



NEWSLETTER

St Justin's Parish School

Principal: Mr Patrick Torpey

Email: principal@sjwheelershill.catholic.edu.au

Bulletin No 27

Friday 28th August 2020

Dear Family and Friends,

Thank you for all your support during our remote and flexible learning.

In this week's Gospel, Matthew (16:21-27) reminds us of Jesus' invitation to "Take up your cross and follow me". Our "cross" can often be considered the burden and suffering in our lives and when we suffer, thoughts of others rarely come to mind easily. However, it can be consoling to keep our suffering in context and know that we are not facing it alone.

Carrying our cross is not just about bearing physical, personal or emotional pain; it can also be in the sharing of our gifts and talents, our love and compassion. Following Christ's example, we are called to share our gifts heroically with anyone in need.

And while we are invited to take up our cross and follow Jesus, we never do it alone. If we have the eyes to see it and the humility to accept it, Christ, literally, hangs in there with us every step of the way.



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THURSDAY 10TH SEPTEMBER

Mind, Body & Soul Day

9:30am Google Meet
Then two Mind, Body & Soul Sessions
Session 1 - 10:00am-10:30am
Session 2 - 11:00-11:30am
Keep a lookout for the Google Meet Codes!

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St Justin's School Digital Disco

On Wednesday 9th September between 12:00pm – 12:30pm, the Parents and Friends and SRC Members are organising a Digital Disco. The disco will be conducted online via Zoom – instructions are attached and more details will follow. Get your dance gear ready.

A message from the Digital Technologies Leader:

Congratulations everyone on your amazing ability to adapt to a new way of learning during this COOL period. You have been using Google Classroom and Seesaw like absolute rockstars and I am very impressed with the work I am seeing online!

I would however like to just give a quick reminder to everyone about keeping our devices safe at all times. As we become more relaxed with technology we can find that accidents and damage start to happen at home.

Let's remember some of these main safety precautions:

- *Keep all devices off the ground*
- *Make sure chargers aren't left on the floor to be stood on*
- *Keep your device on a flat and stable surface, like a table, not a bed or couch.*
- *Keep iPads in their protective covers and strap Chromebooks back into their cases when you have finished using them*
- *Don't put anything else into the Chromebook case with the device (like the charger) as this can put too much pressure on the screen and damage it*
- *Don't put anything inside or on top of your device as it can damage the screen*
- *Hold your device with two hands while walking and never carry it by the screen*
- *Treat it as precious property, because they are very expensive to fix!*



Keep up the great work everyone and I look forward to seeing you all when we return!

Mrs. Wickens

SRC Meeting

On Wednesday we held an online SRC Meeting. Each class were asked to feedback on three questions:

- *What are you enjoying?*
- *Even better if?*
- *What are you looking forward to?*

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Whilst we had a variety of responses from each class, the overwhelming thing that students were looking forward to is getting back to school and seeing their friends and teachers. Hopefully we won't have to wait much longer.

WHAT ARE YOU ENJOYING?	EVEN BETTER IF?	WHAT ARE YOU LOOKING FORWARD TO?	
Sometimes we get to finish school earlier because we've done our work at home	Science activities - experiments	Art	Mr Torpey's jokes
Being able to do our work when we want instead of following or school day timetable	Talking to our friends more	Going back to school and seeing friends	Coming back to school and seeing friends and teachers
Being home / seeing family everyday	Spending some more time with our teachers and friends	Doing library	Our Inquiry Project
Google Meets so work can be explained	Learning laptop and mouse skills	Next SEL lesson	Back to our sporting activities
Able to connect with our peers online	Work with our friends more	Going back to school	Lower Coronavirus cases so we can come back to school and do more stuff
The independence of the home learning program	Theme days - dress up	Music activities	Maybe being able to go on Camp in Term 4
The diversity of our home program-it's not what we are used to	If we do more art	Sport	Spending time with teachers & talking
Small group focuses that allow us to explore new learning	We were at school together	Breaks- recess and lunch	Seeing family
Exploring new and different online working spaces	No Google Meets	Hanging out with friends	Corona being over
The independence of online classes	Stay longer on the Meet and complete work	The new playground	Sport
Speaking to each other through our Google Meet calls	No instructional videos	Being in the classroom	Seeing our friends again & playing outside with them (on the basketball courts/oval)
The opportunities to interact with our peers through group assignments	Google Meets were later	Playing on the playground	Meeting the teachers & students (if you're a new student)
Getting outside and enjoying PE ✓	Shorter instruction videos	SEL lessons and putting that into action e.g. being kind	Being able to work with our teachers in person
Enjoying the SEL activities ✓	Teachers stay online for longer to help us with any work	Theme Days	Being able to socialise in person
Spelling - Practising words	More group activities/ projects to communicate with peers more often	When we go back to school	Teachers guiding us with our work
Our parents can help teach us	Less screen activities, more real life/ paper activities	Getting less work	Going outside more during the day
Maths - learning about 3D shapes ✓	We could have a meet where we just talk to our friends casually	Seeing friends	Returning to school for an amazing last term at St Justin's with my classmates, teachers and buddies
Reading - The Enchanted Wood		Go back to school	Being able to interact with our classmates and buddies once again when we go back to school
Spending time with my family		Show and tell	
Being able to do my work outside		Playing with friends	
Celebrating birthdays together online		Coronavirus ending and seeing friends	
Being able to finish my work later in the day		Having birthday parties	

Mind, Body, Soul Day



On Thursday 10th September (Week 9), St Justin's will be holding a Mind, Body and Soul Day. This day will be an opportunity for self-care, reflection and fun! The importance of a positive sense of mental wellbeing - a healthy and happy mind, has never been as important as it currently is, for adults and children alike. This day will give students the opportunity to participate in workshops run by different teachers in a whole range of areas aimed to feed the mind, body and soul, including arts and crafts, storytelling and physical activities, just to name a few!

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Students will have their daily Class Google Meet at 9.30am during which their teachers can undertake daily administration tasks and remind students of their chosen activities. Children will participate in two sessions during the morning, from 10-10.30am and 11-11.30am. Google Meet codes will be provided for each activity. The afternoon will be free for them to engage in activities they choose that will bolster their sense of calm and wellbeing and nourish their minds, bodies and souls! There will be no assigned classwork for this day and classroom teachers will not be providing feedback.

Please take some time to look at the Activity List below and discuss with your child the activities they might like to participate in. We look forward to this being a re-energising and reinvigorating day for students and staff alike!



STAFF NAME	ACTIVITY	RESOURCES STUDENTS WILL NEED
Mrs Lutgens	My Jar of Sparkly Thoughts- affirmations jar (Grades 3-6)	Paper scissors Textas, pens, pencils Jar or box with a lid
Mrs Scandizzo	Going on a picnic (Game/riddle)	
Mrs Xanthis	Meditation (Grade Prep-2)	A quiet space
Mrs Wood	Kahoot - General Knowledge (Grade 2 to 6)	TWO devices (one to see the questions and one to see the answers) ... Either Chromebook with split screen <u>OR</u> Chromebook + iPad/iPhone
Miss Harvey	Meditation & yoga session (Grade 3-6)	A yoga mat (if you have one) Pillow/cushion to sit on Water bottle
Mrs Slonim	Spoonville: create a Spoonville community (all year levels)	Wooden Spoon, plastic spoons, any art and craft material to decorate the spoons, permanent markers
Mrs Deegan	Garden mandalas	A collection of garden materials eg leaves, flower petals, twigs, stones,
Miss Jones	Guided drawing	Paper, coloured textas/pencils/ crayons
Mrs Melenhorst	Online drawing & design (Grade 3-6)	Their Chromebook. My email: amelenhorst@sjwheelershill.catholic.edu.au
Mrs Riddiford	Name the Song and Artist Music Quiz (Grade 3-6)	Pen and paper
Mr Johnson	Lounge room workout	Water bottle

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Miss Dalach	Lego Build Challenge	Lego
Mrs De La Haye	Aerobics	water bottle
Mrs Braybrook	Scattergories Game (Year 3-6)	paper , pencil/pen
Mrs Wickens	Dance	
Mr Mosele	Tennis Racquet/ball skills	Tennis racquet, tennis ball, water bottle
Mrs Snell	Sports Trivia (Year 2-6)	Pencil and paper
Mrs Correlje	Virtual Disco	
Miss Leung	Science experiment - making space ice-cream	Requires: 1 cup of milk, 2 tbsp sugar, ½ tsp vanilla essence, 3 cups of ice, ⅓ cup salt, small ziplock bag, medium ziplock bag & tea towel
Mrs McGrath	Story and 'Make your own Mask' Art activity (Prep - Grade 2)	Two pieces of white paper, colour pencils/textas/crayons, sticky tape or stapler, scissors
Mr Farrelly	Run and Jump	Require either: <ul style="list-style-type: none"> • a small area to run in the backyard • a skipping rope
Miss C	Gratitude Tree	Paper, colour pencils/textas/crayons, leaves from garden
Mrs Skues	AUSLAN sign language (alphabet, basic conversation skills)	Whiteboard, whiteboard marker and eraser



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“ Look how much you've already managed to adapt to. Look how resilient you've already been. There's no "right" way to respond to this because it's never, ever happened before. Give yourself some credit. ☆ There's no one in the whole world who has this figured out yet. So it's absolutely okay if you don't either. ♡ ”

We've been at this Online Learning business for 7 weeks now - it's hard to believe really! There have been many challenging times and days when I'm sure we've just wanted to give up - parents, students and teachers alike, but we keep going because that's who we are - we are determined and we believe in the power of positivity.

That being said, we have 3 more weeks left of Term 3 before the bliss of well-deserved holidays and we can all use some fresh tips and ideas to keep ourselves motivated and on task. Below are some links to great resources to help manage learning time and some tools that might come in handy also.

Interventions for Students who Struggle with Time Management

Clipart by Kate Hadfield & Sarah Pecorino

www.thepathway2success.com

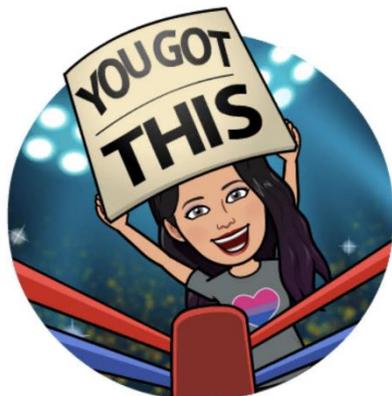
Pathway 2 SUCCESS

			
Practice estimating time to complete tasks	Make checklists and prioritize tasks	Keep a daily schedule posted	Use a visual timer during working sessions
			
Practice what it means to "pace yourself"	Give time warnings before transitions	Teach, practice, and discuss routines	Teach how to reflect during work sessions
			
Identify and reduce distractions	Practice strategies for moving on when stuck	Teach how to maximize downtime	Teach skills for staying organized and tidy

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[Family Education - At home learning resources](#) - lots of information around developing daily schedules and positive working habits to get to the end of Term 3 online learning!

[Online Stop Watch - Sensory Timers](#) - great countdown timers that don't make a lot of noise!



WE GOT THIS!



From: Mrs Skues

and

Miss C

CAMP Australia

Those requiring the services of Out of School Hours Care (OSHC – Camp Australia), either Before School Care: 7:00am-8:45am and/or After School Care: 3:30pm-5:30pm (please note new time), are asked to book via Camp Australia the week before or let me know. Whilst Camp Australia are happy to continue the service, they will operate on a needs basis only. Any issues please let me know.



BOOK CLUB – ISSUE 6

Issue 6 of Book Club is again available exclusively online.

The catalogue can be accessed here – <https://www.scholastic.com.au/media/5667/bc-620.pdf>

Orders can **only** be made via the LOOP platform ([scholastic.com.au/LOOP](https://www.scholastic.com.au/LOOP)) and will be shipped to your home address.

PLEASE NOTE – NO BOOK CLUB ORDERS ARE ABLE TO BE SENT TO THE SCHOOL

The closing date for Issue 6 orders is: **Friday 4th September.**

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Dates Ahead

Wednesday 9th September *Digital Disco (12 noon)*
Thursday 10th September *Mind, Body & Soul Day*
Friday 18th September *Term 3 finishes*



Kitchen Garden Program

Many of the year 5 students enjoyed curry puffs (vegetable samosas) for lunch on Tuesday as they followed the recipe in this week's Kitchen Garden program. Inspired by the country of India, students were led to understand more about the use of spices in cooking. Using a mortar and pestle, plants and seeds are ground down, to create a paste or powder to add richness to cooking.

 <p>Gian</p>	 <p>Adrian</p>	 <p>Michael</p>
	 <p>Monique</p>	 <p>Sophie</p>

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Students were also led to explore how this grinding of seeds and plants is not a new concept, and not just done since the creation of the modern day mortar and pestle. Many years ago, stones would have been used for this purpose. There is historical evidence in a country town in the middle of Victoria called Donald where a stone was found and used for this purpose by the local Aboriginal community.

Trivia Fact: Donald is the town where Mrs Deegan was born!

This grinding stone (mortar) was used by Aboriginal people to grind or crush different materials such as berries and seeds for food production. In order to grind material, a smaller upper stone (the pestle) would have been used to grind material against this lower stone (the mortar). The stone was found by a farmer on land south of Donald in the 1950's and was used as a door stop in the family home for many years. In the 1990's the stone was used by the farmer's granddaughter at her home at Swanwater West, to hold the lid down on an above ground swimming pool skimmer box.



Source: <https://victoriancollections.net.au/items/4f72bf8b97f83e0308606be2>

With some lovely weather predicted over this weekend after this week's rainfall, there should be some plants sprouting up all over the place. We would love to see what is growing in your backyard - please share any photos with me at: adeegan@sjwheelershill.catholic.edu.au



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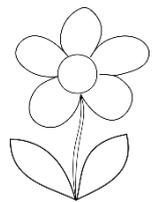
Earth Overshoot Day

Earth Overshoot Day fell on August 22 this year. This marks the date when humanity has exhausted nature's budget for the year. For the rest of the year, we are maintaining our **ecological** deficit by drawing down local resource stocks and accumulating carbon dioxide in the atmosphere.

Mandy from the Dolphin Research Institute explained this concept of overshooting the Earth's resources in her weekly chat with the Marine Ambassadors. As Mandy explained we have improved since last year but obviously that is due to the lockdown the world is experiencing and reduced use of resources and emissions. It just goes to show though that if we reconsider our actions we can have a positive impact on our planet and ensure there is enough for everyone forever. We just need to explore how we can change some of our behaviours. I encourage you to visit overshootday.org and learn more about the impact of human actions on the environment.

Spring is coming....

Next Tuesday is the 1st of September - and the beginning of Spring! I am sure we are all looking forward to a bit of warmer weather and getting out into the garden.



SET FOR DIGITAL DISCO SUCCESS

Before the event:
Your school will send you a unique Zoom Join Link and Zoom Password. Keep these handy, you will need this on the day to join the Digital Disco. You may wish to install Zoom prior to the day - visit <http://zoom.us> to download for free.

10 - 15 minutes before your disco starts

Step 1: Join the Disco by clicking the Zoom link. Zoom will install and you will be prompted to list your name and an email address, followed by the password (school provides this).

Step 2: Test your audio. The KDP Crew will be playing warm up tracks so you can test your volume. For extra volume try streaming your device to a Smart TV using Apple TV, Google Chromecast or a HDMI Cord. If this isn't possible you may like to connect the device to an external (or Bluetooth) speaker.

Step 3: Make space. You'll need plenty of space on your home dancefloor so you can join in the disco dancing.

Safety Note:
To ensure the safety of all who join, this event is a one-way stream for students. This means they will see the DJ but the DJ will not be able to see or hear them. When inputting personal data feel free to use a pseudo name but you will need to put a valid email address to join.

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SACRED HEART GIRLS' COLLEGE

INTERACTIVE LIVE CHAT



Please register to join us in an online interactive Live Chat with our Principal, Christopher Dalton and members of our leadership team. Gain insight into our College community and have your questions answered.



OUR LIVE CHAT SESSIONS
WILL BE HELD ON:

Tuesday 8 September 10.30am
Wednesday 16 September 10.30am
Monday 5 October 5pm
Tuesday 6 October 10.30am

Register now by visiting

www.shgc.vic.edu.au

For further queries, please contact Stefanie Perri, College Registrar and Community Relations & Development Manager
registrar@shgc.vic.edu.au or on (03) 9568 5488



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.

8 SEPTEMBER

**Tuesday
5pm**

9 SEPTEMBER

**Wednesday
2pm**

10 SEPTEMBER

**Thursday
10am**

5 OCTOBER

**Monday
12pm**

6 OCTOBER

**Tuesday
7pm**

7 OCTOBER

**Wednesday
5pm**

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

Applications for Year 7 2022 Close 9th of October 2020

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Dear Parents and Guardians of Grade 5 Students,

Nazareth College is aware that many of you have not had the opportunity to visit our campus, in person, due to the ongoing situation.

The closing date for applications for enrolment for Year 7, 2022 is fast approaching, Friday 9 October 2020.

With this in mind, we wish to extend an invitation to you to visit us virtually.

Our Virtual School Tours are held via Zoom and include:

- A Welcome Address from the Nazareth College Principal – Mr Sam Cosentino;
- A Community Video featuring students, parents and teachers;
- A Q&A opportunity with Mr Cosentino and other key members of staff.

Virtual School Tour Date:

September

- Tuesday 8 September at 5:00 pm
- Wednesday 9 September 2:00 pm
- Thursday 10 September 10:00 am

October

- Monday 5 October at 12:00 pm
- Tuesday 6 October at 7:00 pm
- Wednesday 7 October at 5:00 pm

To register to attend please click the link below:

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

Each Virtual School Tour runs for approximately 1 hour.

We look forward to welcoming you and your family to Nazareth College virtually.

Yours sincerely

Mr Sam Cosentino
PRINCIPAL