



St Joseph's School Uralla Newsletter



Ph 02 6778 4063 Fax 02 6778 3010
Email: uraadmin@arm.catholic.edu.au
Website: www.stjosephsuralla.catholic.edu.au

22 JULY 2020
TERM 3 WEEK 1

Dear Parents

PRINCIPAL'S MESSAGE

Welcome back to Term 3!

With COVID still a part of our daily life we will continue with restricted access to our school. Parents are asked to continue to drop off and pick up your children from the front gate. I also would like to remind parents/caregivers to keep students at home if they are displaying cold and flu symptoms. If a child presents with these symptoms at school, the parents will be contacted to come and collect their child.

Welcome to our New Students

This week we welcomed two new students to St Joseph's – Joshua Turner in Kindergarten and Lolah Ridgewell in Year 3. We are delighted to welcome them and their families into our Joey's community.



Transition Programme

Today we welcomed five pre-schoolers to our transition group – Bradley Byrnes, Marlee Garrahy-Brennan, Charlotte Garside and Aubrey Jeffers. We look forward to getting to know you all over the next two terms as you prepare for "big school".

Prac Student

For the first four weeks of this term Mrs Hull will be completing a practicum experience in the Year 3-6 classroom as part of her teacher training. While Mrs Hull is on prac for the next four weeks Mrs Ellen Davison will be filling in for Mary as the teacher's aide in the Year 3-6 room. Thank you Ellen for taking this on.

Semester 1 Reports

Our Semester 1 reports this year will be held as a **Three Way Parent/Teacher/Student Conference and Learning Plan**. Students are asked to attend the meeting with their parent/parents. We will be holding these meetings next week. Could you please complete the booking sheet so we can book you in for these important meetings. If you are unable to find a suitable time slot, please call the school and we will reschedule your meeting at a more convenient time. Please return your notes by this Friday.

Three Way Parent/Teacher/Student Conferences actively involve parents, student and teacher in reflecting on student progress and setting future goals. These are different from parent teacher interviews as the student is involved in the discussion about their progress as a learner. The students provide information to clarify what they have learnt, what the next steps are in their learning and what progress they are making towards this.

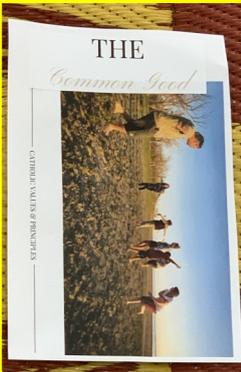
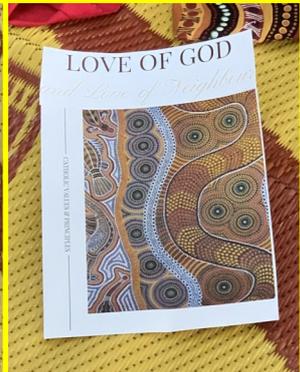
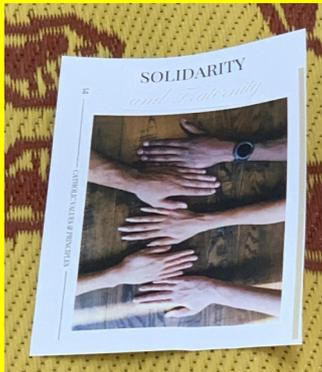
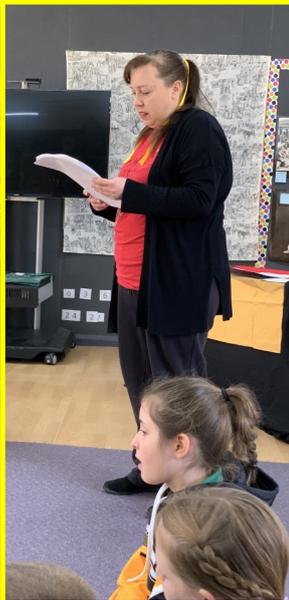
The three-way interview places the student at the heart of the assessment and reporting process and provides a student voice in discussions about performance and progress. It is also an opportunity to allow children to see their parents and teacher working together for them.

These meetings will proceed in accordance with health guidelines 4m2 rule and hygiene measures will be implemented. If parents would prefer we can offer you a zoom meeting instead of face to face.

Kind regards
Judy Elks

NAIDOC

On the last day of Term 2, we held a day of celebration for NAIDOC week. It was a wonderful day of celebration for all our students. Thank you to Mrs Bianca Walters for her organization of this great day. Thank you also to Mrs Bremner for her creative expertise with the children's mosaics and to Mrs Hull for her inspiration with the beautifully meaningful paraliturgy.



GROWTH MINDSET

Quite often children compare themselves when they struggle with something. And it can be very discouraging for them (“Jake is always so good at math and I am not...”)

So when we witness that we want to jump in and HELP our kids so they stop struggling.

But is this really the best thing to do for them?

Let's find out...



Should we let our children struggle or should we come to their rescue?

When we let our children struggle, we help them **build the muscle** they need to overcome challenges in the future.

It's very difficult to see our children struggle and our immediate desire is to **save** them.

But imagine you're lifting weights at the gym. At the first sign of struggle or strain, a well-meaning bystander lifts the weight for you. **Every time**. Are you going to get any stronger? Will you ever discover just how strong you can be?

The same concept applies when we refuse to let our children struggle. If we always solve problems for them, they will never learn to solve problems for themselves. We actually imply that they are **not capable** of overcoming obstacles or succeeding on their own.

So how can you **empower** your children when they are struggling, instead?

1. LISTEN and empathize. Sometimes children do not expect us to help and all they need is a listening ear. Practice listening when your child vents to you about a problem.

“You seem frustrated. I can understand why you feel that way.”

2. ASK open-ended questions:

“How do you think you can solve this?” or “What solutions have you tried?” or “What else can you try?”

3. PROVIDE options. Sometimes children are so consumed by their frustration, they can't think of what to do next.

“Would you like to keep trying, take a break, or ask for help?”

4. ACKNOWLEDGE when they succeed:

“Wow, I know that was hard.” or “How do you feel now that you were able to solve that problem?”

It's important to remember that success and achievement aren't about talent. It's all about the willingness to struggle and keep going.

Make the shift from “I've got this!” to “You've got this!” and your resilient, problem-solving, and gritty child will thank you.

Alexandra
Big Life Journal, creator

REAL TALK

As part of our PDH curriculum our Year 6 and Year 4 students will participate in a visit with the Real Talk team. Real Talk is an organisation that is all about getting REAL on the topics of sex, relationships and personal identity. Based on Catholic Christian values, Real Talk provides up-to-date resources, presentations and programs that help young people to understand God's amazing plan for love and life.



This term Our Year 4 and 6 students will participate in these sessions which will be held in Walcha on the 12th August. Our students will travel with Mrs Finlayson by bus to Walcha on this day. Our Year 4 and Year 6 parents will also be invited to a parent information evening to be held, via zoom, before the student sessions.

Further information will be given to the Year 4 and Year 6 parents in a letter to be sent home today. More details will be shared when times are confirmed.

MARRIAGE AND FAMILY WEEK

Next week the Armidale Diocese will celebrate Marriage and Family Week across the Diocese. Our students will be participating in activities to celebrate the family unit and how in families, faith in God can be passed on from older people to young people. This is a time for everyone to reflect on the gift of marriage and be grateful for our families. This Sunday's Mass theme will be a celebration of Marriage and Family.

CATHOLIC SCHOOLS WEEK

Next week we will also celebrate Catholic Schools Week. This is a time to thank our school communities for what they have achieved over the last few months and acknowledge all who are involved in creating a dynamic learning environment for our children.

SYMPATHY

We extend our deepest sympathy and prayers to Mrs Bianca Walters and her family on the recent death of her mother Carol Handebo. May Bianca be supported by the loving care shown to her by our Joey's community.

ASSEMBLY

Due to COVID-19 restrictions, there will be no assembly until further notice.

SCHOOL MASS

Due to COVID-19 restrictions, there will be no school mass until further notice.

CANTEEN

Week 2 - \$5: Sausages, mash, peas, corn and gravy or Plain cheese sandwich (toasted optional)

ORDERS MUST BE SUBMITTED BY THE FRIDAY BEFORE. Orders can either be sent in to the school office or by messaging Peta on 0417 509 015. Thank You!

[A list of canteen items has been included in this newsletter.](#)

Dates to Remember

Every Wednesday:
TRANSITION

Mon 10 Aug:
REAL TALK Yr4 & Yr6
Parent Zoom

Wed 12 Aug:
REAL TALK Yr4 & Yr6
Student Session

Wed 23 Sept:
BOOK FAIR

CANTEEN BEGINS
MONDAY 27 JULY!

