



St Gerard's Primary School

NEWSLETTER



TERM 2 WEEK 5

www.sgdandenongnth.catholic.edu.au

03 97917553

27 MAY 2022

HAPPY BIRTHDAY

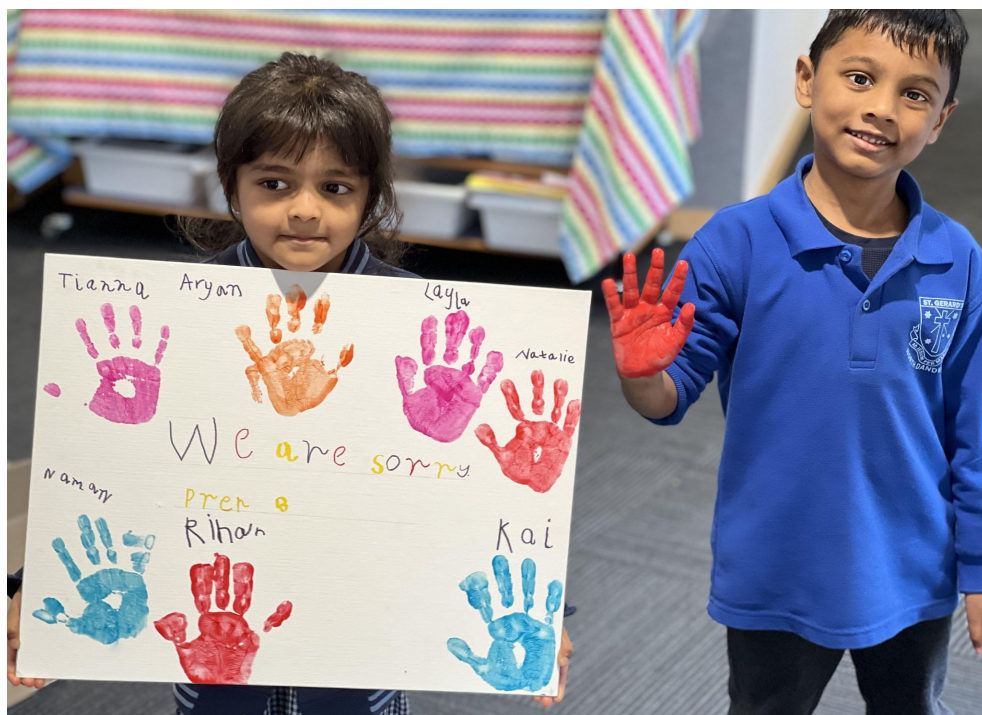
Happy birthday to those students and staff who have and who will celebrate their birthday this week!

- Anastasia Yr 2
- Nevyn Yr 2



School Photo Day
Tuesday, 7th June.

Envelopes have been sent home today.



National Sorry Day

Through our celebration for National Sorry Day, we are reminded that God's dream for humanity is one of justice and equality, of compassion and understanding, of forgiveness and mercy, to be shared by all peoples on earth. We pray that we walk together in a spirit of reconciliation and unity.

*Gracious God,
you have given us this great land of Australia. You want us to share her wealth, her wonders and her land, and for all people to be treated equally. We pray for your strength and grace to welcome, accept and include all people of this land. May the spirit of reconciliation fill our hearts, our minds and our deeds. We ask this through Jesus, our model and guide. Amen.*



@st.gerards3175



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

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

MESSAGE FROM THE PRINCIPAL

Dear families,

This week there has been a variety of learning opportunities for our children, a farewell to a valued staff member and some good news on our postponed Zoo excursion.

As a school we celebrated the feast of **Mary Help of Christians** on Tuesday with a whole school paraliturgy **presented by our Year 6 leaders**. This is a significant feast day for Australia as Mary is the Patroness of our country. In addition, our school emblem contains the Latin phrase 'AD JESUM PER MARIAM' which translates as 'To Jesus Through Mary'. Mary's unwavering faith in God can be a source of inspiration and comfort for us as we travel through life.

Thursday saw us **farewell Mrs Shantelle Theodore**. Shantelle has started her maternity leave as her family prepares for the arrival of a new member. I am sure you join with me in wishing Shantelle, Simon and their family all the very best and the safe arrival of their third child.

At our assembly today (Friday) we recognised two significant aspects of life here at school and in the wider community. We celebrated and congratulated our **Year 6 children that received the Sacrament of Confirmation** last Saturday. It was wonderful to hear their reflections on this milestone in their faith journey. We also took time to acknowledge **National Sorry Day**. Awareness of this day is vital for our country and our students as we move towards reconciliation with Aboriginal and Torres Strait Islander people.

After having to postpone our **Whole School Zoo Excursion** earlier this term I am pleased to announce that we have a new date of **Wednesday 22 June** (the last Wednesday of Term 2). All the planning by our staff and students will be re-visited and a new permission note will be sent out in the coming weeks. This (again) promises to be a wonderful day which we are all looking forward to.

Finally, with 2023 Prep Enrolments being taken, we have **3 Open Days** planned for **Tuesday 31 May (next Tuesday), Wednesday 15 June and Thursday 23 June** for families to see all the things we offer here at St Gerard's. If you know of families who are looking for a school for 2023 they are more than welcome to come on these days at a time that suits them or they can contact the Office or email: principal@sgdandenongnth.catholic.edu.au to arrange a meeting and school tour with myself.

Continue to stay safe and God bless.

Paul Cowan



NEWSLETTER



May

30th May **Sporting Schools, Gymnastics Yrs 3-6 wear sports uniform**

June

3rd June Italian Day, wear Italian colours or costume

5th June Pentecost Sunday

6th June Sporting Schools, Gymnastics Yrs 3-6 wear sports uniform

7th June School Photos

8th - 10th Camp to Alexandra Adventure Resort, Yrs 5-6

13th June Queen's Birthday Holiday

14th June **School Closure Day**

17th June Ride to School Day

20th June Beyblade Week

20th June Sporting Schools, Gymnastics Yrs 3-6 wear sports uniform

22nd June **Whole School Zoo Excursion (new date)**

23rd June Subway Lunch for students who pre-order

24th June Sacred Heart of Jesus & Refugee Week Paraliturgy, 1pm

24th June End of term breakup, 3.30pm

RELIGIOUS EDUCATION

Sacrament Dates, 2022

First Communion: (Grade 4)

First Communion Family Workshop:

Thursday 14th July, 7pm

First Communion Reflection Day:

Tuesday 23rd August (children may wear casual clothes)

First Communion:

Saturday 27th August, 5:30 pm &

Sunday 28th August, 10:30 am

First Communion Assembly:

Friday 2nd September, 2:50 pm



For National Sorry Day, Year 1/2 L study the Picture Book, Day Break written by Amy McQuire. The story refocuses the narratives around 'Australia Day' on Indigenous survival and resistance, and in doing so honours the past while looking to the future.

Other Important Dates:

Confirmation & National Sorry Day Assembly:

Friday 27th May, 2:50 pm

Refugee Week:

19th to 25th June

Sacred Heart of Jesus Feast Day & Refugee Week Paraliturg:

Friday 24th June, 2:50 pm



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.

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.

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 the Friday assembly.

The raffle tickets were drawn on Friday 20th of May and the following lucky winners had a special treat this week:

1. Layla
2. Mahleah
3. Mila
4. Akash
5. Eva
6. Emilia



This week in our SEL lesson we revised “Being our best in the playground” expectations from our Give Me 5 matrix.

The Prep to 2's discussed the importance of being their best in the playground. The students then worked collaboratively to discuss why keeping our hands feet and objects to ourselves and trying to solve our own problems in the playground was an important skill to practise.

The 3's to 6's created posters and displayed them around the school, to remind students how everyone can be their best in the playground.



ITALIAN DAY



Next **Friday (June 3rd)** St Gerard's is celebrating Italian day.

The students are asked to come to school wearing the Italian colours (red, white and green) or as something typically Italian e.g a famous Italian or famous icon. The students will be involved in a variety of Italian themed activities throughout the day.

They will receive a gelato and will also participate in an Italian incursion. On the day the students will be asked to include something red, green and white in their lunches or to have an Italian food.



UNIFORM SHOP ONLINE ORDERS



AGS PRINTS Pty Ltd
Wholesalers of Quality Schoolwear & Uniforms
In House Design & Printing
www.aplusschoolwear.com.au

ADDRESS: 133 BAKERS ROAD
NORTH COBURG
VIC, 3058

PHONE: 03 9354 8345
FAX: 03 9354 5777
E-MAIL: info@agsprints.com.au

BOR NO: 2010 / 2532

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 Notice Board

Finally, 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.

- | | |
|---|-------------------------------|
| ❖ Ukraine Support Fund | ❖ Soccer 5's |
| ❖ North Dandenong Masala Auskick Centre | ❖ Lysterfield Basketball Club |
| ❖ Lyndale United Football Club (Soccer) | ❖ Swimland Swim Club |
| ❖ Dandenong Basketball | ❖ GKR Karate |

Huge Second-hand Book Fair

The Knights of the Southern Cross are running a second-hand book fair. There will also be DVDs, LP/Records, video games, board games and more. Come along, find a bargain and support the charitable work of the Knights.

When: Saturday 18th and Sunday 19th June (10am-4pm each day)
Where: Nazareth College, Noble Park
Contact: John 0406 747 123, jtsmyth@gmail.com
Details: ksbookfair.com.au

Donations welcome: If you have good books, games, DVDs, etc. you would like to donate please put them in the collection box in the church foyer. If you have a large donation to make please contact John (0406 747 123)



ST GERARD'S OHSC

If your child/children would like to enrol and you have any questions please feel free to contact Marina on:

0402192685
Marina Walallawita
Nominated Supervisor/Educational Leader OSHC