

Term 1, Week 5

Friday 24 February 2023

## From the Principal

This week we welcome Seanice Jerop (4CM) & her parents Margaret Jemeli & Amos Talam. Please make the family welcome if you get the opportunity.

### Ash Wednesday Mass and Leaders Induction

We gathered for Mass to celebrate Ash Wednesday, one of the most important holy days in the liturgical calendar. Ash Wednesday signals the beginning of Lent, a season of reflection in which we strive to draw closer to God through prayer, fasting and almsgiving. Ash Wednesday takes place 46 days before Easter Sunday.

At the Ash Wednesday Mass, our 2023 Year Six leaders and Primary Student Representative Council were inducted and made a commitment to represent the student body to the very best of their ability.

### Sport News Flash

Following recent netball trials in Griffith, Abby has been selected to represent the MIA Deanery for netball. Congratulations Abby. This week, Carter, Blake, Logan and Jarvis travelled to Wagga to take part in selections for the diocesan AFL team. I am delighted to inform you that all four boys were selected to represent our diocese at MacKillop level in Sydney.

### Parking Around St Joseph's

We are very pleased to be able to welcome families to the whole school assembly each Friday. We ask you NOT to park on Church St or Coolibah St if you come to the assembly. These areas are 'Drive through' zones and parked cars in these zones at the end of the day causes disruption. Also, we have noticed cars parked in the bus zone at the front of the school. Please do not park in the bus zone at the front of the school. Significant fines apply to cars parked in this area. Please do not park in the bus zone before 9.30am & after 2.30pm.

### Visor Names for Coolibah and Church St Pick Up

Many thanks to those displaying their family name prominently on their passenger seat visor at pick up time. If you do not have a visor name, we would be happy to provide you with one. Please contact the office.

### Working With Children Checks

Parents and carers who wish to assist St Joseph's in any way, must supply the school with a current Working With Children Check, before assisting in the classroom. This is because the WWCC must be verified by Catholic Education, Wagga Wagga, beforehand. Volunteer Working With Children Checks are free. We encourage all parents and carers to take a few minutes on line to obtain a WWCC. <https://www.service.nsw.gov.au/transaction/apply-for-a-working-with-children-check>

### Staff Development Day-March 3

Next Friday, March 3, all primary and secondary Catholic schools in the MIA will gather in Griffith for a day of professional development. Please note, St Joseph's will not be open on this day.

Mary Jane Simms

Principal

## Prayer

### As We Begin Lent

*Merciful God,  
Look upon us as we enter the  
forty days of Lent bearing the  
mark of ashes. Bless our  
journey through the desert of  
Lent to the font of rebirth at  
Easter. Guide our steps this  
Lent, so that we might find  
greater fulfilment in your  
promises and better serve  
others with hearts that reflect  
your grace to those around us.  
Amen.*

## SJLE Calendar

2023, Term 1

Week 6

1st  
Mar

Final Kindergarten Rest  
Day

3rd  
Mar

Staff Development Day - no  
school for students

## PARISH MASS TIMES

### St Joseph's Parish Leeton:

Saturday Vigil - 6.00pm

Sunday - 10:00am

### Sacrament of Penance

Friday - 4.45pm - 5.15pm

Saturday - 5.15pm - 5.50pm

### Eucharistic Adoration

Friday - 4.30pm

### St Patrick's Parish Yanco:

Sunday - 8.00am



## STAFF DEVELOPMENT DAY

Next Friday, March 3 is a Staff Development Day, there will be no school for students on this day.

## BABY NEWS



Congratulations to Gurinder Singh & Ramandeep Kaur on the safe arrival of their little boy, Robin Singh Dhindsa who was born on February 8. Robin is a little brother for Balnoor (KM).

**Congratulations Abby, Jarvis, Carter, Blake & Logan on your selections for Netball & AFL this week!**



## SPORT

### **MIA Deanery Swimming Carnival**

Yesterday we had 49 students attend the MIA Deanery Swimming Carnival in Narrandera. Many thanks to the parents/carers for transporting their children to the event.

It was so lovely to see a number of our swimmers wearing our new SJLE swim caps. They looked great, and made it so easy to spot our superstar swimmers in the pool.

Thank you Mrs Butterfield, Mrs Fiumara, Mrs Frazer and Ginger for accompanying the students.

Congratulations to all the students who progressed on to the Diocesan Carnival, which will be held on Wednesday 8th March in Wagga Wagga.

Special congratulations to Bronte Sheldrick, 11 Years Girls Runner Up Age Champion, and Sophie Sullivan, Senior Girls Runner Up Age Champion.



### **Mortimer Shield/Trent Barrett Skill Sessions**

Skill sessions for Mortimer Shield and Trent Barrett began this week. Girls will be training on Tuesdays at lunchtime, and Boys on Thursdays at lunchtime. Many thanks to Mrs Cooper, Mrs Morton, Mr Montgomerie and Ginger for giving up their time to provide these skill sessions.

### **Rugby Union Gala Day**

Mr Montgomerie and Ginger will be taking a Year 5/6 team to the Brumbies Rugby Union Gala Day on Tuesday 28th March. More information will be provided to those who are participating in this event.

### **Representative Sport Trials**

There will be a few sport trials coming up this term. Year 6 students who play at a representative level are welcome to nominate for these trials. All nominations need to be received at least two weeks prior to the scheduled trial date and the required information will be sent to parents. We are only permitted to send four students per sport. If more than four students nominate for the trials, school trials will occur to select which students will attend.

The following trials are occurring this term:

Rugby League 11's & Opens - Tuesday 7th March

Girls AFL - Tuesday 7th March

### **Dates for your Diary**

St Joseph's Cross Country Carnival - Thursday 6th April

St Joseph's Athletics Carnival - Friday 12th May

Mrs Butterfield  
Coordinator

## RELIGIOUS EDUCATION NEWS

### Ash Wednesday & Lent

Our Ash Wednesday Mass was well attended with students, staff, parents, families and parishioners filling up the church. This day marked the beginning of Lent, the 40 days leading up to Easter. Students will begin their Lenten units in Religious Education and will focus on three main areas: Almsgiving, Prayer and Fasting. Lent is often described as a time of preparation and an opportunity to deepen our relationship with God. This means that it's a time for personal reflection that prepares people's hearts and minds for Good Friday and Easter.



### Project Compassion

This week, the season of Lent begins with Ash Wednesday, which also marks the beginning of the annual Caritas Australia Project Compassion Appeal. Donations to Project Compassion allow Caritas Australia, the Catholic Agency for International Aid and Development, to work with local communities around the world to end poverty, promote justice and uphold dignity.

The theme of Project Compassion 2023 is 'For All Future Generations' and reminds us that the good we do today extends to impact the lives of generations to come. It invites us to make the world a better place by working together now and finding long-term solutions to global issues. We encourage you to put your compassion into action this Lent through prayer, fasting and almsgiving in support of Project Compassion. Each class has received a Project Compassion box and/or a set of posters for their donations and to learn about the countries and individuals that we will be supporting.

We will also be holding a fundraiser every Friday morning known as 5 Cent Friday where students can bring any loose change to contribute to their houses' money line under the COLA. This will be counted by our fundraising committee and then announced at the assembly each week. A record of the total amount raised by each house will be displayed on the playground for students and families to see.

### Choir

Our choir was a success at our first event, the Ash Wednesday Mass. We will continue to practise our Mass hymns but also sing some modern songs as well. Our practices will occur every Wednesday at lunch time.

### Dates for your diary

Friday 3rd March (Whole Day) - Pupil Free Day	MIA Commissioning Mass & Workshop
Saturday 11th March	First Reconciliation Mass - led by Year 3
Sunday 19th March Year 2	Third Weekend Vigil Mass - 10am - led by
Monday 20th March	St Joseph's Day Mass - 9:15am - led by Year 4
Wednesday 5th April	Holy Week Liturgy - 12pm - Whole School

Miss Stephanie Cirillo  
Acting Religious Education Coordinator



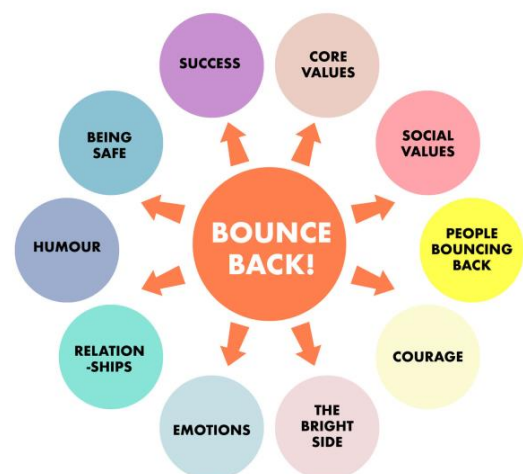
# BounceBack! AWARDS

Week 3 | Term 1

Connor I
Fintan I
Gurdalip S
Conor T
Linda M
Ava B
Ruby L
Eva Q
Valerie W
Grace F-P
Kane F
Olivia O
Kaitlyn B
Max M

*BounceBack is an evidence-informed program built on Positive Psychology, Cognitive Behaviour Therapy and Social Emotional learning principles.*

*St Joseph's teaches the BounceBack program from K-6 to improve student wellbeing and help students to deal with the complexities of their everyday lives. It teaches them how to BounceBack when they experience sadness, difficulties and challenging times.*



## ST JOSEPH'S MERIT AWARDS TERM 1, WEEK 3 2023

Lettie N	KF
Bliss H	KF
Nicole M	KM
Ella L	KM

Mia C	1B
Jacob W	1B
Ayla T	1G
Nash T	1G
Jade D	1V
Darrian S	1V
Lewis R	2B
Alfie T	2B
Valentina A	2B
Harvey S	2M
Bradley W	2M

Amiya N	3C
George M	3C
Jake D	3HH
Qismah A	3HH
Lailani P	4CM
Shelby W	4CM
Alex D	4CM
Kristian M	4LM
Bronte S	4LM
Rosie L	5CS
Charlie B	5CS
Will D	5CS
Naisha C	6L
Richie V	6L
Ammiel M	6L

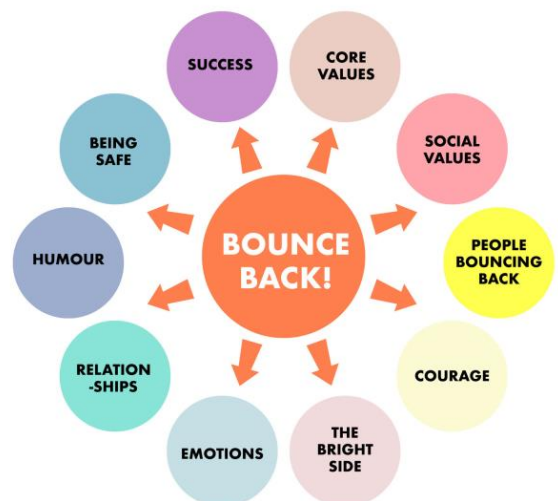
# BounceBack! AWARDS

## Week 4 | Term 1

Sophia L
Zaid S
Dominique S
Hadassah S
Dylan H
Aria C
Boston O
Marlee B
Jasper S
Sukhman S
James A
Lachlan S

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## ST JOSEPH'S MERIT AWARDS TERM 1, WEEK 4 2023

Corbin W	KF
Harper O	KF
Nico R	KM
Remy P	KM

Molly T	1B
Benedict D	1B
Maya F	1B
Liam L	1G
Alex T	1G
Zoe S	1G
Mercede C	1G
Dylan H	1V
Amber T	1V
Van G	1V
Neve W	1V
Norman L	2B
Georgia-Leigh M	2B
Nia Patel	2B
Aria C	2B
Mia M	2M
Brian K	2M
Roman F	2M

George C	3C
Jasmine N	3C
Michael M	3C
Jasper S	3HH
Evie R	3HH
Melody G	3HH
Ansh B	4CM
Olivia C	4CM
Annie C	4CM
Grace F-P	4CM
Harvey B	5CS
Braxton L	5CS
Rose L	5CS
Sofia N	5CS
Tanya S	6BC
Bridie L	6L
Jamie W	6L
Lilly W	6L
Ava C	6L
Bridie L	6L

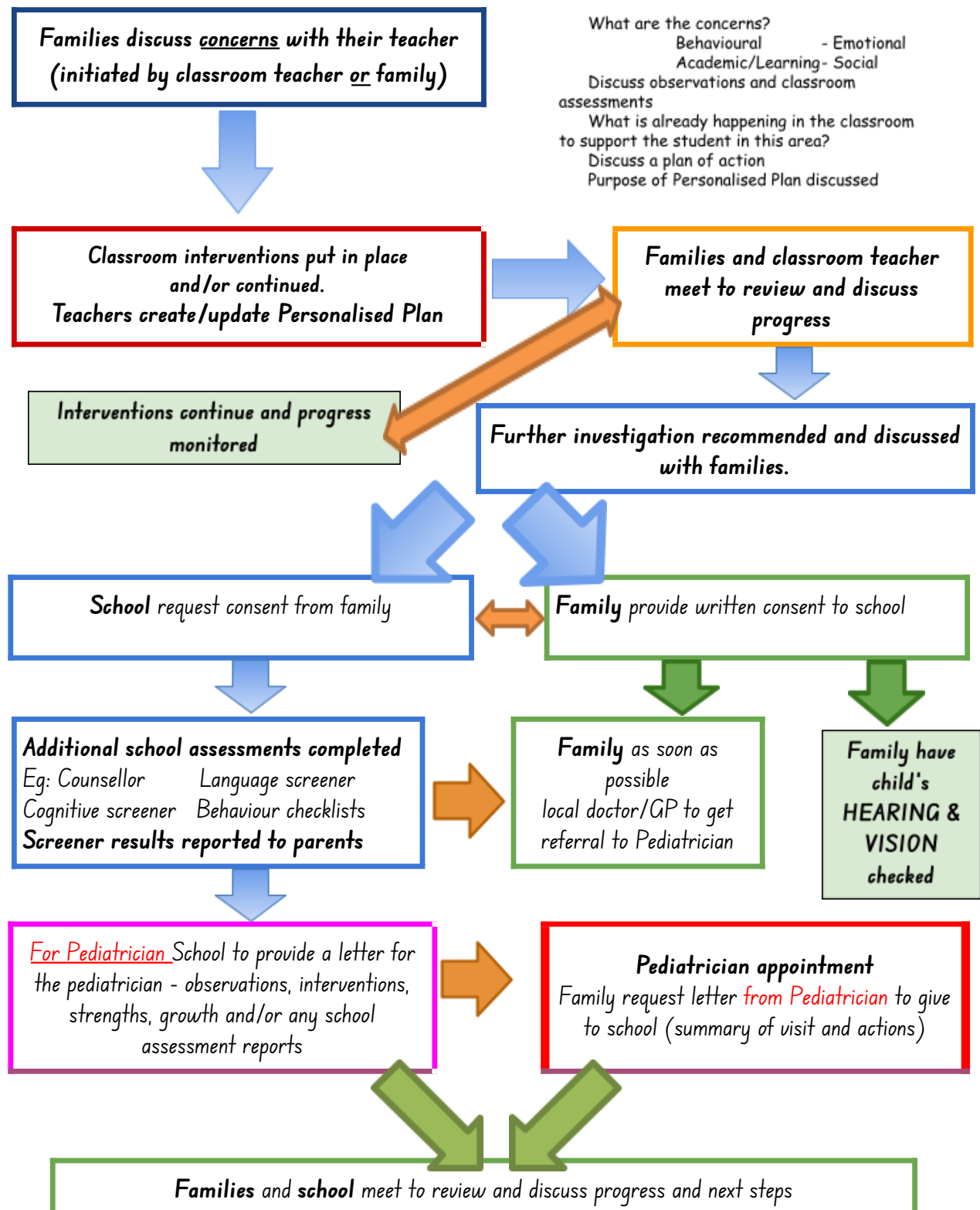
## TERM 1 SCHOOL CALENDAR 2023

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/ SUN
<b>6</b>	27	28	1 Kindergarten Rest Day	2	3 Staff Development Day - no school for students	4/5
<b>7</b> <b>March</b>	6 Catholic Education Week - Preparing the Good Soil	7	8 NRL Sporting Schools	9	10 Year 3 Mass 9am	11/12 First Reconciliation Mass 6pm (Saturday)
<b>8</b>	13	14	15 NAPLAN  NRL Sporting Schools	16 NAPLAN	17 Year 4 Mass 9am	18/19 Third Weekend Vigil Mass led by Year 2 10am Sunday
<b>9</b>	20 St Joseph's Day Mass 9.15am - led by Year 4  NAPLAN	21 NAPLAN  School Council Meeting 6pm	22 NRL Sporting Schools	23	24 Year 6 Mass 9am	25/26
<b>10</b>	27	28	29 NRL Sporting Schools	30	31 Year 5 Mass 9am	1/12
<b>11</b> <b>April</b>	3	4	5	6 SJLE Cross Country  Term 1 ends	7 Good Friday	8/9

Note: Information/dates for the Term calendar will be added each week as it is provided to us.  
Please check regularly for new updates.  
PD = Professional Development



# The process for additional support for your child's learning: A guide for families





## Nationally Consistent Collection of Data *on school students with Disability*

### **Information for parents & carers**

## **What is the NCCD?**

Under the Disability Discrimination Act 1992 (DDA) and the Disability Standards for Education 2005 (the Standards), Australian students with disability must be able to access and participate in education on the same basis as their peers. To ensure this, students with disability may receive adjustments to access education, based on the professional judgement of teachers, in consultation with the student and/or their parents, guardians or carers.

The Nationally Consistent Collection of Data on School Students with Disability (NCCD) gives Australian schools, parents, guardians and carers, education authorities and the community information about the number of students with disability in schools and the adjustments they receive. The Australian Education Regulation 2013 requires all schools to report the data collected for the NCCD to the Australian Government on an annual basis.

### **What is the purpose of the NCCD?**

The NCCD collects data about school students with disability who are receiving adjustments across Australia in a consistent, reliable and systematic way. It enables schools, education authorities and governments to better understand the needs of students with disability and how they can be best supported at school.

From 2018, the student with disability loading provided by the Australian Government is based on the NCCD; schools will continue to manage their total resources to meet the learning needs of their students.

### **How is the data used?**

Data from the NCCD is used:

- as an evidence base, to give teachers, schools and sectors information about students with disability and the level of educational adjustment being provided
- to inform policy development and future planning to better equip schools and education authorities to support students with disability
- to improve understanding of the requirements and responsibilities of school teams and the broader community under the DDA and the Standards

- to capture the work of schools under the obligations of the DDA and the Standards, allowing students with disability to access and participate in education on the same basis as other students
- to highlight the individual needs of each student with disability by focusing on the level of educational support provided to them at school.

High level, de-identified information from the NCCD is used in national reporting to inform policy and program planning to support students with disability.

Student information provided to the Australian Government Department of Education and Training for the NCCD does not explicitly identify individual students. For example, student names or student identifiers are not provided.

### **How does the NCCD assist schools?**

The NCCD prompts schools to identify students with disability and to review their processes and practices. It records the adjustments already undertaken in schools to support students with disability to access and participate in education on the same basis as their peers.

- Reviewing learning and support systems: The NCCD allows schools to better understand the functional needs of their students with disability. It captures the work of schools in providing personalised learning and support for students with disability who require adjustments due to the functional impact of their disability.
- Providing greater understanding: The NCCD helps schools gain a greater understanding of their students with disability and identify areas of need for both students and staff.
- Developing professional judgement: The professional learning available to support the NCCD process helps build the professional judgement of school teams who are required to provide educational adjustments for students with disability without relying on a medical or clinical diagnosis alone.
- Recognising support and adjustments provided: The NCCD helps to formally and consistently recognise the support and adjustments provided to students with disability as defined in the DDA.

### **Where can I access more information?**

Please contact *Luisa Tavella at St Joseph's Leeton* if you have further questions about the NCCD. Additionally, the following link to the national NCCD Portal may be helpful [www.nccd.edu.au](http://www.nccd.edu.au).

## After School Restraint Collapse

‘After School Restraint Collapse’ or better known to parents as a ‘tantrum or meltdown’, is often observed when children return home from school. Restraint Collapse is literally, physical and emotional exhaustion.

Children will hold onto their biggest emotional reactions for the people that are the safest to them, as safety and trust are key ingredients to helping process these big emotions. Often, parents ask teachers if their child displays these behaviours at school, but it is discovered that it only occurs at home. This is very typical.

Once we understand this and know that your child is not the only one displaying these big emotions and ‘difficult’ behaviours, we can establish routines that might assist with the sensory overload that occurs after their school day.

Here are 8 tips that will support children displaying ‘After School Restraint Collapse’.

**Connection** - Children are seeking positive connections. Before you pick up/return home, remember to regulate yourself beforehand. As adults, we feel tired at the end of the day too, but we have more emotional intelligence and self-awareness. Practice deep breathing and reflection before greeting your child. Remember, connection = regulation.

**Snacks** - Keep a healthy snack and drink for the bus/car ride home or have something readily available to eat to refuel and gain some more energy for your child.

**Exercise** - Being outdoors in nature, engage in a physical activity such as going for a walk or ride using your big muscle groups, head to the park to let off some steam.

**Relax** - Down time and space is a great tool to refill your cup after a long day. Try to limit evening activities to help ease the build-up of pressure prior to bedtime.

**Routines** - Predictability is key with all children. If there are often activities such as sports training or music lessons, you might find having a visual aid helpful for children to see their schedules. Also, a key point here, having too much on the schedule can contribute to overtiredness and overstimulation, therefore big feelings.

**Homework** - Can be a very helpful tool for your child, and it is a great opportunity for connection with adults or siblings. Pencil in reasonable expectations around homework and ensure they feel supported in this process.

**Mindfulness** - Is a great tool to enhance concentration and mental clarity. It relieves stress, and improves emotional intelligence which builds on a calm more regulated child. Incorporating breathing exercises, meditations, yoga etc. into daily routines can improve emotional regulation.

**Sleep** - a good sleep will help start the day refreshed. Try to have similar wake and sleep times each day. Have the right amount of food at the right time so your child isn't uncomfortable at bedtime. Ensure they get enough natural light during the day to promote alertness during the day, and tiredness at night. Turn off all devices at least one hour prior to bed to help boost the naturally occurring hormone, melatonin (sleep hormone).

Some of these tips may be helpful to reduce some of your child's end of day emotional displays, regardless of ‘meltdowns’ or not - these are healthy activities for all children.

Phone 1300 619 379	Fax 02 6921 1375	info@centacaresnsw.org.au	centacaresnsw.org.au	
<b>ALBURY</b> 449 Olive Street Albury NSW 2640 PO Box 3143 Albury NSW 2640	<b>GRIFFITH</b> 140 Yambil Street Griffith NSW 2680 PO Box 2330 Griffith NSW 2680	<b>MULWALA</b> 109 Melbourne Street Mulwala NSW 2647	<b>WAGGA WAGGA</b> 203 Tarcutta Street Wagga Wagga NSW 2650	Centacare South West NSW Ltd ABN 72 610 403 480



ST FRANCIS DE SALES  
REGIONAL COLLEGE

**OPEN DAY**

**Wednesday 8 March 2023**

Information Sessions

9:30am and 4:00pm

If interested in attending a session please RSVP to the College office on 0269533622 by Friday 3 March 2023



## Contact Us

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[web.sfcww.catholic.edu.au](http://web.sfcww.catholic.edu.au)

## PIANO & SINGING LESSONS

*AT ST. JOSEPH'S DURING SCHOOL HOURS*



**ACCREDITED MUSIC TEACHER**

**JOHN SLOAN**

LIMEB - LASMC - LMusA - L.DipSCSM  
AmusA - AIMEB - MMTA

**Ph (02) 6959 9394 - SMS 0447 732 288**

Email [johnsloan50@bigpond.com](mailto:johnsloan50@bigpond.com)