



St Joseph's Primary Schofields Newsletter

Term 1 Week 5 2021

Principal's Message

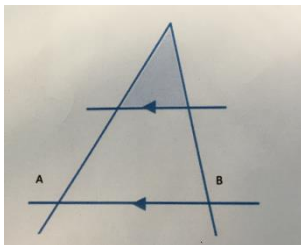
Dear Parents and Carers,

Last night we had the Parent and Friends meeting held in the Year 6 space. It was great to see both familiar and new faces all willing to help our school.

At the meeting I shared with the parents our school goal which is about using data and feedback to ensure the children are successful in their learning. CHALLENGE is a big part of our goal. When you are challenged and achieve, you really remember the learning that helped you achieve. I shared with the parents some challenging Maths with angles that the children in Year 6 are currently doing. After ensuring the children had knowledge of what an angle is, how to measure and classify angles the children were challenged to find 2 angles, then all of the angles in a triangle. Using their prior knowledge all the children were able to give the challenging activity a go. It will take a few days to finish this activity with the teacher guiding the learning each day.

I interviewed Harley and Jack from Year 6 in my office today and they could tell me all their learning. Both were well on the way to solving the problem. They knew that they could use the property of angles to find missing angles e.g. two angles made when a straight line is crossed will equal 180 degrees. Jack was using his knowledge of right angles to make sure he drew 2 exactly parallel lines. Harley was using his knowledge of revolutionary angles to help solve the problem. Both were full of enthusiasm to tell me about their thinking and were motivated to keep going through the task to find some answers. Here is the problem:

Angles A and B are both multiples of 5 and add to be 240 degrees but they are not equal. Work out what might be each of the angles in the triangle.



This task comes from an academic partner the school and Parramatta diocese work with, Dr Peter Sullivan. This year we are working with the CEDP teacher educators on some sequences of activities that stems from Peter Sullivan's work. This time we will work with the teachers from Kinder, Year 1 and Year 2 at a much lower level but with challenges too! The teachers are very excited and will start later this term on the work. Kinder will focus on counting, Year 1,2 on Place Value (tens and ones). I am looking forward to a great year of Maths learning at St Joseph's.

Kind Regards,
Mrs Lesley Studans
Principal

Assistant Principal

It is so wonderful the way that the Kindergarten students have settled into our school community. I love walking through the spaces and seeing the students interacting with each other and the way that the teachers are getting to know them, setting up routines as well as building relationships between the students in a new and exciting environment.

Chess and Motiv8 are after school activities that we run at our school. The students enjoy these activities and now that we have a little more space, I would like to start offering more after school activities next term. I would really appreciate it if you could take the time to complete this quick survey to get an idea of what sorts of activities you would like for your children to participate in after school. Even if your child attends COSCH they can still participate in these activities. The staff at COSCH take the students to the activity and pick them up after it.

[After School Activities Survey](#)



ATTENDANCE - EVERY DAY COUNTS!

Please ensure that your child not only attends school each day but that they arrive at school on time.

If your child is away, please ensure that you write a letter to the teacher explaining why your child was absent or provide a medical certificate if appropriate. Please keep your child at home if they have flu symptoms and get them COVID tested. Results must be sent to the school before your child can return.



Each day that your child attends school is a valuable day. Not only are they provided with opportunities to learn about themselves and develop relationships with their peers, teacher and community, they are deepening their knowledge and skills about the world around them.

Mrs Joanna Delvecchio
Assistant Principal

Upcoming Important Dates

Mon, 15 th March	School Cross Country
Thurs, 18 th March	Big Veggie Crunch
Friday, 19 th March	St Joseph's Feast Day Mass

COVID Health Guidelines mean that for whole school events above, parents are not onsite. For events that are timed such as Meet the Teachers evening, parents are allowed onsite with our COVID safe plan.

Religious Education Co-ordinator

Lent 2021



This year, Caritas Australia's Project Compassion theme is '**Be More**'.

It challenges us to venture into a new experience of compassion, and is taken from the invitation of St Oscar Romero, to "Aspire not to have more, but to BE more."

In doing so we acknowledge that we are called to a life of 'being' as opposed to 'having' because our human dignity is not gauged by what we have but what we are:

made in the image and likeness of God. Who we are and how we relate to others and live out our lives is more important than what we have.

Our challenge to 'BE More' also takes us beyond ourselves. Pope Francis writes, "In the depths of every heart, love creates bonds and expands existence, for it draws people out of themselves and towards others" (Fratelli Tutti, #88).

During Lent we encourage our students to 'BE more' by making simple lifestyle changes and to act for social and environmental justice. Here are a few ways students of St Joseph's will be doing this:-

- This term our **Gospel Value** is:- **Aspire not to have more but to BE MORE**



To help the students understand and live out the theme of Project Compassion we are having "**Aspire not to have more but to BE more**" as our Gospel Value this term. Each week class teachers will award one student who has demonstrated this during the week in their class.

- Each class received a Project Compassion box for students to make donations throughout Lent. For example:- students may want to give up some of their canteen money or change from their lunch order and place their donation into the Project Compassion box.
- Another way St Joseph's will be raising funds for Projection Compassion is through collecting recyclable containers from students and taking these containers to Woolworths Return and Earn. Around the school, there will be black tubs for students to place their recyclable containers in. All funds raised from the "Return and Earn" will go towards Project Compassion during Lent.

All donations will be welcomed to help raise money for Project Compassion this Lent.

Mrs Anne Watson
Religious Education Co-ordinator

CAR SAFETY TIPS OF THE WEEK

Drive down Jerralong Drive and then Flynn Street to join the end of the queue. NOT down Nazarene St as you will be pushing in.

Once the gate opens, the queue moves quickly so plan to arrive as the gates open at 2:30 pm and you will not be in the queue for long.

No-one is allowed in the carpark unless you are dropping off or picking up children from COSHC. **No exceptions - it is very dangerous.**

Our staff are very helpful and active in assisting quick pick up in the afternoon. This level of assistance is not there in all schools. Please treat them with courtesy and if you are directed to move it will only be for reasons of safety.

Please let the school know if you have any safety concerns so that they can be addressed quickly.

PARENTS & FRIENDS NEWS

Congratulations to:

Karina Ellims - President; Caroline Howlett - Vice President; Melissa Gosling - Secretary; Jacqui van de Hout- Treasurer.

Zone Swimming Carnival

Last Thursday, 18th February, St. Joseph's sent a team of 17 amazing swimmers to Mt. Druitt Pool. I could not have been prouder of the school spirit and determination each student showed. As a team we walked away with quite a few ribbons and many of our students will go on to represent Blacktown Zone at the Blacktown Aquatic Centre early next month.

Congratulations must go to our entire Zone team and their parents who came along to cheer them on - you were all fantastic!!



Kimberley Turner
Sports Coordinator

Big Veggie Crunch

Did you know that only around 6% of Australian children eat enough vegetables? To help our community do their bit to improve this number, our school will be taking part in The Big Veggie Crunch (part of Vegetable Week) at **10am** on **Thursday 18 March**.

Primary schools across NSW will be joining together to break the record for the most students crunching vegetables:

- 50,260 students crunching simultaneously (2018 record)
- 14,991 students crunching at other times over Vegetable Week (2019 record)
-

What can you do to help?

- Pack a container of vegetables (**not fruit this time**) for your child to eat on Thursday, 18th March.
- Remember to keep serving up the vegetables at home and in your children's lunchboxes. Check out the [UP THE VEG at Home](#) resource for ideas.

If you require more information on what activities our school is doing over Vegetable Week, please contact the school or your child's teacher.



UP THE VEG AT HOME



Did you know that your school is involved in Vegetable Week & The Big Veggie Crunch?

It's a no-cost school-based health promotion event that encourages kids to eat more vegetables. The event is funded by NSW Health. Read on for ideas on how you can encourage your family to eat more vegetables... and a greater variety of them!

FAMILY FAVOURITE RECIPES AND SNACK IDEAS

If you want your family to eat more vegetables, you need to keep putting them on the table.

Make it the norm in your house that vegetables are included at most meals and snacks.

Some simple tips

Add extra vegetables to your regular family dishes. Many of your family's favourite meals are going to be super-easy to include more vegetables into. Think pasta sauces, curries, stir-fries, burgers, fajitas and pizzas.

Use frozen and canned vegetables if cost, availability and/or time are an issue.

Put a plate of cut up veg out and ready to go for those pre-dinner hungry hands! You can even add smashed avocado or a legume dip (e.g. hummus) to jazz it up!

Include vegetables in your family's after school and weekend snack options. Try:

- toasties/jaffles with baked beans, tomato, avocado, mushrooms and/or spinach
- vegetable fritters, slices or muffins
- vegetable soup
- mini vegetable pizzas
- san choy bao or lettuce cup tacos

Need some recipe inspiration?

Check out our tried and true heavy-on-the-veg recipes via the Vegetable Week & The Big Veggie Crunch website- www.healthy-kids.com.au/teachers/vegetable-week-the-big-vegie-crunch/.

LUNCH BOX LEGENDS

You can encourage your kids to eat more vegetables over the whole day by including them in lots of different ways in lunchboxes.

Crunch&Sip® (or your schools fruit, vegetable and water break) is a perfect opportunity to up the veg! Options to try include: vegetable sticks such as celery, capsicum, carrot and cucumber; cold cooked vegetables such as corn cobs, small potatoes or leftover dinner vegetables; canned legumes (e.g. butter beans, cannellini beans or edamame beans); frozen vegetable pieces in a container (e.g. peas, corn and carrot mixes); or even whole raw vegetables such as carrots, cherry tomatoes, beans, and mushrooms.

Why not try cooking some veggie-ful baked goodies for recess or morning tea? Think pumpkin scones, zucchini slice, pea fritters or corn muffins. Many of these options can be cooked in bulk, frozen and then put straight into the lunchbox from the freezer. For recipe ideas head to the Vegetable Week & The Big Veggie Crunch website.

Serving sandwiches, wraps or rolls for lunch?

You can add the usual suspects like lettuce, tomato and cucumber but why not try branching out with something more likely to get the kids excited about veg:

- Use avocado or hummus as a spread
- Add a rainbow of shredded vegetables, e.g. grated carrot, grated beetroot, thinly sliced capsicum, and a variety of sprouts
- Use mashed cooked pumpkin or sweet potato somewhere in the middle of the fillings
- Cut up crunchy vegetables into small bits to add texture to creamy fillings like tuna/egg/chicken and mayonnaise. Try celery, capsicum, green beans and corn kernels



In partnership with



**HEALTHYEATING
ACTIVE LIVING**

HOW MUCH DOES YOUR FAMILY NEED?

Did you know: only about 6% of Australian children and 7% of adults eat enough vegetables?

How do you know if your family is eating enough? If your family eats vegetables at most meals and snacks then you are doing well. Check the recommendations for each family member below for more detailed amounts.

RECOMMENDED NUMBER OF VEGETABLE SERVES PER DAY



2½ SERVES

Very young children
(2-3 years)



4½ SERVES

Young children
(4-8 years)



5 SERVES

Older children
(9-11 years)



5 - 5½ SERVES

Teenagers
(12-18 years)



5 - 6 SERVES

Adults (19+)



What is a serve?

1 SERVE OF VEG =



½ CUP
cooked vegetables



1 CUP
salad vegetables



½ CUP
canned vegetables



1
medium tomato



½
medium potato

SO HOW DO YOU ENCOURAGE YOUR FAMILY TO EAT MORE VEG?

Be a role model. All the adults in the house have an impact on what the kids eat. So eat lots of different types of vegetables in lots of different colours – and enjoy them!

Talk up the experience. When you and your kids are eating vegetables, talk about the bright colours, the varying tastes and textures of vegetables and how people feel after eating vegetables.

Avoid telling your kids to eat veg because they are healthy. Kids live in the moment! How they feel right now means more to them than long term health outcomes.

Keep putting them out there. If you avoid putting veggies in your kids' meals and snacks or hiding them so they don't know, they won't learn to eat them. Be patient, the more you offer them, the more likely they'll try them eventually.

Make it easy and available...especially when they are hungry!

Use the Up the Veg poster to encourage your family to eat a wider variety of vegetables. You can find it via the Vegetable Week & The Big Veggie Crunch website - www.healthy-kids.com.au/teachers/vegetable-week-the-big-vegie-crunch/.

Be rewarding! Give positive feedback to your kids for trying new vegetables. Steer clear of using threats or food rewards. The best rewards are descriptive praise, affection and your time!

Kimberley Turner
Vegetable Week School Coordinator

School Fees

The School Fee Statements have been posted to your home address. If you have not, as yet, received your statement, please contact the office on 88698100 or email Leonie Beck on lbeck@parra.catholic.edu.au so a copy can be sent to you.

Please note that the first instalment is due by 17th March 2021. If you wish to set up a flexible payment plan, please complete the eform using the instructions which the Catholic Education Office has given you. The arrangement needs to be set up by 16th March 2021.

Bus Travel

As mentioned previously, bus travel is a convenient way for your child to get to and from school. Depending on where you live, you may be entitled to FREE bus travel to and from school. We have many services in our local area, however, not all buses currently service the new development behind the station where some of our new families live. In speaking with the bus company, buses are put in place due to demand. This demand is decided upon the number of OPAL card applications. It is important then to ensure that you have an OPAL card for your child if they do catch a bus, or to apply for one in case you may consider this as an option. There is no obligation to use the bus service even if you have an OPAL card. Students are fully supervised until they get onto the bus.

Second Hand Uniform Shop

Our Second Hand Uniform Shop is open on Mondays between 8 and 8.30 am.

School Concerns

Reminder for families:

If, at any time, you find that you have a concern with the school, you are encouraged to come to the school and speak with the teacher/s, Assistant Principal and/or the Principal, to find a resolution for your concern.

It is our aim to work with all members of our school community to ensure that we do the very best we can to provide a productive, safe and enjoyable learning experience for our students and professionally fulfilling experience of our staff.

If you would like to raise a concern formally, the Catholic Education Office has procedures for ensuring that complaints are handled fairly. Formal complaints can be emailed to cl@parra.catholic.edu.au (community liaison).

ST JOHN PAUL II CATHOLIC COLLEGE

OPEN EVENING 2021

March 8 - 4:00pm- 6:30pm

**Head to our website or press link below to
allocate a timeslot in our Open Evening!
Website/Enrol Now/Open Day/Register
your interest**

REGISTER YOUR INTEREST!



St John Paul II Catholic College

Year 7-10 - 85 Hambledon Rd, Schofields (Schofields Campus)

Year 11-12 - Eastern Road, Nirimba Fields (Nirimba Campus)

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FOR 2022 - ALL ARE WELCOME!



Visit www.stjohnpaul2.catholic.edu.au for more information



WE'RE ALL ABOUT LEARNING AT STJPII
WE CAN OFFER YOU A DYNAMIC AND UNIQUE EXPERIENCE

NON-CATHOLIC STUDENTS ARE VERY WELCOME & FEE SUPPORT IS AVAILABLE FOR FAMILIES IN NEED.

For all enrolment enquiries, contact Fay Lovett - 9208 7205

[School Fees](#) [Notice of](#) [Orientation](#) [School Hours](#) [Orientation](#) [Orientation](#)