Our vision says: In our community we aspire to create a just world that promotes the dignity of every human person.

NEWSLETTER NO: 24  Thursday 14th August 2014

*** Supervision of students at St Joseph's School is from 8.35am until 3.20pm ***

SCHOOL OFFICE HOURS
8.45am – 3.30pm

PRINCIPAL
Mr John Faulkner

ASSISTANT PRINCIPAL
Mr Justin Colley

ADMINISTRATION OFFICER
Mrs Sue Lucas

DATES TO REMEMBER

AUGUST
13th  Friendship Groups
15th  Hooptime
16th  Hot lunch day
17th  Term 3 fees payments due
18th  Book week begins
19th  Book character dress-up day
21st  Hooptime
     2015 Foundation class enrolment and information evening
27th  Community Conversations 9am

27th  School Assembly 2.30pm
21st  Melbourne Writers’ Festival starts
22nd  SRC surveys due
23rd  Read in bed day
25th  2015 Foundation (Prep) drop in
     9-9.40am
26th  SAB Meeting 7.30pm
27th  Parish Board meeting

SEPTEMBER
1st   Hats on day
2nd   PFA meeting 7pm
3rd   School Assembly 2.30pm
5th   Fathers’ Day stall
7th   Fathers’ Day
9th   The Pinafore Pirates – Matinee
       and Evening performances
11th  The Pinafore Pirates – Evening performance
17th  Friendship groups lunch
     School Assembly 2.30pm
19th  PFA footy dress up day
     Term 3 finishes at 1.20pm

G’day parents and friends,

JOIN THE GROWING BAND AT TIQBIZ!
As a refinement, could everyone please tick Whole School as well as ALL the classes in which you have children, and if you wish the SAB and PFA. You need to go back into find to locate any new groups. So far the connections we have are:

Whole school 40, Foundation 20, Middle B 17, PFA 16, Junior B 12, Senior C 11, Senior V 11, Middle TV 11, SAB 11, Junior OB(R) 9, Future Enrolments 7.

During the last week appointments have been planned by individual parents, absence notes have been sent, and Foundation parents were informed of the excursion bus pick up time!

Surveys: HAVE YOUR SAY

Sixty families were randomly chosen to complete a survey on the school. Have your say!
Any questions please contact me. They can be completed as hard copies or online!
Due to office Friday 22/8.
Today we have 27 replies, a few of which were done on line!

Yesterday we shared two CCs, with very positive responses.
Seventeen parents were joined by some of our senior students. The students were extraordinary in the competent and mature way they participated, as equals with the parents! We could not be prouder of them! We came up with a growing and varied list of suggestions to improve our home and school teamwork!
Please let us know if you are coming to our next CC on Wednesday at 9am. It is a very gentle, easy non-threatening process!

We are playing around with the weekly newsletter and welcome feedback, and any examples of good ones you consider may provide us with ideas!
Watch this space!

God bless us all, John

Cleaning the Classroom: Today was a vibrant and productive day, with students taking ownership of their learning environment. Classrooms were transformed with creative displays and collaborative learning spaces. We are looking forward to a week filled with engaging activities that will enhance the learning experience for all students.

Information: Foundation 2015

New 2015 families and those considering attending are invited to an Information session at 7.30pm on 19 August. Spread the news!
Yesterday morning we held a well-attended conversation involving parents, children and staff in the staff room. This conversation was all about strengthening the “sense of belonging” at St. Joseph’s and building stronger relationships.

Some of the questions for the conversations were:
What could the school do to support parents as partners in their children’s learning?
What does youth in the school do really well?
What is the biggest difference between when you attended school and your child's experience now?

**The Community Conversation** went for one hour and the feedback from everyone was that we should do lots more of this and include as many people as possible.
Next week’s newsletter will contain some of the feedback given.
Don’t forget to attend next Wednesday’s Community Conversation (August 20th) at 9am in the staffroom.
ALIVE IN OUR FAITH

Cake Designs

SOCIAL JUSTICE

Catholic Social
Teaching Principles

Stewardship of Creation

The Common Good

Stewardship of Creation

This display board in our foyer is saying:

This is on what we are called to act!

Karen McQuade,
Christian Life Leader

Weekend Mass Times

Saturday – 4.30pm
Sacred Heart Church, Warburton

Sunday – 9.00am
St. Thomas à Becket Church, Yarra Junction

LAST WEEKENDS
READINGS

Nineteenth Sunday in Ordinary Time

First Reading: 1 Kgs 19:9.11-13
The Lord passes by Elijah as a whisper.

Responsorial Psalm: Ps 84:9-14. R. v.8

Second Reading: Rom 9:1-5
Serving Christ involves some pain.

Gospel Acclamation: Lk 19:38

Gospel: Mt 14:22-33
Jesus walks on the water.

THIS WEEKENDS
READINGS

Twentieth Sunday in Ordinary Time

First Reading: Is 56:1.6-7
The Lord’s justice is about to be revealed.

Responsorial Psalm: Ps 66:2-3 5-6. 8. R. v.4

Second Reading: Rom 11:13-15. 29-32
God’s gifts are irrevocable.

Gospel Acclamation: Mt 4:23

Gospel: Mt 15:21-28
A Canaanite woman asks Jesus to heal her daughter.
Junior Writing
The junior classes have been working on narrative (story) writing. They have been writing “sizzling starts” and have begun to work on adding a backfill – using descriptions of the setting and / or characters to get the reader interested in the story.
Here is a sample:

*I am too old for this!*
*As the granny slid across the snow quickly, she could hear the crowd talking, shouting and screaming. The wind was brushing past her, the red blanket flapping behind her.*

Zinnia

*Oooh! A monkey is scratching. He woke up feeling really itchy. His hairy, old mother told him to go to the orange and green holy temple and rub his back against the hard, stony wall. Mecko wondered if his old, smelly bed was covered in fleas and if the mosquitoes had bitten him in the night.*

Riley
I love the singing birds tweeting in the trees.
I love the green healthy grass that smells like dandelions growing out of the ground.
I love the hard wind blowing on the leaf coated trees.
I love the clouds racing around the sky.
I love the jewel sea and the crystal lakes.
I love the shining colourful rainbows, the bright shining moon shining over the mountains the trees and the valleys.
I love the rain landing on the trees the raindrops forming into immense drops and slowly fall onto the ground.

By: Mychal Enever

My Country

Don’t get me wrong. I love England but I love some place more. England is a haze of ordered gardens and woods.

My love lies in a brown country, where the sea meets the sky. The mountains gleam in the sunset. The plains stretch out as far as the eye can see.

The bare white gum tree forests seem to glow in the moon. Noon is so hot you sweat all over. The dense green forests entangle anything that comes by.

The never ending blue sky is pitiless. The cattle fall and die. When we think all hope is lost we are cleansed by cool soothing rain.

The gold doesn’t just come in shades of yellow but in red, orange, green, blue and violet. The country throws us challenges which we take on each day.

A heart of opal the country has, free to be its self. If you do not love her, you will not understand. My heart belongs there wherever I may die. I hope I get to go there before I forget all her splendidors. The wonder of my world, Australia.

By Violet Hall

In Senior V, Students have been focused on the imagery and story behind poetry. We read the famous Australian poem “My Country” by Dorothea MacKellar. Students wrote their own version of the famous poem or wrote a narrative about My Country using the poem for inspiration.

Below are two examples. Please come and read more My Country pieces in the shared area in the South Building.
Parenting ideas

INSIGHTS

Building parent-school partnerships

WORDS Jenny Brockis

Raising calm kids

With childhood and adolescent anxiety on the rise there’s a simple but powerful technique that all kids should practice. Parentingideas contributor Dr. Jenny Brockis explains the link between quiet time and the development of calm in kids.

Let me share the stories of two very different kids who shared a common challenge.

The first is Isobel. From her first day of school, Isobel would cry incessantly when her mum tried to leave. In primary school she made a number of friends but lacked self-confidence. By the time she was in secondary school, she was known as a bit of a loner. In Year 10, Isobel started missing school.

The second child is Jamie, who was always a bundle of energy. He had continuous ants in his pants. His hyperactivity led him to be assessed for attention deficit disorder, though this was ruled out. His teachers found his classroom antics difficult; he would constantly distract the other kids and muck about. Jamie ended up being suspended from school.

As you can see, Isobel and Jamie were two very different kids. But the challenge they faced was eventually recognised as being the same: anxiety.

While not always as severe as that suffered by Isobel and Jamie, anxiety—especially in those under 25—is increasing at an alarming rate. It’s thought that the constant busyness of modern life, with little or no down time, is part of this problem. New technology allows our kids to connect with each other constantly, but paradoxically this has led in some instances to a huge sense of disconnect—and to anxiety.

Our brains were not designed to be constantly stimulated. All brains need some time out. In a constantly connected world what we need is more balance.

So what can we do to help our kids restore this balance?

One of the most effective ways is to help children to know how they can proactively quiet down their mind, especially if it’s making them feel mad or sad.

You can teach your kids how to enjoy quiet time. Here’s a technique that works well.

TIPS FOR QUIET TIME

1. Choose a time that suits you and your child. Many or evening, just what ever works best for you as a family.

2. Schedule in ten to fifteen minutes for the practice. You may need to start with just two to four minutes at first.

3. Find a place that allows your child to stay quiet. This could be their bedroom or any other room in the house that they like being in and in which they can feel relaxed.

4. They can choose to sit or to lie down on a blanket or rug on the floor. Try to avoid their bed as they may fall asleep, which isn’t the purpose of the exercise. Get them to gently close their eyes or look down towards the ground. Now it’s time for them to take a slow deep breath in through the nose, hold it for one to two seconds and then breathe out. Get them to do this two or more times.

5. After the third breath, ask them to continue breathing in the same way, now noticing the air as it passes in and out through their nostrils. After the next ten breaths, direct their focus to the rising and falling of their chest or tummy.

6. The next sequence requires them to notice any tension or muscle tightness in their shoulders, tummy or elsewhere and then, on each breath out, to let all that tension just fall away, enjoying the sensation as they allow their muscles to become more relaxed.

7. Continue with the breathing exercise until you reach the end of your allotted time. When it’s time to stop, your child can just open their eyes, wriggle their toes and fingers and after a moment or two get up to resume the rest of their day.

Practicing regular quiet time should start to produce some positive differences quite quickly. Once they have mastered the technique, it will always be available to them any time they feel over anxious or stressed. Just three deep breaths may be all they need.

Stay one step ahead of your kids with great ideas & expert advice from Michael Grose. Join Michael’s NEW Parentingideas Club today at parentingideasclub.com.au. You’ll be so glad you did.

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Hot Lunch Day- Friday 15th August. Yum!
Shopping Tour- Saturday 23rd August. A great social day out with a bit of retail therapy, while we raise money for the school. Payment is now due. Please send in your $28 per person, in an envelope with your name and the number of people attending on the front. You can also hand the payment to Cathy Linder. Tickets are still available. Invite your mum, sisters, daughters and friends! We will be visiting 11 outlets on the day which may include places like Russell Athletics, Sirocco, Kitchen items, Manchester, kid’s clothing etc. See Cathy Linder regarding tickets, or to help choose the outlets we will be visiting; or leave your name and contact number at the office if you are interested in coming.

Morning Tea- come to the staffroom for morning tea and a chat. We will hold one on the 1st Friday of each term, and then the 1st Friday of each month. Younger children welcome.

Dates to mark in your diaries:
- Father’s Day Stall – Friday 5th September
- Footy Day – Friday 19th September
- Lapathon - Monday 20th October
- Twilight Sports Night – Friday 24th October

Have a great week!

Yarra Valley Uniforms
Ph: Donna 0427 516 375
Open on Thursdays at 3pm.

Information and Referral Service Ph: 59671769
OPEN: Wednesday, Thursday, Friday 9:30 am-1:30 pm
At the Family Centre- Yarra Junction

SERVICE HOT SPOT – August 2014

- Employease are offering training in Certificate I in Transition Education in Lilydale and Healesville. This is government funded training for anyone who is disadvantaged and focus on improving self confidence, identifying opportunities for the future, rights and options and social interaction. Contact Deb on 9761 2156
- Vegetarian cooking classes are being held at the Redwood Centre in Warburton. Wednesdays at 5:30pm. $5 per person, families welcome. Call 59662320 for more details
- Connections Uniting Care Services for the outer eastern region include: Integrated family Services, Starting out programs, clinical services counselling and group work programs. Contact 9724 2222.
- Valley Life- local professional counselling and mentoring services - sliding scale for fees. Limited after hours service. Holistic counselling for couples, individuals, families on a long or short term basis. Contact Adam on: 0418 308 819.
- MY initiative positive behaviour support. MY initiative is a not for profit organisation providing specialised services to people who engage in behaviours of concern. Outreach services can be provided at home or in the community. Direct support to a person who requires specialist behaviour support for respite, recreation, mentorship or other kinds of social support. This is a fee for service program however funding can be sourced through outside agencies. Contact 9481 2748.
BOOK CLUB NEWS
Issue #6 of the Scholastic Book Club order forms are being sent home with the children this week. Please return any orders by Friday 29th August, thank you.

Kids, it’s Children’s Book Week on 16th - 22nd August. Remember to come in and visit the library to view and read some of the Children’s Book Council’s “Book of the Year” Awarded books. We also have some colouring-ins, activities for you to do with a friend & book marks for you to make and take home. We’d love to see you in the library!

YARRA JUNCTION LIBRARY

The Reading Hour

TUESDAY 19 August, 6-7pm

Come along to enjoy some hot buttered raisin toast, and lots of new books to take home.