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St. Joseph's School is a child safe school

Newsletter No 31

Thursday 7th October 2021

God of infinite love and compassion.....

As we navigate the turbulence and uncertainty of the pandemic, hold us close.

When the light of hope at the end of the tunnel flickers and grows dim, give us courage to meet the constant challenges.

Give strength and patience to our brothers and sisters in Shepparton and Seymour as they face yet another hurdle. Walk with them in this difficult time and give them peace in their anxiety. When we cannot physically be with each other, let us find ways to be your loving presence to them.

We entrust to you the families and communities affected by Coronavirus, wherever they may be. Be close to those who are ill, afraid or in isolation and console those who are alone in our communities across the Diocese.

Bless the medical staff who care for those affected with Covid and strengthen them with your Spirit.

We offer our prayer to you Lord, in faith and trust.

Amen

St Joseph's School is a Catholic Community in the Josephite tradition where we learn and grow in the Spirit together.



St Joseph's School acknowledges the Taungurng people, the traditional custodians of the land on which our school is situated. We commit ourselves to actively work alongside Aboriginal people for reconciliation and justice

I am at my best when I am being Friendly, Respectful and a Positive Learner

Welcome to the end of Week 1, Term 4

Welcome to the 4th term of 2021

It was great to have the F/1/2 and some of the 3/4/5/6's back at school this week. They were certainly excited to be back. With the gradual resumption of face-to-face learning may be a little unsettling for some students. Next week we have all our F1, 2,3,4s back on for the week (due to parents being essential workers) and then on Thursday and Friday our 5/6 students. I hope that everyone is back on site as of the 26th of October.

Please see the summary of the return in the newsletter.

Update on Chris Hooper and Liz Tang

I spoke to both our staff members this week. They are both on the mend slowly and keen to be back at school. Liz is on long service for the rest of next week and will be back on deck the following week, working up until lunchtime.

Chris Hooper is still working from home. She is unsure at this stage when she will return and be onsite.

New Student

This week we welcomed Michaela Hughes to our year 4 class. Her older sisters were last at St Joseph's school in 2015. We welcome back her mum and dad , Sinead and Patrick. I remember Michaela as a little toddler before they moved towns.

Bluearth

As I said at the end of last term, Dylan has had a change of career and will no longer be our coach. We haven't had it confirmed yet who will be working with us this term.

ICON

As mentioned in earlier newsletters we have moved to a new administration system. Janelle is slowly getting her head around the new system. This week she managed to do another pay run, input our new student and pay quite a few bills. It is a very slow process as it is all new, but she is getting there. If the screen is in front of her work area please avoid talking to her as she is online working with her support person. I also managed the process for approving the payments. That took a while!

Interesting Article

I've included with the newsletter an interesting article titled *Goldilocks day. How children should be spending their time.* It's a good read. There is a copy further on in this newsletter.

St Joseph's Athletics Carnival

We will see what we can do when all the students are back on site and if we can have parents onsite.. I am keen to have something for the students as they trained so well. The district is also keen to try and have a meet of some description, but this is looking less likely.

Enrolments

We are taking enrolments now for 2022. If you have a child who is eligible, or you know of anyone who has a child ready for school, please encourage them to contact the school to have a conversation with me or one of the teachers.

Try School/Transition

We will commence our Try School/Transition program when the restrictions are eased.

St Joseph's Centenary Celebrations

Next year in March, it will be 100 years since the Sisters of St Joseph started teaching here on this site I am asking for expressions of interest to form a committee to organise the celebrations for this special event. Please contact the school on 03 57942 608 if you are interested in being on the steering committee.

We are praying for:

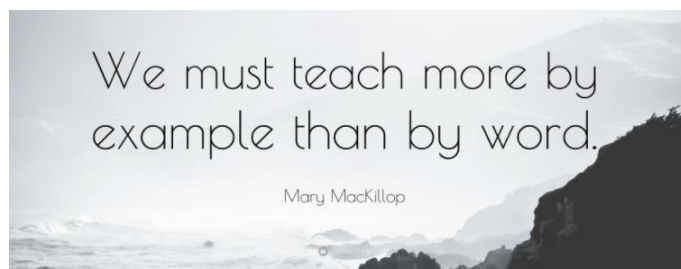
- For Chris Hooper who currently on leave and is recovering
- For Liz Tang, who is currently on leave and recovering
- For Tony and our Parish community, especially those who are unwell or receiving treatment
- State and Commonwealth Leaders who are guiding us through the pandemic



Pupil Free Days this Year

November 1st Report Writing Day

November 22nd (Planning Day)



Unexplained Absences

If a student is absent without reason, the school will contact the parent

If contact cannot be made with the parent, the emergency contact/s will be contacted to ensure the safety of the student



PHOTOS for Newsletter

Send them to

smckinnon@sjnagambie.catholic.edu.au

All Student Absence Please TXT to 0417 489 577

St. Joseph's Calendar

October

14th 5/6 students return

20th Advisory Council

November

1st Pupil Free Day.

2nd Public Holiday(Melbourne Cup)

3rd Spirit day. (For Confirmation Students)

4th Science show- Chemistry Capers.

8th to the 12th Swimming

11th Remembrance Day

December

2nd Fun Fields Day

7th Statewide Orientation

8th End of Year Graduation Mass(to be confirmed)

15th End of Year celebration (to be confirmed)

16th Last day for Students

17th Last day for Staff.

17th Last day ever for Mr Jones!!!

**"BETTER THAN A THOUSAND
DAYS OF DILIGENT STUDY
IS ONE DAY WITH A GREAT
TEACHER."**

JAPANESE PROVERB



Your year 5 or 6 student may have asked can they watch this new program on Netflix. It was released in September. I strongly advise against it. It is extremely violent with lots of gore. See the review from www.common sense media.org/tv_reviews/squid-games.

Return to school plan – Regional Victoria

Year levels	From Monday 4 October	From Wednesday 6 October	From Monday 11 October	From Tuesday 26 October
Prep	✓	✓	✓	✓
Year 1-2	✓	✓	✓	✓
Year 3-4			Tuesday- Wednesday	✓
Year 5-6			Thursday-Friday	✓
Year 7			P	✓
Year 8-9			Tuesday- Wednesday	✓
Year 10			Thursday-Friday	✓
Year 11		✓	✓	✓
Year 12 (VCE units 3/4 and final year VCAL and IB)	✓	✓	✓	✓

Key: ✓ return to onsite five days

Vulnerable children and children of people on the authorised provider and authorised worker list can continue attending onsite. Ungraded students with disabilities in specialist and mainstream schools return to onsite learning with their year level equivalent cohort.

Classroom News - Term 4, Week 1

Return to School

The F-1-2 students have settled back into the school routine well. We are looking forward to having the 3-4 students back at school next week and the 5-6 students on Thursday and Friday. On the days they are not at school the students will continue with remote learning. If you need your child to attend school due to work commitments, please contact the school.

Athletics

Our athletics were to take place last term. This has been put on hold at the moment. We will advise of the new date when we are able to reschedule.

School Dojo

At the end of last term all families will have received an email inviting them to join our School Dojo. We will be using this program to communicate information and share photos of student work as well sending reminders about upcoming events.

Health Reminder

It is important that we all continue to monitor our own and the health of our children, during this time. If you or your child develops any symptoms such as a fever, cough, sore throat or shortness of breath or a runny nose, please follow the advice below.

Stay at home and do not attend school.

Seek medical advice

If you or your child has a health condition or complex health needs, please discuss with your medical specialist.

Information about coronavirus (COVID19) is available in the DHHS website.

Our school is continuing to promote and implement on a daily basis both Covid-safe behaviours and practices across our school community.

Have a great week everyone!

Liz, Megan, Maddy, Gen, Sam D, Sam G, Chris & Tim.

With our staggered return to school for our older students, it is important that students get themselves back into the routine of school; this might mean following a school day routine on the days they are not attending onsite to assist with the transition. Students may show some worries about returning to school concerns about friends or the possibility of future lockdowns, providing a space where students can share their feelings and what is worrying them may assist. Please contact your child's teacher if you have any concerns about the return to school.

Curriculum Report



CHILDREN'S CHATTER MATTERS

Pragmatics and Social skills - (From Vic Curriculum Personal & Social Capabilities.)

- Developing resilience; Self-awareness: Identifying personal Strengths and skill sets, their likes and dislikes, needs and wants.
- Identifying Strengths & skills in others, acknowledging, giving praise.

- Emotions – identify these & how they impact on others

Extend their vocabulary through which to recognise and describe emotions and when, how and with whom

it is appropriate to share emotions

- Conflict resolution

- Working effectively in a team

- Describe the characteristics of respectful relationships and suggest ways that respectful relationships can be achieved. Look at diversity in gender, sex, culture etc.
- Strategies for coping with difficult situations. They persist with tasks when faced with challenges and adapt their approach when first attempts are not successful.
- Students recognise and appreciate the uniqueness of all people. They are able to explain how individual, social and cultural differences may increase vulnerability to stereotypes.
- Describe ways of making and keeping friends, including how actions and words can help or hurt others, and the effects of modifying their behaviour.



Catholic Identity Report – by Liz Tang, REC.

During the month of October, we focus on the Holy Rosary.

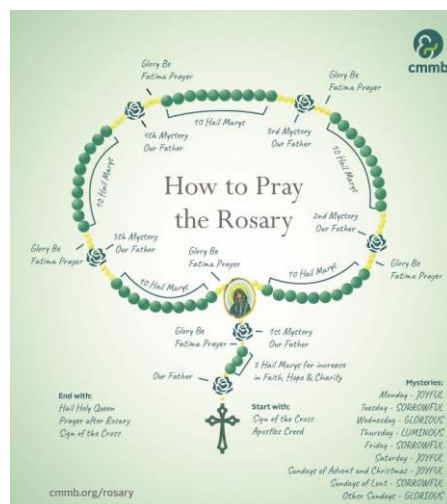
The Holy Rosary

Praying the rosary has been a tradition in the Church for a long time.

Throughout Church history, many popes and saints have highly recommended that we pray the rosary.

When you pray the rosary, you meditate on the events in Jesus' life. There are the joyful, luminous, sorrowful, and glorious mysteries.

Prayer is about developing our relationship with God, and loving Him more, so it makes sense to get to know Him through the events of the life of Christ that we meditate on during the rosary.



Maybe during October your family might take the time to say all or part of the rosary. If you do not know the rosary, then just take some time as a family to pray or to experience the presence of God around you.

Sacrament Program

Yesterday we had our Parent Faith Formation and Information meeting for the Sacrament of Confirmation. Please keep Oliver Young and Nash Treble in your prayers, as they begin their preparation for Confirmation. They will have their first small group meeting on Monday afternoon.

Our Catholic Identity focus for the coming week is: to focus on the Holy Rosary.

The month of October is dedicated to the Holy Rosary. During the rest of this month, we will learn about the rosary. It has been a tradition in the Catholic Church for a long time.

HAPPY BIRTHDAY HUNTER



Goldilocks Day: How should children be spending their time?

DOT DUMUID, SENIOR RESEARCHER FELLOW AT THE UNIVERSITY OF SOUTH AUSTRALIA, DISCUSSES THE GOLDILOCKS PRINCIPLE AND HOW GIVE CHILDREN EQUAL PRIORITY TO PHYSICAL, MENTAL, AND COGNITIVE HEALTH DOMAINS.

As parents and caregivers, many of us spend a lot of time shaping our children's time. From when we wake them in the morning, to when we put them to bed at night, we're prompting them to do their homework, take out the rubbish, turn off their screens, practice their instrument, eat their lunch, and play their sports. The list is endless! Yet, with all these activities on the go, how do we – and they – achieve the best balance?

As competing demands have become more complex and varied with increased digitalisation and ever-present social media, not to mention being turbo charged by the pandemic, finding a way to bring healthy balance to our daily activities seems more important than ever.

Government guidelines recommend that school-aged children achieve at least one hour of moderate-to-vigorous physical activity in their day, but that they also get between nine and 11 hours of sleep, all the while restricting recreational screen time to less than two hours. Although this recommended daily balance of activities has been approved by panels of experts and adopted by many countries and health bodies (including the World Health Organisation), it's very difficult for children to achieve.

In Australia, it's estimated that only about 15 per cent of children meet all three guidelines – sleep, screen time, and physical activity – which, while being relatively low, still trumps those in other countries where compliance is as low as 6 per cent. Such a low compliance for all three guidelines is striking, especially considering compliance for individual guidelines can be quite high (up to 70%) essentially, it's easier to achieve one guideline, but reaching all is much harder.

Of course, as we only have 24 hours in any given day, increasing one activity means decreasing another, we must make trade-offs.

From our research, it seems that children who are increasing their physical activity to one hour a day are taking this time from sleep, so while they may achieve guidelines for physical activity, they now fall short of sleep. Or, if they increase their sleep to meet the sleep guidelines, they no longer have enough time to meet required hours for physical activity!

Exactly what the best balance of daily activities looks like, may depend on what families value, and in terms of how these activities are expected to impact their child's health and wellbeing. For example, if physical fitness is prioritised over mental health, we might sacrifice sleep for an early morning gym session. Or, if reducing adiposity is preferred over academic performance, we might skip studying to take a run. But can we have the best of all worlds – a 'Goldilocks Day' – where the balance of daily activities is, as in the children's fairy tale, "not too little, not too much, but just right"? We all know that families are busy places, where parents, carers and children alike try to fit in all number of activities into the 24-hour window. But in doing so, we're making decisions about which activities we value over others.

How we balance our time can impact our health and wellbeing. As our research shows, the optimal durations of sleep, sedentary behaviour, and physical activity will vary depending on our motivations. For example, if we want to boost children's physical health, their optimal sleep should be about 10 hours a night, but with moderate-to-vigorous physical activity about two



and a half hours a day – more than doubling the recommended Australian guidelines. If focusing on improving mental health, children need to sleep even longer – for at least 11 hours – with the extra sleep being subtracted from all other remaining activities. In contrast, the optimal time-distribution for cognitive or academic health needed very little moderate-to-vigorous physical activity – only about 40 minutes – which is nearly half of what is recommended by Australian guidelines. Instead, optimised cognitive health required additional sedentary time (about 11.7 hours), while maintaining sleep within recommended levels. So, physical, mental, and cognitive domains of health are optimised by different allocations of time across daily activities.

As parents and caregivers, we care about all aspects of our children's health and want to find the best middle ground. That's where the Goldilocks Principle comes in: what is the best balance of all activities to achieve the best health outcomes overall? Well, if we give equal priority to physical, mental, and cognitive health domains, a Goldilocks Day comprises 10.4 hours of sleep, 9.7 hours of sedentary behaviours (which could be reading or screen time), 2.4 hours of light physical activity, and 1.5 hours of moderate-to-vigorous physical activity.

Applying an individual and tailored approach to what works best will, well, work best. Making the most out of your day, and helping your children make the most out of theirs, is a juggling act. **EM**

Bulletin

10th October 2021

TWENTY-EIGHTH SUNDAY IN ORDINARY TIME / B

WHO CAN BE SAVED?

for the Catholic parishes of
St John the Evangelist
Euroa, Violet Town, Longwood
St Malachy's
Nagambie, Avenel

PARISH PRIEST: FR TONY HILL

Presbytery: 91 Binney St, Euroa
03 5795 3048 or 0439 033 029

Pastoral Associate Euroa:

Mrs Mary Murphy 0457 847 056

Parish Contact Nagambie: 0400 476 416

Email Nagambie: srfyfield@bigpond.com

Secretary: Mrs Karen Malloch

Office Hours Tuesday 12:00pm - 4:30pm

Thursday 9:00am - 4:30pm

Parish Email: euroa@cdos.org.au

St Joseph's School Nagambie Principal:

Mr Leo Jones 03 5794 2608

St John's School Euroa Principal:

Mrs Libby Hamilton 03 5795 2937

We pray for: all who have died recently, especially for Margaret Mawson, for those whose anniversaries occur at this time, and for those who have died alone, unloved, or forgotten. May they rest in peace.

We pray for: Dan Kennedy, Frank Boyer, Lorraine Davidson-Saxon, Baby Brody Rosen, Dina Van Dyk, Benjamin Playford, Ollie Bodiam, Ciara Ryan, Sian Pasqual, Helen Perry, Patrick Cahill, Alice Cahill, Ted Palling, Max Perry, Sr Frances Kennedy, and for all those in our community and beyond who are ill.

Please contact Fr Tony or your parish contact if you would like a name added to the prayer list.

MISSION SUNDAY 24TH OCTOBER

MISSION AUSTRALIA | together we stand

The commitment of Mission Australia:

All children and young people have a right to feel safe, and to be safe at all times.

Mission Australia will not tolerate any abuse or neglect of children or young people involved with our services. Find out more or donate online: missionaustralia.com.au

IN OUR CHURCHES

We are still limited to 20 people who can attend each Mass, not including one each of celebrant, organist, lead singer, reader, commentator, sacristan, and special minister.

EUROA ST JOHN'S

Fridays 12:30 Mass

Saturday 6:00pm Vigil Mass

In order to book your place at Mass please text Fr Tony on 0439 033 029 or email him direct on ajdh1@bigpond.com. Fr Tony will reply to each message but the cutoff will be midday Saturday.

NAGAMBIE ST MALACHY'S

Sunday 10th 9:00am W&C; Sunday 17th Mass

Monday 10:30am Rosary

Wednesday 12:00pm Rosary

Wednesday no 12:30pm Mass on 13th Oct

AVENEL ST MARY'S

Sunday 10:30am Rosary

Sunday 10th 11:00am W&C; Sunday 17th Mass

LONGWOOD ST PATRICK'S

Sunday 10th 9:00am Mass; Sunday 17th W&C

VIOLET TOWN ST ATTRACTA'S

Sunday 10th 11:00am Mass; Sunday 17th W&C

For Baptisms and Weddings in our parishes please contact Fr Tony or the Euroa Parish Office: 03 5795 3048 or 0439 033 029

ST JOHN'S EUROA - VIGIL MASS ROSTER

9/10

16/10

WELCOMER: Judy S

WELCOMER: Marina VM

READER: Denise H

READER: Therese H

COMMENTATOR: Mary M

COMMENTATOR: Carmel S

EUCARISTIC MINISTER: Dan M

EUCARISTIC MINISTER: Margaret B

SACRISTAN: Ian S

SACRISTAN: Carmel S

ST MALACHY'S ROSTER

10/10

17/10

LEADER: WENDY

WELCOME: Moz, Carol

WELCOME: Loretta, Moz

READER: Helen K

READER: Mel

SPECIAL MINISTER: Deane

SPECIAL MINISTER: Rhonda

CLEANING: Deane &

CLEANING: Mel & Carol

Marianna

St John's and St Malachy's are safe parishes where children and vulnerable adults are respected and protected from harm. Children going to the toilet from the churches must be accompanied by an adult family member.

Child Safety Officer in Avenel/Nagambie Grace Kenworthy 0405 125 963 and in Euroa Mary Murphy 0457 847 056

FROM FR TONY

On Monday I'll celebrate, the thirty sixth anniversary of my Ordination. And given that I studied for eight years beforehand, I've been "in religion" for 44 years, which is a bit more than half my life. Looking back over those 36 years of priesthood I would have to say that I chose the right job for me. To be sure there have been times when I've wondered if it was right, but overall I'm convinced that it has been and it continues to be.

When we were ordained we were excited about how we might contribute to the Church in Sandhurst and beyond. We had the dreams that Jesus alludes to in the Gospel today. We basically left everything to follow him. A wise old nun said to me once that we don't have a vocation to the Church; we have a vocation to follow Jesus in a particular way. That vocation can be lived in the Church, but it is essentially one of discipleship and self-giving to the Lord.

In the space of those years, things have changed dramatically in the Church and within the Diocese. When I was ordained, I estimate that there were 75 priests serving the 40 parishes of the Diocese. Now there are 34 of us serving the 40 parishes. We could never have envisaged this in our wildest dreams that the future to which we looked forward would have been so different from our expectations. Somehow between the lot of us we cover 85 Mass Centres in the Diocese each weekend.

Back in 1985 we all seemed to choose a motto or words from sacred scripture that were meaningful to us and which might in time help us through the rough patches that would inevitably lie ahead of us. I chose the words from St. Paul, speaking to the Corinthians in his Second Letter. Paul believed utterly that they were spoken to him by the Lord Jesus when he doubted his strength to carry on his mission. They are simply, "My grace is sufficient for you." Paul speaks of his weakness and he believed that the Lord said this to him. Paul goes on, "So I shall be very happy to make my weaknesses my special boast so that the power of Christ may stay over me, and that is why I am quite content with my weaknesses, and with insults, hardships, persecutions, and the agonies I go through for Christ's sake. For it is when I am weak that I am strong."

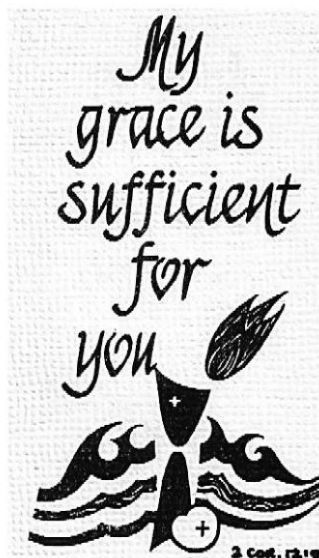
For me the words, "My grace is sufficient for you",

have carried me through hundreds of difficult situations, and as long as I keep my gaze firmly fixed on the Lord Jesus, nothing, not even the shortage of priests, can ever really overcome me. As long as these words inspire me, and they have for 36 years, I can do just about anything with the Lord's help.

Perhaps as we celebrate the Eucharist this weekend we might pray for each other. Please keep me in your prayers that the Lord Jesus will continue to give me sufficient grace to overcome my weaknesses and make me a more effective servant among you.

(The Illustration is from the original booklet cover prepared way back then by Sr. Anne McMillan, a Ballarat East Mercy Sister. Anne died on 8th September. For all who helped me along the way who are now with God, I remember them in my prayers. It depicts the three

Sacraments of Initiation: Baptism, Eucharist and Confirmation. It means as much to me today as it did back then.)



2021 BENDIGO MARIAN FESTIVAL

Mass, Consecration, and Devotions will be online this year.

Sunday 10th October at 1:00pm.

www.bendigofatima.com

More information can be found in the pamphlets at the back of the church.



PLENARY COUNCIL 2021

Please continue to pray for the Plenary Council members, and for the Church in Australia.

Keep up to date with what is happening and for a link to today's Mass starting at 11:00am Victorian time go online to:

plenarycouncil.catholic.org.au

NAGAMBIE THANKS

Thank you Bob for your gardening work under the fig tree and for taking over the lawn mowing. I'm sure Dan appreciates your work. Thanks also to Mel and Carol for the work they are doing on our front garden.

St John's and St Malachy's Parishes acknowledge the Taungurung People, the traditional custodians of the land on which our Parishes are situated. We commit ourselves to work actively alongside Aboriginal people for reconciliation and justice.