



NEWSLETTER

St Justin's Parish School

Principal: Mr Patrick Torpey

Email: principal@sjwheelershill.catholic.edu.au

Bulletin No 35

Friday 6th November 2020

Dear Family and Friends,

Under normal circumstance, this week we would all be busy preparing for annual Fair on the Hill - preparing stalls, setting up marquees, making cakes and purchasing raffle tickets and wristbands. Who would have thought . . . ? I am sure we are all looking forward to an improved event in 2021.

Despite the year that we have had, the 25th Anniversary of our church last weekend reminded us that what are part of a community that extends beyond twelve months. Our founding parish members had a vision that extended beyond the building of the school and church – they wanted to build a community that could be handed on for generations to come. Likewise, whilst we have had to put a number of things on hold this year, we know that our community will continue to prosper, not by a few individuals, but by many who come together to share the load.

Thanks again to everyone for continuing to keep our community safe. Whilst we have seen a great improvement in the daily Covid results and hope for good news on Sunday, until our guidelines change, we need to remember:

- *if at any stage you think your child is unwell, please ensure they are kept home and that you seek medical advice*
- *during pick up and drop off, arrive at you allocated time*
- *wear a face mask*



Thanks again for everyone's cooperation.

Confirmation

*This weekend our Year 6 Confirmation Candidates will participate in our Confirmation Medal Masses, which will be held this **Saturday 7th November at 6pm** and **Sunday 8th November at 10.30am**. Both Masses will be streamed live on YouTube and Facebook - YouTube Login: google - YouTube.com then search St. Justin's Parish Wheelers Hill. Click on 'Live Mass'.*



Candidates have been given their Confirmation Medal/Pin which, during the Mass, Fr Andrew will ask parents/guardians to pin the medal onto the candidate. This medal will then pinned onto each candidate's stole, which will be worn at his or her Confirmation. We anticipate Confirming our candidates before the end of the year. Thanks to Fr Andrew, Mrs Snell and all staff who continue to work hard with families to ensure that our students continue on their faith journey. Please keep our candidates in your prayers.

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Reconciliation

Please keep in your prayers our Year 3 students as they prepare to receive the Sacrament of Reconciliation over the next few weeks. Due to the current restrictions, the format will be different, in that:

- Each class will participate in an online Reconciliation Liturgy (usually held in the Church)
- Each family will be asked to make a time where their child can meet with Fr Andrew to receive the Sacrament of Reconciliation.

Dates for Reconciliation are

- **3SS Reconciliation Dates:**
 - Monday 9th November – Online Reconciliation Liturgy 7:00pm
 - Tuesday 10th November - Sacrament of Reconciliation 5:00 to 6:40pm
 - Thursday 12th November - Sacrament of Reconciliation 5:00 to 6:30pm
- **3W Reconciliation Dates:**
 - Monday 16th November – Online Reconciliation Liturgy 7:00pm
 - Tuesday 17th November - Sacrament of Reconciliation 5:00 to 6:40pm
 - Thursday 19th November - Sacrament of Reconciliation 5:00 to 6:30pm



As you can appreciate it has been a difficult year and we are mindful of giving students as many opportunities as possible, however being aware of the restrictions that are still in place. We are conscious of making this celebration special for the students, even though it will be different to other years.

ST. JUSTIN'S SPORTS DAY

WHEN FRIDAY, NOV 20, 2020

WHERE ST. JUSTIN'S PRIMARY SCHOOL

DROP OFF FROM 08:30 AM

PICK UP FROM 03:15 PM

THINGS YOU NEED TO KNOW:

1. WE'RE SORRY, BUT AT THIS STAGE WE ARE UNABLE TO HAVE SPECTATORS. IF THIS SHOULD CHANGE WE WILL LET YOU KNOW.
2. SPORTS UNIFORM, LUNCH, SNACK, HAT & DRINK BOTTLE ALL REQUIRED

Sports Day 2020

With the unfortunate circumstances surrounding the Coronavirus, many 2020 school sporting events were cancelled and as it stands, we will not be able to have spectators but there is always a chance that this might change. In the meantime, we will explore ways in which we can share the experience with you all. Students are beginning preparations in class and are very much looking forward to the opportunity to compete against one another.

National Recycling Week

One of the ways we would like to celebrate **National Recycling Week** is by collecting plastic bottle caps and using them to create art pieces for our school. Could all families please send these colourful plastic bottle caps to school next week ensuring they are well washed, where classroom teachers will collect. Depending on how many we have, we may continue this collection for a few more weeks. Thank you all.

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TERM FOUR

Saturday 7th November

Confirmation Medal Masses

Sunday 8th November

Confirmation Medal Masses

NAIDOC Week commences

Monday 9th November

National Recycling Week

Reconciliation Online Liturgy 7pm – 3SS

Tuesday 10th November

Reconciliation Individual at Church 5pm – 3SS

Parents and Friends Meeting

Thursday 12th November

Reconciliation Individual at Church 5pm – 3SS

Wednesday 11th November

Remembrance Day

Monday 16th November

Reconciliation Online Liturgy 7pm – 3W

Tuesday 17th November

Reconciliation Individual at Church 5pm – 3W

PEB Meeting

Thursday 19th November

Reconciliation Individual at Church 5pm – 3W

Friday 20th November

School Sports Day

Tuesday 24th November

AGM Meeting

Wednesday 2nd December

Professional Learning Day (no school for students)

Thursday 3rd December

PPT Meeting

Tuesday 15th December

Year 6 Graduation

Wednesday 16th December

End of Year Mass 9.15am

End of Term/Year finish 1.00pm



Kitchen Garden Program

It is tomato time! The year four students planted some tomato plants last week and this week were involved in designing, creating and testing climbing frames to support these plants as they grow. The investigation involved testing different types of materials such as bamboo, wood, and branches and twigs and tying them together using stretchy fabric, such as a pre-loved t-shirt.

Other plants in the vegetable garden needing a support structure are beans and cucumber. The students researched different types of support structures for different needs and were surprised to see some upcycling of interesting objects that can be used for these purposes. This example using coat hangers and an empty frame is quite interesting. If you have any interesting plant support structures in



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your gardens I would love to share them with others in this newsletter - please email them to me - adeegan@sjwheelershill.catholic.edu.au



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Our cooking this week made use of an ingredient harvested from our garden - silver beet. The silver beet and broccolini pizza was made on a pocket pita bread to enable students to take it to school for lunch. Banana muffins were the side dish and are so easy to make and transport to school in the lunchbox.

The objective for the year four kitchen garden program was to create lunchbox appropriate food that was easy to prepare and made use of seasonal produce. It has been very pleasing working with the year four students who joyfully participated in the program, and demonstrated a good understanding of gardening basics.

National Recycling Week

Planet Ark founded National Recycling Week in 1996 as a community education and media campaign. The aim was to bring a national focus to recycling and the broader themes of minimising waste and managing material resources.



National Recycling Week is a well-established and highly regarded annual education and behaviour change campaign. The aim of the campaign is to increase the environmental benefits, including greater tonnage and less contamination, of kerbside, industrial and community recycling programs. National Recycling Week provides us all with an opportunity to move towards avoiding waste through building on our daily habits to avoid, reduce, reuse and recycle at home, at work, and in the community.

National Recycling Week focuses on five streams:

- 1. Engaging students in learning about the environmental benefits of recycling, through the Schools Recycle Right Challenge.*
- 2. Increasing the number of businesses and workplaces involved in recycling, principally through the promotion of the Friday File Fling and the Monday Muster.*
- 3. Promoting reuse and recycling initiatives, particularly through promotion of council, school and community events.*
- 4. Improving the understanding of kerbside recycling, principally through an educative Recycle Right Quiz hosted on the National Recycling Week website.*

<https://recyclingnearyou.com.au/nationalrecyclingweek/quiz/quiz>

- 5. Increasing access to accurate recycling information through RecyclingNearYou website.*

A short video about recycling to share: "Check it before you chuck it"

<https://video.link/w/cDWvb>

NAIDOC Week

NAIDOC originally stood for 'National Aborigines and Islanders Day Observance Committee'.

NAIDOC Week celebrations are held across Australia each July to celebrate the history, culture and achievements of Aboriginal and Torres Strait Islander peoples. This year events were postponed due to COVID. NAIDOC is celebrated not only in Indigenous communities, but by Australians from all walks of life. The week is a great opportunity to participate in a range of activities and to support your local Aboriginal and Torres Strait Islander community. Visit the website to find out more about this special celebration: <https://www.naidoc.org.au/>



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Silver beet, broccolini and mozzarella pizza Ingredients

- 1 bunch broccolini
- 1/2 bunch silver beet, finely shredded
- 1 garlic clove, crushed
- Finely grated zest of 1 lemon
- 1 tablespoon extra-virgin olive oil
- 1/4 cup (65g) pesto
- 2 round pizza bases
- 2 tablespoons finely grated parmesan
- 250g fresh mozzarella or bocconcini, roughly torn
- 2 bacon rashers, cut into large pieces



Method

1. Preheat the oven to 200°C. Line 2 baking trays with baking paper.
2. Thinly slice the stalks of the broccolini and set aside. Blanch the broccolini tops in boiling, salted water for 1-2 minutes until just tender, adding the silver beet for the final 10 seconds. Drain and refresh under cold water.
3. Combine garlic, lemon zest and oil in a bowl, then toss with drained broccolini tops and silver beet. Season and set aside.
4. Spread the pesto over the pizza bases and scatter with the parmesan and sliced broccolini stalks.
5. Divide the mozzarella, bacon and greens between the pizza bases. Bake for 12-14 minutes until crust is golden and crisp, and cheese has melted. Cut into slices and serve immediately.

Banana bread muffins

INGREDIENTS

- 2 cups self-raising flour
- 1/4 teaspoon bicarbonate of soda
- 1/2 cup brown sugar
- 3 teaspoons Cinnamon Sugar (see notes)
- 2 eggs, lightly beaten
- 1/3 cup extra virgin olive oil
- 1 teaspoon vanilla bean paste
- 1/3 cup plain natural yoghurt
- 1 cup mashed banana(see notes)
- Extra 1 small banana, sliced



METHOD

1. Preheat oven to 190C/170C fan-forced. Grease a 12 hole (1/3 cup capacity) muffin pan.
2. Sift flour and bicarbonate of soda into a large bowl.
3. Stir in brown sugar and 2 teaspoons of the cinnamon sugar. Make a well in the centre.
4. Whisk egg, oil and vanilla together. Add to flour mixture. Do not stir. Add yoghurt and mashed banana. Stir mixture until just combined.
5. Divide mixture evenly among holes in prepared pan. Top each with 1 slice of banana. Sprinkle with remaining cinnamon sugar.
Bake for 15 to 20 minutes or until golden and just firm to touch. Stand in pan for 5 minutes. Transfer to a wire rack to cool completely. Serve.

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Skoolbag App



We are aware that Skoolbag have made some changes across the school holidays.

To ensure that you have the most up to date version we ask that you delete and re-add your Skoolbag APP to ensure that you are getting all of the latest information & notifications from us via your phone.



Building Resilience

When things go wrong, resilience is what helps you to manage and get through hard times. Sometimes, it makes you even stronger than you were before. Resilience is the ability to cope when things go wrong.



Resilience can be described as:

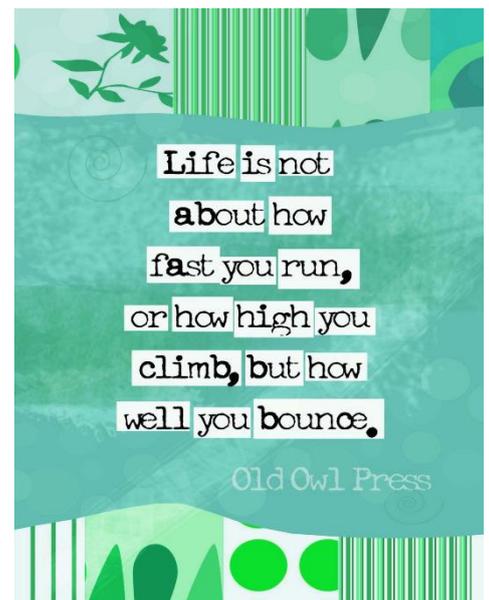
- Bouncing back after difficult times*
- Dealing with challenges and still holding your head up*
- Giving things a go or trying your best*
- Being strong on the inside*
- Standing up for yourself*
- Being able to cope with what life throws at you and shrug it off*
- Getting back into shape after you have been bent or stretched*

Resilient children can stand tall in the face of challenges and use problem-solving skills to forge ahead. They are confident, curious, and independent. Here are some ways you can foster resilience and build coping skills in your child.

Why is it important to develop resilience?

Resilience is important for positive mental health - it is a life skill we take with us into adulthood. It is thought the more resilient a person is, the less they experience stress in their daily lives as they are better equipped to deal with life's pressures.

Building resilience in children allows them to overcome obstacles in their lives more easily and reduces the changes of them suffering from anxiety or other stress-related disorders.



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1 STRIKE A BALANCE BETWEEN SUPPORTING AND OVERPROTECTING

Let your child struggle with a problem – it **stretches your child's mind**, creating new connections and helping them develop solutions.



3 ENCOURAGE CHILDREN TO SOLVE THEIR PROBLEMS

Replace rescuing with coping skill education to help them **learn to help themselves**. Provide a coping skills box with a list of activities or items to help soothe strong emotions – a weighted blanket, puzzles, putty, and fidget toys.



2 HELP CHILDREN IDENTIFY EMOTIONS AND APPROPRIATE RESPONSES

Behind every behavior is an emotion. Recognize these emotions, label them, and then work through them to **help children develop skills** to deal with similar situations in the future.



Ask your child to identify how a fictional character may feel, or give voice to your own feelings as an example.

4 MODEL THE SKILLS AND BEHAVIOR YOU WANT CHILDREN TO EXHIBIT

Take advantage of **your own difficult moments** to help children learn how to navigate big feelings. When traffic is making you late and you want to rage, **breathe**. Tell your child what you are doing and why.



"This traffic has me so mad – I'm going to take **some deep breaths** to help me calm down."

5 HELP CHILDREN DETERMINE THEIR THRESHOLD AND SET THEIR BOUNDARIES

If you sense your child becoming overly frustrated, **identify physical symptoms** you see and **offer supportive solutions**.

"I hear you sighing a lot. Why don't **you take a walk** around the house and then come back in a bit."



Operoo is the new name for CareMonkey, so we will gradually start removing the name CareMonkey from all of our literature to help you adjust to the new name!

St Justin's Parish School, Wheelers Hill



PARENTS & FRIENDS COMMITTEE

We have been so lucky to have some amazing support for all our events. Have put together a list of our previous sponsors to let them know how much we appreciate their support. So drop in and support these businesses who have been long-time supporters of our community and our events.

St. Justin's Music Trivia Bingo 2019 Sponsors



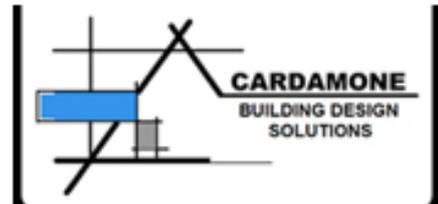
Please support the companies that support our School

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AAC On-Site



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Dear families,

This year, children have been harnessing their creativity and imagination more than ever – so we wanted to create something special and unique that would give them more opportunities to learn and to give them a platform to showcase their talents with the chance to win amazing prizes.

Launching Monday, 9th November, Camp Australia brings to you **Your Creative Kids** – a week filled with creative experiences to help bring out your child's imagination through a variety of artforms. **Your Creative Kids** will run for the full week in all of our Outside School Hours Care services across Australia.

Complementing **Your Creative Kids** will be **The BIG Art & Expression Competition** where children can showcase their creative skills to a nationwide audience. The competition is open to all registered families and, if you're not registered yet, registration is free!



To register free and book

simply visit pp.campastralia.com.au

and then visit campastralia.com.au/bigartcomp

or speak with your Coordinator to find out more about how to enter our competition!



St Justin's Parish School, Wheelers Hill



AUSTRALIAN GIRLS CHOIR



Is this your daughter?

Look no further than the Australian Girls Choir because we encourage, challenge and inspire girls as they learn to sing, dance and perform.

Join us at our **VIRTUAL OPEN DAY**
SUNDAY NOVEMBER 22



AUSTRALIAN SCHOOL OF PERFORMING ARTS

aspagroup.com.au

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AUSTRALIAN GIRLS CHOIR



An experience that goes far beyond the stage!

We believe in growing girls through the hidden elements of our curriculum; your daughter will develop confidence, public speaking and presentation skills, resilience and friendships that will last a lifetime.

Over 200 girls recently shared the stage with Hugh Jackman in *The Man. The Music. The Show. Arena Tour* to sold-out audiences around the country. We're proud to have represented Qantas in the 'I Still Call Australia Home' advertisements and at live events for the past 20 years.

Now accepting 2021 enrolments for our rehearsal venues in Berwick, Box Hill, Caulfield North, Cheltenham, Essendon, Greensborough, Ivanhoe, Kew, Ringwood and Yarraville.



Join us at our **VIRTUAL OPEN DAY** on November 22
and then we'll make plans to meet you in person!

Register now at ausgirlschoir.com.au/openday2020 or phone 9859 6499



AUSTRALIAN SCHOOL OF PERFORMING ARTS



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