

Messages from Donny

Dear Parents, Students and Families,

Welcome back for the final term of the year, which, once again, will be eventful with all of the activities that make St Joseph's the community that it is. There is much excitement about the upcoming term with many wonderful events to take place, including: - Transitions Days, Pogo Pulse/Skipping, Remembrance Day, Splash Day, Year 6 Graduation, Concert and our regular Assemblies and Masses.



Supporting Kianna and her Family through their loss:

Our hearts remain with our Year 6 student, Kianna, and her family as they navigate the heartbreaking loss of their beloved Luca. During this difficult time, we extend our love, care, and support to them. We pray that they find comfort in cherished memories of Luca, which we hope will offer warmth and strength in the days to come. May they feel held and uplifted, knowing that they are not alone in their grief. Our deepest sympathies are with Kianna's family, and we are here for them every step of the way.



Prayers for Luca



Staff celebrating World Teachers' Day



World Teachers' Day:

Today we celebrated World Teachers' Day. I wish to take this opportunity to sincerely thank all our wonderful teachers for all their fantastic work they do. We have a positive environment in our school where teams have been created, and teachers and ESOs work collaboratively together. They are a committed group of professionals, who collectively provide a safe and caring environment with excellent learning opportunities. Most people know that Jesus was a carpenter, however, his ministry was also teaching as he taught those around him. I am grateful for the skills and knowledge that our teachers and ESO staff share with our school community. It's great to be able to thank our teachers for the marvelous work that they do every day for our students.

Grandparents Day:

What a fabulous afternoon we had with many grandparents and grand-friends attending to share a Liturgy, class activities and afternoon tea with their grandchildren. Many grandparents play a significant part in our children's lives and we thank them all, past and present, for their contribution to our families.





ST. THERESE'S RENMARK

Fr Hau 0401 367 337
8582 1894

MASS TIMES

27 Oct Sun 9.00am
2 Nov Sat 6.30pm
10 Nov Sun 9.00am
16 Nov Sat 6.30pm

UPCOMING EVENTS

October

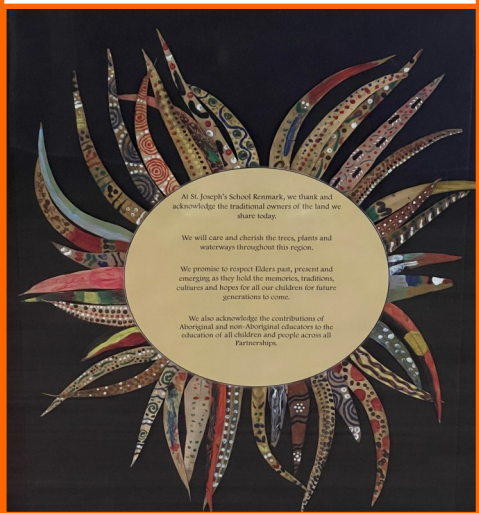
29 Board Meeting

November

- 1 All Saints Day
- 1 2025 Rec Transition
- 2 All Souls Day
- 4 Assembly by 3/HM class
- 5 Melbourne Cup
- 8 Mass by 1/2 classes

Acknowledgement:

We acknowledge that St Joseph's School students, staff and community live, study and work on Erawirung Land. We acknowledge the First Peoples of the River Murray and Mallee as Traditional Custodians of the Riverland region and pay our respects to Elders past, present and emerging. We respect the deep connection Aboriginal people have with land, animals and waters.



Reception/Buddy Transition Program:

In recent weeks our Year 5 students have been visiting local Kindies as part of our Buddy Transition Program for 2025. This has been an excellent opportunity to build positive relationships and prepare the young Kindy children for the start of their schooling. I wish to congratulate the Year 5 students for their excellent responsibility and leadership. The new students felt right at home when they visited us last week and again today. I also wish to thank the staff for their organisation and leadership.

Our Optional Transitions Days have been a huge success which is such an encouraging and supporting opportunity to help the children as they plan to start school. We look forward to the rest of our transition program starting next week, with the first official transition visit to the end of Recess time.



It was fantastic to see the huge gathering of parents and carers with our new 2025 receptions, supporting World Teachers' Day.

Year 6 Transition:

We have also been busy with the beginning of the Year 6 transition programs to secondary school in preparation for next year. While students leaving our school is always sad, we know that they are moving onto the next stage of their learning journeys and developing the skills they need to move into the adult world in a few more years. Our Year 6 teachers are working hard with families, students and all secondary schools to ensure that the transition process is a smooth and productive one for all involved.

Sunsmart School:

St. Joseph's is proud to be a 'Sunsmart' school. This means that hats are worn during Term 1 and Term 4. Please ensure that your child has a school hat for Term 4. All children must wear their school hats during playtime breaks and outdoor school activities such as sport. It is very important that we protect our children against the harmful effects of the sun's UV rays. If you need a new hat, they can be purchased from the front office for \$15.

Pogo Pulse & Skipping:

We are pleased to again offer the Pogo Pulse/Skipping Resilience Program. Mr Smart and Mrs Thompson will be coordinating this significant event and have worked through the selection process. With our Wellbeing focus, this event builds and highlights the importance of resilience and how we can work through the daily challenges that life will present. The selected students will start their trainings next week and we look forward to their enjoyment and positive participation.

Summer Sport:

I wish to commend all parents, staff and students who are participating in summer sport and acknowledge their commitment, dedication and input to their chosen activities.

SRC Meeting:

Our SRC students met recently met with Mrs Thompson to discuss ideas, initiatives and plans for the remainder of the year. This term we hope to continue raising awareness of local and community initiatives and activities. I congratulate these students for their excellent leadership and enthusiasm.

Wellbeing - Flinders University Grant Success:

I am pleased and excited to announce that due to the hard work of our Well Being Board Member, Sally Martin, St Joseph's School has received a \$2,000 grant to support our 2025 Wellbeing Expo. We thank the Flinders University Rural and Remote Health SA Community Partnership Grant advisory committee for commending our project and look forward to the forthcoming event.

We also welcome extra support from our parent community to help us with our strong Wellbeing focus. This week we have Catherine Kenyon, local chiropractor, offer some valuable

I personally find that there is a danger that family life can be affected, for at the end of a busy day I can sometimes feel both tired and overstimulated; where I seek my family's love as well as try to be there for my family to provide healing and emotional nourishment. At times, weariness, frustration and irritation boil to the surface and conversations can become bitter and sharp instead of gentle and kind. It's a true case of not being able to give what we do not have, even when it is our loved ones who are in need of our giving.

Our "wants" and "desires" can cause our life to rush past us. During this time of uncertainty and anxiety, we all may need to spend time on ourselves to ensure our physical, emotional and spiritual welfare are all being considered so that our hearts will **not** be filled with misgivings, and we've **not** been too busy for living.

"Life is too short, forgive quickly, kiss slowly, love truly, laugh uncontrollably and never regret anything that made you smile."



Melinda Woolford, Gwen Rosenzweig, Helen McInerney with Henry & Georgie Woolford.



information and advice about the benefits of Gross Motor skills. I sincerely thank Catherine and all our parents who are willing to share their expertise, knowledge and advice for the benefit of our parents, staff and students. Please see the information included with this Newsletter.

We're too busy it seems!!!!

At this time of the year, I always encourage staff to not use the word 'busy'. Every year I include this article in our newsletter. It is true that the more we expect of life, the busier it becomes and the more complicated and cluttered it gets. This leads to less time available to appreciate the good things we have in life. Confucius definitely had it right when he said, "Life is really simple, but we insist on making it complicated."

This does make me think about how much of our busy-ness and life-clutter is brought about by our being caught up in the consumer culture that focuses on making money and then spending it on what we think we need. What were once considered to be luxuries are now seen as necessities.

Renmark - vibrant & positive community:

The town is 'abuzz' with a number of community events and celebrations. The many visitors and locals are fortunate to experience our beautiful environment and the wonderful sense of community spirit that is alive and well. I congratulate all our families that were involved in any of these events or activities. I am proud to call myself a local.

Staff news:

It gives me great pleasure to announce Mrs Ella Smith has won a permanent position at St Joseph's for 2025—congratulations! Other positions will be announced soon.

Once again our newsletter highlights the many areas of learning that we provide. The life long and meaningful experiences are so valuable to our children's overall development.

We are proud of what we provide and look forward to the next two weeks.

Regards

Don DePalma
Principal

Religious Identity & Mission:

Year 6 Parish Mass:

Congratulations to Mr Jackson McGuire and the Year 6 students on their strength, courage and faith that was evident in leading Mass on Friday especially in praying for God's to hold and strengthen one of our Year 6 students Kianna and her family on the loss of their precious Luca. It was a beautiful mass followed by a lovely morning tea back at school. Thank you to Mr McGuire and Ms Desiree Guy for preparing the students for the Mass. We also thank Fr Emil for celebrating the Mass with us, the parishioners, parents and friends for their attendance and the students for all their preparation and their faith leadership.



St Therese Feast Day:

Last Thursday, our St Therese Red team gathered for an afternoon of celebrating their team's patron saint. They discussed information about St Therese, including the values and qualities that she showed in her life and how we can also show these in our lives. They enjoyed an afternoon tea and spending time together as a team.



MITIOG:

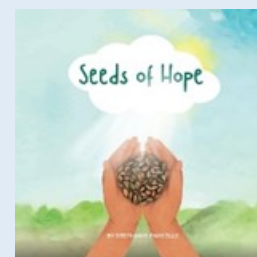
Our Religious Education at the beginning of this term has been based on the Made in the Image of God Sexuality and Respectful Relationships Curriculum (MITIOG), which is the official program for sexuality and respectful relationships education in South Australian Catholic Schools for Years R-12. Each year our students engage with age-appropriate curriculum content regarding sexuality and respectful relationships through MITIOG. Our Catholic understanding is that all

humans are made in the image of God and therefore deserving of the utmost dignity and honour, and that our sexuality is a fundamental dimension of the human person. We acknowledge that the beliefs, values and insights of the Christian Tradition and Catholic moral teaching enrich our lives.



Grandparents Day:

Today we celebrated Grandparents and Special Persons Day. The students welcomed their Grandparents and the special elderly people in their lives, acknowledging and celebrating the gift of them and the vital role they play in our lives. We reflected on their great wisdom and experience, which is passed from generation to generation, and we celebrated the gifts all our ancestors have forged for us- the gifts of life and love.



RE Leaders Day:

On Sunday, Monday and Tuesday I will be attending the Religious Leaders Reflection Days for the Port Pirie Diocese, to explore the theme for 2025 'Seeds of Hope.' I look forward to working with the other RE leaders to explore the theme in preparation for next year.

All Saints and All Souls Days:

Students will participate in class liturgies to celebrate All Saints Day and All Souls Day's next week. The Feast of All Saints' Day celebrates all the Christian saints. As a part of the service students will decorate crosses to show a special remembrance of our loved ones, someone special in their life who may have passed away, a saint that they felt connected to or a special living person in their life. The crosses will be displayed in our office prayer space.



Chrissie Grocke
APRIM

Parents & Friends:

Warmer weather means long evenings by the river or picnics in the park with family and friends.

Fruit skewers are a fun, easy and a nutritious treat to share with everyone.

To create, select a variety of fruits, often it's easier to have softer fruits so the kids can help ie: watermelon, blueberry, strawberry, raspberry, orange, kiwi, rockmelon etc.

Cut fruit up to the desired size and shape.

Pierce the fruit onto the skewer. The kids can help make different patterns and varieties.

Place in a sealed container on some paper towel.

Fruits skewers can be made ahead of time and refrigerate until later.

Ready to serve, a no mess no fuss fun colourful treat that can be served anywhere.

Of course you could add some extra treats to the combination like marshmallows, liquorice all sorts and soft jubes.

Laura Elliott

P&F Committee



Decorated Bike Comp:

RENMARK CHRISTMAS CELEBRATIONS COMMITTEE Inc

Christmas Decorated Bike Competition Sponsored by ALMONDCO

The committee is holding a Christmas Decorated Bike Competition for children living in the Renmark Paringa Council area to be held at St Joseph's School oval (via No 2 gate) on

Saturday 30th November 2024 at 10.00am.

There will be a Boy and Girl individual category for 13yrs and under, 10Yrs and under and 6yrs and under however a decorated bike can only be registered in one category.

A child's bike will only be accepted on the day if it is registered in the competition, and a Parent or Guardian accompanies the child to the school with the decorated bike. Please tick the category (on the website) you wish to enter and **Submit** your application.

Category 1: 13yrs & under Boy

Category 2: 13yrs & under Girl

Category 3: 10yrs & under Boy

Category 4: 10yrs & under Girl

Category 5: 6yrs & under Boy

Category 6: 6yrs & under Girl

Three judges will inspect each category.

Prize money for each category will be:

First Prize \$50, Second \$30, Third \$20

Registrations on the website will close at **5pm on Friday 22nd November 2024** and winners will be published in the Murray Pioneer on Wednesday 4th December 2024. With parents' permission, the winners and their bikes will participate in the pageant on a float which will be provided by the Committee.



Student Wellbeing:

Tips on Teaching Children Accountability

This weeks school value is accountability. Teaching your children accountability certainly isn't an easy task for parents, yet it can be extremely beneficial in the long run. Holding kids accountable for their actions not only helps to mould them into responsible and successful young adults, it also encourages them the importance of righting the wrongs of their own accord. Here are a few tips on teaching your children personal accountability from an early age.

Remember, It's Not About Punishment

Teaching kids personal responsibility is not about punishing or disciplining them. It's about teaching them to make amends for intentional or unintentional behaviour. That's why it's important not to make your child feel as though they need to defend their actions, instead, simply state what happened and offer them a solution to make amends.

Don't Make Excuses For Your Child

For parents trying to teach their children accountability, it's crucial for you to let them make their own mistakes. If you try and make excuses for their behaviour all the time, it will show them they don't need to take responsibility and can behave however they like. Instead, let them know that everyone makes mistakes, and it's okay for them to mess up and admit they've done something wrong. Encourage your kids to try and think of ways to prevent it from happening again, or how to make amends. This way they're learning not only how to be accountable but also how to recognise ways not to repeat the same mistake.

Be Consistent

Consistency is key for parents to help their kids develop accountability for their behaviour. This means it's important for your children to know exactly what's expected of them and to let them know there are consequences for their actions. If they do misbehave, following through with the repercussions is crucial for teaching them that they do have to take responsibility. If you don't, you're taking away their accountability and they won't learn how their actions and behaviour have consequences.

Model Accountability

Teaching kids about personal accountability is really about letting them know they are

responsible for the consequences of their actions. One of the most effective ways to do this is by showing them that you are accountable. When your kids see you apologise, it becomes normal for them to apologise for their own mistakes. When they see you make amends, they learn that it is normal to be accountable for their behaviour. When they see you cleaning up after your messes, they learn to clean up after theirs.

ACCEPT RESPONSIBILITY

for your actions.

BE ACCOUNTABLE

for your results.

TAKE OWNERSHIP

of your mistakes.

Charlie-in-Action

Charlie has had a busy start to term.

He really enjoys going into the classrooms where he gets the chance to wander around and greet the students. He loves the many belly rubs and pats.



The importance of Gross Motor Skills:

The importance of **GROSS MOTOR SKILLS** for learning and development

Gross motor movements are large movements that involve the arms, legs and torso

These movements can include rolling, crawling, sitting, walking, running, marching, skipping, hopping and throwing.

Ways to encourage and enhance gross motor activity

- Ball play – rolling, throwing, catching, chasing with all different sized and shaped balls
- Music – include a variety of types of music to encourage fast and slow movements or anything that involves copying actions
- Box play – crawling under, over or through boxes; lifting and moving them around
- Balancing – balance along lines or pavers, or unstable surfaces like pillows or cushions
- Wheelbarrow races – to increase upper body and core strength which is important for posture and sitting
- Monkey bars – to build upper body strength, posture, planning and grip strength
- Climbing playground equipment – to help develop strength in the upper and lower body, build confidence, ability to plan, problem solve and make decisions



Dr Catherine Kenyon has been a practicing Chiropractor for 15 years. Her passion is caring for babies and young children. She has a special interest in neonatal reflexes, monitoring child development, as well as oral development and paediatric airway disorders. Catherine has completed a 3-year, postgraduate diplomate in chiropractic paediatrics.

Santosha
HEALTH AND WELLBEING CENTRE



Why is Gross motor movement is so important?

Gross motor movements of the body are essential in providing a good foundation for fine motor skills, which are necessary for many of the tasks required at school. Children need to be given plenty of opportunity to develop and enhance these movements. Gross motor skills help to improve a child's body awareness, balance, hand-eye coordination, confidence, strength and muscle tone.



LAT Carnival:

