

ST GERARD'S PRIMARY SCHOOL NEWSLETTER



TERM 2 - WEEK 8

16th June, 2023



Heartfelt Generosity: Our Mini Vinnies Collect Food for St. Vincent de Paul Winter Appeal, Illuminating the Spirit of the Sacred Heart



Loving God,

On this Feast of the Sacred Heart, we ask for the grace to open our hearts wider.

Fill us with compassion, forgiveness, and unconditional love.

Help us reflect the virtues of the Sacred Heart in our daily lives.

Guide us to foster unity, harmony, and peace. Bless our teachers, staff, students and families.

May our learning be fueled by love. Shine through us, inspiring others to embrace your love.

Amen.

FEAST DAY
of the
SACRED HEART



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

PRINCIPAL'S MESSAGE

Dear families,

As we come to the end of Week 8 it is hard to believe that we have just one week left of Term 2.

Our refined wet weather dismissal procedures appear to be working well. **When it is raining at the end of the day we are allowing parents to come and collect their children from their classrooms from 3.25pm.** This is designed to ease congestion in the Office area, assist with traffic flow and help everyone to get home safely. I would like to thank families for their cooperation and patience when we need to implement these strategies.

Congratulations to our **Year 4 children** who **received Communion for the first time** last Sunday **at the St Gerard's 10.30am Mass.** This is a significant milestone and step in their faith journey as they celebrated this second Sacrament of Initiation. It was wonderful to be able to support these children and their families and gather with the St Gerard's Parish community. As a school we were able to congratulate them and hear their reflections at a special Assembly held today (Friday).

Our **third and final Open Day for the Term was on Thursday.** The purpose of these days is for prospective families to come and see all the things we offer here at St Gerard's. If you know families who are looking for a school in 2024 they are more than welcome to contact the School Office on 9791 7553 or email: principal@sgdandenongnth.catholic.edu.au to arrange a meeting and school tour with myself. **We have 3 Open Days planned for Term 3 on Tuesday 25 July, Wednesday 9 August and Thursday 31 August.**

Next week students will bring home their **Semester One School Report.** I encourage families to read these carefully and to **celebrate the successes and achievements** and use the information to **set some goals for the second half of the year.** Please keep an eye out for information on our 3 Way Conversations which will be held on Tuesday 18 July when families, students and teachers come together to discuss and plan the continued learning of our children.

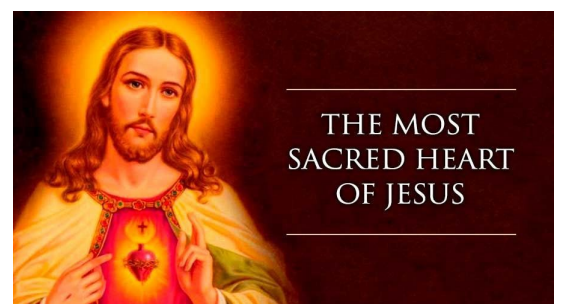
Next term we are going to be implementing the digital platform **Operoo** (formally CareMonkey). This is an online service to send permission notes to families which will stop the need for paper notes to be sent home and returned to school. Information regarding Operoo will be sent home soon and I encourage families to take up this service.

With plenty of coughs and colds around at the moment, a reminder that **RAT's (Rapid Antigen Tests) are available for families in the School Office Area.** Please feel free to collect these at any time.

Lastly, a reminder that **Term 2 finishes next Friday 23 June at 3.30pm.**

God bless.

Paul COWAN
PRINCIPAL



RELIGIOUS EDUCATION

Whole School Mass:

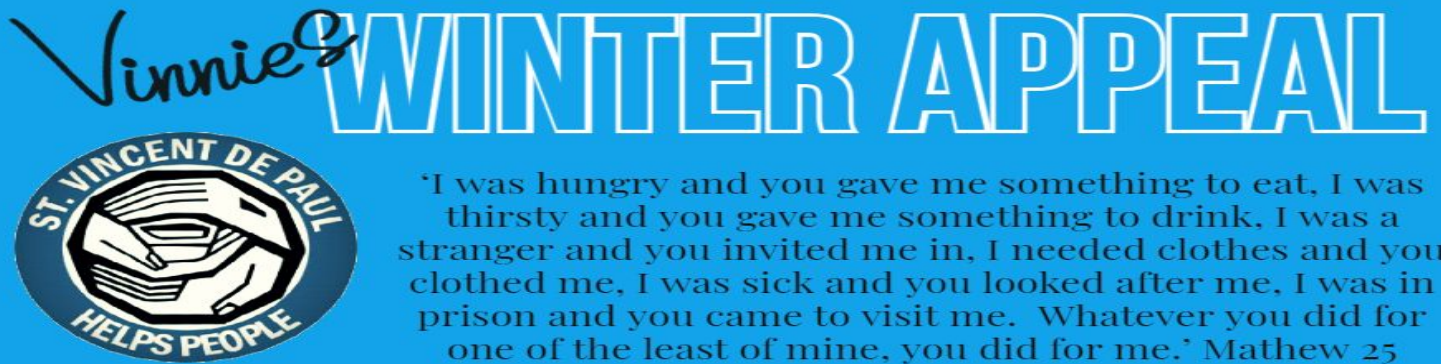
Friday

24th June

Sacred Heart of Jesus at 9:15 (Parish Mass, Adoration available throughout the day)

St Vincent De Paul Winter Appeal:

Our goal is to fill our food cart to the brim once more for the St Vincent De Paul Winter appeal. Starting from week two, the Social Justice and Spirituality Leaders will gather food items, and the collection will end on the Feast of the Sacred Heart of Jesus. The class that donates the most items will earn a casual dress day.



We congratulate our First Communicants who received the Sacrament of First Communion last Sunday. Our gratitude extends to Miss Sonno, Miss Adrien, and Mrs. Govic for their dedication and commitment in preparing the First Communicants. They have played a vital role in guiding our students on their spiritual journey.

We sincerely thank Fr. Sam for administering the sacrament in the absence of Fr. Shanthaiah, and we express our special appreciation to Fr. Shanthaiah for his continued support.

A heartfelt thank you goes to the Parish Choir, with special mention to Moses for leading the singing during the First Communion Mass, and to the altar servers for their valuable assistance. Your contributions made the ceremony truly special.

To the families, we extend our gratitude for entrusting your children to us and for your unwavering support.

WELLBEING



Growing a mentally healthy generation



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)



WELLBEING



Give Me 5 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 Fridays assembly.

The raffle tickets were drawn on the 16th June 2023 and the lucky winners will be announced in next week's newsletter.

A big congratulation to the following students who have displayed the Give Me 5 Principles in the classroom and playground. These students received the Principal's Award for their behaviour.

- Foundation B- Ameya
- 1/2FW- Isbel
- 1/2L- Evolet
- 3/4S- Elijah
- 3/4A- Jacob
- 5/6T- Amy
- 5/6O- Karen



WELLBEING



Give Me 5 News

Big congratulations to the following students who received their first golden band for 2023 this week.

Foundation:

- Pahul
- Grace
- Devanshi



1/2FW

Natalie
Isbel



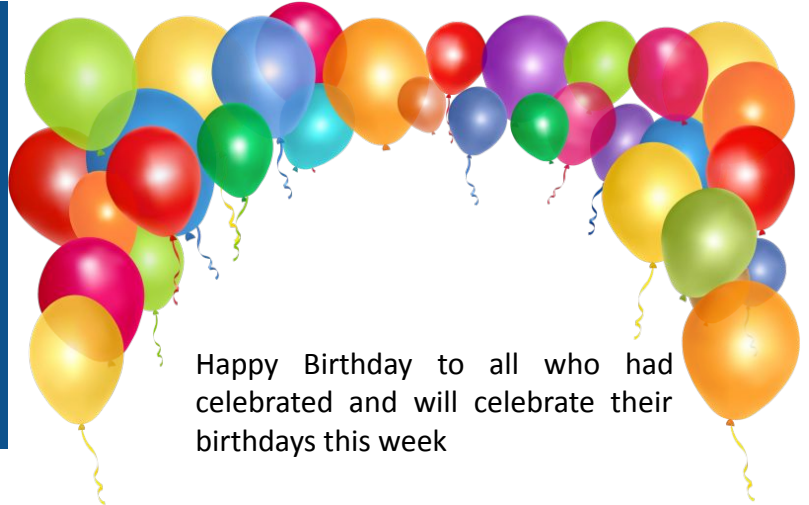
1/2L

Grace
Blessed



Well-done to 5/6T and 5/6O for receiving 50 wristbands!! They will be negotiating a class award with their teachers.

IMPORTANT DATES



Happy Birthday to all who had celebrated and will celebrate their birthdays this week

- Edwin Yr 4



22nd June, 2023

**PLEASE HAVE CORRECT MONEY ENCLOSED IN THE ENVELOPE.
SUBWAY DO NOT GIVE CHANGE.**

**ENVELOPES TO THE OFFICE BY 9:00 AM MONDAY 19th JUNE.
NO LATE ORDERS ACCEPTED.**

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 NOTICEBOARD

- Vision Netball Academy - Free Netball Clinic
- Springvale Indoor Sports - School Holiday Program
- Syndal Softball Club
- Noble Park Junior football Club (AFL)
- Netball Dandenong
- Ukraine Support Fund
- Swimland Swim Club
- Noble Park Auskick Centre (AFL)
- Victorian Primary Schools Basketball League - Information available from the School Office



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.