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# St Joseph's Primary School

## Message From Mrs Reilly...

Dear Parents/Caregivers,

This week St. Joseph's will join with Catholic schools across NSW and the ACT to celebrate Catholic Schools Week (CSW).

Catholic Schools Week is about forging and strengthening connections between everyone who has a stake in our schools – students, staff, families, priests, parishioners, and members of the wider community – by showcasing our activities and actions.

During Catholic Schools Week, we take the opportunity to highlight not only the best of what we do, but also what happens in our schools every day.

It's a busy week with Open Days on Monday and Wednesday with tours of the school at 9am, 2pm and 5pm.

On Monday we joined with Father Andrew in burning last year's Palm Sunday palms in readiness for Ash Wednesday. We are celebrating the beginning of Lent with an Ash Wednesday Liturgy on Wednesday at 12.30pm in the Church. Lent is a time to prepare for Easter by trying to be more like Jesus by praying, being kind and thinking about others who need our help. During our Liturgy Father will put a cross on our forehead to remind us to be like Jesus.

This week we have the wonderful opportunity to work with Dr. Lyn Sharratt, a highly accomplished educator and author from Canada who has been working collaboratively with CEDP leadership to transform the face of education in the Diocese. Lyn will work closely with teachers on Tuesday, supporting them to ensure they are making the best possible teaching decisions required to meet the needs of all of our children. On Thursday, we are hosting a professional learning day for 90 leaders from across the Diocese. This is a wonderful opportunity for us to showcase all the great teaching and learning happening at St Joseph's.

Our Catholic Schools Week celebrations will continue over the next couple of weeks as we celebrate our feast day on Tuesday, 19th March and the Celebration of Learning afternoons happening across the learning spaces.

Looking forward to seeing you all during these wonderful celebrations.

Take care,  
Trish

## Catholic Culture News

Sacrament Information for 2019 at St Joseph's Parish

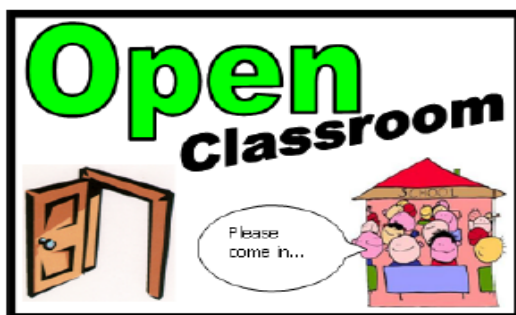
Registration for Sacrament of Reconciliation -Sun 10<sup>th</sup> March 2019 after 10:00am Mass  
Sacrament for Reconciliation – 6:00PM Thursday 11<sup>th</sup> April 2019

Registration for Sacrament of First Communion – Sun 28<sup>th</sup> April 2019 after 10:00am Mass  
Sacrament of First Communion – 10:00AM Sunday 23<sup>rd</sup> June 2019 (Feast of Corpus Christi)

Registration for Sacrament of Confirmation – Sun 28<sup>th</sup> July 2019 after 10:00am Mass  
Sacrament of Confirmation – 10:00AM Sunday 3<sup>rd</sup> November 2019

If you have any questions regarding the Sacraments please contact the parish office on 4721 4080

## Celebration of Learning



Time  
2.30pm to 2:50pm

Class	Date
Kindy	Wednesday 13th March
Year 1	Tuesday 19th March
Year 2	Friday 22nd March
Year 3	Thursday 21st March
Year 4	Thursday 28th March
Year 5	Wednesday 27th March
Year 6	Wednesday 27th March

## Attendance News

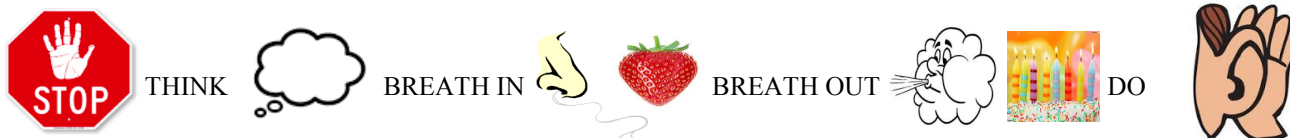
We had a special guest hand out our attendance awards/trophies this week. Sister Brenda Kennedy from the CEDP Attendance team was delighted to be part of our school assembly. This fortnights awards went to Year 3 Blue and Kindergarten Blue.



## Counsellor's Corner

### Being Safe and Respectful - Stop Think Do

Sometimes we just need a 5 second break so the air can settle and things can shift naturally, as adults we can often do this - we pause and think about what we are going to say. It is much harder for children, they are learning that they don't have to react, they are "togging" their brains to regulate their emotions and to make choices that lead to more positive outcomes. We can help them practice this with a strategy called STOP THINK DO, the image below is one that children can have as a prompt -



Imagining a stop sign when your child has a big feeling bubbling up can give them the 5 second pause, in this time they can breath to calm and think about the choice that can lead to a positive outcome.

Some children tell us they feel they are getting caught all the time, and we all know it is hard to "just not do the wrong thing" they are children and some of the most fun can lead to being caught out and getting in trouble. If they can practice stopping and think they can make a choice about whether it's worth it to: call out, put down others, tease, do cart wheels, pick up someone's slime or hide a lunch box. Is the time out worth it? Is it worth a call home?? Or could using STOP THINK DO mean no play will be lost?? Helping your child visualise the stop sign when they sense the big feeling will help them regulate their emotions and make more positive -safe and respectful choices.

## Afternoon Dismissal

We understand that sometimes you are unable to collect your children in the afternoons before 3.30pm. If you are held up/ running late please ring the Office and let us know.

If children are brought to the Office after 3.30 pm we will contact you.

The Office is unattended after 4pm so any child still not being picked up will be taken to Joey's Before and After School Care where they will be cared for until you are able to pick them up. A fee will need to be paid to the carers.

## 2019 School Fees

We have been advised School Fees statements were posted to homes on Friday 1st March. If you have not received your statement by Monday 11th March or you have any queries regarding school fees please contact Jenny Pendleton on 4726 4200.

## Goal Setting Meetings

Thanks to the parents/Caregivers who made the effort to meet with their child's teacher to discuss their goals. All the teachers reported that it was a fantastic way of ensuring that we are working as team so that best possible outcomes can be achieved for your child.

Please ring the Office to organise another time to meet if you were unable to meet last week.

## School Information

A reminder that information about what is happening at St. Joseph's is shared through Skoolbag and Facebook. If you need help accessing them please ask the Office for help.

## St Joseph's Celebration

Tuesday 19th March - Save the Date! More information to come.

## Kindergarten Library Day

Kindy will have Library on Wednesdays. Books can be returned on Tuesdays (Sports Day)

## Sports News

Congratulations to the following children who represented St Joseph's at the Nepean Zone Swimming Carnival - Emily, Zac, Keira, Arnav, Levi, Reece, Charlie and Meghna.

All the children swam with lots of enthusiasm and skill, with lots of personal bests!



On Friday, Chanel represented St Joseph's and Parramatta Diocese at the MacKillop Basketball Trials.

Chanel played 4 games with her team and they were undefeated on the day. Chanel showed lots of skill and sportsmanship, to impress the selectors and she has now been selected to represent MacKillop at the State basketball competition in June at Albury. We wish Chanel all the very best and we know she will be representing St Joseph's with pride.

# High School Open Days



**OPEN DAY**  
**TUESDAY 5<sup>TH</sup> MARCH 2019**  
First Tour 4pm | Second Tour 5pm

**XAVIER COLLEGE**  
FOR THE GREATER GOOD

At Xavier College, we create an educational environment that enables our students to grow academically and be socially equipped with the skills for the world of tomorrow.

To register for a college tour or to find out more information, contact us on:

- xavierlandilo.catholic.edu.au
- 4777 0900
- xavierlandilo

## Emmaus Catholic College

**OPEN NIGHT**  
**Tuesday 5th March, 2019**

**Students will be showcasing what occurs in the learning environment at Emmaus Catholic College**

General Information  
6pm – 6.30 pm

Tours of the College  
6.30pm – 8.30pm

Venue: Sr Patricia Tully Centre (Hall)  
87-109 Bakers Lane, Kemps Creek

*Enrolment Applications will be available on the night*

Contact: 02 9670 8300

**2020 ENROLMENTS**  
FOR GIRLS YEARS 7-12

Open Night: Monday 11th March 2019  
5:30pm - 7:30pm

CAROLINE CHISHOLM COLLEGE



.....  
Come along and see for yourself why girls are so happy to learn at Caroline Chisholm College.  
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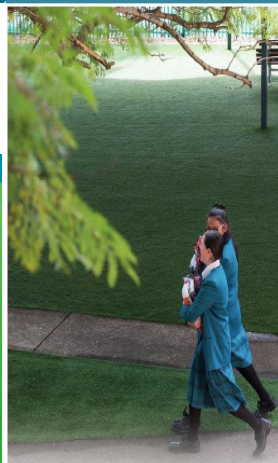
Tours of the college: 5:30 - 7:30pm  
Principal's information sessions: 6pm & 7pm

Further information can be obtained on our website and Facebook pages.  
[www.cccglenmorepark.nsw.edu.au](http://www.cccglenmorepark.nsw.edu.au)

90-98 The Lakes Drive Glenmore Park  
Enrolment packages can be obtained by contacting the college on:  
4737 5500

Follow us on  

ENROLLING NOW FOR 2020



Catherine McAuley is a Catholic girls' secondary school, located at Westmead. Our broad curriculum encourages young women to pursue independent lifelong learning.



**OPEN NIGHT**

Tuesday 12 March 2019 4.00pm - 7.00pm

This school open event will give visitors the opportunity to tour the school and view facilities as well as meet our School Principal and School Leadership Team.

CONTACT OUR SCHOOL ON 9849 9100 FOR AN ENROLMENT PACK. APPLICATIONS CLOSE 22nd MARCH 2019

Catherine McAuley, 2 Darcy Road, Westmead | [www.mcauley.nsw.edu.au](http://www.mcauley.nsw.edu.au)

**McCarthy**  
CATHOLIC COLLEGE  
EMU PLAINS

Contemporary learning for life



**OPEN DAY**  
Tuesday 19 March 2019  
5:00-8:00pm

Principal presentation sessions at: 5.15pm 6.00pm 6.45pm

**NOW ENROLLING FOR YEAR 7 TO 12**

## 10 REASONS WHY WE SHOULD ALLOW CHILDREN TO FAIL

@BELIEVEHQ

- Failure helps children to learn from mistakes and improve for next time
- Failure helps to build character and makes us more courageous
- Failure is an important learning experience for children to go through
- Failure promotes problem solving skills
- Failure teaches children how to be more resilient
- Failure can help children to develop competence and autonomy for the future
- Failure encourages improvement and critical thinking skills
- Failure encourages children to develop coping skills
- Failure teaches children about the importance of hard work and perseverance
- It helps children to push themselves out of their comfort zone



## Penrith City Children's Choir

invites you to its first project for 2019

# Singing Day

directed by

**Lucy McAlary**

Boys and girls (7 – 13 years) are invited to join us for this project on

*Sunday 17 March 2019*

*If you love to sing, please join us.*

No auditions!

For further information contact the Administrator, Liz Strasser:  
0418 202 849 or [pccc@penrithcitychoir.com.au](mailto:pccc@penrithcitychoir.com.au)



## The simplest way

... to pack a healthy lunch box

The average school child will eat more than 2,500 lunches during their 13 years at school.



Cancer Council's website [healthylunchbox.com.au](http://healthylunchbox.com.au) is a one-stop-shop for everything families need to know about packing a healthy lunch box.

Parents will find information on the five food groups, what constitutes a healthy lunch box, sandwich alternatives, sandwich filling ideas, snack ideas, swaps for unhealthy snack foods, recipes and tips. The website features an [interactive healthy lunch box builder](#) where parents can get their kids involved in planning the lunch box and choosing foods they will eat and enjoy.

[healthylunchbox.com.au](http://healthylunchbox.com.au)

## Dates for your Diary

<b><u>Week 6</u></b>	Wednesday 6th March	12:30pm Ash Wednesday Liturgy
<b><u>Week 7</u></b>	Friday 15th March	2:15pm Whole School Assembly
<b><u>Week 8</u></b>	Monday 18th - Friday 22nd March Tuesday 19th March Thursday 21st March	Book Fair St Joseph's Day Celebration Harmony Day
<b><u>Week 9</u></b>	Friday 29th March	2:15pm Whole School Assembly

## St Joseph's Social Media

Did you know St Joseph's have many media platforms to keep yourself updated with school events, photos, newsletters, notes, etc



Facebook - St Joseph's Primary School, Kingswood. NSW



School Website - <http://www.stjosephskingswood.catholic.edu.au/>



Twitter - @stjosephskwood



Skoolbag - St Joseph's Primary Sydney

YouTube - St Joseph's Primary Kingswood

If you would like to opt out on your child's photo, work and name being published please put your request in writing and send it to the school office. If at any time you change your mind regarding publishing please put your request in writing and send it to the school office.

## St Joseph's Birthdays

Happy Birthday to...

**March** - Khailel, James, Akuol, Arus, Ally, Danni, Samuel, Dylan, Matur, Sebastian, Bion, Vincent, Ashton, Zachary, Ezekiel, Angela, Dreisson, Shanaya, Scarlett, Jewel, Shima, Janelle, Jairemy, Lucy, Mark, Faith, Akon