

St Gerard's Primary School

NEWSLETTER

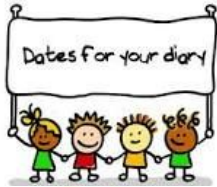


Term 1 Week 3

www.sgdandenongnth.catholic.edu.au

03 97917553

12 February 2021



HAPPY BIRTHDAY

Wishing the following students who celebrated a birthday this week.

- Jacob R - 1/2F
- Mrs Peres

**CSEF
APPLICATIONS
NOW OPEN**
**Please see the
office for an
application form**

School Prayer

God, our Father, as
members of the Parish
Community of
St Gerard's we praise you
for your love.

May we grow stronger in
faith and hope, and may our
love for each other, become
deeper in our daily lives.

Grant this through your
Son, and our brother, Jesus
Christ,

AMEN

OPENING SCHOOL MASS



Today at our beginning of the school year Mass, we welcomed our new students, especially our new Prep children all of whom bring new energy and life to our St Gerard's community.

In today's readings we were reminded that as Christians, we are called to servanthood, called to look to the needs of others first, called to be the hands and feet of Christ in the world. Just as saints of the past were examples of justice, compassion and love, so we can be modern saints of service ready to reach out to others with kindness and tenderness and willing to speak the words of the prophet Isaiah, "Here I am, Lord. Send me."



MESSAGE FROM THE PRINCIPAL

Dear Families,

We have had another great week here at school with plenty of learning opportunities provided for our students.

A key aspect of children learning is having the right support around them. Earlier this week information was sent out via email and Seesaw regarding our **3 Way Conversations**. This allows for our students, their families and teachers to come together and share information. These will occur next **Tuesday 16 February from 2.00pm - 6.00pm**. Due to current health advice and our operating guidelines, they will be **held online**. Please refer to the information sent out or contact the School Office.

Today (Friday) our whole school celebrated our **Beginning of School Year Mass** in the PAC. This is the first time we have been able to come together as a whole school since early last year. It was wonderful to be able to celebrate our faith together and I would like to thank Mrs Stack for her planning and coordination and the students who lead us in prayer and song. We will be coming together again **next Wednesday** for a school **Ash Wednesday Mass** which will **start the Season of Lent**.

Our families continued cooperation with our before and after school arrangements and when coming onsite is greatly appreciated. **Please note that our school gates are opened at 8.30am each morning. We are starting to see children dropped at school before this time which poses a safety threat as they are unsupervised and outside the school grounds.** I am therefore asking that families refrain from leaving their children unattended before 8.30am for their safety. Thank you in anticipation.

This Sunday's Gospel tells of Jesus healing a leper, therefore allowing him to return to communal living, but, in touching him, Jesus put himself on the outer. The Gospel says that Jesus *'had to stay outside where nobody lived'*. Jesus willingly changed places with the leper. A very strong message of service to others.

Finally, we receive many promotional requests from **local sporting, cultural and community groups**. It is important to have connections in our local community and with this in mind our **Community Notice Board** (located next to the Uniform Shop door) features flyers and information. I encourage you to have a look at it when onsite. **There is currently information for both children and adults.**

God bless.

Paul Cowan
Principal



RELIGIOUS EDUCATION NEWS

Sacrament Dates, 2021

Planning for all Sacraments is underway. More information will be forthcoming once details are confirmed.
Please note that arrangements may change based on Federal and State Government health advice.

Confirmation: (Grade 6)

Confirmation: Thursday, 29th July at 7 pm

Reconciliation: (Grade 3 and 4)

Reconciliation: Thursday, 8th March at 7 pm (TBC)

First Communion: (Grade 4 and 5)

First Communion: Saturday 5th & Sunday 6th June at Parish Mass times (TBC)

Whole School Mass

Wednesday, 17th February: Ash Wednesday, Whole School Mass (to be celebrated onsite for **students and staff only**)

Level Mass Mass

Thursday, 4th March
Thursday, 11th March
Thursday, 18th March

Prep/5/6 Level Mass in Church 9:15, all welcome
3/4 Level Mass at 9:15 in the Church, all welcome
1/2 Level Mass in Church 9:15, all welcome

Other Import Dates for Religion:

Tuesday, 16 February
Wednesday, 17th March

Wednesday, 17th March

Monday, 22nd March - Thursday, 1st April
Monday, 29th March - Thursday, 1st April

Tuesday, 20th March
Thursday, 1st April
Friday, 2nd April
Saturday, 3rd April
Sunday, 4th April

Shrove Tuesday and Subway (optional)
St Patrick's Day, students wear full school uniform with a touch of green
Delegation of Yr 6 leaders attend St. Patrick's Day Mass at Cathedral
The Passion Prayer Spaces for student participation
Families and/or parishioners invited to The Passion Prayer Spaces (pending COVID-19 density restrictions)
Fr Shanthaiah's birthday
Holy Thursday
Good Friday Day of Fast and Abstinence
Holy Saturday
Easter Sunday

The Passion Prayer Spaces

Students taking an active role in The Passion has long been a tradition at St Gerard's. Due to COVID related restrictions, this year, The Passion will be presented through Prayer Spaces. This will be an opportunity for our children to explore The Stations of the Cross and link these to life questions, spirituality and faith in a safe, creative and interactive way. Taking a Catholic perspective as a starting point, The Passion Prayer Spaces will give our children an opportunity to develop skills of personal reflection and to explore prayer in an open, inclusive and safe environment.

The hall will be transformed for a week with a range of creative activities that encourage personal reflection on issues such as forgiveness, injustice, thankfulness, big questions, identity and stillness that relates to The Way. During week 9 and 10, teachers will bring their students for reflection in The Passion Prayer Space.

The opportunity for families and/or parishioners to be invited to The Passion Prayer Spaces, pending COVID-19 density restrictions will be confirmed at a later date.

RELIGIOUS EDUCATION NEWS CONT'D

Seasons - A Program for Grief and Loss

Seasons is a peer support program for children and young people who are experiencing grief and loss in their lives. This loss may be the result of a death, separation or divorce.

This valuable program will become available in term 2. If you have any questions about the program, please don't hesitate to speak to your classroom teacher or to Mrs. Stack.

Project Compassion

Caritas Australia's annual Lenten fundraising and awareness-raising appeal. Millions of Australians come together in solidarity with the world's poor to help end poverty, promote justice and uphold dignity.

Project Compassion Boxes will be distributed to each class during Ash Wednesday Mass. Each class will have a target amount that they would like to raise during lent. Regular updates, by the Social Justice Leadership Team, with the amount raised so far will be announced at the school assembly.

Meditation

Thank you to everyone that has remembered that we begin each day with meditation. If you arrive late to school and the meditation bell has already gone, you need to wait in the office area until meditation time has finished.

Altar Boy Training

Altar boy training will commence on Thursday, 18 February at the St Gerard's Church from 5:30 pm - 6:30 pm. If your son is in Year 4 or above and interested in becoming an altar boy, please contact Mrs Stack at the school office.

WELLBEING NEWS



Walk or Ride To School Friday, 19 February 2021



Friday, 19th February is a Ride to School Day. Students are encouraged to walk or ride to school from home or from a nearby drop off point. If your child doesn't normally walk to school, you could do this together.

Students who ride are given a sticker and the class who has the most students riding or walking get to keep our Ride to School trophy in their classroom for that month.

Students can ride bikes, skateboards or scooters.

They must wear a helmet at all times.

Upon arrival at school, students must hop off their bike or scooter and lock up their bike or scooter in our bike parking area (behind the 1/2 gathering space).

WELLBEING NEWS CONT'D



This week 1/2FP enjoyed their Garden lesson. The students harvested some apples, zucchinis and tomatoes and learnt about harvesting seeds and the life cycle of a seed. We will be selling some of our parsley seeds during our next **Garden Market Stall** which will be on **Monday 15th February**.

Lunchtime Gardening Club

At St Gerard's students have the opportunity to learn about the garden during our lunch time Gardening Club. This week we planted sunflower seeds, collected chicken eggs, harvested zucchinis and tomatoes and watered the plants. Have a look at some of the students enjoying themselves in the garden.

Garden Dates- Term One 2021

| Week | Class |
|--|-----------|
| Friday 19 th Feb @ 12:45-1:40 | 5/6VT |
| Friday 26 st Feb @ 12:45-1:40 | 3/4C |
| Friday 5 th Mar @ 12:45-1:40 | No Lesson |
| Friday 12 th Mar @ 12:45-1:40 | 3/4S |
| Friday 19 th Mar @ 12:45-1:40 | 1/2L |
| Friday 26 th Mar @ 12:45-1:40 | Prep B |



WELLBEING NEWS CONT'D

Our New Girls!

This week we welcomed 5 new chickens to our St Gerard's family. They have settled well and are enjoying their time getting to know the students and teachers.

Our Splendid New Chickens!

On Monday the 8th of February St Gerard's purchased 5 new chickens! I saw one of the chickens lay an egg, I felt it too and it was as warm as an apple pie. They also have rings on their feet so that we can tell them apart. Hopefully we decide on their names soon. I LOVE the chickens!!

By Chelsea 1/2FP



Our Magnificent New Beautiful Chickens

On Monday, Mrs Fernandez bought five new chickens from the 'Talking Hens' chicken shop. All of the new 5 chickens have rings on their feet so that we can name them and tell which one is which. On Thursday we were allowed to go into the coop and pat the new chickens and we discovered that they had laid 2 fresh eggs! The chicken with the blue ring was very soft and the chicken with a white ring was very calm. I named the blue chicken bluey and the white chicken white tail.

By Ariana 1/2FP

How are nutrition and mental health linked?

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).

Dietary habits aren't always a choice

'Food insecurity' – where people don't have enough food due to because of things such as unemployment and poverty – is also a problem for many families in Australia. Food insecurity can result in poorer academic performance, time off from school, stress, depression, anxiety, aggression, and difficulty getting along with others. Food insecurity can result in:

- psychological stress – high levels of ongoing stress have been related to depression and delayed brain development
- poorer academic performance
- time off from school
- anxiety
- aggression
- difficulty getting along with others.

The good news is that improving what you eat can lead to improvements in your mental health, so it's never too late to encourage healthier eating patterns.

