

A MESSAGE FROM THE PRINCIPAL

Dear Parents,
Welcome to our last newsletter for term one! Where has it gone? My sincerest thanks to everyone who has involved themselves in our school over the past term. Every effort is greatly appreciated.
With the earlier finish to school on the **last day of term** this Friday we will be working to a slightly different timetable and this will be: Lunch 1-1.40pm, Assembly 1.45pm (includes Easter Raffle), school ends 2.20pm. Well done to the students for their involvement in the **Grade 5/6 Class Mass** yesterday. Thanks to Miss Hancock for the preparation with those students involved. Once again we had a fantastic celebration with children, parents and the Parish community.
Sadly, we say farewell to **Miss Alicia Hancock** with her last day being this Friday. Alicia has been a valued member of our teaching staff for the last three years. We will have an opportunity to formally farewell her at our last assembly for the term on Friday. On behalf of the St Joseph's community I wish Alicia all the best in her new adventure in education.
It was great to see so many from our school community at the **fundraising night for Michelle Davy** last Friday. A special thanks to Kyah Keogh who helped organise the evening and to all in the school community who assisted with organisation, donating auction items or assisting with setup. I have been so proud of the school community and how so many people have stepped up to assist the family at this challenging time. It looks like money raised will exceed \$10,000.
We were very saddened to hear of the sudden passing of Frank Dichiera, an ex-student of St. Joseph's and a very active member of the Red Cliffs community. If children are affected by this very sad news please don't hesitate to talk to your child's classroom teacher and we will arrange for support with our Pastoral Care Worker, Felicity Rix.
I am looking forward to our **School Advisory Council** meeting tomorrow, Tuesday 28th March at 7pm. We have a lot to discuss with our Community Club **Trivia Night** occurring on Friday 26th May from 7pm. It will have an 80's theme. Table teams of ten people will be required on the night so start putting your teams together before tickets go on sale to table leaders early next term. Tickets are \$20 with drinks able to be purchased. We are looking for donations of prizes for the table prizes and for major prizes to auction on the night. Please let myself know if you can assist.
This Friday the Grade 2/3 class will be leading **Assembly**. We look forward to seeing some of the work they have been doing in Music.
We expect to see lots of **workers** up at school during the **holidays**. Lots of technological work is expected to happen with a new server and improvements to technology infrastructure. We are also likely to see the removal of the old playground at the front of the school. It would have been great to reposition this playground but compliance regulations make this very tricky and costly. We will now start working with our architect to design our new nature based playground. With **Easter** almost upon us, thanks for your support in a very challenging first term. May your Easter be faith filled and a safe family time together. Rejoice in the Risen Lord.
Mark Gibson

School Calendar

The following dates are scheduled for the near future. Make sure you are aware of the ones that are applicable to you.

Table with 3 columns: Day, Date, Event. Includes sections for MARCH and APRIL with various school events and holidays.

2017 School Closure Days

The following dates are confirmed as school closure days. No school will occur on these days.

- 24th May - Schoolwide Positive Behaviour PD
30th May - 21st Century Thinking Curriculum
6th November - Report Writing Day



The following students/staff celebrate birthdays over the next week.

- 28th March - Mrs Tiller
3rd April - Kyla
3rd April - Harmanpreet
6th April - Megan C
6th April - Liam D
7th April - Ethan
11th April - Rustyn

Notes Distributed

The following notices have been distributed over the last week. If you missed them, copies are available from the school office.

Prep/1W

No notes sent home

Grade 2/3F

No notes sent home

Grade 4/5F

No notes sent home

Grade 5/6H

27/03/17 Term 2 Staffing Arrangements

Grade 4-6

27/03/17 Lake Cullulleraine Camp

Whole School

No notes sent home

RE & PARISH NEWS

Year 5/6 Class Mass: Congratulations to the Year 5/6 students who were able to come and lead the Parish Mass yesterday.

Project Compassion boxes need to be returned to school by Friday, March 31. If families would like a receipt for taxation purposes, please complete the tear off attached to the box and place it inside when returning it.

Advance Notice: Palm Sunday falls on the middle Sunday of the holidays this year. We would still like to encourage any students who are not away on holidays to be part of the Palm Sunday Procession and Mass 10:00am Sunday April 9, to carry the banners and large palms in the procession and be part of the Mass. The Mass times for **Holy Week** and **Easter** are as follows:

Holy Thursday: April 13, 7:30pm - Please note: Children taking part in Sacramental Preparation are expected to fulfil special roles in this Mass.

Good Friday: April 14, 3:00pm

**** Easter Vigil Mass:** 6:00pm will be celebrated in IRYMPLE at St Francis Xavier Church 3 Elms St Irymple.

Easter Sunday: April 16 10:00am Mass

GENERAL NEWS & UPDATES

Breakfast Club Roster: **Tuesday** - Sara Napoli, **Wednesday** - Jodie Pascoe, **Thursday** - Christina Everett, **Friday** - Fiona Diamantis.

Library New books for borrowing "Do you want to build a snowman?" What a terrific movie **Frozen** is! Join Anna, her sister Elsa, Olaf and Sven in another magical journey through Arendelle. The BFG by Roald Dahl, Diary of a 6th Grade Ninja, I funny TV by James Patterson, Mistakes were made from the Timmy Failure series. The complete set of Spirit Animals (I've read these, they are awesome!), How to train your dragon, Midnight for Charlie Bone and the new Magic Faraway Tree. Please return any overdue library books you may have so you can borrow for the school holidays.

Camp Fees: A reminder that camp fees are due by this Thursday 30th March.

Farewell: The Parish of Our Lady of the Sacred Heart Merbein are farewelling their long serving and highly appreciated Parish Leader, Sr. Marion McDonald, who is going into retirement at the end of April. The Parish is having a Mass on Sunday, April 23rd at 10:30 a.m. in the Church, followed by a luncheon in the school multi-purpose hall. You are invited to attend this special event, and if you would like to join in, please email principal@olshmerbein.catholic.edu.au for catering purposes, or call Our Lady's school on 5025 2258.

Easter Raffle: Please place in classroom baskets your donations of Easter eggs for our end of term raffle if you haven't yet contributed. Please make sure that the chocolate donated is a recognised brand. The raffle will be drawn this Friday, March 31st. We will require parental assistance to package the eggs on this morning from 9am in the Hall Meeting Room.

Eco Village Art Competition: Yesterday all of our Prep and Ones students were able to have on display a piece of recycled Art work at a special open day at the Eco Village in Mildura. Well done to our little people, your work looked fabulous and you represented our school well.

Welcome to Prep Sunraysia Page: Unfortunately, due to several reasons, St Joseph's missed out on being included in this promotion that was in the Sunraysia Daily on Saturday. Early in term two the Sunraysia Daily has offered us a discounted price to have a full page advertisement that we hope to include our new Preps as part of in this promotion page. A reminder that **Grade 2/3 Parent Teacher Interviews** are being held tomorrow and Wednesday as per the timetable sent home last week.

Eco Village Art - Gr P/1



JUNIOR UNIT NEWS & UPDATES

Mildura Eco Village ART Competition

Well done to our Preps and Ones for having on display some fabulous recycled creations. Thanks to those parents who went in to have a look on Sunday. The display looked fantastic and I was very proud of our little people.

Incubator Update: Our eggs decided to hatch unexpectedly early! We now have four healthy chickens (Snowy, Pecky, Lemon and Sophie) who are joining us in excitedly waiting for Easter and the celebration of the Resurrection on Easter Sunday!

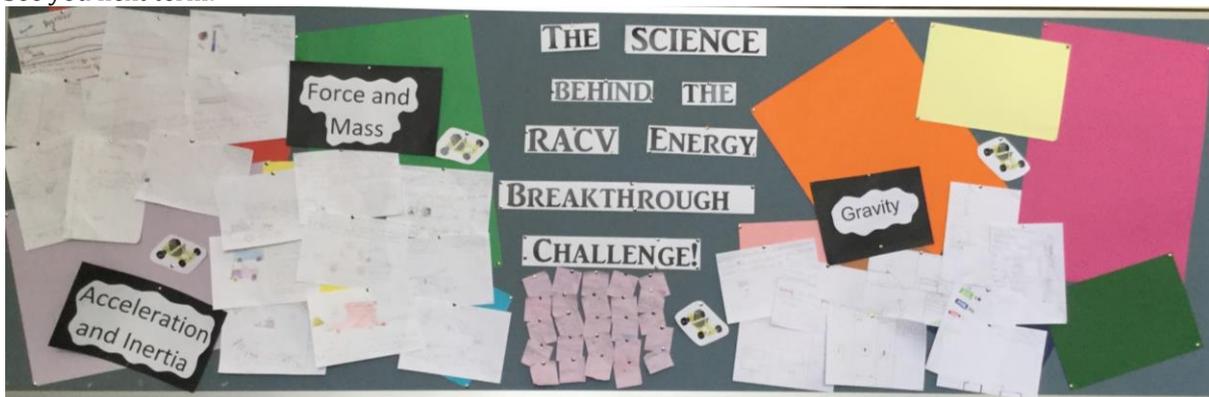


SENIOR UNIT NEWS & UPDATES

We are on the home stretch and holidays are fast approaching! Well done to all award winners over Term 1. Each of you have kick-started a terrific year in our classrooms. Mrs Manuel, Miss Hancock and Mrs Hawkes have been very pleased with the huge amount of learning that has happened and how hard many of the students have worked in the senior unit this year.

This week the senior unit will continue Spelling Mastery, EMM and JEMM Maths and complete their RE unit on LENT. While we will also finish our 'Movement and Forces' unit in Science, we will be picking up the learning again next term to further our investigations for the RACV Energy Breakthrough Challenge.

We wish all students, LSO's and teachers a safe and pleasant break, and hope your Easter is a joyful occasion with your families. See you next term!



*The winner of 'Guess the Leprechaun's Name' competition was Hope with 'Haggis'. While no-one guessed his name was Seamus, Hope will receive the prize for most creative name!



Winners

Term 1 Week 7:

No. of students who reached individual target

Grade Prep/1W

19/19

Grade 2/3F

21/23

Grade 4/5M

14/20

Grade 5/6H

21/21



The following students won awards last week:

Grade Prep/1W - Miley - for trying her absolute best, during story writing time.

Grade 2/3 F - Hayley - for focused effort during Spelling Mastery.

Grade 4/5M - Bianca - for being an engaged student that can always be relied upon to contribute in class discussion.

Grade 5/6H - Tenay - for dedication during reading groups.

Music - Abby - for the enthusiasm, musicality and effort she puts into all in and outside school performance.

P.E. - Jackson - Always participating enthusiastically in P.E sessions and great demonstration of tennis strokes this week.



Everyone has the Right to Learn...

Junior Unit

Sophia - for being an enthusiastic, engaged learner

Senior Unit

Aidan - for being focused when working with others



Wellbeing Tips for Primary School Kids

Tips for parents to promote flourishing mental health habits in young people. By Dr Jodi Richardson



For the first time in 15 years, thousands of Australian teenagers named mental health as one of the top three national issues in the 2016 *Mission Australia Youth Survey*. Personally, they're concerned about coping with stress, school, body image and depression.

First and foremost, we want to help protect our young people from mental illness, but we also want to know that they can recognise when they need help, and ask for it.

If we can equip our young people with the knowledge and skills to protect their own mental health, in doing so, they're better prepared to support friends who turn to them for help too. The following tips help promote flourishing mental health in secondary school kids:

1. Help them find a sport or physical activity they love

Physical activity is essential for flourishing mental health. Young people who play sport are more fulfilled and feel healthier and happier about life. The key is helping them to find an activity they love. Physical activity instantly improves mood and can even lift symptoms of depression. Secondary school kids need 60 minutes of moderate to vigorous activity every day but even 15-20 minutes will help improve their mood.

2. Make sure they get plenty of face time

Not FaceTime, face-to-face time! Positive in-person relationships promote psychological wellbeing and happiness. The research clearly shows that people with a variety of strong social relationships live longer, and are healthier and happier.

3. Work with your teen to set screen time limits

A recent *National Stress and Wellbeing in Australia* survey revealed over half of Aussie teens connect five or more times a day (heavy social media use) and 15 minutes before sleep every night. Work with your teen to set limits; consider no screens in bedrooms, tech-free zones in your home, limiting your own screen time and ensuring screen time doesn't encroach on time for physical activity, socialising and relaxation.

4. Teenagers need plenty of sleep

A challenge to get your teenager out of bed in the morning? You're not alone! Teens need around 9 to 10 hours of sleep yet most sleep only around 7 to 8 hours on average. The trouble is that the sleep hormone melatonin only begins to rise in their brains around 11pm and so they can't get to sleep until late.

These practices can help:

- Getting up at the same time each day
- Daily physical exercise, preferably outdoors
- Avoiding caffeine after 4pm
- No screens one hour before bed
- Winding down around 30 minutes before bed

5. Help your teenager develop mindfulness skills

In a nutshell, mindfulness is about paying attention in the present moment. Our teens' minds are constantly overstimulated. A regular mindfulness practice will help them to regulate their attention and emotions; and teaches them to create a lifelong practice of taking time out to become calm, relaxed and in the moment. I highly recommend the **Smiling Mind app** for mindfulness meditations.