

# ST JOSEPH'S PARISH SCHOOL NEWSLETTER

EDITION 201901 WEEK 1, TERM 1 2019



## Important Dates...

Friday 8<sup>th</sup> Feb - Beginning Year Mass 9.00am @ Church

- Meet & Greet BBQ 4.00pm @ 6.00pm

Tuesday 12<sup>th</sup> Feb – Parent teacher night Prep - Yr2 @ 5.00pm

Wednesday 13<sup>th</sup> Feb – Parent teacher night Yr 3 – Yr 6 @ 5.00pm

Monday 18<sup>th</sup> Feb - P&F AGM @ 7.00pm

Tuesday 19<sup>th</sup> & Wednesday 20<sup>th</sup> Feb – School review

# WELCOME to St Joseph's 2019



*Humility - Justice - Compassion*

Ph. 07 4069 9500

Email: [secretary.weipa@cns.catholic.edu.au](mailto:secretary.weipa@cns.catholic.edu.au)

Web: [www.stjosephsweipa.qld.edu.au](http://www.stjosephsweipa.qld.edu.au)

Boundary Road, Rocky Point QLD 4874 Postal: PO Box 1409, Weipa QLD 4874

# News from the Principal – Mrs Megan Pearce

**Father,  
We thank you for the opportunity  
to begin this new school year,  
and we ask that you bless  
the students, staff, and student families  
that make our school a great place.  
We pray that you will guide us in your ways,  
so that we will seek your will  
in everything that we do,  
and love others as you love us.  
We ask this in the name of  
Jesus Christ our Lord.  
Amen**

Dear Parents, Staff and Students,

Welcome back to the new school year. I hope you all had an enjoyable Christmas and New Year break. It was a pleasure to welcome all families back this week. The start of the new school year is a special time as children settle into new routines, make new friends and get to know their teacher.

The staff officially commenced last Monday, although many have been working at school over the past weeks in preparation for the term ahead. The teachers have worked hard to provide a very welcoming, organised and engaging classroom for the students. I wish to thank our staff for their dedication in preparing for the beginning of the year

2019 marks St Joseph's Parish School's fourth year of operation. As we embark on the new school year, I'm very excited about this next chapter we are about to write. Together in partnership, staff and parents can ensure that our strong foundations remain and that we continue to develop a culture of continuous improvement.

Our vision for 2019, is for all our students to experience academic success and wellbeing in a safe, nurturing environment where the Gospel values are a lived experience. We have identified that to achieve this we need to focus on improved attendance, learning engagement, reinforce positive behaviour procedures and embed already implemented effective teaching strategies.

If you have an issue or a concern, please know that we will try and deal with this together. If you need to discuss a concern with the teacher, please take the time to make an appointment as the mornings and afternoons can be busy for teachers. It is also important to know that the teacher is the first point of contact in dealing with your concerns. You are always welcome to speak with a member of the Leadership team after speaking with your child's teacher

Please know that my door is always open to you. I heartily welcome your conversation and positive input throughout this year. Let us always keep our students the primary focus of our work. I look forward to celebrating our collective successes during the 2019 school year.

Kind Regards,

**Megan Pearce**  
**Principal**

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## News from the APRE

Welcome back to the start of the 2018 school year. I hope you all had an enjoyable Christmas and New Year break. Each new school year brings with it the promise of what is before us. Who can believe that week 1 is complete and we look forward to lots of things up and coming for the term.

We all know that children receive the best education when parents and staff work as a team. Parents' enthusiasm, support and involvement are integral to the success of our school as are the skills, dedication and professionalism of teachers. Together, staff and parents can provide educational excellence for every student, so that they can achieve their personal best. Together, we can support one another to provide a friendly learning environment and celebrate our achievements.

We welcome your presence at school, encourage you to become active partners in the faith life of the school community, and invite you to attend any of our Mass, Liturgies and celebrations whenever it is possible. I would like to extend an invitation for all of our school community (including the Parish) to join us for our:

**Beginning School Mass to be held on Friday 8<sup>th</sup> February** in the Church. Father Dariusz will be celebrating the mass with us.

Involvement in school activities can vary from covering books, cooking sausages, helping move furniture and of course utilising your skills and talents.

I ask and encourage you all to become involved in some capacity with the school life and if you have something to contribute please let us know as in the coming months there may be times when we will need to call on the talents and skills of our wonderful parents.

It is also important that if you have any questions, concerns or ideas, please share with us so that we can provide the best possible learning environment for your child.

Over the coming weeks we will be busy with not only establishing routines, welcoming new families but this year I am looking forward to setting up a Faith Life Committee which will consist of any parents or grandparents who would like to be a part of enhancing the Catholic Identity of our school. One of our school priorities for 2019 is our Catholic Identity and to do this we will look at all areas of the Religious Life of the School and how we can enhance the Catholic Faith and incorporate diversity so we are recognised as a Dialogue School. This in simple terms means that even though our Catholic Faith is at the core we value all Faiths so as to enrich and deepen our own faith as a Catholic.

Finally, I ask that you keep up to date with happenings around the school via the following ways:

- School website <http://www.stjosephsweipa.qld.edu.au/>
- Facebook page
- Parent portal – important to keep log in and create a password as there are many items you can access from this portal.
- School office
- Teaching staff – your child's teacher should be your first point of contact.

Our first event will be our welcome BBQ on Friday 8<sup>th</sup> February, so we hope to see you there from 4 to 6pm.

Thank you and blessings for a great weekend,

*Amanda*

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*Dear Lord, Bless us all and bless this year of new beginnings. Smile upon our school community and surround us with the soft mantle of your love. Teach our community to follow in your footsteps and to live life in the ways of Justice, Humility and Compassion just like St Joseph. We ask this through Jesus Christ.*

*Amen*



## **IMPORTANT INFORMATION**

### **PREP STUDENTS**

This week our 26 Prep students experienced their first day of school! This is a momentous occasion for families and particularly special for the children themselves. For many of us our first day of school is etched in our memories, and often lifelong friendships are forged on this day. We thank our Prep families for entrusting your children into our care and we say WELCOME to St Joseph's Parish School.

### **"MEET AND GREET"**

We welcome most sincerely our new students, families and staff to our community and trust that in the coming years great relationships will flourish between yourselves and the school. All students and their families are invited to attend our 'Meet and Greet' next Friday afternoon, commencing at 4.00pm and finishing at 6pm.

### **PARENT INFORMATION EVENING**

There will be a Parent Information Evening on Tuesday 12<sup>th</sup> February (P-2) and Wednesday 13<sup>th</sup> February (3-6). All parents will gather in the Flexible learning space for a general school information session before moving to classrooms for information specific to that year level. We would like as many parents to attend as possible and will be having a door prize for extra encouragement. First prize will be \$250 discount off school fees, second prize is \$100 discount off school fees and third prize is \$50 on your flexischool account.

### **SCHOOL TIMES**

School commences at 8.35am each day. Please do your best to ensure your children arrive at school prior to this time. Supervision commences on the playground at 8.15am for all children. Children arriving prior to 8.15am should be enrolled into Outside School Hours Care which can be accessed through Weipa Community Care or supervised on the seats in the eating area by a parent. Children arriving after the 8.40 a.m. need to report to the office to collect a 'late slip' before going to class.

### **BELL TIMES:**

**Session 1** 8:35am – 10:40am

**Morning Tea** 10:40am-11:10am

**Session 2** 11:15am-1:10pm

**Lunch** 1:10pm - 1:45pm

**Session 3** 1:45pm-3:00pm

### **WEEKLY ASSEMBLY**

Assembly take place on a Friday afternoon from 2.20pm for a 2.30pm start. All parents are most welcome to join us at this time in the flexible learning space. The purpose of assembly is to reflect on the week. We pray together, affirm children with awards, focus on our weekly behaviour and share important news and information.

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## COMMUNICATION

Communication is an important vehicle between the family and the school, and I cannot stress enough the importance of you reading the newsletter, accessing the Parent Portal and the correspondence sent home from your child's teacher. These forms of communication are our main means of keeping you informed with what is happening around the school. Teachers can be contacted via email, or by calling the office to make an appointment. If you need to contact your class teacher urgently, please phone the school reception. As you would be aware, teachers are unable to meet with you once the bell has gone as they are responsible for the students in their class.

## PARENTS AND FRIENDS ASSOCIATION

All are encouraged to come along to P&F meetings. Keep an eye out in the newsletter for the dates.

## STUDENT ATTENDANCE

As we commence this term, let us keep a firm focus on the importance of children attending school each day for the full day. Good Attendance at school is essential if our children are to be given the very best opportunity to succeed and reach his potential.

The message is clear in the research Report: Every Day Counts. Being late for school or missing a day here and there soon adds up over time. Below is a useful summary highlighting just how significant it is when a child is absent from school 1 or 2 days a week, or when they miss a smaller portion each day. School participation helps children develop important skills, knowledge and values to further their learning and participation in the community. Attending school every day also helps your child develop crucial social and emotional skills such as good communication, resilience and the ability to work in teams.

We have been reviewing our attendance data for our school over the past 3 years. On average our attendance rate is at 83%. The average attendance rate for Catholic Schools in our Diocese is 92%. This means on average children at our school miss between 4 -6 weeks compared to children in Cairns who on average miss 2-3 weeks of learning. I'm sure you would agree that our children deserve the same opportunities for academic success as the children in Cairns schools.

Our hope is that by increasing awareness about the importance of children being at school on a consistent basis, we would be able to increase our attendance data for the remainder of this year and in future years to come. Of note, when reviewing the absentee data, many of our children are missing 1 or 2 days a fortnight. Another finding when reviewing our data, was that the highest levels of absence were in the early years. The early years of schooling are vital for establishing strong core foundational skills. Students who fail to develop these skills will have little chance of future academic success. It would be wonderful to see a reduction in this area. As the data in the table below indicates, a day here and there certainly adds up over a child's life time at school.

We have set an attendance goal of 92% attendance for 2019 (no more than 11 days absent) and will publish our attendance rates in the newsletter each fortnight. The class with the highest attendance rates each fortnight will get to celebrate their achievement. We value the support that families can give us in ensuring that children's absence from school is minimised so that learning can be maximised.

Regular school attendance will mean that your child has a better chance in life. Your child will achieve better when they go to school all day, every school day.

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What chance has your child of being successful? 1 or 2 days a week doesn't seem much but ....				
If a student misses ...	This equals....	Which is....	Over 13 years of schooling....	Which means the best your child can perform is.....
1 day per fortnight	20 days per year	4 weeks per week	Nearly 1.5 years	Your Child ***** Other children ***** Equal to finishing in year 11
1 day per week	40 days per year	8 weeks per year	Over 2.5 years	Your Child ***** Other children ***** Equal to finishing in year 10
2 days per week	80 days per year	16 weeks per year	Over 5 years	Your Child ***** Other children ***** Equal to finishing in year 7
3 days per week	120 days per year	24 weeks per year	Nearly 9 years	Your Child **** Other children ***** Equal to finishing in year 4

### ATTENDANCE PROCEDURES

If your child is absent from school please ensure you contact either the school office. Please ensure this is done before 9am. If no contact has been made the office will contact you. If your child will be absent for a long period at a time, it is important you discuss this with your child's teacher and make relevant plans to ensure the loss of learning is minimised.

### SCHOOL UNIFORM:

Your assistance in ensuring that the school uniform is worn correctly each day is appreciated. If for any reason your child is out of uniform, please send a note along to your child's teacher to explain the reason for not being in correct school uniform. We will advise when any special events shirts can be worn.

Please clearly name all items of clothing and property with your child's name – this will enable us to return lost items to the owners. Remember that long hair must be tied back each day, hair ties to be school colours only, one set of studs/sleepers and a wrist watch are the only jewellery to be worn and please ensure that sports shoes are black (as per our school policy). Please note that coloured sandals are not part of the uniform policy – do not allow your child to wear these coloured shoes as part of their uniform.

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## TUCKSHOP

Welcome to Katie Bowe our new Tuckshop Convenor. Tuckshop will start back on Monday 4<sup>th</sup> February. We are a cashless tuckshop. All orders can be placed via the Flexi-schools website. [www.flexischool.com.au](http://www.flexischool.com.au) Orders need to be placed before 8am each day. Look out for Valentine's Day treats, we will be celebrating with something special.

## NEW DAILY SPECIALS MENU:

Please note that Chicken Nuggets and Wedges are available everyday.

### Monday

- Burrito – Chicken or Beef Bowl (Rice, mince, corn chips)
- Spaghetti bolognese with garlic bread

### Tuesday

- Mini Pizzas
- Coconut Curry Chicken and Rice

### Wednesday

- Bacon Cabonara
- Rissoles with Potato Bake

### Thursday

- Fried Rice
- Crumbed Fish'n Chips

### Friday

- Beef or Chicken Burgers
- Homemade Sausage Rolls



## HELPERS:

Volunteers allow us to operate extra days to help serve our school community so please consider becoming a volunteer and helping out in the Tuckshop this year. If you are able to help please see the Deputy Principal, Amanda Saunders.

## SUN SMART

The application of sunscreen before coming to school each day is strongly recommended. Please ensure all uniform items are clearly marked with your child's name. All children must wear school hats every day. Sun hats are always to be worn to Phys Ed and Sport classes. We have a no hat, no play policy. It is a good idea to ensure your hat is in the school bag each evening so that it doesn't get forgotten in the morning rush.

## BYO DEVICE

Student safety is our highest priority. Years 3-6 will have a digital safety lesson in week 2. Please ensure you have read and understand the one-to-one device agreement that you signed on enrolment.

## BUILDING RESILIENCY IN OUR CHILDREN

*"The greatest glory in living lies not in never falling, but in rising every time we fall" – Nelson Mandela*

Pain is a part of life and comes in a million different varieties, so it's important for kids to learn how to deal with it. The everyday stings of disappointment, discouragement, and frustration provide opportunities for children to build resiliency.

Overprotected kids become emotionally fragile and never learn to bounce back from adversity. All parents want their children to be able to handle adversity, to grow into individuals who can bounce back from tough times. Resiliency is the quality that enables them to do that.

Just as we have to teach children to be respectful, we also have to teach them to be resilient. When our kids learn to deal with little setbacks as they grow up, they are better prepared to deal with bigger ones later on in life. We all learn how to cope through failure and mistakes. If a child never loses, she never learns how to deal with loss. If he is never disappointed, he never figures out how to deal with disappointment. If she is never frustrated, she never discovers how to overcome frustration. If he never has to struggle, he never develops the traits of persistence and determination. Sometimes, the most uncomfortable situations present the biggest opportunities for our kids,

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helping them to forge the internal resources they need to succeed. Resilient children will be willing to take on big challenges and take appropriate risks because they will be less afraid than kids who have never had painful experiences.

## SCHOOL CROSSING

Kim Wallace is our new School Crossing Supervisor. Kim has kindly agreed to fill in over the next few weeks until she officially takes up the position in a few weeks. During the interim the hand held stop sign will not be used.

The Crossing Supervisor's role is to ensure that pedestrians who cross the road at the school crossing do so in a safe manner. They use a hand-held stop sign to stop traffic and allow pedestrians to cross the road safely. You must stop and wait until all pedestrians have crossed the road and the School Crossing Supervisor has returned to the footpath. When children's crossing flags are on display, you must stop and give way to any pedestrians on or entering the crossing (regardless of whether a School Crossing Supervisor is present or not). Around schools, slow down, observe speed limits and obey directions from School Crossing Supervisors. Keep our kids and our School Crossing Supervisors safe.



## TIPS TO GET YOUR CHILDREN MOVING IN THE MORNING

The first day of school is usually an exciting time. The children can't wait to meet their new teacher, see their old friends and use their new backpack. After a few days, however it doesn't seem quite as exciting to get up early in the morning and out the door! Using the following ideas can help your mornings run more smoothly and help everyone get on their way with smiles.

### Practical tips:

- Have a bedtime routine that allows for your children to get enough sleep. Kids who are tired will definitely not want to get up in the morning!
- Be consistent with your expectations. Make sure your child knows what you expect. If the morning routine means waking up, getting dressed, making the bed, eating breakfast, brushing teeth, packing lunch & backpack, then make sure your child completes all those duties before letting them play or watch television. Sometimes setting up a visual checklist of the morning routine can help prompt your child to become more independent with these tasks as well.
- Make breakfast easy. It's the most important meal of the day! Have healthy options in a place where children can get to them. Cereal, instant oatmeal, or toast are all items that most children can prepare themselves.
- Prepare the night before. Have uniforms ready, take baths or showers, make sure all items needed are in the backpack ready to go! Have the kids put their backpacks near the door.

### Building resilience and coping skills:

- Take time to chat to your child about their day. Ask open-ended questions and allow them to de-brief any feelings or concerns. A key message to send to our kids is that it's ok ay to experience difficult feelings such as worry, anger, sadness, frustration, etc. These emotions are a normal part of life. Talk to your child and work together to discuss what they can do to feel better.
- Remind your child of the positives of coming to school. Find at least one positive that they can focus on and look forward to each day.
- If your child starts complaining that they don't want to come to school, sit down and have a talk about the reasons someone should stay home from school (e.g., fever, vomiting, family emergencies). Teach your child that there are times when we might not feel 100%, but we can still make it through the day! This teaches resilience.
- It's normal for your child to experience some level of anxiety or stress from time-to-time. Sometimes anxiety or stress can present as a "worried stomach", typically before or after school. A "worried stomach" is a lot like a stomach ache but does not have a physical cause. It is important to help the child determine where this stress stems from (i.e. difficulties at school, anxieties or issues at home). Again, endeavour to teach your child ways to manage these anxieties (e.g., deep breathing, talking to someone, engaging in pleasant activities, etc.).

If you have any questions, please do not hesitate to contact via the office or email me at [principal.weipa@cns.catholic.edu.au](mailto:principal.weipa@cns.catholic.edu.au)

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**Top tips:**

- Establish a bedtime routine that maximises sleep
- Be consistent with expectations and morning routines
- Teach and encourage your child to make simple, healthy breakfasts for themselves
- Prepare what you can the night before.
- De-brief with your child and model coping strategies
- Stay positive – remind your child what they like about school
- Teach resilience – even when we’re not feeling 100%, we can still make it through the day!
- “Worried stomachs” are generally caused by anxiety or stress and can be combatted with simple relaxation techniques such as deep breathing, positive thinking, pleasant activities, exercise and music.



**INFLUENZA A**

Please be aware that there has been reported cases of Influenza A in the community.

**GIRL GUIDES AUSTRALIA QUEENSLAND**

**FUN, FRIENDS, ADVENTURE**

**BE A GIRL GUIDE**

**Join Any Time!**

[www.guidesqld.org](http://www.guidesqld.org)

**Your local Guide Unit Details:**

Day: Monday Afternoons  
Time: 4:00pm - 6:00pm  
Venue: House on the Hill, Weipa  
Contact: District Manager  
Phone: 0475034603  
Email: [weipaguides@yahoocom](mailto:weipaguides@yahoocom)  
Age: 6 years +

Our Unit is welcoming new members and we can't wait to welcome you for fun, friends and adventures!

At Guides, girls expand their world, make new friends, discover more about themselves and what they care about. Girls learn new skills, explore the outdoors and are empowered to realise their full potential.

Specialising in leadership, resilience and confidence development, Girl Guides is the perfect place for your daughter to challenge herself in a safe and positive environment.

**WEIPA CHEER REGISTRATION DAY**

Weipa storm shelter

Tryout lesson \$10 per athlete!  
Turning 5-13yrs 12-1pm  
Turning 14yr plus 1-2pm

Bring a water bottle and a yoga mat!

Email- [gracegillanders4@gmail.com](mailto:gracegillanders4@gmail.com)  
Ph- 0475229801

Fundraising!  
Name our teams- \$2  
Guess the jellybeans- \$2

1st prize  
2nd prize  
3rd prize

9 February

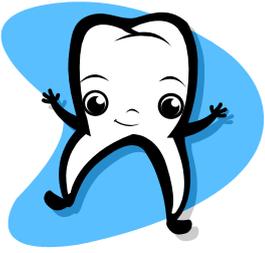
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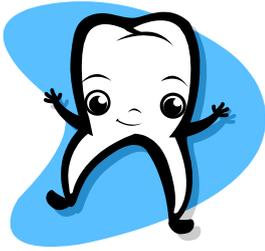
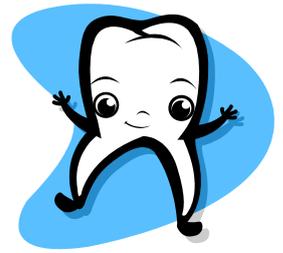
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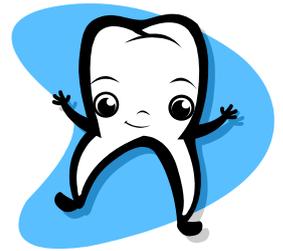
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**To book**

**Please phone: 4082 3718**

- \*A Parent is required to accompany children to their dental appointments**
- \* Family bookings are encouraged, so all siblings can attend together**
- \* Please bring your child's medicare card with you**

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