



St Gerard's Primary School NEWSLETTER



TERM 3 WEEK 10

www.sgdandenongnth.catholic.edu.au

03 9791 7553

16 SEPTEMBER 2022

Happy Birthday!

Happy birthday to those students and staff who have and who will celebrate their birthday this week!

◆ Naman Prep

A Prayer for Queen Elizabeth II

Thank you for her kindness,
wisdom and generosity.

Thank you for her hard work
during her 70 years on the
throne.

Thank you for her goodness and
her heart for you.

Help us to live by the values she
showed.

We pray for the Royal Family at
this time of sadness. We pray
that you will be with them as
they remember their mother,
grandmother and friend.

We pray for our leaders during
this difficult time of change.

Thank you for being with us and
showing us your peace.

Amen.



Her Majesty Elizabeth II
1926 - 2022

Today during our assembly we remembered and gave thanks for the life
of Queen Elizabeth II.



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

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



@st.gerards3175

Principal's Message



Dear families,

As we come to the end of a fantastic term it is with a sense of pride and accomplishment that we enter the school holidays. We made significant steps forward in being able to offer experiences and events with minimal restrictions which has had a positive impact on our students, staff and school community.

Reflecting on Term 3 we have been able to provide a wide variety of learning experiences and opportunities.

From a faith perspective, we had children celebrate their **First Communion**, our Year 6 Leaders helped us celebrate the **Feast of Mary of the Cross (Mary MacKillop)** with a special Liturgy, we joined the parish for the first time in 2 years for the **Feast of the Assumption**, the sacrament of Reconciliation was celebrated in our school and the **first of our classroom masses occurred in Year 1/2FW**.

Our **Preps** marked their **first 100 days of school** and our **Prep to Year 2** children participated in a **Responsible Pet Ownership** incursion. Our **Year 1/2 Animal Enclosures** provided an opportunity for families to see and hear what the children had been learning while our **Year 3 - 6** children had **5 Softball sessions** to develop their understanding and skills of the game. **All classes** participated in a **St John's First Aid incursion** which provided valuable information. The second **Gala Day** for our Year 5/6 students occurred which allowed them to play against local schools. We had children represent our school at **District and Divisional Athletics** carnivals with some **progressing to the Regional level**. Our **Year 5/6** children had their **Bizarre Bazaar** which was the culmination of their Economics unit with the **money raised donated to the Cancer Foundation**.

We were also able to have our **3 Way Conversations** onsite which enabled our children, families and teachers to come together and celebrate learning successes and set goals. There were **3 Open Days** held to showcase all the things that our school offers along with our **Garden Market** occurring regularly throughout the term. There were also **Ride / Walk to School Days** to emphasise the importance of exercise and our **Book Week celebrations** and **Book Fair**.

Some important school community events that took place included our **Father's and Significant Adult Males Breakfast** and our **school production 'A Kid's Life'** which gave our students the opportunity to share their gifts and talents with us all.

We concluded the term today (Friday) with our annual **Footy Day** which involved a parade and longest kick competition.

I would like to thank our children, families and staff for all their hard work this term and wish everyone a happy, safe and well earned holiday.

Finally, a reminder that **Term 4 starts on Monday 3 October.**

God bless.

Paul Cowan.

RELIGIOUS EDUCATION



A STATEMENT FROM ARCHBISHOP TIMOTHY COSTELLOE SDB, PRESIDENT OF THE AUSTRALIAN CATHOLIC BISHOPS CONFERENCE

The death of Queen Elizabeth II, after a long reign marked by extraordinary constancy, fidelity, courage and service, will bring great sadness to many people in Australia, including members of the Catholic community.

As the Queen enters into the great mystery of eternal life with the Lord, we will pray for the repose of her soul and for the support and comfort of her family, her nation and the wider community of the Commonwealth.

Queen Elizabeth was never reticent about acknowledging her Christian faith. Her annual Christmas message invariably focused on Jesus Christ as a model of humble and generous service. It was a model she strived to emulate throughout her long life. May she rest in peace.

September 9, 2022

Her Majesty Elizabeth II
1926 - 2022



[Altar Servers](#)

Altar Server training has finished for this term. Training will recommence on Thursday 6 October from 5.30pm - 6.30pm in the Church.

This is for existing altar servers and any 'new recruits' wishing to help our parish celebrate Mass.

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



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.

WELLBEING NEWS



Give Me 5 News

This week the students looked at what it means to be **respectful** in the learning areas. They discussed the importance of speaking appropriately and 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 the learning areas at St Gerard's.



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

SPECIAL NOTE



Dear Students and Families ,

Reading Before School is back by great demand.

Who? Students and parents

When? Wednesdays in Term 4

Time: 8:15 am - 8:30 am

Where? St Gerard's Library

Come meet us there!!!

Bring a book or borrow one, come along let's have some fun!



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.

Softball is a great game to play suitable for people of all ages and abilities.

Ages 4-8 Softball Batter Up teaches children the skills to play softball while focusing on fun and engaging activities. The program includes a six-week introduction to softball where participants learn catching, throwing and striking skills in small groups and in a safe environment.

Ages 8-12 Fully Loaded T-Ball is where children play modified softball games in a fun and friendly setting. The sessions run for 1 hour over 8 weeks – with the emphasis being on teamwork and game play. The program is designed for children who have graduated from Softball Batter Up or are new to the sport.

Ages 12 and Under Fully Loaded Junior Softball is for graduates of the tee ball program. It is part of the local association competitions where children play organised games as part of a club team.

Ages 13-18 Junior Fastpitch Softball is the next step playing in a team within your club and association. You are now part of the pathway to a lifelong love of softball, making new friends and keeping active.

Ages 18+ Senior Fastpitch Softball is played at Club Level and available for all levels of skills and fitness.

All ages and abilities - Social 7s is a slowpitch version of the games that is fast, fun and easy to play. Mixed teams of males and females with 7 players on each side.

Get Involved!

Scan your phone on the QR Code below to view the Club Finder and search for your nearest club.

Softball Victoria
p: 03 9415 1745
e: info@softballvic.org.au
w: softballvic.org.au

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

Come Play Softball & T-ball

Boys & Girls! All ages welcome

GO BANDITS!!

BRAND HEIGHTS SOFTBALL CLUB

Waterbury Softball Association, Jells Park

#brandheightsoftball

Greater Dandenong Children's Festival 2022

17 September – 2 October

Leap Into The Wild

greaterdandenong.vic.gov.au/childrens-festival
8571 1000

Please contact venues directly for all bookings and further information.

Alex Wilkie Nature Reserve Mackay Street, Springvale South 8571 1000	Melbourne Ballet School 10 Summit Road, Noble Park North 0438 599 890
Dandenong Library 225 Lonsdale Street, Dandenong 1300 630 920	Noble Park Aquatic Centre 9 Memorial Drive, Noble Park 9546 7955
Dandenong Market Cnr Clow Street and Cleland Street, Dandenong 9701 3850	Noble Park Community Centre Ross Reserve, Memorial Drive, Noble Park 9547 5801
Drum Theatre Cnr of Lonsdale Street and Walker Street 8571 1666	Ross Reserve Memorial Drive, Noble Park
Harmony Square 225 Lonsdale Street, Dandenong 8571 1000	Springvale Community Hub 5 Hillcrest Grove, Springvale 1300 630 920
Heritage Hill 66 McCrae Street, Dandenong 9793 4511	Springvale Service for Children 23-28 Lightwood Road, Springvale 8568 3800
IKEA Springvale 917 Princes Highway, Springvale 9565 8007	Tirhatuan Park 4 Krieger Way, Dandenong North 8571 1000
Koala Gymnastics Club Unit 2/174-176 Atlantic Drive, Keysborough	Walker Street Gallery Corner Walker and Robinson streets, Dandenong 9706 8441

Follow us:

TTY: 133 677
Speak and listen: 1300 555 727
Online: relay.vic.gov.au
TIS: 13 14 50

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.

