



## ST. JOSEPH'S PRIMARY SCHOOL

Principal: Mrs Kirsten Daly

4 – 8 Raymond Street,

P.O. Box 314, Orbost Vic 3888

Phone: (03) 5154 1289

Email: [principal@stjorbost.catholic.edu.au](mailto:principal@stjorbost.catholic.edu.au)

Term 4 Thursday 4th November 2021

# NEWSLETTER

Connecting teachers and parents.

**simon**  
**EVERYWHERE**

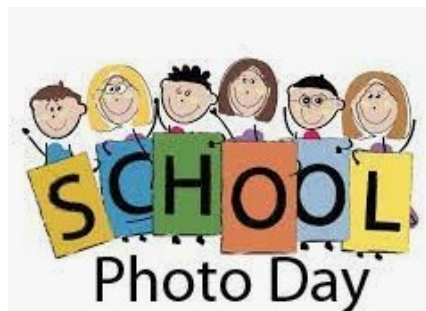
Simon Everywhere is the mobility solution for Simon Schools, delivering instant notifications to parents' mobile phones.



THIS TERM —St Joseph's Primary school will be embracing the times and hitting the technology button !!!! All parent messages, attendance's correspondence to and from the school will be able to be performed on the SIMON EVERYWHERE App  
**DOWNLOAD the APP NOW !**

## SWIMMING TOMORROW (FRIDAY)





Lunch orders will not be available



Monday 8th November 2021

Forms will be sent home today

# November 2021

Mon	Tue	Wed	Thu	Fri	Sat	Sun
1 	2 	3 	4 	5 Swimming NO LUNCH ORDERS	6	7
8 SCHOOL PHOTOS	9	10	11	12 Swimming NO LUNCH ORDERS	13	14
15	16	17	18 Casual Dress and Crazy hair Day	19 Swimming NO LUNCH ORDERS	20	21
22	23	24	25	26 Swimming NO LUNCH ORDERS	27	28
29	30					



**REMINDER :**

**Full School Uniform is  
required to be worn by all  
students**

Please contact Amanda at the office if you require new uniform from the Uniform Shop



## National Program

*Growing Harvesting Preparing Sharing*

### **Seasonal Savoury Muffins Makes: 24 muffins**

#### **Ingredients:**

**3 cups self-raising flour**

**½ tsp salt**

**¾ cup low-fat natural yoghurt**

**2 eggs**

**¾ cup sunflower oil**

**½ cup grated tasty cheese**

**1 cup seasonal vegetables**

**½ cup seasonal herbs**

#### **What to do:**

- 1. Preheat the oven to 180°C.**
- 2. Prepare all of the ingredients based on the instructions in the ingredients list.**
- 3. Add the flour and salt to the large bowl, then create a well in the centre of the flour.**
- 4. Combine the yoghurt, eggs and oil in the small bowl with the fork.**
- 5. Pour the yoghurt and egg mixture into the flour and gently stir to combine, adding the grated cheese, seasonal vegetables and herbs as you go (don't over-mix).**
- 6. Line the muffin holes with baking paper.**
- 7. Spoon the muffin mix into each hole, so they form a mound above the rim of the muffin hole.**
- 8. Set aside to rise for 5–10 minutes, then pop into the oven.**
- 9. Bake for 20–25 minutes, until firm to touch and golden.**
- 10. Cool for 5 minutes before turning out onto wire racks.**





Happy Birthday  
Hayley-Jade Martin



**DUE NOW !!**

**enrol now**

**Prep 2022 Enrolments are now open !!!**

Enrolment packs are available at the  
office .

Transition days for enrolled Prep students:

WEDNESDAY 10th November 9am –  
10.30am

WEDNESDAY 17th November 9am-  
10.30am

WEDNESDAY 24th November 9am-  
10.30am

# **ROCK UP TENNIS**

Orbost Tennis Club presents rock up tennis. With rock up tennis there's no sign up fee and you are not required to be there every week, just rock up when you want and pay as you play!

Where: **Orbost Tennis Club**

When: **Mondays from 7pm**

**Commencing November 8<sup>th</sup> 2021**

Cost: **\$3.00 per night**



Rock up tennis caters for **all abilities** and any fitness level.  
You are welcome to rock up and join in on the fun.

Would your child like a face mask with their name personalised on it? Personalised Face masks are available for purchase at the school office. \$5.00



Orbost Snowy Rovers Junior Football Club

Presentation Day

When: Sunday 21st November 2021

Where: Social Rooms, Lochiel Park

Time: 10.30am



Free BBQ for all players & family  
Soft drinks available

Term 4 each day the students will be given an opportunity to have 2 fruit breaks, this helps super-charge their brains and makes for a great day of learning, If you can send extra fruit for your kids for these brain breaks would be amazing!



## Sundays Prayer

Loving God, give me an insight into the motives for my actions. Let me recognise when I am acting for public approval and when I act under the gaze of your love. Led by your Spirit may I come to that integrity of heart that Jesus preaches. I ask this in his name confident that you will hear me

*School Fees are now  
due!*

School Banking Details  
for Direct Payments

Bank : NAB Sale

BSB : 083-879

Account : 69545 2766



BE PEN PALS WITH KENNY THE KOALA THIS LOCKDOWN

# WRITE A LETTER TO KENNY



Write a letter to Kenny, tell him what you have been doing. How is homeschooling going?

Drop your letter off at one of the following:

- Post to: **PO Box 465, Bairnsdale, 3875, VIC**
- Drop at: **Bairnsdale Advertiser Office  
65 Macleod Street, Bairnsdale**
- **DM a photo of your letter to our socials**



**PLEASE ADD YOUR RETURN ADDRESS AND KENNY WILL WRITE YOU A LETTER BACK!**

\*Letters may be published in Newspapers

## Join the Kenny Koala Club!

Name .....

Parent/Guardian Name .....

Address .....

Phone .....


Birthday .....

Fill in this coupon and send it to:  
Kenny Koala, PO Box 465, Bairnsdale 3875

\*Kenny Koala Club members must be in the age bracket of 3-12 years. You will be sent a 'Megastar of the Week' form for you to fill out and send in with a photo, so you will appear in the Kenny Koala Club. Please fill the form out clearly to avoid mistakes.

# Come join the fun!





## Building families' coping skills and resilience through proven, positive support

Children and young people who have been through difficult times like bushfires and pandemics, can greatly benefit from the right support to promote their emotional well-being and resilience. Giving practical and proven strategies to parents helps support the long-term mental health of children, teens and the broader community.

Thanks to funding from the Victorian Government, various Triple P – Positive Parenting Programs are being made freely available to families living in Alpine, East Gippsland, Mansfield, Towong, Wangaratta and Wellington regions. Here's a summary of what's on offer.

### Orbost Triple P Seminars (in person max 10 persons)

- **November 11<sup>th</sup> - Disaster Recovery Triple P Seminar** – specific skills for coping after a crisis
- **November 18<sup>th</sup> - Raising Responsible Teenagers** – encouraging good decision-making, respect, reliability
- **November 25<sup>th</sup> - Fear-Less Triple P Seminar** – helping children aged 6-14 years manage anxiety
- **December 2<sup>nd</sup> - Raising Resilient Children Seminar** – helping children develop optimism and coping skills

For more information, visit: [Free Victorian Triple P Programs](#)

#### Location & Time

- **Location:** Orbost Bushfire recovery Hub – 20 Ruskin Street Orbost Victoria 3888
- **Time:** All Seminars will run from 10.30am – 12.30pm
- **Dates:** Thursday 11<sup>th</sup>, 18<sup>th</sup>, 25<sup>th</sup> November and 2<sup>nd</sup> December 2021
- **Registration:** [Free Victorian Triple P Programs](#)

Please ensure that you abide by covid safe rules when attending. The Orbost Bushfire Recovery Hub can safely hold 10 persons in a covid safe environment, and this will be the maximum number of people allowed.

For more information.

**Darron Crocker**  
0477 304 381  
[Darron.crocker@triplep.net](mailto:Darron.crocker@triplep.net)  
Parenting Support Consultant

**Glyn Jones**  
0447 719 458  
[Glyn.jones@brv.vic.gov.au](mailto:Glyn.jones@brv.vic.gov.au)  
BRV Wellbeing Support Officer





# Webinar for Parents

of 2 - 12 year olds

A webinar for parents to learn simple strategies to reduce anxiety and build resilience in your child

**ENROL NOW!**

## NO SCAREDY CATS

This interactive webinar offers parents of 2-12 year-olds reliable and easy-to-implement strategies to help parents identify and challenge anxious behaviours and build resilience in their child.

Presented by Michael Hawton, MAPS. Held over 3 interactive webinar sessions

Thursdays 4<sup>th</sup>, 11<sup>th</sup>, 18<sup>th</sup> November 2021

From 6.30 - 8.45 PM AEST

Over 3 sessions you will learn to:

- Identify and combat your child's anxious behaviours.
- Learn simple strategies to reduce anxiety.
- Build resilience in your child for greater social and academic success.
- Improve your parenting confidence and family bonds.



Tickets on Sale

~~\$99~~ per person

**\$59**

*"Good for learning practical aspects of parenting regarding building resilient kids - All with a neat scientific background to assist in understanding."* RHEA, PARENT.

*"Very practical, user-friendly evidence based information to support parents, so they can better support their children."* TRACEY, SCHOOL PRINCIPAL

Join over 110,000 parents who have already participated in our courses

Recommended by child & family specialists

<https://www.parentshop.com.au/no-scaredy-cats-for-parents/>