

St Gerard's Primary School

NEWSLETTER

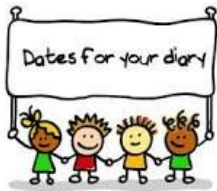


Term 4 Week 5

www.sgdandenongnth.catholic.edu.au

03 97917553

6 November 2020



HAPPY BIRTHDAY

Happy Birthday to those who celebrated their birthdays during the week-

- Dhanya - 1/2F
- John - 3/4L
- Mrs Sonno

Is Your Child Returning in 2021?

Preparations are underway for 2021 classes. If your child(ren) **IS NOT** returning to St Gerards, please notify the office. This does not include those transitioning to Year 7.



Wednesday, 11 November,
summer uniform to be worn

11 NOVEMBER REMEMBRANCE DAY

Lest we forget



They shall grow not old,
as we that are left grow old:
Age shall not weary them,
nor the years condemn.
At the going down of the sun
and in the morning
We will remember them.

*Peace I leave with you; my peace I give you.
Help us to be peacemakers in our world
today. Amen*

MESSAGE FROM THE PRINCIPAL

Dear Families,

Since returning to on site learning, our children have been spending time each day using our **newly established walking track** which is part of our school oval. With each lap measuring 250 meters, as a school we are walking quite a distance each day. We have been calculating how far we have walked and so far we have walked the same distance as it is **from St Gerard's to Tully in Queensland**. This has been a great way to exercise and do some Maths at the same time! We will keep you updated as to how far we travel around Australia.

Our **School Photos** will be taken **next Wednesday 11 November**. We have had to reschedule a number of times over the past few terms so we are excited that we will be able to have them taken and delivered to families before the end of the year. **Please note that children will need to be in their full Summer uniform.** If your child has P.E. on Wednesday (**Year 3/4 classes**) they will need to wear their uniform to school and bring their runners to change into for their lesson.

Planning for 2021 is well underway. Considerable time is spent in preparing class lists with numerous factors needing to be considered. **If families have a specific request for their child this needs to be put in writing and addressed to myself or emailed to principal@sgdandenongnth.catholic.edu.au**. Requests need to be based on **educational grounds** and will be treated confidentially. **Please note that all requests will be considered but I cannot guarantee that all requests will be granted.** Our aim as a school is to provide the best opportunities for all our students to learn. **Requests need to be received by Friday 20 November.**

The health and safety of our students, staff and families is our first priority at St Gerard's. Therefore, I am reminding parents of children who have **cold or flu-like symptoms, a cough, sore throat or fever are to seek medical advice**. With this in mind it is vital that **if your child is unwell they must stay at home.**

Our families continued **cooperation with our before and after school arrangements is greatly appreciated** and is keeping us all safe. I am asking for families to **use the Pedestrian Crossing and the path along the side of the Church when walking children to their cars.** This will help to keep a safe distance between pedestrians and cars.

Our families have **chosen a Catholic education** for their children and in the current challenging economic climate **we all need to support each other**. If your **family is experiencing challenges** with regard to **school fees** please contact the School Office or myself **pcowan@sgdandenongnth.catholic.edu.au** **so we can work through this together**. If you have a **current Health Care Card you are entitled to a reduction**.

Finally, the Gospel accounts over the next three weeks leading up to the season of Advent all have the same theme of living life in response to Jesus' message and preparing for the end of time. This week's Gospel presents the parable of the Ten Bridesmaids. Jesus' final words, ***'So stay awake, because you do not know either the day or the hour'***, is a reminder to all of us, particularly during times of change and uncertainty.

God bless.

Paul Cowan - Principal

RELIGIOUS EDUCATION NEWS

Mission Walk Around Australia

Students and staff are to be congratulated on their efforts and enthusiasm in participating in our Mission Walk Around Australia. Next week we will be beginning our fundraiser to raise money for the Missions.

Students are asked, if they can, to raise money by collecting donations for walking every day for 15 minutes on our walking track.

Each class will be allocated a box to collect money for Catholic Missions. The class that raises the most money by Nov 20th will win a casual dress day.

All money raised will go to Catholic Mission to help empower children and young adults with disability at the Arrupe Centre in Cambodia. We saw a video of this community during an assembly recently. The money we raise will help provide vital care for those who would otherwise have limited opportunities or support to lead a fulfilling life.

Carols Evening

Due to the COVID-19 restrictions, our Carols Event will be held remotely this year. We hope to distribute a Vimeo link to our Christmas event for families on Friday 11th December. More information will be available soon.

Important Dates for Term 4

All Saints Day	Sunday, 1 st November
All Souls Day	Monday, 2 nd November
Remembrance Day	Wednesday, 11 th November
Year 6 Reflection Day	Thursday, 19 th November
Advent Assembly at 2:30	Friday, 27 th November
First Sunday of Advent	Sunday 29 th November
Christmas Event (remote)	Friday, 11 th December

WELLBEING NEWS



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).

WELLBEING NEWS CONT'D

Walk Around Australia

In term 4 students are challenged to get fit by using a map of Australia to track the distance they have covered when they walk around the walking track.

Classes are timetabled to walk around the track for 15 minutes per day.

We have currently walked 10,736 laps of the oval which converts to 2684 km. Our whole school has now walked from Melbourne to Tully, which is a town located in the Cassowary Coast Region of Queensland.



Gardening Lesson

This week 5/60 enjoyed their Gardening lesson. The students learned about the following concepts in the garden this week:

- composting
- worm farming
- planting seedlings
- harvesting (how to carefully harvest mulberries)
- weeding
- how to look after chickens
- ways to fix broody chickens

Have a look at some of the fun we had in the garden today!



Further Supports

If you or someone you know needs support:



in the event of an emergency, or if someone is at immediate risk of harm



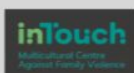
1800 55 1800



1800 015 188



Men's Referral Service - 1300 766 491



9413 6500



1800 319 355



<https://www.thelookout.org.au>

Covid has been a trying time for most families. Here are the contact details of some organisations that may offer assistance if you or someone you know requires



Dr Michael Carr-Gregg
SchoolTV - Child and Adolescent Psychologist



CORONAVIRUS
THE TRANSITION BACK

Special Report

Please click [here](#) to access the video by Dr Michael Carr-Gregg which shares helpful information about transitioning back to school.

WELLBEING NEWS CONT'D

FRESH EGGS



FOR SALE

St Gerard's would like to offer parents the opportunity to purchase delicious organic eggs laid by our resident flock of chickens.

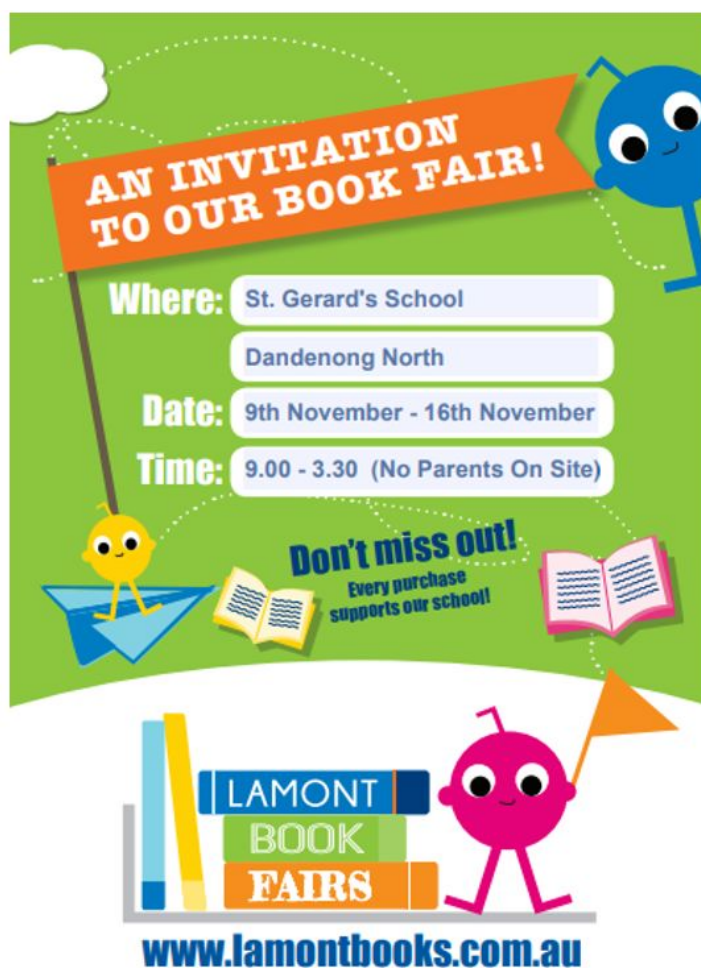
You can purchase these eggs from the school office at a cost of \$5 per dozen.

All proceeds from the sale of the eggs will go towards purchasing food for our feathered friends.

Please email Nicole Fernandez if you would like to purchase some eggs.



OTHER SCHOOL NEWS



To assist your decision making in relation to your child's education for 2021 and beyond, please find below a link to the November 2020 edition of the Secondary Education Guide.

CLICK HERE: [Victoria Schools Secondary Education Link](#)

