

ST GERARD'S PRIMARY SCHOOL NEWSLETTER



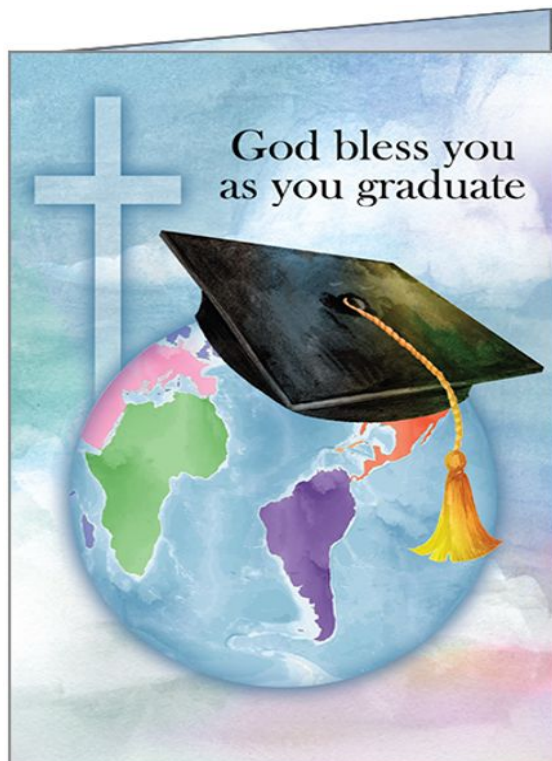
TERM 4 - WEEK 7

17 November, 2023



Celebrating a journey of growth, friendship, and knowledge on our end-of-year reflection day.

🎓✨ #GraduationCountdown #MemoriesMade



Dear Heavenly Father,

*As we stand on the threshold of a new chapter,
we lift up our prospective graduates before You.
Bless them with wisdom, courage, and resilience as they prepare
to transition into secondary school.*

*May this end-of-year period be a time of reflection, gratitude, and
anticipation for the journey ahead. Guide their steps, instil a
passion for learning, and surround them with supportive
friendships.*

*Grant them the strength to overcome challenges and the joy to
savour every moment. May Your light shine upon their path, and
may they find success and fulfilment in the chapters to come. In
Your name, we pray.*

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,

The weeks appear to be moving very quickly at the moment and this week saw a number of activities that related to both this year and next year.

Our whole school **2023 Swimming Program** at Dandenong Oasis continued throughout the week and it has been wonderful to see the improvement in skills and increase in water confidence. As I stated last week, in the lead up to Summer, water confidence, awareness, safety and skills are very important. This program continues next week with sessions everyday except for Thursday.

We had our final **2024 Prep Orientation Sessions** last **Monday (1.30pm – 3.00pm)** and **Wednesday (9.30am – 11.00am)** when we continued to welcome our youngest students and their families to our school. We have **a mixture of new, existing and returning families** which is exciting. We are looking forward to welcoming them as a school community next year.

Our **Year 6 children had their Reflection Day** yesterday (Thursday) where they were able to focus on their time here at St Gerard's and **identify highlights, challenges, achievements and show gratitude**. This is part of these children's final year of Primary School and is often the start of their Graduation process. I would like to **acknowledge and thank Mrs Stack, Mrs O'Brien and Mrs Te** for conducting the sessions. From speaking to the children it was a very worthwhile day.

We have some exciting events occurring in the coming weeks with our **Art Show opening on Wednesday 28 November at 3.15pm** and our **Christmas Carols evening on Tuesday 5 December at 7.00pm**. I look forward to seeing you all at both of these events.

Finally, a reminder that our next Ride/Walk to school day is next Thursday.

God bless.

Paul COWAN
PRINCIPAL



Religious Education

Important RE Dates

TBA:	Year 6 Reflection Day
Tuesday 5th December:	Christmas Carols Evening
Thursday 7th December:	Christmas Activities Rotations
Friday, 8th December:	End of Year Mass, 12:00
Monday 11th December:	Christmas Carols Tour of the Nursing Homes Excursion
Thursday, 14th December:	Graduation Mass and Ceremony 7.00pm

Whole School Masses

End of Year Mass

Friday 8th December at 12:00

Class/Parish Mass Timetable

Classes that couldn't proceed with their Class Mass previously have been newly assigned one, while all other classes will attend the parish Mass.

★ 3/4A: 23rd November, 9:15, Parish Mass



Religious Education

An Invitation to Bring Mary Home



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

St Gerard's school has been gifted with a beautiful statue of Our Lady, a generous gift from the Legion of Mary group. The statue comes with a handcrafted carrier bag, designed for its respectful storage when not in use. Families are invited to bring the statue home for a week to use it to enhance family prayer. A brochure offering guidance on how to engage in rosary prayer will be included, accompanied by some sets of rosary beads. If you would like to bring this statue home, please contact Mrs Stack.



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.

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.

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*.

Parish News



The Junior Legion of Mary Meetings are held every Monday at St Gerard's school term from 4:15pm – 5:15 pm in The Library Room (brown building in the car park of St. Gerard's Primary School).

Legion of Mary Contact:
Kereena Lopez 0435 554 175
and Jacqueline Savanah on
0437 668 352.

Application forms are
available to collect from the
foyer of the Church.

Junior Legion of Mary

Dear Parents,

The Legion of Mary runs a Junior Legion of Mary praesidium (branch) at St. Gerard's Catholic Church, North Dandenong once a week after school during school term. Meetings last for one hour per week. All possible care will be taken while your child is with us.

Children are taught to:

- Pray the Rosary
- Be helpful at home
- Do works of service such as a Book Barrow

They are trained to be good Catholics by reaching out to others. One way they do this is by visiting a local nursing home during the school holidays, where they interact with the residents. Children are also guided to take part in parish events such as the Public Square Rosary in October.

This group will enable your child to grow spiritually and also learn to be an active apostolic worker in the Parish. All activities will be supervised by adult legionaries who hold Working with Children permits.

If you would like your child/children to join this group, please complete the application form below and return it to Kereena or Cecilia. For more information please phone a contact below.



Meeting Day:	Every MONDAY of St Gerard's school term
Time:	4:15 PM TO 5:15 PM STARTING JULY 10 TH
Place:	LIBRARY ROOM of St. Gerard's
Legion of Mary Contact:	Kereena Lopez 0435 554 175
Legion of Mary Contact:	Cecilia Donald 0402 716 101



✕

Parent or guardian to complete: (All information provided is confidential.)

Child's Name:		Grade:	
Address:			
Any health issues?		Date of Birth:	

I (Parent/guardian) give permission for my child
(name)
to attend the Junior Legion of Mary at St. Gerard's Catholic Church, North Dandenong (in the Church foyer).

Signature..... Date.....

Name of First Contact Person			
Address			
Phone No.			
Second Contact for child	Name:	Phone No:	

Altar Servers

Altar Server training will resume for existing altar servers and any 'new recruits' wishing to help our parish celebrate Mass.

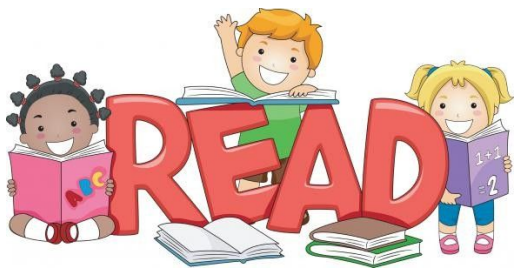
Time: 5:30pm - 6:30pm

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

Literacy-Before School Reading

I like coming to
Reading Before School
in the library because I
learn new words and
more things I haven't
seen before!

*Katalina Kassianou
From Year 3*



I like Reading
Before School
because I read
books and learn
new things-

*Abel Kassianou
From Foundation*



WELLBEING



Growing a mentally healthy generation



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.

RIDE or WALK to school



Thursday, 23rd November is a Ride to School Day.

Students are encouraged to walk or ride to school from home or from a nearby drop off point. If your child doesn't normally walk to school, you could do this together.

Students who ride are given a sticker and the class who has the most students riding or walking get to keep our Ride to School trophy in their classroom for that month.

Students can ride bikes, skateboards or scooters.

They must wear a helmet at all times.

Upon arrival at school, students must hop off their bike or scooter and lock up their bike or scooter in our bike parking area (in front of the Performing Arts Centre).

Lunchtime Club

Lunchtime Sports Club

Hi, this is Ariana, Antonia, Azalea and Sophia

Last Tuesday we held a running sports club during our lunch break. This week the focus was on tennis. Quite a few people came and everyone enjoyed it. We hope to see all of the children there next week. We have attached our sports clinic timetable below.

Timetable

<i>Weeks & dates :</i>	<i>Sports :</i>
<i>Week 2 10th of October</i>	<i>Tennis (passed) (basketball courts)</i>
<i>Week 3 17th of October</i>	<i>Gymnastics (PAC)</i>
<i>Week 4 24th of October</i>	<i>Basketball (basketball courts)</i>
<i>Week 5 31st of October</i>	<i>Running (basketball courts)</i>
<i>Week 6 7th of November</i>	<i>Public holiday</i>
<i>Week 7 14th of November</i>	<i>Gymnastics (PAC)</i>
<i>Week 8 21st of November</i>	<i>Basketball (basketball courts)</i>
<i>Week 9 28th of November</i>	<i>Tennis (basketball courts)</i>
<i>Week 10 5th of December</i>	<i>Fun day (PAC & basketball courts)</i>



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

IMPORTANT DATES

November:

- 20th, 21st, 22nd & 24th - Swimming Program at Dandenong Oasis
- 22nd Reading before school in the library - 8:15 am - 8:40 am
- 23rd Walk/Ride to School Day
- 29th Reading before school in the library - 8:15 am - 8:40 am
- 29th Art Show Opens
- 30th Subway Lunch



Thursday, 30 November

Return Order by:

9:00 am Monday, 27 November

NO LATE ORDERS

CAN BE ACCEPTED

Please ensure correct money
enclosed and envelope sealed

December:

- 1st First Sunday of Advent Assembly at 2:50pm
- 5th Christmas Carols evening 7.00pm
- 6th Final Reading before school in the library - 8:15 am - 8:40 am
- 6th Art Show Closes
- 8th End of the School Year Mass at 12.00 noon
- 8th Second Sunday of Advent Assembly at 2:50 pm
- 14th Year 6 Graduation Mass and Ceremony at 7.00pm
- 15th Last day of school - 3:10pm Guard of honour for Year 6 students

St Gerard's YLVOSHC

Program Information

Service Phone Number: 0402 192 685



Prices

Before School Care

(Permanent) \$15.00

(Casual) \$20.00

After Max CCS: \$2.89

After School Care

(Permanent) \$20.00

(Casual) \$25.00

After Max CCS: \$3.16

Pupil Free Day and Vacation Care

(Permanent) \$65.00

(Casual): \$72.50

After Max CCS: \$6.50



OPERATING TIMES

Before School Care

Hours:

6:45am – 8:45am

After School Care

Hours:

3:30pm – 6:30pm

Pupil Free Days:

7:00am – 6:00pm

Vacation Care:

7:00am – 6:00pm

* MAX CCS REBATE FIGURES ARE PROVIDED AS APPROXIMATES AND MAY VARY

YLV.COM.AU

Important Information



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

- Isabel Yr 2



- Catholic Bible Study Course through St Gerard's Parish
- Dandenong Saints Basketball Club - new players wanted
- Diamond Dancers - Recreation and Competitive Dancing
- Springvale Indoor Sports (Term 4)
- Ukraine Support Fund
- Dandenong Scouts
- Cricket Blast - North Dandenong Cricket Club
- Cricket Blast - Noble Park Cricket Club
- Australian Girls Choir Open Days 19 November



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.