



"WE ARE ONE"

St Joseph's School

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Newsletter Week 7 Term 2 2012

TERM 2

IMPORTANT DATES

Tue 12 June: St Mary's Broome Parent Information Session (see invitation on the next page)

Wed 13 June: CAMP Parent Meeting 5.00pm

Thu 14 June: 11.00am start Athletics Carnival FIELD EVENTS

Fri 15 June: 8.00am for an 8.30 start ATHLETICS CARNIVAL

Dear Parent/Carer,

I hope you all took advantage of the long weekend and had plenty of time to spend with the children at home. I know many of the students went fishing, camping and many just spent time relaxing. Mr Clay & I went camping and walking at Purnululu National Park and had a wonderful time, we must do it again soon! The Bishop announced last week that we will be having a new Parish Priest from the end of July and it will be Fr Frank Birrell. Many of you will know Fr Frank as he has been coming to Wyndham to celebrate Communion Services as a Deacon last year and last term. Frank has recently been ordained and he will be living in Kununurra and working as the Assistant Priest at their parish during the week. We anticipate having more regular Whole School Masses in the second half of the year. As you are aware Miss Sunny is on leave till the end of Term 3 and Miss Zabrina Birch *will be working in the Yr5/6/7 class for this period. We welcome Zabby to the staff as St Joseph's school and hope she enjoys her time with us.* An important reminder to all families of students in Yr5/6/7 that next Tuesday 12 June at 9.00am you have been invited to an Information Session for parents and students about the opportunities for secondary education now available at St Mary's College, Broome. The principal, Mr Michael Pepper, Mr Dan from the Residential College and Miss Jennifer the Community Liaison/Development Officer will be present to answer any questions you might have. I hope to see many families represented on Tuesday, as where you choose to send your child to high school is an extremely important decision you have to make and the wider your choices are the better. A copy of the invitation which was given out a couple of weeks ago has been included in the Newsletter this week. Session on Wed 13 June at 5.00pm. If your child is in Yr5/6/7 he/she will be expected to attend the camp at the Broome Camp School as it will give students the opportunity to be involved in a range of challenges and adventurous activities, from team building activities through to beachcombing. From this week we will be sending home newsletters to the eldest child in each family unit only. If you get more than one in your home, could you please contact the office and let Jane or myself know. I hope you have a wonderful weekend.

God bless

Miss Andrea

PRAYER FOR TODAY

Dear Lord,

I thank You for this day;

Please broaden my mind so that I can accept all things. Let me not whine and whimper over things I have no control over. Continue to use me to do Your will. Continue to bless me that I may be a blessing to others. Keep me strong that I may help the weak... Keep me uplifted that I may have words of encouragement for others. AMEN

Student of the Week

Term 2 Week 6

Yr 5/6/7



Destiny Garcia
Fantastic Attitude

Yr 3/4



Rayden Matthews
Letter Writing

Yr 1/2



Mitchell Petersen
All Round Top Kid

K/PP



Montaya Thompson
Great Progress in Reading

PATHS Kid of the Week

[Promoting Alternative Thinking Skills]



Tor Hart-lida
K-PP PATHS KID

CAUGHT BEING GOOD



LETICIA JARLOT
CAUGHT BEING GOOD
Always a GOOD Day



AARON TRUST
Showing Respect For Others

CAMP MEETING

We will be holding a meeting on Wed 13 June at 5.00pm in the Yr 5/6/7 class to discuss all items relating to the 5/6/7 Camp in Term 2. If your child is to go to camp, there must be a representative from the family present at the meeting. The students will be leaving on Mon 20 August and returning on Sat 25 August. More information will be given out at the meeting. We will be discussing fund raising, expectations of students & families and all other aspects of the camp. I look forward to seeing you there.



St Mary's College, Broome

You are invited to an Information Session for Parents and Students about the opportunities for secondary education now available at St Mary's College Broome

at St Joseph's School, Wyndham on Tuesday 12th June, 2012 @ 9.00 a.m.

St Mary's College Prospectus and Enrolment Application forms for both St Mary's and Broome Residential College Will be available .





Drink more Water

WHAT IS THIS MESSAGE ALL ABOUT?
This message is encouraging families to drink **MORE** water each day, and **LESS** sweet drinks.

WHY WAS IT CHOSEN?
Recent research shows that Australian children are drinking more sweet drinks than recommended, which is replacing water in their diet. This is linked to increased tooth decay and contributes to weight gain. Water is sugar free, so it's a tooth friendly drink, and is kilojoule free, which means it doesn't cause weight gain. Water is really the best drink for children, with sweet drinks best saved as a special treat to have occasionally, not every day.

Drink more Water

WHAT ARE 3 SIMPLE WAYS TO DO THIS?

1. Keep a jug of cold water in the fridge handy so kids can help themselves
2. Set a good example – show your kids you enjoy drinking water, instead of sweet drinks
3. Buy your kids a special drink bottle or give them novelty straws to drink their water with

WHAT IS 1 SIMPLE WAY TO CUT DOWN ON SWEET DRINKS?
Only buy sweet drinks for special occasions, **don't** keep them in the house all the time. This will help cut down on temptation and pestering!

TIPS FOR CUTTING DOWN ON SWEET DRINKS

- Try to avoid keeping sweet drinks in the house, or only keep a small amount as a treat to have occasionally.
- If you and your family drink a lot of sweet drinks, cut down on the number of sweet drinks you have each day and gradually keep reducing this.
- Keep fresh fruit handy at home or in the lunchbox to have instead of fruit juice.
- If you want to have sweet drinks, limit them to 1 small glass (200ml) per day.

Reference: Murdoch Children's Research Institute & Royal Children's Hospital, Melbourne, Centre of Physical Activity Across the Lifespan, & Australian Catholic University, Sydney, 2007. *Why no sweet drinks for children*. Melbourne: Victorian government

DID YOU KNOW?

Sweet drinks:

- contain few vitamins or minerals,
- are high in energy (kilojoules), so can easily fill kids' tummies up, making them less hungry for more nutritious foods,
- are high in sugar, which increases kids' risk of tooth decay and can contribute to weight gain,
- can cause loose bowel motions or diarrhoea, as kids may find it hard to digest all the sugar,
- are sticky and make a mess when kids spill them, especially on their clothes!

IT'S NOT OK TO STAY AWAY

School attendance is the responsibility of parents and caregiver.
It's not OK....because school enables children to build on their knowledge and skills each day, each week and each year.
It's not OK..... because children can miss out on the basic skills and may experience difficulties later with their learning.
It's not OK..... because school helps children build confidence in areas such as communication, teamwork, organisation and social skills.
It's not OK.....because going to school is a legal requirement and there fines can be imposed.

PLEASE KEEP DOGS OFF SCHOOL GROUNDS.

For the welfare and safety of our students at all times there will be **NO** dogs allowed on school property at any time. Please leave your dog(s) at home when dropping off and picking up your children as we have students who are allergic to or afraid of dogs. If any dogs are found wandering on school property and do not leave when 'shooed' away, the ranger will be called to remove it.



Thank you for your cooperation.