



# St Gerard's Primary School

# NEWSLETTER



Term 1 Week 10

[www.sgdandenongnth.catholic.edu.au](http://www.sgdandenongnth.catholic.edu.au)

03 97917553

8 April 2022



Happy birthday to those students and staff who have and who will celebrate their birthday over the holidays:

- Nelson Yr 6
- Filomena Yr 5
- Anjanna Yr 3
- Dhanvin Yr 1
- Liam Yr 5
- Ethan Yr 3
- Ashton Yr 5

SCHOOL  
HOLIDAYS  
ARE  
HERE!

TERM 2  
COMMENCES

TUESDAY  
26 APRIL  
2022



@st.gerards3175



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



Today our community came together for the Passion. It was an opportunity to remember the story of Jesus' last few days. We know that while this is a very sad story, it has a wonderful ending – Jesus' Resurrection.

During our prayer today, we took time to think about God's constant presence in our lives. God is our hope, the one we can rely on, the one we can turn to no matter what is happening.



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

# MESSAGE FROM THE PRINCIPAL

Dear families,

Here we are at the end of Term 1.

It has been wonderful to have a term that has not been interrupted and therefore allow us to provide a wide variety of opportunities for our children to develop in all aspects of their learning.

On reflection, we have been able to operate in a similar way prior to COVID. We had our *Give Me 5 Weeks* to start the year, our annual Whole School Athletics Carnival, Harmony Day when we celebrated all the cultures at our school and a 4 week Auskick program. Regular events such as Ride to School Days, Subway lunches, Gardening and our Garden Market days also took place.

Our Sacramental Program commenced with our Year 3 children celebrating their first Reconciliation in the church. Our Prep - Year 2 children and families participated in an online Literacy Night, our Year 5's went to a Nazareth Taster Day and Abdi Aden who is an author came and spoke to our Year 4, 5 and 6's. We also were able to welcome back families to our School Assemblies which were held in the Courtyard.

We finished the term on a high with our presentation of *The Passion* today (Friday) in the Courtyard. This identifies the significant events of Holy Week and not only celebrates some of the pillars of our faith but brings us together as a school community. I would like to congratulate and thank our children, teachers and Mrs Stack for all their hard work in providing us all with this powerful and prayerful end to the term.

With us now being in a position to have families onsite, a reminder that visitors to our school must be fully vaccinated (2 doses) and are required to show their digital certificate. This applies to all events on school premises regardless of whether the event is inside or outside. School drop off and pick ups are the exception to this requirement. This is in line with the *Melbourne Archdiocese Catholic Schools (MACS) COVID-19 Vaccinations - Parents and Carers on School Sites Guidelines.*

2023 Prep Enrolments are now open. If you have a child who will be starting school next year please contact the School Office. Existing families are our first category for enrolments, however we are getting enquiries from new families so it is important that we enroll our existing families as soon as possible.

Also, if you do know of families who are looking for a school for 2023 they can contact the Office or email: [principal@sgdandenongnth.catholic.edu.au](mailto:principal@sgdandenongnth.catholic.edu.au) to arrange a meeting and school tour with myself.

Lastly, I would like to thank you all for a great Term 1 and your ongoing support of our school. I hope and pray that you all have a wonderful break and that the Easter message continues to be a source of inspiration and comfort in your lives.

Continue to stay safe and God bless.

Paul Cowan



Our School Captains and Vice Captains along with myself will be representing our school at the **11.00am ANZAC Day Service which is being held at the Pillars of Freedom (Clow Street, Dandenong, opposite the Dandenong Market) on Monday 25 April.** Families are more than welcome to come and be part of this significant day in Australia's history.



# RELIGIOUS EDUCATION NEWS

## The Passion





## *Poem for the Passion* Written by Ella J, 5/60

*Lord you died on the cross of Calvary for us, yet you were so innocent and pure.*

*You didn't deserve the pain and suffering, for you are the saviour of the world,*

*You inspired us to do good, and You are as pure as a dove.*

*You made us clean from our sins and filled us with your wisdom,*

*You healed us and helped us understand the power of love.*

*We love you with all our mind, body, soul and heart, nothing comes between our love for you*

*we will always manage to find our way back to you like you hoped we would.*

*You are our shepherd, and we are your sheep, each time we are lost you help us find our way into the light and you care for each one of us,*

*When we are in the dark, you save us and lead us into the light, you are our one and only*

*God and your love is undeniable. We are grateful for everything you have done for us.*

*You didn't deserve the pain and suffering, you cleanse us from sin.*

*Lord you love us, and always let us back in.*





## The Passion







## 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.



## Give Me 5 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 on the 1<sup>st</sup> of April and the following lucky winners had a special treat this week:



**1. Diyanna (Prep B)**

**2. Alfie (1/2L)**

**3. Azalea (1/2L)**

**4. Nelson (5/6O)**

**5. Jehan (3S)**

**6. Akash (3S)**



A big congratulations to the following students who received their first golden band this week.

**Prep B**

Tiana  
Natalie

**1/2FW**

Thanuja  
Oscar

**1/2L**

Isbel



# SCHOOL GARDEN

Our second garden market stall will be held next Wednesday 6<sup>th</sup> April at 3:20pm in the church car park.

We will be selling eggs, chives, tomatoes, pumpkin, parsley, potatoes and rosemary.

A big thank you to our beautiful students who work in the garden on a daily basis!

Get in early to snap up a bargain!





# UNIFORM SHOP ONLINE ORDERS



**AGS PRINTS Pty Ltd**  
Wholesalers of Quality Schoolwear & Uniforms  
In House Design & Printing  
[www.aplusschoolwear.com.au](http://www.aplusschoolwear.com.au)

ADDRESS: 133 BAKERS ROAD  
NORTH COBURG  
VIC, 3058

PHONE: 03 9354 8345  
FAX: 03 9354 5777  
E-MAIL: [info@agsprints.com.au](mailto:info@agsprints.com.au)

ABN: 53 317 404 573

BOR NO: 2010 / 2532

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)**



# Community Notice Board

Finally, 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.

- ❖ Ukraine Support Fund
- ❖ North Dandenong Masala Auskick Centre
- ❖ Lyndale United Football Club (Soccer)
- ❖ Dandenong Basketball
- ❖ Soccer 5's
- ❖ Noble Park Big Day Out
- ❖ Lysterfield Basketball Club
- ❖ Swimland Swim Club
- ❖ Springvale Indoor Sports

## BUS DRIVERS WANTED

Emerson School is looking for part time bus drivers.

Emerson is a P-12 Specialist School situated at 1430 Heatherton Road, Dandenong.

Please ring if you are interested.

Contact: Jenny La'Brooy  
Emerson School  
Ph: 9791 8900



**St John's**  
REGIONAL COLLEGE

A New  
Future With  
STEM

**School Tours**

**EVERY Thursday at 9.15am**

We invite you to tour our College to discover the opportunities for students from Year 7 to 12 including the **New STEM building (Opening 2022)**

Register today for your guided tour and meet the Principal  
[www.sjrc.vic.edu](http://www.sjrc.vic.edu)  
or scan the QR Code



## ST GERARD'S OHSC

School Holiday Programs are offered in two different locations for primary aged children. The holiday programs are designed to give children a break from the routines of school life and help families juggle work and home. If interested, please contact:

0402 192 685  
0405 644 656

Marina Walallowita  
Nominated Supervisor/Educational Leader OSHC

