



St Gerard's Primary School NEWSLETTER



TERM 4 WEEK 11

www.sgdandenongnth.catholic.edu.au
03 9791 7553

16 DECEMBER 2022



Happy birthday to all students and staff who have and who will celebrate their birthday through the festive season.

◆ Chelsea	Yr 3
◆ Krystn	Yr 4
◆ Steve	Yr 5
◆ Chris	Yr 5
◆ Richard	Yr 5
◆ Ella J	Yr 5
◆ Aditey	Yr 4
◆ Levi	Yr 6
◆ Joy	Yr 1
◆ Gabriel	Yr 3
◆ Alfie	Yr 2



peace
love
hope
joy
faith



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



@st.gerards3175



Class of 2022

Tonight, we will be celebrating our Year 6 Graduation.

In this final Year 6 liturgy at St Gerard's Catholic Primary School, we stop and give thanks for the presence of God throughout the primary school years of these students.

It is a time to ask for God's blessing and presence in the life to come for these young people. It is also an occasion to celebrate the gifts and talents that these young people have developed and give thanks to God, who is the giver of all things.

We acknowledge that our God is present and will shine in each young person for whom we pray.



Principal - Mr Paul Cowan
principal@sgdandenongnth.catholic.edu.au
71 Gladstone Road, Dandenong North 3175

MESSAGE FROM THE PRINCIPAL

Dear families,

This is the last Newsletter for 2022 in what can be described as ***a year when school returned to 'normal'***. It was wonderful to be able to have a full year free from Remote Learning and being able to again gather together as a school community to celebrate significant events in your child's learning.

On **Tuesday** we had the final day of our **Swimming Program which was the Activity/Fun Day**. It certainly lived up to its name with our children swinging from the Tarzan Rope, playing aquatic games and trying to get through the inflatable obstacle course. This was a great way to finish this important program and remind our children of the importance of being safe around water.

On **Wednesday** our **Year 3 children presented/ performed some Christmas Carols at the opening of the Dandenong Junction Woolworths**. They sang beautifully and represented our school with distinction. They certainly spread some Christmas cheer and one of the Managers was thrilled we were there as she is a former student of St Gerard's!

Yesterday (Thursday), your child brought home their **2022 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 2023**. I would like to congratulate all our children for their hard work throughout the second half of the year.

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 2023 class and teacher(s) which will help with this transition to next year.

The class structure for 2023 is as follows:

Class	Teacher(s)
Prep B	Mrs Leanne Bruno
1/2FW	Ms Nicole Fernandez and Mrs Tessa Wilson
1/2L	Mrs Mary-Jane Lewis
3/4A	Ms Stephanie Adrien
3/4S	Ms Melinda Sono
5/6T	Mrs Nadia Te
5/6O	Mrs Gwen O'Brien

MESSAGE FROM THE PRINCIPAL

cont'd

Today we had a **Guard of Honour for our Year 6 students** as they left Primary School for the final time. Tonight they have their **Graduation Mass and Ceremony at 7.00pm in the PAC**. I would like to thank these wonderful young people for their contribution to our school and wish them all the very best for the future.

To our families that are leaving us I would like to thank you for being part of our school and I hope that your future is bright. You are always part of the *'St Gerard's Family'*.

Finally, I would like to take this opportunity to wish you all a very Happy and Holy Christmas and a safe holiday period filled with family, friends and fun. I pray that the true meaning of Christmas brings you joy and peace. If you are travelling near or far please be careful as we want to see you all back with us in 2023.

Until then continue to stay safe and God bless.

Paul Cowan
PRINCIPAL





be
you

How does exercise affect mental health and wellbeing?

Physical activity promotes many aspects of child and adolescent development, including social and emotional skills, as well as physical development of motor skills.

It also supports mental wellbeing. We know that high levels of inactivity can lead to a greater risk of both physical and mental health problems.

Physical activity:

- can increase levels of serotonin and endorphins; the neurotransmitters involved in regulating and improving mood
- promotes sleep – which also helps regulate moods, increase energy levels and improve memory and learning
- increases the connections between the brain neurons, which improves memory and learning capacity
- pumps blood to the brain to boost mood, concentration and alertness
- promotes relaxation by reducing skeletal muscle tension
- provides children and young people with an outlet for excess energy and frustration, which relieves tension
- provides an opportunity for children and young to socialise and meet new people, reducing loneliness and isolation
- improves motor and cognitive skills, which boosts self-esteem
- distracts children and young people from negative thoughts.

These benefits also serve to improve classroom behaviour and promote a more positive learning environment.


How much exercise do children and young people need?

The [Australian 24-Hour Movement Guidelines](#) outline the following recommendations for children and young people:

- **Infants** (birth to one year): 30 minutes of supervised interactive floor-based play including tummy time, reaching and grasping, pushing and pulling and crawling.
- **Toddlers** (1-2 years): at least 180 minutes a day, including energetic play such as running and jumping.
- **Pre-schoolers** (3-5 years): at least 180 minutes a day of which 60 minutes is energetic play such as running, jumping and kicking and throwing.
- **Children** (5-12 years) and young people (13-17 years): at least 60 minutes of moderate to vigorous intensity physical activity every day.

The percentage of children meeting current guidelines is:

- 61% of two to five-year-olds
- 26% of five to 12-year-olds
- 7.9% of 13 to 17-year-olds.



2.2.2023

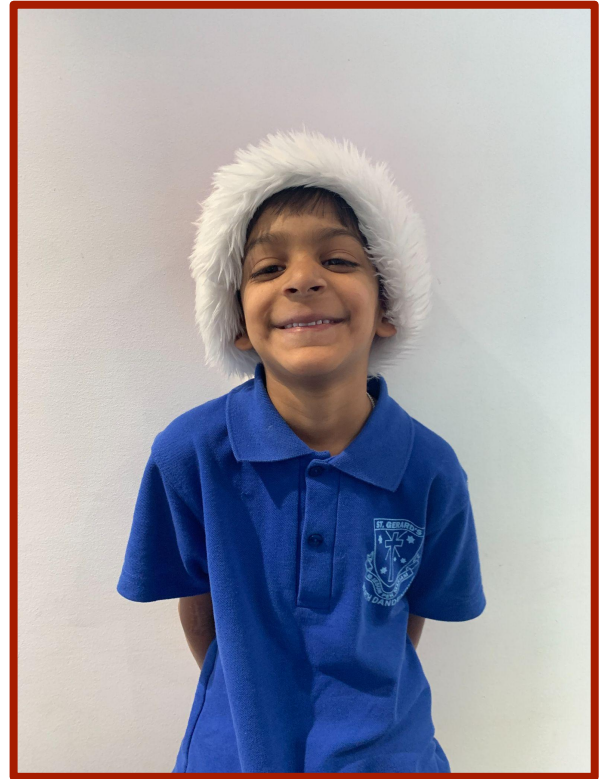
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the Date

GIVE ME 5

FAMILY NIGHT

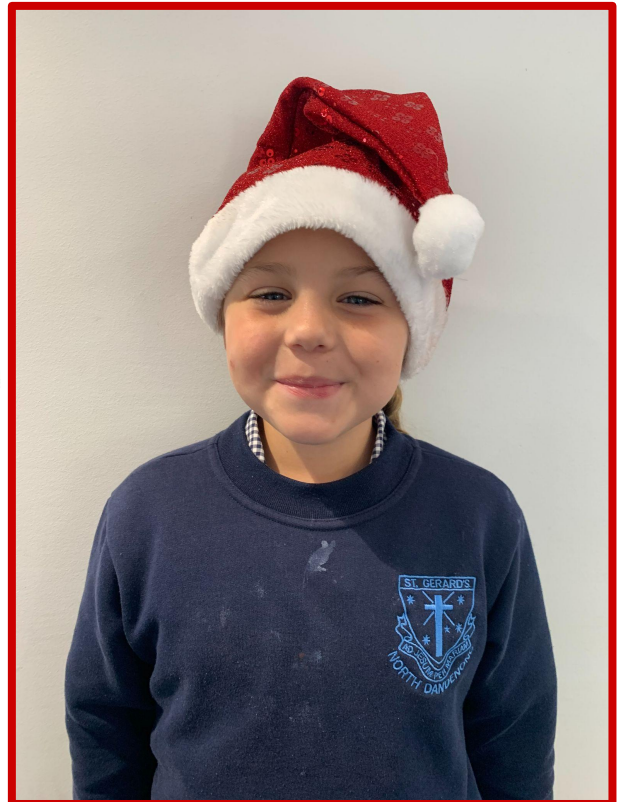


PREP CHRISTMAS PORTRAITS



Merry
Christmas

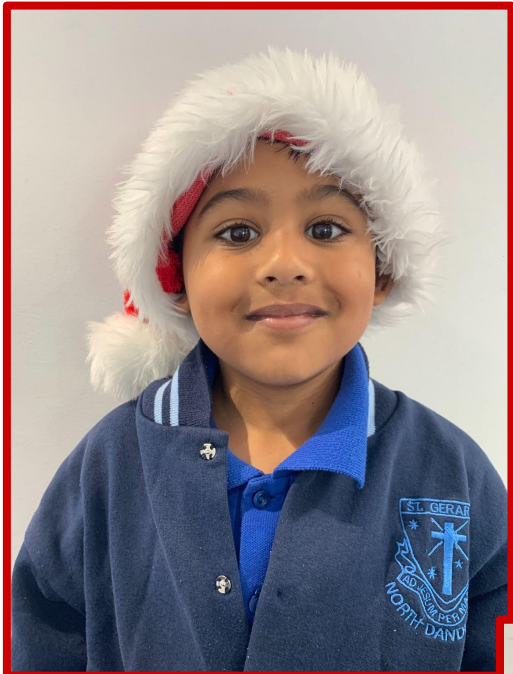
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PREP CHRISTMAS PORTRAITS



Jesus
IS THE REASON
FOR THE
Season



GARDEN MARKET



Exciting news!

We've just received a
2022 Victorian Junior Landcare
and Biodiversity Grant!



Environment,
Land, Water
and Planning



UNIFORM SHOP - ONLINE ORDERS



AGS PRINTS Pty Ltd
Wholesalers of Quality Schoolwear & Uniforms
In House Design & Printing
www.aplusschoolwear.com.au
BOR NO: 2010 / 2532

ADDRESS: 133 BAKERS ROAD
NORTH COBURG
VIC, 3058
PHONE: 03 9354 8345
FAX: 03 9354 5777
E-MAIL: info@agsprints.com.au

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



Community Info Share

We have requests from a number of community groups to promote their activities and services. Flyers are placed on our **Community Notice Boards** located in the courtyard and a current list is contained in this newsletter.

- ❖ Lysterfield Basketball Club
- ❖ Swimland Swim Club
- ❖ Springvale Indoor Sports
- ❖ Noble Park Cricket Club
- ❖ COG Theatre Group
- ❖ Ukraine Support Fund
- ❖ Dandenong Basketball
- ❖ Lyndale United Football Club (Soccer)
- ❖ Syndal Softball Club
- ❖ Springvale Little Athletics



2023 OSHC BOOKINGS / RE-ENROLMENTS

Dear Families,

If you are requiring care next year, could you please notify us as soon as possible. Your enrolments / bookings do not roll over to the next year. Bookings can be made via contacting Marina on: 0402 192 685. This is also a good time to let us know if there are any changes with the enrolments such as phone numbers or any changes to emergency contacts.

New families are welcome to enrol your child/ren please go to <https://ylv.com.au/online-oshc-enrolments/>

We appreciate your support in this and helping us ensure your bookings are secured.

Thank you everyone for another great year.

Marina