventeenth time, don't stress.

Simply log in to Studiosity for free, via your LMS, and there will be a friendly subject specialist waiting to help you out.

Know us as 'YourTutor'? We have a new name and logo, but we're the exact same people; same quality service. Log in and take a look around the brand new site.

School or library students: studiosity.com/connect

University or TAFE students: studiosity.com/access



**Study help,
anywhere**

>> Free for Members
with your library
barcode number

Studiosity

THISTLE SFC

Lithgow Thistles Soccer Club are currently looking for players for the 2018 season in under 6,7,8 and the ladies competition. If you would be interested please contact Lorraine Keay on 0419 621 426 or email thistlesfc@gmail.com. Please note we are a registered provider for the Active Kids \$100 rebate.

Born To Run Festival

Sunday 18th March 2018

7:30am: 10km Run

Adults \$25 / Concession or Under 18: \$15

9am: 5km Fun Run / Walk:

Adults: \$15 / Concession or Under 18: \$10

10am: 2km Kids Race
(12 years and Under)

\$5

All Races Start and End at Kremer Park

ENTRIES NOW OPEN

Pick up an ENTRY FORM from ANT Fitness at

9 Wolgan Street, Portland NSW 2847

For More Info: Please Call Andrew on 0427 268 348

Go4Fun
Healthy • Active • Happy • Kids

FREE Fun program for kids to become fitter, healthier & happier

Help your 7-13 year old child get healthy, active & happy with Go4Fun. Go4Fun® is a ten week healthy lifestyle program for kids aged 7-13 who are above a healthy weight. Sessions run once a week for two hours after school, during term.

Where: Lithgow JM Robson Aquatic Centre
When: Term 1 Thursdays 4:30 – 6:30pm

Call 1800 780 900
SMS 0409 745 645 for a call back
Register online at www.go4fun.com.au

Like us on Facebook

Healthy Children's Network

Find us ...Like us... and Follow us on facebook

Just scan the code, or go to www.facebook.com/healthychildrensnetwork

It's your place to share ideas for growing happy healthy children

Ideal for
Parents ... Grandparents... Carers
Childcare Staff... Teachers & Educators

or anyone that cares about the health of our kids

Telephone helpline for parents & teachers

Open school days during school hours

Info on: assessments, support, resources, websites, booklists, fact sheets, and more.

Learning Difficulties PARENT HelpLine

02 9806 9960
www.ldc.org.au
info@ldc.org.au

Self Esteem

Literacy & Numeracy

Speech & Language

Supported by the DEC.

Support Groups

Dyslexia & Dyspraxia

Bullying

Autism Spectrum Disorders

Learning Difficulties

ADD & ADHD

Anxiety & Depression

Tourette Syndrome

Behaviour