



St Joseph's Primary, Schofields Newsletter

Term 1, Week 6 2022

Principal's Message

Dear Parents and Carers,

We're almost at the halfway mark for Term 1. Our first few weeks have been busy. Just some of the highlights:

- Individual assessment interviews for all 540 students to guide our teaching and learning
- Distributing 9000 RAT tests to staff and students
- Smiling faces of the children as they make new friends, connect with their teachers and enjoy their new learning and playground spaces
- Warm welcomes and farewells from teachers to children and families to staff each morning and afternoon
- Parent teacher chats to get to know each other
- Welcome to over 100 new families and children

Important dates coming up:



Saturday 12th March – Open Day

(Flyer attached below)

For new enrolments between 10am and 2pm

After this date we will be taking enrolments for 2023

Please complete the [Expression of Interest](#) form on our website via the Enrol Now tab or by clicking on the above link.

Saturday 19th March - St Joseph's Day

St Joseph is the patron of our school. We are lucky to have St Joseph as our mentor. He courageously built his family in unusual times. He was a good man, who accepted Jesus into his family. He had to work hard to keep them out of poverty and to keep them safe in a very dangerous region. Along with Mary, he was able to develop the values that shaped Jesus' ministry - inclusivity, respect, compassion, tenderness, courage, resilience and hospitality.



Kind Regards,
Mrs Lesley Studans
Principal

Assistant Principal's Update

Summer Reading Challenge

Congratulations to Anne Derek and Owen Thompson for being the winners of the St Joseph's Summer Reading Challenge. They can enjoy spending their \$100 online book voucher prize on more books to read! KEEP UP THE READING!

Progressive Achievement Tests in Reading (PAT- R)

Over the next two weeks, students in Years 3 to 6 will be engaging in an online reading assessment called PAT-R. This test has a similar format as the Reading NAPLAN test, however, the data is only used at a school and diocesan level. Over the coming weeks, the teacher will be using this data to determine our successes, our next steps and our focus in literacy for 2022.

Student Representative Council (SRC)

In 2022 we are bringing back the SRC. The students will nominate and vote for a peer from their class to represent them across K-6. Mrs Murphy and I will be leading the SRC and encouraging student voice across the school. Stay tuned for updates from the SRC.

Attendance

EVERY DAY and MOMENT OF LEARNING COUNTS

Please ensure that your child not only attends school each day but that they arrive at school on time. Arriving at school on time is just as important as being at school. **Every minute at school counts.** When your child is late to school they miss valuable start of the day procedures and learning that sets them up for a successful day. **Remember school starts at 8.30.** If your child arrives after 8.30 you will need to park the car and walk your child to the office as there will be no teacher to assist at the Kiss and Drop area or Nazarene Crescent.

If your child is away, please ensure you write a letter to the teacher explaining why your child was absent or provide a medical certificate if appropriate. Please keep your child at home if they have cold and flu symptoms. If they have allergies, please keep the office up to date.

every learner every day 

ABSENCES ADD UP!



Mrs Joanna Delvecchio
Assistant Principal

Counsellor's Update

Hi Everybody,

I'd like to quickly introduce myself to you all. I am the new school counsellor and will be working at St Joseph's four days a week, Monday to Thursday.

I am a Social Worker and I obtained my Social Work degree from the University of Sydney. I have 20 years of experience working across various different settings including the community, the Children's Hospital at Westmead and the University of Sydney. The vast majority of my work has been with children and their families. Although I am new to school counselling, I have been working as a child counsellor for approximately 17 years and am very familiar with the issues which are facing our children.

I have three of my own children who are 16, 14 and 11 as well as a husband and a beautiful puppy dog!

I am super excited to be working at St Josephs with your gorgeous children and will hopefully be meeting some of you as well.

I am very happy to hear from you if you have any questions, concerns or are just looking for some general support regarding your children. Please contact me via the school office.



Caroline Knight
Wellbeing Counsellor

Religious Education Update

Ash Wednesday 2nd March



Ash Wednesday is one of the most popular and important holy days in the Catholic liturgical calendar. Ash Wednesday opens Lent, a season of fasting and prayer.

Ash Wednesday takes place 46 days before Easter Sunday, and is chiefly observed by Catholics, although many other Christians observe it too.

Ash Wednesday comes from the ancient Jewish tradition of penance and fasting. The practice includes the wearing of ashes on the head. The ashes symbolize the dust from which God made us. As the priest applies the ashes to a person's forehead, he speaks the words: "Remember that you are dust, and to dust you shall return." Alternatively, the priest may speak the words, "Repent and believe in the Gospel."



Ash Wednesday Mass times at our Mary Immaculate Parish, Quakers Hills

125 Barnier Dr, Quakers Hill

Ash Wednesday mass times are:
6am, 9:15am and 7pm in the church.

Caritas Project Compassion 2022!

Caritas Australia's Lenten Project Compassion campaign started on Project Compassion Sunday (27th February) and lead us all the way to Easter.



This year's theme "*For All Future Generations*" comes from the biblical story of the great flood (Genesis 9:12-15). It reminds us that the good we do today will extend and impact the lives of generations to come.

This year you can donate to Project Compassion via a QR code, more information will be sent via Seesaw.

Catholic Schools Week

Our theme during Week 7, 7th to 13th March is:

"Celebrating 200 years of Catholic Education in Australia".



During Catholic Schools Week, we have invited Fr Oliver to give a special blessing of the new building. Fr Oliver will lead Year 6 in Mass, while students from Kindergarten to Year 5 will participate in a Class Liturgy with their teachers. After Mass, Fr Oliver will proceed to each learning space to give a blessing to all the students, teachers and the learning spaces. He will also give a blessing of the new Crosses for each learning space. This will be a special time for all our St Joseph's Community with Fr Oliver.

Do you or members of your family have any old photos to share of their years of Catholic Education in Australia? If you would like to share them with our school community, please send a copy of your photos to my email, awatson@parra.catholic.edu.au. If you would like, attach a small note of some information about the photo: - Year, name of the school, location of school. (for example: - 1980, St John Vianney's Greenacre NSW).

It would be great if we could create a wall of photos displaying Catholic Education in Australia over the past years, decades.



Mrs Anne Watson
Religious Coordinator

Wellbeing Update

THE ZONES OF REGULATION™

In our last newsletter we began our discussion about the Zones of Regulation program that is being taught in all our classrooms at St Joseph's.

The Zones can be compared to traffic signs



When given a green light or in the Green Zone, one is “good to go”. A yellow sign means be aware or take caution, which applies to the Yellow Zone. A red light or stop sign means stop, and when one is the Red Zone, this often is the case. The Blue Zone can be compared to the rest area signs where one goes to rest or re-energize. All of the zones are natural to experience, but the framework focuses on teaching students how to recognise and manage their Zone based on the environment, its demands and the people around them.

The **Red Zone** is used to describe extremely heightened states of alertness and intense emotions. A person may be elated or experiencing anger, rage, devastation, or terror when in the Red Zone.

The **Yellow Zone** is also used to describe a heightened state of alertness and elevated emotions; one has more control when they are in the Yellow Zone. A person may be experiencing stress, frustration, anxiety, excitement, silliness, the wiggles, or nervousness when in the Yellow Zone.

The **Green Zone** is used to describe a calm state of alertness. A person may be described as happy, focused, content, or ready to learn when in the Green Zone. This is the zone where optimal learning occurs.

The **Blue Zone** is used to describe low states of alertness and down feelings such as when one feels sad, tired, sick, or bored.

HOW CAN YOU HELP YOURSELF?

The BLUE Zone	The GREEN Zone	The YELLOW Zone	The RED Zone
HOW MIGHT YOU FEEL?	HOW MIGHT YOU FEEL?	HOW MIGHT YOU FEEL?	HOW MIGHT YOU FEEL?
SAD TIRED BORED MOVING SLOWLY	HAPPY OKAY FOCUSED READY TO LEARN	NERVOUS CONCERNED SILLY NOT READY TO LEARN	ANGRY FRUSTRATED SCARED OUT OF CONTROL
WHAT MIGHT HELP YOU?	WHAT MIGHT HELP YOU?	WHAT MIGHT HELP YOU?	WHAT MIGHT HELP YOU?
TALK TO SOMEONE STRETCH TAKE A BRAIN BREAK STAND TAKE A WALK CLOSE MY EYES	THIS IS THE GOAL! WHAT CAN YOU DO TO GET TO THE GREEN ZONE? HOW CAN YOU BE HAPPY, CALM AND READY TO LEARN?	TALK TO SOMEONE COUNT TO 20 TAKE DEEP BREATHS SQUEEZE SOMETHING DRAW A PICTURE TAKE A BRAIN BREAK	STOP WHAT I AM DOING MAKE SENSIBLE CHOICES TAKE DEEP BREATHS ASK FOR A BREAK FIND A SAFE SPACE ASK FOR HELP

Some examples of building emotional regulation from our classrooms.



Ms Paula Murphy
Leader of Learning

Sports Update

Zone Swimming Carnival

On Monday 28th February, St Joseph's sent a team of 11 amazing swimmers to Mt Druitt Pool. I could not have been prouder of the school spirit and determination each student showed.

As a team, we walked away with some ribbons and a couple of our students will go on to represent Blacktown Zone at the Blacktown Aquatic Centre on March 11.

Congratulations must go to our entire Zone team and their parents who came along to cheer them on, you were all fantastic and we truly appreciate your support!



Cross Country

Cross Country will be held on Monday 14th March at Beacon Park. This park is located behind St Joseph's and within a 5-10 minute walking distance.

Due to the limited shade and toilet facilities, students will walk across in their class groups prior to their race. They will then return to school to complete the rest of their day. Parents are welcome to attend. The schedule of events is as follows:

1. 12 Boys & 12 Girls
2. 11 Boys & 11 Girls
3. 10 Boys & 10 Girls
4. 8/9 Boys & 8/9 Girls
5. 7 Boys & 7 Girls

It is estimated that the first group will begin at 8:50am and we will then progress through the races. Unfortunately, due to the new venue we cannot give a more accurate time of when each event will be held. Apologies for any inconvenience caused.

Permission notes will be issued via Skoolbag. Please ensure you have completed this form by **Monday 7th March**.

Kimberley Turner
Sports Coordinator

Health Update

What is The Big Veggie Crunch?

The Big Veggie Crunch is a fun health promotion event to help our community UP THE VEG. Our school will be taking part in The Big Veggie Crunch (part of Vegetable Week).

When is our school participating in The Big Veggie Crunch?

Thursday 24th March at 9:30am

Primary schools across NSW will be joining together to break the record for the most students crunching vegetables:

- 50,260 students crunching simultaneously (2018 record)
- 14,991 students crunching at other times over Vegetable Week (2019 record)

What can you do to help?

- Pack a container of vegetables (**not fruit this time**) for your child to eat on **Thursday 24th March**.
- Remember to keep serving up the vegetables at home and in your children's lunchboxes. Check out the flyer below or click [UP THE VEG at Home](#) link resource for ideas.

If you require more information on what activities our school is doing over Vegetable Week, please contact the school or your child's teacher.

Kimberley Turner
Vegetable Week School Coordinator



UP THE VEG ACROSS THE WHOLE SCHOOL

Your school is involved in Vegetable Week & The Big Veggie Crunch.

It's a no-cost school-based health promotion event that encourages kids to eat more vegetables. The event is funded by NSW Health. Read on for activity ideas to include your whole school community in encouraging everyone to eat more vegetables!



SUPER CHARGE THE BIG VEGIE CRUNCH!

Try to get as many of your classes and students involved in The Big Veggie Crunch. Not only will it help to break the record for the largest number of NSW primary school students eating vegetables simultaneously, but it will make veggie eating exciting for your students – now that's worth crunching about!

If you need help to get organised, check out the *Get Ready! Get Steady! Get Crunching!* resource*. It has tips on how to get ready for the big day and even includes a planning template.

INVOLVE THE SCHOOL CANTEEN

The canteen is where kids get to use their purchasing power! Encourage them to eat more veg by putting more veg out there.

We all know the items at eye level on the counter are the ones that get purchased. During Vegetable Week, place lots of colourful and tasty veggie-ful (Everyday!) snack items where the kids can't miss them. Price them favourably and ask canteen staff/volunteers to promote them to the students.

You can also 'up the veg' in your standard menu items by providing a free pack of vegetable sticks or side salad with hot meals and extra vegetables in sandwiches, wraps and burgers.

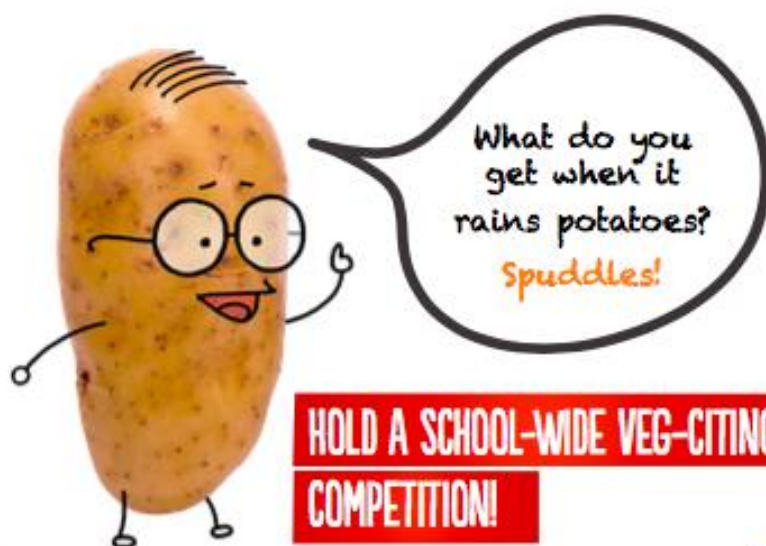
Or why not try some of the school canteen ideas from previous Fruit & Veg Month events?*



In partnership with



**HEALTHYEATING
ACTIVE LIVING**



HOLD A SCHOOL-WIDE VEG-CITING COMPETITION!

Some ideas include:

Run a vegetable joke or riddle competition. Students (and staff!) submit their favourite vegetable joke or riddle. Selected entries can then be read over the loudspeaker each day throughout Vegetable Week.

A story writing or graphic novel competition centred around vegetables as superheroes, e.g. Captain Veg to the Rescue or The Amazing Adventures of Super Carrot.

Design a new vegetable drawing or picture collage competition.

Vegetable guessing competition. Provide clues each day over Vegetable Week and classes or house groups submit their answers at the end of the week to see who gets the most vegetables correct!

What am I? I am one of the crunchiest vegetables. I am related to parsley. I am a root. A carrot!



MAKE YOUR CRUNCH LAST LONGER

Use Vegetable Week & The Big Veggie Crunch to trial or relaunch Crunch&Sip® at your school with an extra focus on vegetables. Most kids eat enough fruit but only ~6% are eating enough vegetables. Your school may already have a fruit break, but Crunch&Sip® encourages students to bring vegetables, not just fruit. The Crunch&Sip® program also has lots of resources to help you communicate with parents on what to pack.

health.nsw.gov.au/health/schools/Pages/crunch-and-sip.aspx

COMMUNITY CRUNCH

Use the Schools Media Release* to let local media know what is happening at your school over Vegetable Week – a great way to promote yourselves as a health-promoting school!

Ask local vegetable retailers, growers or distributors to talk to the students about the paddock to plate cycle. Or organise selected classes to visit a local community or market garden or walk through the local fruit and veg shop.

If possible, involve your parents by inviting them to a vegetable morning tea or long table lunch table. You want the 'eat more vegetables' message to be heard at home. So, let them see it in action at school!

Post about your event on social media to spread the message further. Remember to tag Healthy Kids using @healthykids.au for Facebook, @healthykidsau for Twitter and @healthykidsau for Instagram and use the hashtag #BigVeggieCrunch so we can find your post.



Enrolments for 2023

Enrolments for Kindergarten in 2023 (and other grades) will open shortly. If any family has a child to commence school next year, please download and complete the enrolment form available on the school website as soon as possible so that we know how many places we will have available for new families.

Please notify any new families interested in attending St Joseph's Primary, to register their commitment to joining our community by clicking on the link:

<https://www.stjosephsschofields.catholic.edu.au/Enrol-Now/How-to-enrol>

Please see attached flyer for details about our upcoming Open Day.



Open Day

Our new buildings are open to families seeking enrolment for their child.

Saturday 12th March
10am - 2pm

School tours for new families will be available on Thursday's 5th, 12th, 19th & 26th May between 3pm & 4pm.

First round offers close
Friday 3rd June 2022

St Joseph's Primary
78 Alex Avenue
Schofields

Please Register to Attend via our website
www.stjosephsschofields.catholic.edu.au/Enrol-Now/Tours-and-Events
Children are welcome. COVID safe guidelines to be followed.

School Fees Update

The 2022 School Fees Statements have been posted to your home address.



If you don't receive this statement by 4th March, please contact the office on 8869-8100 so we can send you a copy.

The first instalment of fees is due to be paid by 16th March. If you wish to take up the offer to pay by instalments by BPoint or BPay, please complete the forms online by using the link provided on your statement.

These forms need to be submitted by 15th March so the first instalment can be paid on 16th March.

Going Home Arrangements

Earlier this term we sent out google forms by grade asking you to complete your child's going home arrangements. Thank you to the families who have filled this in, however, there are still quite a few families who need to respond. We ask if you can do this for EVERY child in your family as soon as possible to reduce any issues.

*If you should need to temporarily change your child's pick-up arrangement, **please call the school office by 2pm on 8869-8100.***

If your child usually attends COSHC and you have changed arrangements, please contact COSHC as well as the school on **0400 468 599** or ***stjschofields@cdpsl.org.au***

Please click on the relevant link for your child's grade.

[Kindergarten 2022](#)

[Year 1 2022](#)

[Year 2 2022](#)

[Year 3 2022](#)

[Year 4 2022](#)

[Year 5 2022](#)

[Year 6 2022](#)

School Student Travel Update

School Student travel information for parents and students from Transport NSW.

School Travel Passes

Students who need a School Opal card or travel pass but have not yet applied need to [apply](#) or [update](#) their details as soon as possible.

In the Opal network, students should travel with a Child/Youth Opal card until they receive their valid School Opal card. If outside Greater Sydney, parents should contact their [local bus operator](#) to discuss their travel needs.

New Student Opal cards (including new Term Bus Passes) will be sent to the student's nominated postal address within two weeks of their application being approved.

Students living in rural and regional (R&R) areas will receive their travel pass from their nominated transport operator. It may be issued via their school or be sent directly to them at home. **Note:** some R&R operators do not issue travel passes. Students/parents should confirm with their nominated operator if they do not receive a pass.

Terms of Use

Students using Opal cards must tap on and tap off in line with the [Opal terms of use](#).

All students are required to comply with the [Student code of conduct](#). The code of conduct aims to ensure the safety and well-being of school children and other passengers. It is important that parents ensure their child is aware of this, as failure to comply with the code of conduct can result in a suspension from travel.

Change of Details

Have you moved house or changed your phone number?
Have your emergency contact details changed?



If so, please contact the office via phone 8869 8100 or email stjosephsschofields@parra.catholic.edu.au, so an electronic form can be sent.

It is vital we have up to date contact details in case there is an emergency.

Stay Connected with Us

	Phone 02 8869 8100
	Facebook St Joseph's Primary School, Schofields NSW
	Website https://www.stjosephsschofields.catholic.edu.au/
	Email stjosephsschofields@parra.catholic.edu.au
	Seesaw Family – Parent App An app to connect to your child's Seesaw Class account, view completed activities and communicate with the teacher
	Seesaw Class – Student App An app to connect your child to complete assigned activities by their class teacher
	Skoolbag Please download the app, add our school and select the correct year group for your child/ren. See below instructions <i>This is our main communication for information.</i>
<ul style="list-style-type: none"> • Notes for the WHOLE School will go home on Skoolbag. • Messages to teachers can be sent via Seesaw • Messages from teachers to parents/carers of their class are also sent via Seesaw • The School Newsletter is sent via Skoolbag and can be found on our website as well 	

The SkoolBag - Single App

Instructions for Parents

The SkoolBag "Single App" enables users to add multiple schools to one app and is frequently updated with bug fixes and improvements. It's the most reliable way to keep your community informed with SkoolBag.

Download Instructions

For Apple Users

1. From your iPhone/iPad, open the Apple App Store and search for "SkoolBag" or follow this [link](#)
2. Download the free SkoolBag app
3. Open the app, and add your school and you're ready to go!

For Google Android Users

1. From your Android device, ensure you have an account in the Google Play Store
2. Open the Google Play Store and search for "SkoolBag" or follow this [link](#)
3. Download the free SkoolBag app
4. Open the app, add your school(s) and you're ready to go!

Stay informed with the SkoolBag App

The SkoolBag app is the easiest way to stay up-to-date with school events, last minutes notices, newsletters and **all** school communications.

- 1 Download the app**
Search for the free SkoolBag app in the Apple App or Google Play Store
- 2 Create an account**
Sign up in seconds with your email address
- 3 Add your school**
Search for your school and add your subscription groups

SkoolBag

9:41

SkoolBag

Don't forget to download our school's SkoolBag app to ensure that you are kept in the loop on:

- * School newsletters
- * Notices
- * Events
- * Cancellations
- * Reminders
- * ...and more!

INSTALLATION INSTRUCTIONS

Just download the "SkoolBag" app on your phone, open the app and add our school!

Photos from the Playground

Slippery Dip is now open!

It has had a thorough clean after all the construction and is now ready for action!!!

Year 4 were the lucky first to have a go....

