



St Gerard's Primary School

NEWSLETTER



Term 3 Week 1

www.sgdandenongnth.catholic.edu.au

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16 July 2021

HAPPY BIRTHDAY

Wishing the following students who celebrated their birthday this week a very happy birthday!

- Julian - 1/2 F P
- Joe - 5/6 V T
- Elijah - 1/2 L

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

Remote
Learning

Friday, 16 July -
Tuesday, 20 July

Updates on this lockdown
will be advised via
Seesaw.

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



God wants us to shepherd his people by showing his love to everyone through our words and deeds.

This Sunday's Gospel reminds us that often God's people were scattered and neglected because their religious leader - their 'shepherds' - followed their own way rather than God's. When Jesus came, he put everything else aside to care first for God's people.

There is no limit to God's great love for us. We can trust that God will provide for us, and we can help by being God's presence in the world by the care that we show for others.

***We pray for all the people in the world who are like
sheep without a shepherd.
Let us ask God to help us act as shepherds in our families
and communities.***

MESSAGE FROM THE PRINCIPAL

Dear Families,

Welcome to Term 3 and the start of the second half of the year. I trust that you all had a wonderful holiday break and that you are all well.

We had a productive first week with everyone quickly settling back into routines. Of course with the announcement late yesterday (Thursday) of a **5 day lockdown** we have again smoothly transitioned to Remote Learning. While lockdowns can create many emotions it is important to remember that we are here to support each other. **As always, I encourage families to contact the school via Seesaw, email or phone if we can help in any way.** As more information and guidance comes to hand I will inform families as soon as possible.

Semester 1, written reports were sent home at the end of Term 2. I hope you have had time to **read and discuss this with your child, celebrate the successes and set some goals** for Semester 2. Families have the opportunity to **discuss the report and your child's learning on Tuesday 20 July as part of our 3 Way Conversations. A reminder was sent out on Wednesday via Seesaw** with information including how to book a timeslot. Despite the current lockdown, we will be continuing with these as they were scheduled to be online.

In this Sunday's Gospel we hear that Jesus saw a crowd of people who were desperate to see him. He took pity on them as he felt they were like sheep without a shepherd. He was able to recognise this and then acted by teaching them at length. This is an important reminder to us all **to be aware of the needs of others and to act accordingly.** With our current challenges this is quite timely.

A reminder that **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,** however we are **getting enquiries from new families** so it is important that we enrol our existing families as soon as possible.

Finally, please stay safe and look after each other. I hope to see you all back at school next Wednesday.

God bless.

Paul Cowan
Principal

RELIGIOUS EDUCATION NEWS

Sacrament Dates, Term 3 2021

As you would be aware, due to COVID restrictions, a tentative rescheduled date for First Communion is the weekend of, 14th and 15th August, The Feast of the Assumption. Mass times that were originally allocated to First Communicants will be transferred to the 14th and 15th August. Please note that arrangements may change based on Federal and State Government health advice.

First Communion: (Grade 4 and 5)

First Communion Reflection Day:

First Communion:

Monday, 9th August

Saturday 14th August at 5:30pm &

Sunday 15th August at 10:30am

(Parish Mass Times)

First Communion Assembly:

Friday, 20th August at 2:50 pm, parents invited

Confirmation: (Grade 6)

Confirmation Reflection Day:

Confirmation:

Wednesday, 28th July

Friday 30th July at 7pm

(previously announced, Thursday 29th July)

Confirmation Assembly:

Friday 6th August, 2:40, parents invited

Parish Masses

Years Prep, 5/6

Years 1/2:

Years 3/4:

Years 4/5:

Year 6:

Thursday, 9th September at 9:15 am

Thursday, 5th August at 9:15 am

Thursday, 22nd July at 9:15 am

Thursday, 12th August at 9:15 am followed by Reconciliation
(before First Communion)

Thursday, 29th July at 9:15 am followed by Reconciliation
(before Confirmation)

Whole School Living Rosary

The Living Rosary will be celebrated on 13th August to honour Our Lady for the Feast of the Assumption. The senior students will lead the Rosary with student representatives from each class invited to contribute. Families and Parishioners will be invited to attend, COVID restrictions permitting.

St Gerard's Talent Quest Auditions

Early next term, as part of our celebrations for our Feast Day we will be holding our annual Talent Quest. Children will need to audition for this event in the last week of term.

WELLBEING NEWS



This week the students enjoyed collecting the eggs, playing with the chickens, watering the garden and weeding during Garden Club. The Environmental Leaders visited all classes and discussed the importance of composting and collecting food scraps for our worm farm. Have a look at some of the fun we had!



WELLBEING NEWS CONT'D

GIVE ME FIVE WEEK

This week in our Positive Behaviours for Learning (PBL) lesson the students looked at what it means to **Be Respectful** in all learning areas. They discussed the importance of speaking appropriately, using manners, caring for school property, taking turns, showing whole body listening and greeting people by their name. Students created posters showing what being respectful looks like in all learning areas at St Gerard's.



St Gerard's Give Me 5 Whole School Matrix

Principle	Learning Areas	Corridors	Toilets	Playground/Sandpit
Be Respectful	Speak appropriately and use manners Care for property Take turns Whole body listening Greet people by name	Speak appropriately and use manners Care for property <ul style="list-style-type: none"> Keep the area neat and tidy 	Speak appropriately and use manners <ul style="list-style-type: none"> Give other users their privacy Care for property <ul style="list-style-type: none"> Keep toilets tidy and flush Wash hands	Speak appropriately and use manners Care for property <ul style="list-style-type: none"> Place rubbish in the bin Keep sand in the sandpit and bark in the garden Include others Respect everyone's views and space
Be Co-operative	Follow Directions Move safely Stay on task Share with others and help each other	Follow Directions Move safely <ul style="list-style-type: none"> Walk on the left hand side of the corridor to exit and the right hand side to enter 	Follow Directions Move safely Wait for your partner	Follow Directions Move safely Play fairly <ul style="list-style-type: none"> Accept rules Take turns Share and use equipment safely
Be Your Best	Keep hands, feet and objects to yourself Ask for help	Keep hands, feet and objects to yourself Only enter the area with permission	Keep hands, feet and objects to yourself Report problems to a teacher	Keep hands, feet and objects to yourself Try to solve your problems
Be Positive	Never give up Treat others as you would like to be treated. Pray daily and during meditation	Treat others as you would like to be treated.	Treat others as you would like to be treated.	Encourage others Treat others as you would like to be treated. <ul style="list-style-type: none"> Say sorry and forgive others Be kind

Nutrition and mental health

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).

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.

COMMUNITY NEWS

Nazareth College is a Catholic Co-educational Secondary School where all students are known and have the opportunity to succeed.

[ENROLMENT INFO](#) [BOOK A TOUR](#)

www.nazareth.vic.edu.au/enrolments/enrolment-process/