



St Gerard's Primary School

NEWSLETTER

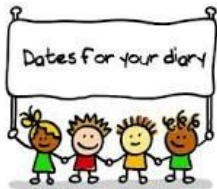


Term 1 Week 6

www.sgdandenongnth.catholic.edu.au

03 97917553

5 March 2021



HAPPY BIRTHDAY

Wishing the following students who celebrated a birthday this week.

- Martin - 5/60

PUBLIC HOLIDAY
Monday, 8 March
SCHOOL CLOSED

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



A PRAYER FOR INTERNATIONAL WOMEN'S DAY

God our Creator,
you have built up your Church through the love
and devotion of women everywhere;
inspire us to follow their great example
that we may with them share
in the vision of your glory;
through Jesus Christ your Son our Lord,
Amen.



MESSAGE FROM THE PRINCIPAL

Dear families,

It has been another week with plenty of opportunities provided for our students.

Our four week **St Gerard's Auskick program** started on Wednesday afternoon with very enthusiastic students from our school and Emerson coming together and developing their sporting and social skills. For those who would still like to join, please email Mrs Wilson twilson@sgdandenongnth.catholic.edu.au as soon as possible with your child's name and class. The sessions run from **3.30pm - 4.30pm** on our oval and playground and are open to all year levels.

Today we held our annual **Athletics Carnival** at Knox Athletics track. This was a great day with our students displaying their sporting skills as well as school spirit. It was wonderful to see our children cheer on and support each other. Congratulations to those children that will now represent our school later in the year at inter-school events. **A huge thank you to Mrs Wilson for her coordination of the day.**

Families received information last week about participating in an **Enhancing Catholic School Identity (ECSI) Survey**. The information gathered will assist us in better understanding how our Catholic identity is expressed in work and practice here at St Gerard's. **The survey needs to be completed by Friday 12 March** and I thank families in advance for completing it.

In this Sunday's Gospel for the Third Sunday of Lent we hear Jesus say: ***'Destroy this sanctuary, and in three days I will raise it up.'*** While this confused people at the time, we know that Jesus was talking about himself and the events of Holy Week.

Our school has many requests from local community groups to promote their activities. We have our **Community Notice Board** in the courtyard where this information is displayed. Please take the time to take a look as there are a variety of groups currently offering great opportunities for children and families. There is also a list in this newsletter of the current information being displayed.

Lastly, a reminder that **school is closed on Monday** (8 March) for the Labour Day Public Holiday.

God bless.

Paul Cowan
Principal

RELIGIOUS EDUCATION NEWS

Sacrament Dates, 2021

Planning for all Sacraments is underway. More information will be forthcoming once details are confirmed. **Please note that arrangements may change based on Federal and State Government health advice.**

Confirmation: (Grade 6)

Confirmation: Thursday, 29th July at 7 pm

Reconciliation: (Grade 3 and 4)

Reconciliation: Thursday, 18th March at 7 pm (TBC)

First Communion: (Grade 4 and 5)

First Communion: Saturday 5th & Sunday 6th June at Parish Mass times (TBC)

Level Mass Mass

Thursday, 11th March

Thursday, 18th March

3/4 Level Mass at 9:15 in the Church, all welcome

1/2 Level Mass in Church 9:15, all welcome

Other Import Dates for Religion:

Wednesday, 17th March

Monday, 22nd March - Thursday, 1st April

Monday, 29th March - Thursday, 1st April

Tuesday, 20th March

Thursday, 1st April

Friday, 2nd April

Saturday, 3rd April

Sunday, 4th April

St Patrick's Day, students wear full school uniform with a touch of green

The Passion Prayer Spaces for student participation

Families and/or parishioners invited to The Passion Prayer Spaces (pending COVID-19 density restrictions)

Fr Shanthaiah's birthday

Holy Thursday

Good Friday Day of Fast and Abstinence

Holy Saturday

Easter Sunday

The Passion Prayer Spaces

Students taking an active role in The Passion has long been a tradition at St Gerard's. Due to COVID related restrictions, this year, The Passion will be presented through Prayer Spaces. This will be an opportunity for our children to explore The Stations of the Cross and link these to life questions, spirituality and faith in a safe, creative and interactive way. Taking a Catholic perspective as a starting point, The Passion Prayer Spaces will give our children an opportunity to develop skills of personal reflection and to explore prayer in an open, inclusive and safe environment.

The hall will be transformed for a week with a range of creative activities that encourage personal reflection on issues such as forgiveness, injustice, thankfulness, big questions, identity and stillness that relates to The Way. During week 9 and 10, teachers will bring their students for reflection in The Passion Prayer Space.

The opportunity for families and/or parishioners to be invited to The Passion Prayer Spaces, pending COVID-19 density restrictions will be confirmed at a later date.

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.

RELIGIOUS EDUCATION NEWS CONT'D



Second Week of Lent - This week through Project Compassion we learn about 39-year-old Margret, a teacher at a vocational school for deaf students in the Solomon Islands. She was born deaf, so she knows the challenges it poses to education and employment. Apart from the difficulties the students all have, the school also faced water shortages, with not enough to supply staff and students with safe water for drinking, cooking, washing and growing vegetables.



Then Tropical Cyclone Harold damaged the school and its vegetable garden, amidst the threat of COVID-19. Staff and students rely on the vegetable garden to provide food for their meals.

With Caritas Australia's support, the school installed water tanks, provided cyclone-proof building materials and helped to implement COVID-19 prevention measures. Margret's school now has enough water for its students and the capacity to cater for more, with plans to boost food security, through increased agricultural production.

· Around 60% of people in rural areas in the Solomon Islands don't have access to piped water, while about 80% don't have access to latrines or toilets. ([UNICEF](#), 2019)

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

Please note due to the recent snap lockdown Altar Boy training was postponed. It will resume on 11th March, 5:30 pm - 6:30 pm. Please contact Mr Ron Maroun on 0412 212 287.

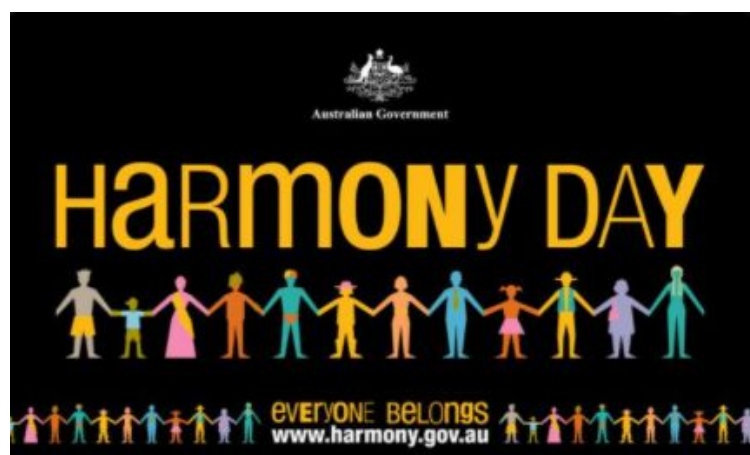
WELLBEING NEWS



On Monday 15th March we will hold our third **Garden Market Stall** for 2021.

The Environmental leaders will be selling fresh rosemary, zucchinis, tomatoes, parsley seeds and eggs straight from the garden. We will also be selling delicious homemade tomato chutney and apricot jam which has been generously donated by one of our beautiful mums and Rob!

MONDAY, 15TH MARCH



St Gerard's will be celebrating Harmony Day. The students will be encouraged to wear their cultural dress or orange. They will participate in fun activities from around the world which will teach them about inclusiveness, respect and a sense of belonging for everyone.

WELLBEING NEWS CONT'D

On Friday 19 March 2021 is the National Day of Action against Bullying and Violence (NDA). Our school will stand united to say #BullyingNoWay #NDA2021



GIVE ME FIVE

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 the 26th of February and the following lucky winners will have a special picnic with Mr Cowan next week:

1. Elijah (1/2L)
2. Victoria (1/2L)
3. Azalea (1/2FP)
4. Dahlia (3/4S)
5. John (3/4S)
6. Amy V (3/4S)



NATIONAL RIDE2SCHOOL DAY

Friday 19 March 2021



St Gerard's P.S

are excited to be celebrating National Ride2School Day on Friday 19 March 2021.

National Ride2School Day is the perfect opportunity to kick-start new healthy habits and promote the many benefits of active travel. We encourage all students and their families to leave the car at home and give riding, walking, scooting or skating to school a go.

It's sure to be a fantastic day and we look forward to seeing you there!



COMMUNITY NOTICEBOARD

If you would like to know more about the following community events, please see our noticeboard inside the school gates.

- North Dandenong Neighbourhood House
- Rowville Hawks (AFL)
- Key Z Park (Calisthenics)
- Endeavour Hills Eagles (AFL)
- St Mary's D's (Netball)
- Rowville Hawks (AFL)
- Little and Trivial Events (Entertainment)
- Noble Park Bulls (AFL)

Physical activity and Mental health

Regular physical activity is great for children and young people's health development and helps prevent and relieve mental health issues.



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.

- *How much exercise do children and young people need?*

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

- o **Infants** (birth to one year): 30 minutes of supervised interactive floor-based play including tummy time, reaching and grasping, pushing and pulling and crawling.
- o **Toddlers** (1-2 years): at least 180 minutes a day, including energetic play such as running and jumping.
- o **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.
- o **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:

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

ATHLETICS CARNIVAL

St Gerard's



ATHLETICS CARNIVAL 2021



Athletics



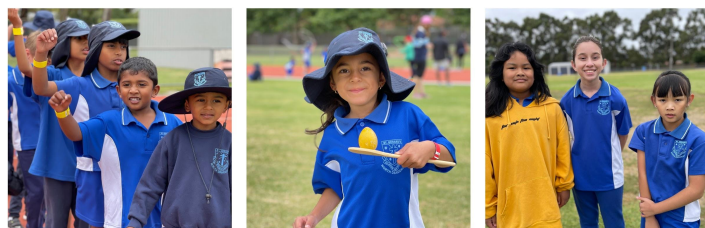
ATHLETICS CARNIVAL 2021



2021



ATHLETICS CARNIVAL 2021



Carnival



ATHLETICS CARNIVAL 2021

