

Term 3 Friday 20th September 2024

# NEWSLETTER



Caring for Self, Caring for Others, Caring for the Environment

*Principal's*

REPORT



Dear Families and Friends,

As we close the chapter on another exciting term, it's incredible to reflect on all that we've achieved together. From **Christmas in July** to **Book Week Parade**, our school community has shown resilience, creativity, and a true commitment to learning and growth. Parents, please ensure you are logged into your child/ren's Seesaw portfolio. Our teachers put in a great deal of time and effort to showcase the progress your child is making, and it means so much to them to see you actively engaged in their learning journey. As the school can monitor who is accessing Seesaw, we have noticed that some families are not yet logged in. To help, we have reattached, and emailed, the login codes for those who may need them. Please take a moment to connect, as your involvement is crucial to supporting your child's learning and development. Your interest plays an important role in their school experience and helps foster their growth and enthusiasm for learning.

## Open day

Tomorrow morning, 10am to 11am, we will be hosting an Open Day, which will coincide with our Footy Colours & Pie Day. There will be a variety of ball activities set up on the basketball court, including a handball target, with our students actively participating. Parents you are welcome to be involved during this time to help answer any questions, run activities, show visitors around, or simply enjoy a cup of tea and a chat.

## Book Fair

The Book Fair has come and gone, leaving behind a trail of excitement and a renewed love for reading. It's always wonderful to see our students' enthusiasm for books grow, and this year's fair was no exception! A huge thank you to Amanda for all her hard work in making the event such a success. We couldn't have done it without her dedication and effort. Here's to the many new adventures our students will discover in the pages of their new books!

## Front Garden Project - Update

**Stage One-** in front of the main block.

You will notice that plants have come out and were relocated near the Church. New rocks and garden mulch have been laid. We are excited to announce that Bunnings has generously donated all the plants needed for stage one of our project, and they have now arrived at the nursery! Planting will take place soon, and the Parents and Friends Association has scheduled an afternoon during the holidays to get started. If you're available, we would love for you to join us with the kids to help out on **Wednesday 2nd October at 1pm**. Let's come together and make our garden grow!



Have a wonderful and safe school holiday! The weather is starting to warm up, so I hope you get to enjoy some sunshine and relaxation.

God Bless,

Kirsten Daly  
**Principal.**



### Wellbeing- Grow Your Mind

The Grow Your Mind wellbeing program helps us understand the parts of the brain by relating them to animal characters. The Elephant who tries hard to remember (hippocampus) functions best when our Guard Dog (amygdala) is calm. Check out the poster above for more ways to wake up your Remembering Elephant.



**School Vision:** *United, as a school community, we walk in the light of faith, guiding our students in learning with compassion towards a purposeful future.*

10

October

2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 X	2 X	3 X	4 X	5 X
6 X	7 First Day Term 4	8	9 P&F Meeting 2.30pm	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25 Grandparents Day	26
27	28	29	30	31		

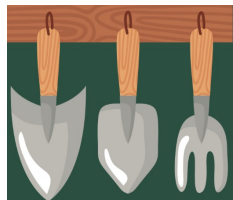
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November

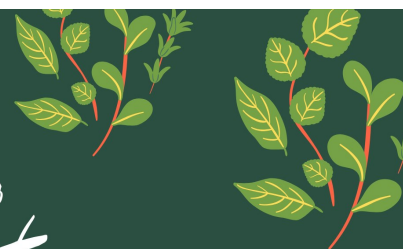
2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4 School Closure Day	5 Melb Cup Day	6	7	8	9
10 Foundation Orientation	11	12	13	14	15	16
17 Foundation Orientation	18	19	20	21	22 Water Exp Pool	23
24 Foundation Orientation	25	26	27	28	29 Water Exp Pool	30





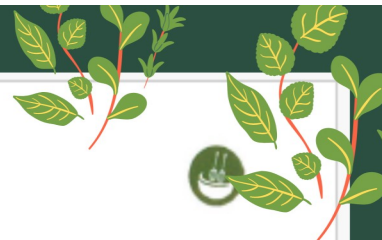
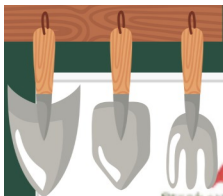
ST JOSEPH'S PRIMARY



# KITCHEN GARDEN

THIS WEEKS FOCUS FOOD - CAULIFLOWER





## Cauliflower & Potato Soup

**Season:** Winter/Spring

**Serves:** 30 tastes in the classroom or 6 at home

**Fresh from the garden:** bay leaf, cauliflower, onion, parsley, potato

**Note:** You can use either **Chicken Stock** (page 133) or **Vegetable Stock** (page 171) for this soup.

### Equipment:

metric measuring jug and spoons  
clean tea towel  
cook's knife  
chopping board  
fine grater  
large pot  
wooden spoon  
ladle  
hand blender  
serving bowls

### Ingredients:

2 tbsp extra-virgin olive oil  
4 garlic cloves, peeled and finely chopped  
2 onions, peeled and roughly chopped  
3 large potatoes, washed and roughly chopped  
1 cauliflower, cut into florets  
1.5 L **Chicken Stock** or **Vegetable Stock**  
1 bay leaf  
100 ml milk  
½ tsp salt  
1 tsp pepper  
1 nutmeg, to grate for garnish  
1 small handful of parsley, finely chopped

### What to do:

1. Prepare all of the ingredients based on the instructions in the ingredients list.
2. Heat the olive oil in the large pot over medium heat.
3. Add the garlic and onions, and sauté for 2 minutes.
4. Add the potato and cauliflower, cook for a further 5 minutes.
5. Add the stock and the bay leaf, bring to a boil, then reduce to a low simmer and cook for about 25 minutes until the cauliflower and potato are soft and tender.
6. Remove from heat and **\*remove the bay leaf**.
7. Purée with the hand blender, until smooth.
8. Stir through the milk, and season with salt and pepper to taste.
9. Ladle into bowls and sprinkle over nutmeg and parsley.

\*Adult supervision required



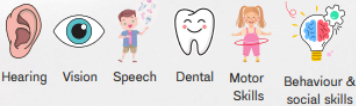


# SCHOOL NURSING NEWSLETTER



## FREE HEALTH, WELLBEING & DEVELOPMENT CHECKS FOR PREP STUDENTS

The Primary School Nursing Program is a free health and wellbeing service offered to all Victorian students in their first year of school. The program aims to assist with the early identification of children with potential health, wellbeing or development concerns which may impact on their education and offers screening which may include:



The Primary School Nurse also provided advice, information & other health & support services



## 1 FINDING THEIR VOICE: SPEECH DEVELOPMENT

Communication skills are the building blocks for success. Engage in conversations with your child and encourage them to express themselves verbally. Reading aloud together and singing songs are fun ways to boost speech development!

## 2 CLEAR VISION FOR BRIGHT FUTURES

Healthy eyesight is essential for your child's academic success and exploration of the world around them. As parents, we can support their vision by encouraging breaks from screen time and facilitating outdoor play, giving their eyes the rest they need to thrive. It is recommended for all children commencing school to have an eye check at the optometrist. These assessments are typically free with a Medicare card at any optometrist. To find your nearest optometrist and book an appointment, visit [www.optometry.org.au](http://www.optometry.org.au).

### SCHOOL HEALTH PLANS

DO YOU HAVE YOUR CHILD'S HEALTH PLANS READY FOR SCHOOL?

Allergies & eczema plans available at: [www.allergy.org.au](http://www.allergy.org.au)  
Asthma plans are available at: [www.asthma.org.au](http://www.asthma.org.au)  
Please discuss your plans with your Family Doctor and once completed give a copy to your school.



VISITING SCHOOL NURSE DETAILS:  
Sophie Brown  
0428 368741  
[sophie.brown3@education.vic.gov.au](mailto:sophie.brown3@education.vic.gov.au)

## 3 SWEET DREAMS: THE POWER OF SLEEP:

Did you know that adequate sleep is essential for your child's growth and development? Here are some tips to help your child drift into restful slumber: maintain a consistent bedtime routine, create a calm and cozy sleep environment, limit screen time before bed, and ensure they get plenty of physical activity during the day. By following these simple steps, you'll help your child develop a healthy sleep pattern that will benefit them for years to come. Sweet dreams!



## 4 EMBRACING EMOTIONS: EMOTIONAL REGULATION:

Help your child understand and manage their feelings in a positive way. Encourage your child to express feelings through words or creative activities like drawing. Teach deep breathing exercises and model healthy emotional responses. Create a safe space for open conversations about their day. With patience and understanding, we can help our children grow into resilient, confident individuals.



## 5 SAY CHEESE! ORAL HEALTH MATTERS:

Healthy teeth and gums are essential for overall well-being. Make brushing and flossing a fun and interactive experience. Limit sugary snacks and beverages, and don't forget to schedule regular dental check-ups to keep those smiles sparkling bright!



**Bairnsdale Regional Health Service Dental Clinics** provide dental services for all children ages 0-17 years. Eligible children can also access free dental treatment up to the value of \$1,013 over two years at most community dental clinics. Families receiving Family Tax Benefit Part A, Disability Support Pension or other relevant Australian Government payments are eligible. The Federal Government will cover the cost. For children aged 12 years and below, dental treatment is free.

National Continence Helpline 1800 33 00 66  
BRHS continence nurse: 03 5150 3333  
SafeSteps Family Violence support: 1800 015 188 or [www.safesteps.org.au](http://www.safesteps.org.au)  
Food Security: [www.eskzy.org.au/food](http://www.eskzy.org.au/food)  
Royal Children's Hospital- 9345 5522  
The Orange Door: 1800 312 358  
BRHS Dental Service: 03 5152 0222  
Immunisation Information  
<https://www.betterhealth.vic.gov.au/health/healthyliving/immunisation-childhood>

Angicare/Parentzone parenting courses-  
[Parentzone.GippslandandScaevin.org.au](http://Parentzone.GippslandandScaevin.org.au)  
Poisons information- 13 11 26 Parentline-  
1300 30 1300  
Homelessness assistance: 1800 825 955  
<http://www.vic.gov.au/parenting-help>  
Gippsland Lakes Complete Health GLCH-  
family and children's services 03 5155 8300

## WEEK 1 OF SCHOOL HOLIDAYS

A FREE SCHOOL HOLIDAY EXPERIENCE

# BUNKTOPIA

ACROSS FIVE VENUES

2PM SHOW

MONDAY THE FORGE THEATRE

TUESDAY SWIFTS CREEK HALL

WEDNESDAY BRUTHEN MECHANICS HALL

THURSDAY CABBAGE TREE CREEK HALL

FRIDAY LAKES ENTRANCE MECHANICS HALL

BOOK YOUR SPOT TODAY



THIS PROJECT IS FUNDED BY THE VICTORIAN GOVERNMENT THROUGH EMERGENCY RECOVERY VICTORIA



## WEEK 2 OF SCHOOL HOLIDAYS

A FREE SCHOOL HOLIDAY EXPERIENCE

# WOODY'S BUSH CABARET

ACROSS THREE VENUES

2PM UKULELE WORKSHOP

2.30PM SHOW

THURSDAY LAKES ENTRANCE SLIPWAY

FRIDAY ORBOST EXHIBITION CENTRE

SATURDAY MALLACOOTA CLUB ROOMS

BOOK YOUR SPOT TODAY



THIS PROJECT IS FUNDED BY THE VICTORIAN GOVERNMENT THROUGH EMERGENCY RECOVERY VICTORIA





# KIDS MOSAICS CLASS

BUILD A BUG BATH  
WITH JESS  
FROM  
ART ROOM GIPPSLAND

Must be attended with a  
parent or gaurdian



**FREE**

**THURSDAY  
OCTOBER 3RD  
10:00-12:30**

**BOOKING ESSENTIAL**  
P: 5154 6742  
E: orbostnh@orh.com.au  
To be held at the shop 7/ 144  
Nicholson Street, Orbst

# Kid's Workshop **ROCK PAINTING**

**FREE!**

**★ UNLEASH YOUR CREATIVITY!**

Book your place to join us at Neighbourhood  
House on Thurs 26th Sept 10-11.30am  
Please note! Children must be accompanied by  
an adult.



# AGES 5-12 AFTER SCHOOL ACTIVITIES

ORBOST TENNIS CLUB

**TUESDAYS 3:30-5PM**

**DURING SCHOOL TERMS**

**Tennis • Fun Games • Arts**



**MOOGJI**  
ABORIGINAL COUNCIL

CONTACT MOOGJI RECEPTION 51 542 133

# HOLIDAY *intensive* SWIM PROGRAM

FAST TRACK  
YOUR CHILDS  
SWIMMING  
ABILITY!

**Monday 30 September -  
Friday 4 October 2024**  
For ages 3 and up  
Cost: \$60

**DAILY 30 MINUTE  
LESSONS OVER 5  
DAYS!**

**Enrolments due  
Friday 20 September**

ENROL ONLINE OR  
SCAN THE QR CODE



43 Palmers Road, Lakes Entrance  
P (03) 5155 3333  
www.lakesaquadome.com.au

Lakes Entrance  
Aquadome



## School Holiday Activity

### Dog Coasters and Foam Animals



Head into your local library for some school holiday fun!

Come ready to listen to stories, play games, win prizes and paint your own dog coaster set as well as make your own foam dangling animal!



**Bairnsdale Library**  
Tuesday 1 October  
2.00 pm – 3.30 pm

**Orbost Service Centre**  
Wednesday 2 October  
2.00 pm – 3.30 pm

**Mallacoota Service Centre**  
Wednesday 2 October  
2.00 pm – 3.30 pm

**Lakes Entrance Service Centre**  
Thursday 3 October  
2.00 pm – 3.30 pm

**Omeo Service Centre**  
Thursday 3 October  
2.00 pm – 3.30 pm

**Paynesville Service Centre**  
Monday 23 September  
2.00 pm – 3.30 pm

#### Book Now

- At your library 5152 4225
- [www.trybooking.com/eventlist/eastgippslandshirelibraries](http://www.trybooking.com/eventlist/eastgippslandshirelibraries)
- Scan the QR code



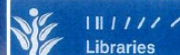
## School Holiday Activity

### Crafts of the Past



Head into your local library for some school holiday fun!

Miss out on a previous craft session at the Library? Wish you could go back in time and attend? Well now's your chance! We're revisiting a bunch of old crafts these school holidays, so bring a friend and join in on the fun! \*Available crafts may vary per session.



**Lakes Entrance Service Centre**  
Monday 23 September  
2.30 pm - 3.30 pm

**Orbost Service Centre**  
Monday 23 September  
2.30 pm - 3.30 pm

**Mallacoota Service Centre**  
Monday 23 September  
10.00 am – 11.00 am

**Bairnsdale Library**  
Wed. 25 September  
2.00 pm – 3.30 pm

**Omeo Service Centre**  
Thursday 26 September  
10.30 am – 11.30 am

**Paynesville Service Centre**  
Monday 30 September  
2.00 pm – 3.00 pm

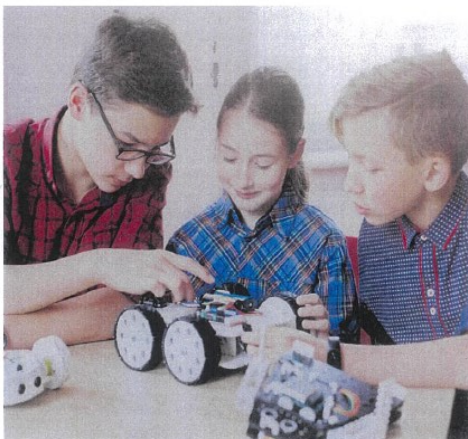
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## STEM

### Come and Try Day



Come and try some of our new STEM gadgets!

Try out our Bee-Bots, Osmo, Gravitax and Snap Circuits.  
Drop in anytime between the times listed to join in on the fun.  
Parents/carers are required to accompany their children.



**Omeo Service Centre**  
Monday 23 September  
2.00 pm - 4.00 pm

**Mallacoota Service Centre**  
Tuesday 24 September  
10.00 am - 12.00 pm

**Bairnsdale Library**  
Monday 30 September  
2.00 pm – 4.00 pm

**Lakes Entrance Service Centre**  
Monday 30 September  
2.00 pm – 3.30 pm

**Paynesville Service Centre**  
Thursday 3 October  
2.00 pm – 4.00 pm

**Orbost Service Centre**  
Friday 4 October  
2.00 pm – 4.00 pm

## School Holiday Movie

### The Garfield Movie



Join us these School Holidays for this fun new film!

Garfield (voiced by Chris Pratt), the world-famous, Monday-hating, lasagna-loving indoor cat, is about to have a wild outdoor adventure!

After an unexpected reunion with his long-lost father – scruffy street cat Vic (voiced by Samuel L. Jackson) – Garfield and his canine friend Odie are forced from their perfectly pampered life into joining Vic in a hilarious, high-stakes heist.



**Bairnsdale Library**  
Monday 23 September  
2.00 pm – 4.00 pm

**Orbost Service Centre**  
Wednesday 25 September  
2.00 pm – 4.00 pm

**Lakes Entrance Service Centre**  
Thursday 26 September  
2.00 pm – 4.00 pm

**Paynesville Service Centre**  
Friday 4 October  
2.00 pm – 4.00 pm

**Omeo Service Centre**  
Friday 4 October  
2.00 pm – 4.00 pm

**Mallacoota Service Centre**  
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