



94 JOSEPH STREET, KINGSWOOD NSW 2747  
PHONE: 02 4726 4200  
EMAIL: STJOSEPHSKWOOD@PARRA.CATHOLIC.EDU.AU

# St Joseph's Primary School

## Message From Ms Crowley...

We acknowledge the Darug people,  
the traditional custodians whose land we educate our students

Dear Parents, Carers, Students and Friends,

Welcome to our first newsletter for 2022 and the promise of a wonderful year. As we begin this year, the parish community welcomes our new families and staff who have joined our school. I wish them a rewarding and fulfilling experience at St. Joseph's. At the start of any new year we are filled with anticipation of what this year will deliver and I hope that prosperity, love and success is abundant.



The first few days of the school year have been very busy and from our perspective, very successful. Congratulations to everyone on a great start to the year – especially to our amazing staff who were ready for our first arrivals on Tuesday and our parents who had their children ready for school. Thank you for such a smooth start to the school year.

Our newest and youngest members of our community began school on Wednesday. Their happy faces and excitement were evident as they walked through the gates carrying their school bags and wearing their hats with such pride. Well done to our Kindergarten students and also to the new parents who shed a few tears as they waved their children goodbye.



Thank you to all parents and carers who collected their Rapid Antigen Test kits from the office. We ask that you continue to test your children twice a week (Monday & Wednesday) in the morning before attending school and if there is a positive result notify the office and isolate following NSW Health advice.

I understand that for many families the transition back to school when Covid cases are so high in the community can leave you feeling anxious. Can I reassure parents/carers that the health experts are telling us it is safe for children to be at school. I encourage you to reassure your child by talking with them openly and honestly about all that you as a family and the school are doing to keep them safe and healthy.

This year is a year of challenge – for our students and staff. By striving for one's personal best we can be focused on the continual improvement cycle and ultimately achieve greatness. Our theme for the year as a school is to 'aim for the stars' and focus on really living out our school motto of 'Learning without Limits'. I look forward to working with our school community as we strive to learn, love and live through a year of challenge but also great hope.



If you have any questions or I can assist you in any way, please do not hesitate to contact me. May 2022 be a year of fulfilment and joy for our community as we walk with our God. Be secure in the belief that we will continue to keep God's kingdom alive here at St. Joseph's.

God Bless  
Ms Jennifer Crowley  
Principal

## Message from Mrs Borg...

### Welcome to 2022

Welcome to the 2022 school year, a year I hope that you all had the opportunity to relax and spend some precious time with family and friends over the holiday break. It has been wonderful to welcome back our students and staff. We particularly welcome our new families and teachers who have joined the St Joseph's community this year.

All of our students have commenced the school year excited and curious about the challenging and enjoyable learning opportunities they will be engaged in this term. This year we will ensure each and every student has the opportunity to Aim for the Stars and achieve their learning goals, developing critical life long learning skills. Already this week, our students have collaborated with their teachers and peers to discuss the qualities and attributes of a learner and how they will embrace these qualities every day at St Joseph's. I wish to congratulate all of our students on transitioning so smoothly into their learning and routines in the classrooms and across the playgrounds.

COVID-19 continues to influence our daily lives. As a school community we will continue to respond to directions provided by NSW Health and the Catholic Education Department Parramatta (CEDP). Thank you for your cooperation and understanding of the procedures and sometimes changes that we need to put in place to ensure the health and safety of all in the St Joseph's community. Rest assured that all decisions made over the next few weeks are aimed at minimising the disruption to your child's learning and an increase in positive cases.

We look forward to working in partnership with you and sharing the wonderful learning that happens everyday at SJK.

God Bless  
Rochelle Borg

## Sacraments Program

### CHILDREN'S SACRAMENTS 2022

#### Reconciliation: 6.00pm Thursday 7<sup>th</sup> April

**Sessions:** 27<sup>th</sup> February (Registration & 1<sup>st</sup> Session); 6<sup>th</sup>, 13<sup>th</sup>, 20<sup>th</sup>, 27<sup>th</sup> March, 3<sup>rd</sup> April

Eligibility – Children 8 years and above who have received Sacrament of Baptism.

#### First Communion: 19<sup>th</sup> June (Feast of Corpus Christi)

**Sessions:** 24<sup>th</sup> April (Registration & 1<sup>st</sup> Session); 1<sup>st</sup>, 8<sup>th</sup>, 15<sup>th</sup>, 22<sup>nd</sup>, 29<sup>th</sup> May; 5<sup>th</sup>, 12<sup>th</sup> June (12<sup>th</sup> being for Rehearsal)

**Reconciliation:** TBA

Eligibility – Children 8 years and above who have received Sacrament of Baptism & Reconciliation.

#### Confirmation: 10.00am Sunday 6<sup>th</sup> November

**Sessions:** 31<sup>st</sup> July (Registration & 1<sup>st</sup> Session); 7<sup>th</sup>, 14<sup>th</sup>, 21<sup>st</sup>, 28<sup>th</sup> August; 4<sup>th</sup>, 11<sup>th</sup>, 18<sup>th</sup>, 25<sup>th</sup> September; 2<sup>nd</sup>, 9<sup>th</sup>, 16<sup>th</sup>, 23<sup>rd</sup>, 30<sup>th</sup> October (Rehearsal)

Eligibility – Children in Year 6 and above who have received Sacrament of Baptism & First Holy Communion.

#### Requirements for Sacrament of Reconciliation

Children who are 8 years old and above and received the Sacrament of Baptism can register for the Sacrament of Reconciliation. Please bring a copy of your Baptism certificate

All sessions are compulsory and are held on Sunday after 10:00AM Mass (Around 11:30AM) in the parish hall. Parent and child to attend the session.

Further information will be provided at registration or contact the parish office on 4721 4080 during office hours.

# Being on Joey's Journey at SJK

Welcome to 2022 - we are so excited with how all of our students have jumped back on Joey's Journey.

Everyone is committed to our agreements to be:

**Safe** - I am at the right place  
at the right time

**Respectful** - I listen to the teacher

**Learners** - I am ready to do my work

Each class will display their signed special Joey agreement poster and will refer back to their agreement to support each other staying on track on Joey's Journey.

All of our students are collecting Joey's (green Joey's) in their classrooms for showing what it looks like to be Safe, Respectful Learners and they are enjoying their Joey Jump rewards - your child will be able to let you know what exciting things they have achieved at Joey Jump 1 or Joey Jump 2 - and I wonder if anyone can share if their class has earned the Joey Jump 3!!

The agreements for each play area are visible and students are earning "Playground" (white Joey's) when they reach their Joey Jump levels they will earn their playground rewards!! Announcements will be made so that everyone knows it is celebration time!!

We hope you have enjoyed the staff stories on Facebook and that the magnets are being used at home to help us share the language and reinforce the importance of being Safe, Respectful Learners, as we learn everywhere and Reach for the stars!!



Take care  
PBS4L - Joey's Journey team

Welcome to 2022!!

It is so exciting to have spent time seeing all the children back at school and I was lucky enough to be able to introduce them to Mrs Erin Helleur who is joining me in the counselling role this year. Mrs Helleur will be at school Tuesdays and Thursdays and I will be at school Monday, Wednesday and Friday. We are excited to spend time in class and to work with the teachers and students to provide support as they settle back into school.

When we think about coming back to school everyone worries about “worry” and how that worry will impact their return to school. I believe we have shared this information before from the Child Mind Org and it focuses on providing tips around dealing with anxiety.

## What to Do (and Not Do) When Children Are Anxious

<https://childmind.org/article/what-to-do-and-not-do-when-children-are-anxious/>

### How to respect feelings without empowering fears

Clark Goldstein, PhD

When children are chronically anxious, even the most well-meaning parents can fall into a negative cycle and, not wanting a child to suffer, actually exacerbates the youngster's anxiety. It happens when parents, anticipating a child's fears, try to protect her from them. Here are pointers for helping children escape the cycle of anxiety.

#### 1. The goal isn't to eliminate anxiety, but to help a child manage it

None of us wants to see a child unhappy, but the best way to help kids overcome anxiety isn't to try to remove stressors that trigger it. It's to help them learn to tolerate their anxiety and function as well as they can, even when they're anxious. And as a byproduct of that, the anxiety will decrease or fall away over time.

#### 2. Don't avoid things just because they make a child anxious

Helping children avoid the things they are afraid of will make them feel better in the short term, but it reinforces the anxiety over the long run. If a child in an uncomfortable situation gets upset, starts to cry—not to be manipulative, but just because that's how he/she feels—and his/her parents whisk him/her out of there, or remove the thing he/she are afraid of, they've learned that coping mechanism, and that cycle has the potential to repeat itself.

#### 3. Express positive—but realistic—expectations

You can't promise a child that his/her fears are unrealistic—that she/he won't fail a test, that they'll have fun ice skating, or that another child won't laugh at her/him during show & tell. But you can express confidence that they are going to be okay, she/he will be able to manage it, and that, as she/he faces their fears, the anxiety level will drop over time. This gives him/her confidence that your expectations are realistic, and that you're not going to ask her/him to do something she/he can't handle.

#### 4. Respect their feelings, but don't empower them

It's important to understand that validation doesn't always mean agreement. So if a child is terrified about going to the doctor because he/she is due for a shot, you don't want to belittle those fears, but you also don't want to amplify them. You want to listen and be empathetic, help them understand what he/she is anxious about, and encourage them to feel that they can face those fears. The message you want to send is, “I know you're scared, and that's okay, and I'm here, and I'm going to help you get through this.”

---

## 5. Ask open ended questions

To avoid feeding the cycle of anxiety, just ask open-ended questions: “How are you feeling about the science fair?” rather than ask leading questions— “Are you anxious about the big test? Are you worried about the science fair?” Encourage your child to talk about their feelings using their own words.

## 6. Model success managing fears

Use your voice and body language to encourage success when something “big” might be coming up. Let’s say a child has had a negative experience with a dog, next time a dog is around you need to maintain a neutral stance (as much as possible) so the message you send is we can meet this dog together and we are safe.

## 7. Encourage the child to tolerate the anxiety

Let your child know that you appreciate the work it takes to tolerate anxiety in order to do what they want or need to do. It’s really encouraging them to have a go and to engage in life whilst their anxiety follows its natural curve. We call it the “habituation curve”—it will drop over time as they continue to have contact with the stressor. It might not drop to zero, it might not drop as quickly as you would like, but that’s how we get over our fears.

## 8. Try to keep the anticipatory period short

When we’re afraid of something, the hardest time is really *before we do it*. So another rule of thumb for parents is to really try to eliminate or reduce the anticipatory period. If a child is *nervous about going to a doctor’s appointment*, try to shorten the discussion period.

## 9. Think things through with the child

Sometimes it helps to talk through what would happen if a child’s fear came true—how would they handle it? A child who’s *anxious about separating from their parents* might worry about what would happen if they didn’t come to pick them up. So we talk about that. If your carer doesn’t come at the end of soccer practice, what would you do? “Well I would tell the coach they are not here.” And what do you think the coach would do? “Well he would call my carer. Or he would wait with me.” A child who’s afraid that a stranger might be sent to pick them up can have a code word from the parents that anyone they send would know. For some kids, *having a plan* can reduce the uncertainty in a healthy, effective way.

## 10. Try to model healthy ways of handling anxiety

There are multiple ways you can help kids handle anxiety by letting them see *how you cope with anxiety yourself*. Kids are perceptive, and they’re going to take it in if you keep complaining on the phone to a friend that you can’t handle the stress or the anxiety. I’m not saying to pretend that you don’t have stress and anxiety, but let kids hear or see you managing it calmly, tolerating it, feeling good about getting through it.

I hope these tips are helpful and that you use some of the links to help build your understanding of dealing with worries so your child and yourself have success at drop off and out of school activities.

Take care and keep reaching for the stars  
Miss Goode and Mrs Helleur

---

## Updating Communication Channels



At St Joseph’s the vast majority of our communication with families is through our St Joseph’s Skoolbag app. All school notes, newsletters and events are sent to parents electronically via Skoolbag.

As we begin a new year it is timely to take a few minutes to ensure your Skoolbag app has been set up correctly. It is important to check that notifications for the SkoolBag app are switched on in the notification settings of your phone. This is the most common reason why people do not see messages when sent out.

It is also important to check that the grade or grades that you have selected to follow match your child’s 2022 grade. This is important as from time to time we send notifications only to parents of a particular grade if it only concerns their children. You can do this by opening your SkoolBag app, clicking on the St Joseph’s symbol at the top of your page, then clicking the groups tab. Here you will be able to add or remove the grades you would like to follow.

---



## SJK School Routines

It has been wonderful to see just how well all of our students have settled into the new school year. We ask parents to drop off their children at the school gate, where they will be welcomed by our friendly staff. The school gates will be open at 8:20am as school begins promptly at 8:50am.

All students will be dismissed at 3:00pm. Please ensure your child knows how they are getting home in the afternoon. We have many different arrangements for how students are going home as this includes parents picking up their children from the school gate, bus, Joey's (after school care) and Kiss 'n' Ride. If your child's going home arrangements change, please notify the school office.

In Joseph Street a place has been designated for Kiss 'n' Ride - an area where children may be dropped off before school or picked up after school. Kiss 'n' Ride is a **"No Parking"** and **"No Standing"** Area. To assist with traffic flow, drivers must remain in the car whilst children get in and out. Children should travel with bags in the car (not in the boot). Children using Kiss 'n' Ride need to be able to independently open and close the car door, as well as being able to put on their own seatbelt. Please ensure you have a sign in your windscreen with your child(ren)'s name written in large, black writing to assist teachers with identifying your vehicle. Contact the school office if you would like one made for you.

Thank you for your continued support.

## Communication - Who can help?

Schools are very complex places with thousands of interactions occurring weekly! It is important for everyone in our community to be aware of the structures in place at St Joseph's that enable effective communication.

If you have any questions or concerns relating to your child's learning or wellbeing, we ask parents to contact the office via phone or email to make an appointment with your child's teacher.

After meeting with your child's teacher, if you wish to further discuss any concerns with regards to your child's learning or wellbeing, please contact the school office who will then direct your enquiry to a member of the School Leadership Team:

Principal: Ms Crowley

Assistant Principal: Mrs Borg

Instructional Leader K-2 & Early Stage 1 Coordinator: Mrs Alison Busuttil

Stage 1 Coordinator: Miss Victoria Dennett

Stage 2 Coordinator: Mrs Kellyanne Kemble

Stage 3 Coordinator: Mr Alan Eisenhuth

For general enquiries, school communication, enrolments, medication and/or school fee questions, please contact the school office to speak with our wonderful Office Staff.

## School Fees



School Fees Statements will be posted out to you over the next 2 weeks. If you have any issues with your school fees please contact Jenny Pendleton on 4726 4200.

## Cashless Payments

NO MORE CASH ACCEPTED

We are no longer able to accept any cash at St Joseph's. The only option for making payments in the office is through Eftpos.

This year there will be a new payment system for things like gala days, fundraising and missions. Details of the new payment system with instructions will be sent out soon.

## Leaving St Joseph's



A term's notice (10 school weeks) in writing must be given to the Principal before the removal of a student or a full term's fees will be payable. The notice can be given any time during term for the next term.

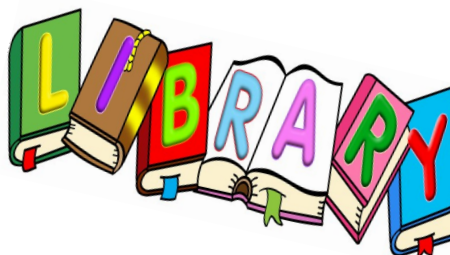
Where appropriate notice has been received a pro-rata credit can be calculated based on a 40 week year.

One exception is that notice in writing will be accepted at any time during Term 4 in relation to the following years' enrolment i.e. the notice period of 10 school weeks will be waived in this circumstance.

## Sport and Library Days

### Term 1 2022 Sport and Library Days

Grade	Sport Uniform Days	Library Day
Kindergarten	Thursday and Friday	Wednesday
Year 1	Wednesday and Friday	Friday
Year 2	Wednesday and Friday	Thursday
Year 3	Monday and Wednesday	Thursday
Year 4	Tuesday and Thursday	Friday
Year 5	Tuesday and Friday	Wednesday
Year 6	Thursday and Friday	Tuesday



## St Joseph's Birthdays

### Happy Birthday to...

**January** - Jaide, Samanyu, Lachlan, Andrew, Bonnie, Michelle, Ruby, Jesraj, Jasper, Xavier-Chase, Ayen, Sophia, Nate, Xanthe, Yuan Gabriel, Hamish, Charlie, Aneuhok

## Community News

### Nutrition Snippet

#### HOW TO PACK A HEALTHY LUNCH BOX



Starting 'big' school is a huge deal even for parents as it may be the first time packing a lunch box.

Learn how to pack a healthy lunch box [here](https://healthy-lunchbox.com.au)

[healthy-lunchbox.com.au](https://healthy-lunchbox.com.au)



Cancer Council  
Healthy Lunch Box

### Nutrition Snippet

#### PIMP UP POPCORN



Swap a packet of chips out of the lunch box and go for plain popcorn.

- Make it at home or buy plain popcorn.
- To add variety to the lunch box, mix with some dried fruit to make [Poppletana](#).

For these recipes and more: [healthy-lunchbox.com.au](https://healthy-lunchbox.com.au)



Cancer Council  
Healthy Lunch Box

## Foodbank Contacts

Below are some numbers from Foodbank organisations that can assist with groceries. Please feel free to call them to see what they can offer you.

Transformation Edge - Jamisontown 4731 2419

Christian Mission - Penrith 4704 8809

Westcare - Penrith 4731 3455



# St Joseph's Social Media

Did you know St Joseph's have many social media platforms to keep yourself updated with school events, photos, newsletters, notes, etc



**Facebook** - St Joseph's Primary School, Kingswood. NSW

**School Website** - <http://www.stjosephskingswood.catholic.edu.au/>



**Twitter** - @stjosephskwood



**Skoolbag** - St Joseph's Primary Sydney



**YouTube** - St Joseph's Primary Kingswood

If you would like to opt out on your child's photo, work and name being published please put your request in writing and send it to the school office.

If at any time you change your mind regarding publishing please put your request in writing and send it to the school office.

## Skoolbag Issues

There have been some reports of the Skoolbag app not working for some parents.

If you are having difficulty with the app please ensure it is up to date and you have the latest version on your phone. In some instances you may need to delete the app and re install it.

If, after trying these things, it still doesn't work please contact the school so we can contact Skoolbag about the issue.

## Change of Details

Have you moved house or changed your phone number? Have your emergency contact details changed? If so, please fill in the slip below and return it to the school office. It is vital we have up to date contact details.

Change of details form 2022
SURNAME:
CHILD/CHILDREN'S NAMES:
CLASS:
<u>New</u> Address Details:
<u>New</u> Home Phone Number:
<u>New</u> Mother's Mobile:
<u>New</u> Mother's Work Number:
<u>New</u> Mother's Email:
<u>New</u> Father's Mobile:
<u>New</u> Father's Work Number:
<u>New</u> Father's Email:
<b><u>New</u> Emergency Contact Details</b>
Name:
Relationship to Child:
Phone Number:
Signature:
Date: