



St Gerard's Primary School

NEWSLETTER



Term 3 Week 10

www.sgdandenongnth.catholic.edu.au

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17 September 2021

HAPPY BIRTHDAY

There are no students celebrating birthdays this week, however, the following staff have celebrated their birthday recently. A very happy birthday to you all!!

- Mrs Bruno
- Ms Grant
- Mrs Cowled
- Ms Theodore

HAPPY HOLIDAYS!

STAY HEALTHY
AND SAFE.



STUDENT FREE DAY

Thursday
21 October
&
Monday
1 November

Alessia from Year 5/6 made her own "Living Faith" beads as a reminder to grow in faith by performing acts of love each day.



Our challenge this week was to 'Be Your Best' and to perform ten good deeds each day. In Sunday's gospel we hear that if we want to be important we must serve other people and put them first.

In this gospel, we hear about something we can probably all relate to. The disciples, while they were walking to another town, were arguing about who was the most important. When Jesus heard them, he used a child to show them something about the kingdom. Jesus goes on from this passage to talk further about children; both the importance of welcoming them in his name, and the consequences of hurting them. This seems to be symbolic for relationships in his kingdom.

Father in Heaven,

*You Love us all equally. Help us not to be jealous of one another, but to seek only to please you.
Amen*

Mk 10:2-16

'Let the children come to me.'

MESSAGE FROM THE PRINCIPAL

Dear families,

We have come to the end of what has been a challenging and unpredictable Term 3. Despite these challenges, **as a school community we have worked together to continue the learning of our children**. I would like to once again **acknowledge and commend the efforts of our children, their families and the school staff**. The resilience and ability to adjust has been inspiring.

Despite the changing nature of this term, we were able to deliver some of our planned events albeit in different formats. Our **3 Way Conversations** provided us with the opportunity to celebrate the achievements of our students and set future learning goals. Our **Preps spent a week acknowledging their first 100 days of school** and we had our **Book Week activities** to reinforce the importance of reading and quality literature. We were able to thank our fathers and significant male role models through our **Father's Day assembly** and undertake our **School Review** (online).

Also, this week we have had an activity each day which were the **suggestions of our Year 6 Wellbeing Leaders**. I hope that the **Three Ingredient Cooking Challenge** and **Selfie Scavenger Hunt** got you thinking. That the **Art Competition** gave your creative talents a chance to shine and it is always great to see **celebrities and superheros** 'visit' our school. Today (Friday) was **Footy Day** when we got to show our 'true colours'!

Our **Give Me 5 focus** for this week was to **Be Cooperative**. This has been evident in so many ways not just this week but over the term and I would now like to ask our students to continue this focus during the school holidays.

While on the topic of school holidays, **I strongly encourage our students (with the support of their families) to minimise their 'screen time'**. We have been reliant on our devices for learning but with the combination of holidays, an easing of some restrictions and better weather, there is a great opportunity for us all to get outside and get active. I am suggesting that our students have a **'holiday from screens'**.

As I have mentioned previously, **Enrolments for Prep in 2022 are 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**. We are **getting enquiries from new families** so it is important that we enrol our existing families as soon as possible.

Finally, **State Government announcements regarding Term 4** should occur soon. When we have a clear idea of what will be happening I will **communicate this through Seesaw and email**. Until then, have a wonderful holiday, please stay safe and look after each other.

God bless.

Paul Cowan
Principal

RELIGIOUS EDUCATION NEWS

Further Postponement of First Communion and Confirmation

We regret to inform you that due to a further extension to the existing lockdown, First Communion and Confirmation Masses have been postponed once again. We apologize for any disappointment to your families and thank you for your understanding. Stay tuned for the newly chosen dates which will be sometime in term 4.

St Gerard's Talent Quest Auditions

We traditionally celebrate our Feast Day by hosting a talent quest. This year, due to possible restrictions, our talent quest will be held remotely a second year in a row.

The divisions will be as follows:

- Prep
- Junior School
- Middle School
- Senior School
- Family Acts

Challenge: film yourself doing one of your special talents; singing, acting/storytelling, dancing (cultural dance is a favourite), gymnastics, magic, slam poetry or stand up comedy. Acts should be 1-3 minutes long. Bonus points when you involve other St Gerard's students, include costumes/props or interesting backdrops. Respond by uploading your video onto the Talent Quest Activity on Seesaw.

Items that pass the auditions will automatically be entered into our Digital Talent Quest to be viewed at 2:30 on Friday 15th October (Saturday 16th is our actual Feast Day)



WELLBEING NEWS



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.

END OF TERM FUN WEEK

The Grade 6 Student Wellbeing leaders met last week to discuss the last week of term. They came up with some great fun activities for the whole school.

This week we all enjoyed the fun challenges.

Have a look at some of the fun we had!!



END OF TERM FUN WEEK



END OF TERM FUN WEEK



SCHOOL NEWS

Our chickens are having a holiday at Mrs Fernandez house over the school holidays. They are having a lovely time exploring their new surroundings and making themselves very at home. Here are some photos Mrs Fernandez has sent through of them enjoying their holiday!!



COMMUNITY NEWS

Featuring
Little Night In
Sunday 26 September, 4pm-6pm

All night shout outs
Adventure is calling. Join us from your backyard campsite or living room fort for a fun night in

Little World Explorers Story Competition
Write a short story about exploration, adventure or new ways of seeing the world. The winning story will be announced during Children's Week and be brought to life as a short-animated feature film. This competition is open to primary school aged children living or studying in Greater Dandenong.


Explorers Feedback Raffle
Complete one or more feedback surveys to go in the draw for some great prizes.



Scan QR code to visit the event webpage greaterdandenong.vic.gov.au/childrens-festival to find out more.

Greater Dandenong
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Online

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