



St Joseph's Primary School School News

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Thursday 21 November 2019

November / December 2019

Empowering and challenging students to become lifelong learners

Week 6 17/11	18/11	19/11	20/11	21/11	22/11	23/11
	Kinder transition 9am-12noon 2.40pm Liturgy/ Assembly	Library	Canteen ,Sport Newsletter Diocesan Spelling & Maths Bees Singleton 7pm UHCM Recital		SJA Orientation (Yr 7 –2020) 11am UHCM Concert	
REDGUM BOOK FAIR						
Week 7 24/11	25/11	26/11	27/11	28/11	29/11	30/11
Mass 8.30am		Library Diocesan Public Speaking—CSO	Canteen	Swimming Stage 3—SJA Back to the 80s	Swimming	Mass 6.00pm
	2.40pm Liturgy/ Assembly					
Week 8 1/12	2/12	3/12	4/12	5/12	6/12	7/12
1st Sunday of Advent	Kinder transition 9am-12noon 2.40pm Liturgy/ Assembly	Library	Canteen Newsletter School Captains Speeches 10.30am	Swimming	Swimming	
Week 9 8/12	9/12	10/12	11/12	12/12	13/12	14/12
Mass 8.30am 7pm Town Christmas Carols Apex Park	Year 6 Retreat 2.40pm Liturgy/ Assembly	Library	Canteen Presentation Night 6pm School of Arts	Swimming	Swimming Carnival	Mass 6.00pm

Children Learn What They Live



If children live with criticism, they learn to condemn
If children live with hostility, they learn to fight
If children live with fear, they learn to be apprehensive
If children live with pity, they learn to feel sorry for themselves
If children live with ridicule, they learn to feel shy
If children live with jealousy, they learn to feel envy
If children live with shame, they learn to feel guilty
If children live with encouragement, they learn confidence
If children live with tolerance, they learn patience
If children live with praise, they learn appreciation
If children live with acceptance, they learn to love

If children live with approval, they learn to like themselves
If children live with recognition, they learn it is good to have a goal
If children live with sharing, they learn generosity
If children live with honesty, they learn truthfulness
If children live with fairness, they learn justice
If children live with kindness and consideration, they learn respect
If children live with security, they learn to have faith in themselves and in those about them
If children live with friendliness, they learn the world is a nice place in which to live.

From the Principal . . .

It is terrific to be back after nearly three weeks off with ankle surgery. I wish to personally thank all the parents, students and staff for their very warm welcome back.

My sincere thanks to Mrs Hagley, for the magnificent job she did as the Acting Principal. It was very pleasant to walk back into a school that was absolutely humming, where students were happy and learning. Thank you Mrs Hagley!

Staffing 2020

As we come towards the end of the school year, we will, sadly, be seeing two very well-respected, dedicated and loved members of our staff depart at the end of 2019.

Mrs Samantha Kerr will, at the conclusion of the year, be leaving St Joseph's to take up a contract at St Mary's Scone. Mrs Kerr arrived at St Joseph's in 2012 and her hard work, dedication, willingness to go "above and beyond" and her terrific, friendly personality, make her a great loss to us. Mrs Kerr's ability to see a need and do something about it is an excellent quality, along with her outstanding organisational skills, which will be sorely missed. Sam has elected to take this contract in order to be closer to her home in Scone. Not only will we miss Mrs Kerr, but her husband, Gordon and daughter Madeleine very much.

Miss Rachel Houlahan will also, sadly be leaving us at the end of the year. Miss Houlahan arrived in 2017 and she has learned so much from the experience of being at our school. She has an enthusiasm for teaching, a deep care for the students and builds excellent rapport with both staff, students and families. Miss Houlahan took on the role of Lead Teacher of Wellbeing this year with great effect. Rachel has also become a very active member of the Merriwa community, joining local tennis, touch football and netball teams as well as community events such as

Park Run. Rachel has taken leave this year to be with her twin sister, Molly, in Townsville. She will be teaching in Townsville at Holy Spirit Primary School.

Ms Bianca Bradshaw will be leaving us for at least 12 months as she will be giving birth to her third child. An exciting time ahead and we wish her and Tim all the best for the impending birth as well as Bradley and Billy on a new addition. Ms Bradshaw's tireless work in the Library engages and stimulates children's love of reading. Her organisation of Book Week this year was outstanding.

Mrs Laura Smede will be taking Ms Bradshaw's position for the 12 months in Library. We congratulate her in obtaining that position.

St Joseph's is blessed to have been granted two Targeted Graduates from the Catholic Schools Office's Graduate Teacher Program. Each year, the CSO sponsors up to six Year 12 students, who wish to become teachers with the reward of obtaining quality teachers to our Diocese.

I am pleased to announce that **Miss Naomi Rodwell** and **Miss Sammi Love** will be with us in 2020. They are both very passionate graduates with a love of children and teaching in general. They will come to us with fresh ideas and a "coachability" which will be infectious.

We still have one position which requires filling, which is the 0.5FTE position, co-teaching with Mrs Hagley. Once I am able to announce this, I will complete staffing with the classes for 2020.

Although I am personally very sad to be losing three outstanding educators in Ms Bradshaw, Miss Houlahan and Mrs Kerr, I am very excited about the challenge of inducting and working with new colleagues in the years to come.

From the Principal . . . (continued)

We will have an opportunity to properly farewell our outgoing staff at our Presentation Night.

Maths Bee / Spelling Bee

On Wednesday 13 November, Abbey Rostron, Samuel Williams, Jeremy Hopkins and Cody Bates represented St Joseph's in the **Upper Hunter Regional Maths Bee**. This is the first time St Joseph's has hosted the four other regional schools for the Regional Maths Bee and it was terrific to see such enthusiasm to set the Joey's Room up by each and every staff member. Many thanks to our wonderful teachers!

Jeremy and Samuel both finished in third place, which was a sound achievement and one to be very proud of.

Cody and Abbey fared one better, both finishing runners-up and, in the process, qualifying for the **first ever Diocesan Maths Bee**, which was held yesterday at St Catherine's Catholic College, Singleton.

At the Diocesan Maths Bee, both Abbey and Cody were outstanding in their divisions. Abbey finished a very credible third after surviving many rounds of the competition. **Cody became the first Stage 3 Diocesan Champion** after his fabulous effort, out-calculating all competitors to take the victory! Congratulations Cody and Abbey!

We were also represented yesterday by Samuel Williams and Peter Hagley in the **Diocesan Spelling Bee** with both students serving our school with pride. Peter was equal fourth in Stage 3 and Samuel finished an outstanding second in Stage 1. Congratulations Samuel and Peter!

Thank you to Mrs Marzol and St Catherine's College Singleton for hosting the event.

Diocesan Public Speaking

Best wishes to the following students for their upcoming Diocesan Public Speaking competition, to be held at the Victor Peters Suite at the Catholic Schools Office, November 26.

- ◇ Kindergarten - Abbey Rostron
- ◇ Stage One - Jeremiah Raines
- ◇ Stage Two - Jeremy Hopkins

Remembrance Day

St Joseph's was proud to stand with the Merriwa RSL Sub-Branch and members of the community to commemorate Remembrance Day last Monday.

All students showed reverence and respect to our fallen as the service was held. The morning was a moving tribute to our fallen.

Thank you to the Merriwa RSL Sub-Branch and Mr Brion Booth for the invitation. Lest We Forget.

Colourful Kindies

It was terrific to see our Colourful Kindies back at school on Monday! Students enjoyed a variety of terrific activities with their teachers. The highlight was definitely the "Name Beading", it was great to see every one of our Colourful Kindies so active and participating so well.

The end of the session saw the children spending the Lunch break together outside and being looked after by their buddies.

It is not too late to enrol your child at St Joseph's for 2020. Please contact the Office on 6548 2035 or ashley.borg@mn.catholic.edu.au for more information.

Wellbeing Week – by Miss Houlahan

St Joseph's Merriwa celebrated **Colour Your Threads Day** on Monday 4th November. Every single student came to school dressed in bright clothes and even some colourful socks. Staff and students had a wonderful day raising awareness of positive education in our school.

Colour Your Threads Day was just the beginning of Wellbeing Week for Term 4. There were lots of different activities planned and organised for students during our Wellbeing Week, such as: writing gratitude and kindness cards, playing with play dough, painting, computer activities, making stress balls, yoga, writing using shaving cream and also learning some calligraphy skills.

The writing gratitude and kindness cards activity was thoroughly enjoyed by a group of students. They were very thoughtful with the decoration and layout of their cards and most importantly who they were writing their cards to and for what special reasons. Making stress balls was the most popular activity, with most students participating and getting involved. All students had an excellent yoga session with Mrs Austin. We would like to thank Nell Austin for her enjoyable and interactive yoga sessions with the students. I know that students felt calm and relaxed after their session.

Staff and students had a fantastic wellbeing week looking after ourselves and those around us.

This term, the school is focussing on emotional management for visible wellbeing lessons. Each class is teaching **Zones of Regulation**. Zones of Regulation is a curriculum designed to help students identify their feelings and emotional reactions and learn strategies that encourage better self-regulation. There are four coloured zones that categorise all the different ways we feel and states of alertness we experience.

Blue zone – your body is running slow (tired, sick, sad or bored)

Green zone – you are good to go (happy, calm and focused)

Yellow zone – proceed with caution and slow down, you start to lose control (frustrated, overwhelmed, silly, wiggly, excited, worried, anxious, surprised)

Red zone – extreme emotions, you are out of control, have trouble making good decisions and must stop (terror, uncontrolled anger, aggression)

We are encouraging students to stop and think how they are feeling and asking them what zone they think they are in. Throughout the term, students will learn what they look like in each zone, what other people look like in each zone, understanding different perspectives and understanding what to do when people are in certain zones.

School Captains

This year will see the first election of a School and Vice-Captain in some time. The Year Five students have been working to a leadership criteria throughout the last three terms in order to better understand the high standards we are trying to reach as a collective group of students for our leaders.

Over the coming weeks, you will see which students have nominated for the School Captain role. Please take the time to read the student's nominations and the character strengths our 2020 leaders possess.

Voting will take place for all students and staff after speeches are held later in Term Four.

Ashley Borg
Principal

VISIBLE WELLBEING

The Strength focus **this week** is – **LEADERSHIP**



What does it look like in our classroom?

- We listen to other people's points of view while ensuring things get done
- A teacher needs everyone's attention and we are able to get students to listen in a calm way
- We are fair when we are deciding what to do as a group, always listening to each person

What does it look like in our playground?

- We come up with a game and can organise others to play it in a respectful way
- Even though people are drawn to you, you don't have to always be the boss and controller of the games that are played.

Strength focus for **next week** is – **FORGIVENESS**

What does it look like in our classroom?

- When people behave in a selfish or mean manner and feel remorseful for it we are able to forgive them and move on
- We don't hold grudges

What does it look like in our playground?

- We have a disagreement with someone but we are able to see it from their perspective
- We never look to gang up on someone who has wronged us



Awards

Congratulations to our award winners for Weeks 4 & 5

Kinder

Charlie Barry – for her appreciation of Australian literature and enthusiasm during modelled reading

Eddison Raines – for his logical sequencing of words in sentence construction

Stage 1

Lilly Towell – for applying her knowledge of repeated halving to create fractions

Tess Grocott – for her knowledge and understanding of weather concepts in Science

Thomas Luke – for his gentle and understanding nature, enabling him to work beautifully in a team

Shyanne Beeney – for her amazing sense of fairness when interacting with peers, in the classroom and on the playground

Stage 2

Emma Grady – for always working cooperatively and trying her best when working in groups

Chad Booth – for displaying terrific effort and improvement on his reading and spelling strategies

Kirra Green – for displaying fairness by always treating others with respect and for including others in her activities

Jye Bates – for terrific improvement in his reading and for showing bravery in classroom presentations

Stage 3

Peter Hagley – for his excellent attitude to school life

Grace Booth – for her continual hard work in class despite distractions.

Arfan Isam – for demonstrating the ability to work well with anyone in the class (Teamwork Award)

Pia Henderson - for working well converting fractions to decimals to percentages

Cody Bates - for outstanding achievements at the Regional Maths Bee

Rachael Hunt - for displaying fairness by always treating others with respect and listening to everyone's opinions

Principal's Awards:

Cooper Smith - improved efforts in the playground of recent times.

Charlie Barry – for the warm greeting I get each morning. Such a terrific way to start a day so positively!

Levi Hourn – for showing courage and bravery in a difficult situation

Emma McLaren – her wonderful welcoming nature and positive attitude to school

Aidan Hunt – for his persistence with decimals and percentages

Lula Peebles – for being a kind, caring friend to all

Tess Grocott – for having a go at all new challenges

Archy Wallace – for trying so hard to improve in his learning

Congratulations!

 **Cancer Council NSW** SunSmart Snippet

The simplest way

... to reduce your child's skin cancer risk

2 in 3 people who grow up in Australia will be diagnosed with skin cancer in their lifetime.



Protect their skin in these FIVE ways:

- **Slip** on sun-protective clothing
- **Slop** on SPF 30 sunscreen or higher
- **Slap** on a broad-brimmed, bucket or legionnaire hat
- **Seek** shade
- **Slide** on some wrap-around sunglasses.

When you protect your child's skin, you reduce their risk of skin cancer.

To help keep your kids safe in the sun, check your schools SunSmart status by heading to www.sunsmartnsw.com.au

Religious Education News

Light Bulb Moments

Refreshing Reflections for Catholic School Staff

'Light of the world and salt of the earth' (Matthew 5: 13 - 16)

EMERGENCY

Trust in the Lord at all times, O people; pour out your heart before God; God is a refuge for us. (Psalm 62: 8)

- It is an emergency! We do not have any bread in the canteen. The truck did not come and lunch begins in 20 minutes. What will we do?
- It is an emergency! It is Monday morning. We have a social studies test scheduled at nine. The test is ready to go – but the photocopier is down. What will we do?
- It is an emergency! The computers are down. I need that file. I cannot work. Without a computer, what will I do today?
- It is an emergency! The police just called and we need to move to secure mode ... Now!

Emergencies come at unexpected times. They disrupt our routines and make day-to-day activities difficult to handle. They come in all levels of intensity and impact each of us in some way. Schools today are busy writing manuals to help when a crisis occurs. A crisis manual helps us know what to do in an emergency – who is in charge and what needs to be done. In just a matter of minutes, our crisis planning can lead us from a time of chaos to a time of calm. It can help us make the difficult manageable.

We function better when we have prepared ourselves for the emergencies that could occur and the steps that need to be taken in dealing with these temporary situations in our lives. The best preparation we can have for anything life may bring comes from God. God prepares us through the Word. As we regularly study God's Word, God readies us for emergencies and for every event of each new day, be it good or bad.

Are you surrounded by emergencies? Does the photocopier break down at all the wrong times? Does a lack of funds sometimes cause sleepless nights? We will always have events in our days that seem like emergencies. With God's presence and guidance, we can meet our day-to-day challenges with joy and confidence, trust and assurance. In Jesus, we can find joy knowing that he has everything well under control!

Thank you, Gracious God, for sending Jesus to deal with our greatest crisis and to redeem and save us. Thank you for having everything under control. Use us to tell others about you. Amen.

What will I do to take control of the 'emergencies' that come my way this week?



I remember my first teacher, that woman, that teacher I had when I was six years old, in first grade. I have never forgotten her. She is why I loved school. I visited throughout her life, until she passed away, at 98. Please, please don't let our love for school be taken away.

POPE FRANCIS, CHURCH FOR SCHOOLS DAY, ITALIAN CATHOLIC BISHOPS' CONFERENCE 2014



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I would like to thank the community of St Joseph's and St Anne's Parish for the opportunity to develop my love of learning and to be involved in such an amazing school and parish family.

I sincerely thank my colleagues, past and present, that have nurtured my teaching practice. The students of St Joseph's will always have a special place in my heart, and I am so grateful to have been a part of their school experience.

To our parents, it has been a privilege to work with you to establish a love of learning in your children. To the parishioners of St Anne's and Father John, thank you being such an incredible faith community. Our school is lucky to have our parish so involved in the spiritual development of our students. It has truly been an honor to be a part of such a special community.

On a personal note, I wish to acknowledge the vital role St Joseph's, St Anne's Parish and the local Merriwa community have had in providing Gordon, Madeleine and I with a sense of belonging and providing long lasting memories of the time we have spent in the community of Merriwa. Gordon and I have been so fortunate to have you all as members of the village it takes to raise a child.

St Joseph's Primary is an environment where students are empowered and challenged in their learning and supported to take on these challenges with optimism and hope for the future. These are values that I will take with me and proudly uphold as my very special connection to St Joseph's Primary School Merriwa.



Samantha Kerr

Diocesan Maths Bee

*Stage 3 Champion
—Cody Bates*

*Early Stage 1
Third Place
—Abbey Rostron*

Diocesan Spelling Bee

*Stage 1 Runner-up
- Samuel Williams*

*Stage 3 Fourth Place
- Peter Hagley*

with Mr Borg



VISIBLE WELLBEING

What's happening in Wellbeing lessons this term

This term students are learning about their emotions. They have one lesson a week learning about the Zones of Regulation curriculum.

Zones of Regulation help students learn about their own regulation system and how they can adjust it. The Zones use four colours to help students visually and verbally self-identify how they are functioning in the moment given their emotions and states of alertness.

Students have spent some time learning about each zone, how they might feel in each zone and what people look like in each zone (facial expressions and body language). Students will learn a variety of tools that they can use to regulate what zone they are in (calming technique, sensory supports and thinking strategies).

Here is information about each zone:

Blue zone – your body is running slow (tired, sick, sad or bored)

Green zone – you are good to go (happy, calm and focused)

Yellow zone – proceed with caution and slow down, you start to lost control (frustrated, overwhelmed, silly, wiggly, excited, worried, anxious, surprised)

Red zone – extreme emotions, you are out of control, have trouble making good decisions and must stop (terror, uncontrolled anger, aggression)





ASPIRE

MUSIC.DANCE.DRAMA

CREATE CHOREOGRAPHIC PROJECT

<https://aspire.mn.catholic.edu.au>

Please refer to the ASPIRE website for all ASPIRE information, forms, updates, photos and the newsletter from the Artistic Director

ASPIRE is again collaborating with internationally recognised Newcastle-based company Catapult Dance in 2020.

Building on the success of previous programs, the Create Choreographic Project will offer students enrolled in schools in the Diocese of Maitland-Newcastle the opportunity to participate in an intensive contemporary dance and collaborative choreographic program.

Students will be provided with a dance and performance art experience that is inclusive, non-competitive, creative and collaborative, and that reflects the working processes of the professional industry. Students will be encouraged to have a voice, and present their thoughts and ideas in a studio setting at the end of the program.

The Create Choreographic Project will run from Monday 9 March 2020 to Friday 13 March 2020.

Dancers will be split into Junior (Years 4-6) and Senior (Years 7-12) groups to create an original piece to perform. They will work alongside professional choreographers at Catapult Dance's studio in Newcastle West.

Secondary students need to have dance training. Primary students must have a genuine interest in and flair for dance, but don't necessarily have to attend dance lessons outside of school.

Students can register for the program by filling out an application form, which must be signed by a parent/carer and teacher from their school. Please forward completed forms via email to anne.atkins@mn.catholic.edu.au

Scholarship places are available for students in genuine need of financial assistance. Please contact Anne Atkins for further information.

PROJECT DATES

Junior	Monday 9 March 2020 – Tuesday 10 March 2020	9:00am – 3:00pm	\$60.00
Senior	Wednesday 11 March 2020 – Friday 13 March 2020	9:00am – 3:00pm	\$90.00

COST

To register please complete the form overleaf and return to Anne Atkins anne.atkins@mn.catholic.edu.au or call Anne Atkins on 02 4979 1331 for more information.

ASPIRE

ASPIRE
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CREATE CHOREOGRAPHIC PROJECT
REGISTRATION FORM

Student name: _____ Year: _____
 School: _____ Student email: _____
 Parent/carer name: _____ Parent email address: _____
 Parent mobile number: _____ Address: _____

Why do you wish to be part of the ASPIRE Create Choreographic Project?

What dance experience do you have?

Signed (Parent/Carer): _____ Date: _____

Application supported by (school teacher within the diocese)

Signed (Teacher): _____ Date: _____

To register please complete the form and return to Anne Atkins anne.atkins@mn.catholic.edu.au or call Anne Atkins on 02 4979 1331 for more information.

ASPIRE



ASPIRE

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JUNIOR THEATRE MAKERS 2020

<https://aspire.mn.catholic.edu.au>

Please refer to the ASPIRE website for all ASPIRE information, forms, updates, photos and the newsletter from the Artistic Director

Thursdays in Terms 2 and 3 in five different locations across the Diocese

Locations:	St Pius High School Adamstown	St Bede's Catholic College Chisholm	St Joseph's High School Aberdeen	St Clare's High School Taree	St Paul's Catholic College Booragul
Time:	4.00 pm – 5.30 pm	4.00 pm – 5.30 pm	4.00 pm – 5.30 pm	4.00 pm – 5.30 pm	4.00 pm – 5.30 pm

ASPIRE's Junior Theatre Makers Ensemble for Years 5 – 8 is again offering creative drama programs across the Diocese in 2020 throughout Terms 2 and 3.

Term 2 will be all about learning and skills with a focus on play building. Ensemble members will work through an array of exercises relating to character, physical and image based theatre. The ensemble will be led by a local theatre expert and will also receive a workshop from ASPIRE Artistic Director Anna Kerrigan.

Term 3 will be spent creating an original short performance piece which will be performed on **Thursday 24 September 2020 at the Civic Playhouse, Newcastle**. All five groups will come together to rehearse for the day before performing an integrated piece that evening.

This is a great opportunity to learn in a fun environment with like-minded students. Places in the program are limited and will be allocated on a first come first served basis.

Course Cost: \$250 (scholarships are available for those in financial need)

To reserve your place please complete a booking form online at the ASPIRE website <https://aspire.mn.catholic.edu.au> or call Anne Atkins on **02 4979 1331** for more information.





St Joseph's Merriwa P&F Association

4 Marquet Street, Merriwa NSW 2329

President
Mr Andrew Luke

Secretary
Mrs Fiona Wightman

Treasurer
Mrs Megan Constable

23 Nov Rostron family
30 Nov Smith family
7 Dec Towell family

CANTEEN ROSTER

20 Nov De Patterson & Jaleesa Wallace
27 Nov Suellen Pye & Leanne Hunt
4 Dec Berna Gabriel & Tess Williams
13 Dec **Swimming Carnival**
18 Dec

If you are able to assist in canteen please contact Teresa Williams on 0437 944 353

P & F would like to thank our recent Canteen Helpers — Jaleesa Wallace, Matthew Purcell, De Patterson, Sarah Booth and Tess Williams



THANK YOU

to the Raines and Ridding families who gave up some valuable time recently to clean the Aberdeen bus.



Best wishes to the members of our school community who celebrate their birthday over the next two weeks ...

Mrs Bradshaw



Book Fair this week!

Have you visited our Redgum Book Fair? There are some great bargains available including a variety of books and craft packs which make ideal Christmas gifts.



Closing next Tuesday 26th November.