



Melbourne Archdiocese
Catholic Schools

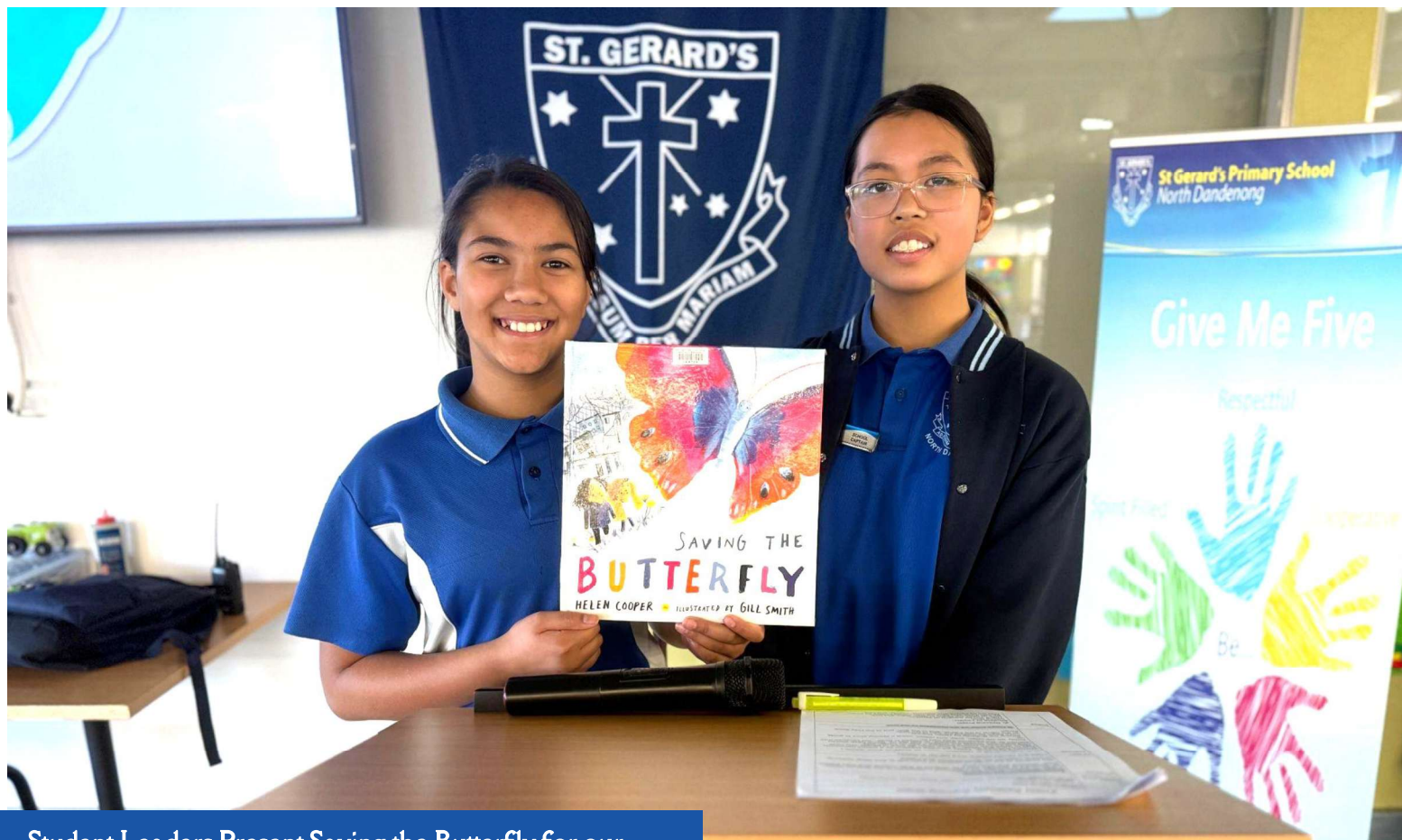


ST GERARD'S SCHOOL

NEWSLETTER

Term 2, Week 10

27 June 2025



Student Leaders Present Saving the Butterfly for our
Refugee VWeek Paraliturgy

Prayer for Our Confirmation Candidates

Come, Holy Spirit,
fill the hearts of our students who will be confirmed tomorrow.

Guide them with your wisdom, strengthen them with your
courage, and fill them with your love.

Loving God,

we thank you for the gift of the Holy Spirit, and for the journey
these young people have taken to prepare for this special day.

May they always know your presence in their lives
and be faithful followers of Jesus.

As they receive the Sacrament of Confirmation,
may they grow in faith, hope, and love, and use their gifts to
serve others with joy and compassion.

Bless their families, sponsors, teachers, and all who have
supported them.
And may the community of St Gerard's continue to walk with
them as they take this important step in their faith journey.
We ask this through Christ our Lord,

Amen.



@st.gerards3175

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



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

PRINCIPAL'S MESSAGE

Dear families,

We find ourselves about to head into the final week of Term Two and the end of the first half of the school year. The time certainly seems to have gone by quickly! This week saw the continuation of some new initiatives and will finish with some of our children taking the next formal step in their faith journey.

We had **three Lunchtime Clubs this week** with our children having the option to attend **Art Club** on Tuesday, **Library Club** on Wednesday and **Gardening Club** on Thursday. These clubs have been suggested by our Student Representative Council (SRC) and all three were really well attended by children across all levels of the school. These 3 clubs will continue for the remainder of this term and we will then look to either offer some different clubs or continue with these current ones.

Our **Confirmation Reflection Day** was held on Tuesday, which saw our Year 6 children engaged in activities to further enhance their understanding of this **third and final Sacrament of Initiation**. We look forward to celebrating with them, their families and the St Gerard's Parish **this Saturday at the 5.30pm Parish Mass. These children will be confirmed by Bishop Tony Ireland who has recently been appointed as Archbishop of Hobart**. As a school we will celebrate and congratulate these children at our final Friday Assembly, which, as always, families are welcome to attend. Please keep these children and their families in your thoughts and prayers.

Today (Friday) we celebrated with the parish the **Feast of The Most Sacred Heart of Jesus**. As a school we attended the 9.15am parish mass. This significant feast day is a timely reminder of the need to support and look after others. It also helps to highlight our St Vincent de Paul Winter Appeal.

Current families are reminded that if you have a child who will be **starting school next year** to please come to the Office for an Enrolment Pack. Also, if you know families who are looking for a school in 2026 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.

At Assembly today we recognised and congratulated the children that made their First Communion last Sunday. It was wonderful to hear their reflections on the day and for us to present them with their certificates.

With the weather this week being quite wet, a reminder that **when it is raining at the end of the day we are going to allow parents to come and collect their children from their classrooms from 3.25pm**. This will hopefully lead to less congestion in the Office area and enable everyone to get home safely. All our other wet day dismissal procedures will remain the same.

Semester One Reports will be sent home next week. It has been wonderful to read the progress and efforts of our children. I encourage families to take the time to discuss and celebrate the successes and achievements and set some goals for Terms Three and Four. Early next term we will be conducting 3 Way Conversations where these reports can be discussed with families, children and teachers.

There has been an increase in the number of cars **entering the car park via Gladstone Road particularly in the afternoon**. I am reminding all families that **the driveway from Gladstone Road is an EXIT only**. For the safety of everyone, I am asking that families enter the car park via McNab Court. Thank you in advance for your understanding and support.

Finally, a reminder that **Term 2 finishes next Friday 4 July at 3.30pm**.

Take care and God bless.

Paul COWAN
PRINCIPAL

Religious News

Sacrament Dates, 2025

Confirmation: (Grade 6)

Saturday, 28th June Confirmation 5:30pm

Friday, 4th July 1:15pm Confirmation and end of Term Assembly in the PAC

Whole School Masses:

Friday 27th June

The Most Sacred Heart of Jesus at 9:15

Altar Servers

Altar service practice takes place every Thursday evening at 5:30 pm in St. Gerard's Church. To be eligible for service, individuals must have completed their First Communion. This provides a wonderful opportunity for young members of the Church to participate in the liturgy and take on the responsibilities associated with altar service. For any inquiries regarding altar service practice or eligibility, please feel free to contact the parish office at 97924422.



Religious News



An Invitation to Bring Mary Home: A Week of Family Spiritual Connection

Families are welcome to take home the Our Lady statue for a week to support and enrich prayer time at home. It comes with a brochure on how to pray the rosary and some rosary beads. If families would like to take the statue home, please let Mrs Stack know.

Lunchtime Rosary

The Legion of Mary Group is working with the school to lead the Rosary during lunch breaks. These Rosary sessions will take place during the first lunch break on Tuesdays in Weeks 4 and 8 of each term.

St Vincent De Paul Winter Appeal:

We're aiming to fill our food cart to the brim once again for the St. Vincent de Paul Winter Appeal! Starting in Week Two, our Social Justice and Spirituality Leaders will be collecting food donations right up until the Feast of the Sacred Heart of Jesus. The class that brings in the most items will be rewarded with a casual dress day.

Vinnie's **WINTER APPEAL**



'I was hungry and you gave me something to eat, I was thirsty and you gave me something to drink, I was a stranger and you invited me in, I needed clothes and you clothed me, I was sick and you looked after me, I was in prison and you came to visit me. Whatever you did for one of the least of mine, you did for me.' Mathew 25

Wellbeing



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)

Garden Club

Garden Club Grows with Enthusiastic Green Thumbs

Thanks to the SRC's strong voice for teamwork and student involvement, lunchtime clubs are thriving at our school! The Garden Club, our third lunchtime club, held its first session on Thursday 26th June during second lunch.

During the session, students planted snow peas and leeks, carefully weeded the Australian Native Garden, and explored the plants' root systems. They also discussed the need for trellises to support snow pea growth and measured out the appropriate spacing between plants.

Everyone had a lovely time and showed great effort. The next Garden Club will be held next Thursday during second lunch—don't miss it!



Wellbeing



FACT SHEET FOR PARENTS, GUARDIANS AND CARERS

WHAT IS THE NCCD?

The Nationally Consistent Collection of Data on School Students with Disability (NCCD) takes place every year.

The NCCD is a collection that counts:

- the number of school students receiving an adjustment or 'help' due to disability
- the level of adjustment they are receiving to access education on the same basis as other students.

Students are counted in the NCCD if they receive ongoing adjustments at school due to disability. This 'help' allows them to access education on the same basis as a child without disability. The NCCD uses the definition of disability in the [Disability Discrimination Act 1992](#).

Schools provide this information to education authorities.

Go to *What is a reasonable adjustment?* below to learn about adjustments.

WHY IS THIS DATA BEING COLLECTED?

All schools in Australia must collect information about students with disability.

The NCCD:

- ensures that the information collected is transparent, consistent and reliable
- provides better information that improves understanding of students with disability
- allows parents, guardians, carers, teachers, principals, education authorities and government to better support students with disability.

Student with disability loading

Funding from the Australian Government for students with disability is based on the NCCD through the student with disability loading.

Students with disability who are counted in the top three levels of the NCCD (extensive, substantial and supplementary) attract the loading. Funding is based on a per-student amount at each of the three levels of additional support. The amount of the loading reflects the level of support students with disability need to participate fully in school, with higher funding for those who need higher levels of support.

Australian Government recurrent school funding is provided as a lump sum to school authorities including state and territory governments, which can then distribute the funding to their member schools according to their own needs-based arrangements.

The Government expects schools and school systems to consider their funding from all sources (ie Australian Government, state and territory and private) and prioritise their spending to meet the educational needs of all of their students, including students with disability.

WHAT ARE THE BENEFITS OF THE NCCD FOR STUDENTS?

The information collected by the NCCD helps teachers, principals, education authorities and governments to better support students with disability at school.

The NCCD encourages schools to review their learning and support systems and processes. This helps schools to continually improve education outcomes for all students.

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Wellbeing



WHAT MUST SCHOOLS DO FOR STUDENTS WITH DISABILITY?

All students have the right to a quality learning experience at school.

Students with disability must be able to take part in education without discrimination and on the same basis as other students. To ensure this, schools must make reasonable adjustments if needed for students with disability. Educators, students, parents, guardians, carers and others (eg health professionals) must work together to ensure that students with disability can take part in education.

The *Disability Discrimination Act 1992* and the *Disability Standards for Education 2005* describe schools' responsibilities.

WHAT IS A REASONABLE ADJUSTMENT?

An adjustment is an action to help a student with disability take part in education on the same basis as other students.

Adjustments can be made across the whole school (eg ramps into school buildings). They can be in the classroom (eg adapting teaching methods). They can also be for individual student need (eg providing personal care support).

The school assesses the needs of each student with disability. The school provides adjustments in consultation with the student and/or their parents, guardians and carers.

Schools must make reasonable adjustments if needed. The Disability Standards for Education 2005 define 'reasonable adjustment' as an adjustment that balances the interests of all parties affected.

WHO IS INCLUDED IN THE NCCD?

The definition of disability for the NCCD is based on the broad definition under the *Disability Discrimination Act 1992*.

The following students are examples of those who may be included in the NCCD if they need monitoring and adjustments:

- students with learning difficulties (such as dyslexia)
- students with chronic health conditions (such as epilepsy or diabetes).

WHO COLLECTS INFORMATION FOR THE NCCD?

Schools identify which students will be counted in the NCCD. They base their decisions on the following:

- adjustments provided for the student (after consultation with the student and/or their parents, guardians and carers)
- the school team's observations and professional judgements
- any medical or other professional diagnoses
- other relevant information.

School principals must ensure that information for the NCCD is accurate.

WHAT INFORMATION IS COLLECTED?

A student is counted in the NCCD if they receive reasonable adjustments at school due to disability.

Each year, schools collect the following information about the student, including:

- their year of schooling
- the level of adjustment received
- the broad type of disability.

For students who have more than one disability, the school uses professional judgement to choose one category of disability. They choose the category that most affects the student's access to education and for which adjustments are being provided.

A high level summary of the NCCD data is available to all Australian state and territory governments to improve policies and programs for students with disability.

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Wellbeing



HOW IS THIS DATA USED?

The NCCD data informs funding and work by schools and sectors. It ensures that support for students with disability becomes routine in the day-to-day practice of schools. The NCCD also supports students in the following ways.

- The NCCD helps schools better understand their legislative obligations and the Disability Standards for Education 2005.
- Schools focus on the individual adjustments that support students with disability. This encourages them to reflect on students' needs and to better support students.
- The NCCD facilitates a collaborative and coordinated approach to supporting students with disability. It also encourages improvements in school documentation.
- The NCCD improves communication about students' needs between schools, parents, guardians, carers and the community.

The Australian Curriculum, Assessment and Reporting Authority (ACARA) annually publishes high-level, non-identifying NCCD data.

WHEN DOES THE NCCD TAKE PLACE?

The NCCD takes place in August each year.

IS THE NCCD COMPULSORY?

Yes. All schools must collect and submit information each year for the NCCD. This is detailed in the *Australian Education Regulation 2013*. For more information, ask your school principal or the relevant education authority.

HOW IS STUDENTS' PRIVACY PROTECTED?

Protecting the privacy and confidentiality of all students is an essential part of the NCCD.

Data is collected within each school. Personal details, such as student names or student identifiers, are not provided to federal education authorities. Learn more about privacy in the [Public information notice](#).

FURTHER INFORMATION

Contact your school if you have questions about the NCCD. You can also visit the [NCCD Portal](#).

There is also a free [e-learning resource](#) about the *Disability Discrimination Act 1992* and Disability Standards for Education 2005.

This document must be attributed as *Fact sheet for parents, guardians and carers*.

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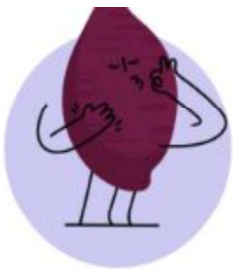
EATING HEALTHILY TO MANAGE FEELINGS.

This term, the whole school focus is **DIET**.

The healthier you eat, the better you will cope with life's **big worries**.

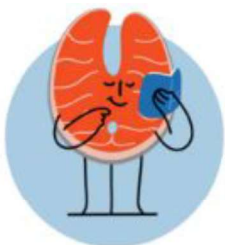
The **BEST FOODS** to eat are **fruit**, **vegetables**, **Legumes**, **AND SALMON**.

Here's how these two heroes can help you.



Sweet potatoes are rich in fibre and complex carbs, which release energy slowly. That helps keep blood sugar stable and mood even. No sugar crashes here!

and



Salmon is rich in omega-3 fatty acids, essential for brain health, and has been linked to reduced anxiety and improved cognitive function. They help brain cells communicate better and keep the brain calm and alert.



RECIPE

I hope that you enjoyed the broccolini and white bean recipe from last week.

This week's recipe features sweet potatoes and salmon, and comes from the Heart Foundation :

<https://www.heartfoundation.org.au/recipes/salmon-and-sweet-potato-cakes>

SALMON AND SWEET POTATO CAKES

Ingredients

800 g orange sweet potato, peeled, cut into 2 cm pieces
¼ cup olive oil
415 g can pink or red salmon, drained, flaked
4 green shallots, finely chopped
1 egg
1¼ cups (90 g) wholemeal breadcrumbs
Garden salad with avocado, to serve
Lemon wedges, to serve
Dressing
½ cup reduced fat plain Greek yoghurt
1 teaspoon Dijon mustard
1 teaspoon lemon juice

Method

Step 1

Line a large baking tray with baking paper. Place sweet potato on a prepared tray, drizzle with 1 tablespoon olive oil and toss to coat. Bake in a 200 °C preheated oven for 30 minutes or until tender. Cool slightly. Transfer to a large bowl. Mash well.

Step 2

Add salmon, shallots, egg and ¾ cup breadcrumbs to sweet potato. Season with pepper. Mix until well combined.

MiHIPS



Step 3

Place remaining breadcrumbs on a large plate. Divide salmon mixture into 12 even portions. Shape portions into 7 cm round patties and toss in breadcrumbs to lightly coat.

Step 4

Heat remaining oil in a large non-stick frying pan over a medium-high heat. Cook patties in 2 batches for about 3 minutes on each side or until golden brown. Transfer to a baking paper-lined baking tray.

Step 5

Meanwhile, to make dressing, whisk all ingredients in a small bowl with 1 tablespoon water until combined.

Step 6

Serve salmon cakes with salad, dressing and lemon wedges.

Tips

Keep salmon cakes warm on a baking paper-lined tray in a 160 °C oven while making salad and dressing.

Save time by cooking sweet potato in an air fryer at 200 °C for about 20 minutes or until tender.

If you've got fresh herbs on hand, finely chop 1-2 tablespoons and add to the salmon mixture for extra flavour. Parsley, dill, basil or coriander would all work well in this recipe.

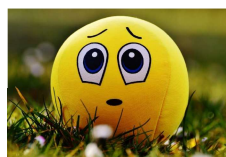
You can replace sweet potato with any leftover chopped roasted or steamed vegetables. You will need about 375 g (2 ½ cups).

Any leftover salmon cakes can be refrigerated for up to 2 days or frozen for up to 2 months. To serve, reheat in oven or microwave until hot.

Season with pepper.

PHOTOS

NONE



!!

Photos of your family preparing one of the featured recipes can go in this section. Please send them to mlewis@sgdandenongnth.catholic.edu.au

ART

ART CLUB

WITH MRS THEODORE

LED BY STUDENT VOICE... FUELLED BY CREATIVITY!

Thanks to the enthusiastic ideas from our Student Representative Council (SRC), Art Club is now in full swing every Tuesday at lunchtime — and it's already become a highlight of the week!

Since last week, students from across the school have gathered in the PAC, buzzing with playdough challenges, drawing tutorials to scratch art, watercolour painting, and even digital art. There's been something for everyone to enjoy. Students also had the chance to share the types of art they'd love to explore — giving voice to their interests and helping shape future sessions.

But it's not just about making art – it's about building confidence and thinking creatively. Students are encouraged to bring their ideas to life, support one another, and most importantly — have fun!



Playdough challenge with the Junior students.

Art Club is open to all students, and it's been heartening to see such a wide range of talents, ideas, and joyful expression come together in one space. Whether students are trying something new, honing their skills, or simply enjoying a calm and creative lunchtime, there's always a place for them at Art Club.

A special mention to Mrs J and Mrs S for generously volunteering their time to support the lunchtime Art Club.

Keep an eye out for our upcoming Art Showcase, where students will proudly present some of their favourite pieces to the wider school community!

Scratch Art mask making.



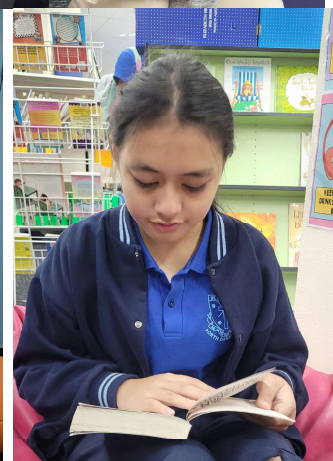
Reading Before School



ST GERARD'S
PRIMARY SCHOOL

READING BEFORE
SCHOOL
EVERY
WEDNESDAY
8:30 AM

Join Mrs O'Brien in the library for some quiet reading time with a good book and receive a Reading Before School raffle ticket.



LIBRARY

LIBRARY NEWS

LIBRARY CLUB UPDATE

This week in Library Club, students took part in a fun BINGO-style Scavenger Hunt, exploring different types of books around the library. Congratulations to Antonia, Dhanya, and Harold for completing their BINGO boards, and to Mila for solving the special clue about Miss Adriën!

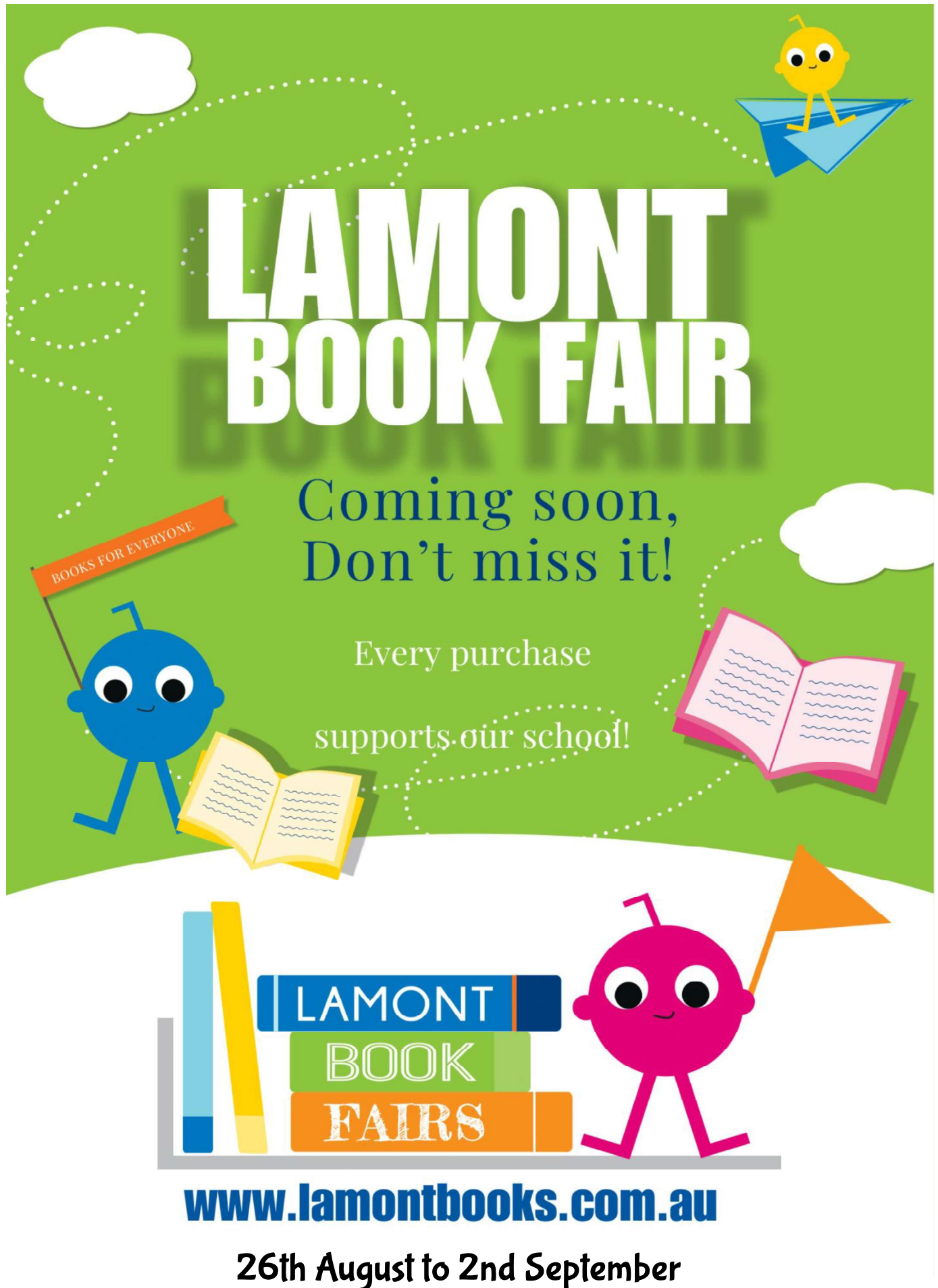


REMINDER

Please support your child in returning library books on time by ensuring they use a library or book bag. Last week of borrowing.



LIBRARY



A vibrant green poster for the Lamont Book Fair. At the top right, a yellow character with a single antenna sits on a blue paper airplane. A dotted line traces a path from the airplane down to the title. The title 'LAMONT BOOK FAIR' is written in large, bold, white capital letters. Below the title, the text 'Coming soon, Don't miss it!' is written in a blue, serif font. Underneath that, in a smaller green font, it says 'Every purchase supports our school!'. To the left of this text, a blue character with a single antenna holds a red banner that says 'BOOKS FOR EVERYONE'. Below the banner, the blue character is shown reading an open book. To the right of the text, a pink open book is shown. At the bottom, a stack of three books is displayed: a blue one on top with 'LAMONT' written on it, a green one in the middle with 'BOOK' written on it, and an orange one at the bottom with 'FAIRS' written on it. A pink character with a single antenna stands to the right of the books, holding an orange flag. The background features white clouds and dotted lines suggesting movement.

LAMONT BOOK FAIR

Coming soon,
Don't miss it!

Every purchase
supports our school!

BOOKS FOR EVERYONE

LAMONT
BOOK
FAIRS

www.lamontbooks.com.au

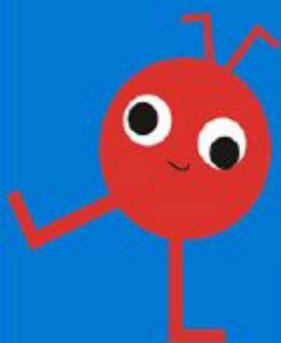
26th August to 2nd September

Book Fair

To complement St Gerard's Primary School's reading and writing focus, we are again hosting a Lamont Book Fair.

Lamont Book Company is a local book supplier, which gets its books from a variety of publishers. This means that there will be a large range of quality books to choose from.

The Book Fair is arriving on 26th August to 2nd September



Please support our school



We hope that everyone will help to make this a very successful Lamont Book Fair.

**GREAT BOOKS AT
GREAT PRICES**



Important Dates / Info

June

- 28th Sacrament of Confirmation 5:30pm

July

- 2nd 8:30 - 8:40 Reading before school in the library
- 3rd Subway Lunch
- 4th End of Term 2 - School finishes at 3.30pm

Paying School Fees

St Gerard's understands the financial commitment associated with providing a quality education for your child. Recognising the diverse needs of our families, the school has a convenient and flexible solution for paying school fees through our payment schedules accessible via the office.

If you are having trouble paying or require assistance in setting up your payment schedule, please contact the office who will be more than happy to assist you in setting up a suitable payment arrangement.

Thank you for your continued support and partnership in providing the best possible education for your child at St Gerard's School.

Updating Payment Details

Parents are reminded to contact the school office if there are any changes to your payment details. This includes expired credit cards or updated bank account information. Keeping these details current helps ensure your payments are processed smoothly.

Outstanding School Fees

If you have not yet made any payments toward school fees, we kindly ask that you begin doing so as soon as possible to avoid falling behind.

If you are experiencing financial difficulties, please don't hesitate to contact the school office to arrange an appointment with Principal Paul Cowan. We are here to support you and work together on a solution.

Important Notes

Medical Plans And Asthma Plans

This is a friendly reminder to provide the school with updated medical and asthma plans for 2024. If your child has asthma or requires other medications, please ensure that Ventolin, a spacer, and any necessary medications are supplied on the first day back to the school office.

All medications will be stored in individually labeled bags in the school office for safekeeping.

Pick-up From After-School

Parents are asked to please be prompt when picking up your child/ren after-school. If a ride is not here when school concludes, the student may be sent to aftercare instead of the office. Please remember school aftercare does have a cost involved and time will begin accruing at the end of the school day. If a student's ride has run into an unexpected delay, please call the main office to let them know.



3rd July, 2025

3-Way
Conversations
will be held on
29th July.
Invitations will
be sent out
shortly.

LYNDALE FNC
PRESENTS
HEART KIDS
ROUND

28, June 2025
8:40AM - 5:00PM

Barry Powell Reserve
Halton Rd, Noble Park North

FUN FOR EVERYONE

- ☉ Free activities for the kids including face painting & jumping castle
- ☉ Silent auctions and raffles
- ☉ 4 Great games of footy!
- ☉ Donation spots around the ground
- ☉ Special Merch available to purchase
- ☉ Coffee Van from 10-1pm
- ☉ And much more!

CONTACT INFO

- Follow us on Facebook at Lyndale FNC for updates and more information
- Reach out to Elena Groenendyk via our messenger
- Follow us on Instagram Lyndalefnc for updates

Notice Board



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

- Ameya Yr 2
- Jasmine Foundation
- Azalea Yr 5
- Jacob A Yr 1



- *Every Day Counts* - Primary School Attendance Information
- Nazareth Secondary College School Tour Dates and 2027 Year 7 Application Dates
- North Dandenong MASALA Junior Football club (AFL)
- Mazenod College Open Day & School Tours Info
- Goodstart Early Learning - Princes Highway
- Lyndale Football & Netball Club 28th June



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 **\$8** 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.