

# St Joseph's School Newsletter



"WE ARE ONE"

Week 1 Term 3, 2012  
Friday 27th July

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Dear Parents & Carers,

We have had a fantastic start to Term 3 and I thank you for ensuring the students in your care have returned to school energised, in full school uniform, ready and eager for learning. The teachers have remarked at how quickly the students have settled back into routine. I would like to thank all staff, students and families for a great combined effort in bringing together talented community members to take part in our NAIDOC Week celebrations at the end of last term. I hope you enjoy the photos of some of the fun activities the students were involved in. The Yr5/6/7 Camp organisations are going along quite smoothly but it is important that all completed forms are returned to Mr Damien on Monday 30 July as final details need to be put into place. Next week we have a group of students and staff from St Augustine's College, Kyabram staying at our school and WDHS to engage in the schools and experience the wonders of our beautiful Wyndham town. On Monday, the Yr 3/4 & 5/6/7 classes along with the St Augustine's students will be visiting WDHS to take a look at the Careers Expo. A team from Touch West will be coming out to the school on Wed 1 August to promote the game in the Kimberley. The Yr 3-7 students will be involved in some information sharing and fun games of touch football. I look forward to a fun filled, productive term where we all strive to work in the spirit of peace and harmony.

God bless Miss Andrea

## IMPORTANT DATES

### TERM 3

**Sun 29 July:** St Augustine's College, Kyabram, students arriving.

**Mon 30 July:** WAMSE/RE Tests

**Mon 30 July:** Careers Expo at WDHS

**Mon 30 July:** Fundraising Car Wash at Ngnowar Aerwah Corp 1:00-2:15pm

**Tue 31 July:** St Augustine's tour of Wyndham with 5/6/7 class.

**Wed 1 Aug:** Touch Football WA 12-2pm.

**Fri 3 Aug:** Assembly for Kyabram Students (8am)



# GO GO CELEBRATIONS 2012



## Year 5/6/7 Broome Camp Update

20-24 August (Monday - Friday)

Money & Forms: Thankyou to those families who paid and returned their forms last term. If you have not already please pay \$250 contribution towards camp and return completed medicals/swimming permission form.

### Fundraising:

- Chocolates will be on sale from the Office and children will be bringing them home to sell.
- Also look out for raffles, Money boards, Donations of items to raffle off
- Guess the lollies in the jar (see Miss Candice)
- Car washes (at Ngnowar Aerwah 1:00-2:15 Monday 30 July)

Well Done  
to everyone for  
raising money, So  
**FAR WE'VE RAISED....**

**\$848.50**

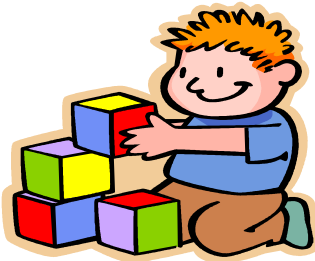
## LITTLE JOEYS PLAYGROUOP

Come along and have some fun at Little Joeys Playgroup. Each week we have a special activity, indoor and outdoor play, a healthy snack and story time.

Where: In the Kindy/Pre-Primary area at ST JOSEPH'S SCHOOL.

When: Every Friday from 10am until 12pm. (except school holidays)

For more information contact Amanda on 0447 791 186



## COLES SPORTS FOR SCHOOLS

We hope you kept on collecting your Coles vouchers over the holidays. We have handed in 2223 vouchers to Miss Candice so far. THERE WILL BE A BOX AT COLES VERY SOON!!

SO KEEP ON **COLLECTING....**

## THANKYOU

for your cooperation in keeping dogs at home during the school day. For the welfare and safety of our students it is imperative that NO dogs are allowed

on school property any time.



## 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 can be fines imposed.

# Healthy Food Choices

## BENEFITS OF BEING ACTIVE EVERY DAY

Enjoy the many benefits of having an active child:

**Being active every day can help children to:**

- be better behaved,
- learn easier, as they have better concentration,
- sleep better as they get rid of their extra energy,
- learn important physical/movement skills and develop their balance and coordination,
- improve their creativity and imagination by exploring the outdoors and making up their own active fun and games,
- build their social skills and make friends if they play, take turns and cooperate with others,
- maintain a healthy weight,
- be more relaxed/less stressed,
- be better protected against lifestyle diseases in later life like heart disease,
- grow and develop through stronger muscles, bones and a healthier heart,
- feel better about themselves, as being physically active helps to boost their self-esteem and confidence.

**\* REMEMBER: Active children are more likely to grow up to be active adults!**

Reference: Victorian Government, 2007. [http://health.vic.gov.au/active\\_living/active\\_children/active\\_children.htm](http://health.vic.gov.au/active_living/active_children/active_children.htm). Accessed online at: [www.goforyourlife.vic.gov.au](http://www.goforyourlife.vic.gov.au)

## ACTIVE TIPS FOR BUSY FAMILIES

- Check with the Council what organized physical activities are available in your local area. This could be an organised session held every week like gym, martial arts or swimming classes.
- Plan to do something physical and active together as a family on a weekly basis. Find a park or play area that you can walk or ride to in your neighbourhood, or travel to a nearby "play friendly" place for children to play.
- Invite your child's friends over for "play dates" and support them to play active games together.
- Support and encourage your child to play outdoors, as then they're more likely to be active because there's more room for them to move! Join in with their games when you can and help them come up with new games to keep them busy.
- Keep some active play items or sports equipment handy in the boot of the car like a blow-up beach ball, a foosy, or a skipping rope in case an opportunity to move around or have a game comes up. Then you're ready for action!
- Remember to be a role model for your child and be active in your own daily life.

Reference: Victorian Government, 2007. [http://health.vic.gov.au/active\\_living/active\\_children/active\\_children.htm](http://health.vic.gov.au/active_living/active_children/active_children.htm). Accessed online at: [www.goforyourlife.vic.gov.au](http://www.goforyourlife.vic.gov.au)

## AN ACTIVE LIFESTYLE = A HEALTHIER, HAPPIER FAMILY!

To be healthy and active, mums, dads and kids all need some physical activity every day. Being active regularly promotes your family's health and wellbeing and your children's growth and development, so everyone in your family benefits, not just your kids!

**Some simple ways to become a more active family:**

1. **Plan some trips.** Picnics are great fun. Pop out for a picnic lunch at your local park or playground, or drive to somewhere new with plenty of space for the kids to run around!
2. **Join in your children's games.** Kids love it when you join in! Throw a frisbee or ball together, kick a foosy around, fly a kite or play chasey or hopscotch.
3. **Take up active recreation at every opportunity.** Enrol kids in dance classes. Or, for that matter, enrol yourself! Take up swimming, go for a gentle run or a good walk.
4. **Reduce inactive leisure time.** Limit TV viewing, cut down on video games and reduce time surfing the net. That goes for you too, not just the kids!
5. **Look out for free family fun.** Not all family activities cost you money. There are many free activities like a family walk or a game in the backyard, beach or local park.

Reference: Victorian government, 2007. [23 ways to get your family going](http://www.goforyourlife.vic.gov.au). Accessed online at: [www.goforyourlife.vic.gov.au](http://www.goforyourlife.vic.gov.au)

## 5 WAYS TO GET YOUR FAMILY ACTIVE!

1. **Explore ways to be an active family.** Explore a national park, go bushwalking, walk and camp in the hills, take a walking tour of the city, bike ride together and play with your kids.
2. **Take part in community events.** Help organise fun events in your community, volunteer for a litter clean-up or a working bee. It's great to create opportunities to be involved in the community.
3. **Support your children's choice of activities.** Some kids go for organised games, others prefer less structured activities like riding their bike or skateboard. Whatever their choice, praise them for their efforts.
4. **Give gifts and presents that encourage activities.** For birthdays and Christmas, give bats and balls, frisbees, bikes or skipping ropes. Make it easy for your children to stay active.
5. **Develop a family 'action' plan.** As a family, decide what activities you'd like to do. Choose physical activities you enjoy doing together. Write down your plan for all the family to see.

Reference: Victorian government, 2007. [23 ways to get your family going](http://www.goforyourlife.vic.gov.au). Accessed online at: [www.goforyourlife.vic.gov.au](http://www.goforyourlife.vic.gov.au)

## PRAYER OF THE WEEK

### GOD OUR FATHER

We thank you for St Joseph's School and for all who make it a special place.

Bless the children who are growing in the care of Jesus.

Bless our parents and teachers who help us to love and care for others and help us to learn.

We remember with thanks the Josephite Sisters and other sisters who have worked in our school.

We pray for our Parish of Our Queen of Apostles and our town of Wyndham.

May our school community always be a place of love, peace, laughter and learning.

**AMEN**

## PAULS SCHOOL FUNDRAISING

Thank you for sending/bringing in the coloured 'Collect A Cap' milk bottle tops. For each cap collected, the school receives 10c, which will go towards buying resources for our school. Just drop them off to Miss Candice in the canteen.

