



St Gerard's Primary School NEWSLETTER



TERM 4 WEEK 9

www.sgdandenongnth.catholic.edu.au
03 9791 7553

02 DECEMBER 2022

HAPPY Birthday

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

❖ Emmanuel Yr 4
❖ Bhanuri Yr1

peace
love
hope
joy
faith



Second Sunday of Advent

Today at assembly the children learned from the reading and the gospel that the Lord can come at any time, so they should always be ready. Christmas is a celebration of the birth of Jesus, much like their own birthday celebrations. The children were asked to pray for peace and to help make their home a peaceful place that the Lord would like to visit.



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



@st.gerards3175

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

MESSAGE FROM THE PRINCIPAL

Dear families,

We have finally had a taste of Summer over the last few days which always helps to lift our spirits and energy levels. With the First Sunday of **Advent** occurring last weekend we start to prepare for the coming of Jesus. As you walk through the school you start to get the sense of Christmas through the artwork and decorations.

Another reminder of this is the singing coming from the classrooms and courtyard as classes rehearse their parts for our **Christmas Carols Night** which is next **Tuesday 6 December at 7.00pm in the courtyard**. It will be wonderful to be able to come together as a school community to spread some Christmas cheer and remember the true meaning of Christmas. I look forward to seeing you there.

On Thursday our **Year 6** children had their **Reflection Day** where they look back at their time here at St Gerard's and also look to the future as they prepare to enter the next stage of their learning and lives. I would like to **thank Mrs Stack and Mrs O'Brien** for their organisation and presentation of this special day. Over the next few weeks our Year 6's will be visiting their Secondary Schools, having their End of Year 6 Excursion and their Graduation Mass and Ceremony. We will also provide the opportunity for our Prep - Year 5's and staff to farewell them on their last day of Primary School.

Last week I announced that Mrs Christine Grant will be retiring at the end of this year.

In other staffing news, **Mrs Nadia Te will be continuing with us** in 2023. Nadia transitioned from being a Casual Relief Teacher (CRT), working with Mrs Theodore in 4/5T to taking over the class full time. We are thrilled that Nadia is staying with us!

Ms Stephanie Adrien will be joining our staff next year. Stephanie has worked with us this year as a Casual Relief Teacher (CRT) and in this role has worked across all year levels. She has a great knowledge of our school, children and staff and will be an asset for us in 2023. Welcome Stephanie!

Mrs Michelle Benson will be working with us delivering some of our specific Intervention Programs. Michelle has also worked with us over the past few years and has knowledge and experience in this area of education. She is excited to be joining our staff and we are excited to have her!

While talking about the **2023 school year**, I am asking families to **contact the school office** if your child(ren) **will not be returning to St Gerard's next year**. Having accurate information helps us to be able to plan 2023 with a level of certainty.

Today (Friday) our **Year 3 - 6 classes** had the last of their **Cricket sessions** conducted by Cricket Victoria. The 'Test Match' currently occurring on the playground is continuing and growing in numbers and enthusiasm. We may one day in the future be watching some of these children playing for Australia!

Finally, a reminder that **Rapid Antigen Tests (RAT's)** are available for collection from the School Office if families require them at any stage. If your child does **test positive** please contact me so that we can support you and fulfill our reporting obligations.

Continue to stay safe and God bless.

Paul Cowan
PRINCIPAL

RELIGIOUS EDUCATION



"It's beginning to look a lot like Christmas..." Come join us for an evening of joyous Christmas Caroling where the students of St Gerard's School will perform your favorite Christmas carols in the quadrangle on **Tuesday 6th December at 7pm**. Children will be called to sit with their class at 6:45pm.

What to wear:

Children have been asked to dress in a theme for the Christmas Carols.

Prep	Christmas t-shirt or dress, Christmas headband or hat. (Prep teachers will supply any additional costumes).
Year 1/2	All black with tinsel around wrists, forehead and neck (as a necklace).
Year 3	Christmas coloured t-shirt (with or without Christmas design) and black leggings, trousers or shorts, Tinsel and Christmas hats optional.
Year 4/5/6	All black long or short sleeve tops and long pants with different coloured tinsel around wrists and forehead. Santa hats if you have one.



Important Dates for Term 4

Tuesday, 6th December:

Christmas Carols Evening

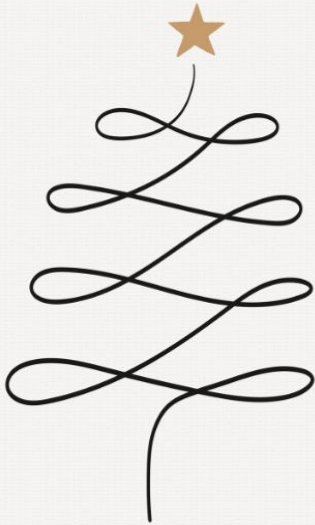
Friday, 9th December:

End of year Mass, 12:00

Friday, 16th December:

Graduation Mass, 7pm

St Gerard's Primary School



Community
Christmas
Carols

WE INVITE YOU TO JOIN US
FOR OUR ANNUAL CHRISTMAS
CAROLS

**TUESDAY, 6TH
DECEMBER,
7:00 PM**

INVITE YOUR FRIENDS
AND FAMILY ALONG TO
JOIN IN THE
CHRISTMAS
FESTIVITIES

GIVE ME FIVE 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 today during the assembly.

The winners will be announced in next week's newsletter.

This week the whole school will be focusing on Being their Best in the playground.




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).



2.2.2023

Save
the Date

GIVE ME 5

FAMILY NIGHT



SPECIAL NOTE

Dear Students and Families ,

Reading Before School is back by great demand.

Who? Students and parents

When? Wednesdays in Term 4

Time: 8:15 am - 8:30 am

Where? St Gerard's Library

Come meet us there!!!

Bring a book or borrow one, come along let's have some fun!



YEAR 6 REFLECTION DAY



GARDENING CLUB

At St Gerard's students have the opportunity to learn about the garden during lunch time Gardening Club.

This week the students harvested broad beans, mulberries and collected the eggs.

We also held our garden market stall on Thursday 1st December in the school car park.

Our broad beans, mulberries and eggs were sold in minutes!

A big thank you to our beautiful students who work in the garden on a daily basis and our families who supported our stall. All proceeds assist with the maintenance of the garden and the purchasing of chicken food.



GARDENING CLUB

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.



Exciting news!

We've just received a
2022 Victorian Junior Landcare
and Biodiversity Grant!



Environment,
Land, Water
and Planning

UNIFORM SHOP - ONLINE ORDERS



AGS PRINTS Pty Ltd
Wholesalers of Quality Schoolwear & Uniforms
In House Design & Printing
www.aplusschoolwear.com.au
BOR NO: 2010 / 2532

ADDRESS: 133 BAKERS ROAD
NORTH COBURG
VIC, 3058
PHONE: 03 9354 8345
FAX: 03 9354 5777
E-MAIL: info@agsprints.com.au

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 Info Share

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.

- ❖ Lysterfield Basketball Club
- ❖ Swimland Swim Club
- ❖ Springvale Indoor Sports
- ❖ Noble Park Cricket Club
- ❖ COG Theatre Group
- ❖ Ukraine Support Fund
- ❖ Dandenong Basketball
- ❖ Lyndale United Football Club (Soccer)
- ❖ Syndal Softball Club
- ❖ Springvale Little Athletics



2023 OSHC BOOKINGS / RE-ENROLMENTS

Dear Families,

If you are requiring care next year, could you please notify us as soon as possible. Your enrolments / bookings do not roll over to the next year. Bookings can be made via contacting Marina on: 0402 192 685. This is also a good time to let us know if there are any changes with the enrolments such as phone numbers or any changes to emergency contacts.

New families are welcome to enrol your child/ren please go to <https://ylv.com.au/online-oshc-enrolments/>

We appreciate your support in this and helping us ensure your bookings are secured.

Thank you everyone for another great year.

Marina