

Dates to Remember

JUNE

Friday 28th Last Day Term 2

JULY

2:30pm finish

Monday 15th First Day Term 3

P & F Meeting 9am

Tuesday 16th Footsteps Dance

Incursion

Tuesday 23rd Footsteps Dance

Incursion

Parent Teacher

Interviews

Wednesday 24th Life Education Van

Thursday 25th Life Education Van

Parent Teacher Interviews

Tuesday 30th Pilgrimage Mass

Grade 5

Footsteps Dance

Incursion

Wednesday 31st Whole School

Mass 10:15am

AUGUST

Tuesday 6th Footsteps Dance

Incursion

Monday 12th School Closure Day

Tuesday 13th Footsteps Dance

Incursion

Thursday 15th Feast of the

Assumption Mass

Monday 19th Junior Excursion

Tuesday 20th Footsteps Dance

Incursion

Friday 23rd Book Week Dress up

TBC

Tuesday 27th Footsteps Dance

Incursion

Thursday 29th KSC visit to Grade 6

2pm

Friday 30th Fathers Day Stall

St Joseph's Primary School

1-3 Bridge St Korumburra Vic 3950

Ph: 56552040

Email: principal@sjkorumburra.catholic.edu.au

Thursday 27th June 2019

Dear Parents/Guardians,

As parents we all experience that moment when we just want to rescue our child/ren and ensure that they don't experience difficulty or hardship in life. Unfortunately reality is that as we move through life we all experience difficulty and hardship. I recently came across the following information in an article from Michael Grose who is one of Australia's leading parenting educators.

Few right-minded people want children or young people to experience hardships or difficulty. However growing up generally means that kids will experience their fair share of hardships, frustrations and challenges which lead to uncomfortable feelings.

Exercising their discomfort muscles

Tolerating discomfort is an important resilience skill. It refers to an ability to sit with an uncomfortable or emotionally painful feeling such as disappointment, apprehension, nervousness or fear. These emotions can be brought about as a result of not being picked for a team; getting lower than expected marks for an assignment; or going into new, unfamiliar situation such as school camp. These are the sorts of every day situations that can make some kids feel uncomfortable. It's helpful to think of discomfort as a 'muscle' that gets stronger with training. Each time a child or teen successfully tolerates discomfort they're reinforcing their ability to do so and cementing the knowledge that they can overcome emotional challenges.

Opportunities to practise tolerating discomfort

Opportunities for practice are plentiful and are found in common situations such as when a child or teen is: feeling hungry; wanting something they can't have; having to end screen time; contributing to household chores when they don't feel like it; missing out on a job interview; asking someone on a date or not receiving a party invitation.

It's not toughing it out

Tolerating discomfort doesn't mean toughing out an unbearable situation. It's teaching your anxious child to notice how they're feeling, naming their emotions, and practising acceptance of difficult feelings as they occur. This is done in the knowledge that what they're experiencing is temporary and that they're lovingly supported by a warm and comforting adult. Couple tolerating discomfort with social rewards (such as words of praise or shared fun activity) for coping behaviours and you're helping to build their personal resilience.

I would like to take this opportunity to wish you a safe and happy holiday break. Hopefully it is somewhere warm and sunny!

SEPTEMBER

Sunday 1st Father's Day Tuesday 3rd **Footsteps Dance**

Incursion

Tuesday 10th Footsteps Dance

Incursion

Wednesday 11th Whole School Mass 10:15am

Friday 13th **Division Athletics**

> Footsteps Whole School Performance

Friday 20th Last Day Term 3 2:30pm Finish

OCTOBER

Sunday 6th **Daylight Savings Starts**

Monday 7th First Day Term 4 Wednesday 9th Whole School Mass 10:15am

Tuesday 15th **Regional Athletics** Tuesday 22nd 2020 Foundation

Orientation

Wednesday 23rd 5/6 Bike Ed

Thursday 24th 5/6 Bike Ed

Grade 5 Mary MacKillop Discovery

Day

Wednesday 30th Whole School

Mass 10:15am

5/6 Bike Ed

Thursday 31st 5/6 Bike Ed

Winter Appeal

This year we received overwhelming support for our winter appeal, students not only enjoyed the fun of a pyjama day everyone contributed generously to the St Vinnies Winter appeal which was delivered during the week.



We thank you Lord, for this term. For the challenges, the successes, and the mistakes from which we have learnt.

Be with us as we spend our time with family and friends. Give us strength and courage to do what is right: to be witnesses of our faith.

Help us to be a practical Christian these holidays, to appreciate what

others do for us, to give time and effort to help others. To be peacemakers in our family.

Keep us safe in our activities; give us good rest and good fun. Bring us back refreshed and ready for a new term. We thank you for our classmates, teachers, parents And a community that cares for us. May we always be conscious our lives

Staffing

We welcome Miss Nicole Kennedy to our staff from the beginning of term 3 as our new Grade 2 teacher. Hannah Taylor will be taking maternity leave from Friday 2nd August.

Mrs Rachael Mullin will also be working in the grade 3/4 area on a Friday for Semester 2. We are currently advertising for a LSO to replace Eleanor.



First Eucharist and Eucharist Retreat

All Grade 4 students enjoyed a wonderful retreat day in preparation for the Sacrament of First Eucharist. Thank-you to Mrs Sherriff for organising this day and helping to prepare our students.

Congratulations to the children in Grade 4 who received their First Eucharist on Sunday.







Foundation/Year One We have been sharing Dr Suess books over the past few weeks. We made our Cat's in the Hat's and thought about what it would be like if the "Cat in the Hat" came to our



house. We wrote about our ideas.





NOVEMBER

Monday 4th School Closure Report Writing

Tuesday 5th Melbourne Cup Public Holiday

Wednesday 6th 5/6 Bike Ed Thursday 7th 5/6 Bike Ed

Junior Outdoor Ed

night

Monday 11th Remembrance Day

Wednesday 13th 5/6 Bike Ed Thursday 14th 5/6 Bike Ed

Friday 15th 2020 Foundation

Orientation

Sunday 17th School Fete

Wednesday 20th Whole School

Mass

5/6 Bike Ed

Thursday 21st 5/6 Bike Ed Wednesday 27th 5/6 Bike Ed

Thursday 28th 5/6 Bike Ed

DECEMBER

Tuesday 3rd Grade 6 Mary

MacKillop Orientation

Day

2020 Foundation Orientation

Wednesday 4th 5/6 Bike Ed

Thursday 5th 5/6 Bike Ed

Junior Athletics

Tuesday 10th KSC Orientation

Dav

Wednesday 11th 5/6 Bike Ed

Awards Night

Thursday 12th 5/6 Bike Ed

Friday 13th Grade 6 Bike

Testing

Grade 5 Meeniyan

Bike Hike

Grade 6 Graduation

Monday 16th Grade 6 Inverloch

Bike Hike

Tuesday 17th Grade 6 Inverloch

Bike Hike

Wednesday 18th End of Year Whole

School Mass 11:30am

Last day of school for students

Lightning Premiership

The Grade 5/6 football and netball team recently went to Mary Mackillop to participate in the lightning premiership. It was a fantastic day for everyone but especially so for Mrs Charlton and her netball team who won their event. Well Done everyone!









Assembly and Awards

Congratulations to all of our students who have received an award over the last two weeks. We hold assembly every Friday at 9am on the basketball court unless otherwise advised everyone is welcome to join us.







Chariot Challenge

Over the last few weeks during our STEM lessons, Year Five and Six students had to research and learn about chariots as they were used throughout history. They then designed and created a unique Sphero chariot using cds, wooden sticks, plastic cups, straws, paper clips, rubber bands and tape. Finally they created a program for the Sphero to navigate the race course.









Grade 2

In Grade 2 students were able to plan, think creatively and use different materials to construct shadow puppet characters using craft materials. Then they recorded, rehearsed and performed a shadow puppet performance to an audience.









Grade 5/6

Seniors have been working hard to complete their inquiry products, services and presentations.

Kenzie and Kate completed a very detailed and eye catching pandas fact sheet and model. Well Done girls. Alexis and friends made chemical free cleaning products and cosmetics which were tested and even safe to eat! Jack and Phoebe made a comic book. Ethan and Eddy Hams made a phone speaker doc. Cecily re created dolls and the list goes on.

Seniors also created books which they shared with their junior buddy.











Home Learning connection

Have a family message board where you can leave messages of the day's activities eg: Today we are going to Grandma's. Children can also write reminders or messages of their own to the family.

Last Day of Term

School finishes at 2:30pm tomorrow for the last day of Term, buses will run at this earlier time. Enjoy a nice relaxing break.



Friday the 28th of June Finish 2:30pm















