



St Gerard's Primary School NEWSLETTER



TERM 4 WEEK 7

www.sgdandenongnth.catholic.edu.au
03 9791 7553

18 NOVEMBER 2022

HAPPY BIRTHDAY

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

◆ Isabel Yr 1

Prayer.

Loving Jesus, you are our king and we celebrate your kingship. We thank you for showing us the way to be happy. Through what we do and say may we become people of the kingdom ready to live your ways and bring others to know and love you. We ask this prayer in your name.

Amen



On Sunday we celebrate the feast of Christ the King. God sent Jesus to show us how to live with compassion, justice and peace. Jesus showed us how to live in the right relationships by being kind, forgiving and understanding. Jesus showed us that, if we live by his message, we can be happy and bring about the Kingdom of God here on earth. He calls us to be kingdom builders and bring hope to all we meet.



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



@st.gerards3175



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

MESSAGE FROM THE PRINCIPAL

Dear families,

This week gave us an insight into the future when we had the first two of our four **2023 Prep Orientation sessions**.

It was wonderful to be able to **welcome our 2023 Preps and their families to our school community**. We have a mixture of existing families, new families and returning families in Prep next year and it is always heartwarming to see the excitement and enthusiasm on the faces of the children (and their families) when they come to school. Starting school is a milestone event in a person's life which has an impact not only on them but their family and friends. I am sure you will join me in welcoming them to our **'St Gerard's Family'**. We have two more 2023 Prep Orientation sessions next week on Monday (1.30pm - 3.00pm) and Wednesday (9.30am - 11.00am). **I would like to thank our Year Six Captains and Vice - Captains for welcoming our new Preps and their families when they arrived at school for the first time.**

While walking about the **2023 school year**.

I am asking families to **contact the school office** if your child(ren) **will not be returning to St Gerard's next year**. Having accurate information helps us to be able to plan 2023 with a level of certainty.

Also, considerable time is spent in preparing class lists with numerous factors needing to be considered. **If families have a specific request for their child this needs to be put in writing and addressed to myself or emailed to principal@sgdandenongnth.catholic.edu.au**. Requests need to be based on **educational grounds** and will be treated confidentially. **Please note that all requests will be considered but I cannot guarantee that all requests will be granted.** Our aim as a school is to provide the best opportunities for all our students to learn.

Requests need to be received by Friday 25 November.

This week our **Year 4 - 6 classes** had their next **Cricket session** conducted by Cricket Victoria. I have started to see some games appear on the playground with some future cricketers developing their skills!

Today (Friday) we gathered as a school for our **Socktober Shootout** and **coin line**. This was the culmination of our Mission Month focus where we had a focus on those less fortunate than ourselves and raised funds to support the work of **Catholic Mission**.

I would like to thank all our children, families and staff who supported this worthy cause and Mrs Stack for her coordination.

Finally, **a reminder that Rapid Antigen Tests (RAT's) are available for collection from the School Office if families require them at any stage**. If your child does **test positive** please contact me so that we can support you and fulfill our reporting obligations.

Continue to stay safe and God bless.

Paul Cowan
PRINCIPAL

RELIGIOUS EDUCATION



"It's beginning to look a lot like Christmas..." Come join us for an evening of joyous Christmas Caroling where the students of St Gerard's School will perform your favorite Christmas carols in the quadrangle on **Tuesday 6th December at 7pm**. Children will be called to sit with their class at 6:45pm.

What to wear:

Children have been asked to dress in a theme for the Christmas Carols.

Prep	Christmas t-shirt or dress, Christmas headband or hat. (Prep teachers will supply any additional costumes).
Year 1/2	All black with tinsel around wrists, forehead and neck (as a necklace).
Year 3	Christmas coloured t-shirt (with or without Christmas design) and black leggings, trousers or shorts, Tinsel and Christmas hats optional.
Year 4/5/6	All black long or short sleeve tops and long pants with different coloured tinsel around wrists and forehead. Santa hats if you have one.

ALL FAMILIES & PARISHIONERS

The Living Rosary

The Presentation of the Blessed Virgin Mary Feast Day

**Monday, 21st November, 2022
St. Gerard's School @ 10:15 am**

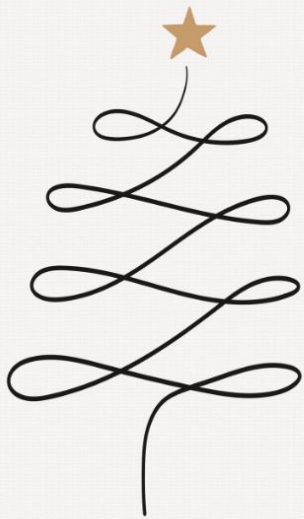
Important Dates for Term 4

- Friday, 25th November:**
Advent Assembly at 2:30
- Tuesday 6th December:**
Christmas Carols Evening
- Friday, 9th December:**
End of year Mass, 12:00
- Friday, 16th December:**
Graduation Mass, 7pm

Whole School Rosary

21st November
at 10:15 all welcome

St Gerard's Primary School



Community
Christmas
Carols

WE INVITE YOU TO JOIN US
FOR OUR ANNUAL CHRISTMAS
CAROL

**TUESDAY, 6TH
DECEMBER,
7:00 PM**

INVITE YOUR FRIENDS
AND FAMILY ALONG TO
JOIN IN THE
CHRISTMAS
FESTIVITIES



Facts from the Be You website

What's self-regulation?

Self-regulation is learning about your own feelings and emotions, understanding how and why they happen, recognising them (and those of others), and developing effective ways of managing them.

When children and young people learn to self-manage their emotions, they feel more confident, capable and in control. They have stronger relationships, are more able to pay attention, learn new things and can cope better with the normal stresses and disappointments of daily life.

• How can you help?

Children and young people need repeated experiences of having their needs met by a caring adult.

Warm, trusting and responsive care helps children to respond with appropriate emotions, internalise a positive view of themselves and others, and learn appropriate behaviour. Children and young people also develop self-management skills by watching and experiencing how other people manage their emotions. Here are some tips about how you can support the development of self-management in children and young people

Explicitly teach skills

- Talk about ways of managing upsetting situations.
- Help them to develop strategies to use when they're feeling out of control.
- Help them express their emotions in productive ways (for example, by drawing or acting out their feelings).
- Practise mindful breathing with older children and young people.
- Explore the immediate and long-term consequences of actions.
- Promote empathy by talking about emotions and understanding how people will have different reactions to events depending on their circumstances.
- Teach problem-solving and decision-making skills.

Talk about emotions

- Acknowledge and respond to emotional communication.
- Role-model how you manage your own feelings.
- Talk about strategies to manage strong or uncomfortable emotions.

Promote a calm environment

Environment contributes to children and young people's self-management. Promote a calm, welcoming and encouraging environment by:

- providing structure and predictability
- establishing age-appropriate routines and limits
- avoiding competitive experiences for young children
- including relaxation breaks in the day
- encouraging ways to release tension they might be holding in their body
- demonstrating calmness and staying in control of your own feelings and behaviours – self-awareness allows you to maximise your positive interactions with children and young people and better manage situations where they 'push your buttons'.

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!



MARKET GARDEN CLUB

Lunchtime Gardening Club

At St Gerard's students have the opportunity to learn about the garden during lunch time Gardening Club.

This week the students harvested mulberries, artichokes, broad beans and chicken eggs.

We held our first garden market stall for this term on Thursday.

Our eggs, broad beans, mulberries, artichokes and eggs were sold in minutes!

A big thank you to our beautiful students who work in the garden on a daily basis!

The next market date will be advertised through the newsletter and on Seesaw.



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.

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



Subway Lunch Orders Are Back!

1st December, 2022

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.

