



# St Gerard's Primary School

# NEWSLETTER



Term 2 Week 1

[www.sgdandenongnth.catholic.edu.au](http://www.sgdandenongnth.catholic.edu.au)

03 97917553

23 April 2021

## HAPPY BIRTHDAY

Wishing the following students who celebrated a birthday during the school holidays and this week.

- Enki O Prep B
- Nelson - 5/6VT
- Mimi - 3/4C
- Anjanna - 1/2FP
- Dhanvin - Prep B
- Liam - 3/4C
- Ethan - 1/2L
- Vivaan - 5/6O
- Ashton - 3/4C

## SCHOOL CLOSURE

### FRIDAY, 30 APRIL

### School Prayer

God, our Father, as members of the Parish Community of St Gerard's we praise you for your love.

May we grow stronger in faith and hope, and may our love for each other, become deeper in our daily lives.

Grant this through your Son, and our brother, Jesus Christ,  
**Amen**



This Sunday we celebrate Anzac Day.

We pray for all those who gave their lives so that we can enjoy peace and freedom. Let us remember that peace in the world begins with each one of us building strong and trusting relationships based on Jesus' message of love.

Help us to find peaceful solutions to our problems with each other so that we can live in harmony together. We ask this prayer through Jesus Christ, your Son.



*A profound thank you to staff who so generously shared their talents and enthusiasm to make our Holy Week/Easter Prayer Spaces such a success. Their commitment is simply extraordinary as they so graciously provide learning experiences to teach our children about our shared Catholic faith. I feel very humbled to be working with such a dedicated staff- Dorothy Stack*

# MESSAGE FROM THE PRINCIPAL

Dear families,

Welcome back to what promises to be an exciting Term 2. I trust that you all had a happy and holy Easter and that the holidays provided the chance to refresh.

We finished Term 1 on a high with our Holy Week Prayer Spaces in the PAC and this week our Year 5/6 classes presented some additional **Prayer Spaces** in their shared area with a focus on the **celebration and Good News of Easter Sunday**. I would like to **thank the Year 5/6 students and teachers for providing this fantastic opportunity for our school**.

When driving to school this week I couldn't help but **reflect on** where we were **12 months ago**. Schools were asked to transition to Remote Learning and there was a general sense of uncertainty for all aspects of life. **It has been wonderful to be able to come to school this week and see our students, family and staff.**

Today (Friday) our Year 5/6 children participated in the first **Interschool Gala Day** for 2021. I would like to congratulate the Netball and Basketball Teams for the way they represented St Gerard's and participated in the day. A thank you to Mrs Wilson for all her organisation.

Our afternoon assembly focussed on **ANZAC Day** which is this Sunday. This significant day in Australia reminds us of the sacrifices made by so many people to enable us to enjoy the freedom that we do today. As John 15:13 states: *'Greater love has no one than this, than to lay down his life for his friends'*. **Lest we forget.**

**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**, however we are **getting enquiries from new families** so it is important that we enrol our existing families as soon as possible.

**Our school gates are opened at 8.30am each morning. We are starting to see children dropped off or arriving at school before this time which poses a safety threat as they are unsupervised and outside the school grounds.** I am therefore asking that families refrain from leaving their children unattended before 8.30am for their safety.

Lastly, a reminder that **next Friday 30 April is a school closure day**. Our staff will be working on aspects of our School Review which occurs every 4 years. Out of **School Hours Care (OSHC)** **may be able to conduct a full day program if there are sufficient numbers**, if you require this service please contact **Marina on 0404 192 85**.

God bless.

Paul Cowan  
Principal

# RELIGIOUS EDUCATION NEWS

## Sacrament Dates, 2021

Planning for all Sacraments is underway. More information will be forthcoming once details are confirmed.  
**Please note that arrangements may change based on Federal and State Government health advice.**

### **First Communion: (Grade 4 and 5)**

First Communion Family Workshop:	Thursday, 29th April, 7pm
First Communion Reflection Day:	Tuesday, 1st June
First Communion:	Saturday 5th at 5:30pm & Sunday 6th June at 10:30am (Parish Mass Times)
First Communion Assembly:	Monday, 7th June, 2:50 pm, parents invited

### **Confirmation: (Grade 6)**

Confirmation Family Workshop:	Thursday, 13th May, 7pm
Confirmation Reflection Day:	Wednesday, 28th July
Confirmation:	Friday 30th July at 7pm (previously announced, Thursday 29th July)
Confirmation Assembly:	Friday 6th August, 2:40, parents invited

## Confirmation News:

Fr Shanthaiah has recently been given delegation to confer the Sacrament of Confirmation by Fr Brendan Hayes, Episcopal Vicar of the Southern Region of the Archdiocese. This indicates that Fr Shanthaiah will be able to confer the Sacrament of Confirmation instead of Fr Hayes allowing us to celebrate Confirmation within the Mass, which would previously have not been the case.

Confirmation will now be celebrated on Friday 30<sup>th</sup> July 2021 at 7pm (instead of Thursday 29<sup>th</sup> July as previously announced).

## Whole School Masses:

Monday 24 <sup>th</sup> May	Our Lady Help of Christians at 9:15\
Friday 11 <sup>th</sup> June	Sacred Heart of Jesus at 9:15 (Adoration available throughout the day)

## Level Masses:

Years 1/2:	Thursday 29th April
Years P/3/4:	Thursday 6th May
Years 5/6:	Thursday 10th June (while on camp)

## Other Important Dates:

Easter Prayer Spaces:	Thursday, 22nd April
Mother's Day afternoon tea and assembly:	Friday, 7th May
National Sorry Day:	Wednesday, 26th May
National Sorry Day Assembly:	Friday, 28th May at 2:50 pm (lead by Social Justice Team)
Refugee Week:	Refugee Week 20th to 26th June 2020
Refugee Week Assembly:	Friday, 25th June at 2:30 pm (lead by Social Justice Team)



# RELIGIOUS EDUCATION NEWS CONT'D

## Project Compassion Thank You

Thank you for your generous donations to Project Compassion allowing Caritas Australia, the Catholic Agency for International Aid and Development, to work with local communities around the world to alleviate poverty, hunger, oppression and injustice.

The winning class that raised the most money for Project Compassion is 5/6O who will be able to wear casual dress on a date TBA.

## Feast of the Sacred Heart of Jesus

This Winter Vinnies Appeal will provide emergency relief to people at risk and experiencing homelessness. Your donation will help our Vinnies volunteers to rebuild lives. Once again we'll aim to have our food cart to be filled to the brim for the St Vincent De Paul Winter appeal. The social justice leaders collect food from week two and the collection will finish on the Feast of the Sacred Heart of Jesus.

The class that brings in the most items will win a casual dress day. Please donate to this worthwhile appeal.

## Seasons - A Program for Grief and Loss

Seasons is a peer support program for children and young people who are experiencing grief and loss in their lives. This loss may be the result of a death, separation or divorce.

This valuable program will become available this term. If you have any questions about the program, please don't hesitate to speak to your classroom teacher or to Mrs. Stack.



# WELLBEING NEWS CONT'D

Facts from the Be You website

**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)



On Monday 26<sup>th</sup> April we will hold our fourth **Garden Market Stall** for 2021.

The Environmental leaders will be selling fresh rosemary, parsley seeds, plants and eggs straight from the garden. We will also be selling delicious homemade tomato chutney, passata (tomato puree) and apricot jam which has been generously donated by one of our beautiful mums and Rob! The market will be open from 3:15pm.



This week the Preps students enjoyed their first Garden lesson. The students harvested some of the last tomatoes for the season, prepared the garden beds for new seedlings and learnt about harvesting seeds and the life cycle of a seed. The students also learnt about how to best look after our chickens. Have a look at some of the fun we had in the garden.

## KITCHEN GARDEN DATES TERM 2

Week	Class
Friday 23 <sup>rd</sup> April @ 12:45- 1:45	Prep B
Friday 7 <sup>th</sup> May @ 12:45- 1:45	1/2FP
Friday 14 <sup>th</sup> May @ 12:45- 1:45	5/6O
Friday 21 <sup>st</sup> May @ 12:45- 1:45	1/2L
Friday 28 <sup>th</sup> May @ 12:45- 1:45	5/6VT
Friday 4 <sup>th</sup> June @ 12:45- 1:45	3/4S
Friday 11 <sup>th</sup> June @ 12:45- 1:45	3/4C





## WELLBEING NEWS CONT'D

# GIVE ME FIVE

This week in our SEL lesson we revised the "Being Cooperative in the learning areas" expectations from our Give Me 5 matrix.

The Prep to 6's discussed the importance of being Cooperative in the learning areas by following directions, moving safely, staying on task, sharing with others and helping each other.

The students worked collaboratively to determine if a scenario demonstrated students being cooperative or not. The student's role played different scenarios of how they could be cooperative in the learning areas.

Azaria in 1/2 FP role played how not to be cooperative by taking the pencils And not sharing them with his peers.

Azalea and Shaun in 1/2 FP role played how not to be cooperative in the classroom by running and not moving safely.



## OTHER SCHOOL NEWS

# Gala



# Day

