

St Joseph's Primary School Newsletter

Term 3 Week 7

27^h August 2014

Dear Parents and Carers,

On Monday, at our assembly we heard Matthew's account of Jesus rebuking Peter. The week before, we heard about Jesus commissioning Peter with "the keys to the kingdom of heaven" (Mat 16:19). How did Peter's "fall from grace" come about so quickly? What happened between Jesus saying, "blessed are you, Simon.....you are Peter and upon this rock I will build my church" (Mat 16:17-18) and rebuking Peter with "Get behind me, Satan! You are a stumbling block for me." (Mat 16:23)

As Mr Aggar demonstrated to the assembly, Peter allowed DOUBT and FEAR to block him accepting his mission, to accept the cost of discipleship and focus on saving his earthly life at the expense of his spiritual life. Peter was "setting [his] mind not on divine things but on human things." (Matt 16:23)

I love this account in Matthew's gospel because it highlights Peter's struggle to come to grips with the reality of Jesus. Peter knows who Jesus is, "You are the Messiah, the Son of the Living God." (Mat 16:16) but also experiences the very real emotions of doubt and fear. Peter does, of course, overcome these and preaches fearlessly after receiving the Holy Spirit. Do I allow the Spirit to enter my life and dispatch DOUBT and FEAR? Of all the temptations in life, these are rampant in our world because they come dressed as intellectual scepticism, and our right to security. We, like Peter, need to call on the Spirit to grow in UNDERSTANDING and COURAGE to follow Christ as faithful disciples.

There was certainly no doubt or fear evident when our school orchestra performed at the Penrith Eisteddfod last Thursday. Each of the girls maintained their composure as they played without a conductor, an enormous challenge. Quaking on the inside, but exuding maturity and dignity on the outside, they more than deserved the Highly Commended award they achieved. So proud of these "young women" who showed their determination to meet any challenge. Well done!

Thank you to Ms Nicholls and Mrs Berg for organising our Story-a-thon Day last Monday. The rain did not dampen enthusiasm and a great day was had by all. Thank you to the parents that assisted on the day and those who have sent in the sponsorship money. We will purchase new books for the library, so if you still have not sent in your donation.....please support us!

There are a number of community events coming up, please join us. More details in this newsletter.

Have a blessed week,

Fran Jackson
Principal

Father's Day Stall

This year's Father's Day Stall will be held on Thursday 4th September. Prices range from \$2 - \$8.

Father's Day Breakfast and Liturgy

To celebrate all the significant males in our life we will be holding a Father's Day Breakfast BBQ on Friday 5th September at 8am.
This will be followed by a Liturgy at 9am.



Learning Without Limits

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Religious Education News

Year 4 Religious Literacy Assessment

This week the students in Year 4 completed part B work samples for the Religious Literacy Assessment. This is a huge undertaking and both teachers and students have worked extremely hard. The majority of our projects were completed using i-pads. Later this week these will be shared with our Year 3 students.

Over the next couple of weeks Year 4 and Year 6 will be completing the on line version of the Religious Literacy Assessment.

Did you Know?.....

With Fathers Day around the corner, we look at the question..... Why do Catholics call their priests 'Father'?



Father Andrew Fornal OP

God, the Father, is our one true Father. All other fatherhood, be it a father "on earth," spiritual leaders in the Church, or our spiritual forefathers in heaven, participates in the Father's unique Fatherhood and represents it to us. They neither take away nor add to this one unique Fatherhood; they establish it on the earth. catholicanswers.com

Catholic priests represent this unique Fatherhood on earth and carry on the tradition of the early apostles. We will celebrate the contribution of all fathers at our upcoming Fathers Day BBQ breakfast and Liturgy in the MPA September 5th. BBQ begins at 8am and the liturgy at 9.00am. We look forward to celebrating with all fathers.

Mark Aggar
Acting Religious Education Coordinator

General News



School Fees - Now OVERDUE

Thank you to the families who have already finalised their Term 3 school fees account. Thank you also to the families who are maintaining their approved payment arrangements.

School fees for Term 2 are now overdue. If you are experiencing financial difficulty in finalising your account or maintaining your payment arrangement please contact Jenny Pendleton on 4732 3999.

Fruit and Veg Sense Workshop

This is a workshop being held for parents and carers on Monday 1st September from 9am. Please RSVP to the school office by Thursday 28th August.



Come to our FREE Fruit & Veg Sense Workshop

Date: Monday 1st September
Time: 9:15am until 10:45am
Venue: St Joseph's Primary School Kingswood



Did you know that eating enough fruit and vegetables all their lives can help protect children against diseases, including some forms of cancer? This **free workshop** run by Cancer Council NSW will show you how you can easily:

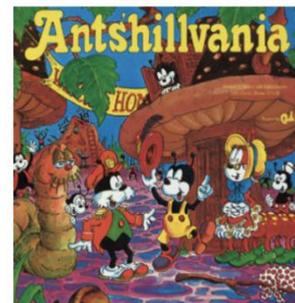
- Save time and money making healthy meals
- Learn clever ways to entice fussy eaters
- Get a free recipe book simply by attending

Don't miss out – registration is essential. To book your place please register no later than 28/8/14 by:
Calling or visiting the school front office or register online at
www.cancerCouncil.org.au/eatittobeatit/register

The Eat It To Beat It program is supported by the Nepean Blue Mountains Local Health District Live Life Well @ School Program.



St JOSEPH'S SCHOOL
presents



September 17th, 2014

4pm & 7pm



NRMA Science & Road Safety Day – Monday 1 September

Our school will be hosting an **NRMA Science & Road Safety Day**, a new road safety program that will be **delivered free of charge** to our school by the National Roads & Motorists' Association with the aim of helping our students stay safe of the road. This program involves students participating in road **safety shows in the MPA** and completing road safety workbooks in the classroom to help the road safety messages stick.

The shows combine important road safety message with science. Messages such as **“Wear their seatbelt”** have a greater impact when children have a stronger understanding of the forces they experience when travelling in a car and what could happen to them should the car stop suddenly in a crash. In the science show, a **crash test dummy** – an egg – memorably shows children how a seatbelt works to restraint passengers in a crash and more importantly why a seatbelt must be worn on each trip.

Parents play a vital role in keeping their children safe, and so we would like to **invite you to come and watch either the first (8:55am) or second (9:55am) show** to see what your children are learning and how you can **reinforce these road safety messages at home**.

After the day, your child will be bringing home the **NRMA road safety workbook** they have completed in class so take the opportunity to speak to them about what they have learned and what they can do to help keep their friends and family safe.

Within each workbook is a 4-page parent insert on child road and bike safety for you as a handy reference guide at home.

Please Note: Students are to wear their sports uniform on the day and to bring their bike helmet to school

Australian Youth Choir – Tuesday 2 September

Bring out the best in your child with performing arts education!

Our programmes help young people discover their hidden vocal or dance talent. Students learn to sing or dance, develop their musicianship and performance skills, make new friends and become part of a wide circle of performers. Visit us at

www.niypaa.com.au.

NIYPAA will be visiting St Joseph's Primary, Kingswood soon on Tuesday, 2 September 2014 at 10am

Story 'Athon' News

Book Week Story-a-thon

Yesterday, I went to Book Week dressed as a princess. Mrs Geraghty read us Tashi and she was dressed up as Tashi's mum. My favourite book is Tashi and I want to read all of the Tashi books.

Laura Melville 1VG

Story-a-Thon

Yesterday, we celebrated Book Week by putting on costumes and I was dressed as a Creeper. I was the coolest character in the school! I had on a cardboard Creeper head and a Creeper jacket. Mrs Geraghty was Tashi's mum and Miss Zeait was the yellow character from, 'Oh, the Places You'll Go'. Each of the teachers read us stories. My favourite book was the Tashi story. I like it because it is awesome!

Jordan Van Putten 1VG

Book Week – Storytime

Yesterday, everyone at St Joseph's Primary School celebrated Book Week by having everyone dressed up as their favourite book character. We were all rostered in different groups and we all sang songs and did activities. We also listened to the teachers reading books. Mrs Geraghty read us the Tashi – Book 1 and Tashi – Book 2, with the character, Chintu – the giant. My favourite book was, 'Oh, The Places You'll Go', because it's all about going to different places, to other countries and also seeing a view of the country from the sky.

Elijah Lynch 1RZ

Book Week – Story-a-Thon

For Book Week, I came to school dressed as a skeleton. My favourite book was the Tashi book because it is an interesting story with giants and dragons in it.

Filip Mladenovich 1RZ



Eisteddfod News

2014 Penrith Eisteddfod

This year we had several entries in the City of Penrith Eisteddfod at the Joan Sutherland Centre.

On Thursday, August 14th, our infants and primary choirs competed. Both groups performed beautifully and made us proud. Most importantly, they had a wonderful time and entertained everyone there. Both choirs received third place. Congratulations on being such wonderful representatives of our school. Special thanks to Mr Tim for all his hard work in preparing our choirs.

On Thursday, 21st August, the Captivate orchestra achieved first place in their section of the eisteddfod. We have four students who are members of the Captivate orchestra. We congratulate the Captivate orchestra and Mr Phil Rooke for his dedication in preparing these students.

Our school orchestra competed in another instrumental section of the eisteddfod. Our six girls did an amazing job, competing against much larger orchestras and still receiving the Highly Commended award. Congratulations to Riannon Morgan, Faustyna Chrobok, Milinda Ranathunga, Chelsea Apps, Jowica Gyamfi and Thelma Kwaramba for their beautiful playing and extraordinary courage in a challenging situation. Well done girls, you always make St Joseph's proud!



Netball News

Seven St Joseph's teams participated in the Netball Gala Day held at Jamison Park this week. We were lucky enough to have played a few games and have some wins before the heavens opened up and the rest of the day was cancelled. Despite the weather, all players tried their hardest and enjoyed playing as a team on the court. The conditions of the day didn't stop the teams from demonstrating sportsmanship towards their opponents and their coaches. A big thank you to all coaches who not only gave up their lunch times to coach the teams for several weeks, but also were very supportive of the conditions we endured on the day. A special thank you also to all of the St Josephs' players who came to training sessions every week and gave their best efforts!

Mrs Berg



Community News

Holiday activities @ Penrith library

For the September / October school holidays, Penrith City Library will present an exciting mix of magic and family shows along with wildlife shows, cartoon, embroidery and science workshops.

Family shows: **Magic Shows with Joel Howlett** – Wednesday 24 September 2014
Floating on a sea of stories with Bronwyn Vaughan - Wednesday 1 October 2014

Workshops: **Wildlife show with Featherdale** – Tuesday 23 September 2014
Cartoon workshops with Roger Fletcher – Thursday 25 September 2014
Embroidery workshop with Del White – Tuesday 30 September 2014
Planetarium workshops with Skyworks – Friday 3 October 2014

Teen Activity: **Advanced cartooning with Roger Fletcher** – Thursday 25 September 2014

All presenters are experienced professionals in their fields and in working with children. All activities are ticketed events and tickets sell fast so book now!

Joey's Before and After School Care Inc

Joey's Before and After School Care Inc is a Child Care Benefit approved centre that is located on the school site. They have a flexible, relaxed, program catering to all ages and most interests with staff that are dedicated and caring. They value and encourage family input. Phone 4732 5771. Hours: Monday to Friday (excluding public holidays): 6.30am to 8.30am and 3.00pm to 6.30pm. Special 8.00am service is also available. Vacation Care programs run during school holidays from 7.00am to 6.00pm.

The simplest way

...to manage fussy eating

Here are some of our top tips for dealing with fussy eaters:

Stay positive and don't react:

when your child refuses to eat, respond calmly, so they don't get attention for behaving badly.

Keep on serving it: research

shows kids need to be given a new food an **average** of eight times before they will accept it.

Eat as a family at the table: turn off the telly, and eat together – this will help improve the whole family's eating habits.



For more information visit www.eatittobeatit.com.au or join us at facebook.com/eatittobeatit

The Eat It To Beat It program is supported by the Nepean Blue Mountains Local Health District Live Life Well @ School Program.

The simplest way

...to use leftovers in the lunch box

Leftovers are an easy way to pack your kids a healthy lunch whilst clearing out the fridge. Simply prepare a little bit extra the night before! Your kids will love the tasty leftovers and their lunch box will be sure to come home empty.

Try some of these ideas:

- Spaghetti bolognese tastes great on a wholemeal bread roll
- Healthy fried rice or stir-fries are a fun alternative to a sandwich
- Turn leftover vegies into a frittata ...they taste great cold!
- Simply add leftover baked veg to a sandwich or use steamed sweet potato or pumpkin as a sandwich spread with cheese (add your favourite salad)



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The simplest way

...to healthier afternoon snacks

Choose these simple, tasty + healthy snack ideas to give your kids an after-school energy boost.



- Swap full fat ice-cream for reduced-fat yogurt with fresh fruit pieces
- Swap a tin of fruit in syrup for a tin of fruit in natural juice
- Swap flavoured milk for a reduced-fat fruit smoothie (try bananas or frozen berries)
- Swap a chocolate muffin for a fruit muffin

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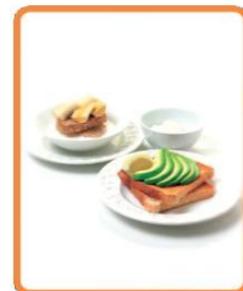
The simplest way

...to inspire a healthy breakfast

A healthy breakfast improves energy levels, alertness and concentration. It's also a good way to get a serve of fruit + veg in.

Here are some quick winter warming breakfast ideas:

- Sliced bananas or avocado make a yummy addition to toast
- Chop and add left-over vegies to an omelette or savoury pancake
- Add fresh or canned fruit to porridge
- Top a wholemeal muffin with cooked tomato, mushrooms, baked beans or creamed corn



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Dates for your Diary

Week 7

Thursday 28th August – Year 4 excursion to Cockatoo Island

Friday 29th August – Stage 3 NRL Session 2

Sunday 31st August – Verse Speaking Eisteddfod

Sunday 31st August – Confirmation Meeting after 10am Mass

Week 8

Monday 1st September – NRMA Science & Road Safety Day; Fruit & Veg Sense Workshop

Tuesday 2nd September – Australian Youth Choir 10am

Thursday 4th September – Father's Day Stall

Friday 5th September – 8am Father's Day Breakfast & 9am Liturgy

Sunday 7th September - Confirmation Meeting after 10am Mass

Week 9

Monday 8th September – School Assembly 9am; Blessed Virgin Mary Birthday

Tuesday 9th September – 7:30pm Confirmation St Nichols of Myra Penrith

Wednesday 10th & Thursday 11th September – Stage 3 Camp to Kincumber

Friday 12th September – R U Ok? Day: Stage 3 NRL Session 3;

School Disco 6:30pm - 8:30pm

Week 10

Monday 15th September – Term 3 Award Assembly 9am

Wednesday 17th September – School Musical 4pm & 7pm

Thursday 18th September – Year 1 excursion to Featherdale

Friday 19th September – Last Day of Term 3

First Day back for Term 4: Tuesday 7th October