

# St Gerard's Primary School

# NEWSLETTER



Term 3 Week 9

[www.sgdandenongnth.catholic.edu.au](http://www.sgdandenongnth.catholic.edu.au)

03 97917553

10 September 2021

## HAPPY BIRTHDAY

Wishing the following student(s)/staff who celebrated their birthday this week a very happy birthday!

- Ariana - 1/2<sup>nd</sup>
- Arielle - 5/6<sup>th</sup>
- Kanwer - 3/4<sup>th</sup>

**Stay at home,**  
**be safe,**  
**be healthy.**

**Current restrictions see the students continue online learning for the remainder of Term 3**

**A Special Grandma**



Congratulations Mrs Verhoosal on becoming a Grandma to Levi Paul Lucas. Your first grandchild to love and cherish xx



We continue to keep in our prayers all those around the world who are suffering due to the effects of this Pandemic, as we place our trust and hope in Our Heavenly Mother, Mary. Our Lady of Good Health, Pray for us.

### Prayer to our Lady of Good Health

Most holy Virgin, venerated  
with the title of Our Lady Of Good Health,  
because in every age you have come to the assistance  
of the sick, we ask you to intercede for us, for those  
dear to us, and for all who are ill. Obtain for us  
health of mind and body or at least strength to  
accept our sufferings in union with Christ our  
Redeemer. Mary, Health of the Sick, pray for us!

# MESSAGE FROM THE PRINCIPAL

Dear families,

As we come to the end of Week 9 it is hard to believe that nearly three quarters of the school year is behind us.

Our **Give Me 5 focus** for this week was to **Be Cooperative** and this was evident in the forts that were constructed on Tuesday. We certainly have some creative and imaginative children and families. Cooperating and working together not only achieves the task at hand but enables us to share our thoughts, gifts and talents and hopefully have fun.

Next week is the last week of term and our Year 6 Wellbeing Leaders have suggested some activities **to keep us thinking creatively and working together**. Each day there will be a task which we are inviting you as a family to take part in. Without giving too much away, there will be some work in the kitchen, outside adventures, creative thinking needed and sporting skills required. Please make sure you **check Seesaw for instructions and don't forget to upload your responses**. This promises to be a fun week which your whole family can be involved in.

In this Sunday's Gospel we hear Jesus ask the question: **'Who do people say I am?'** There were several responses and then Peter said: **'You are the Christ'**. Jesus then starts to detail what this will mean in the future - his death and resurrection and calls his followers to: **'take up their cross and follow me'**. This was a challenge for them as it is for us today.

As I have mentioned previously, **Enrolments for Prep in 2022 are now open**. If you have a child who will be starting school next year please contact the School Office. **Existing families are our first category for enrolments**. We are **getting enquiries from new families** so it is important that we enrol our existing families as soon as possible.

Finally, **Please stay connected with us. I encourage families to contact the school via Seesaw, email or phone if we can help in any way**. Let us finish the term on a high note and please continue to stay safe.

God bless.

Paul Cowan  
Principal

# RELIGIOUS EDUCATION NEWS

## Further Postponement of First Communion and Confirmation

We regret to inform you that due to a further extension to the existing lockdown, First Communion and Confirmation Masses have been postponed once again. We apologize for any disappointment to your families and thank you for your understanding. Stay tuned for the newly chosen dates which will be sometime in term 4.

## St Gerard's Talent Quest Auditions

We traditionally celebrate our Feast Day by hosting a talent quest. This year, due to possible restrictions, our talent quest will be held remotely a second year in a row.

The divisions will be as follows:

- Prep
- Junior School
- Middle School
- Senior School
- Family Acts

**Challenge:** film yourself doing one of your special talents; singing, acting/storytelling, dancing (cultural dance is a favourite), gymnastics, magic, slam poetry or stand up comedy. Acts should be 1-3 minutes long. Bonus points when you involve other St Gerard's students, include costumes/props or interesting backdrops. Respond by uploading your video onto the Talent Quest Activity on Seesaw.

Items that pass the auditions will automatically be entered into our Digital Talent Quest to be viewed at 2:30 on Friday 15th October (Saturday 16th is our actual Feast Day)







## What is resilience?

Resilience enables people to shift back along the [mental health continuum](#) towards good mental health. It's not static but is something that can change over time due to experiences and circumstance.

## Resilience is particularly important for children and young people

A child or young person's ability to be resilient can depend upon many things, particularly their relative balance of risk and protective factors. Depending upon their situation, a child or young person's resilience may vary. Importantly, specific situations or events that one child or young person may find challenging, another may not.

The transition from being a child to an adolescent to a young adult occurs over a relatively short period of time. Rapid changes in physical, psychological and social development can present numerous challenges. Children and young people who are more resilient are better able to stay on track with the biological, psychological and social demands of growing up and moving through early childhood into adolescence and beyond.

Being resilient is associated with better academic performance and school behaviour and, over the longer term, fewer mental health issues and greater life opportunities (including employment and relationships). Individual resilience (as well as family and community resilience) is something that can be fostered and developed over time.

# Build a Fort Day!

**On Tuesday 7<sup>th</sup> September the students had a challenge to design and build their own indoor or outdoor fort! Students were asked to be as creative as they could be.**

**Have a look at some of their amazing forts.**



# WELLBEING NEWS CONT'D

## FAMILY COOKING

Cook a meal with your family, write a short description of what you made and send photos of yourself and your family cooking together. Email your photos to Mrs Fernandez at [nfernandez@sgdandenongnth.catholic.edu.au](mailto:nfernandez@sgdandenongnth.catholic.edu.au).



## GIVE ME FIVE NEWS

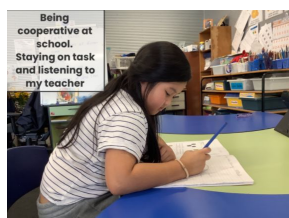
Students who display the expectations present on the school Matrix are rewarded with a raffle ticket from their classroom teacher. Once a month the raffle tickets from each class are collected and drawn during the Friday assembly.

The raffle tickets were drawn remotely on the 9<sup>th</sup> of September and the following lucky winners will have a special online picnic with Mr Cowan next week:

1. Eann
2. Aditey
3. Jake
4. Oscar
5. Antonia
6. Gurnishaan



This week our whole school focus was to **Be Cooperative** at home and school. Have a look at some of our students being cooperative.



Anastasia in 1/2 L being cooperative by listening to the teacher



Jacob (1/2FP) and Michael being cooperative by drawing while waiting for a Google Meet to start.



I am being cooperative by following directions and sitting on the floor when asked by my teacher.

Next week we will be focusing on **'Being Your Best at Home and School'**. Please take a photo of your family being their best at home and email your photo to Mrs Fernandez at [nfernandez@sgdandenongnth.catholic.edu.au](mailto:nfernandez@sgdandenongnth.catholic.edu.au).

## END OF TERM FUN WEEK

THE GRADE 6 WELLBEING LEADERS MET EARLIER THIS WEEK TO DISCUSS PLANS FOR THE LAST WEEK OF TERM. THEY CAME UP WITH SOME GREAT, FUN ACTIVITIES FOR THE WHOLE SCHOOL. PLEASE HAVE A LOOK AT THE FUN CHALLENGES WE WILL BE DOING NEXT WEEK.	<b>MONDAY 13TH</b> 3 INGREDIENT COOKING CHALLENGE	<b>TUESDAY 14TH</b> SELFIE SCAVENGER CHALLENGE	<b>WEDNESDAY 15TH</b> WHOLE SCHOOL ART COMPETITION	<b>THURSDAY 16TH</b> DRESS UP AS A SUPERHERO/CELEBRITY PICNIC DAY	<b>FRIDAY 17TH</b> FOOTY FUN DAY
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This week, St Gerard's participated in National eSmart week. This year we're celebrating 'Responsible Action'. By taking responsible action, we can demonstrate how we can all keep kids safe online and offline.

Have a look at some of the work from the students onsite and offsite!

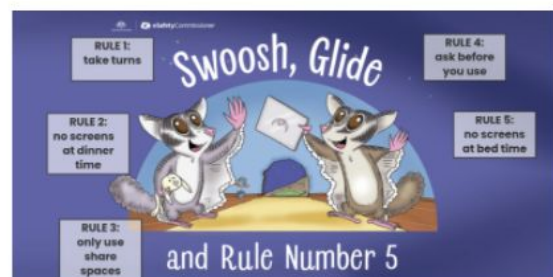
## JUNIOR STUDENTS

The junior students read a wonderful story

[Swoosh, Glide and Rule Number 5](#)



CHELSEA 1/2



AKASH 1/2FP

## SENIOR STUDENTS

The senior students onsite participated in a virtual seminar from the eSmart commission about social media and acknowledged how our digital footprint can affect us later in life.



Students designed websites, created videos and made animations about what we need to do when something makes us feel uncomfortable online.

**JOE, ASWIN, NELSON, ANTHONY, EVA AND JASKIRAT** from 5/6 created a series of short films.

Please visit <https://www.esafety.gov.au/kids> for more information on keeping safe online.



# VISUAL ARTS NEWS

Spring is in the air, the sun is shining and it's important to play outside in the fresh air. So for the art lesson this week the students were asked to go in to the garden or on a walk with an adult and collect objects such as, leaves, flowers, grass, sticks, twigs, feathers, small pebbles or rocks, shells and create a mandala or picture with everything they collected. Here are some of their amazing and beautiful creations..

