



NEWSLETTER

St Justin's Parish School

Principal: Mr Patrick Torpey

Email: principal@sjwheelershill.catholic.edu.au

Bulletin No 28

Friday 4th September 2020

Dear Family and Friends,

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

A prayer for fathers on Fathers' Day:

*Fathers everywhere,
We honour you and wish to say
May God's blessings be with you
In a special way today*



We wish all of our dads, grandads and significant males a very special day on Sunday.

Happy Fathers' Day

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
Google Meet Codes are on Pages 2 - 3 of the
Newsletter

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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.

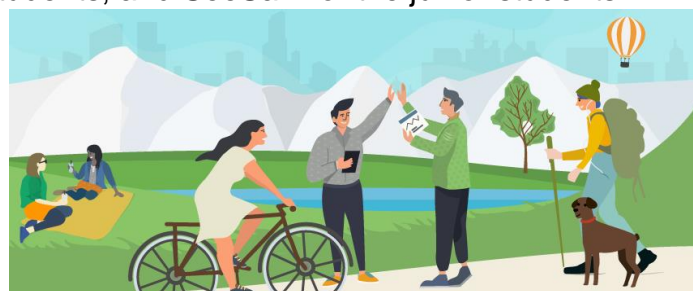
Mind, Body, Soul Day



Mind, Body, Soul Day

Planning and organising are well underway for the St Justin's *Mind, Body and Soul Day*, to be held on Thursday 10th September (Week 9). 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. Teachers are hard at work getting their activities ready for students, they are really looking forward to presenting workshops aimed to feed the mind, body and soul.

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 have signed up for two activities, Session 1 will run from 10-10.30am and Session 2 will be from 11-11.30am. Google Meet codes for each activity can be found in the table below. These will also be present on Classroom for the middle and senior students, and SeeSaw for the junior students. The afternoon will be free for students 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 make sure your child has all the resources required for their chosen activities. We look forward to this being a re-energising and reinvigorating day for students and staff alike!

STAFF NAME	ACTIVITY	RESOURCES STUDENTS WILL NEED	GOOGLE MEET CODE
Miss Jones	Guided drawing	Paper, coloured textas/pencils/ crayons	sjwhgj
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.	sjwhll

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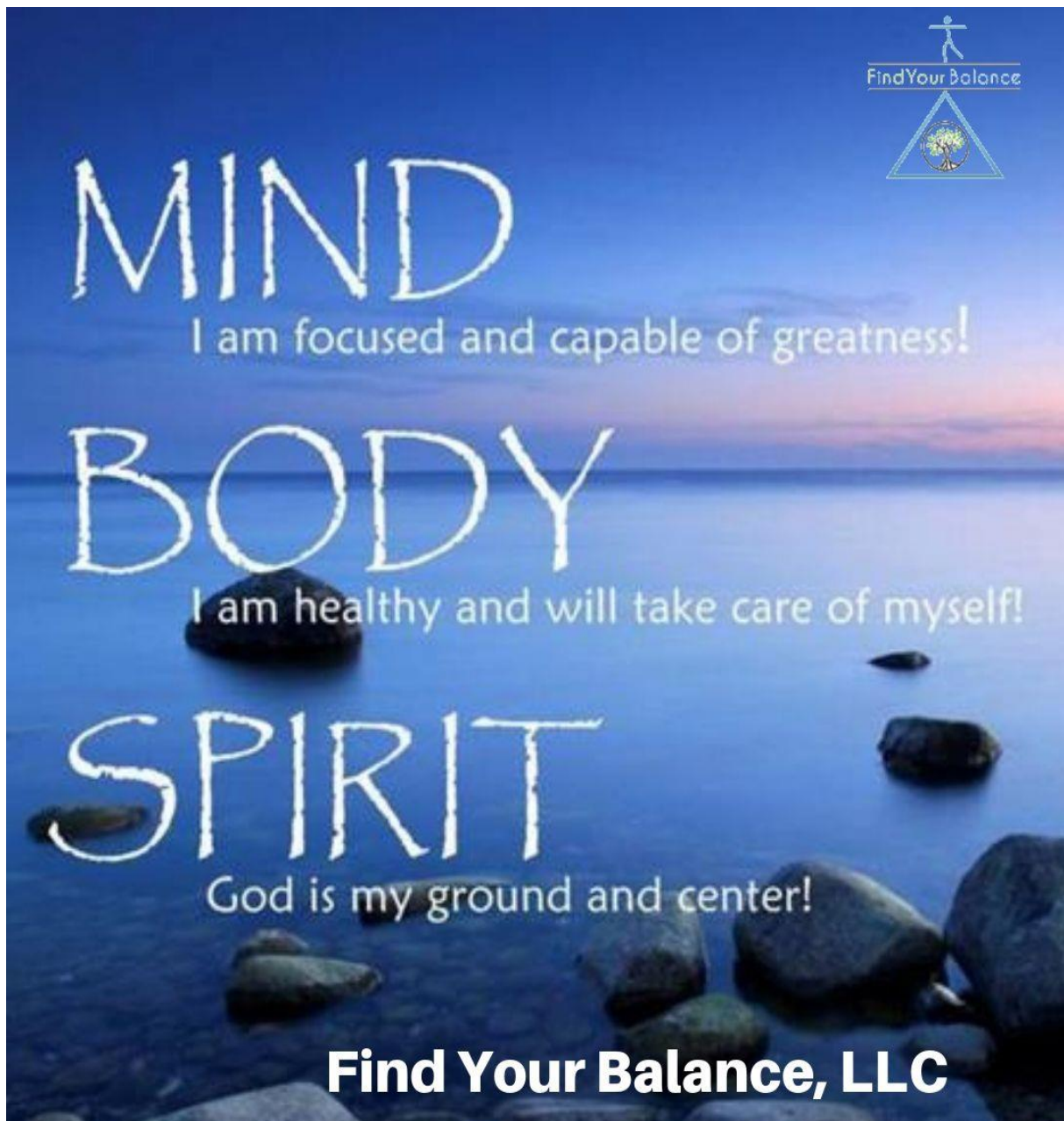
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Mrs Wickens	Dance		sjwhdance
Mrs Xanthis	Meditation Grade Prep-2	A quiet space	sjwh1x
Mrs McGrath	Story and 'Make your own Mask' Art activity Prep - Grade 2	Two pieces of white paper, colour pencils/textas/crayons, sticky tape or stapler, scissors	sjwh1wm
Miss Dalach	Lego Build Challenge	Lego	sjwh2d
Mr Mosele	Tennis Racquet/ball skills	Tennis racquet, tennis ball, water bottle	sjwh2m
Mrs Scandizzo	Going on a picnic (Game/riddle)		sjwhriddle
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	sjwh3w
Mrs Snell	Sports Trivia Year 2-6	Pencil and paper	sjwh3ss
Mrs Lutgens	My Jar of Sparkly Thoughts-affirmations jar Grades 3-6	Paper scissors Textas, pens, pencils Jar or box with a lid	sjwh4l
Mrs De La Haye	Aerobics	water bottle	sjwhrd
Miss C	Gratitude Tree	Paper, colour pencils/textas/crayons, leaves from garden	sjwhlc
Miss Harvey	Meditation & yoga session Grade 3-6	A yoga mat (if you have one) Pillow/cushion to sit on Water bottle	sjwh5hm
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	sjwhspoonville
Mrs Correlje	Virtual Disco		sjwhdisco
Mr Farrelly	Run and Jump	Require either: a small area to run in the backyard OR a skipping rope	sjwhrun
Mrs Braybrook	Scattergories Game Year 3-6	paper , pencil/pen	sjwh6db
Mrs Deegan	Garden mandalas	A collection of garden materials eg leaves, flower petals, twigs, stones,	sjwhgarden

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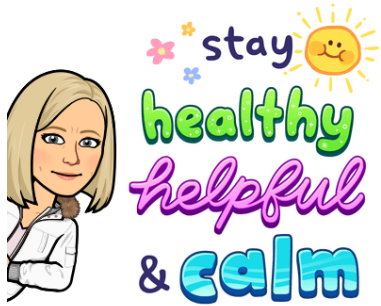
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Mrs Melenhorst	Online drawing & design Grade 3-6	Chromebook. My email: amelenhorst@sjwheelershill.catholic.edu.au	sjwhmrsm
Mrs Riddiford	Name the Song and Artist Music Quiz Grade 3-6	Pen and paper	sjwhmusicquiz
Mr Johnson	Lounge room workout	Water bottle	sjwhworkout
Mrs Skues	AUSLAN sign language (alphabet, basic conversation skills)	Whiteboard, whiteboard marker and eraser	sjwhls

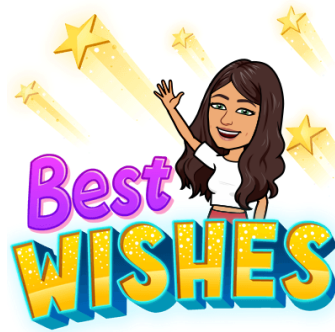


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Mrs Lutgens



Miss Leung

Covid-19 and this period of home learning has really highlighted the importance of addressing the Social and Emotional Learning needs of students, as well as their academic needs and requirements. Social and Emotional Learning (SEL) is the process through which children and adults understand and manage emotions, set and achieve positive goals, feel and show empathy for others, establish and maintain positive relationships, and make responsible decisions (CASEL, 2020). The rapid changes we have all had to adjust and adapt to, and the daily uncertainties we have faced in the past months have really shown the importance of developing strong social and emotional skills.

Below is a simple daily SEL challenge you might take on in your house, it will encourage talk and discussion around feelings and motivations.



Mrs De La Haye






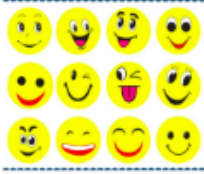

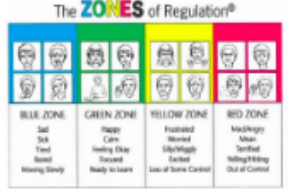
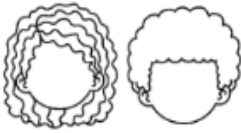





Mrs Xanthis

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The Daily SEL Challenge

<p>Create a calming corner or spot in your house with your favorite things.</p> 	<p>Write a journal entry about how you are feeling today.</p> 	<p>Self-love and self-compassion are important! List 5 ways you can be kind to yourself.</p> 	<p>Make a list of 15 kind things you can do for others.</p> 
<p>Do a mindfulness activity on GoNoodle Flow.</p> 	<p>Do something kind for someone. Write about how it made them (and you) feel.</p> 	<p>Write a kind note or letter to someone else. Take a picture of it or send an email.</p> 	<p>Teach your family about the Zones of Regulation. You can even create your own check-in.</p> 
<p>Draw a portrait of someone you know who is a leader. List the qualities that make them a leader.</p> 	<p>Email a teacher and thank them for all of their hard work.</p> 	<p>Spend time with a family member by watching a movie, playing a game or taking a walk together.</p> 	<p>Teach a friend or family member a skill or strategy you've learned.</p> 

Action for Happiness is a great resource that aims to do exactly what its name states - take action for a happier and healthier world! The calendar below has amazing daily actions to complete as part of a self-care routine. The link below will take you to the previous month's calendars, which all have a different theme and some amazing daily actions you can take.

Mrs Scandizzo



[Action for Happiness](#) (Click on this link and save their monthly self-care calendars!)

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ACTION CALENDAR: SELF-CARE SEPTEMBER 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 7 Remember it's ok not to be ok. We all have difficult days	1 Remember that self-care is not selfish. It's essential	2 Be willing to share how you feel and ask for help when needed	3 Free up time in your diary by cancelling any unnecessary plans	4 Forgive yourself when things go wrong. We all make mistakes	5 Plan a fun or relaxing activity this weekend and make time for it	6 Focus on the basics: eat well, exercise and go to bed on time
14 Talk kindly to yourself like you would to someone you love	8 Notice the things you do well today, however small	9 Avoid saying 'I ought to' or 'I should' to yourself	10 Give yourself permission to say No to requests from others	11 Aim to be good enough, rather than perfect	12 Let go of being busy. Allow yourself to take some breaks today	13 Make time today to do something you really enjoy
21 Remind yourself that you are loved and worthy of love	15 Find a caring, calming phrase to say to yourself when feeling low	16 Notice what you are feeling today, without any judgment	17 Leave positive messages for yourself to see regularly	18 Don't compare how you feel inside to how others appear outside	19 Get active outside and give your mind & body a natural boost	20 No plans day - make time to slow down and be kind to yourself
28 Accept your mistakes as a way of helping you make progress	22 Look at photos from a time with happy memories	23 Let go of other people's expectations of you today	24 Ask a trusted friend to tell you what they like about you	25 Release yourself from inner demands and self-criticism	26 Find a new way to use one of your strengths or talents today	27 Take your time. Make space to just breathe and be still

Self-care is not selfish. You can't pour from an empty cup

ACTION FOR HAPPINESS

www.actionforhappiness.org

Keep Calm · Stay Wise · Be Kind

Learn more about this month's theme at www.actionforhappiness.org/self-care-september

Mrs McGrath



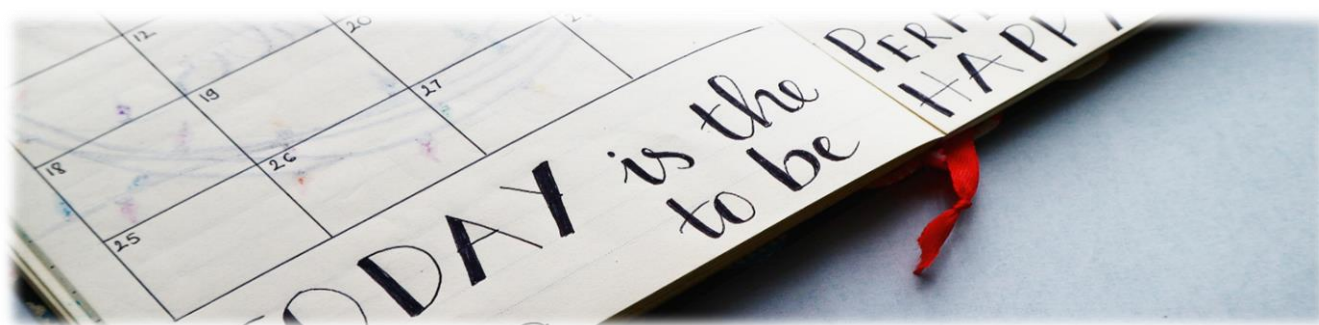
CAMP Australia

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.



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Dates Ahead

Sunday 6 th September	<i>Father's Day</i>
Wednesday 9 th September	<i>Digital Disco (12 noon)</i>
Thursday 10 th September	<i>Mind, Body & Soul Day</i>
Monday 14 th September	<i>Year 6 Leadership Day</i>
Tuesday 15 th September	<i>Parents and Friends Meeting (Zoom)</i>
Friday 18 th September	<i>Term 3 finishes</i>



Kitchen Garden Program

Spring has sprung!! What a delightful time to be in the garden! At school the garden beds are showing signs of growth with many of our vegetables enjoying the burst of sunshine after recent rain. In particular, our broccoli is showing off quite proudly!



This week the year 5s have shifted their focus to Father's Day. A selection of delicious treats on offer to be made this week including rocky road, chocolate chip cookies and chocolate rum balls (minus the rum!!). Though these recipes were distributed to the students early on Tuesday morning, by Tuesday afternoon we already had 5 students share their creations! This is so pleasing. By the looks of these photos there will be some delicious treats eaten this week, and not just by the dads.

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Alex A



Leah D



Gian R

Monique T



Grace R



Sophie H



The challenge for the garden this week was to create a garden treasure hunt for the family to participate in but made with dad in mind. Students were asked to write ten clues using plants and other garden items that would lead dad on a treasure hunt. The students have been very creative with their clues. This activity was a great way for them to become more familiar with what is in their garden, the names of plants, and see the garden as a place in which to play and enjoy.

Some excerpts from students' work include:

Find your clue at the water snake (The garden hose)

Go to the small desert for your next clue (It will be in the sand pit)

National Wattle Day

The first of September marks the beginning of a new season - Spring. It is also National Wattle Day. Wattles have long had special meanings for Australians and in 1988 the Golden Wattle (*Acacia pycnantha*) was officially gazetted as Australia's national floral emblem.

The resilience of wattle represents the spirit of the Australian people. In recent times, the golden wattle has been used as a symbol of remembrance and reflection.

We celebrate National Wattle Day because:

- Wattle is our national floral emblem. It is a symbol that comes directly from our land.
- Wattle is a unifying symbol for all Australians and represents us all.
- Like our people, wattle has great diversity, with more than 1060 species.
- Wattle is ideally suited to withstand Australia's droughts, winds and bushfires.
- Wattle welcomes in the Spring and is among the first plants to regenerate after fire, demonstrating its resilience.
- Australia's national colours of green and gold are those of the Golden Wattle in flower.



Wattle is a symbol of unity and resilience


- we need both to get through these difficult Covid-19 times.

Friendly reminder - Sun protection times have already started

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Although it may still be cold, Victoria's UV levels are on the rise so please check the daily local sun protection times to see when you need to be SunSmart. The **sun protection times** are a forecast from the Bureau of Meteorology for the time of day UV levels are forecast to reach 3 or higher in your location. At these levels, sun protection (hat, clothing, sunscreen, shade and, if practical, sunglasses) is recommended for all skin types.

SUN PROTECTION and the UV INDEX										
Low		Moderate			High		Very High		Extreme	
UV INDEX	UV INDEX	UV INDEX	UV INDEX	UV INDEX	UV INDEX	UV INDEX	UV INDEX	UV INDEX	UV INDEX	UV INDEX
1	2	3	4	5	6	7	8	9	10	11+
SUN PROTECTION NOT REQUIRED		SUN PROTECTION REQUIRED								
Unless outdoors for extended periods, or near reflective surfaces such as snow or water.		Wear sun-protective clothing, a broad-brimmed hat and sunglasses. Apply SPF30+ sunscreen to any unprotected skin. Seek shade.								
										

Sun protection times are available via:

- the free [SunSmart app](#)
- the free [SunSmart widget](#) (add it to your service's website)
- the Bureau of Meteorology website's [UV and sun protection page](#)
- [MyUV](#)



WWW.KIDSDISCOS.COM.AU

@KIDSDISGOPARTIES

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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**OUTDOORS
NON-CONTACT**

PLAY CRICKET!

MAZENOD CRICKET CLUB

Kernot Avenue, Mulgrave 3170

Seeking all boys and girls from 6 to 15 years old
Specialised coaching from senior players

Master Blaster program (6-10 years old) - \$50

Super7s (8-10 year olds) - \$50

Juniors (10-15 years old) - \$210

Enquiries: mocccjuniors@gmail.com



JOIN A TEAM NEAR YOU TODAY

PLAY CRICKET

**PROUDLY
PRESENTED BY**





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



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