

ST GERARD'S PRIMARY SCHOOL NEWSLETTER



TERM 2 - WEEK 9

23rd June, 2023



Enlightened Hearts: Students immerse themselves in 'Ziba Came on a Boat' during our Refugee Week assembly, fostering empathy and embracing diverse journeys.

Refugee
Week



Lord,

No one is a stranger to you
and no one is ever far from your loving care
In your kindness watch over refugees
and asylum seekers,
those separated from their loved ones,
those who are lost,
and those who have been exiled from their homes.
Bring them safely to the place where they long to be,
and help us always to show your kindness to strangers
and those in need.

Australian Catholic Social Justice Council



@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,

As we come to the end of the term it is a good time to reflect on all of the **learning opportunities our children have been provided with over the past 9 weeks**. Learning happens in many ways and forms and in addition to the day-to-day classroom experiences our school is always looking for ways to develop our children in all aspects of life. Below are some of the activities St Gerard's provided throughout Term 2.

Celebrating our faith is a key aspect of our school and it was wonderful to be able to **join St Gerard's parishioners** to commemorate the **Feast of Mary Help of Christians** and the **Feast of the Sacred Heart**. From a Sacramental perspective our **Year 6 children were confirmed by Bishop Tony Ireland** and our **Year 4 children made their First Communion**.

As a school community we had a great **Mother's Day** celebration where we recognised the huge, lifelong impact mothers and those in motherhood roles have on us all. Our **Literacy Family Workshop** was very well attended and provided an insight to our families on how Literacy is taught and how they can support their children in this crucial area of learning. **Italian Day**, as always, was molto bene!

From a wider community perspective, some of our **Year 6 Leaders** represented us at the **Dandenong RSL ANZAC Day ceremony** and as a school we recognised and highlighted **National Sorry Day**. These are both significant aspects for our country and ones that our children need to have an understanding of.

Looking at outdoor and sporting opportunities we had our **Year 5/6 Camp at Phillip Island** and students represented our school at the **St John's College Paul Wade Cup Soccer tournament**. Students from Year 3 - 6 participated in our school **Cross Country event with some going on to the Dandenong District and Divisional levels**. As a whole school we continued with **Walk/ Ride to School Days** to promote health and wellbeing.

Our **Year 6** children took part in an **online Science Literacy assessment** while our **Foundation - Year 2** students were involved in a **Toys - Force and Motion incursion**. We also welcomed our **new SRC (Student Representative Council) members** to **provide 'student voice'** in our school.

Yesterday (Thursday) students brought home their **2023 Semester One School Report**. I encourage families to read it carefully and to **celebrate the successes and achievements** and use the information to **set some goals for the second half of the year**. Please keep an eye out for information on our 3 Way Conversations which will be held on Tuesday 18 July when families, students and teachers come together to discuss and plan the continued learning of our children.

Enrolments for 2024 are open. If you know families who are looking for a school in 2024 they are more than welcome to contact the School Office on 9791 7553 or email: principal@sgdandenongnth.catholic.edu.au to arrange a meeting and school tour with myself. **We have 3 Open Days planned for Term 3 on Tuesday 25 July, Wednesday 9 August and Thursday 31 August**.

Next term we are going to be implementing the digital platform **Operoo** (formally CareMonkey). This is an online service to send permission notes to families which will stop the need for paper notes to be sent home and returned to school. Information regarding Operoo will be sent home early next term and I encourage families to take up this service.

Lastly, a reminder that **Term 3 starts on Monday 10 July**.

Have a wonderful break and God bless.

Paul COWAN
PRINCIPAL



RELIGIOUS EDUCATION



Project Compassion Thank You

We are pleased to announce that our fundraising campaign for Project Compassion was a success. Together, we raised an impressive total of \$585.65! A special shout-out goes to Yr 5/6O, the class that raised the highest amount of funds. Their outstanding efforts have earned them a casual dress day as a token of our appreciation.

Thank you for your support and participation in Project Compassion. Let's continue to make a difference together.

St Vincent de Paul Winter Appeal Thank You

Thank you for your generous contributions to the St. Vincent de Paul Winter Appeal. We're excited to announce the winners of the food collection competition:

- 3rd place: Yr 1/2L
- 2nd place: 1/2FW
- 1st place: 3/4A and 5/6O

Congratulations to the winning classes! You've earned a casual dress day as a reward for your exceptional efforts. We extend our gratitude to all the students involved and their families for their contributions. Your selfless acts will make a significant difference in the lives of those less fortunate.



PARISH NEWS



The Junior Legion of Mary will commence on Monday, July 10. Meetings will be held every Monday of 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.

WELLBEING



Growing a mentally healthy generation



How does exercise affect mental health and wellbeing?

Physical activity promotes many aspects of child and adolescent development, including social and emotional skills, as well as physical development of motor skills.

It also supports mental wellbeing. We know that high levels of inactivity can lead to a greater risk of both physical and mental health problems.

Physical activity:

- can increase levels of serotonin and endorphins; the neurotransmitters involved in regulating and improving mood
- promotes sleep – which also helps regulate moods, increase energy levels and improve memory and learning
- increases the connections between the brain neurons, which improves memory and learning capacity
- pumps blood to the brain to boost mood, concentration and alertness
- promotes relaxation by reducing skeletal muscle tension
- provides children and young people with an outlet for excess energy and frustration, which relieves tension
- provides an opportunity for children and young to socialise and meet new people, reducing loneliness and isolation
- improves motor and cognitive skills, which boosts self-esteem
- distracts children and young people from negative thoughts.

These benefits also serve to improve classroom behaviour and promote a more positive learning environment.

WELLBEING



How much exercise do children and young people need?

The [Australian 24-Hour Movement Guidelines](#) outline the following recommendations for children and young people:

- **Infants** (birth to one year): 30 minutes of supervised interactive floor-based play including tummy time, reaching and grasping, pushing and pulling and crawling.
- **Toddlers** (1-2 years): at least 180 minutes a day, including energetic play such as running and jumping.
- **Pre-schoolers** (3-5 years): at least 180 minutes a day of which 60 minutes is energetic play such as running, jumping and kicking and throwing.
- **Children** (5-12 years) and young people (13-17 years): at least 60 minutes of moderate to vigorous intensity physical activity every day.

The percentage of children meeting current guidelines is:

- 61% of two to five-year-olds
- 26% of five to 12-year-olds
- 7.9% of 13 to 17-year-olds.



Give Me 5 News

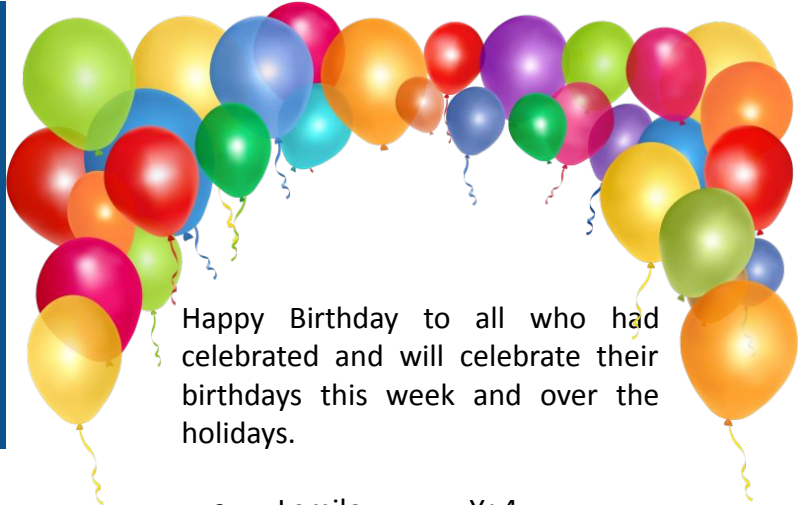
Students who display the expectations present on the school Matrix are rewarded with a raffle ticket from their classroom teacher. Once a month the raffle tickets from each class are collected and drawn during Fridays assembly.

The raffle tickets were drawn on the 16th June 2023 and the lucky winners are:

- 1. Kanwer
- 2. Iona
- 3. Sherom
- 4. Ameya
- 5. Grace
- 6. Sanaya

IMPORTANT DATES

Happy
BIRTHDAY



Happy Birthday to all who had celebrated and will celebrate their birthdays this week and over the holidays.



- Lemilo Yr 4
- Ameya Foundation
- Azalea Yr 3
- Bommi Foundation
- Anthony Foundation
- Rafael Yr 3
- Mezin Yr 6
- Zion Yr 5
- Ekene Yr 2



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 NOTICEBOARD

- Vision Netball Academy - Free Netball Clinic
- 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)
- Victorian Primary Schools Basketball League - Information available from the School Office



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.