



Important Dates

**Parent Teacher
Conversations (all
week)**

Monday 4 April 2022

Palm Sunday

Sunday 10 April 2022

**Holy Week (all
week)**

Monday 11 April 2022

Holy Thursday

Thursday 14 April 2022

Term 1 Ends - 3pm

Thursday 14 April 2022

**Good Friday -
Public Holiday**

Friday 15 April 2022

01.04.22

From the Principal

Dear Parents and Carers,

As we approach the end of the term, parents and teachers will have an opportunity to meet next week online to discuss student progress. While the main focus of parent-teacher conversations should be learning, it is also important to discuss factors that can affect learning, such as students' social and emotional development. Other topics might include peer relationships, classroom and play behaviour, motivation, self-esteem and work habits, as well as individual strengths and challenges.

With the current restrictions and limited connections for parents with school, it is important to make the time to review and reflect with your child's teacher(s) to set some future goals for student improvements in all aspects of school life. I am sure you will be looking forward to meeting the teachers and having a productive conversation.

Please remember to make a booking this week with your child's teacher(s) by visiting the website: www.schoolinterviews.com.au and follow the simple instructions. The code you need is **973wk** and press "Go". The booking system will close on Sunday 3 April 2022. If next week is challenging, simply contact your child's teacher and make an alternative arrangement for another suitable time.

Building Update

The building works on each site has been faced with a range of challenges during this term and as a result has slowed progress, making it difficult to confirm a completion date. We are still hopeful that we will be able to access the new facilities soon, even if we open up some of the areas for the students and staff to use early next term before completion of the entire project.

The Parish Hall is beginning to take shape as the joinery for the OSHC room and the community kitchen are being installed. They have almost completed the tiling of the toilets. The main hall area is looking amazing and will certainly be an asset for us to use when we can start to come together and gather as a school community again.

I hope I can have a more definite completion date soon for both projects as we wait patiently for the adventure play space and the multi-sports space to start taking shape. Keep a watchful eye out over the holiday period, when you drive past.

Catholic Schools Swimming Carnival

On Thursday 24th March 2022, our school competed in the SACPSSA Swimming Carnival at Marion Aquatic Centre.

Congratulations to all our students who participated. I heard our students were all very enthusiastic, competitive; they encouraged one another, were great sports and most importantly, had a lot of fun.

The events included 25m and 50m freestyle, backstroke and breaststroke, as well as 25m freestyle relays. There were some very close races. Overall, we finished 5th in our section, with many students finishing with individual and/or team ribbons.

I would like to acknowledge and thank Jacqui Edgecombe for managing and coaching the team and thanks to the parents who volunteered as officials during the carnival.

P & F Raffle

Thank you to the families who have already donated chocolates and Easter items for our Raffle. Students have received tickets this week for families and friends to purchase for \$1. I encourage you to purchase a ticket or two and if you require more, please contact the front office. Return all tickets and payment by **Friday, 8th April 2022** via class office boxes in an envelope marked Easter Raffle. The Raffle will be now be drawn on Wednesday 13th April 2022.

COVID Update

Yesterday I sent home 2 letters with updated information about changes to the COVID Management Plan for Catholic Schools and information about two Pupil Free Days for Catholic Schools. I encourage you to read these please, especially if you require supervision for your child/ren on the two Pupil Free Days. To register for supervision, please email Tanya Barrett tbarrett@stjotran.catholic.edu.au with your details by Monday 11 April 2022.

Stay safe

Regards

Adrian Grbin

APRIM News

Dear families

Reflecting on the term there have been some wonderful celebrations which reflect the Catholic Identity of our school community. We were able to have an online prayer session across the school for St Joseph's day which was led by two students in our senior years. Classes then created posters about St Joseph. Harmony Week was also a highlight as each class found a way to learn more about each other's cultures and religions and to celebrate inclusivity and diversity. It was wonderful seeing a splash of orange reminding each of us that we are interconnected. Of course, we all look forward to the day in which we can celebrate such events together with our family

communities on site as well!

Lent

The message from Pope Francis this Lent was “*Let us not grow tired of doing good*”. With that in mind a big thankyou for your generosity in giving to Project Compassion this year and also for responding to the Year 6 student leaders request to donate to the Ukraine Caritas appeal. To enable us to forward on the donations in a timely manner, can you please ensure all boxes are returned to the school before the end of the term.

Sacramental Celebrations

Please keep our sacramental children and their families in your prayers. When we return to school next term there will be 15 children celebrating Reconciliation on Tuesday 3rd April. Soon after that the workshops and preparation will begin for the 21 children celebrating Confirmation and First Eucharist on Sunday 31st July. We wish these children all the best as they complete their Initiation which was started at their baptism.

Easter Blessings

We only have a few weeks of Lent left and we then move into one of the most sacred times in the liturgical calendar – Holy Week and Easter. For Holy Week this year our classes will gather each morning outside to remember the events of the last week of Jesus life.

As this will be the last newsletter before Easter may I wish you all the peace of Easter. May your families feel the hope of the risen Jesus and may you enjoy your time together in this special season.

Swimming Carnival Review

On Thursday 24th March our school competed in the SACPSSA Swimming Carnival at Marion Aquatic Centre.

We were very proud of all the students who competed for our school this year. They quickly got passed the nerves that bubbled up at the beginning of the day and swam strong in their races. They were enthusiastic, competitive, encouraged one another, showed great sportsmanship and most importantly had a lot of fun.

The events included 25m and 50m freestyle, backstroke and breaststroke, as well as 25m freestyle relays. There were some very close races and as a school we finished 5th overall, with many students finishing with individual and/or team ribbons.

Thank you to the parents who volunteered as officials and were an added support for our team. We appreciate the help you provided. Thank you to Mrs McCard who attended on the day and helped keep everything running smoothly.

I'd like to congratulate everyone on their efforts, it was a fantastic day. Well done to the 2022 swim team!

Jacqui Edgecomb

01.04.22

OSHC Fullybooked Registration Information

Fullybooked Registration

If you wish your child/children to attend Out of School Hours Care (OSHC) either After School or Before School Care, you are now able to manage your own bookings.

We require registration with '**Fully Booked**' prior to session attendance. This system is both user friendly and streamlined ensuring registration is a simple process.

Once registered, managing your bookings/cancellations can be accessed on any device, including mobile phones via the App.

Initial setup will require you to register an account and complete all necessary information required using the following link: <http://stjotran.fullybookedccms.com.au/family/>

Please contact Angela Girolamo agirolamo@stjotran.catholic.edu.au or Melanie Heaney mheaney@stjotran.catholic.edu.au if you require further assistance.

At present, when are booking your OSHC bookingswith Fullybooked, your booking will automatically default to the session type (casual

rate).

We also have 4 options available to parents when choosing their family bookings, these are for both permanent or casual bookings.

- Full Session Permanent
- Half Session Permanent
- Full session Casual
- Half Session Casual

These are available for both Before School Care and After School Care.

Unfortunately we are unable to change any past bookings. We ask that you check all the bookings you have made for the remainder of this year and for bookings you intend to make. Please make any changes before we return to school in Term 2.

Once you have made bookings we are unable to make changes. We appreciate your understanding and cooperation.

Melanie Heaney

OSHC Director

Positive Parenting



Positive Parenting St Joseph's School - Tranmere



Prepared by: Tania Gal (School Counsellor)
March 2022

Introduction

- Parenting and having a healthy family life balance, can be two of the hardest things to do and may not always be easy, but can be achievable.
- Being present and able to support your child is important, especially when they are going through a stressful or difficult time.
- Some tips for parenting are provided, to help you celebrate happy times and navigate any difficult times your child may experience, whilst complimenting the relationship you have with them.

Intuition and Communication

- Children may find it hard to express their feelings and emotions.
- As a parent, look for cues if your child may be feeling happy or sad. Recognise, acknowledge and be prepared to step out of your comfort zone if need, talking to your child about their feelings and emotions.
- By talking to your child openly, can help teach them how important it is to communicate, express and manage their feelings, thoughts or actions, instead of bottling them up or expressing them in a negative way.

Emotional Support

- Use positive physical actions or verbal communication and responses with your child. It is important for your child to understand that feelings come and go, and you are there to help support them during any highs and lows, helping them feel safe, heard and valued.
- Look for and celebrate your child's achievements and successes with praise, and talk to them about their strengths and qualities.
- Provide positive motivation, which can help your child feel enthusiastic, optimistic and hopeful.

Using Non-Verbal Communication

- Recognise any body language your child may be presenting and show you care by acknowledging it. Do this through making a concerted effort to be more aware of your child's body language cues that may depict the way they feel emotionally. This may include but not limited to, their use of eye contact, being withdrawn and gestures.



Resolve Any Conflicts

- When in a discussion with your child, be assertive and present, by listening, responding to them in a positive constructive way, let go and don't hold onto any negative talk or actions.



Fun Family Activities

- Plan, offer or share ideas for a fun activity with your child, and be prepared to accommodate or compromise with what your child may want to do.
- Engaging your child in fun activities can create positive and deeper conversations, whilst strengthening your relationship and the bond you have with them. Fun activities can help promote:

Creative minds	Growth
Happiness	Laughter
Satisfaction	Self development

Relaxing Family Activities

- Talk about and share different ideas for relaxing activities with your child, and be prepared to try and see what works well. Relaxing activities can help promote, calmness, contentment, good sleep and a positive mindset.
- Some relaxing activity ideas could be:

Going for a walk
Listen to music
Watch a family movie

Mindfulness Activity

- Recognise and identify your five senses.
- Relax and focus on what can you.....



Five Senses

See - 5 Things
Hear - 4 Things
Smell - 3 Things
Touch - 2 Things
Taste - 1 Thing

Family - Weekly Plan

Making a weekly plan, can promote positive family structures and routines. Physical activities: go for a walk, play a sport or do what is enjoyable. Mindfulness activities: read, listen to music, draw, cook, rest, sleep



Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning Talk about what is planned for today, how you are feeling							
Work or Homework							
Physical Activity							
Mindful/Activity							
Reward - Time For Yourself							
Evening Talk about how your day was and your feelings							

Something To Smile About



At the end of the day, as a family think of, talk about and write down something good that happened today.

What was a good thing that happened today?	How did it happen?	Why did it happen?

How to Volunteer in our School

Information for Volunteering - Due to changes in the Child Protection Act

At St Joseph's School Tranmere, we are always grateful for the support given by our volunteers. Volunteering applies to a wide range of activities in the school including attending excursions, coaching sports teams, reading in the classroom, helping in the many committees and many other school-related activities.

If you would like to act as a volunteer in the school, you are required to have a 6-point check. Please provide the school with copies of the following:

- Completed CESA Volunteer Registration pack - available from the school office
- A Catholic Police Check Clearance or Working With Children Check (WWCC from the Department of Human Services (if you need to obtain this clearance please come to the school office)

- A RRHAN-EC (Responding to Harm, Abuse and Neglect in Education and Care) training Certificate
- Work Health and Safety on-line Induction for Volunteers Certificate
- Work Health and Safety signed form
- COVID Status Certification

Please note: that all these processes are mandatory and must be completed in order to volunteer/continue to volunteer. This requirement is designed to ensure our children are protected and safe at school.

If you are missing any documentation above I can send you links to complete the paperwork once I receive your Completed CESA Registration Pack

Angela Girolamo, WHS Administrator



COME & TRY DAY

**13
APRIL**

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Principal's Tours also available

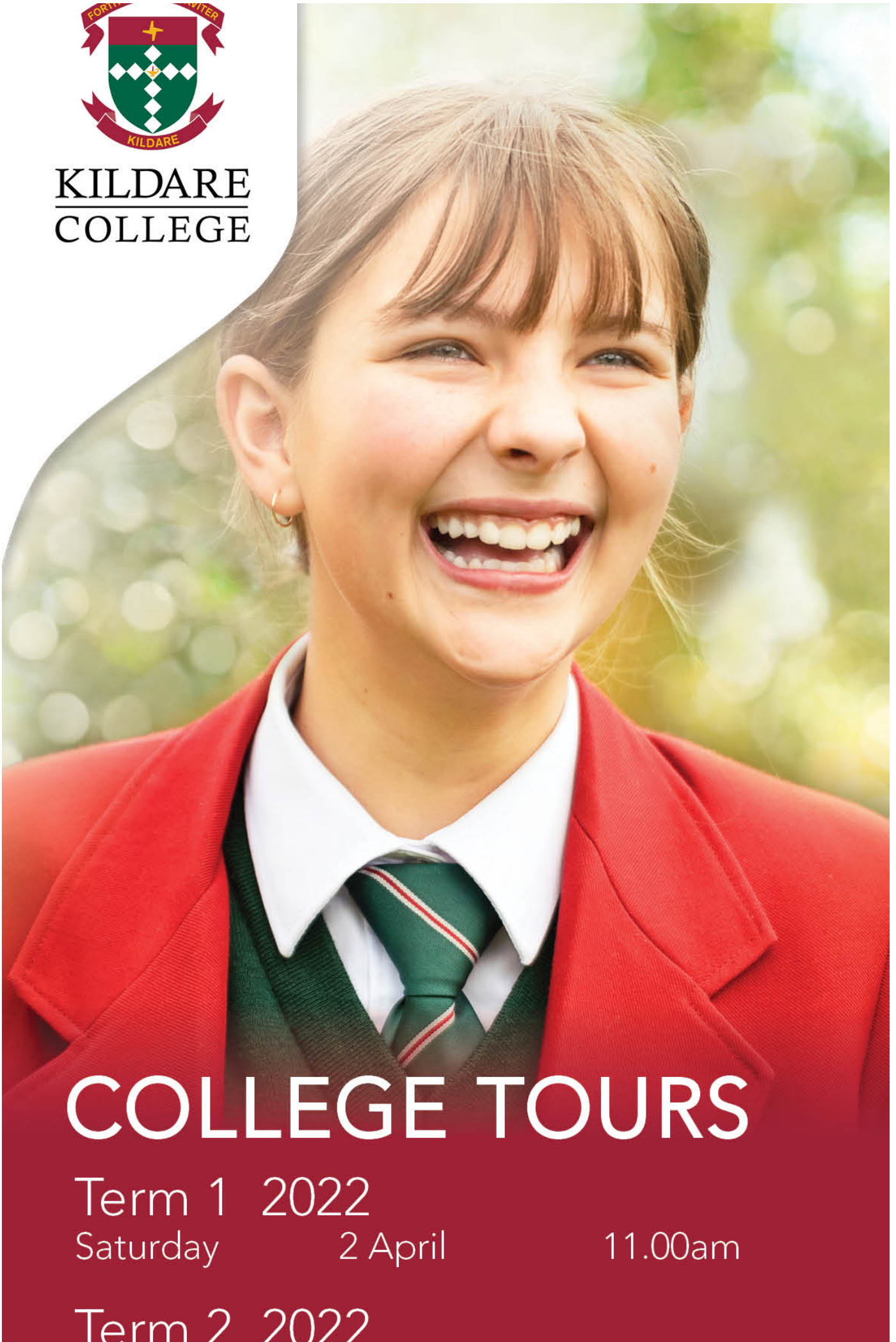


**THE
WORLD
BEFORE
US.**





KILDARE
COLLEGE



COLLEGE TOURS

Term 1 2022

Saturday

2 April

11.00am

Term 2 2022

Saturday	14 May	11.00am
Saturday	4 June	11.00am
Saturday	18 June	11.00am

Book your place via our website
kildare.catholic.edu.au

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