

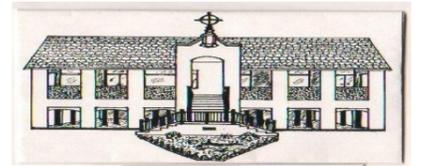


St Joseph's Primary School Gayndah

2018 Term One

Week Five

Newsletter Date
Wednesday
21st February 2018

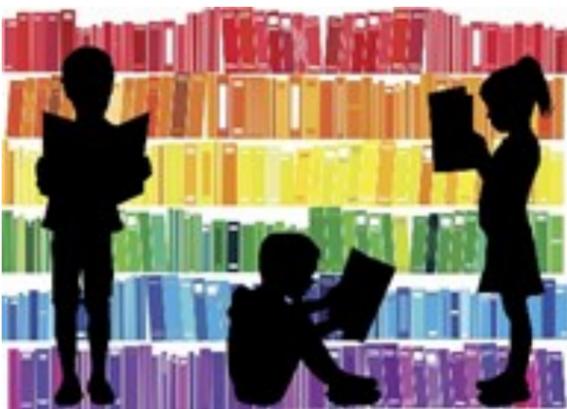


Principal's Letter to Parents

READING AND WRITING:

Parents, you make a difference to your children's reading journey!

Your role as an advocate for your children's reading success cannot be overestimated. It has a direct impact on the ease and confidence with which they pursue their reading and writing. It is the joy and love of sharing a good book on a nightly basis that sets the foundation for their reading success, and ensures that reading is given the priority it deserves. Reading regularly with someone who cares is the inspiration that all readers deserve.



As parents and carers, you create the home context for reading and set the tone for how reading is valued. Fear, anxiety, stress and humiliation have no place in the reading experience. The 'payoff' for reading together has to be worth coming back to night after night after night. When reading together is the best time of your children's day and the best time of your day, it is worth turning up. The right book infused with fun, laughter, and love goes a long way in creating life-long readers who in thirty years' time recall with joy being snuggled on the lounge with you and their favourite book.

Parents and carers who read aloud with children in a secure, safe and comfortable context motivate their children to read. (adapted from an article by Kaye Lowe)

ARE YOUR CHILDREN GETTING A GOOD NIGHT'S SLEEP?

On the subject of sleep, this might be a good time to consider the amount of sleep your child/children is/are getting and the quality of that sleep. The popularity of digital devices such as iPads, has led to a jump in sleep disorders, with experts warning the light emitted from digital screens can have a disturbing effect on the body clock. Most disruptive to the body clock is short wavelength blue light - exactly what backlit portable screens shine directly into the eyes. It is recommended that these devices are shut down up to two hours before bed time, to try to reduce the impact of these light sources on sleep.

It was reported in 2013 by Dr Quach from Murdock Children's Research Institute that Primary school children should get between 10 – 12 hours of sleep per night. Lack of sleep can be attributed to many problems children can experience in a school day if they are tired. These include aggressive and antisocial behaviour, being moody and irritable and the inability to concentrate on their school work.

How does your family stack up against this information? It is important that parents speak to their children about the importance of enough sleep and what they do in the time leading up to bedtime. Infant and child sleep problems are associated with an excess annual burden of \$27 million to the Australian Medicare system, according to new research by the Institute.





From the APRE



It is hard to believe that we have almost hit the half way mark of Term One. Last Wednesday, we began the Lenten journey and like Advent, Lent is a time to open the doors of our hearts a little wider and understand our Lord a little deeper, so that when Good Friday and eventually Easter comes, it is not just another day at church but an opportunity to receive the overflowing of graces God has to offer. But unlike the childlike joy associated with the season of Advent, with its eager anticipation of the precious baby Jesus, Lent is an intensely penitential time as we examine and reflect upon our lives and return to the God we have. Lent is also an opportunity to contemplate what Jesus really did for us on the Cross. But ultimately, the purpose of Lent does not stop at sadness and despair - it points us to hope.

Lent is a time a prayer, fasting and almsgiving.

Fasting is the practice of abstaining from food, either completely or partially, for a specific period. It is an ancient practice found in most religions of the world. Most religions designate certain days or seasons as times of fasting, such as Lent, Yom Kippur and Ramadan.

Today fasting is also linked to the call to love one's neighbour and as a symbol of identifying with the poor and hungry of the world. Aside from abstaining from food, the concept of fasting may also be extended to the idea of always using resources in a responsible and sustainable manner.

Almsgiving is tied closely with fasting. When fasting the money saved is donated to the needy through agencies such as Project Compassion. It is also considered almsgiving to give one's time and goods to those who are in need, that is, mowing lawns for the elderly, giving clothes to charity, visiting people who are house-bound, running errands for those who aren't mobile and other similar practices.

Here is a story from Caritas that illustrates how funds raised during Project Compassion are used. This is Janaki's story:

Janaki is a young entrepreneur from Nepal, who has turned her life around. Growing up in a world of poverty and disadvantage, coupled with a forced marriage at the age of 12, she was in a very vulnerable position. Even more so when her husband died just two years into their marriage. She's now running her own successful sewing business and has become an inspirational community leader.



In 2015, Janaki joined a youth club formed by Caritas Australia partners, Caritas Nepal and the Ekata Foundation Surkhet, as part of the Children and Youth Empowerment Program (CYEP) which provides youth with job skills and income-generating projects. She took a loan from the youth club to purchase her first sewing machine.

Two years on, Janaki has 11 sewing machines and is running her own business, teaching others and is considered a community role model.

"I'm happy that I'm motivating and teaching other people as well. I appreciate all those respected peoples of Australia who are supporting this wise cause, with your help, women who experience domestic violence and who are financially vulnerable are getting new hope in their life which I think is very generous and kind. I thank you from bottom of my heart." - Janaki

Fundraising is an opportunity to raise awareness about important issues, and a chance for the community to take part in a social justice action. We will host events to fundraise for **Project Compassion**...so watch this space.

In the meantime, each class has been provided with a Project Compassion box and we welcome any donations...no matter how small or great!

Keep smiling
Bec

Curriculum Corner - How to get the most from reading at home



Students often think they need to read fast so they can get through a text they're asked to deal with. But there's no point reading and not understanding or remembering what you've seen. A more important skill is to read with comprehension and memory.

Comprehension and retell of the events from the text is equally important when reading and will affect your child's reading ability. Your child may draw events in sequence, talk about the character's emotions or comment on why they did/did not like the book. All the discussion and dialogue you have with your child about their books will enhance their reading ability.

The same approach should be taken with their library book. Take the opportunity to read to your child and then discuss the events, what strategies you used for 'tricky' words or what they thought of the characters.



Here are few questions to ask your child before, during and after reading.

Before Reading

What do you think this book will be about? Why do you think that?
What do you know about the topic of this book?
Does the topic of this book remind you of anything you have done or seen before?
What are you wondering as you look at the front cover?
What are you wondering as you look at the front and back of the book?

During Reading

What do you think will happen next?
How do you think the character will handle this situation?
If you were in the story, what would you taste, feel, smell or hear?
What emotions is the character feeling? How do you know?
What does that word mean?

After Reading

What is the main message of the book?
What questions would you like to ask the author right now?
Tell me the story in your own words?
What were the most important events in the story?
If this story had a sequel, what do you think it would be about?
Did you like this book? Why or why not?

The Gratitude Project

Who can participate?	Anyone (Families, Staff, Students, Visitors)
Who do we thank?	Anyone (Families, Staff, Students, Visitors)
What do we do?	<p>Write a thank you note</p> <p><i>Example One:</i> Thank you Mrs Smith for helping me out with that Maths problem. I can now solve similar problems by myself.</p> <p><i>Example Two:</i> Thanks Mum and Dad for the sandwiches...they were delicious. The treat was awesome too.</p> <p><i>Example Three:</i> Thank you Harry for playing with me at lunchtime. I was feeling a bit sad today. It was nice to have someone to play with.</p>
Where do we put our notes?	A box will be left outside the school office - drop your notes in. A sample of thank yous will be read out at assembly each week - the rest will be delivered to the recipient. You do not have to sign your name if you want to remain anonymous.

STUDENT of the WEEK!

Week 4

Year 1/2 - Leon Slattery
 Year 3 - Oliver Sturgess
 Year 5/6 - Hugo Baker
 Prep - Nate Maxwell





FROM THE OFFICE:

- Don't forget to 'follow' our **St. Joseph's P & F Facebook** page!
- Spare 2018 calendars are available, please let the office know if you would like an extra for family members
- If you would like a Direct Debit form for 2018 school fees, please let the office know.

INSTRUMENTAL MUSIC PROGRAM

Classes are still available in a variety of instruments for both new and existing musical students. Please contact the office for more details or another information sheet/permission form.

VOLUNTEER STUDENT PROTECTION:

It is a mandatory requirement that all parents/grandparents and other personnel who work in *any capacity* in the school (not just in class, working bees, BBQs, fete), are required to complete the Brisbane Catholic Education Volunteer Student Protection online course prior to commencing. The course can be accessed on the right-hand side of the BCE Home page.

<http://www.bne.catholic.edu.au/students-parents/student-protection/Pages/Code-of-Conduct-Training.aspx>

After completion, please print off the completion certificate and bring to the Office. If you are experiencing difficulty with this, David Francis, Guidance Officer is happy to work through this with you on Thursdays. Please contact the Office to arrange an appointment.

The online course must be completed by **Friday February 23**. Thank you for your co-operation with this matter. Student Protection is everyone's business.

ICECREAM SANDWICHES TOMORROW

Year 5/6 are again selling their ever popular icecream sandwiches tomorrow for \$2 each!!!



TUCKSHOP:

Due to volunteer numbers, Tuckshop days will be once a month soon. If you can help, especially on a Thursday morning for 2-3 hours (even just once a term), please let the office know on 4161 1889 ASAP or contact Sarah Webster or Lisa Baker.

VOLUNTEERS NEEDED!

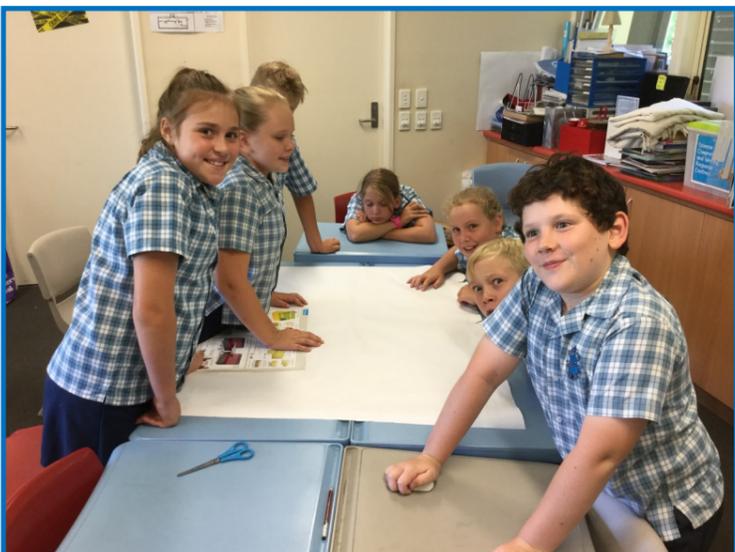


Sports News

PE with Miss O'Connor is on **Wednesdays**. Please ensure students are in sports uniform and have a hat and water bottle for PE lessons.

Well done to all students who participated in the Sports Gala Day for Gayndah team trials .

Around the school.....





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**“In All Things
Glorify God”**

**ST JOSEPH'S SCHOOL TERM
DATES 2018**

Term 1: Tuesday 23 January to Thursday 29 March (10 weeks)	Term 2: Tues- day 17 April to Friday 29 June (11 weeks)
Term 3: Tuesday 17 July to Friday 21 September (10 weeks)	Term 4: Tues- day 9 October to Friday 7 De- cember (9 weeks)

Community Notices

GAYNDAH HOSPITAL AUXILIARY - CENT SALE

Where: Bowls Club
When: Saturday 24th February
Time: Doors Open 12:30pm, start 1:30pm
Lucky Door Prize: Basket of fruit
Raffle: \$1 a ticket
Raffle Prizes: Coffee Maker, Coffee set and Meat Tray
Entry: \$5.00, includes afternoon tea
Enquiries: Phone 0438612453, 0429875363, 0419671206

WOODMILLAR BUS MEETING

Monday 26th February 4:30pm at St Joseph's lunch tables
Contact Ros O'Brien **0428 260 146**

NDIS

The National Disability Insurance Agency (NDIA) will present this workshop to help people to prepare for their first planning conversation and to explore what is included in the participant's NDIS plan. Come along and learn what is involved in a first planning conversation, and how you can best prepare.

Date Thursday 1 March
Time 10am – 12pm
Location Gayndah Shire Hall, 32-34 Capper Street,
Register at: <https://www.ndis.gov.au/event/gayndah-conversation-1mar>

Gayndah Show Society

Young Ladies of Gayndah
we are seeking entrants in our Gayndah
Showgirl Competition 2018

GAYNDAH MISS SHOWGIRL
18-28 yrs (must be 18 by the 1st August)

GAYNDAH MISS JUNIOR SHOWGIRL
(10-13 yrs AND 14-17 yrs
inclusive of that age for 2018)

**FOR NOMINATION FORMS OR FURTHER
INFORMATION CALL 0407 030 143**



Be Prepared...
for new adventure!

WHERE: Gayndah Scout Den, Cordelia Street, North Gayndah.
WHEN: Wednesdays 6:30pm to 8:30pm
PHONE: 0417 782 133 (Liz Gormley)

COME TRY - FIRST NIGHT IS FREE!!!!!!