



Shelby, Sarah, Rose & Lucia taking part in Rice Day, our fundraiser for Project Compassion

Dear Parents & Caregivers,

Wow, it's hard to believe that we are approaching our final few days of Term One! Different events and interactions throughout the term have really reminded me how St Joseph's, a small community school, plays such an important role in bringing people together and giving us all a sense of belonging. After my first term as Principal, I feel incredible gratitude for being here. I look back over the Term and see that we have achieved so much in this short time and have plenty to celebrate. Thank you to everyone; parents, staff, and students, for your contribution, support and encouragement so far, I am excited to see what the remainder of the year brings.

### **Project Compassion Fundraiser – Rice Day**

Last Thursday, students from Pre-Primary to Year 6 participated in Rice Day. A sponsored challenge to raise money for Project Compassion and to teach students about the difficulties people in our world face daily.

The students embraced the event, and I was really impressed by the fact that they all gave it a go with minimal complaint. Some students found the challenge more difficult than others, yet they all persevered and, it was pleasing to see that they all achieved the challenge. Thank you to everyone for returning your sponsorship forms and money, if your child has not returned theirs yet then please send it in as soon as possible.

So far students have raised over \$450! Congratulations – that is an incredibly generous amount of money for a small school, and I know that funds will be gratefully received by Caritas to fund the amazing work they are doing to support disadvantaged communities around the world.

In addition to the fundraising, I was blown away by the amount of food donations that came in for our hampers last week. The students presented the hampers to St Vincent de Paul and should be incredibly proud of the contribution they have made to our local community.



We are also beginning to collect Project Compassion fundraising boxes. If you would like to send those in before the end of the term or early next term we will happily add them to our Caritas donations.

### **Parent Teacher Interviews**

I am looking forward to joining some of you for our Parent Teacher Interviews tomorrow. Our online booking system seems to have been successful with the majority of parents making their bookings with minimal fuss. I would love to hear your feedback about the booking system for future planning.

Parent Teacher Interviews are a great opportunity to hear about how your child is going in their new year level and to discuss any queries, concerns, or celebrations you have with your child's classroom teacher, in order to work as a strong partnership in making every child's school experience a positive and successful one.

Thank you for your commitment to your child's education by attending these meetings. Our staff work hard to prepare for them and really value the time they get to have with you. I look forward to seeing you all tomorrow.

### **Accelerated Reader**

Have you ever noticed the little blue dots on the spine of some of our library books and wondered what they were? Those little blue dots have been placed on our books for a reading program called Accelerated Reader (AR) that was running at St Joseph's for many years in the past.

I am really excited to let you know that we are getting it back up and running once again in Term Two to encourage our students to read more and to deepen and/or discover a love of reading. Students in Years 2-6 will be participating in the program and will be encouraged to read more in order to work towards personal goals.

Students will participate in a placement test sometime next week which determines their reading age and reading range. Using this information, they are then able to select books that are suitable for their reading level and interest.

Staff already have many ideas about how we could use this program to motivate our students to read more and will be undertaking a range of professional development workshops to assist us with understanding how to get the most out of the program. We look forward to communicating with you more about AR and celebrating the reading achievements our students will have on the program.

### Chrism Mass

Our Year 6 students who are receiving the Sacrament of Confirmation later this year, will be attending the Chrism Mass at St Patrick's Cathedral in Bunbury next week. The Chrism Mass is an annual Mass that occurs during Holy Week each year. Sacred oils are consecrated at the Chrism Mass each year, including the Chrism Oil. Chrism Oil is used in the sacrament of Confirmation, making it a significant Mass for these students to attend.

### Easter Assembly

Mrs Kelly has been very busy preparing students for an Easter Assembly that will take place in the Hall next Wednesday at 2.15pm. The students have been preparing for this in their drama lessons and all children in the school will be involved. It will be a lovely way to end our Term and to lead us into our Easter break and school holidays. We would love to see you there!

### NAPLAN Practice Test

Our Year 3 and Year 5 students will be participating in an online NAPLAN Practice test tomorrow morning with me in the library. The purpose of this test is to give the students a chance to log in and experience some of the test conditions and questions that they may face next term during the NAPLAN testing period.

**Electronic Newsletter** – we are currently looking into the possibility of providing an electronic newsletter in the near future. Please contact the school if you feel this could be an issue for you to access. The format of the newsletter would be slightly different with a link sent home via email each week. Please come and see me if you would like more information.

Take care and have a fantastic week!

Ashlee De Campo  
Principal

### Upcoming Important Dates

- Parent/ Teacher Interviews – Thursday 25<sup>th</sup> March from 2:00pm
- Easter Assembly – Wednesday 31<sup>st</sup> March at 2.15pm in the Hall
- Last Day of Term One for Students – Wednesday 31<sup>st</sup> March
- First Day of Term Two for Students – Monday 19<sup>th</sup> April
- PUPIL FREE DAY – Tuesday 27<sup>th</sup> April



Year 6 students Jayden, Alexis & Edge donating the hamper to Mrs Bev South from St Vincent de Paul

A blue recruitment poster for a school cleaner. At the top, it features the school's logo with a cross and the motto "Strength through Christ". The text reads: "ST JOSEPH'S PRIMARY IS LOOKING FOR A School Cleaner". Below this, it says: "Written applications together with the name and contact numbers of two referees should be forwarded to the Principal at St Joseph's School via email (adminestj.wa.edu.au). The successful applicant will be required to provide a current Working With Children registration or an application receipt. Please call St Joseph's Primary School on (08) 97 761 180 if you require more information." The poster is decorated with white icons of cleaning tools like a spray bottle, a mop, and a bucket, and white stars.

## HAPPY BIRTHDAY

Edge Year 6 - Today!  
Theo Kindy - Monday 29<sup>th</sup> March

***We hope you all had an awesome day!***

## Classroom News...

### Year 2/3/4

This term the Year 2/3/4 class has been investigating cultures of neighbouring country to Australia. Through much research they have discovered that a person's culture helps shape their identity and makes them unique.

In order to celebrate different cultures from around the world, they worked together to cook some delicious fried dumplings. All students were quite impressed with their cooking skills and devoured their delectable creations within seconds.

Angela 'They were yummy and crispy; we are good cooks.'  
Miss Charlton



Sienna and Charli proudly showing their Italian language merit certificates.



### Canteen Roster:

**Tuesday 30<sup>th</sup> March:**

Kirby Bendotti

**Tuesday 20<sup>th</sup> April:**

Gaye Van Hazendonk

### Hi from the School Nurse

Body Image/Esteem is an important topic for parents to be aware of, here is an article adapted from the [Raising Children Network](http://raisingchildren.net.au) ([raisingchildren.net.au](http://raisingchildren.net.au)) and [nedc.com.au/body-image](http://nedc.com.au/body-image).

### What is body image?

Your body image is how and what you think and feel about your body. It includes the picture of your body that you have in your mind, which might or might not match your body's actual shape and size.

A positive or healthy body image is feeling happy and satisfied about your body, as well as being comfortable with and accepting the way you look.

A negative or unhealthy body image is being unhappy with the way you look. People who feel like this often want to change their body size or shape.

Body image can change through your lifetime and is strongly connected to your self-esteem and healthy lifestyle choices. When you feel good about your body, you are more likely to have good self-esteem and mental health as well as a balanced attitude to eating and physical activity.

A healthy body image in childhood can lay the foundations for good physical and mental health later in life. An unhealthy body image in childhood can have long-lasting consequences.

Boys, girls, men and women can all be affected by body image issues, but in different ways. For example, teenage girls who don't like their bodies often want to lose weight and be thinner. Teenage boys want to lose weight, be taller or have more muscles.

### Your child's body image

Your child's body image is influenced by many factors. These factors include family environment, ability or disability, attitudes of peers, the media and advertising, the fashion industry and cultural background.

Social media also has a big influence on teenage body image, particularly when teenagers post and view photos of themselves and others on social media.



### Effects of unhealthy body image

Unhealthy teenage body image is directly related to low self-esteem, which can lead to negative moods and mood swings. Young people who are feeling down are more likely to focus on the negative messages around them and make negative comparisons between their body and what they see as an 'ideal' body. Low self-esteem and poor body image are risk factors for the development of risky weight loss strategies, eating disorders and mental health disorders such as depression.

### Body image concerns: signs to watch out for

If you think your child is experiencing any of the following signs, start by talking with them about your concerns. If things don't change and you're still worried, consider talking to a health professional.

Your child might be:

- feeling inadequate about or criticising their body
- continually comparing their body with others
- not wanting to leave the house because of the way they look
- not doing activities or trying new things because of the way they feel about their body
- obsessing about losing weight, or about specific parts of their body, such as their face or legs
- linking food with feelings of guilt, shame or blame

### Developing a healthy body image: how you can help your child

- making healthy eating and physical activity part of your everyday family life, and avoiding fad diets – this will help your child find the right balance
- appreciating your own body for what it can do, not just how it looks
- being proud of things that aren't related to appearance, such as having a sense of humour, trying hard, being caring or being helpful – you can point out these qualities in yourself and your child
- accepting and valuing people no matter how they look, and not commenting on how people look
- encourage your child to say positive things to themselves every day and to avoid negative self-talk
- remind your child that many media images of people are unrealistic. The images are digitally enhanced and made up by make up

### Being a positive body role model

If you can show that you feel positive about your own body, it'll be easier for your child to be positive about his or her body.

For any questions or queries regarding any health issues please don't hesitate to contact me by leaving a message in the front office or email: [felicity.lukins@health.wa.gov.au](mailto:felicity.lukins@health.wa.gov.au)

### Felicity Lukins

COMMUNITY HEALTH NURSE-WACHS South West

St Joseph's School  
PO Box 415  
12 Guppy Street,  
Pemberton WA, 6260.

P: 9776 1180  
E: [admin@stj.wa.edu.au](mailto:admin@stj.wa.edu.au)

Follow us on Facebook:  
@ St Joseph's School Pemberton