

# ST GERARD'S PRIMARY SCHOOL NEWSLETTER



TERM 1 - WEEK 9

31st MARCH, 2023



*Little hands, big hearts! Our Foundation Students prepare for the Passion with their homemade palms 🌿❤️*



*Dear God,*

*As we approach Palm Sunday, we ask that you guide our hearts and minds during this holy time. We give thanks for the sacrifice that Jesus made for us, and for the hope that his resurrection brings.*

*We pray for all those who are suffering, that they may find comfort in your love and mercy. We also ask for your blessings upon St Gerard's school community, that we may continue to learn, grow, and serve with humility and compassion.*

*May this Palm Sunday be a reminder of the power of faith, and may we all be inspired to follow in the footsteps of Jesus, spreading love and kindness wherever we go.*

*In your name we pray,*

*Amen.*



@st.gerards3175

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

# PRINCIPAL'S MESSAGE

Dear families,

As we come to the end of our second last week of the term we are continuing to provide a variety of opportunities for our children to experience, develop skills and learn from.

Last night (Thursday) our **Year 6** children and their families attended our **Confirmation Family Workshop** which is the formal start of their **preparation to celebrate the Sacrament of Confirmation**. This is the third Sacrament of Initiation which sees candidates become full members of the Catholic Church. I ask you to support and keep these children and their families in your thoughts and prayers over the coming weeks. **The Most Rev. Anthony J Ireland will confirm our children on Saturday 13th May at 5:30pm in St Gerard's Church.**

**Our Year 3 - 6 children had their final basketball session today (Friday).** These sessions conducted by Dandenong Basketball Association have provided our students with the opportunity to develop their skills and understanding of what is a wonderful team sport. It has been great to see basketball being played at lunchtimes and I would encourage our children to investigate playing for a local club.

**Our final Open Day for the term was last Tuesday** and we have had a number of new families come and see all the things we offer here at St Gerard's. **Our Open Days for Term 2 are on Tuesday 16 May, Wednesday 31 May and Thursday 15 June.**

If you know of families who are looking for a school in 2024 they are more than welcome to come on one of those days from 9.15am - 5.00pm at a time that suits them or they can contact the School Office on 9791 7553 or email: [principal@sgdandenongnth.catholic.edu.au](mailto:principal@sgdandenongnth.catholic.edu.au) to arrange a meeting and school tour with myself.

As I mentioned last week, there are some **ongoing safety concerns with regard to our school car park**. I am again asking children and their families to use the **pedestrian crossing and designated walking areas**. The end of the day is particularly busy with plenty of pedestrians and cars and it is up to all of us to keep everyone safe. Students have been reminded of our after school procedures and pedestrian areas and these procedures are on display in the School Office and contained in this newsletter. **There has also been a number of cars travelling too fast both before and after school. A reminder that there is a 5km speed limit in the laneway and car park.** I thank you in advance for your cooperation and support in keeping everyone safe.

Looking to next week, the final preparations for our **whole school presentation of The Passion** are in full swing. This presentation identifies the significant events of Holy Week and is a chance for our school community to come together as we celebrate Easter. **The Passion will be presented next Wednesday 5 April at 2.00pm in the Parish Hall and I wish to extend an invitation to all our families.**

Lastly, a reminder that **Term 1 finishes next Thursday 6 April at 3.30pm.**

God bless.

Paul Cowan  
PRINCIPAL





# PRINCIPAL'S MESSAGE cont'd

## AFTER SCHOOL PROCEDURE

Pedestrian crossing and designated walking areas



## RELIGIOUS EDUCATION

### Important RE Dates for Term One

Event	Date
The Passion	Wed 5th April

### Sacrament Dates, 2023

#### Confirmation: (Grade 6)

Most Rev. Anthony J. Ireland Visit:  
Confirmation:

Tuesday 2nd May, 9:30am  
Saturday 13th May, 5:30pm

#### First Communion: (Grade 4)

First Communion Family Workshop:  
First Communion:

Thursday 27th April, 7pm  
Sunday 11th June, 10:30am

# RELIGIOUS EDUCATION

## *The Passion Presentation*



You are cordially invited to  
a re-enactment of The Way of Jesus

Performed by  
The Children of St. Gerard's Primary School

Wednesday 5<sup>th</sup> April, 2023 - 2:00pm  
St Gerard's Primary School Hall

## The Passion

We would like to invite you to join us in commemorating a significant event in our school's calendar - The Passion. This powerful performance takes place during Holy Week and allows us to journey with Jesus as we remember his last days and moments.

During Holy Week, we experience a range of emotions, from jubilation to anxiety, suffering, humiliation, and abandonment, culminating in Jesus' death on the cross. Through The Passion, we journey with Jesus towards the cross and prepare to welcome him into our presence.

We encourage you to mark your calendars for Wednesday 5th April at 2pm when The Passion will take place in the hall. We understand that some may need to take time off work, but we hope you can arrange to attend this momentous event.

Thank you for your continued support, and we look forward to seeing you at The Passion.



# RELIGIOUS EDUCATION

## The Passion Costume Ideas

for children

Grade Prep – 4

Grade 5/6 children wear all **BLACK**



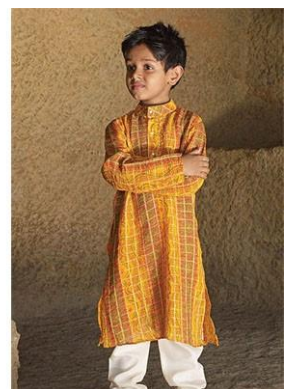
To reflect on the events of Holy Week, we are having a special school event on **Wednesday, 5th April at 2.00pm**. All children will be involved by either being a part of the crowd or re-enacting the events of Holy Week and singing.

We ask that children in Grade Prep – 4 **come to school dressed 'in the times of Jesus'**. Children are required to bring a pair of thongs or sandals as footwear to change into before the event to help make the washing of the feet run more smoothly. All grade 5/6 children wear all black.

**We ask that all children bring a gold coin donation on this day to go towards Project Compassion.**

### Costume Ideas:

- Traditional Indian/Sri Lankan/Arabic clothing would be fantastic if you already have some at home that could look like they come from the time of Jesus
- Tea towels on heads with a headband or scarf holding it on
- Cut up old sheets with a rope or belt around the waist
- Scarf around the head



# RELIGIOUS EDUCATION

## Palm leaves needed

If you need to prune any palm trees, please wait until the weekend before The Passion and bring any palm leaves that can be used as props for The Passion to Mrs. Stack on Monday, April 3rd.

## Costume for The Passion

We ask that children in Grade Prep – 4 **come to school dressed 'in the times of Jesus'**. Children are required to bring a pair of thongs or sandals as footwear to change into before the event to help make the washing of the feet run more smoothly. All grade 5/6 children wear all black.

**We ask that all children bring a gold coin donation on this day to go towards Project Compassion.**



The season of Lent began with Ash Wednesday, which also marked the beginning of the annual Caritas Australia Project Compassion Appeal. Donations to Project Compassion allows Caritas Australia to work with local communities around the world to end poverty, promote justice and uphold dignity.

The theme of Project Compassion 2023 is 'For All Future Generations' and reminds us that the good that we do today will extend and impact the lives of generations to come. It invites us to make the world a better place by working together now and finding long-term solutions to global issues. We encourage you to put your compassion into action this Lent through your prayer, fasting and almsgiving by supporting Project Compassion.

A compassion box is assigned to every class, and the class that collects the highest amount of money will be rewarded with a casual dress day.

# RELIGIOUS EDUCATION

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## Seasons - A Program for Grief and Loss

The Seasons program provides peer support for children facing grief and loss, such as death, separation, or divorce. This useful resource will be accessible in Term 3. If you have any inquiries, please feel free to reach out to your child's teacher or Mrs. Stack.



## Altar Servers

Altar serving practice takes place every Thursday evening at 5:30pm - 6:30pm in St Gerard's Church. To be eligible to serve, servers must have made their First Communion. This is a great opportunity for young members of the Church to get involved in the liturgy and learn the responsibilities of serving at the altar. If anyone has any questions regarding altar serving practice or eligibility, they can contact the parish office at 97924422.



# WELLBEING



**be  
you**

*Facts from the Be You website*

## How are nutrition and mental health linked?

**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).

## Dietary habits aren't always a choice

‘Food insecurity’ – where people don’t have enough food due to because of things such as unemployment and poverty – is also a problem for many families in Australia. Food insecurity can result in poorer academic performance, time off from school, stress, depression, anxiety, aggression, and difficulty getting along with others. Food insecurity can result in:

- psychological stress – high levels of ongoing stress have been related to depression and delayed brain development
- poorer academic performance
- time off from school
- anxiety
- aggression
- difficulty getting along with others.
- The good news is that improving what you eat can lead to improvements in your mental health, so it’s never too late to encourage healthier eating patterns.



# WELLBEING

## Reading



Dear Students and Families ,

Reading Before School is back by great demand.

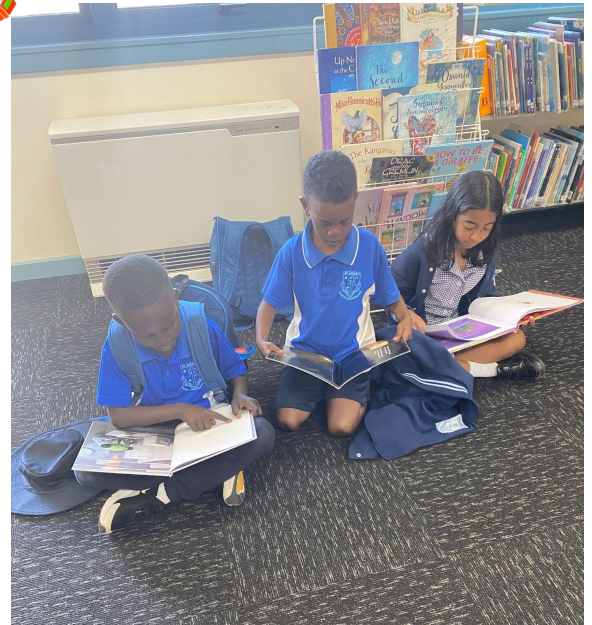
**Who? Students and parents**

**When? Wednesdays 8:15am - 8:30am**

**Where? St Gerard's Library**

Come meet us there!!!

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



## St. Gerard's Give Me 5 Whole School Matrix



Principle	Learning Areas	Corridors	Toilets	Playground/Sandpit
<b>Be Respectful</b>	Speak appropriately and use manners Care for property Take turns Whole body listening Greet people by name	Speak appropriately and use manners Care for property <ul style="list-style-type: none"> <li>Keep the area neat and tidy</li> </ul>	Speak appropriately and use manners <ul style="list-style-type: none"> <li>Give other users their privacy</li> </ul> Care for property <ul style="list-style-type: none"> <li>Keep toilets tidy and flush</li> </ul> Wash hands	Speak appropriately and use manners Care for property <ul style="list-style-type: none"> <li>Place rubbish in the bin</li> <li>Keep sand in the sandpit and bark in the garden</li> </ul> Include others Respect everyone's views and space
<b>Be Co-operative</b>	Follow Directions Move safely Stay on task Share with others and help each other	Follow Directions Move safely <ul style="list-style-type: none"> <li>Walk on the left hand side of the corridor to exit and the right hand side to enter</li> </ul>	Follow Directions Move safely Wait for your partner	Follow Directions Move safely Play fairly <ul style="list-style-type: none"> <li>Accept rules</li> <li>Take turns</li> </ul> Share and use equipment safely Accept rules
<b>Be Your Best</b>	Keep hands, feet and objects to yourself Ask for help	Keep hands, feet and objects to yourself Only enter the area with permission	Keep hands, feet and objects to yourself Report problems to a teacher	Keep hands, feet and objects to yourself Try to solve your problems
<b>Be Positive</b>	Never give up			Encourage others
<b>Be Spirit filled</b>	Treat others as you would like to be treated. Pray daily and during meditation	Treat others as you would like to be treated.	Treat others as you would like to be treated.	Treat others as you would like to be treated. <ul style="list-style-type: none"> <li>Say sorry and forgive others</li> </ul> Be kind

# WELLBEING

## Give Me 5 News

A big congratulation to the following students who have displayed the Give Me 5 Principles in the classroom and playground. These students received the Principal's Award for their behaviour.

- ★ Foundation B- Pahul
- ★ 1/2FW- Natalie
- ★ 1/2L- Dhanvin
- ★ 3/4S- Matej
- ★ 3/4A- Jehan
- ★ 5/6T- Luke
- ★ 5/6O- Indiana



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](http://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](mailto:angie@agsprints.com.au)



## FINANCIAL ASSISTANCE INFORMATION FOR PARENTS

Every Victorian child should have access to the world of learning opportunities that exist beyond the classroom. The Camps, Sports and Excursions Fund helps ensure that no student will miss out on the opportunity to join their classmates for important, educational and fun activities. It is part of making Victoria the Education State and the Government's commitment to breaking the link between a student's background and their outcomes.

### CAMPS, SPORTS & EXCURSIONS FUND (CSEF)

School camps provide children with inspiring experiences in the great outdoors. Excursions encourage a deeper understanding of how the world works while sports teach teamwork, discipline and leadership. All are a part of a healthy curriculum.

CSEF is provided by the Victorian Government to assist eligible families to cover the costs of school trips, camps and sporting activities.

If you hold a valid means-tested concession card or are a temporary foster parent, you may be eligible for CSEF. A special consideration category also exists for asylum seeker and refugee families. The allowance is paid to the school to use towards expenses relating to camps, excursions or sporting activities for the benefit of your child.

The annual CSEF amount per student is:

- \$125 for primary school students
- \$225 for secondary school students

### HOW TO APPLY

New applicants should contact the school office to obtain a CSEF application form or download from the website below.

If you applied for CSEF at your child's school last year, you do not need to complete an application form this year unless there has been a change in your family circumstances.

You only need to complete an application form if any of the following changes have occurred:

- **new student enrolments;** your child has started or changed schools this year.
- **changed family circumstances;** such as a change of custody, change of name, concession card number, or new siblings commencing this year.

Check with the school office if you are unsure.

### MORE INFORMATION

For more information about CSEF visit:

<https://www.education.vic.gov.au/about/programs/Pages/csef.aspx>



# FINANCE



## CAMPS, SPORTS AND EXCURSIONS FUND (CSEF) APPLICATION FORM

School Name

School REF ID

### Parent/carer details

Surname

First name

Address

Town/suburb  State  Postcode

Contact number

Centrelink pensioner concession OR Health care card number (CRN)

-  -  -  OR

☐ Foster parent under a temporary care order\* OR ☐ Veterans affairs pensioner (Gold Card)\*\*

\*Foster Parents must provide a copy of the temporary care order letter from the Department of Families, Fairness and Housing (DFFH).

\*\*Applicants must provide a copy of the Veteran Affairs Gold card

Is this an application for special consideration (no CRN needed)? Yes ☐ No ☐

### Student details

Student's surname	Student's first name	Student ID	Date of birth (dd/mm/yyyy)	Year level
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
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I authorise the Department of Education and Training (DET) to use Centrelink Confirmation eServices to perform an enquiry of my Centrelink customer details and concession card status in order to enable the business to determine if I qualify for a concession, rebate or service. I also authorise the Australian Government Department of Families, Fairness and Housing (DFFH) to provide the results of that enquiry to DET.

I understand that:

- DFFH will use information I have provided to DET to confirm my eligibility for the Camps, Sports and Excursions Fund and will disclose to DET personal information including my name, address, payment and concession card type and status.
- this consent, once signed, remains valid while my child is enrolled at a registered Victorian school unless I withdraw it by contacting the school.
- I can obtain proof of my circumstances/details from DFFH and provide it to DET so that my eligibility for the Camps, Sports and Excursions Fund can be determined.
- If I withdraw my consent or do not alternatively provide proof of my circumstances/details, I may not be eligible for the Camps, Sports and Excursions Fund provided by DET.
- Information regarding my eligibility for the Camps, Sports and Excursions Fund may be disclosed to the DFFH and/or State Schools Relief for the purpose of evaluating concession card services or confirming eligibility for assistance.

You are able to request access to the personal information that we hold about you, and to request that any errors be corrected, by contacting your child's school.

Signature of applicant  Date  /  /



# FINANCE



## CSEF ELIGIBILITY

Below are the criteria used to determine a student's eligibility for the Camps, Sports and Excursions Fund (CSEF).

### Criteria 1 – General eligibility

To be eligible for the fund, a parent or carer of a student attending a registered Government or non-government Victorian primary or secondary school must:

- on the first day of Term one
  - on the first day of Term two
- a) be a holder of one or more of the eligible financially-means tested cards OR be a temporary foster parent, and;
- b) submit an application to the school by the due date.

For the list of eligible financially-means tested cards refer to the CSEF Policy:

<https://www2.education.vic.gov.au/pal/camps-sports-and-excursions-fund/policy>

Parents who receive a Carer Allowance on behalf of a child, or any other benefit or allowance not income tested by Centrelink, are not eligible for the CSEF unless they also comply with the above.

### Criteria 2 - Be of school age and attend school in Victoria

For the purposes of CSEF, students may be eligible for assistance if they attend a Victorian registered primary or secondary school. CSEF is not payable to students attending pre-school, kindergarten, home schooled, or TAFE.

### Special Consideration

A special consideration category exists for

- Families on a bridging visa, temporary protection visa, in community detention or are asylum seeker families
- Students in temporary out of home care arrangements, including statutory kinship care

For more information, see <https://www2.education.vic.gov.au/pal/camps-sports-and-excursions-fund/guidance/eligibility>

### Eligibility Date

For concession card holders CSEF eligibility will be subject to the parent/carer concession card being validated successfully with Centrelink on the first day of either term one (30 January 2023) or term two (24 April 2023).

## PAYMENT AMOUNTS

### CSEF payment amount

The CSEF is an annual payment to the school to be used towards camps, sports and/or excursion expenses for the benefit of the eligible student.

- Primary school student rate: \$125 per year.
- Secondary school student rate: \$225 per year.

The CSEF is paid directly to your child's school and will be allocated by the school towards camps, sports and/or excursion costs for your child.

For ungraded students, the rate payable is determined by the student's date of birth. For more information, see:

[www.education.vic.gov.au/about/programs/Pages/csef.aspx](http://www.education.vic.gov.au/about/programs/Pages/csef.aspx)

Year 7 government school students who are CSEF recipients are also eligible for a uniform voucher. Secondary schools are required to make applications on behalf of parents/carers so please register your interest at the school.

## HOW TO COMPLETE THE APPLICATION FORM

### NOTE: ALL SECTIONS MUST BE COMPLETED BY PARENT/LEGAL GUARDIAN

1. Complete the PARENT/CARER DETAILS section.

Make sure that the Surname, First Name, and Customer Reference Number (CRN) details match those on your concession card. You will also need to provide your concession card to the school.

If you are claiming as a temporary Foster Parent or a Veteran Affairs Pensioner, you will need to provide a copy of documentation confirming your status as a temporary Foster Parent or provide your Veterans Affairs Pensioner Gold card to the school.

If you are seeking special consideration, mark this in the form and provide a copy of the relevant documentation.

2. Complete the STUDENT/S DETAILS section for students at this school.

3. Sign and date the form and return it to the school office as soon as possible. The CSEF program for 2023 closes on the 23 June 2023.



# FINANCE



If you hold a valid means-tested concession card you may be eligible for Camps, Sports & Excursions Fund (CSEF). The allowance will be paid to the school to use towards expenses relating to camps, excursions, or sporting activities for the benefit of your child.

If you are in receipt of an Health Care Card as above you may be eligible to apply for a discount in the school fees, so if you hold one of these, please bring it into the office ASAP.

# IMPORTANT DATES

## April:

2nd April:	Daylight Savings Ends
5th April:	Subway Lunch
5th April:	The Passion
6th April:	Last day of Term 1, 3.30pm finish

Happy  
**BIRTHDAY**

Happy Birthday to all who had celebrated and will celebrate their birthdays this week

- Bethany Yr 4
- Aryan Yr 1



*Envelopes into School Office not later than 9:00 am, 3rd April.*





# COMMUNITY NOTICEBOARD

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- Springvale Indoor Sports - School Holiday Program
- Noble Park Junior football Club (AFL)
- Netball Dandenong
- Ukraine Support Fund
- Swimland Swim Club
- Noble Park Auskick Centre (AFL)

## 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.

