

Term 4, Week 6

Friday 17 November 2023

### *From the Principal*

Dear families,

What an exciting day we had today! The Ball Drop fundraiser concluded with Dallas Stott flying over St Joseph's in his helicopter. 300 numbered balls were dropped from the helicopter onto the Primary oval. After careful adjudication, ball number 285 was declared closest to the pin, making Gerard Simms the lucky winner.

Many thanks to Jane O'Garey for this fabulous fundraising idea and to Dallas for so generously sharing his helicopter with us. Thanks to everyone who supported the ball drop fundraiser by purchasing a ticket and to Kate Jones for emailing each of the 300 ticket holders to let them know their ball number. A phenomenal \$7000? was raised! Well done all!



### **Religious Education Coordinator Announcement**

Recently interviews were held for the position of Religious Education Coordinator at St Joseph's. The process was chaired by Sandra Harvey, Head of Evangelisation and Religious Education, Catholic Diocese of Wagga Wagga. I am pleased to announce that Mrs Stephanie Ronfeldt and Mrs Vijaya Nicolas will share this important leadership role. Mrs Ronfeldt is well known in the St Joseph's community and has been capably carrying out the role of REC at St Joseph's for the past two years in an acting capacity. Mrs Nicholas is currently a Religious Education Coordinator (REC) and teacher in New Zealand and will be relocating to Leeton during the school holidays. On behalf of everyone at St Joseph's I congratulate both Vijaya and Stephanie.

### **Remembrance Day 2023**

*Lord, we offer a prayer of thanks for all  
whom we remember on  
Remembrance Day. We ask you to  
make each of us peacemakers every  
day of our lives, so that by our actions  
we may honour those who made the  
ultimate sacrifice.  
We ask this prayer, through Jesus  
Christ our Lord.  
Amen*



*They shall grow not old, as we that  
are left grow old:  
Age shall not weary them, nor the  
years condemn.  
At the going down of the sun and in  
the morning  
We will remember them.*

### **SJLE Calendar**

#### **2023 Term 4, Week 7**

21st  
Nov

Year 6 Swimming 1.30-3pm  
Kinder 2024 Picnic Dinner  
6pm

23rd  
Nov

Kinder Transition  
Get Into Rugby Program

24th  
Nov

Kinder Transition  
SFC Orientation Day

26th  
Nov

Third Weekend Vigil 10am - led  
by Stage 2



**Welcome!**

This week we welcome the Brown family to St Joseph's. Harry Brown has joined KF. I encourage you to welcome Harry's parents Aaron and Lisa, to our school community, if you have the opportunity.

**2024 School Captains**

The following students were shortlisted and will address the students and staff at midday, next Wednesday, November 22, to outline why they would make a suitable school captain. On behalf of the school community I congratulate each of the nominees.

|                 |                 |
|-----------------|-----------------|
| James Armanini  | Aria Gregurke   |
| Charlie Brooks  | Rosie Lanham    |
| Ahaan Chand     | Rose Looby      |
| Will De Paoli   | Sofia Mallamace |
| Daniel Kylstra  | Sofia Nardi     |
| James Robertson | Olivia O'Bryan  |
| Joel Taylor     | Makayla Scalora |

**2024 Transition Commences**

We have now had 2 weeks of transition sessions as we prepare to welcome the 2024 Kinder students. Many thanks to Mrs Fiumara, Mrs Maybon, Mrs McDonell, Mrs Strachan, Mrs Berghofer, Mrs Taylor and Miss Sloan for assisting the children to make a positive start to their primary education.

**Kinder Picnic-Next Tuesday**

Next Tuesday evening, between 6.00pm and 7.00pm, the 2024 Kinders and their families will come together at St Joseph's for a picnic tea. This evening provides an opportunity for our enrolling students to build their confidence in the school setting. We are calling on this year's Kinder families to help welcome the new Kinder families by coming along to this relaxed and casual evening. Bring dinner and drinks for your family (no alcohol please.) Picnic rugs/camping chairs encouraged. Don't forget your children!

**School Disco**

We had a wonderful time at the St Joseph's disco last week! Both Infants and Primary discos were a hit. A wonderful aspect of the evening was the strong support from the parent community, to help the discos run so smoothly. Thanks to everyone who made the events possible for our children.

*Mary Jane Simms*

**Principal**

## PARISH MASS TIMES

### St Joseph's Parish Leeton:

Saturday Vigil - 6.00pm

Sunday - 10.00am

### Sacrament of Penance

Friday - 4.45pm - 5.15pm

Saturday - 4.20pm - 4.45pm

### Eucharistic Adoration

Friday - 4.30pm

### St Patrick's Parish Yanco:

Sunday - 8.00am



## PARKING IN AND AROUND OUR SCHOOL

We have received some complaints from residents around the school including Ash Street and Linden Way. Residents have advised that they have been unable to get out of their driveways because people have been parking there.

Please be reminded that it is illegal to park in private driveways and we don't want you to get booked.

We appreciate your assistance in this matter.

## GOLDEN APPLE DOCKETS

A major fundraiser for St Joseph's is the collection of **GOLDEN APPLE DOCKETS**. The Golden Apple Supermarket very generously donates money to the school according to the amount spent over the year by the school (and extended) community.



This is an EASY fundraiser for the school, so please **KEEP YOUR DOCKETS AND SEND THEM IN WITH YOUR CHILD TO BE COLLECTED IN THEIR CLASS.**

## IMPORTANT DATES FOR YOUR DIARY

### 2023

**Wednesday 6 December** - End of Year Awards  
9.30am - COLA

**Thursday 14 December** - School concludes for all students.

### 2024

**Tuesday 30 January & Wednesday 31 January** - Staff Development Days - no school for students.

**Thursday 1 February & Friday 2 February** - Mathematics Assessment Interview (MAI) Testing for all students in Years 1-6. Students are required to attend school for an interview. Further details to follow on Compass.

**Monday 5 February** - school resumes for students in Years 1-6.

**Kindergarten commencement date** - Tuesday 6 February 2024.

**Kindergarten rest days** (Wednesdays) - 7 February, 14 February, 21 February & 28 February.



## Sporting News | Term 4 Week 6

### Swimming Intensive & PE Lessons

WOW! What an amazing few weeks we have had, with swimming intensives and water safety sessions. Many thanks to all the staff who assisted with running these sessions, and provided the students with this fantastic opportunity. We hope all students have developed their knowledge of safety in and around the pool, as well as their confidence in the water.



### Representative Sport Trials

Today, we had 2 students represent our school at the Diocesan Basketball Trials in Albury. Congratulations to Ahaan Chand and James Robertson who represented our school with fantastic sportsmanship. We can't wait to see if they progress to the next level.

Further Representative Trials will be held for other sports next year, so please keep an eye out for information in our newsletters, and on Compass.

### 2024 Dates for your Diary

St Joseph's Swimming Carnival - Thursday 8th February

MIA Deanery Swimming Carnival - Wednesday 21st February @ Narrandera

St Joseph's Cross Country Carnival - Wednesday 27th March

Diocesan Cross Country - Tuesday 9th April

St Joseph's Athletics Carnival - Friday 24th May

Thank you to everyone for their ongoing support of sport at St Joseph's.

Mrs Fiumara  
Acting Coordinator



3 December  
**International Day of  
People with Disability**

## RELIGIOUS EDUCATION NEWS

### Mission Day

On Friday 3rd November, Year 6 ran the annual Mission Day to raise money for Catholic Mission and it was a massive success. Year 6 created some very fun and exciting activities for the whole school including laser tag, escape rooms, obstacle courses, eating competitions, yabby races and so many more. We also had Stage 2 help out in running a cake stall which was also very popular.

At the end of the day, the funds raised by all of Year 6 and Stage 2 was counted which added up to a total of \$1990.80. This was \$500 more than last year which is an amazing achievement! All students and teachers involved created such a successful event for a great cause.



### Giving Mass

On Friday 1st December we will hold our annual Giving Mass led by Kindergarten. Shortly, students will be bringing home a decorated envelope for this Mass. This is an opportunity to provide a small donation which will be presented to a representative of St Vincent De Paul. Please ensure these envelopes are returned with your child to school on the 1st December. This will also be our final whole school Mass for the year.

### Dates for your diary

|                       |   |
|-----------------------|---|
| Sunday 26th November  | Third Weekend Vigil - 10am - led by Stage 2                       |
| Friday 1st December   | Final St Joseph's Mass/Giving Mass - 9:15am - led by Kindergarten |
| Tuesday 12th December | Year 6 Graduation Mass - 6pm - led by Year 6                      |

Stephanie Cirillo  
Acting Religious Education Coordinator



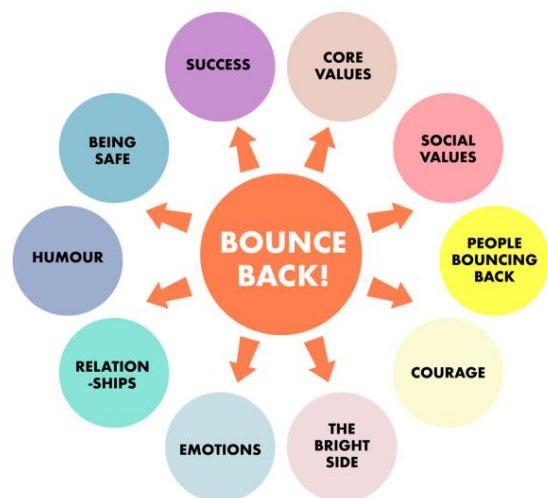
# BounceBack! AWARDS

## Week 4 | Term 4

|             |
|-------------|
| Nicole M    |
| Jobe C      |
| Maya F      |
| Claire M    |
| Aria C      |
| Brian K     |
| Sophie C    |
| Denzel M    |
| Noah C      |
| Sofia M     |
| Gabrielle B |
| Cooper P    |

*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 4, WEEK 4 2023

|             |    |
|-------------|----|
| Bernice M   | KF |
| Scarlett B  | KF |
| Corbin W    | KF |
| Abbie P     | KF |
| Rubab A     | KM |
| Theo C      | KM |
| Sara Rose M | KM |
| Sebastian C | KM |

|                 |    |
|-----------------|----|
| Owen T          | 1B |
| Noah S          | 1B |
| Charlie P       | 1G |
| Van G           | 1V |
| Isabella B      | 1V |
| Ruby A          | 2B |
| Gabriella G     | 2B |
| Georgia-Leigh M | 2B |
| Evelyn B        | 2M |
| Amber B         | 2M |
| Roman F         | 2M |
| Boston O        | 2M |

|             |     |
|-------------|-----|
| Rufaro G    | 3C  |
| George C    | 3C  |
| Fletcher P  | 3C  |
| Yzabella S  | 3C  |
| Jasper S    | 3HH |
| Mohamad Y   | 3HH |
| Lovepreet L | 3HH |
| Qismah A    | 3HH |
| Adele T     | 4CM |
| Xuzhe L     | 4CM |
| Willow F    | 4CM |
| Imogen J    | 4CM |
| Juliette D  | 4CM |
| Lee L       | 4LM |
| Caitlin B   | 4LM |
| Macy C      | 4LM |
| Lukas P     | 5CS |
| Jaskaran S  | 5CS |
| Tao L       | 5CS |
| Sofia N     | 5CS |
| Massimo F   | 6BC |
| Kaweera S   | 6BC |
| Annica S    | 6BC |
| Abby P      | 6BC |
| Gabrielle B | 6BC |
| Ethan N     | 6L  |
| Gisella P   | 6L  |
| Althea F    | 6L  |
| Bridie L    | 6L  |



# St Joey's CHESS TOURNAMENT

## Finals Update!



WOW! What a week! What a game!!

In DIVISION ONE, The great minds of School captain Ben B and SRC rep. Anuj G fought a great battle to stay in the running to earn the right to fight the formidable Kaweera S in the Grand Final next week.

In a witty game full of banter, things soon became serious when Ben lost his queen. He tried several times to get one of his pawns over the line but Anuj kept a strong defence, keeping Ben at bay.



Anuj slowly wore Ben down, taking piece by precious piece until Ben finally yielded defeat. But in true sportsmanlike manner, both players shook hands and left as friends. Well done to both Ben and Anuj, who we shall see more of next week in the Grand Final at 1.10 in the library.



Spectators are welcome to see who will be crowned Division One Champion Chess player of 2023!



DIVISION TWO wasn't quite so friendly! Poor Julius W initially seemed rather taken aback when he entered the room to find it packed with Year Two children with signs in quiet yet enthusiastic solidarity to support their fellow classmate, Blake M!



Blake took the advantage and soon was winning the game, taking piece by piece in bold, confident moves. Both Mum and Nana joined us as Blake continued to wow the crowd!



Julius, on the other hand, played very cautiously as his supportive friends stayed close-by.

It wasn't until Blake, in his eagerness, used his queen to check the Julius' king, and he lost her.

Julius then slowly used his experience to methodically take each of Blake's pieces, until Blake was left with only his king :(

Well done, Blake for fighting a courageous battle!

And congratulations to Julius who proved that he deserves a place in the Grand Final against Sol. See you next week!

**The SRC and Mrs Quarisa-Tynan (Signora Q.T.)**



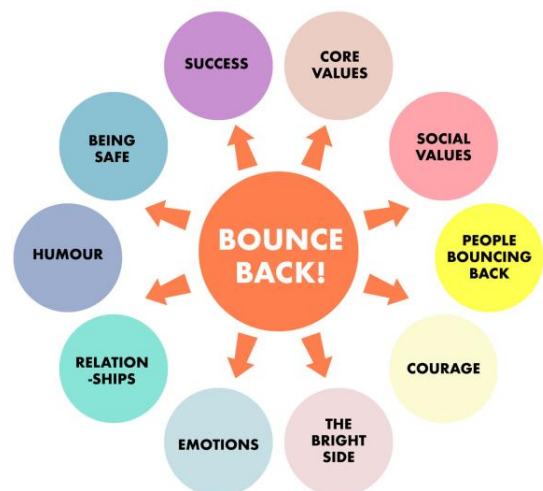
# BounceBack! AWARDS

Week 5 | Term 4

|             |
|-------------|
| Sebastian C |
| Mia C       |
| Henry T     |
| Annabelle W |
| Chanulya S  |
| Bella B     |
| Eliel M     |
| Seanice J   |
| Julius W    |
| James A     |
| Tawan K     |
| Naisha C    |

*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 4, WEEK 5 2023

|           |    |
|-----------|----|
| Aisling J | KF |
| Maggie L  | KM |
| Adrian S  | KM |
| Balnoor K | KM |

|             |    |
|-------------|----|
| Benedict D  | 1B |
| Emily W     | 1B |
| Isabelle O  | 1B |
| Hadassah S  | 1G |
| Amber T     | 1V |
| Byron M     | 1V |
| Ava P       | 1V |
| Neve W      | 1V |
| Valentina A | 2B |
| Macie P     | 2B |
| Tory S      | 2B |
| Mia M       | 2M |
| Lukas R     | 2M |
| Bradley W   | 2M |
| Finn H      | 2M |
| Ruby L      | 2M |

|            |     |
|------------|-----|
| Jayson I   | 3C  |
| William W  | 3C  |
| Lilly P    | 3C  |
| Cataleya S | 3C  |
| Melody G   | 3HH |
| Rami Y     | 3HH |
| David W    | 3HH |
| Juliette D | 4CM |
| Imogen J   | 4CM |
| Annie C    | 4CM |
| Caterina P | 4LM |
| Samantha B | 4LM |
| Ahemdeep B | 4LM |
| Reeve H    | 5CS |
| Makayla S  | 5CS |
| Sophie T   | 5CS |
| Matt O     | 5CS |
| Ellis D    | 5CS |
| Abby P     | 6BC |
| Lilly W    | 6BC |
| Nicholi A  | 6BC |
| Logan L    | 6L  |
| Ava C      | 6L  |



## Gardening Club News!



We are very excited to announce that after a year of watering, weeding and care, the St Joseph's Gardens are finally proving to be a productive and self sustaining part of our school!

This year we were able to grow excessive amounts of organic spinach, beetroot, carrots, potatoes, strawberries, blueberries, basil and peas. Much was sold to teachers and we had so much produce left over that on the 4th of November, we successfully held our very first vegetable and seedling stall at the Leeton Farmers Markets.

In the weeks leading up to the markets, members of the club spent hours planting and watering seeds, preparing containers and painting signs.

Then at 8am on the Saturday morning, Neve W, Hadassah S and families came to harvest and package vegetables.

We then met up with Ruby L, Isabelle O and Ava P who banded together to work out costs, give change and sell produce under the watchful eye of Mrs QT and parents.

Our stall lasted two hours before everything was sold out!

Now we can afford to buy all we need to keep our gardens growing.

A huge THANK YOU must go out to Maria Lawrence, who gave us the opportunity to have a stall at the markets, to the Nardi family for donating so many pot plants.

Also, thank you so much to Meredith Lewis from St Francis for her veggie donations and a special thanks to Helen Mallamace for her donation of potato seeds.

You have all been very generous to us!

But the biggest thanks goes out to my little army of minions who help tend the garden any moment they can.

**You are wonderful!!!**

Mrs Quarisa-Tynan



## TERM 4 SCHOOL CALENDAR 2023

| WEEK                        | MONDAY | TUESDAY  | WEDNESDAY                                | THURSDAY   | FRIDAY  | SAT/<br>SUN  |
|-----------------------------|--------|--|--|--|---|--|
| <b>7</b>                    | 20     | 21<br>Year 6 Swimming<br>1.30-3pm<br><br>Kinder 2024 Picnic<br>Dinner 6pm            | 22                                       | 23<br>Kinder Transition<br><br>Get Into Rugby<br>Program | 24<br>Kinder Transition<br><br>SFC Orientation Day  | 25/26<br>Third Weekend<br>Vigil Sunday<br>10am - led by<br>Stage 2 |
| <b>8</b>                    | 27     | 28   | 29                                       | 30<br>Kinder Transition<br><br>Get Into Rugby<br>Program | 1<br>Kinder Transition<br><br>Whole School Giving<br>Mass 9.15am<br>2024 Captains<br>Announcement | 2/3  |
| <b>9</b><br><b>December</b> | 4      | 5  | 6<br>End of Year Awards -<br>9.30am COLA | 7  | 8<br>Whole School<br>Transition<br>Kinder 12-3pm<br>Years 1-6 11.30-1pm                           | 9/10   |
| <b>10</b>                   | 11     | 12<br>Year 6 Graduation<br>Mass 6pm<br>Dinner & Awards at<br>Leeton Soldiers<br>Club | 13<br>Year 6 Fun Day Lake<br>Talbot      | 14<br>Last day of Term 4<br>for all students             | 15<br>Staff Spirituality Day<br>- no school for<br>students                                       | 16/17  |

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





### JUNIOR REPRESENTATIVE TEAM TRIALS

**COMMENCING TUESDAY 14th NOVEMBER**  
**5:30pm-6:30pm**  
**LEETON NUMBER 2 OVALS**

- SAP U10s BOYS
- SAP U12 GIRLS

- LUFC - UNDER 12s
- LUFC - UNDER 14s
- LUFC - UNDER 16s

**All returning and new players are welcome to attend**

●● 2024 JUNIOR REPRESENTATIVE TEAM TRIALS ●●

🏆 We will be holding trials for our LUFC Junior squads and SAP academy squads for 2024 in the following age groups:

- ⚽ Under 12s, 14s & 16s LUFC Junior teams
- ⚽ Under 10s SAP boys (includes boys born in 2014, 2015 & 2016)
- ⚽ Under 12s SAP girls (includes girls born in 2012, 2013 & 2014).

🏆 We will also be having an information session for parents on Tuesday night to discuss the upcoming season. So please make sure you are in attendance so we can discuss what 2024 may entail.

🏆 Trials for our Junior representative sides will begin on the Tuesday the 14th of November from 5:30-6:30pm at the Leeton number 2 Oval. All returning and new players are welcome to attend!!!



## Christmas Light Tours



Lions Club of Leeton Christmas Light Tours  
 Departing Market Plaza at **8.30pm**  
 Light Tour Dates are:

**5/12-7/12 • 12/12-14/12 • 19/12-21/12**  
 Price for these nights: \$5 per seat  
 (or person) 22/12-24/12  
 For special occasions, tickets are available at \$10 per seat  
 (or person)



Tickets available from 20th November 2023 at Leeton Steel, 32 Pine Ave, Leeton. Phone 0269 534 233.  
 Ticket must be paid on date of purchase.  
 Lions EFTPOS is available.



RMB401384

## Calming and Grounding Strategies to Teach and Practice with your Child.

### Activating the Mammalian dive reflex (MDR)

#### *Why it works?*

All mammals have something called the “mammalian diving reflex” that forces the parasympathetic nervous system to kick in, which functions to relax us and calm us down. The human system is wired for self-preservation. The fight/flight response can help us survive if our system thinks we are in danger. This can be triggered by extreme emotions. Our heart rate and blood pressure increase; blood will rush to our limbs to support mobility (running away from danger) instead of going up to our brain to support logical thinking. This explains why big emotions often come with big behaviors. By engaging the MDR, we can quickly and easily help divert these out-of-control responses and reach a calmer state.

#### *How to activate the Mammalian reflex?*

Here are some different ways to activate the response, please explore with your child to see which option they feel comfortable to try, and always monitor to ensure safety:

- Splash cold (4-12C/40-50F) water on the face, concentrating on the eye and cheekbone region.
- Place ice cubes in a bag (or use a frozen gel eye mask as an alternative) and press against your face while holding your breath for 6-8 seconds, again concentrating on the eye and cheekbone region.
- Having a quick 30 seconds of cold-water shower, at least on the face if not on the whole body

### Shake it Off

You may have seen dogs shake themselves after a close encounter with a less-than-friendly canine...

According to Dr. Peter Levine in his book “Waking the Tiger,” animals engage in shaking to release trauma from their bodies. Levine is also the developer of somatic experiencing, a body-based therapy for processing and releasing trauma. Difficult experiences, including trauma, can build up energy in the nervous system. There’s evidence to suggest that shaking can help release it. This is also known as therapeutic or neurogenic tremoring. It’s a technique used in tension and trauma therapeutic release exercises, or TRE, which was created by Dr. David Berceli.

*Tips: you can play a song that your child likes (if your child has no preference ‘Shake it Off’ by Taylor Swift might be a good option) then practicing shaking and dancing with your child.*

Phone 1300 619 379

info@centacareswnsw.org.au

www.centacareswnsw.org.au



#### ALBURY

440 Wilson Street, Albury NSW 2640  
PO Box 3143, Albury NSW 2640  
Office Phone 02 6051 0222  
Fax 02 6023 3411

#### FINLEY

2 Coree Street, Finley NSW 2713  
PO Box 391, Finley NSW 2713  
Office Phone 02 6051 0222  
Fax 03 5883 4885

#### GRIFFITH

140 Yambil Street, Griffith NSW 2680  
PO Box 2330, Griffith NSW 2680  
Office Phone 02 6964 1447  
Fax 02 6964 5515

#### WAGGA WAGGA

201 Tarcutta Street  
Wagga Wagga NSW 2650  
Office Phone 02 6923 3888  
Fax 02 6921 1375



Centacare  
South West NSW Ltd.  
ABN 72 610 403 480