

St Gerard's Primary School

NEWSLETTER

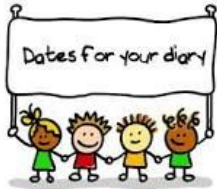


Term 1, Week 5

www.sgdandenongnth.catholic.edu.au

03 97917553

28 February 2020



Tuesday, 3 March

AFL Auskick & Have a Blast Cricket -
3:30 pm, school oval.

Wednesday, 4 March

- Homework Club begins 4-5pm
- Garden stall- 3:20pm
(Environmental Leaders/ led by Carol)
- Prep students attend

Thursday, 5 March

- Reading Evening Prep - 2: Dinner
@ 6pm for Preps followed by Meeting

Friday, 6 March

School Athletics Day
NO ASSEMBLY

Prep Reminder

*Prep students will start
full-time as of
Monday, 2 February*

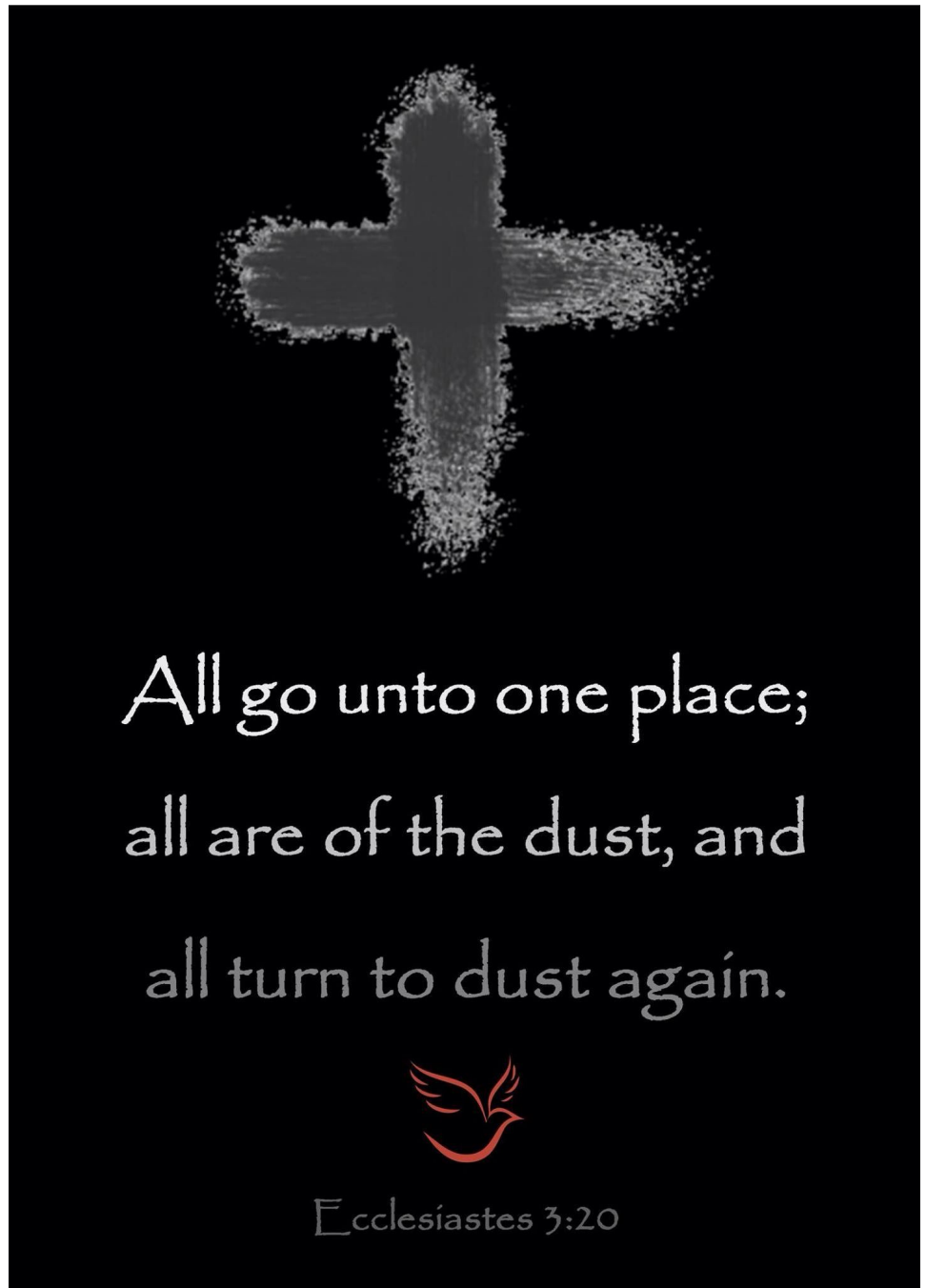
School Prayer

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



ASH WEDNESDAY

God of ashes, through our blackened foreheads and broken hearts proclaim to the world that we are not alone. Make us witnesses of grieving well. Open our hands and hearts to hold one another's brokenness until we are ready to turn it over to you, for healing and new life. Amen

MESSAGE FROM THE PRINCIPAL

Dear Families

This week marks the halfway point of Term 1. There must be some truth to the phrase *'time flies when you're having fun'*.

Our **after school AFL/ Cricket clinics** are continuing to be challenged by the weather. Despite this, the 40 children participating are having a great time and it was wonderful to see so many parents there supporting the program and their children. We also welcomed some students from Emerson School who will be joining us each week. The sporting and life skills learnt through these clinics should have long term benefits for our students.

We gathered with our parish family to celebrate **Ash Wednesday** mass and welcome the Liturgical season of Lent. This time of preparation asks us to **Fast, Pray** and **Almsgive** in the journey towards Easter. **Father Dean** spoke of how he approaches Lent and gave us all some practical suggestions on how we can **give up or do something extra** over the next 40 days. I would also like to **thank our Year 5/6 classes** for the **prayerful and enthusiastic leading of the hymns**.

As a school we **support Caritas Australia** throughout Lent. In addition to providing financial assistance there are many learning opportunities for our students to see how this organisation has a **positive impact on communities** in Australia and overseas.

Information regarding our **Athletics Day (next Friday 6 March)** was sent home this week. This promises to be a great day for our school. To ensure that the day runs smoothly we are asking for parent assistance. As mentioned last week, **child safety** is ensuring that any adults working with our children have a **valid Working With Children Check (WWCC)**, **have attended an Induction Session and signed our Safeguarding Children Code of Conduct**. This applies to **parents and guardians who volunteer their time at our school in any capacity**. Please contact the office if you have any questions regarding this.

School fee accounts were sent to all families a few weeks ago. A reminder that if you have a **current Health Care Card you are entitled to a reduction**. If there are **families experiencing challenges** with regard to their fees please contact the Office to make an **appointment with myself so we can work through this together**.

Finally, a reminder that **our parish** is having a **Trivia Night this Saturday 29 February at 6.30pm in the Hall**. It would be great to have our school well represented at this event.

God bless.

RELIGIOUS EDUCATION NEWS

Level Masses:

Prep and Years 5/6:

Thursday, 12th March at 9:15 (with Preps)

Other Important Dates for Term 1

Tuesday, 17th March:

St Patrick's Feast Day

Tuesday 17th March:

Students wear full school uniform with a touch of green for St Patrick's Day

Tuesday 17th March:

St Patrick's Day Mass at the Cathedral for a delegate of School Leaders representing our school

Tuesday 24th March:

The Passion at 2pm followed by Hot Cross Buns for parents afterwards

Tuesday 14th April:

Easter Assembly at 2:45pm

Sacrament Dates, 2020

Confirmation: (Grade 6)

Confirmation Information Night:

TBA

Confirmation:

Sunday 26th July, 6pm (Confirmed by Fr Brendan Hayes)

Reconciliation: (Grade 3)

First Reconciliation Information Night:

Thursday 16th July at 7pm

Reconciliation:

Thursday 13th August at 7pm

First Communion: (Grade 4)

First Communion Information Night:

Tuesday 12th May, 7pm

First Communion:

Saturday 13th 5:30pm

Sunday 14th June, 8:30am & 10:30am

The Passion

Please mark this significant event into your diaries and it's well worth taking time off work if needs be to witness The Passion.

Our faith journey with Jesus in Holy Week sees us remembering his last days and moments. It is a journey of jubilation, of anxiety and suffering, of humiliation and abandonment, of dying on a cross.

During the Passion we journey with Jesus towards the cross and prepare to welcome him into our presence.

The Passion will take place on Tuesday 24th March at 2pm, followed by Hot Cross Buns being served to parents.

Palm leaves needed:

If you have some palm leaves that can be used for props for The Passion, please bring them to Mrs Stack on Monday 23rd March.

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 in term 2. If you have any questions about the program, please don't hesitate to speak to your classroom teacher or to Mrs. Stack.

St Patrick's Day Mass

On Tuesday 17th March a delegation of 10 school leaders from Year 6 will represent our school by attending Mass to celebrate St Patrick's Day at St Patrick's Cathedral in East Melbourne. After Mass, we will walk to the Treasury Gardens to have lunch followed by a concert in the park.

RELIGIOUS EDUCATION NEWS CONT'D

Project Compassion

Caritas Australia's annual Lenten fundraising and awareness-raising appeal. Millions of Australians come together in solidarity with the world's poor to help end poverty, promote justice and uphold dignity.

Project Compassion Boxes will be distributed to each class during Ash Wednesday Mass. Each class will have a target amount that they would like to raise during lent. Regular updates, by the Social Justice Leadership Team, with the amount raised so far will be announced at the school assembly.

Rosary

Each Tuesday we have a group that comes together to pray the rosary in the Church at first lunch, led by the Legion of Mary from the Parish. Children are welcome to attend and encouraged to bring their own Rosary beads if they have them, otherwise, Rosary beads will be provided.

Meditation

Thank you to everyone that has remembered that we begin each day with meditation. If you arrive late to school and the meditation bell has already gone, you need to wait in the office area until meditation time has finished.

Altar boy training

Altar boy training sessions will resume on Thursday 13th February. After that the boys will be trained at **St Gerard's Church** each Thursday from **5.00-6.30pm** by Frederick Maroun, a senior Altar Server. If your son is in Year 4 or above and is interested in becoming an altar server or would like more information, please contact Mrs. Stack at the school office.

WELLBEING NEWS

Kitchen Garden 5/6 VT



| <u>Week</u> | <u>Class</u> |
|-------------|--------------|
| 6 March | NO LESSON |
| 13 March | NO LESSON |
| 20 March | 1/2B |
| 27 March | 1/2FP |



Zucchini Fritter Recipe

3 zucchini's (about 400g)
½ cup of self raising flour
½ cup parmesan cheese (grated)
1 egg (whisked)
¼ cup chopped spring onions
¼ cup chopped parsley
½ teaspoon salt
Pepper to taste



Herbed greek yoghurt

2 cups of greek yoghurt
Salt and pepper to taste
2 tablespoons of chopped herbs

Whole School Classroom Reward System

We now have a whole school class reward system. Students who display the expectations present on the school Matrix will be rewarded with a raffle ticket from their classroom teacher. Once a month the raffle tickets from each class will be collected and drawn during Monday assembly.

The raffle tickets were drawn on the 21st of February and the following lucky winners had hot chips with Mr Cowan on Friday 28th February:

Malakia (Prep C)
Alakai (Prep C)
Katalina (Prep C)
Edwin (1/2B)
Filomena (3/4L)
Dahlia (3/4L)
Anthony (5/6O)



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)

Facts from the Be You website



St Gerard's Garden Stall

Next week we will hold our second **Garden Market Stall** for 2020.

The Environmental leaders will be selling rosemary, zucchini and eggs straight from the garden.

Parents get in early to snap up a bargain.

The garden market stall will be held on **Wednesday the 4th of March 2020 at 3:20pm**

