



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

11 NOV 2020
TERM 4 WEEK 5

Dear Parents

PRINCIPAL'S MESSAGE

Remembrance Day

Today is Remembrance Day, a day where we remember the members of the armed forces who have died in the line of duty. It marks the day World War One ended, at 11am on the 11th day of the 11th month, back in 1918. As a mark of respect our Year 6 students and I attended the Remembrance Day service held at the Alma Park Memorial Gates. At school our students held a small service lowering and raising the flag to remember those who had died for our country. (Photos inside newsletter)

School Photo Day

School photos will be taken next Wednesday 18 November. Envelopes for grouped sibling photos are available – just send your child to the office to collect one. If you wish to order photos, please return the envelopes with the correct money BEFORE photo day. Please read the information and instructions for payment clearly stated on the order envelope. Students are asked to be neatly groomed and in full school summer uniform taking particular note of correct socks and clean black shoes. Thank you.

O'Connor Yr 7 Orientation Day

The students enrolled at O'Connor Catholic College for next year are invited to an orientation day to be held on 19th November. With the many restrictions we have had this year due to COVID this orientation day is an important event as it is your child's first opportunity to experience their new school. A reminder that you will need to organise transport for your child to and from O'Connor on this day. O'Connor have organised free travel with Edwards coaches for your child on the regular Uralla school bus to Armidale if you would like to use this service.

Parents of ALL Year 6 students are asked to please complete the school attendance note given to your child today and return it to school as soon as possible. Thank you.

St Joseph's is a Sun Safe School

Just a reminder about our "No Hat No play" rule. Students must have a hat to wear at school. If your child does not have a hat to wear for recess or lunch they will be playing out of the sun in the weather shed. Please also note there is sunscreen available in the weather shed for our students to use. If they need help to apply this, they just need to ask a teacher and help will be given.

Uralla Grants

Yesterday I attended a celebratory event hosted by New England Solar Farm. Our school is one of 15 organisations who were successful in obtaining one of the Uralla Grants. Our grant will fund the replacement of the inverter for our solar plant which was destroyed by lightning and will also fund the purchase of two iPads and 2 Chromebooks for our students. We are grateful for the funds provided to the Uralla Community by New England Solar Farm.



Kind regards
Judy Elks

REMEMBRANCE DAY

Today is Remembrance Day, the 11th of November. Remembrance Day is an important day in Australia, and across the world.

We remember the sacrifice of those who have died for Australia in wars and conflicts.

In 1918, at 11am on the 11th of November, fighting in the First World War came to an end. The guns of the Western Front fell silent after more than four years of continuous warfare.

Now, over 100 years later, we pause for a minute at 11am on this day, the 11th of November, to remember the service and sacrifice of those who have died and suffered in all wars and conflicts.

Red poppies are worn on Remembrance Day. Red poppies are inspired by the thousands that grew across the battlefields of the Western Front.

Significance of poppies

Red poppies are often worn on Remembrance Day. The tradition has its origins in a poem written in 1915 by Lieutenant Colonel John McCrae, a doctor in the Royal Canadian Medical Corps.

Lieutenant Colonel McCrae noticed that, despite the devastation caused by the war to towns, farms and forests, thousands of small red poppies began growing everywhere in Spring.

This inspired his poem, *In Flanders Fields*.



IN AND AROUND THE CLASSROOM

3/4/5/6

Outdoor Learning



Intensive Reading Time



SPECIAL INCURSIONS FOR TERM 4

*The Life Education Van will be visiting our school on Tuesday 24 November with Happy Healthy Harold and TAM-e, their 3D augmented reality body systems software, to make learning fun and engaging. This is an important part of our PDHPE curriculum. The cost of this program will be partly subsidised by the school but we are asking families to please contribute \$5 per child.



Please complete the permission note inserted and return it as soon as possible. Thank you.

*Surf Life Saving NSW will be visiting our school on Wednesday 25 November with their Beach to Bush Program. This program focusses on teaching children to respect, understand and safely enjoy the surf. This is a free service for our school students.



SHEEP MANURE



Our Sheep Manure Business group has been busy planning their next collection and deliveries of sheep manure. If you know of anyone who would like to purchase some sheep manure for their gardens, please ask them to ring the school and make an order. Pricing \$4 a 10kg bag.



Good for Kids

good for life

MOVE AND PLAY EVERY DAY



For their best health, kids aged 5-13 years should aim for:



At least 60 minutes of physical activity each day – the more you huff and puff the better!



Non-educational screen-based activities limited to less than 2 hours each day. In your spare time, move more and sit less.



9-11 hours of uninterrupted sleep each night.

ASSEMBLY

Due to COVID-19 restrictions, there will be no assembly until further notice. Teachers will still be presenting weekly awards in class.

SCHOOL MASS

There will be NO MASS this Friday 13th November.

CANTEEN

Week 6 - \$5: Gourmet Hotdogs or Plain cheese sandwich (toasted optional)
 (Hotdog on a bun with cheese and bacon. Your choice of Mustard, Tomato sauce or BBQ sauce.
 Extra topping of either Fried Onion or Coleslaw.



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!

COMMUNITY NEWS

CENTACARE - FREE CALL 1800 372 826 or contact the Armidale office on 6738 7200

Building Connections - One session - FREE

This program aims to help separated parents have healthy and strong relationships with their children.

The pre-mediation program covers:

- ◆ ways of communication with the other parent
- ◆ the impact of separation and conflict on children,
- ◆ setting goals for future parenting

Mon 23 Nov 5:30pm - 8:30pm



Toolkit for Dads - FREE - One 3 hour session

What gets in the way, what to do if you lose it, what children need, smarter ways to parent, neuroscience and kids, helping children thrive, new ways to discipline, self-care for dads.

Thurs 26 Nov 9:30am - 12:30pm

Thurs 10 Dec 9:30am - 12:30pm

Parenting On Purpose - 5 sessions - FREE

This course explores our habits and filters as parents and offers strategies to take the stress out of parenting.

Using practical tools based on the latest neuroscience, parents learn that connecting with the child and deepening relationship create a solid base from which to discipline.

Calming emotions, looking for triggers, identifying the child's concern and finding workable solutions all contribute to more peace at home.

5 Tuesdays - 13, 27 October & 3, 17, 24 November 9:30am to 12:30pm

Dates to Remember



November
Fri 13 Nov:
 Water Safety
Wed 18 Nov:
 School Photos
Thur 19 Nov:
 Yr6 O'Connor
 Orientation Day

November
Fri 20 Nov:
 Water Safety
Mon 23 Nov:
 Life Ed Van
Wed 25 Nov:
 Beach to Bush Visit