

# St Joseph's Primary Bombala



TERM 2, WEEK 8

NEWSLETTER DATE 14 JUNE 2017

*"Remember we are but travellers here" St Mary MacKillop (1873)*

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*Dear St Joseph's Community,*

After doing a walk through of classes today, it is amazing to see the growth of our students and the learning discoveries being made. As we are nearing the end of term two, it would be fitting that we share with our wonderful community the learning journeys from our classrooms. We invite you all to our assembly next week Friday 23rd June commencing at 1:45pm in St Mary's Catholic Church, for a showcase from each class followed by class awards.

Semester Two Report cards will be sent home on Friday 23rd June. Please take the time to look through and celebrate your child's report with them. Whilst the academic grades are important, please pay special attention to the social skills, work habits and teacher comments as these aspects really help you to gain an overall picture of your child.

Parent interview notes were sent home on yesterday with your eldest child. The interviews are organised for Tuesday 27th and Wednesday 28th of June. I strongly encourage all parents to attend a Parent/Teacher meeting to discuss your child's progress and learning needs while also setting learning goals for Semester 2.

St Joseph's students are extremely lucky to have our visiting AFL clinic on again this week. If all students could please wear their sports uniform for the clinic on Friday. There have been some very impressive AFL skills on display during the clinics and we thank Jarrod Moore for taking the time to work with our students.

Just a quick reminder for parents and carers to please be sure to sign your children in/out if you are arriving late or leaving early as it is a legislative requirement for all schools to keep a record of this information. The sign in/out register is located just inside the reception door.

As you would have read in earlier newsletters, Noeleen is currently on Long Service Leave until the end of the term. We look forward to hearing of her Alaskan adventures next term. In Noeleen's absence, I will be working full time as Acting Principal.

I hope you are all staying well in spite of the recent chilly conditions. I ask our God of all love to be with you and your families in the coming week.

God Bless

Alice Shannon  
Acting Principal

#### TISSUES PLEASE:

**We kindly ask each family to donate a box of tissues for their child's class.**



# 2017 Calendar

Mon	Tue	Wed	Thu	Fri	Sat	Sun
12/6 Week 8 Queens Birthday Public Holiday	13/6	14/6 AFL Workshop at School—Sports Uniform all classes	15/6	16/6 AFL Workshop at School—Sports Uniform all classes	17/6	18/6
19/6 Week 9	20/6	21/6 Mass 9.30am (lead class Year 3/4)	22/6 Senior Class Excursion to Burnima	23/6 End of Term Assembly 1.45pm School Reports go home.	24/6	25/6
26/6 Week 10	27/6 Parent/Teacher meetings	28/6 NAIDOC Celebrations Parent/Teacher meetings	29/6 Middle Schools Day Year 5 & 6	30/6 Last Day of Term	1/7	2/7
3/7 School Holidays	4/7	5/7	6/7	7/7	8/7	9/7
10/7 School Holidays	11/7	12/7	13/7	14/7	15/7	16/7
17/7 Week 1 Staff PD	18/7 Students Return Term 3	19/7 K-6 Excursion to Beau- ty & the Beast— Lumen Christi— Pambula	20/7	21/7	22/7	23/7

\*\* Please note that dates and times on this calendar are subject to change

## MASS TIMES

Sunday, 18th June: Mass 8 am **Delegate**  
Mass 10 am **Bombala**

Wednesday, 21<sup>st</sup> June: 9.30 am Mass **Bombala**

Saturday, 24<sup>th</sup> June: 5 pm DELEGATE: Liturgy  
of the Word & Holy Communion

Sunday, 25<sup>th</sup> June 9 am BOMBALA: Liturgy  
of the Word & Holy Communion

Wednesday, 28<sup>th</sup> June 9.30 am Mass Bombala

Saturday, 1<sup>st</sup> July: 5 pm Vigil Mass DELEGATE

Sunday, 2<sup>nd</sup> July, 8 am Mass BOMBALA

## A note to parents from your friendly local Dietitian:

Hi Mums, Dads and Guardians,

Firstly let me congratulate you on your efforts to navigate the world of raising children.

I can't imagine it's very easy, especially with the ever increasing use of technology making our kids want to be less active, less sociable and often giving out false and misleading advice. So let me guess, you often find yourselves stuck in the middle-nagging, pushing, probing and trying to answer crazy questions?...

The one thing we can always bank on though is how impressionable our kids are. Especially from a young age, they will always have someone they look up to, people they trust and believe, people they emulate and try to copy, and that someone is not necessarily Mr Google, but you. Whilst knowing the answers to all of their whacky questions is often not possible; trying as best as possible to model and provide a healthy home environment certainly is possible.

It can be as simple as changing the way we talk about being healthy. Avoid using words such as fat or skinny, or referring to body size and shape as a reference to being healthy. These references can instil very negative body image associations in children, which can commonly lead to issues with eating disorders and depression down the track. Instead, praise and encourage behaviour that is positive for health such as eating fresh foods, trying new foods and recipes, being active and participating in sports.

Another example is to try and avoid using sugary, salty, processed 'junk' food as positive reinforcement or as a reward. This is a tough one, I personally know when I look after my little nieces and nephew, lollypops and McDonalds can make me the favourite Aunt! However it is these small yet significant habits that become ingrained into our kids and can lead to negative food associations later in life; often leading to issues with emotional eating, weight issues, depression and more. Instead, when trying to reward or encourage good behaviour –perhaps try something like a rewards chart that leads to a trip away or a favourite toy for example.

That's it from me, thanks for reading 'I hope it was food for thought'. If you have any nutrition concerns and would like to book a one-on-one appointment with me I am available for consultations in Bombala. You can contact me on 0429869973 or [dietitian@moniqueperkins.com.au](mailto:dietitian@moniqueperkins.com.au).

Cheers,

Monique Perkins.

Accredited Practising Dietitian.



Back Row L-R: Rochelle Voveris, Monique Perkins and Paige Hurley  
Middle Row L-R: Grace Farrell, Montanna Chamberlain and Brylie Stewart  
Bottom Row L-R: Lilly Day-Edgecombe, Issy Yelds and Charlie Campbell



### THERMOS

## HOT LUNCH, HOT PRICE!!



290ml FUNtainer insulated food jar RRP \$27, Your price \$19



470ml King food jar RRP \$36 (Target), Your price \$25



290ml King food jar RRP \$36 (Target), Your price \$25

Winter is here and who wants sandwiches? No one it seems! Why not send to school a bit of last night's dinner or a cup of soup or spaghetti?

In response to lunchbox wastage, in particular, the humble sandwich, we at SCC have sourced some awesome double wall insulated food containers at hot prices (get it!). Thermos was voted SCC's Best Brand, with 5hrs of heat retention (or cold for summer slushies), cool to the touch, leak proof & 5yr warranty.

We have 2 sizes available. (290ml is a bit more than 1Cup)  
These are going to be popular, so keep an eye out in newsletter for some great recipe ideas.

**Hurry, limited supply...**

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Please return this section with your preference and payment. Mark envelope SCC. Thank you.

Name \_\_\_\_\_ Class \_\_\_\_\_

290ml Multi Sports \$19     290ml Butterfly \$19  
 290ml Fire Truck \$19     290ml Tinkerbell \$19  
 470ml Red \$25     470ml Green \$25

### SCC—UNIFORM SURVEY

A confidential uniform survey has been created using 'Survey Money' to assist in a Uniform Review. We would be grateful if all families could take the time to provide feedback on our current uniform before 30 June 2017.

This link has been emailed with email newsletters, if you do not receive email newsletters and would like a hard copy of the survey please contact the office.

<https://www.surveymonkey.com/r/6QXJLTS>



### Lunch Club with Mary

Mary has been running crochet and art class lunch time clubs with St Joey's students.

Left: Mary Ventry, Brylie Stewart, Paige Hurley, Montana Chamberlain, Alex Reed and Lilly Day-Edgecombe

Below: Kate Yelds, April Kimber, Gracie Brownlie, Gabby Kidd, Indiana White



### Cooma Champs Tennis



#### SCHOOL HOLIDAY TENNIS CAMPS

**Camp 1 : Mon 10 July, 2017**

**9am – 3.30pm Bombala Tennis Club**

**1 Day Camp – \$50.00**

Payment to be received previous to commencement of camp please.

**Please call Tom:0404838049**

Lessons available during the school term in Bombala on a Wednesday afternoon. We would love to hear from you!!

TOM PERE - ACCREDITED ATPCA / RNSIS AUSTRALIA CLUB PROFESSIONAL, AFTER SCHOOL ACCREDITED.

**Awesome prizes to be won!**