



St Gerard's Primary School

NEWSLETTER



Term 4 Week 10

www.sgdandenongnth.catholic.edu.au

03 97917553

10 December 2021

HAPPY BIRTHDAY

Happy birthday to those students and staff who have celebrated their birthday this past week:!

- Alakai - 1/2Ǝ

St Gerard's Parish **Confession and Mass**

Confession Evening -
Wednesday, 22 December

6:00 pm and 7:30pm..

Christmas Mass Timetable

Friday, December 24 -
Christmas Eve

Please note: No Exposition of the
Blessed Sacrament on 24th
December. Exposition to resume in
February.

9:15 am - Mass

5:30 pm - Family Christmas
Mass

7:00pm - Maronite Mass,

9:30pm - Mass for 'unknown
status'

11:30 pm - Carols

12:00 am Midnight - Christmas
Mass

Saturday, December 25 -
Christmas Day

8:30 am - Christmas Mass for
'unknown status'

10:30 am - Christmas Mass
(No evening Mass)

Sunday, December 26 - The
Holy Family of Jesus, Mary
and Joseph

Mass held at - 8:30 am, 10:30am
and 5:30pm



In this Sunday's Gospel we learn about John the Baptist preparing the way for the Messiah. John had specific instructions for various groups as to how they should prepare themselves. This weekend, discuss with your children things they can do so they too can be ready for Jesus. Perhaps you can think of something you can do as a family during Advent to prepare for the coming of the Lord.

A PRAYER FOR THE **Third Sunday of Advent**

Joy-filled Giver of Life,
Let the anticipation of your birth
Fill us with overflowing joy,
May our excitement and anticipation
Be a sign to the world
That you are always near.
Amen

MESSAGE FROM THE PRINCIPAL

Dear families,

As the last full week of the school year comes to an end we have been preparing for our **Christmas Carols filming that will occur next Monday 13 December**. Please take note of the **Seesaw messages** sent out by teachers about **costumes and items** that the children can bring. A link will then be shared so it can be watched at a time that suits your family. This should help to get us all into the spirit of the season and bring some Christmas cheer to us all.

Last Monday we had **Italian Day** which was a wonderful opportunity to celebrate the learning and culture of Italy. I would like to thank the children for the way they embraced the day and in particular Signora Harris for her coordination of this event.

Our Year 5/6 **Bike Ed. Program** has also happened over the course of the week. This is a very important program to give our senior students the chance to develop and improve their riding skills, particularly in the lead up to the Summer holidays. **It was particularly pleasing to see some of our students ride a bike for the first time!** Thank you to Mrs Wilson for delivering this program.

Today, your child will bring home their **2021 Semester 2 School Report**. Please take the time to **read and discuss it with your child(ren) making sure to celebrate the successes and set goals for 2022**. I would like to congratulate all our children for their hard work throughout the second half of the year which involved both Remote and Onsite Learning. Included in the report is your child(rens) **class and teacher for next year**. Factors including overall school enrolment, year level numbers and government funding have to be considered when setting the class structures for the following year.

Significant time and consideration is taken to ensure that all our students are provided with the right conditions to learn. This type of change can produce a range of emotions in children. Next Monday, they will spend some time with their 2022 class and teacher(s) which will help with this transition to next year.

The class structure for 2022 is as follows:

A reminder that if your child is **displaying COVID-19 symptoms, please do not send them to school**. While some restrictions have been eased, as a school we need to remain vigilant to keep us all safe. I thank you for your continued understanding and support.

COVID-19 symptoms include:

- loss or change in sense of smell or taste
- fever
- chills or sweats
- a cough
- sore throat
- shortness of breath
- a runny nose

Finally, a reminder that **the school year finishes next Wednesday 15 December at 3.30pm**. Continue to stay safe and God bless.

Paul Cowan
Principal

2022 CLASS TEACHERS	
Class	Teacher(s)
Prep B	Mrs Leanne Bruno
1/2FW	Ms Nicole Fernadez and Mrs Tessa Wilson
1/2L	Mrs Mary-Jane Lewis
3S	Ms Melinda Sono
4/5TC	Mrs Shantelle Theodore and Mrs Ashleigh Chiverton
5/6O	Mrs Gwen O'Brien

RELIGIOUS EDUCATION NEWS

Important Dates for Term 4

From Monday, 13th December Christmas Carols Event via Seesaw

Tuesday, 14th December Year 6 Graduation, 7 pm



WELLBEING NEWS

Chicken Eggs For Sale

St Gerard's would like to offer parents the opportunity to purchase delicious organic eggs laid by our resident flock of chickens. You can purchase these eggs from the school office, a dozen. All proceeds from the sale of the eggs will go towards purchasing food for our feathered friends. Please email [Nicole Fernandez](#) if you would like to purchase some eggs.



This week the current SRC leaders met for the last time. We would like to congratulate all of the current SRC leaders for the hard work they have put into being the voice of our students



GIVE ME FIVE WEEK



Students who display the expectations present on the school Matrix are rewarded with a raffle ticket from their classroom teacher. Once a month the raffle tickets from each class are collected and drawn during the Friday assembly.

The raffle tickets were drawn today during the assembly. The winners will be listed in next week's newsletter and the winners will be rewarded next week.

Next week the whole school will be focusing on Being Our Best in the learning areas and playground.

WELLBEING NEWS CONT'D

Healthy eating helps children and young people cope more effectively with stress, better manage their emotions and get a good sleep – all of which assist learning.



Most research about nutrition and mental health has focused on adults. We know that good nutrition is associated with better mental health outcomes, whereas a poor diet is associated with a greater risk of depression and anxiety. However, emerging research that focuses on children and young people has also found a relationship between unhealthy diets and poorer mental health outcomes.

Poor nutrition has been associated with:

- externalising behaviour (such as hyperactivity, aggression, disobedience)
- symptoms of attention deficit hyperactivity disorder
- poor concentration and tiredness, which interfere with learning
- immune system function, which is also linked to mental health
- delayed brain development – high-fat, high-sugar diets can affect proteins in the body that are important for brain development
- iron deficiency, which has been linked to cognitive function impairments associated with learning and memory
- nutrient deficiencies, which have been associated with mental health conditions including depression and anxiety (we know that fruits and vegetables, grains, fish, lean red meats and olive oils are rich in important nutrients such as folate, magnesium, vitamins and zinc which all impact on body and brain functions, including mood regulation)

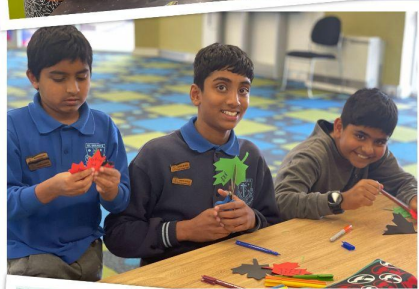
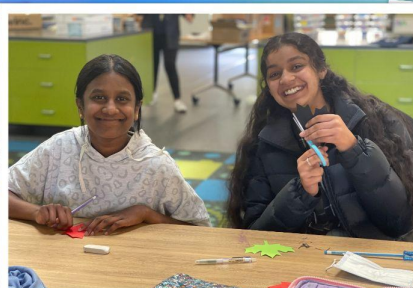
Facts from the Be You website



OTHER SCHOOL NEWS



ITALIAN DAY



YEAR 6 REFLECTION DAY

