

ST GERARD'S PRIMARY SCHOOL NEWSLETTER



TERM 2 - WEEK 4

19th MAY, 2023



Our literacy night brought families together for a magical evening of stories, laughter, and the joy of learning!



We were not abandoned when Jesus ascended into heaven. The Holy Spirit is with us to strengthen us and empower us to spread the Good News of our salvation.

On Sunday we celebrate the feast of the Ascension of Jesus. Before Jesus returned to his Father, he gave his apostles the task of building the Kingdom of God by taking his message to people everywhere.

As followers of Jesus, we are challenged to rise up and do the same in our families, our schools and in our world.

*Grant, we pray, almighty God,
that we, who believe that your Only Begotten Son, our Redeemer,
ascended this day to the heavens,
may in spirit dwell already in heavenly realms.
Who lives and reigns with you in the unity of the Holy Spirit,
God, for ever and ever.*



@st.gerards3175

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

PRINCIPAL'S MESSAGE

Dear families,

It has been another week with a variety of learning opportunities for our children.

We are starting to see some 'regulars' at our **Wednesday morning 'Before School Reading' in the Library from 8.15am**. This is a great way for our students and their families to come and read together and is a positive way to start the day. There is a standing invitation to all our children and their families to come along.

On **Wednesday** we also had our **Year 6 children** take part in an **online Science Literacy assessment**. Our school was selected to take part in this program which is run nationwide. The children used their time effectively and we will be interested to see their results when they are released later this year.

Last night (Thursday) we had our **Literacy Night** and it was wonderful to see so many families come and gain a deeper understanding of **how we deliver aspects of our Literacy program**. I would like to thank our staff for supporting this event and **congratulate Mrs Gwen O'Brien (Literacy Leader) for leading and coordinating the evening**.

Today (Friday) we had **25 children from Years 4 - 6** represent our school at the **Dandenong District Cross Country** event at Tatterson Park, Keysborough. They performed well and represented our school with distinction. The top 10 placegetters qualify for the Divisional event which will be held later this term. **Thank you to Mrs Wilson and Ms Busscher for supporting our children at this event**.

At our Assembly we had our **Year 6 children** who **celebrated their Confirmation** last Friday night **share their reflections** on this significant step in their faith journey. They received their certificates and we were able to recognise them as a school. Once again we congratulate them on becoming full members of our Church.

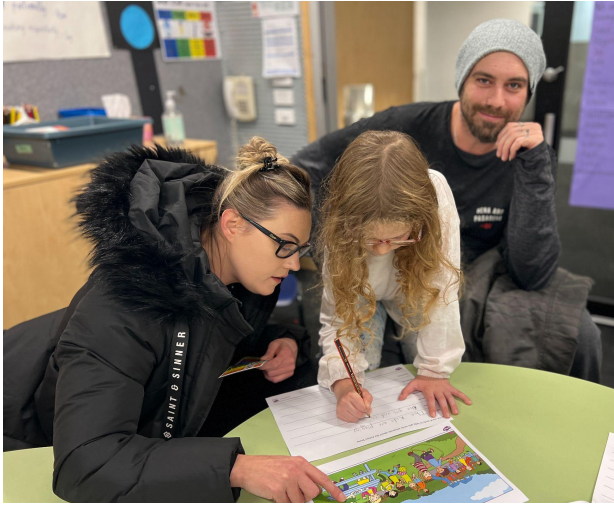
Enrolments for 2024 are open and new families are invited to come and see all the things we offer here at St Gerard's. We had our **first Open Day for Term 2 on Tuesday with 2 more on Wednesday 31 May and Thursday 15 June**. If you know families who are looking for a school in 2024 they are more than welcome to come on one of those days from 9.15am - 5.00pm at a time that suits them or they can contact the School Office on 9791 7553 or email: principal@sgdandenongnth.catholic.edu.au to arrange a meeting and school tour with myself.

Lastly, as mentioned last week, **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.

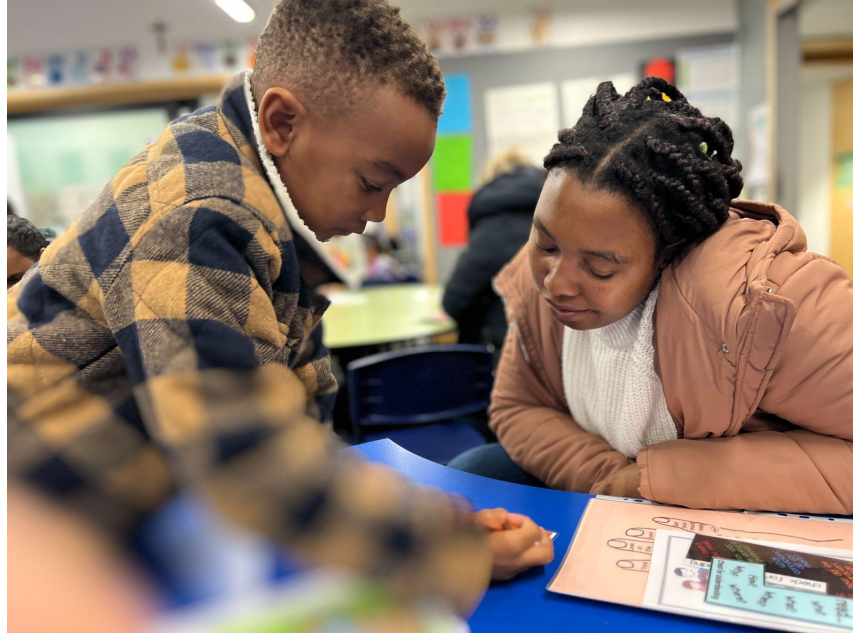
God bless.

Paul COWAN
PRINCIPAL

LITERACY NIGHT



LITERACY NIGHT



St Gerard's is a Child Safe School. Promoting the safety, wellbeing and inclusion of all children.

RELIGIOUS EDUCATION

Sacrament Dates, 2023

First Communion: (Grade 4)

First Communion Reflection Day:	Thursday 8th June (children may wear casual clothes)
First Communion:	Sunday 11th June, 10:30am
First Communion Assembly:	Friday 16th June, 2:50pm

Whole School Mass:

Wednesday	24 th May	Our Lady Help of Christians at 9:15 (Parish Mass)
Friday	24 th June	Sacred Heart of Jesus at 9:15 (Parish Mass, Adoration available throughout the day)

St Vincent De Paul Winter Appeal:

Our goal is to fill our food cart to the brim once more for the St Vincent De Paul Winter appeal. Starting from week two, the Social Justice and Spirituality Leaders will gather food items, and the collection will end on the Feast of the Sacred Heart of Jesus. The class that donates the most items will earn a casual dress day.



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



Growing a mentally healthy generation



Self-care

Self-care is a good way to manage stress

You need to practice self-care in a way that works for you.

Having said that, there are some common practices that most people find useful, including maintaining a healthy lifestyle by eating well, getting enough sleep and exercise, and cutting back on alcohol and drugs.

Some other strategies which you might find helpful in managing stress include:

- Monitor your stress- recognise your own signs of stress and identify situations you find difficult, so you can be pro-active about managing stress during these times.
- Learn how to manage your stress in positive ways- such as through exercise, relaxation, breathing, yoga, positive self-talk.
- Be aware of your thinking habits- challenge negative or unhelpful thoughts.
- Schedule 'time out' for yourself- pursue your hobbies or interests.
- Connect- foster and maintain your personal relationships. A sense of belonging and connection is important for your wellbeing.
- Relax- learn and use breathing techniques, progressive relaxation, visualisations or meditation to consciously relax your mind and body. Practice mindfulness by focusing your awareness on the present moment.
- Be mindful and self-aware- focus on how you are feeling and how you act, and the impact that can have on your colleagues and your students. Be supportive of others without passing judgement.
- Consider making specific times or days of the week for activities which support your wellbeing, so they become routine and are less likely to drop off at times of increased work demands or other competing priorities.
- Reflect- find a mentor through your workplace or professional networks to help you grow professionally. Take time to engage in reflective practices about your work and professional development.

WELLBEING



Give Me 5 News

Students who display the expectations present on the school Matrix are rewarded with a raffle ticket from their classroom teacher. Once a month the raffle tickets from each class are collected and drawn during Fridays assembly.

The raffle tickets were drawn on the 19th May 2023 and the lucky winners will be announced in next week's newsletter.



Student Representative Council

SRC

Students who display the expectations present on the school Matrix are rewarded with a raffle ticket from their classroom teacher. Once a month the raffle tickets from each class are collected and drawn during Fridays assembly.

The raffle tickets were drawn on the 19th May 2023 and the lucky winners will be announced in next week's newsletter. The Student Representative Council (SRC) is made up of a group of students who want to help other students by presenting ideas which are of benefit to all students. The SRC also informs its peers of any important information which affects the student body.

The next SRC meeting will be held on Thursday 25th May.

A big congratulation to our new SRC Reps:

- ★ Foundation B- Gift and Jacob
- ★ 1/2FW- Evelyn and Natalie
- ★ 1/2L- Joram and Izabella
- ★ 3/4S- Dhanya and Anjanna
- ★ 3/4A- Francis and Sophia
- ★ 5/6-T- Taavish and Elana
- ★ 5/6O- Rachel and Indiana

WELLBEING

Ride to School Day

A big thank you to all of the families who participated in Walk Safely to School day on Thursday 18th May. Congratulations to 3/4S who had the most students walking to school!!

Well done to:

- 1st place- 3/4S with 46% walking to school
- 2nd place- 5/6O with 25% walking to school
- 3rd place- 5/6T with 23% walking to school



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

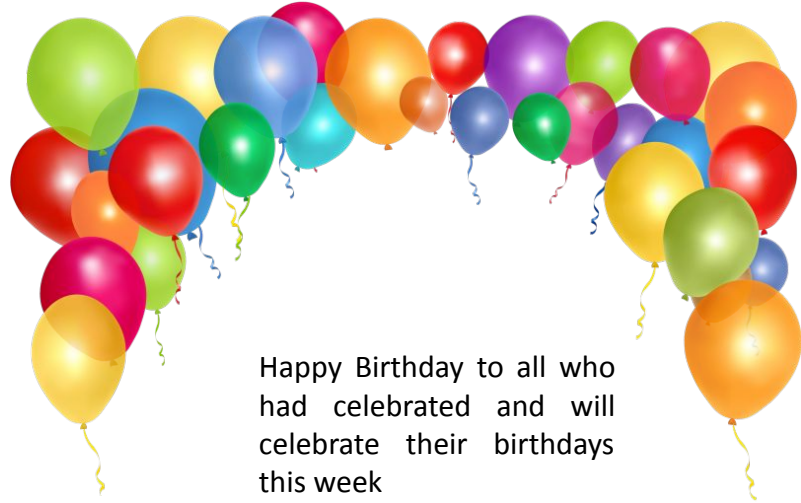
RETURNS

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



- Luke Yr 5
- Andrew Prep
- Hirdey Yr 6



25th May, 2023

PLEASE HAVE CORRECT MONEY ENCLOSED IN THE ENVELOPE. SUBWAY DO NOT GIVE CHANGE.

ENVELOPES TO THE OFFICE BY 9:00 AM MONDAY 22 MAY. NO LATE ORDERS ACCEPTED

COMMUNITY NOTICEBOARD

- Springvale Indoor Sports - School Holiday Program
- Syndal Softball Club
- Noble Park Junior football Club (AFL)
- Netball Dandenong
- Ukraine Support Fund
- Swimland Swim Club
- Noble Park Auskick Centre (AFL)



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.