



NEWSLETTER

St Justin's Parish School

Principal: Mr Patrick Torpey

Email: principal@sjwheelershill.catholic.edu.au

Bulletin No 14

Friday 15th May 2020

Dear Families and Friends,

Thank you for all your support during these past few weeks of remote and flexible learning.

As announced on Tuesday by our Victorian Government, schools can begin a phased return to onsite schooling.

In the first stage, students in Prep, Year 1 and Year 2, will return to school from Tuesday 26 May.

To support all school staff to prepare for this transition, Monday 25 May will be a student-free day.

In the second stage of our return to onsite schooling, Years 3-6 students return to school from Tuesday 9 June.

For those students who cannot be supervised at home and vulnerable children, the existing model of onsite schooling will remain in place during the two-week period from Tuesday 26 May to Tuesday 9 June. The current process that we are using to enable parents and carers to indicate the days or part-days for which onsite schooling is required will continue for this two-week period.

All other students in those year levels must continue learning from home until Tuesday 9 June.

Principal's update continued over the page.....

WELLBEING WEDNESDAY

As announced in last week's newsletter, Wednesday May 20th will be a wellbeing day for our entire school community. This will be a day when students can choose their own activities, having a break from their remote learning program. No classroom activities will be set for this day and teachers will not be online. We hope that it will mean that the children release their minds, their bodies and their eyes for the day.

Whilst the school will still be open, there will be no staff on site to supervise students. On this day, Camp Australia will operate from 7:00am – 6:00pm and any family who require supervision for their child / children. However, all students requiring supervision will need to be registered with Camp Australia and booked in for the day. For bookings and/or more details, please visit their site: [Camp Australia](#).

Also announced by the State Government on Tuesday, Monday 25th May is a Pupil Free Day for all schools. Again, whilst the school will be open, staff will not be available to supervise students. On this day, Camp Australia will operate from 7:00am – 6:00pm and any family requiring supervision for their child / children by Camp Australia, will need to be registered with Camp Australia and booked in for the day. For bookings and/or more details, please visit their site: [Camp Australia](#)

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St Justin's Parish School, Wheelers Hill

St Justin's Church Reopening - Bookings Essential

On Tuesday, the State Government announced that churches in Victoria may now open in certain circumstances. The conditions under which a church can be open include:

- *a collection of contact details (for the purposes of contact-tracing if it becomes necessary),*
- *strict monitoring of numbers,*
- *ongoing hygiene requirements, and*
- *public worship limited to ten people at a time (plus Ministry Volunteers)*

As a result, Mass at St Justin's, Wheelers Hill will be celebrated on:

- *Monday: 10:00am and 12:00pm*
- *Tuesday: 10:00am and 12:00pm*
- *Wednesday: 10:00am and 12:00pm*
- *Thursday: 10:00am and 12:00pm*
- *Friday: 10:00am and 12:00pm*
- *Saturday: 10:00am and 6:00pm*
- *Sunday: 8:30am, 10:30am and 5:00pm*

Please note, in order to meet the Government requirements, booking are essential. Booking must be made by phoning: (please do not leave a message – you will need speak to Jeanne or Anne-Maree for confirmation)

- *St Justin's Parish Office: Jeanne Bernard 9401 6335*
 - *Tuesday 2:00pm – 4:00pm*
 - *Wednesday: 10:00am – 4:00pm*
 - *Thursday: 10:00am – 4:00pm*
 - *Friday: 12:00 – 4:00pm*
- *School Office: Mrs Anne-Maree Smith 9561 7644*
 - *(between 8:30am – 4:00pm)*

Principal's update continued from previous page.....

Once a year level has returned, all students will be expected to attend school as normal. This means if you choose to keep your child/children home after their year level has returned to onsite schooling, we can no longer support their learning from home.

This does not apply to children who need to be absent for health or medical reasons. For those families, please contact us so we can make an appropriate plan.

This same approach is being taken by all Catholic and government schools in Victoria.

To support the health and wellbeing of all students and staff, our school will continue an enhanced cleaning routine and will encourage frequent handwashing and hand sanitising.

If your child is ill or is feeling unwell, they must not attend school. They must remain home and seek medical advice.

While the Chief Health Officer has advised that students will not be required to maintain physical distancing at school, there will be a number of important changes to our school operations, consistent with health advice to all schools that will be made available in coming days. These will apply until further notice. I will provide more details about our local school context as soon as possible, but it is important to note that changes will include:

- *adjusted arrangements for drop-off and pick-up (To be advised)*
- *restrictions on access to the school site for anyone other than immediate school staff and students*
- *the way we conduct parent–teacher meetings and interviews*

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We understand that some families may feel anxious about this move back to classroom teaching and learning. I can assure you that this decision has been taken on the basis of the best health advice available to our state.

More information about the return to school and coronavirus (COVID-19) can be found on the CECV website, which will continue to be updated: www.cecv.catholic.edu.au/Coronavirus-information-for-parents.

Thank you for your continued support and patience during this time. We look forward to welcoming students back to the classroom.

Return to School

As our students make their way back to school, they encounter yet another change in their lives, after the many they have already experienced so far this year. Some will be slamming car doors with as little as a "Seeya" to parents at the drop off; others will find this yet another anxiety-ridden experience to endure. For many children, transitions where they are asked to stop one thing and start another can be a trigger for an increase in anxiety or even inappropriate behaviour, especially for those who have emotional or developmental challenges ([Child-Mind Institute](#))

School will also look different from what they experienced in Term 1, with the strict sanitation requirements still in place and possibly staggered start times and different play times from siblings. As adults, we have already had many experiences of change and can anticipate some of the discomfort that may accompany it. However, some of our students may require some support from both parents and teachers as they embark upon this transition. Some tips / ideas to keep in mind:

- Help prepare students for their return by placing the date on the calendar and referring to it (careful not to make too big a deal of it)*
- Keep to your usual routines as much as possible; this will be a focus for us at school, within the parameters of COVID-19 requirements.*
- Allow opportunities for children to share how they might be feeling about returning to school; focus on things they are looking forward to eg. seeing / playing with friends, seeing their teacher.*
- At the end of a school day, try to focus on one "golden nugget" and how it made your child feel. Some children always want to share the 'sad' or 'bad' things that happened, which is fine to offload, but then focus on the golden nugget. If the 'sad' and 'bad' things come up at bedtime (this often happens), acknowledge it, refer back to the golden nugget, read a story, meditate.*
- Be mindful of cues you are giving - whether we think we hide these or not, children know! They look to their parents for information about how to interpret ambiguous situations and pick up on our stress and anxiety, despite our best efforts to hide them ([Child-Mind Institute](#)). Be honest and share with your child your coping mechanisms, or the ones you are trying to implement eg. going for a walk, listen to music you like, sing, breathing techniques, meditation, dance, read a favourite book / magazine, cook, do a puzzle, watch a favourite show on tv. It's important then to get back onto task and show your child that you can also come back from the feelings of anxiety.*

As teachers at St Justin's we will do all within our power to make the transition easy and support you as parents throughout this process. We wish you well over the next few weeks and we are greatly looking forward to seeing our children and families again.

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Congratulations!

COPING TOOLS: What Helps Me

| | |
|--|--|
| <input type="checkbox"/> Read A Book or Magazine  <input type="checkbox"/> Hug or Climb a Tree  <input type="checkbox"/> Journal or Write a Letter  <input type="checkbox"/> Use Kind & Compassionate Self-Talk  <input type="checkbox"/> Make a Collage or Scrapbook  <input type="checkbox"/> Rest, Nap or Take a Break  <input type="checkbox"/> Go on a Hike, Walk or Run  <input type="checkbox"/> Take Good Care of the Earth  <input type="checkbox"/> Drink Water  <input type="checkbox"/> Play a Board Game  <input type="checkbox"/> Do Something Kind  <input type="checkbox"/> Make and Play with Slime  <input type="checkbox"/> Discover Treasures in Nature  <input type="checkbox"/> Take a Shower or Bath  <input type="checkbox"/> Exercise  <input type="checkbox"/> Drink a Warm Cup of Tea  <input type="checkbox"/> Forgive, Let Go, Move On  <input type="checkbox"/> Practice Yoga  <input type="checkbox"/> Garden or Do Yardwork  <input type="checkbox"/> Jump on a Trampoline  <input type="checkbox"/> Cuddle or Play with Your Pet  <input type="checkbox"/> Practice Gratitude  <input type="checkbox"/> Do a Puzzle  <input type="checkbox"/> Blow Bubbles  <input type="checkbox"/> Smile and Laugh  | <input type="checkbox"/> Ride a Bike or Skateboard  <input type="checkbox"/> Create Origami  <input type="checkbox"/> Cook or Bake  <input type="checkbox"/> Ask for Help  <input type="checkbox"/> Talk to Someone You Trust  <input type="checkbox"/> Weave, Knit or Crochet  <input type="checkbox"/> Build Something  <input type="checkbox"/> Get a Hug  <input type="checkbox"/> Visualize a Peaceful Place  <input type="checkbox"/> Stretch  <input type="checkbox"/> Make Art  <input type="checkbox"/> Use Positive Affirmations  <input type="checkbox"/> Take Slow, Mindful Breaths  <input type="checkbox"/> Clean, Declutter or Organize  <input type="checkbox"/> Use Aromatherapy  <input type="checkbox"/> Cry  <input type="checkbox"/> Try or Learn Something New  <input type="checkbox"/> Listen to Music  <input type="checkbox"/> Use a Stress Ball or Other Fidget  <input type="checkbox"/> Get Plenty of Sleep  <input type="checkbox"/> Kick, Bounce or Throw a Ball  <input type="checkbox"/> Take or Look at Photographs  <input type="checkbox"/> Eat Healthy  <input type="checkbox"/> Play Outside  <input type="checkbox"/> Sing and/or Dance  |
|--|--|



New Baby

Congratulations to Amanda, Andreas Isaac and Alessia Stylianou on the newest addition to the family. Alessia is so excited to welcome her little brother - Raphael Stylianou. He was born on the 6.5.2020 and weighed 3.3kg!

Caring for our Community

During this period of time we thought some businesses might appreciate some extra support. If you are in business for yourself, we would like to give your business a 'shoutout'. What do you need to do you may ask?

Just forward a scanned copy of your business card (in .jpg format) to office@sjwheelershill.catholic.edu.au and we'll pop it into the next edition of the Newsletter! You just never know who might need your product or service and it's about supporting each other during the good times & the challenging times.

Enrolments 2021

We are still accepting enrolments for 2021. If you have a child commencing next year and haven't returned an enrolment form, or know someone who needs an enrolment form, please contact the office. We hope to be able to offer virtual tours in the near future and given the situation, we are happy to offer tours after school (even though schools aren't the same without people). We will be practising safe distancing of course!



St Justin's Parish School, Wheelers Hill

Google Meets Schedule for next week

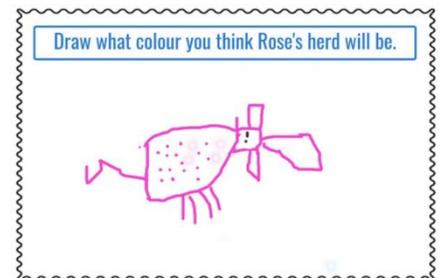
| | | |
|--------------------------------|--|--------------------------|
| Monday 18th May | 9.30am | 1.00pm |
| Tuesday 19th May | 9.30am / Year 3/4s - 11.30am (due to planning) | No afternoon Google Meet |
| Wednesday 20 th May | St Justin's Wellbeing Day | |
| Thursday 21st May | 9.30am | 1pm |
| Friday 22nd May | 9.30am | No afternoon Google Meet |



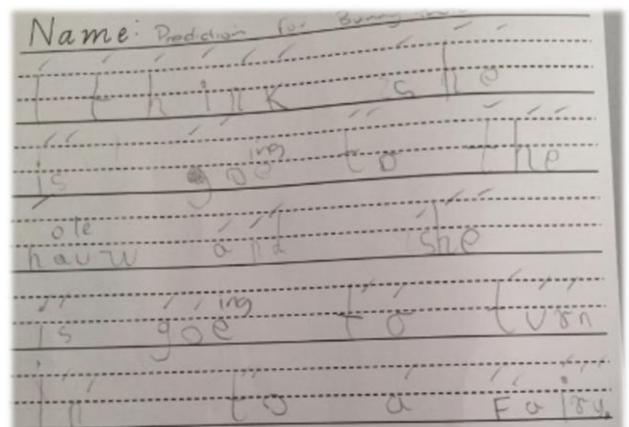
What have our students been up to whilst learning from home?

PREP: Making Predictions

Students had to watch a video of the story 'Elmer and Rose' being read aloud. They had to stop it at a certain point and use the information in the book to make a prediction about what colour Rose's herd would be and why they thought that.



Students looked at this picture and had to make a prediction about what they thought would happen next.

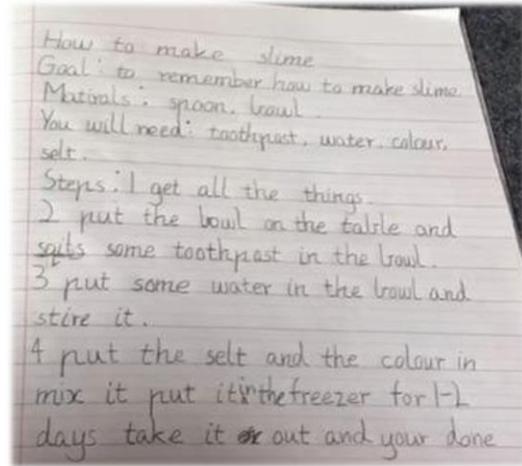
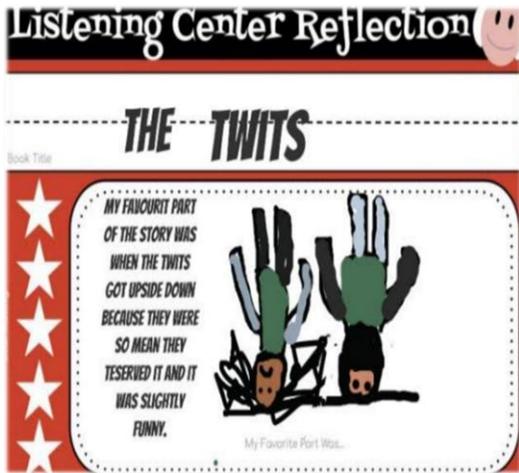


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YEAR 2

Response to a read aloud: The Twits

Students are writing procedures. Anna wrote her own procedure using the text type structure.



YEARS 5 and 6

Students have been learning to synthesise, which means to combine ideas to form a new understanding of the topic

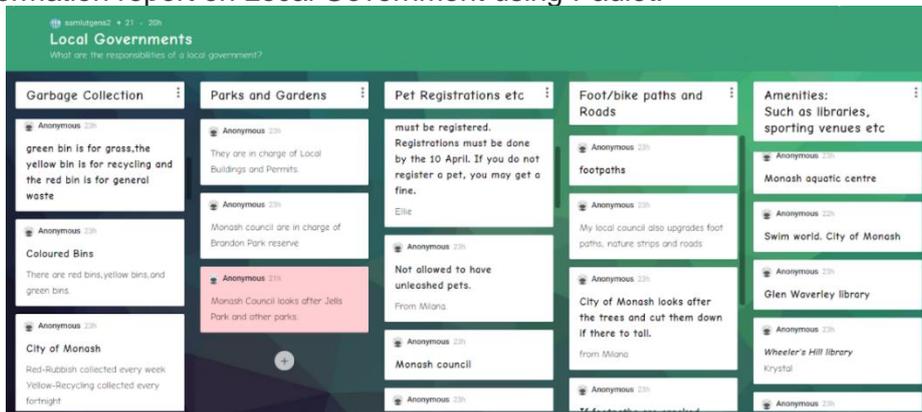
Synthesising 11/5/20

The Sun

| What I Know | Read the Text | New Understanding |
|---|--|--|
| <ul style="list-style-type: none"> -It is a star -It is yellow/orange -Planets orbit the Sun | <ul style="list-style-type: none"> -Ball of gas -Yellow star -Hydrogen and helium atoms -5 billion years old -In another 5 billion years the Sun will get very large as hydrogen will disappear - This 'red giant' will burn the inner planets -Largest star - Diameter of 1.4 million km -Temp 6,000 celsius | <p>In 5 billion years the Sun will expand and get so large that it will burn the terrestrial planets leaving only the jovian planets to orbit the Sun. This will happen because the hydrogen in the Sun will evaporate and eventually the Sun will dry out and become a 'black dwarf'.</p> <p>Yellow- New Learning</p> <p>Blue- Background Knowledge</p> |

YEAR 4: Whole class collaboration

Planning for an information report on Local Government using Padlet.



St Justin's Parish School, Wheelers Hill

To Help Develop a Growth Mindset In Your Child...

| Say This! | Not That! |
|---|---|
| "Wow! You really worked hard on this!" | "Look at how smart you are!" |
| "Why don't we try a different strategy?" | "Maybe you're just not very good at this. Let's do somethin else." |
| "I had fun watching you do that activity." | "Man, you're a real natural at this!" |
| "I know this is easy for you, but let's try something more challenging to help grow you brain!" | "You got that done so quickly! Great job!" |
| "I see you're having a hard time with this. You didn't get it the first try, so why don't we use a different strategy?" | "Nope! That's wrong! Try harder. Maybe if you paid more attention in class and tried harder, you'd get this." |
| "I know this was difficult, but your hard work paid off. Next time, we're ready for a real challenge!" | "That was way too hard. I'm glad it's over with. I hope we never have to do that again!" |

Idea for Poster Came From www.mindsetworks.com



We had beautiful weather last week for our kitchen and garden program. I fear it may be the last of the sunshine for a while but it is on those beautiful Autumn days where it is a delight to be in the garden. Garden maintenance was focused on weeding and composting. Some of the plants had gone to seed, so we harvested



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the seeds from the parsley and even from the strawberries and will store them for future use.

Our Recipes this week were inspired by zucchinis and carrots so we made a delicious and healthy Zucchini Slice. You just cannot go wrong with this recipe - it is very simple, quick and a great healthy treat. Whilst on the theme of keeping it simple, Mrs Cedro shared with us a very simple cake/loaf called "Five Cup Loaf". The ingredients are items most people have in their pantry most of the time - self raising flour, coconut, brown sugar, milk and sultanas or choc chips. Just a cup of each ingredient mixed together and cooked in a lined tin for 40 mins. So easy, so yummy. We encourage you all to try and share your photos to adeegan@sjwheelershill.catholic.edu.au.



Year Two - Kitchen Garden Program

In the coming weeks it will be the Year Twos who will participate in the Kitchen Garden program. To reflect their Inquiry topic of multicultural Australia, we will be focusing on the cultural influences on our recipes and their country of origin.



← Cooking at home

*Featuring Aaron from year 2D -
Based on his inquiry unit topic of
Foods from around the World.
Looks delicious Aaron.*

***What's up at school??** →
Something is happening here soon
- we hope to have some news to tell
you....I wonder can you guess!!*



Composting

As mentioned last week it was International Compost Awareness Week. I hope some of you are considering sharing your compost photos to info@core.asn.au between 3rd May and 29th May 2020 to enter the competition to win one of these:

- 3 x [Composta](#) kits! (worth \$119 each)*
- 3 x [BioBag](#) Starter Bundles (worth \$34.40 each)*

Our school compost has been sitting patiently awaiting its purpose doing its magic with your leftover scraps from fruit and vegetables from last term, and we were rewarded with beautiful rich compost to put on our garden beds. If you haven't composted before it really is a rewarding and sustainably friendly way to reduce waste and improve our gardens.

To find out more about composting visit the following website:

<https://www.abc.net.au/gardening/factsheets/get-composting/9437492>

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Dates Ahead

Monday 18th – 20th May

Wednesday 20th May

Monday 25th May

Tuesday May 26th

Tuesday June 9th

Prep 2021 Interviews for new families (Zoom)

Wellbeing Wednesday (no remote learning for this day)

Pupil Free Day in preparation for returning to school

P – 2 Return to school (more details to follow soon)

3 – 6 Return to School (more details to follow soon)

Business Shoutouts



Winter Uniform Orders

Academy Uniforms have advised that their Springvale store is open. They are located at 2/810-818 Princes Highway, Springvale and their operating hours are Tuesdays and Thursdays 09:00am – 5:00pm and Saturday mornings 09:00am – 12:00 noon.

They are currently recommending that you visit sooner rather than later given that students will re-commence returning to school from Tuesday 25th May.

They are fully stocked and adhering to social distancing and disinfecting all surfaces between sales. There are currently no queues so get in early for a better chance at being served immediately and keep in mind that this will change the closer it gets going back to School. And remember that on-line ordering is available at all times!



To order online follow the procedures below:

ORDER ONLINE

Our Stores

Where do I shop for my school?

Select your school below to see which stores are available to you.

-- Select Your School --

Alternatively you can order over the phone on 9574 1314 or you can order online via <https://www.academyuniforms.com.au/>

Select "**ORDER ONLINE**"

Choose "St. Justin's" from the drop down list

Enter the Password "Wheelers Hill"

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Run Around Australia

Wow St Justin's students, WOW!!! What an amazing effort!!! We're almost as far north as we can go before heading west!!! Check out our progress on the map below..

And as if that isn't enough, we have included a letter which has been sent from the owners of the caravan part that we are "staying in" for this stop. No this is not a joke!

So let it be known Mr Torpey, that the students of St Justin's have accepted the staffs challenge, now lets see what you can do!

**St Justin's Community
goes Running around Australia!**

Week 2

This week we have travelled 2,263.77 kilometres and crossed the NSW/Qld border (without requiring the 14 days quarantine), passing both the Gold Coast and Sunshine Coast.

We drove past Palm Cove and have arrived in the small mining town of Mount Carbine in Far North Queensland. The hamlet of Mount Carbine is surrounded by mountains and it is a good place to stop and recharge on the way to Cooktown or Cape York. It has a population of only 101 people! Our only option is to stay at the caravan park (but at least there are cabins) and we'll be able to hang out with the locals in the pub or roadhouse. Beauty abounds though with lots of bush walking opportunities, sightseeing some of the 160 species of birds that inhabit the area and fossicking in the bushland I think a few of us are hoping we hit a larger town next time.

| | | |
|--------------------|-----------------|----------------------------|
| Prep J = 139.8 kms | 2M = 239.15 kms | Grade 4 total = 110 kms |
| Prep Z = 253 kms | 2D = 153.85 kms | Grade 5 total = 264.45 kms |
| 1WM = 114.8 kms | 3SS = 214 kms | Grade 6 total = 468.42 kms |
| 1X = 71.3 kms | 3W = 125 kms | Staff = 110 kms |

Can our St Justin's Community make it around Australia by the end of Term 2?
C'MON EVERYBODY- LET'S GET ACTIVE AND DO THIS TOGETHER!!!

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Hello St. Justin's school community from Mount Carbine,

The Mt Carbine Tableland is a plateau located in Far North Queensland (FNQ) and part of the Great Dividing Range. The community of Mt Carbine is located 135kms north of Cairns on the inland road called the Mulligan Hwy which heads towards Cooktown and Cape York. In the township of Mt Carbine there is a hotel, small roadhouse, caravan park and a little village called Brooklyn Village Estate which used to be the old mining town centre. A small creek called Manganese Creek runs through the middle of town usually running for six months of the year. Mt Carbine has a population of 101 (approx.) with Maryfarms a little community 7kms to the south included in these figures.

In the past Mt Carbine had a much larger population due to the main industry of mining in the area. This included Wolfram (tungsten) and gold. The tungsten mine reopened last year and works along side the quarry. There are a number of privately owned small gold mines around the area. Otherwise the main local industry is farming, mainly cattle or tourism during the dry season for those heading to Cape York.

The climate at Mt Carbine is interesting. While we are extremely close to rain forest and the Great Dividing Range we find ourselves in a rain shadow and hence have a dry savannah climate. This means that we experience a little of everything but typically two seasons – the wet season (Nov to April) and the dry season (April to Nov). The rainfall per year is significantly lower than that experienced by our neighbouring communities 30kms down the road due to the 'rain shadow' effect. If we get 1000mm in a year we have done really well!

Due to the close location to the rain forest and yet being dryer than the surrounding areas we have some fabulous wildlife. In particular there is the 'Carbine Barred Frog' which is unique to this area. Mt Carbine also has a huge variety of birds some of which are seasonal like the Koel (also known as the storm bird) while others like the great bower bird, tawny frogmouths, apostle birds, pale headed rosellas, sunbirds to name a few are here year round. Other wildlife includes agile wallabies, a variety of snakes, lizards, spiders, butterflies, moths, dingos, native rodents, frogs, toads, stick insects, beetles etc and of course being in FNQ most are BIG!!

Then with the great array of animals and insects comes the wonderful plant life with lots of tropical fruits and beautiful flowers. Last year a new fungi was also discovered here at Mt Carbine!

So while Mt Carbine maybe be small now there is lots of history and some truly beautiful and amazing things to see. 😊 Please do come and visit us for real if ever you get the chance!

Take Care, Nikki, Owner, Mount Carbine Caravan Park

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DISCO

ST. JUSTIN'S STUDENT DISCO

STAY TUNED FOR DATE & DETAILS



BE KNOWN

AT NAZARETH

CATHOLIC CO-EDUCATION

VIRTUAL

SCHOOL TOURS

Explore the difference a Nazareth education provides

Join us virtually via zoom video conferencing to experience Nazareth College. You will hear from our Principal, Mr Sam Cosentino, as well as have the opportunity to ask questions and discuss important aspects of the College with key members of our staff.

26 MAY

**Tuesday
10am**

28 MAY

**Thursday
2pm**

3 JUNE

**Wednesday
12pm**

Register at

<http://www.nazareth.vic.edu.au/enrolments/virtual-school-tours/>

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