

ST GERARD'S PRIMARY SCHOOL

NEWSLETTER



Term 4, Week 3

25 October, 2024

St. Gerard's Meets Pesto: A special encounter with the king penguin chick at Melbourne Aquarium on our Feast Day excursion!



All Saints Day Prayer

Loving God,

As we prepare for All Saints Day next week, we give thanks for the holy men and women who have gone before us, showing us how to live with faith, love, and kindness. May their example inspire us to be people of compassion, justice, and peace.

Help us to walk in their footsteps, sharing Your love with everyone we meet and seeking to do Your will in all things.

Guide us to live as saints in our own lives, reflecting Your goodness in our words, actions, and hearts.

We ask this through Jesus Christ, our Lord.

Amen.

Next week, our children will be focusing on the Saints and how they can serve as role models for us, as we prepare for All Saints Day on Friday.



@st.gerards3175

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



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

PRINCIPAL'S MESSAGE

Dear families,

Our week started on Monday with our **Whole School Excursion to Melbourne Aquarium**. This was a wonderful experience for our children which I am confident will be one of their highlights of the year. This took a lot of planning and coordination and I would like to **thank Ms Fernandez for all the work she did to ensure the day ran so smoothly**. I would also like to **acknowledge our staff for their enthusiasm and efforts** in ensuring our children not only had a great day but that they were safe and well supervised as they engaged with the exhibits. Also on Monday, we had **2 children participate in the Regional Athletics event at Casey Fields**. To compete at this level is a great achievement and I would like to congratulate **Jehan (High Jump) and Rachel (800m)**.

Our **Girls Basketball team** took part in the District competition on Tuesday which saw them compete against 2 other districts. The girls played well and were Runners Up. I would like to congratulate the girls and thank **Andrew Trovarelli** (father of Antonia) who coached the girls.

This week we had our **Bike Ed. Program** for 2024 with our **Year 4 - 6 students** participating. This is the fourth year we have offered this program and it is amazing to see the increased confidence and skills of our children. Riding a bike is a life skill as well as being a great way to engage in some physical activity. **Thank you to Mrs Wilson for once again coordinating and delivering this valuable program**.

On Thursday we had the second of our **Cyber Safety in the Home - Responsible Device Use** session presented by Paul from Edge IT Solutions. Edge IT Solutions work at our school on a weekly basis and manage our school's digital network. Thank you to Mrs Lewis for coordinating this opportunity as this is an area that we all need to be up to date with.

Today (Friday) we celebrated **Teachers' Day**. I believe that all our staff contribute to the learning and education of our students. **Therefore they are all teachers**. Our school recognised all the time, energy, effort and emotion that our wonderful staff invest to provide a wide range of learning opportunities for our children. It was also lovely to see children and families thank these very special people.

As planning for **2025** starts to increase, I am asking families to contact me if their **children are not returning to St Gerard's in 2025**. Also, 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 8 November**.

Finally, a further reminder to those families who have children with a **Medical Management Plan**. If there are changes to any aspect of the plan, please **contact the School Office**. It is vital that the **information we have at school is current**. With Spring now upon us, there is often a need to check and re-assess certain medical conditions.

Paul COWAN
PRINCIPAL

Religious News

Level Mass

YYrs: Foundation, 5/6O & 5/6T
Yrs 1/2FW & 1/2S
Yrs 3/4SG & 3/4LG

Thursday 28th November, 9:15am
Thursday 5th December, 9:15am
Thursday 12th December, 9:15am

Whole School Mass

All Saints' Day, Parish Mass:
End of Year Mass

Friday 1st November, 9:15
Friday 13th December at 12:00

Reconciliation

Yrs 3/4LG & 3/4SG:
Yrs 5/6O and 5/6T:

Thursday, 28th November at 10:15am
Thursday, 5th December at 10:15am

Pope Francis' Message for World Mission Month

Drawing from the inclusive call in Matthew 22:9, Pope Francis urges us to extend the invitation to the banquet to all, fostering solidarity and unity across the world.

Mission Month Assembly

The Mission Assembly took place today to kick off Mission Month. The Social Justice Leaders have introduced a coin line activity.

Coin Line

This year, we will host a coin line to raise money for Mission Month. The class that raises the most funds will win a casual dress day! Join us for the coin line on Friday, November 8th.

World Mission Month 2024



Reach out. Give life.

Religious News

[Invitation to Host the statue of Our Lady: A Week of Family Prayer](#)

St Gerard's school has been gifted with a beautiful statue of Our Lady, a generous gift from the Legion of Mary group. The statue comes with a handcrafted carrier bag, designed for its respectful storage when not in use. Families are invited to bring the statue home for a week to use it to enhance family prayer. A brochure offering guidance on how to engage in rosary prayer will be included, accompanied by some sets of rosary beads. If you would like to bring this statue home, please contact Mrs Stack.



[Lunchtime Rosary](#)

Lunchtime Rosary: In partnership with the Legion of Mary, we are promoting the tradition of praying the Rosary during lunch breaks. Students interested in participating are invited to attend sessions during the first lunch break in Weeks 4 and 8 of each term.

Religious News

Key Dates

Wednesday 30th October:	11:05 Lunchtime Rosary in the Church
Friday, 1st November:	All Saints Day, Parish Mass 9:15 am
Saturday, 2nd November:	All Souls Day
Friday 8th November:	Coin Line to raise money for Catholic Missions
Monday, 11th November:	Remembrance Day, one minute silence
Monday, 25th November:	Year 6 Reflection Day
Wednesday 27th November:	11:05am Lunchtime Rosary in the Church
Friday, 29th November:	First Sunday of Advent Assembly, 2:50pm
Tuesday 10th December:	Christmas Carols Evening, 7:00pm
Wednesday 11th December:	Christmas Activities Rotations, Yrs P/1/2/5/6 Middle Block, Yrs 3/4 TBA
Friday, 13th December:	End of Year Mass, 12:00pm
TBA:	Christmas Carols Tour of the Nursing Homes Excursion
Monday, 16th December:	Graduation Mass and Ceremony, 7:00pm

Wellbeing



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



Give Me 5 News

Next week the Give Me Five focus is to 'Be Respectful' in the learning areas.

The teachers will be looking for students who are being respectful by speaking appropriately and using manners, caring for property, taking turns, showing whole body listening and greeting people by name. These students will be rewarded with a raffle ticket.

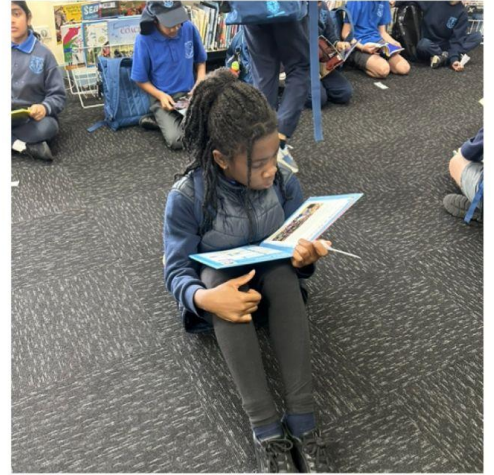


St. Gerard's Give Me 5 Whole School Matrix

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

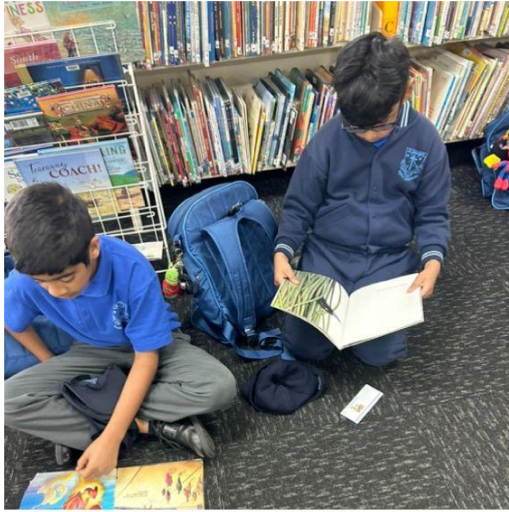
Reading before School

Every Wednesday morning @ 8:30 am



Reading before School

Every Wednesday morning @ 8:30 am



Bike Education



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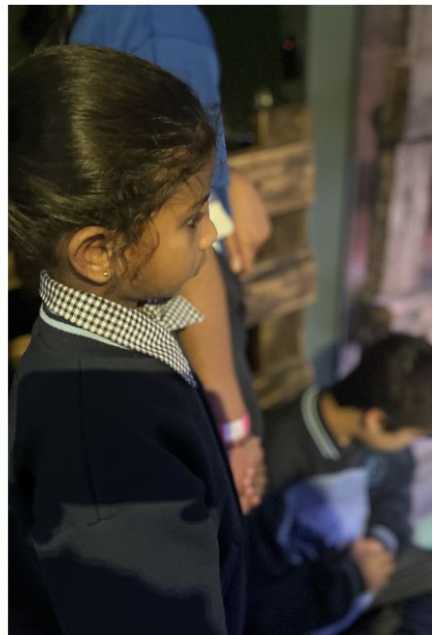
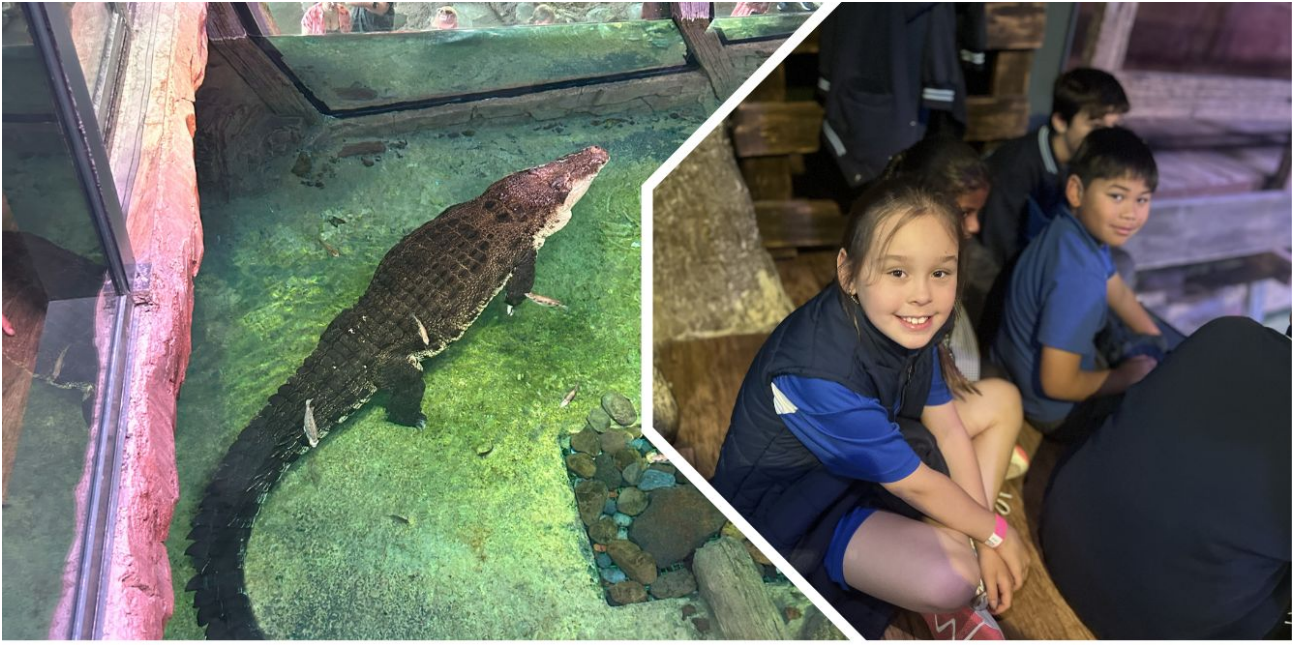
Bike Education



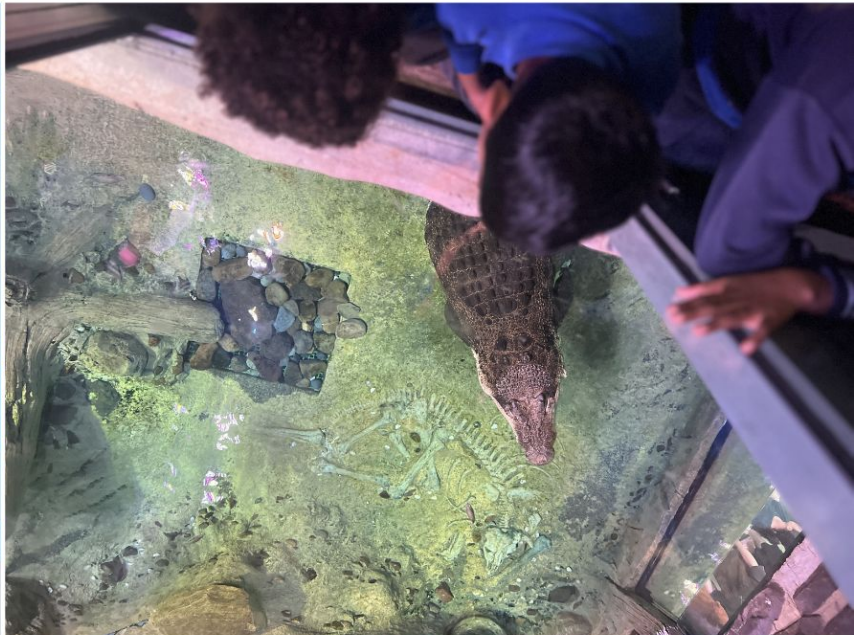
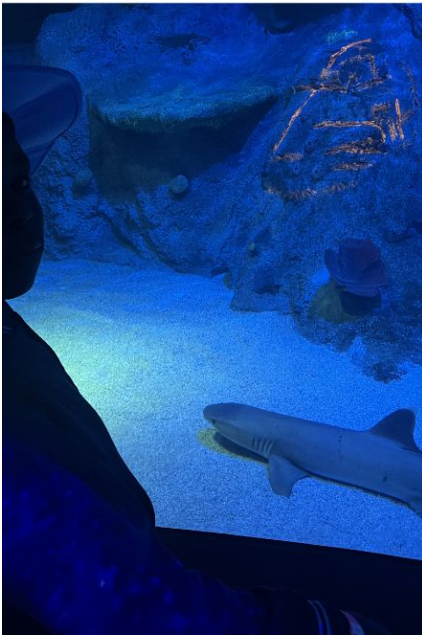
Aquarium Excursion



Aquarium Excursion



Aquarium Excursion



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 **AFTER** contacting AGS 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



A reminder to families that arrive before 3.25pm to park in the carpark.

Joining the drop off/ pick up line, particularly near the pedestrian crossing, creates a backlog of cars and prevents families from parking in the car park, which causes issues. Another aspect of this is to be mindful of our procedures at the end of the school day. There are designated pick up areas for our students and pedestrian pathways. It can be busy at the end of the day, especially when it is cold and raining, however we need families walking home or to their cars to use the pedestrian pathways. I thank you in advance for your cooperation.

IMPORTANT NOTES

Medical Plans And Asthma Plans

This is a friendly reminder to provide the school with updated medical and asthma plans for 2024. If your child has asthma or requires other medications, please ensure that Ventolin, a spacer, and any necessary medications are supplied on the first day back to the school office.

All medications will be stored in individually labeled bags in the school office for safekeeping.


Pick-up From After-School

Parents are asked to please be prompt when picking up your child/ren after-school. If a ride is not here when school concludes, the student may be sent to aftercare instead of the office. Please remember school aftercare does have a cost involved and time will begin accruing at the end of the school day. If a student's ride has run into an unexpected delay, **please call the main office to let them know.**

St Gerard's YLVOSHC

Program Information

Service Phone Number: 0402 192 685



Prices

Category	Permanent	Casual	After Max CCS
Before School Care	\$15.00	\$20.00	\$2.89
After School Care	\$20.00	\$25.00	\$3.16
Pupil Free Day and Vacation Care	\$65.00	\$72.50	\$6.50

* MAX CCS REBATE FIGURES ARE PROVIDED AS APPROXIMATES AND MAY VARY

YLV.COM.AU

OPERATING TIMES

Before School Care
Hours:
6:45am - 8:45am

After School Care
Hours:
3:30pm - 6:30pm

Pupil Free Days:
7:00am - 6:00pm

Vacation Care:
7:00am - 6:00pm

IMPORTANT NOTES



FACT SHEET FOR PARENTS, GUARDIANS AND CARERS

WHAT IS THE NCCD?

The Nationally Consistent Collection of Data on School Students with Disability (NCCD) takes place every year.

The NCCD is a collection that counts:

- the number of school students receiving an adjustment or 'help' due to disability
- the level of adjustment they are receiving to access education on the same basis as other students.

Students are counted in the NCCD if they receive ongoing adjustments at school due to disability. This 'help' allows them to access education on the same basis as a child without disability. The NCCD uses the definition of disability in the [Disability Discrimination Act 1992](#).

Schools provide this information to education authorities.

Go to [What is a reasonable adjustment?](#) below to learn about adjustments.

WHY IS THIS DATA BEING COLLECTED?

All schools in Australia must collect information about students with disability.

The NCCD:

- ensures that the information collected is transparent, consistent and reliable
- provides better information that improves understanding of students with disability
- allows parents, guardians, carers, teachers, principals, education authorities and government to better support students with disability.

Student with disability loading

Funding from the Australian Government for students with disability is based on the NCCD through the student with disability loading.

Students with disability who are counted in the top three levels of the NCCD (extensive, substantial and supplementary) attract the loading. Funding is based on a per-student amount at each of the three levels of additional support. The amount of the loading reflects the level of support students with disability need to participate fully in school, with higher funding for those who need higher levels of support.

Australian Government recurrent school funding is provided as a lump sum to school authorities including state and territory governments, which can then distribute the funding to their member schools according to their own needs-based arrangements.

The Government expects schools and school systems to consider their funding from all sources (ie Australian Government, state and territory and private) and prioritise their spending to meet the educational needs of all of their students, including students with disability.

WHAT ARE THE BENEFITS OF THE NCCD FOR STUDENTS?

The information collected by the NCCD helps teachers, principals, education authorities and governments to better support students with disability at school.

The NCCD encourages schools to review their learning and support systems and processes. This helps schools to continually improve education outcomes for all students.

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IMPORTANT NOTES



WHAT MUST SCHOOLS DO FOR STUDENTS WITH DISABILITY?

All students have the right to a quality learning experience at school.

Students with disability must be able to take part in education without discrimination and on the same basis as other students. To ensure this, schools must make reasonable adjustments if needed for students with disability. Educators, students, parents, guardians, carers and others (eg health professionals) must work together to ensure that students with disability can take part in education.

The [Disability Discrimination Act 1992](#) and the [Disability Standards for Education 2005](#) describe schools' responsibilities.

WHAT IS A REASONABLE ADJUSTMENT?

An adjustment is an action to help a student with disability take part in education on the same basis as other students.

Adjustments can be made across the whole school (eg ramps into school buildings). They can be in the classroom (eg adapting teaching methods). They can also be for individual student need (eg providing personal care support).

The school assesses the needs of each student with disability. The school provides adjustments in consultation with the student and/or their parents, guardians and carers.

Schools must make reasonable adjustments if needed. The Disability Standards for Education 2005 define 'reasonable adjustment' as an adjustment that balances the interests of all parties affected.

WHO IS INCLUDED IN THE NCCD?

The definition of disability for the NCCD is based on the broad definition under the [Disability Discrimination Act 1992](#).

The following students are examples of those who may be included in the NCCD if they need monitoring and adjustments:

- students with learning difficulties (such as dyslexia)
- students with chronic health conditions (such as epilepsy or diabetes).

WHO COLLECTS INFORMATION FOR THE NCCD?

Schools identify which students will be counted in the NCCD. They base their decisions on the following:

- adjustments provided for the student (after consultation with the student and/or their parents, guardians and carers)
- the school team's observations and professional judgements
- any medical or other professional diagnoses
- other relevant information.

School principals must ensure that information for the NCCD is accurate.

WHAT INFORMATION IS COLLECTED?

A student is counted in the NCCD if they receive reasonable adjustments at school due to disability.

Each year, schools collect the following information about the student, including:

- their year of schooling
- the level of adjustment received
- the broad type of disability.

For students who have more than one disability, the school uses professional judgement to choose one category of disability. They choose the category that most affects the student's access to education and for which adjustments are being provided.

A high level summary of the NCCD data is available to all Australian state and territory governments to improve policies and programs for students with disability.



IMPORTANT NOTES



HOW IS THIS DATA USED?

The NCCD data informs funding and work by schools and sectors. It ensures that support for students with disability becomes routine in the day-to-day practice of schools. The NCCD also supports students in the following ways.

- The NCCD helps schools better understand their legislative obligations and the Disability Standards for Education 2005.
- Schools focus on the individual adjustments that support students with disability. This encourages them to reflect on students' needs and to better support students.
- The NCCD facilitates a collaborative and coordinated approach to supporting students with disability. It also encourages improvements in school documentation.
- The NCCD improves communication about students' needs between schools, parents, guardians, carers and the community.

The Australian Curriculum, Assessment and Reporting Authority (ACARA) annually publishes high-level, non-identifying NCCD data.

WHEN DOES THE NCCD TAKE PLACE?

The NCCD takes place in August each year.

IS THE NCCD COMPULSORY?

Yes. All schools must collect and submit information each year for the NCCD. This is detailed in the *Australian Education Regulation 2013*. For more information, ask your school principal or the relevant education authority.

HOW IS STUDENTS' PRIVACY PROTECTED?

Protecting the privacy and confidentiality of all students is an essential part of the NCCD.

Data is collected within each school. Personal details, such as student names or student identifiers, are not provided to federal education authorities. Learn more about privacy in the [Public information notice](#).

FURTHER INFORMATION

Contact your school if you have questions about the NCCD. You can also visit the [NCCD Portal](#).

There is also a free [e-learning resource](#) about the *Disability Discrimination Act 1992* and Disability Standards for Education 2005.

This document must be attributed as *Fact sheet for parents, guardians and carers*.

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IMPORTANT NOTES

October

- 30th 8:30 - 8:40 am Reading before school in the library
- 30th Rosary in the Church with Parish Legion of Mary at 11:05am
- 31st Open Day
- 31st Ride to School Day

November

- 1st All Saints Day, whole school attends Parish Mass 9:15 am
- **4th Closure Day - TIL**
- **5th Melbourne Cup holiday**
- 6th 8:30 - 8:40 am Reading before school in the library
- 11th - 22nd Swimming at Dandenong Oasis (not Wednesdays)
- 11th Remembrance Day Assembly at 10.55 am
- 13th 8:30 - 8:40 am Reading before school in the library
- 20th 8:30 - 8:40 am Reading before school in the library
- 21st The Presentation of the Blessed Virgin Mary - Whole School Living Rosary
- 27th 8:30 - 8:40 am Reading before school in the library
- 27th Rosary in the Church with Parish Legion of Mary at 11.05 am
- 28th Ride to School Day
- 28th Preps, Year 5/6 attend Parish Mass at 9.15am
- 28th Reconciliation: Yrs 3/4LG & 3/4SG
- 29th First Sunday of Advent Assembly at 2.50 pm

December

- 1st First Sunday of Advent
- 4th 8:30 - 8:40 am Reading before school in the library
- 5th Years 1 & 2 attend Parish Mass at 9.15am
- 5th Reconciliation: Yrs 5/6O and 5/6T
- 6th Second Sunday of Advent Assembly at 2.50 pm
- 8th Second Sunday of Advent
- 10th Christmas Carols evening 7.00pm
- 11th 8:30 - 8:40 am Reading before school in the library
- 12th Subway Lunch
- 12th Years 3 & 4 attend Parish Mass at 9.15am
- 13th End of year Mass @ 12.00 noon
- 13th Third Sunday of Advent Assembly at 2.50 pm
- 15th Third Sunday of Advent
- 16th Year 6 Graduation Mass and Ceremony 7.00pm
- 17th **Last day of school for all students** 3:10pm Guard of honour for Year 6 students

Important Information



Happy Birthday to all who have celebrated and will celebrate their birthdays, this week including this weekend.

- JEROME Yr 2
- ELAINE Yr 3
- SHANELLE Yr 5
- JOANNE Yr 4



- *Every Day Counts* - Primary School Attendance Information
- Ukraine Support Fund
- Springvale Indoor Sports - Indoor Soccer
- Silverton Bakers Cricket Club
- North Dandenong Cricket Club



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 **\$8** 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.