

St Joseph's Newsletter

Term 1 Week 7
12 March 2020

sjn@dbb.catholic.edu.au www.sjndbb.catholic.edu.au

Term 1 Core Value: Community
School Rule: Learn and let others learn

Respectful Relationships Focus: Respect other people's points of view/opinions

Dear Parents

On Monday and Tuesday this week, our **Year 5/6 students** attended their **leadership camp** at the Collaroy centre. The children joined in all the fun activities on offer with much enthusiasm and were a credit to their families and school in their behaviour. Many thanks to our accompanying teachers, Mrs Paul, Miss Preston, Mrs Browett and Miss Bird. Thank you to the parents for having your children prepared and transporting them. Please read some of the great reports from the children later in the newsletter.

Results Broken Bay Swimming Carnival

On Tuesday night four of our swimmers competed against the other clusters in the diocese at Mingara Pool on the Central Coast, with wonderful results!

Jacinta P was 3rd in the junior girls IM and backstroke and 10 years 50m freestyle. Sadie J was 2nd in the junior girls breaststroke and Jacinta, Sadie, Chloe B and Imogen F were 3rd in the junior girls relay. Jacinta was also awarded her medal as 2nd top female swimmer at the Northern Beaches carnival last week - a great achievement when you're only 10!

Religious Education (RE) open classrooms session Thursday 12 March

It was lovely to see so many parents visit the classrooms this afternoon to join a Religious Education (**RE**) lesson. If you couldn't make it today we are offering an open classroom session each term. Next Term it will be a maths lesson on Tuesday 26 May, 9-10am. Chat to your child about their learning in RE today.

FREE parent workshop - Resilient Child - Tomorrow 9-11am

We have advertised this event on our school FB page which means it is open to anyone to attend. Bring a friend or two as it will be a very informative and worthwhile parent education session presented by Jeanie McDonnell from the CSO parent education team. A reminder it is FREE!

Resilience is a quality that strengthens our mental health and enables us to cope better with life. Looking at research from Beyond Blue, and Dr Justin Coulston's '9 ways to a resilient child'. This session unpacks 3 areas in a child's life that impact resilience. The unique child, family connections and community. We look at the strengths of the child and how families can best nurture those abilities and skills.

It is not too late to decide to attend, please see information on our website <u>here</u> for details and email your response to the school as indicated.

Open Morning - Tuesday 17 March at 9.15am

Our school will be open for prospective new families for 2021 to tour rooms and listen to a talk about our school.

I am still in desperate need of some parents who could be 'tour guides' on the day for about 20 minutes at 9.30am due to our Year 5&6's being at their gala day. Please call Kerrie in the office if you can volunteer for this role.

The best advertisement for our school is word of mouth by our existing parents. Please spread the word to families you know who may be looking for a school next year about our Open day. 'Liking' our FB page and ad for Open Day will also help spread the message on social media.

School Cross Country- Tuesday 24 March

We will be holding our school cross country for those children who would like to race to qualify to represent our school at the Northern Beaches carnival on Wednesday 6 May (in Term 2). Please see Google form link later in the newsletter for all the details.

CoVid-19

The CSO updates us regularly as the health department updates their advice. I received this advice last Thursday. At this stage we would like you to be aware of these points:

Advice on School Closures

Current advice is that mass school closures are unlikely. Schools must not unilaterally close - even with the diagnosis of the first child - and especially not without NSW Health advice. NSW Health current advice is that school closures could just move the spread of the virus to the local shopping centres and other areas where elderly and those at risk might be likely to be.

Who needs to stay away from school?

Only those who have been in direct, 'close contact' with a confirmed case need to stay away from school or work for 14 days. 'Close contact' means 15 minutes face-to-face. So teachers and students in classes together will meet that criteria - but many others in the school will not. Those returning from high risk countries must also self-isolate.

Sending Home Sick Students and Staff

The advice from NSW Health is that schools should be very strong on sending home staff and students who have the slightest sign of illness. This is no time for soldiering on with coughs and colds.

Well-Being Week - A message from Mrs Sekulich and the Yr 6 Wellbeing Team

Next week is well-being week. At St Joseph's we like to look after each other's wellbeing by doing an activity that is comfortable for us and enjoyable. We have decided that we will have a 'wear your Sports uniform' to school on Wednesday even though it is not a regular sports day. We look forward to seeing everyone looking and feeling sporty on Wednesday (18 March).

Calendar reminders

Fri 13 Mar Resilient Child Workshop – 9-11am in library
Tues 17 Mar Open Morning for Kinder 2021 and new families

Tue 17 Mar Yrs 5 & 6 Soccer & Cricket Gala Day Thurs 19 Mar Yrs 3 & 4 Soccer & Cricket Gala Day

Thurs 19 Mar Feast of St Joseph's Mass

Tues 24 Mar Cross Country
Thurs 9 Apr Last day term 1

School dates are on the <u>Google school calendar</u> on the website. It is worth checking the school calendar regularly.

Warm regards

Virginia Outred

Miramia Octra

Principal

Like and follow us at on Facebook



Link: <u>School Website, Calendar and Term Dates</u>

Link: St Joseph's School App

Link: Qkr App payments, canteen orders

Enrolment – Kinder 2021

Our school open day for new enrolments for kinder (and other grades) for 2021 is **Tuesday 17 March**. Enrolment packs will be available on open day, or can be collected from the office.

2021 Sibling Enrolments

Enrolment packs have been sent home to families who have advised they have a child due to commence school in 2021. Please complete and return to the school office.

Enrolment interviews for our kinder 2021 intake will be held on 18, 21, 22, 26 & 28 May 2020.

Religious Education News

Reconciliation

Please keep in your prayers all the children and families in years 3 and 4 who are preparing for the Sacrament of Penance.



St Joseph's Feast Day

St Joseph's Feast Day will be celebrated next Thursday 19 March with a whole school Mass at 9:30am.



DISCOVER WHAT A CATHOLIC EDUCATION CAN OFFER YOUR CHILD.

Fostering children's academic, social, physical and spiritual growth through our motto, "Build in Love". School tours can also be arranged by appointment.

ST JOSEPH'S CATHOLIC PRIMARY SCHOOL 108 Ocean Street Narrabeen NSW 2101 TEL 02 9913 3766 EMAIL sjn@dbb.catholic.edu.au WEB sjndbb.catholic.edu.au

Please join us in celebrating the patron saint of our school. We will <u>not</u> be holding our beach afternoon on Thursday due to the Stage 2 Gala day. We will endeavour to hold it in the coming weeks and also help support Caritas on this day with a fundraiser.

Caritas

During Lent we are encouraged to give to those in need, all families have received a Project Compassion Box, maybe think of ways as a family you can help please read the story below.



In Cambodia, 1 in 8 people live below the poverty line. This week through Project Compassion we learn about Phany (pronounced Parn-ee).

Struggling to earn a living as a farmer in Cambodia, Phany was forced to leave her daughter behind in the village to take up construction work in the city.

Thankfully, through a Caritas funded program, Phany learnt new farming techniques which enabled her to get a better yield from her vegetable crops and to conserve water in her drought-stricken region. Phany's community also took part in training in health, nutrition, hygiene and disaster preparedness, arming them with better strategies to cope with environmental changes. Watch a <u>short film</u> about Phany's story.



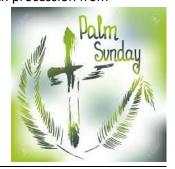
Palm Sunday "Family Mass" Invitation

All school and Parish families and friends are warmly invited to attend a special "family focused" celebration of Palm Sunday on Saturday 4 April at 5:30pm at St Joseph Church, Narrabeen. Begins with procession from

beachfront along Waterloo Street to church. Dress in bright colours! Music will be led by the Parish's Children's Choir and trainee cantors. Light supper to follow Mass. Please join us for this wonderful whole Parish community celebration!



PARISH WEEKLY BULLETIN to view click <u>here</u>
ALPHA AT THE LAKES website link here



Leadership Camp 2020

Year 5 and 6 had a brilliant time at Leadership camp earlier this week. We visited the Collaroy Centre that has so many great challenges to experience. Our St Joseph's students did us proud by being on their best behaviour and pushing themselves to step out of their comfort zone and complete activities such as abseiling, archery, high ropes, flying fox and orienteering. We can't wait to do it all again next year! Some of our students have written about their highlights.

High Ropes - I hooked myself to the wire and started my sky-high adventure. We had to go on the lower course first just to get used to the idea of obstacle courses in the air. Since I hadn't done high ropes in a long time, I felt unstable. I wobbled past the first element and caught my breath on the platform joining the next obstacle to the first. Finally, I made my way up to the higher course which was very similar. At the beginning of the high course I had to swivel through ropes making sure the one I was connected to didn't get tangled. As I made my way across the elements, I got stuck on the discs because they swung back and forward, side to side and any other way possible. At last I had made my way to the end. I proudly slid down the zipline knowing I had completed the high ropes with ease and pride Amelie. P

Abseiling - My legs wobbled as I clambered up the rickety ladder to the ten-metre abseiling wall. I didn't realise how tall ten meters was until my nerves kicked in. My heart was pounding, it was my turn next! I clung to the rope like my life depended on it. I slowly lowered myself down, getting more and more confident with every step. Halfway down I began to jump rapidly until my shaking legs hit the floor. I smiled to myself as I struggled to untie the rope. I had completed the ten-metre abseiling wall, I felt so proud! Emma. L

Flying Fox - I rushed to the dangling people from the zipline, a white rope dropped down and I began to tug. They were then released, and I sped towards the zipline station. The station was a hill behind were giant trees the size of elephants. We got to the platform and awaited an employee who worked at the site. We got attached then we jumped! Suddenly wind smacked into our faces and everything almost felt slower. Trees passed by while the other zipline was keeping up at my pace making it look like I was not moving. Eventually we arrived at the bottom and dropped our ropes and were pulled to a ladder. I was then released, and the adrenalin exited my system. Ryan C

Orienteering - The timer had started, and we had around an hour to complete our task. We had to go all around the Collaroy Centre in all the cracks and crevices, down and around the cabins and in bushes. My heart racing as we run around, the clock pushing against us. We had twenty-hole punches to find with only a map and a compass. Even though we had a whole hour, it felt like we would never finish. We found the first, then the second and third - we were on a roll! Rohan had the map; Reuben had the paper and Balthy had the compass. With fifteen minutes to go we finished! Yes! After we checked all the answers, we discovered we got them all right. We won! Orienteering was awesome! Aliya. K

Archery - I was shaking with excitement. As I stepped into the safety box, I grabbed the incredibly heavy bow. Holding the bow in my right hand, I grabbed an arrow with my left. I carefully placed the arrow on my bow, but it fell off! I placed it back on and pulled back my arm, holding the firing wire. With my hand beside my cheek, I aimed for the huge pink balloon in the centre of the target. I let go and my arrow went flying. WHAM! I hit the board but not the balloon. That was exciting! I had three arrows left. I aimed and fired. POP! Jocelyn P

Zzzzzz! I was soaring through the air, preparing to fling into the air but instead the harness hit the miniscule brake sending me flying up. My friends pulled me to an instructor who helped me down. I gave my cherry- red helmet to the next person in the queue. Next was my friends turn, so I cheered them on. A couple more people in my group had their turn. Since me and my friends were first, we were able to get another go. How lucky are we I though. I was so confident now I had done it once. I was prepared to jump off the block. This time I went backwards...
The flying fox was definitely one of my favourite activities. Ruby L

Leadership Camp – Yrs 5 and 6

I could hear the zip line surging past as I put my helmet on. My first obstacle was a sketchy wooden plank 10 metres off the ground. I take a monumental jump off the first platform before taking a gigantic leap upwards to reach the end of the obstacle. The final obstacle was a tightrope. I located the rope and tread very cautiously on the tightrope before finding the end of the challenge. As I took my helmet off I glance up to see what I just conquered, I felt AMAZING! Luke B







Leadership Camp 2020



Each family will receive a book of tickets for our Easter Raffle. \$5.00 per ticket - please sell a minimum of 5 = \$25 (or more if you would like to. Additional tickets available from the Office)

Please return the ticket booklet and pay money via QKR

(Don't forget to write your name and phone number on each ticket tab).

Thank you for your support!

PRIZES

1st Prize – Premier Health and Fitness Centre (Brookvale)

One month's membership + eggs.

2nd Prize - Pittwater RSL \$100 voucher + eggs

3rd Prize - United Cinemas x2 Complimentary tickets + eggs

4th Prize - One free hot beverage daily from Bar 2101 + eggs

5th to 10th Prizes- Easter Eggs and Bed Bath N Table Goodies

Any questions please contact Y3 Class parents;

Georgia 0412 550 067 or Naomi 0421 667 989



Year 6 Graduation Fundraiser



Hot Dog Lunch Year 6 Graduation Gift Fundraiser Wednesday 18 March 2020

Year 6 will be holding a "hot dog for lunch" day on Wednesday 18 March 2020 to raise funds to go towards their graduation gift to the school.

Hot dog orders must be placed on Qkr under the <u>P&F Section</u> – not canteen. Hot dogs orders close at 9am on Tuesday 17 march 2020.

Yr 6 Class Parents - Katie P, Cybelle M, Kimberley C

Sports News

Northern Beaches Catholic Schools Gala Days

As part of our PDHPE program at St Joseph's Catholic Primary School all students in Years 3-6 will participate in the Northern Beaches Catholic Schools Gala Days. This year students will have a choice of either Cricket or Soccer.

GOOGLE PERMISSION FORM: https://tinyurl.com/rm7yynt

DATES: Years 5 and 6 - Tuesday 17th March 2020

Years 3 and 4 - Thursday 19th March 2020

VENUE: Soccer - David Thomas and Millers reserves Manly Vale

Cricket - North Narrabeen Reserve

TIME: 9.30am - 1.45pm

Full details can be found on our website <u>here</u>.

Mrs Nicola Frost - PE Teacher

St Joseph's Cross Country Trials - Yrs 2-6

All students from Year 2-6 are invited to attend the St Joseph's Cross Country Trials. These trials offer students the opportunity to be chosen to represent St Joseph's at the Northern Beaches Cluster Cross Country Carnival at Rat Park on Wednesday 6th May 2020. The top 6 runners from each age group and gender are chosen from Under 8 through to Under 12's.

If you would like your child to participate, please complete the Google Form permission.

WHEN Tuesday 24th March 2020

TIME 11.30am- 2.30pm

WHERE Berry Reserve Narrabeen (starting behind Tramshed, running towards

Limani Restaurant)

WHAT TO WEAR School sports uniform and runners/trainers
WHAT TO BRING Water bottle, hat and any required medication

DISTANCES Children turning 8, 9 or 10 - 2km

Children turning 11 or 12 - 3km

HELPERS We need plenty of helpers to help with set up, registration, course marshalling and ribbons.

Please indicate on the Google Form if you can help on Tuesday 24 March.

Many thanks

Mrs Nicola Frost, PE Teacher and Miss Olivia Preston, Year 5 Teacher

Kiss & Ride Reminder

A reminder to parents that the Kiss & Ride zone on Lagoon Street is for parents/carers who do **NOT** need to leave their vehicle. To keep this zone moving efficiently in the morning, cars should stop, children exit and cars move on. If you need to walk your child in to school in the mornings, please park in the council carpark on Lagoon Street, or use alternate street parking.

KISS & RIDE

Parent Email

Did you know you can check the email address you have supplied to the school for communications via your Compass Parent Portal.

Correspondence is forwarded to the email address supplied on your enrolment form, and updated if you advise the school office you have a change of email address. If email is going to your "junk folder", please adjust your email settings and mark SJN email as "not junk".







Canteen Roster & News

Clarification of canteen operation and Qkr ordering

- The canteen is open Mondays and Fridays provided we have volunteers.
- Any student who wishes to buy <u>lunch</u> from the canteen needs to have a Qkr lunch order placed.
- Lunch orders can be submitted on Qkr two weeks in advance.
- Please avoid trying to order "on the morning" as Qkr gets very busy and you may not be able to process your order.
- Please take note of the date you select for "order delivery". There is a two week period on the screen to choose from.
- On dates where we do not have volunteers, you cannot "accidentally" place a Qkr order. The system is closed off.
- Please check the newsletter weekly to see when the canteen is open.
- Volunteers must sign-in at the school office prior to working in the canteen.
- If you are able to volunteer, please email Georgia at: georgia brizell@hotmail.com

TERM 1	MONDAY		FRIDAY
9 Mar	Kelly Casey, Justine Cattle	13 Mar	CLOSED - Alana Lindsay EXTRA experienced volunteer needed
16 Mar	Kelly Therkelsen, Amy Fittler	20 Mar	Georgia Brizell, Catherine Strbik
23 Mar	CLOSED - Juliana Paim, Kesaia Waara EXTRA experienced volunteer needed	27 Mar	Cybelle Massey, Christina Prior
30 Mar	Jodie Petersen, Lucy Jessup	3 Apr	Michelle Grice, Yvette Payne, Claire Littler, Nichole Cook
6 Apr	Sarah Reid, Amy Fittler		SCHOOL HOLIDAYS / EASTER

Diocesan & High School Notices





Concerned about your children's safety on social media? Looking for the answers but not sure where to turn? The Safe on Social face-to-face presentation and Q&A session delivers real life case studies and strategies to help parents support their children without the fear

Topics covered but not limited to:

- Using social media with awareness
- Keeping personal information private Online grooming
- Posting photos and sexting Safe social networking Cyber-bullying
- Privacy settings
- What your posts say about you Identity theft
- Legal responsibility
- Gaming dangers
 Learning to read teenager behavior online
 Managing digital footprints
- Strategies to build resistance and resilience



Please note this presentation is for ages 18+ Date: Monday March 16, 2020

6:30pm St Paul's Catholic College, Manly Time: RSVP Call 9977 5111 between 9-3pm



Contact information from the office

Parent Volunteers

We love parents volunteering at St Joseph's.

All volunteers should sign in at Compass Kiosk in the office on arrival, and sign out when leaving.

When you volunteer for the first time please attend the office to complete a Volunteer Declaration Form and provide ID (drivers licence). You will also be taken through a short induction regarding emergency procedures at St Joseph's.

VISITORS WELCOME! PLEASE SIGN IN AT OFFICE

Compass Parent Portal

There are two ways to access Compass - using the parent portal on any modern web browser or using the 'Compass School Manager' app on your mobile device. Parents can enter full day absences, access student academic reports, school calendar and update contact numbers and email addresses via Compass. All parents have their own individual login details (emailed direct to you from the CSO).

WHOLE DAY ABSENCE Enter via the APP on your phone (sick, holiday) – you do not need to change the times, the default of "8am to 5pm" covers the school day. Absences of 10 or more days - Request for Leave form must be submitted to the office as well as entering via APP

ARRIVING TO SCHOOL LATE .. Enter via Kiosk in school office

LEAVING SCHOOL EARLY Enter via Kiosk in school office

Kiss & Ride Reminders

Please exit the K&R zone as soon as you have loaded/unloaded your child/ren. Please do not stop to chat / leave your vehicle. Please enter the queue from Wellington St, making a left turn into Lagoon Street and the K&R zone. For the safety of all students, please do not make U-turns in Lagoon St outside the school/church/bus zone/K&R zone

School Fees

Instalment schedule payment dates for school fees can be found on our school website here.

The Fee Liaison Unit (FLU) at the Catholic Schools Office looks after all enquiries regarding overdue school fees and financial hardship.

The contact for St Joseph's Narrabeen at FLU is:

Brendan Smith Name: Tel: 9847 0738

Email: schoolfees@dbb.org.au

Qkr & canteen orders

Did you know you can place your Qkr canteen orders days, or even two weeks, in advance?

You do not need to wait until the day you require the lunch order.

Avoid missing the cut off by placing your orders a few days before.

Qkr FAQs can be found on our school website here.



School App

Do you have the school APP on your phone? We use this APP to send notifications and reminders, ie "cut off date for Mother's Day orders".

There is a page on our school website <u>here</u> with all information on how to download, and the functions available from the APP.

iTunes https://itunes.apple.com/us/app/stjosephs-primaryschool/id1203501732?mt=8&ign-mpt=uo%3D4

https://play.google.com/store/apps/details?id=co m.fraynework.dbb.sjn

School Band

Roar Music Northern Beaches

If your child is interested in joining the school band, keyboard or recorder groups, please contact Monique Warokka at monique@roarmusicnorthernbeaches.com or 9984 0369



OOSH Northern Beaches

All enquiries for Before and After School Care can be directed to either Flavia (on site before and after school), by phone to OOSH head office (9984 8089) or email manager@ooshnb.com.au.

Before school care is from 7am-9pm, and after school care finishes at 6pm.

Website: www.ooshnb.com.au Head Office: 9984 8089

St Joseph's OOSH: 0422 000 693

Second Hand Uniform Shop

As we have very limited stock in the second hand uniform shop, BEFORE placing any orders on Qkr please contact Amy Fittler who will let you know if size/stock is available.

Amy can be contacted on 0421 981 485.

New uniform items can be purchased from Lowes at Warriewood Square, or online.



April School Holiday Vacation Care, Camps and Activities

The Football Factory –school holiday camps. Half Days 9.00am-12:00pm | Full Days 9.00am-3.00pm. For 5-14 year olds. Book from 2 days to 10 days – https://thefootballfactory.com.au/school-holiday-camps/ or 9972 7766

Macquarie University, Junior Science Academy – www.mq.edu.au/about/holidays

Northern Beaches Council Vacation Care Services – <u>Northern Beaches Vacation Care</u> or 9942 2312 or email vacationcare@northernbeaches.nsw.gov.au

Manly Warringah Basketball - school holiday camps + term comps - www.manlybasketball.com.au
Enquiries: 9913 3622

 $\textbf{Evolve Tennis Academy} - \underline{\text{https://www.evolvetennisacademy.com/holiday_camps or contact 9971-0644}} \text{ or by email:} \\ \underline{\text{evolvetennis@evolvetennisacademy.com}}$

Manly Warringah Gymnastic Club —school holiday programs (short and long day options available) -: https://www.mwgymclub.com/contact-us/ or 9972 9222

Goodwins Tennis Academy –school holiday program, held at Kitchener Park, Mona Vale. Full details on website: https://www.goodwinstennisacademy.com.au/ Contact Joel on 0410 523 726; email goodwinstennisacademy@outlook.com

Bricks 4 Kidz – school holiday program - https://www.bricks4kidz.com.au/sydney-northern-beaches/program-events/camps/

Aussie Gems Cheerleading - School holiday programs - http://www.aussiegems.com.au/

