

ST GERARD'S PRIMARY SCHOOL NEWSLETTER



TERM 3 - WEEK 10

14th September, 2023



Heavenly Father,

As spring blooms around us, we thank you for this term's growth and learning. Bless our students, teachers, and families with restful, joyful spring days.

May the beauty of this season remind us of your love and the promise of new beginnings. We eagerly await the challenges and joys of the next term, growing in faith and knowledge. In your name, we pray.

Amen.

Being Spirit Filled on the Playground, and on Footy Day - Give Me 5!



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<https://www.facebook.com/stgerardsps>

PRINCIPAL'S MESSAGE

Dear families,

Here we are at the end of another term that provided numerous opportunities both in and out of the classroom and covered 'learning' in a broad sense. As well as the day to day classroom activities our children experienced, there were also other aspects of school life.

Term 3 started with our **3 Way Conversations** that allowed our families, children and staff to acknowledge and celebrate achievements from Semester One and set goals for the second half of the year. Our **Year 3/4 students** participated in the '**One Tree Per Child**' Program conducted by **Greater Dandenong** and our **Prep and Year 1/2 classes took part in an incursion 'Recycling Rules'** that worked in with their studies on sustainability. Our **Preps** celebrated the milestone of their first **100 Days of School** and our '**Mathematics through Games**' Family Workshop was well attended and had an impact in this vital area of education. Our **Book Week** and **Book Fair** were highlights of the term and we **acknowledged and thanked the fantastic work our Learning Support Officers (LSO's) do to support our children.**

We continued to share, develop and celebrate our faith not only as a school but with our parish of St Gerard's by attending the parish masses for the **Feast Days of Mary of the Cross (Mary MacKillop) and the Feast of the Assumption.** There were also a number of class masses throughout the term and our **Living Rosary on the Feast of The Nativity of the Blessed Virgin Mary** saw parishioners and our school come together in prayer.

As a school community we welcomed our **Grandparents and Special Friends** on the **Feast Day of Sts Anne and Joachim** and it was wonderful to see these 2 generations come together and share the special bond they have. Similarly, our **Father's Day/ Father Figures breakfast** saw the significant males in the lives of our children spend time together at our school. Our **Garden Market Stalls conducted by our students** were (as always) well supported.

From a sporting perspective, we had our **Year 5/6 Gala Day with us fielding teams in Soccer and Volleystars** and **40 children from Years 3 - 6 participated in an AFL 9's day.** Our **Year 3-6 Gymnastics Program** proved again to be successful and our **Walk / Ride to School days** consistently saw more than half our school start the day with some exercise. We had **20 children** represent our school at the **Dandenong District Athletics**, with **4 progressing to the Divisional Stage** and **1** who will go to the **Regional event next term.**

We concluded the term with our **Footy Day** which saw us wear our footy colours, sing our teams theme songs and crown our 'longest kick' winners for each year level.

Lasly, I would like to **thank our school community for your ongoing support and faith in us as we work with you to educate your children.** I wish you all a very happy, safe, restful and fun school holidays and we look forward to seeing you all for the **start of Term 4 on Monday 2 October.**

Take care and God bless.

Paul COWAN
PRINCIPAL



RELIGIOUS EDUCATION

St Gerard's Talent Quest Auditions

Early next term, as part of our celebrations for our Feast Day and raising awareness for Mission Month, we will be holding our annual Talent Quest. Children will need to audition for this event in the last week of term if they wish to participate.



RELIGIOUS EDUCATION



St Gerard's school has been gifted with a beautiful statue of Our Lady, a generous gift from the Legion of Mary group. The statue comes with a handcrafted carrier bag, designed for its respectful storage when not in use. Families are invited to bring the statue home for a week to use it to enhance family prayer.

If you would like to go on the roster to take the statue of Our Lady home for a week, please contact Mrs Stack.

A brochure offering guidance on how to engage in rosary prayer will be included, accompanied by some sets of rosary beads.

PARISH NEWS



The Junior Legion of Mary Meetings are held every Monday at St Gerard's school term from 4:15pm – 5:15 pm in The Library Room (brown building in the car park of St. Gerard's Primary School).

Legion of Mary Contact: Kereena Lopez 0435 554 175 and Jacqueline Savanah on 0437 668 352.

Application forms are available to collect from the foyer of the Church.

Altar Servers

Altar Server training will resume for existing altar servers and any 'new recruits' wishing to help our parish celebrate Mass.

Time: 5:30pm - 6:30pm

For more information contact St Gerard's Parish Office 9792 4422 or Mrs Stack 9791 7553

PARISH NEWS

Junior Legion of Mary

Dear Parents,

The Legion of Mary runs a Junior Legion of Mary praesidium (branch) at St. Gerard's Catholic Church, North Dandenong once a week after school during school term. Meetings last for one hour per week. All possible care will be taken while your child is with us.

Children are taught to:

- Pray the Rosary
- Be helpful at home
- Do works of service such as a Book Barrow

They are trained to be good Catholics by reaching out to others. One way they do this is by visiting a local nursing home during the school holidays, where they interact with the residents. Children are also guided to take part in parish events such as the Public Square Rosary in October.



This group will enable your child to grow spiritually and also learn to be an active apostolic worker in the Parish. All activities will be supervised by adult legionaries who hold Working with Children permits.

If you would like your child/children to join this group, please complete the application form below and return it to Kereena or Cecilia. For more information please phone a contact below.

Meeting Day:	Every MONDAY of St Gerard's school term	
Time:	4:15 PM TO 5:15 PM STARTING JULY 10 TH	
Place:	LIBRARY ROOM of St. Gerard's	
Legion of Mary Contact:	Kereena Lopez	0435 554 175
Legion of Mary Contact:	Cecilia Donald	0402 716 101



✂

Parent or guardian to complete: (All information provided is confidential.)

Child's Name:		Grade:	
Address:			
Any health issues?		Date of Birth:	

I (Parent/guardian) give permission for my child
(name)
to attend the Junior Legion of Mary at St. Gerard's Catholic Church, North Dandenong (in the Church foyer).

Signature..... Date.....

Name of First Contact Person			
Address			
Phone No.			
Second Contact for child	Name:	Phone No:	

WELLBEING



Growing a mentally
healthy generation



Mindfulness

Mindfulness is a proven technique used to reduce stress and help people cope with tough times.

What's mindfulness?

Mindfulness involves training our attention and attitude.

Being mindful means awareness of your own moment-to-moment internal and external experiences, with gentleness and acceptance and without judgment. It's a state of being that encourages us to slow down, focus on the present, accept things as they are, and act with discernment. When we do this, we're less distracted by thoughts of the future and the past, which can often make us worry and stop us from enjoying the present moment.

What does it mean to be unmindful?

To better understand what it means to be mindful, it helps to understand what it means to be 'unmindful'. When we're inattentive, distracted and disengaged from the present moment, the mind habitually and unconsciously slips into what's called 'default mode' – we're physically doing one thing but the mind is somewhere else. For example, someone might be speaking to us, but we're not listening, or we might be reading a book but not taking in the words on the page.

Much default mental activity involves things such as worry or rumination about the past and future, which is one of the main reasons there's so much default mental activity in states like anxiety and depression.

Mindfulness is very simple

It's a practical way to notice thoughts, physical sensations, sights, sounds, smells, or anything that you might not normally notice. The moment we re-engage attention with the present moment, we switch off default mode. It gets us back on task, helps the body to relax, and helps us to respond to the moment. Despite this simplicity, mindfulness doesn't come easily to us.

You've probably noticed that children and young people are much better at being mindful – it's natural to them. While we might be hurrying them to get to school on time, they'll stop to look at butterflies, flowers or bugs and be immersed in that moment, with no worries about the past or future. As adults, however, we're often thinking about what we need to do next or what we wish we'd done differently.

Read about how you can [practise mindfulness](#).

Mindfulness takes practice

Mindfulness is about learning to make a conscious and discerning choice where our attention lies, rather than allowing it to be dominated by concerns which take us away from experiencing the present moment. It allows us to stay open, curious and flexible about the moment that we're in.

LUNCH TIME GARDEN CLUB

This week the students enjoyed weeding and caring for our new plants in our native garden. We love our new space!



Footy Fever



Footy Fever

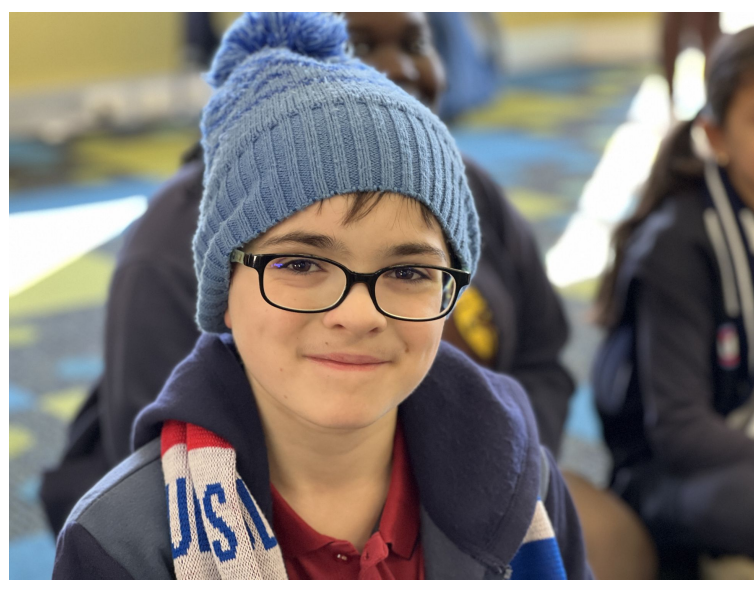


St Gerard's is a Child Safe School. Promoting the safety, wellbeing and inclusion of all children.

Footy Fever



Footy Fever



Please note the following changes in relation to uniform purchases for St Gerard's Primary School:

Uniforms can now be purchased in the following ways:

Option 1 - Online Order

Access to our Online Ordering System

1. www.aplusschoolwear.com.au
2. Go to **SHOP ONLINE NOW** (red box)
3. Select your school
4. Uniform listing with images will appear.

Select items you are wishing to purchase:

Style
Size
Colour
Quantity
Add items to bag

5. Once all items are added to bag, proceed to checkout.
6. Select delivery options
 - a. Pick up from school (free) in comments section please enter your child's name and class
 - b. Pick up from A Plus Schoolwear (free)
 - c. Postal address (delivery charges will apply)
7. Either checkout as guest, returning customer or create a new account.

Orders placed by Sunday will be delivered to the school the following Thursday

Option 2 - Fill out the order form and leave it at the school office.

Orders received by Friday will be delivered to the school the following Thursday

RETURNS

Can be given to the school office and will be either exchanged or refunded by A Plus School wear.

Should you have any queries regarding the above, please contact A Plus Schoolwear

9354 8345 or email angie@agsprints.com.au

IMPORTANT DATES

Start of Term 4 - Monday 2 October

Pupil Free Day / Staff Professional Learning - Friday 20 October

School Closure Day - Monday 6 November

Melbourne Cup Public Holiday - Tuesday 7 November

Last Day of Term 4 - Friday 15 December

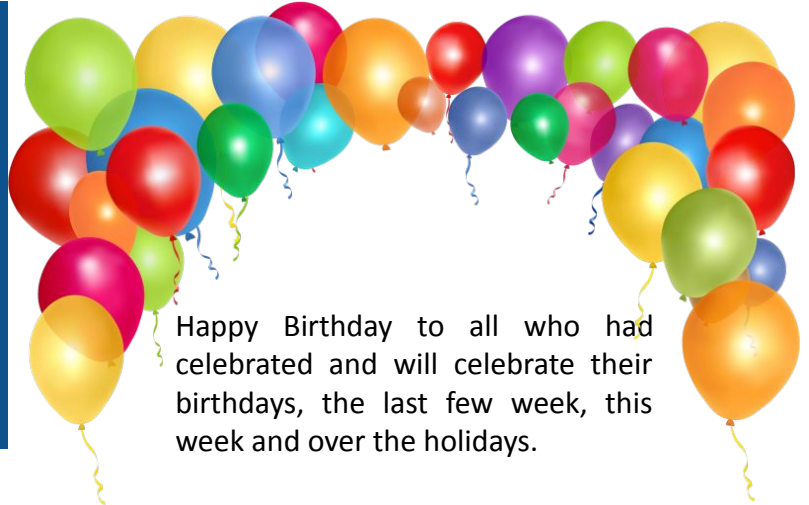
Chicken Eggs For Sale

- St Gerard's would like to offer families the opportunity to purchase delicious organic eggs laid by our resident flock of chickens.
- You can purchase these eggs from the school office at a cost of \$6 per dozen.
- All proceeds from the sale of the eggs will go towards purchasing food for our feathered friends.
- Please message [Nicole Fernandez](#) via Seesaw if you would like to purchase some eggs.



IMPORTANT DATES

Happy
BIRTHDAY



Happy Birthday to all who had celebrated and will celebrate their birthdays, the last few week, this week and over the holidays.



- Akash Yr 4
- Francis Yr 4
- Izabella Yr 2
- Oscar Yr 3
- Jesston Yr 1
- Ariana Yr 4
- Kanwer Yr 6
- Anointed Yr 4
- Christian Yr 2
- Gift Foundation

