Dear Parent/Caregivers,

People come into our lives for many different reasons. Each bringing with them a different set of gifts to share. The St Joseph’s and Macleay Valley Parish have been blessed to receive the gifts of spiritual leadership, compassion, humour and genuine pastoral care from Father Paul Gooley. After 10 years in the Parish, Father Paul has been called to serve in Christ as the Parish Priest of St Agnes Parish, Port Macquarie. We congratulate Father Paul who will take up his appointment after the 16th March. We will have opportunities to wish Father Paul well and thank him for his outstanding contribution to our Parish schools and the wider Parish community. We pray also for our Bishop during this time of transition and await the appointment of a replacement for Father Paul over the next couple of months. In speaking with the students at Assembly, I affirmed that feeling a little sad is very natural; however, gratitude is longer lasting.

On Tuesday evening we hosted our First Penance Information Evening led by Father Paul, Miss Bernasconi and members of our teaching team. Special thanks to the parents and carers in attendance. Please keep in your prayer the students who are preparing to receive the sacrament of First Penance.

Mrs Kylie O’Donnell has served on the St Joseph’s P&F for the past 6 years. Kylie is to be congratulated for her outstanding contribution to our community as the President of the P&F. Kylie will continue to be an active member of the P&F but has decided it is time to enable someone else the experience in preparing for the sustainability of this team in the future.

As we continue our Lenten journey, we are called to walk with justice and peace. Turning away from those burdens in our lives that weigh us down and turning to the message of Jesus through the Gospels.

All the best for the week ahead.

Many blessings,
Melissa Turner
Principal

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<th>WEEK 5</th>
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| **Mon, 26th Feb** | Zone Winter Sports Trials - Port Macquarie  
Music Groups  
K-2 Bus Safety Talk - 10.00am |
| **Tues, 27th Feb** |  |
| **Wed, 28th Feb** |  |
| **Thurs, 1st March** | Clothing Pool Open 8.30 - 9.15am  
The Big Vegie Crunch  
- 10.00am (bring some vegies to crunch on) |
| **Fri, 2nd March** | Assembly Prayer - 6ON  
Clean up Schools Day  
Diocesan Swimming Carnival - Murwillumbah |
| **Sun, 4th March** | First Penance Commitment Mass - 9.30am  
Clean up Australia Day |
POLDING TRIALS

Last Friday, Chelsea Hackenberg attended the Polding Cricket Trials in Newcastle and for the second year running has been selected in the Polding Girls Cricket Team to participate in the NSWPSA tournament to be held in Term 4. Congratulations to Chelsea on her commitment and success in just one of her chosen sports.

ZONE SWIMMING CARNIVAL

A team of 32 attended the Zone Swimming Carnival held at Macksville on Tuesday. The children should be congratulated on a great effort at a competitive event.

Well done to those who were selected for the Zone Team to compete at Diocesan; Roxy Hofman in the 11yrs Breaststroke and Easton Crilley in the 10yrs Freestyle.

THE BIG VEGIE CRUNCH

Did you know that only 5.4% of Australian children eat enough vegetables?

To encourage students to eat more vegetables, our school will be taking part in The Big Vegie Crunch (as part of Vegetable Week) on Thursday, 1st March at 10.00am.

Schools across NSW will be joining together to break the record for the most students crunching vegetables simultaneously.

What can you do to help?

😊 Pack a container of vegetables (not fruit) for your child to eat on the day.

😊 Keep serving up the vegetables at home!

ST JOSEPH’S P&F

The main purpose of the P&F is to support the school through fundraising activities and assist the Leadership Team and teachers by funding the purchase of equipment and resources that will make school life for the children and staff of St Joseph’s Primary School Kempsey a positive and enjoyable experience.

The committee of the P&F is elected on an annual basis with all interested persons encouraged to attend and stand for election for any of the positions.

The AGM of our P&F was held on Tuesday evening. At this meeting we called for nominations for the four executive positions of the P&F: President, Vice President, Secretary and Treasurer. A decision was made at this meeting to enter into a period of contemplation and to reconvene at 6.00pm on Tuesday 6th March to finalise the executive. We thank Margaret Borger who accepted the position of Treasurer and Alison Workman who has taken on the role of Secretary.

Tuesday 6th March at 5.30pm

HEALTH UPDATE

Anaphylactic Reactions

Here at St Joseph’s Primary School we have a number of students who have allergies to peanuts and other nut products. This is known as anaphylaxis. If any of these students were to eat any of these products it would endanger their life. All staff have been instructed in the use of Epi-pens.

Thank you for your support in a nut free and associated products school!

Curriculum in My Classroom

Year 2

Year 2 students have been exploring number in Mathematics. They have been counting forwards and backwards from given 3 digit numbers and naming the number before and after a given number. Students have enjoyed representing 2 digit and 3 digit numbers using objects, pictures, words and numerals.

DROP & PICK UP ZONE

It has been noticed that parents are parking their cars in the Drop & Pick Up Zone at the front of the hall and walking their children into the school. This is strictly a drop off zone and cars are not to be left. Please stay in the car and say goodbye to your children and watch them enter the school grounds/ or at pick up time your child comes to you.

This area is a designated DROP OFF/PICK UP ZONE- Not a parking zone and is regularly monitored by the police.

Thank you for keeping our children safe!
Questions to ask kids after school instead of “How was your day?”

- What made you smile today?
- What’s something new you learnt today?
- What was your favourite part of today?
- Can you tell me an example of kindness you saw or showed?
- What did you do that was creative?
- Who did you sit with at lunch?
- Did you like your lunch? What did you have?
- Was anyone in your class away today?
- Tell me something you know today that you didn’t know yesterday?
- What was the hardest rule to follow today?
- If you could change one thing about your day, what would it be?
- What made your teacher smile? What made her frown?
- If you could switch seats with anyone in class, who would it be and why?
- What kind of person were you today?

COMMUNITY EVENTS

CLEAN UP AUSTRALIA DAY at St Joseph’s
Friday, 2nd March
Can children please bring gloves in so they may participate in the Annual Clean Up Australia Day!

COLES SPORTS FOR SCHOOLS PROGRAM

During the Sports For Schools program, families will be able to collect Coles Sports for Schools vouchers for their school from Coles stores across Australia. When the program ends, we will be able to exchange these vouchers towards sporting equipment. Please hand collected voucher to the school office.

Get involved in the School Banking Program.
School Banking day is Thursday. Each week you need to hand your completed deposit book and money to the School Office by 9am Thursday.

The School Bus Safety Program, run by Busways, will be held next Monday for students in Kindergarten, Year 1 and Year 2 at 10.00am.
Peer time counts big time towards your child’s success

by Michael Grose

“It takes a village to raise a child because in a village there are always enough kids to form a play group.” Anon

Life for children and teenagers is generally very busy and adult-initiated. A quick glance at most kids’ after school schedules will reveal at least two after school activities (involving sport/physical activity or classes of some sort) each week that are organised and lead by an adult. Nothing wrong with that however the more time children spend in adult-initiated activities the less free time they have to spend among themselves, and the enormous benefits this brings.

Spending free time with peers benefits kids in these ways:

1. They learn to negotiate and communicate

Young children generally communicate with one another through play, and the communications have real meaning. They negotiate about what and how to play. Typically kids will make up the rules of any game, modifying them as they go along, and challenging other children’s interpretations. “You’re not playing by the rules” is a common childhood retort most of us are familiar with. Left to their own devices kids will generally resolve such conflict situations more creatively, and with more maturity than when adults become involved.

Teenage peer-to-peer communications often focus on emotions and the struggles they experience. Adolescents learn they can be honest with their friends, as they are less likely to overreact and assume control, the way that their parents or other adults might.

2. They become independent quicker

When children spend more time among themselves they become less reliant on adults to solve problems for them. In fact, when kids play among themselves someone will take on the authority of an adult and ensure that problems are resolved, usually more quickly and more equitably than when an adults attempt to do so.

Typically when kids of any age get together they act in ways that can mock and challenge adulthood – young children will use ‘naughty’ words and teenagers push parent boundaries so they can gather together away from adults. This type of independence-seeking is the default mechanism of kids of all ages, but it can be stifled by well-meaning, over-involved or over-controlling adults.

3. They are less anxious

“I dare you!” is a phrase that evokes strong memories for many adults. It’s a throw-back to a time when as children or teenagers we challenged each other to climb that tree, to cross that road and to go speak to that girl/boy. Of course, the biggest challenge we faced was to confront our fears rather than avoid them. Children of any