June 2016

<table>
<thead>
<tr>
<th>Sun</th>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
<th>Sat</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Week 6</td>
<td>29/5</td>
<td>30/5</td>
<td>31/5</td>
<td>1/6</td>
<td>2/6</td>
<td>3/6</td>
</tr>
<tr>
<td></td>
<td>2.40pm Liturgy/Assembly</td>
<td>Stage 3 Early Settlers Day</td>
<td>Library Sport (Sports uniform) No canteen</td>
<td>Athletics Carnival (sports uniform) Feast of the Sacred Heart Term 2 school fees due</td>
<td>Mass 6.00pm Rite of Commitment to Sacramental Program</td>
<td></td>
</tr>
<tr>
<td></td>
<td>3.30pm Sacramental Meeting</td>
<td></td>
<td>P&amp;F/Campdraft &amp; Fete Mtg 6pm RSL</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Week 7</td>
<td>5/6</td>
<td>6/6</td>
<td>7/6</td>
<td>8/6</td>
<td>9/6</td>
<td>10/6</td>
</tr>
<tr>
<td></td>
<td>2.40pm Liturgy/Assembly</td>
<td>Library - Sport Canteen</td>
<td>Questacon Science Show</td>
<td>5/6 Excursion - Camp Wambangalang</td>
<td>6/6 Excursion - Camp Wambangalang</td>
<td></td>
</tr>
<tr>
<td></td>
<td>3.30pm Sacramental</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Week 8</td>
<td>12/6</td>
<td>13/6</td>
<td>14/6</td>
<td>15/6</td>
<td>16/6</td>
<td>17/6</td>
</tr>
<tr>
<td></td>
<td>PUBLIC HOLIDAY</td>
<td>Regional Spelling Bee (Merriwa) 7pm UHCM Concert</td>
<td>Library - Sport Canteen Year 6 RE Test</td>
<td>Fruit &amp; Veg workshop 1.30-3.00pm</td>
<td>School disco (more info soon!) NSWPCS Cross Country C'ships</td>
<td>Mass 6.00pm</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Week 9</td>
<td>19/6</td>
<td>20/6</td>
<td>21/6</td>
<td>22/6</td>
<td>23/6</td>
<td>24/6</td>
</tr>
<tr>
<td></td>
<td>2.40pm Liturgy/Assembly</td>
<td>Library - Sport Canteen</td>
<td>Reports home</td>
<td></td>
<td>3/4 Excursion Dubbo Zoo</td>
<td></td>
</tr>
<tr>
<td></td>
<td>3.30pm Sacramental Meeting</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

As Australian pilgrims we travel as one people to celebrate God’s love and mercy at World Youth Day in Krakow.

We pray for our own personal transformation:

Transform me, O God,
That my hands may be merciful,
That I use them to serve my neighbour.

Transform me, O God,
That my feet may be merciful,
That my pilgrim journey leads me to compassion.

We ask this through Christ, our Lord.
Amen
St Mary of the Cross MacKillop, pray for us.

Blessed are the merciful; For they shall receive mercy
Mt 5:7
This week we offer our prayers and well wishes to Sheryl Halse (mother of Korey & Braeden) as she is recovering from recent surgery. We pray you have a speedy return to good health.

**Wellbeing**

Maintaining a positive school community is the first stage of the [Kidsmatter Framework](http://www.kidsmatter.edu.au). A positive school community gives children a sense of security that their needs will be met. The current focus on strengthening anti bullying strategies is one way we do this at St Joseph’s. The students attended the live performance of “Bully Bull-Ring” last week and were introduced (Yrs K-4) and re-introduced (Yrs 5&6) to the menagerie of animals teaching valuable strategies to deal with bullies and to build personal resilience. These strategies will be reinforced in classes over the next few weeks. It is good to remember that bullying is repetitive and targeted by someone with more power towards another. Bullying will not be tolerated at St Joseph’s. Students are all aware of the steps to take if they feel they are being bullied. Students are also aware that some student’s behaviours are annoying and make them cranky, but this is not necessarily bullying and needs to be dealt with differently.

**Sport**

*Athletics coaching* is providing a wonderful opportunity for all students to develop their track and field skills. This week’s training will focus on high jump technique. The St Joseph’s Athletics Carnival will be on this Friday 3rd June and we are really looking forward to that. Parents who are able to help are encouraged to send their forms back in by tomorrow so that Miss Foran can allocate jobs to you.

**Creative Arts**

The [ASPIRE program](http://www.camac.org.au) of dramatic arts coaching provided Phase Two sessions last week. Anna Kerrigan ran the students through their new script and started coaching of some new songs. All classes were very enthusiastic over the two days and are now madly practising parts and making alterations to match the context.
Girls Night In
Cancer is said to touch every family in some way at some stage. Congratulations to Miss Elizabeth Foran who worked with her Stage 3 leaders to organise a girls night in last week. Many mums and daughters enjoyed a night in together and at the same time raised over $260 for breast cancer research.

Colonial Day
Life as an early settler in Australia during the 1800s was certainly interesting, as a large gathering of proud parents and grandparents learned today at Stage 3’s Colonial Day. All students presented their model huts and gave a talk on the life and times of an early settler. The presentations were very engaging. Many parents commented on the fun the students had learning this information and how parents enjoyed working collaboratively with them in the process. Well done Miss Foran on another great teaching initiative.

Class Excursions
Dubbo is winning the trifecta with St Joseph’s school taking all 3 classes to its attractions for their major excursions this year. Last week saw the infants at the cultural centre and next week will see the Stage 3 students visit Wambangalang Environmental Education Centre to complement their Science program, Wellington Caves for a geological experience and a visit to the National Trust’s Dundullimal Homestead will add to the History curriculum. Two weeks after this the Stage 2 class will visit Dubbo Zoo.

Science
Exciting times are ahead for the students as they await the arrival of the Questacon Science Show on the 9th June. We will be joined by the students from Cassilis school on the day.

Student Reports
Reports are being prepared presently as teachers collate data relating to each student’s achievement over the first semester. The reports will be sent to parents on the 23rd June. There will be the opportunity for interviews offered in Week 10. A reminder to parents to look at the goals set in Term 1 and Term 2 and to continue working with your child to help them achieve these.

Spelling Bee
The school and regional Spelling Bees are approaching rapidly. I hope all students are practising spelling out loud at home with their parents…any words will do! This initiative aims at improving the spelling skills of all our students.

School Readiness
Thank you to those who attended our stall at the school readiness meeting at Pre-School last night. Thank you to the teachers who set up a beautiful display of what we have to offer at St Joseph’s. Thanks to our current mums Mel Bates and Megan Towell who spoke so positively to others there about their experiences at the school. Please remind any interested parents to get an enrolment pack now.

In your newsletter this week:

<table>
<thead>
<tr>
<th>Content</th>
<th>Page</th>
<th>Content</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Awards</td>
<td>8</td>
<td>Principal’s News</td>
<td>2-3</td>
</tr>
<tr>
<td>Colonial Day</td>
<td>3</td>
<td>RE News</td>
<td>5</td>
</tr>
<tr>
<td>Creative Arts</td>
<td>2</td>
<td>School Readiness</td>
<td>3</td>
</tr>
<tr>
<td>Excursions</td>
<td>3</td>
<td>Science</td>
<td>3</td>
</tr>
<tr>
<td>Fruit &amp; Veg workshop</td>
<td>4</td>
<td>Spelling Bee</td>
<td>3</td>
</tr>
<tr>
<td>Kidsmatter</td>
<td>6-7</td>
<td>Sport</td>
<td>2</td>
</tr>
<tr>
<td>P&amp;F News</td>
<td>9</td>
<td>Wellbeing</td>
<td>2</td>
</tr>
</tbody>
</table>
Come to our FREE Fruit & Veg Sense Workshop

Date: Thursday 16th June, 2016
Time: 1:30pm until 3:00pm
Venue: St. Joseph’s Primary School Merriwa

Did you know that eating enough fruit and vegetables all their lives can help protect children against diseases, including some forms of cancer? This free workshop run by Cancer Council NSW will show you how you can easily:

- Save time and money making healthy meals
- Learn clever ways to entice fussy eaters
- Get a free recipe book simply by attending

Don’t miss out – registration is essential. To book your place please register no later than 10/06/16 by:

- putting your name on the registration list at playgroup
- emailing eatittobeatit@nswcc.org.au
- or phoning (02) 4923 0704
Sacramental Program
This week we commence the Sacramental program. We ask that you keep Will, Ava and Pia in your prayers as they begin this important journey into becoming full members of the Church.

The Feast of the Sacred Heart
19 days after Pentecost we celebrate The Feast of the Sacred Heart of Jesus. This Feast day falls this Friday. As this is our athletics carnival we will be celebrating the feast at our Monday liturgy. This is an old tradition of private devotion. The Feast of the Sacred Heart allows us to stop and think about the love of Jesus – the love that Jesus has for us, the love we have for Jesus and in return the love we have for each other. This Feast Day is very often depicted with Jesus and his heart showing on his chest. Next time you are in St Anne’s Church see if you can find the statue! In an Andrew Chinn song we find great lyrics to help us understand this Feast Day

Love one another as I have loved you
Love one another is our call
Be the love, be the heart of Jesus
One heart, one love, the love within us all.

Year 6 Test
Year 6 will sit the Year Six Religious Education test on Wednesday the 15th June. This test is important for us as a school so we can collect relevant data and continue to improve our teaching practices.

Anne Marie Peebles
RE Coordinator

Enrolments are now being accepted for Kindergarten 2017. Please pass this information on to anyone who may be interested in our school providing quality education to their children.

Library Bags
All classes have a library lesson and borrowing each Wednesday. Children must always carry their library books in a protective bag. Water bottles and food containers have a habit of leaking and this can be very damaging to library books.

If you do not have a special library bag, the fabric shopping bags are a great alternative. Please ensure all bags are clearly labelled.

If you have any unused fabric shopping bags at home, we would love them to have as spares in the library!
Introducing KidsMatter Primary

Good mental health is vital for life. Children who are mentally healthy are better able to meet life’s challenges and have stronger relationships with the people around them. They are also better learners who are more likely to succeed at school. Good mental health in childhood provides a solid basis for managing changes as they grow.

On the other hand, children who are exposed to multiple stressors – such as a family breakdown, poverty, abuse, racism, bullying, or the mental illness of a parent – are at a higher risk of developing emotional or behavioural problems that can continue into adulthood.

It’s not always possible to tell which children will develop difficulties, so it’s important to consider the wellbeing of all children.

The good news is that KidsMatter Primary is all about growing healthy minds. KidsMatter is a mental health and wellbeing framework that helps schools focus on the development of all their students in partnership with families. It was developed by mental health and education experts and has already made a big difference to the lives of Australian children.

Does KidsMatter Primary work?

KidsMatter Primary works because it unites all the people that influence children’s mental health most — families, school staff and the wider community.

KidsMatter Primary can help improve:
- the mental health and wellbeing of students,
- the quality of their school work,
- the ability of parents, carers and teaching staff to help children deal with problems,
- NAPLAN results — when schools implement KidsMatter Primary well.

KidsMatter Primary was developed in collaboration with beyondblue, the Australian Psychological Society, and the Principals Australia Institute, with funding from the Australian Government Department of Health and Ageing and beyondblue.

How does KidsMatter Primary work?

When schools take on KidsMatter Primary, they build on the work they are already doing to support students’ mental health and wellbeing.

Firstly, they form an Action Team to represent the whole-school community and to coordinate and lead the implementation of the initiative. The Action Team reviews the schools’ current efforts across four focus areas (or ‘components’). They look for ways they can strengthen these efforts, and then take action using a step-by-step planning process.

Every school is different, with different needs for their students and families. The KidsMatter Primary framework covers four components that have shown to be highly successful in supporting the mental health and wellbeing of children.
Positive school community
Positive and respectful relationships at school help children and families feel that they belong and that their contributions are valued. A positive school community also gives children a sense of security that their needs will be met. Research shows that when children and families feel connected to school, children are less likely to develop mental health difficulties and are more likely to succeed academically.

How can families help?
Families are the biggest influence on children’s mental health and play a very important role in KidsMatter. Children benefit when the important people in their lives work together and have a shared understanding of their development and their needs.

KidsMatter Primary has developed a range of information sheets with parenting tips and strategies to help all Australian families support the wellbeing of their children. View them online at www.kidsmatter.edu.au

If your child’s school is participating in KidsMatter Primary, there are many things you can do to help make it a success:

- Read the KidsMatter Primary information sheets to further your understanding about children’s mental health.
- Develop relationships with staff, so you can share knowledge and information about how they can support your child.
- Get involved in the Action Team.
- Ask staff how KidsMatter Primary is being implemented.
- Participate in school activities to build a sense of community.
- Respond to any school requests for ideas or information.
- Talk to other parents and carers about ways the school can support your needs.
- Let the school know what skills or talents you are happy to share.

Social and emotional learning for students
Learning how to manage feelings and get on with others is an important part of children’s development. It helps them become better learners and feel good about themselves. Teaching children social and emotional skills as part of the school curriculum gives them tools for coping with emotions, solving problems and learning more effectively.

Working with parents and carers
In order to promote children’s mental health and wellbeing, it makes sense for families and schools to work closely together. Schools can support parents and carers by providing useful parenting information and resources, and by connecting them with further assistance if required.

Helping children with mental health difficulties
It can make a significant difference when children and families are able to access mental health intervention early. KidsMatter primary schools learn to respond more effectively to children’s mental health difficulties by recognising and responding to concerns that may need following-up. They can provide information to families and develop links with health and community agencies in their local area.

---

Helping children with mental health difficulties
It can make a significant difference when children and families are able to access mental health intervention early. KidsMatter primary schools learn to respond more effectively to children’s mental health difficulties by recognising and responding to concerns that may need following-up. They can provide information to families and develop links with health and community agencies in their local area.

---

This resource is part of a range of KidsMatter Primary information sheets for families and school staff. View them all online at www.kidsmatter.edu.au

---


Best wishes to all the members of our school community who will be celebrating their birthday in the coming weeks …..

AWARDS

Congratulations to our award winners of Weeks 4 & 5:

Kindergarten
Dakotah Chin – identifying 2D shapes
Jye Bates – his contributions to our class discussions
Sammi Patterson – showing great spelling strategies to write her spelling words

1/2
Jeremy Hopkins – his sensible approach to completing set work
Justin Alley – working collaboratively to sort 2D shapes according to their properties
Archie Constable – identifying different parts of our Church
Aidan Hunt – developing his understanding of the CUBES strategy to solve word problems
Peter Hagley – his confidence, expression and body language used in drama workshops

3/4
Arfan Isam - working hard to achieve his reading goals
Bobby Keegan - his great description of how shadows are formed
Emily Wright - working hard to remember her multiplication facts
Alister Fairfull - always working hard in class

5/6
Damian Jamieson - wonderful work using the Seven Steps to Writing Success
Rebecca Keegan - always taking pride in her work
Axul Hourn – his enthusiastic contributions to class discussions

Olivia Collins - her excellent organisational skills
Patrick Magner - superb reading and comprehension

Playground Champion:
Arfan Isam - being a kindhearted member of our school community

Principal’s Awards:
Korey Halse - his enthusiasm in Science and Tech
Nate Brown - being responsible and leading his group to stay on task in collaborative work
Helena Parker - understanding that the more we learn the more we know we need to learn!
Darcy Taaffe - the wonderful effort she makes in class.
Arlia Parker - seeing a need and being willing to do something about it
Will Henderson - his positive contributions to anti-bullying discussions.

Scholastic Book Fair

Thank you to all families who supported our Book Fair. Your generosity has allowed us to earn over $200 worth of new books for our school library.

Many thanks to the Collins family and Karin Brazier for you help in setting up and packing up the display.

Book Club

A new issue of book club has arrived and catalogues will be sent home today. Please return your orders and payment to school by next Wednesday 8th June or order online using the LOOP system. Thank you for your continued support.

Nate Brown
Peter Hagley
Aidan Hunt
Freya Tomy

Happy Birthday
Next P&F meeting is a Campdraft/Fete Meeting
Wednesday 1st June 2016
6.00pm at the Merriwa RSL
All families and friends most welcome and encouraged to attend!

P & F would like to thank our recent Canteen Helpers — Emma Henderson, Mel Bates, Scott Beaven & Lisa Smith.

Thank you . . .
to the Hagley & Henderson families who gave up some valuable time to clean the Aberdeen Bus recently.

Campdraft & Fete Book Stall
As part of the Campdraft and Fete Day, St Joseph's will be holding a second hand book stall.

If you and your family and friends no longer have a need for some books and magazines and they are in reasonable condition please donate them to the book sale! Books and mags can be dropped off at St Joseph's.

Thank you
Melissa Collins
Coordinator

St Joseph’s Campdraft & Fete Saturday 2nd June 2016
Have you considered how you can help with this year’s major fundraiser?

Our last newsletter gave you many ideas for how you can contribute to this event, either in the lead up and/or on the day. Here is a reminder of just a few:

- Cook and/or work on the cake stall
- Help in the canteen
- Help with setting up on Friday or packing up Saturday afternoon/Sunday morning
- Donate potted plants, books, cakes or raffle prizes
- Assist with fete activities or face painting
- Work on the campdraft or horse sporting events

Come along to tomorrow night’s meeting - 6pm at the RSL - with your ideas and suggestions. No pressure - just a satisfying sense of community and contribution for the benefit of our children!
St Joseph’s Canteen

Winter Menu

Hot Food

- Pumpkin Soup  $2.00
- Spaghetti Bolognaise $3.00
- Fried Rice  $2.50
- Toasted Sandwich: Ham, cheese, tomato $2.50
- Lasagne  $3.50
- Fish (6) and Salad* $4.00
- Chicken Nuggets (6) and Salad* $4.00
- Chicken Burgers (Lettuce and mayonnaise) $5.00

Drinks

- Hot Chocolate  $2.00
- Flavoured Milk  $2.00
- Chocolate or Strawberry
- Juice Popper  $1.00

*Salad: Lettuce, Tomato, Carrot and Cucumber

An exciting musical journey for families and children of all ages!

Newcastle Youth Orchestra presents
The Magical Music Time Machine

Saturday, June 4
Concert at 2.30pm
Scone High School

TICKETS
Ph: (02) 65414888
Or uhcm.com.au

Good for Kids good for life

EATING WITH THE SEASON

A change in season brings with it a change in seasonal fruit and vegetables. Cooking with fruit and vegetables that are in season not only supports sustainability but also lowers the price of your grocery bill!

Here are a few fruit and vegetables in season over the coming months:

- Apples
- Mandarins
- Kiwi Fruit
- Oranges
- Pumpkin
- Sweet potato
- Parsnip
- Broccoli

Make sure you include these in your grocery shopping over winter!

Office of Sport | NSW Sporting and Recreation