



St Gerard's Primary School

NEWSLETTER



TERM 2 WEEK 9

www.sgdandenongnth.catholic.edu.au

03 97917553

24 JUNE 2022

HAPPY BIRTHDAY

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

❖ Lemilo Yr 3
❖ Azalea Yr 2

LAST
DAY OF
TERM

TERM 3
COMMENCES
11TH JULY, 2022



@st.gerards3175



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



Catherine reads a moving story, Salih, nominated for Picture Book of the Year 2022 at our paraliturgy dedicated to the Feast of the Sacred Heart and Refugee Week

At assembly today we recognised Refugee Week on the **Feast of the Sacred Heart**. We acknowledged how much love God has for us in Jesus while joining with everyone who has had to travel to a place of safety. God has special care for all those who have suffered in this way. Jesus became a refugee himself, along with Mary and Joseph. Right now in the world, at least 82 million people have been forced to flee their homes for one reason or another.



"If I cannot see the brilliance of your Face or hear your sweet voice,
O my God, I can live by your grace, I can rest on your Sacred Heart!"

– St. Thérèse of Lisieux

MESSAGE FROM THE PRINCIPAL

Dear Families,

Here we are at the end of Term 2 which means we have had an uninterrupted Semester 1!

For the first time in 2 years we have had consecutive terms with no Remote Learning. This allows for consistency and for us to provide a wider variety of learning opportunities.

When reflecting on the term, we were able to have our usual preparation and celebration of the **Sacrament of Confirmation** and our student school leaders helped us all to commemorate the **Feast of Mary Help of Christians**.

Our **Year 5/6** children went to their second **Sports Gala Day** and we had 2 teams participate in the **St John's Regional College Paul Wade Soccer Day**. Our Year 4,5 and 6 **School Cross Country** was able to be run and from that we had a team represent St Gerard's at a District event. Classes from Year 3 - 6 took part in a 4 week **Gymnastics program** which allowed them to develop specific skills and overall confidence. We promoted and our children and families supported our **Ride to School Days** and our students created special gifts to recognise **Mother's Day**.

Italian Day saw us celebrate the learning and culture of Italy and experience a live performance. Our Year 3's went on an **Excursion to the State Library** and our **Year 5/6 Camp** created life time memories. Our **Whole School Zoo Excursion** was a wonderful way to finish the term.

Today (Friday) our assembly had a focus on others. We acknowledged and reflected on **Refugee Week** (which is this week) and as part of the **Feast of the Most Sacred Heart of Jesus** we presented our **Winter Appeal donations** to members of the **St Vincent de Paul Society**.

Semester 1 School Reports were sent home yesterday. I encourage families to take the time to read and discuss this report with their child(ren), making sure to celebrate the successes and to set goals for Semester Two, 2022.

I would like to thank all our students, staff and families for a wonderful term. I hope that the holidays provide you with the chance to relax, refresh and spend time together doing things that bring you joy.

Please continue to stay safe and we look forward to seeing you all back on **Monday 11 July for Term 3**.

God bless.

Paul Cowan

RELIGIOUS EDUCATION

Sacrament Dates, 2022

First Communion: (Grade 4)

First Communion Family Workshop:

Thursday 14th July, 7pm

First Communion Reflection Day:

Tuesday 23rd August (children may wear casual clothes)

First Communion:

Saturday 27th August, 5:30 pm &

Sunday 28th August, 10:30 am

First Communion Assembly:

Friday 2nd September, 2:50 pm

Other Important Dates:

Refugee Week:

19th to 25th June

Sacred Heart of Jesus Feast Day & Refugee Week Paraliturgy:

Friday 24th June, 2:50 pm



RELIGIOUS EDUCATION

St Vincent de Paul Thank You

Agnelo and John from St Vincent de Paul were special guests at our paraliturgy today to accept the food we collected for our St Vinnies Winter Appeal.

The winning class who brought in the most food and won a casual dress day was Year 5/6O. Year 1/2L came in second place and in third place was Year 1/2FW. Congratulations and thank you everyone for your generosity.



Our Social Justice Leaders hand over the food we collected to representatives from the St Vincent de Paul Society.



Students sing at our paraliturgy dedicated to the Feast of the Sacred Heart and Refugee Week



Facts from the Be You website

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)

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 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 - New Information
- ❖ Soccer 5's
- ❖ Lysterfield Basketball Club
- ❖ Swimland Swim Club
- ❖ GKR Karate

[ST GERARD'S OHSC](#)

If you would like to enrol your child, please do so by contacting Marina.

Contact

Marina Walallawita 0402192685

Nominated Supervisor/Educational Leader OSHC