## St Joseph’s Primary School School News

Marquet Street, MERRIWA NSW 2329  
Phone: (02) 6548 2035  
Fax: (02) 6548 2782  
Email: admin@merriwa.catholic.edu.au  

Tuesday 21st July 2015

### July / August 2015

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<td>Kinder Transition 9.30-11.30</td>
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<td>GRANDPARENTS DAY</td>
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## Reflection

Trust in the Lord,
Because the Lord will not disappoint you!
He never disappoints:
He is a good friend, always at our side.

Dear families, always live life with
Faith and simplicity,
Like the Holy family of Nazareth.
May the joy and the peace of the Lord
be always with you.

_Pope Francis_
As mentioned in the last newsletter, I was blessed to be able to see Pope Francis while in Italy recently. I have included His prayer for families on the front of the Newsletter. Please take time to read it and pray it for your own family. It is simple – our Pope is a man of simple faith also. I am so inspired by his desire to live life like Jesus did. He lives in a small guest house in the Vatican. The first guests to be invited by the pope to his initial prayer services were the Vatican gardeners and garbage collectors! He is a people’s pope. He reaches out to the poor and outcast right around the world and insists that we must do the same.

Our prayers and thoughts are with Patrick McLaren as he struggles to retain good health. Patrick has had a few bouts of illness and trips to hospitals over the last week. We pray for a speedy recovery Patrick. Please keep Paddy Wong’s Grandmother (Mike’s mum) in your prayers as she is sick in hospital at the moment.

Our heartfelt condolences to the Magner family who have suffered the loss of an aunt last week. Eternal rest grant unto her O Lord.

Welcome to Miss Elizabeth Foran who has started teaching the Stage 3 class. Lizzie is working hard to ensure she is organised for the children’s learning. Already she has become such a valued member of our school community meeting parents at the school campdraft and fete, at the working bee and in the classroom on Open Day. Thank you for the welcome you have given to Lizzie.

Learning is at an all-time high at St Joseph’s. Thank you to the parents and grandparents who joined us on Open Day last week to witness the learning that is taking place at our school. Many of our regular visitors will have noticed that these experiences are authentic learning sessions. The students continued to do their regular lessons as visitors joined them in their classrooms. Many of the parents have commented how astounded they are with the improvement in their child’s reading and writing in the Infants class. The teachers have the data to show that this is actually true. The children are at a higher level of reading and writing than in previous years. The teachers believe this is due to the structure of the combined infants classroom.

Thank you to Mrs Fiona Wightman for donating the wonderful cooking for afternoon tea on our Open Day. This is very much appreciated by all those in attendance on Open Day and the P&F meeting that followed!

The Transition Program for children starting Kindergarten in 2016 began with Open Day. Many children enjoyed sharing some time in the Infants class. If you have a child ready to start school in 2016 please contact the school and arrange for an interview and tour of the school facilities. We have been very pleased with the positive feedback new parents have shared with us.

Thank you to all the parents, grandparents, children and friends who assisted in numerous ways to make the 2015 St Joseph’s Junior Campdraft and Fete Day the best yet. What a wonderful day it was for all in attendance. The major raffle winners were:

1st Prize: Tour of Coolmore Stud for 10 people - Kristen Peel
2nd Prize: Quilt - Alex Keane
3rd prize: $100 fuel voucher - Vicky Byfield
4th prize : Saddle stand - Sally Gilbey
5th Prize: Voucher for Merriwa Chinese – Tash Taaffe

This term’s Working Bee was very well attended on Sunday with 26 in attendance. We had representatives from the Hunt, Peebles, Ninness, Foran, Shannon, Hopkins, Whale, Hagley, Henderson and Constable families. The gardens look great and we enjoyed a very social morning tea afterwards. Thank you for your help.

Thank you to Andrew and Megan Constable and Mike Wong and Lucy Johnson for
donating mulch for our gardens. We all appreciate your effort very much.

**NAIDOC week** was celebrated at school with a special liturgy on Open Day and then with a visiting Aboriginal artist on Thursday.

St Joseph’s Merriwa celebrated NAIDOC week with Cassilis Public School on Thursday by participating in creative Aboriginal activities.

**NAIDOC Week** (National Aborigines and Islanders Day of Celebration) focuses on the history, culture and achievements of Aboriginal and Torres Strait Islander peoples. NAIDOC is celebrated not only in Indigenous communities but by Australians from all walks of life. The week is a great opportunity to participate in a range of activities and to support your local Aboriginal and Torres Strait Islander community. (http://www.naidoc.org.au/frequently-asked-questions)

Aboriginal Elders, Dolly and Paul, from the Kamilaroi Tribe travelled all the way from Tenterfield to instruct students how to weave baskets using New Zealand flax, paint using ochre on paper and cement paths around the school. As the Aboriginal elders instructed the students they also discussed parts of Aboriginal language and customs.

Our school community thought the day was fantastic and we really enjoyed the activities. It was also great to share this experience with our Cassilis friends. We would like to thank Dolly and Paul for sharing their knowledge of their Aboriginal culture and Tash Taaffe for organising this wonderful experience.

**By 5/6 students**

“**Cool and Friendly**” is a program used at school to help students manage their emotions and make good choices at school and at home when they feel frustrated and angry. This is a very valuable program as it equips the students with skills to solve their relationship problems in an appropriate and realistic way. The skills learned are skills for life. Many children elect to do the program because they can identify a need in themselves; others are invited to do it. The teacher and the students give up some of their lunch time voluntarily to participate in this program. If you would like to learn more about this program please contact the school.

**ASPIRE** is an initiative of the Maitland-Newcastle diocese aimed at promoting and fostering creative and performing arts in our schools. The ASPIRE program offers talented students the opportunity to develop and enhance their skills in five ensembles: drama, dance, stage band, strings and vocal. They have produced an integrated performance “Stranger than Fiction”. Six months of hard work by 120 diocesan students will be on show for our Primary students next Thursday. This is a wonderful opportunity for our students to see a high quality performance enhance the Creative Arts outcomes taught in class and be inspired to work towards a higher level of performance themselves in our school play. Last year, while working with Anna Kerrigan on our own play production, two students from our school were prompted to audition to be part of the “ASPIRE” cast. This is a great opportunity for children in a small rural school.

We look forward to **celebrating the love of Grandparents** on Friday of this week. Once again our parents and grandparents are welcome to join us as we commemorate the feast of St Joachim and St Anne – Jesus’ grandparents. Grandparents can play a wonderful role in the lives of all of us and particularly our children. Grandparents do not have the immediate worries associated with raising children and so are often more relaxed and able to focus on the real meaning of life with our children. What a wonderful gift. Come along and help us say “Thank you “ to our grandparents. Please be warned that for the able bodied parents and grandparents, there will be some sporting activities – so throw in your joggers!

**Sleep and School Life Study**

St Joseph’s has agreed to participate in the Sleep and School Life Study which seeks to understand the educational impacts of inadequate sleep in school age children. Parents and their Stage 3 children are invited to participate in this study from Week 5 this term. Notes have gone home with your children today.

Kind regards

Helen Whale
Welcome back, I hope everyone is refreshed and ready for this exciting term.

**CHILDREN’S BOOK WEEK** with a visiting Artist and Magic maker, plus the completion of the **Premier’s Reading Challenge**, are our focus for this term. Book Week will be held in Week 7 on **Thursday 27th August**.

The Children’s Book Council of Australian is celebrating 70 years of promoting Children’s Literature throughout Australia.

Over the next few weeks we will be reading and discussing the short listed books and exploring the author’s purpose, source of ideas and the types of illustrations used to expand the story.

Below are samples of two of the short-listed books:

**Pig the Pug**

Pig is the greediest Pug in the world. He is bad-tempered, rude and he never, ever shares. Friendly sausage dog Trevor is always trying to persuade Pig to play with him, but without success. When Pig is asked to share his toys, his greed finally backfires and something unexpected happens to him. Will Pig the Pug learn his lesson at last? A hilarious picture book about learning to **share**.

**An old man**

An old man tells his grandson that there is a battle raging inside him, inside all of us. A terrible battle between two wolves. One wolf is bad – pride, jealousy, greed. The other wolf is good – kindness, hope, truth. The child asks, ‘Who will win?’ The grandfather answers simply, ‘The one you feed.’

One afternoon, police officers show up at Ben Silver’s front door. Minutes after they leave, his parents arrive home. Ben and his little sister Olive are bundled into the car and told they’re going on a holiday. But are they?

It doesn’t take long for Ben to realise that his parents are in trouble. Ben's always dreamt of becoming a detective – his dad even calls him ‘Cop’. Now Ben gathers evidence and tries to uncover what his parents have done.

The problem is, if he figures it out, what does he do? Tell someone? Or keep the secret and live life on the run?

**Happy Reading**

Colleen Oldman - Teacher/Librarian
This week we honour and give thanks for all grandparents on the Feast of Saints Anne and Joachim, who were Jesus’ grandparents.

Grandparents are very special people. They can bring much joy into the lives of their families and especially the lives of their grandchildren. Their life experiences have taught grandparents many valuable lessons that they can share with the young. Grandparents can bring a real sense of history to a family as they share many family stories. They can give the rest of the family a sense of belonging. Our grandparents have a special place in our families, our society and our world.

Please come and join us on Friday for our special celebration of Grandparents commencing at 11:15am with lunch followed by Mass at 12 noon and concluding the day with activities in the bottom playground.

Anne Marie Peebles
REC

AWARDS

Congratulations to the following award winners.

Kindergarten
Mollie Beaven - for being a great friend to others
Archie Constable - for great efforts in spelling activities

1/2
Sam Grady – for working well in Maths- money activities
Ellie Holland - for asking questions when she is unsure
Claudia Patterson - for working well with classmates during Maths activities

3/4
Jock Grady - for working well in whole number math activities
Korey Halse - for a great result in spelling test

5/6
Damian Jamieson - for being a whiz at factors and multiples. 
Emily Ninness - for excellent use of punctuation in her writing.

Principal’s Awards:
Emily Ninness - for maintaining her work books as an authentic record of learning.
Helena Parker - for maintaining her bookwork as an authentic record of learning.
Please return envelopes with payment enclosed to school by Thursday 6th August

For any enquiries, please feel free to contact us
admin@denman.catholic.edu.au
phone: +61 2 4660 6201
fax: +61 2 4660 6201
www.mp.com.au

STJB7G

MedicAlert

When they’re young, children want to join in everything!
A MedicAlert medical ID can give them the confidence to do just that!

For over 40 years, the not-for-profit MedicAlert Foundation has been helping protect the lives of members by providing Australia’s first, most trusted and recognised, 24/7 personal emergency medical information and ID membership.

We know children don’t want to miss out on the activities their friends are enjoying. MedicAlert membership can give you, as a parent or guardian, peace of mind knowing your child’s medical conditions and/or special needs can be communicated quickly in an emergency.

Who needs MedicAlert membership?

As a quick guide, children may need MedicAlert membership if they have:

- Cardiac conditions
- Haemophilia
- Language impairment
- Implants or devices
- Regular medications

- Allergies
- Diabetes
- Asthma
- Epilepsy
- Autism/Asperger syndrome

Catalogues/Membership forms are available in the school office

SAVE $15 with our school code: STJB7G

Join online at medicalert.org.au, enter our school code at the checkout and the $15 registration fee will be waived.
The Sleep and School Life Study

Important Notice – Research in Schools

Your school is participating in the Sleep & School Life Study, a research project run by Doctor Jill Scevak, Professor Allyson Holbrook, Mrs Kim Robinson and Mrs Susan Grimes at the University of Newcastle.

What is the study about?
The study will investigate whether or not children’s sleep problems affect their school day. Clinical studies suggest that between 20-43% of school-age students are affected by sleep disturbances, most of which goes unrecognised. Surprisingly, little is understood about the educational impacts of inadequate sleep in school children.

Phase 1 – Survey of all participating students, their parents and teachers about children’s sleep habits and daytime functioning.

Phase 2 – Individual interviews of students, parents and teachers.

Who can participate?
Stage 3 students, their parents and teachers from participating schools within the Maitland-Newcastle Diocese will be invited to participate in this study. The study will be conducted between Weeks 5 and 8 in Term 3 in 2015.

Your participation is voluntary. There will be no disadvantage to you or your child if you choose to not participate in the Sleep & School Life Study.

You and your child may withdraw from the study at any time until data is de-identified. Simply email the researcher at Kim.M.Robinson@uon.edu.au.

Why should I or my children participate in the Sleep & School Life Study?
The Sleep & School Life Study is the first study to explore the concerns of students, parents and teachers in relation to children experiencing inadequate sleep and its impacts on their schooling. In participating in this study, you and your school are helping to raise community awareness about the relationship between inadequate sleep and schooling in school-age children.

A summary of the overall findings of this study will be made available to your school and to you through the school newsletter.

What do I need to do to participate?
If you would like to participate in the study, simply go to https://www.newcastle.edu.au/sleep-and-school-life where you will find a copy of the Participant Information Package and Consent Form and the link to the Parent/Carer survey.

Please read this information carefully and discuss with your child before agreeing to participate in the study.

If you decide that you and/or your child would like to participate simply fill out and sign the Consent Form and return it to:

The Sleep & School Life Study
Attention: Mrs Kim Robinson
C/O Mail Room
The University of Newcastle
University Drive
Callaghan, NSW. 2308.

Or complete the online version and submit electronically.

Privacy
There will be no exchange of information between any participants. Your information remains confidential to you and the researcher. The school will not see your answers to the questionnaire, only the researchers will have access to this information. Participant information will be de-identified in any publications from this research.
St. Joseph's P&F Association

P&F meetings for 2015 will be held on the second Monday of each month at 4.30pm in the MacKillop Room.

Next meeting - Monday 10th August 2015

If you would like to add an item to the agenda to be discussed at the meeting, please contact Kim Holland on 0422 035576 or email kimholland1569@gmail.com by the Monday of the week preceding the meeting.

THANK YOU . . .
to the Hourn & Hunt families who gave up some valuable time to clean the Aberdeen Bus recently.

Scholastic Book Club catalogues were sent home yesterday. As usual, there is a great range of books suitable for all ages. Orders and payment are due in by next Monday 27th July or you can place your order online using the LOOP system - instructions are on the catalogues.

Thank you for continuing to support our school and encouraging your children to enhance their literacy through the wonderful world of books.

Melissa & Sally Coordinators.

Uniform Shop

Open each Tuesday morning 8.30 - 9.30 for ordering, pick up and payments.

We have quite a range of second hand winter uniforms in stock.

Come in and grab some $3 items – it’s great to have some spares to get through the cold and wet days of winter!

Leanne Hunt
Uniform Coordinator
0487 761253

CANTEEN ROSTER

24 Jul  Mel Bates & Tash Taaffe
Please contact Mel Bates on 0417 060381 if you are able to help with canteen this term.

BUS ROSTER

25/26 Jul  Jamieson family
1/2 Aug  Keegan family
8/9 Aug  Lawler family

Nutrition Snippet

The simplest way
...to add vegies, every day!

Eating the right amount of fruit and veg can lower your risk of cancer by 5-12 percent. Yet most adults don’t eat enough of either, particularly veg – and what adults eat affects the whole family.

Did you know legumes like baked beans are a type of vegetable?

Add legumes across your day to get some extra veg in:

- Baked beans on toast for brekky, or an easy dinner, or pack a small tin for lunch
- Add drained chickpeas to your salads
- Red Kidney beans make a tasty addition to bolognese sauce, add towards the end of cooking.

Eating vegies doesn’t have to be complicated – aim for five serves a day, across your day.

For more information visit
www.eatittobeatit.com.au
or join us at facebook.com/eatittobeatit

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