



Jayden and Charli are happy to be back for Term 4!

An Exciting, Jam-Packed Term 4!

Welcome back to all our students and families for Term 4; I hope you had a restful break, because while Term 4 is super-exciting, it is also jam-packed with events and activities. I have listed just a few below that we look forward to:

- School Disco
- Scitech Workshop
- Kaboom Music workshop
- Year 3 Sacrament of Reconciliation
- Year 4 Sacrament of First Communion
- Mathademic competition
- Book Fair and Book Week Dress-Up Parade
- Athletics Carnival
- Year 6 Graduation Mass and Dinner
- End of Year Fun Day
- Senior Citizens Lunch

I thank you in advance for your assistance with all of these and for ensuring your child is prepared.

Tips for Coping as a Parent During Busy Times

I don't know about you, but with my parent hat on, my head was spinning just reading the above list of events and activities. As parents, we try very hard to ensure our children are prepared for school, all while juggling our own work and other commitments. It can be very easy to feel overwhelmed and exhausted.

Fear not; the following tips might be useful in helping you survive a busy Term 4:

1. Be a 'Good Enough' Parent

While not a new story, the modern-day parent is under so much pressure to "do it all." As a culture, we tend to value the image of the parent who pours every ounce of themselves into providing perfect lives for their children. However, experts would say that being a 'good enough' parent, who is consistently caring for your kids, is the key. You don't have to be a flawless Super Parent to raise your children well.



In fact, attempting to always provide an extraordinary experience for your children at any cost can lead to burn out. So cut yourself some slack in order to stay the course! Achieving a relative balance between meeting the needs of your family as well as caring for yourself may result in expanded reserves for all.

2. Find Support

When you find that you are running on fumes, utilise supports you already have in place or seek new ones. This can mean calling on grandparents, friends, or babysitters to provide you with a little respite from the kids every so often to recharge. Do your best to use this time to do something restorative for yourself—exercise, relax, have lunch with your spouse, grab coffee with a friend—whatever lifts your spirit.

3. Expand Your Toolbox

We all have a unique set of parenting tools that we have acquired along the way. Some were learned from our parents, some from parenting resources, education or even media, while others may have been purely intuitive. If you are similar to most people, you likely have some skills that are more effective than others. So, while we are just doing the best we can for our children, experimenting with new approaches to managing behaviour may help you discover what will work best in your situation. There are resources online, parenting classes, and experts who can help.

4. Recognise and Focus on the Positive

When people are discouraged and tired, it is difficult to see the positive. In those trying times, practice reminding yourself of some of the areas in which your child excels or is making progress. Acknowledging small successes and building of strengths are the steppingstones to scaling mountains. Do not forget the power of praise and recognition!

Term 4 Calendar

As noted above, there are so many events and activities this term. With today's newsletter is the latest edition of the Term 4 Calendar - I encourage you to check it closely so that you don't miss any of the fun!

Running Club

This term, in the lead up to our Athletics Carnival, I will hold 'Running Club' sessions each Thursday morning on our school oval, for students in Year 1-6. These sessions will start at 8.15am, but don't worry if your child can't be here that early; they can just begin whenever they arrive. The idea is that each week, they try to run more laps than the week before. I'm hoping that this will be a fun, no-pressure experience for the students, while also being good fitness training for them. Hope to see lots of children on the oval tomorrow!

Student Disco/Parent Social Night

Don't forget our exciting Student Disco and Social Night for Parents this Friday from 5.30pm! You should have already received a note with all the details you need to know. This has been such a great event in the last few years, enjoyed by parents and students equally. I really hope you can make it!

Scitech and 'Kaboom' Music Workshops

We are very fortunate at St. Joe's to have specialist teachers for Science (Mr. Kelly) and Music (Mrs. Ellis). This certainly helps us to increase the profile of these important learning areas and I am sure the majority of students would say that they love both Music and Science lessons. To try to engage students even further, we have organised two workshops for the students: a Scitech Science workshop at our school this Friday and a Kaboom Music Workshop at PDHS next week. I have no doubt that the students will thoroughly enjoy these workshops, while also finding them to be a rich learning experience. As you will appreciate, there is an expense involved with facilitating these workshops. A note will be going home soon requesting your assistance in covering our costs. I would like to thank you in advance for your support as we try to make our school experience as engaging as possible for our students.

Class Newsletters

On Monday, your child will bring home the latest Class Newsletter, featuring an update on what is happening in the class for the first half of term. Please check your child's bag, but if the hard copy is missing in action, you can always access the Class Newsletter on our school website.

New Principal- Appointment Process

According to the timeline I have been given, we could expect an announcement as to the new Principal before the end of next week. Please keep in mind that for various reasons, delays in an announcement are possible.

Year 3 Reconciliation and Whole School Mass

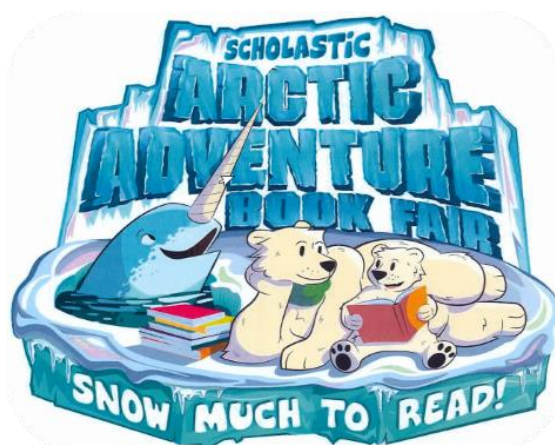
Please pray for our Year 3 students (William, Neva, Sienna, Tessa, Lucia, plus Rose and Mia from Year 4), who will participate in the Sacrament of Reconciliation for the first time next Wednesday, 21st October. The Year 3/4 Class will lead us in a whole school Mass at 10.00am, after which the Year 3 students will stay back for Reconciliation. All are welcome to attend this Mass and I hope you can join us.

BookWeek Celebrations and Dress-Up Parade

Here at Saint Joe's, we celebrate Book Week a little later in the year than most other schools. This year, our Book Week will be Week 3 of term, October 26th-30th. This year the theme for Book Week is Arctic Adventures. The Book Fair will be open all week in the library, for any students or parents who would like to purchase some new books - this could be a great chance to get a start on your Christmas shopping.

Included with this newsletter is our Book Fair flyer with a taste of some of the books that will be available. There will be *snow* much to read!


We have our Book Week parade on Tuesday 27th of October. More details will be sent home regarding the parade. For any of our new parents, please be aware that it is customary for all students to dress up as a favourite character from a book on this day. We have a parade in the morning, where each child is able to tell everyone about their costume. I hope that this does not put any undue pressure on our families - if you are having trouble coming up with a costume, please let us know here at the school and we may be able to assist.



Summer Uniform

A reminder that for Term 4, we go back to our Summer Uniform. Also, please remember that students need to wear their school hat this term, or they will be unable to play. We will make some allowances with this during Week 1, but please ensure that your child has all uniform items by Week 2. If you need uniform items, just give us a call in the office or come in and see us and we will happily assist you.

SUMMER UNIFORM (Term 1 and Term 4)

| | |
|-----------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|  | GIRLS <ul style="list-style-type: none">• Summer dress• Brown school sandals or black leather shoes with white ankle socks• Hat with school crest |
| | BOYS <ul style="list-style-type: none">• Grey school shorts• Blue short sleeved shirt• Brown school sandals or black leather shoes with white ankle socks• Hat with school crest |

God Bless,

Brett Wilkie



THURSDAY MORNING

RUNNING CLUB



Calling all students in Year 1-6! Each **Thursday morning**, between **8.15am and 8.45am**, we will hold a running club. The idea is pretty simple- you run laps of our school oval, Mr Wilkie records your number of laps run and you try to beat it each week.

This should be good fitness training for our Athletics Carnival, so I hope to see you on the oval!

*It's not goodbye.
It's just see you later.....*

Sarah's Farewell....excuse for a Ladies outing

*Saturday 14th November
@ Hidden River Winery
From 12pm
Grazing Table Style Food
\$50 per person*

.RSVP Friday 6th November to 042876263

Prepayment will be required.

Kylie Bendotti - BSB: 306 009 Acc#0182440 Ref: Your Name



Year 5/6 Assembly

