



NEWSLETTER

St Justin's Parish School

Principal: Mr Patrick Torpey

Email: principal@sjwheelershill.catholic.edu.au

Bulletin No 29

Friday 11th September 2020

Dear Family and Friends,

Thank you for your continued support during our remote and flexible learning.

Sunday's Gospel reading comes from Mt 18:21-35 and tells the story of Peter asking Jesus "How often must I forgive my brother if he wrongs me? As often as seven times?" Jesus answered, 'Not seven, I tell you, but seventy-seven times.'

Peter's question to Jesus, and his suggested answer, indicates that there is a limit to the number of times we should forgive someone. Seven is a significant number in scripture and implies a 'perfect' amount. Even though Peter is suggesting that he should forgive someone many, many times, Jesus quickly corrects Peter and says not seven, but seventy-seven times - the use of the number seven and multiplies indicates that one should forgive as many times as is required – without keeping count; without keeping score.

The whole idea of forgiving from the heart is a powerful contradiction of a popular concept: 'I can forgive, but not forget.'

Is it really possible to forgive but refuse to forget? Surely holding on to a memory of hurt is holding on to the hurt itself and does not display that any forgiveness has occurred at all. To forgive but not forget is to keep count. How many times should I forgive the one who has hurt me? As many times as it takes!



If there is one thing Victorian's have at present, it's time. Time to stop, reflect, contemplate, review how life is going and identify what we want to achieve in life. Perhaps in this next phase of lockdown it's time to consider if we need to "forget" past occurrences and how we can repair relationships that have been strained in some way.

Student Leadership Day

Monday is an exciting day for our Year 6 students as it is their Leadership Day. They have been planning these events for their fellow students for some time now and are looking forward to sharing the activities with everyone.

9:30am – Google Meet using your class code

9:45am – Assembly (using the visitors link that all students will have received on Friday)

During assembly the leaders will outline the activities for the day and when the assembly is finished, students will be able to work at their own pace on the activities that they choose to do.

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Virtual Disco

Thanks to everyone who was able to participate in our Digital Disco on Wednesday – by all reports, it was thoroughly enjoyable. We received some lovely feedback from a grandparent. Thanks to the Parents and Friends committee and the SRC for helping coordinate our disco – much appreciated.

“Thank you so much for having the disco today. I had a wonderful time with my grandchildren. We even had disco lights going, thanks to Harlan! This gave the children an opportunity to "let go" and have fun. Take care and God bless you all.

From Elaine



Mind, Body & Soul Day



Students and staff alike enjoyed the Mind, Body & Soul activities. It was a well deserved “mental health” break from COOL and we want to share with you just a sample of the activities on the day.

As an entire staff we had our buckets filled already from the morning's activities, then filled to overflowing with some professional development led by Life Coach Jayne Robinson. The session was targeted around happiness, and focusing on what we want - to support that in our lives.

Jayne was a teacher in her previous life, and she shared stories with us that were inspirational and thought provoking and at the end of the session we were more conscious of supporting our mental health and wellbeing than we were before we started!

Hopefully our students also found activities in the afternoon to engage with that helped them to relax and contribute to their wellbeing.

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Lounge Room Workout Session #1 (with Mr Johnson)



Lounge Room Workout Session #2 (with Mr Johnson)



How to make Space Ice- Cream Session (with Miss Leung)

Ingredients:

1 cup of Milk
2tbsp of sugar
½ tsp vanilla essence
3 cups of ice
1/3 cup of salt

Equipment:

1 small Ziplock bag
1 medium/large Ziplock bag
Teaspoon
Tea Towel
Tablespoon
Measuring Cups

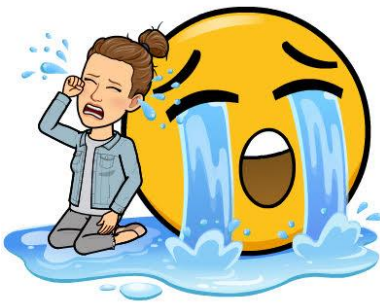
Method:

1. Put milk, sugar and vanilla in the small Ziplock bag and seal.
2. Place ice and salt in the medium/large Ziplock bag. Put the sealed bag in there too!
3. Seal the bag really tightly and wrap it in the tea towel.
4. Shake it well until it turns hard like mashed potato.
5. Take out the small bag and serve. Enjoy!



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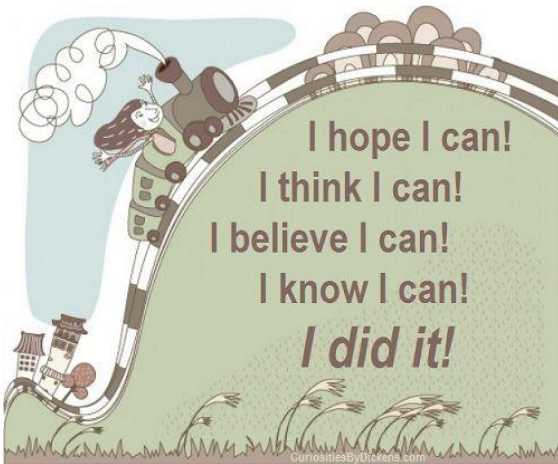
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Mrs Slonim has been sad ever since she learnt that she would be teaching at home for a whole term, but she is getting excited for her students' return. Fingers crossed!



It's hard to believe that we have been Home Learning for almost 2 full terms - what seemed like an almost impossible task has quickly become the "new normal" for teachers, students and families. Online Learning has certainly offered new challenges and obstacles to be overcome, and while it would have been easy for all of us to throw our hands up in the air and say "NO MORE" for so many of us, the opposite has occurred - we have developed new skills, determination, grit, resilience and courage, saying instead "YES I CAN" and making an effort to face each new day with a positive attitude and a willingness to have a go and succeed.



It has been a tough ride, we can't deny that but one thing we can be sure of is the resilience, grit and determination the children have shown throughout this time - their worlds have been turned upside down, they've been told they can't leave their homes, can't participate in the activities they love, can't see their friends and family and can't come to school to learn and be with their peers - and they have accepted these changes and just gotten on with the business of living. It can't have been easy for them but they just did it - because we asked them to - and they really should be commended for this!

**CAN'T WAIT TO
SEE YOU AGAIN!**

Mrs Melenhorst



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Resilience is the ability to bounce back from stress, adversity, failure or challenges. It's a skill children develop as they grow, develop, learn and experience - this period of Covid-19 has fast-tracked the need for children to develop resilience!

Grit is the ability to stay committed - even when things get really tough and seem unmanageable. We don't talk about this one as often but it is something all our children have shown in recent months and is a skill they will take with them as they grow and mature.

As we move into the final week of Term 3 and prepare for 2 weeks of holidays that are well deserved but might come with their own challenges, remind your children each day what they have achieved in 2020 - what they have already done and what they can continue to accomplish if they call on their amazing grit, resilience and determination.

Below you will find some wonderful resources from Big Life Journal around developing and encouraging resilience and determination in children.



Mrs Riddiford



Mr Johnson



Miss Jones

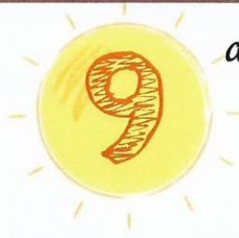
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50 POSITIVE PHRASES
to build resilience in **Kids!**

1. *I love you.*
2. You are loved.
3. I believe in you.
4. You are important.
5. I love watching you play.
6. I love being your _____.
7. *You make me smile.*
8. I'm grateful for you.
9. You are on the right track!
10. You worked really hard.
11. You are helpful.
12. You can do hard things!
13. You kept trying.
14. Your choices matter.
15. You are a good friend.
16. You can make a difference.
17. Good thinking.
18. *You are learning!*
19. You are confident!
20. Your ideas matter.
21. I am listening to you.
22. That was a good choice.
23. What you did was brave.
24. *You are enough.*
25. You're really improving.
26. I trust you.
27. You solved the problem.
28. *You figured it out!*
29. I knew you could do it.
30. I love hanging out with you.
31. Follow your dreams.
32. I appreciate you.
33. You are unique.
34. I love you for who you are!
35. You inspire me.
36. *I am here for you.*
37. You make my heart full.
38. It's OK. We all make mistakes.
39. That's your best effort yet!
40. I know I can count on you when _____.
41. You must have been practicing.
42. You mean so much to me.
43. You're so much fun to be around.
44. You can try again tomorrow.
45. Your efforts are paying off.
46. *Follow your heart.*
47. I see you enjoy trying new things!
48. You can learn from your mistakes.
49. That was a great accomplishment!
50. Your thoughts are unique & valuable.

PRINTABLES BY BIG LIFE JOURNAL - BIGLIFEJOURNAL.COM



activities to build
GRIT & RESILIENCE
in children



by Big Life Journa

- 1 DISCUSS THEIR DREAMS AND GOALS**
Talk about the steps that would be required in order for your child to reach their goals. Encourage them to create a dream board and/or bucket list.
- 2 ENCOURAGE TO CONDUCT "GRIT INTERVIEWS"**
Encourage your child to interview grandparents, neighbors, or other acquaintances who have worked hard toward a long-term goal.
- 3 SHARE STORIES OF GRITTY FAMOUS PEOPLE**
Encourage your child to study famous people (and their failures) like Michael Jordan or J.K. Rowling. These examples will show them that perseverance through failure can lead to great success.
- 4 TEACH ABOUT GRIT THROUGH NATURE**
Read together the Tupac Shakur poem "The Rose That Grew from Concrete." Then discuss what represents the "concrete" in their life. What are their obstacles? Next, discuss how your child can "break through concrete" like the rose. What can they do to overcome obstacles and reach their dreams?
- 5 TEACH ABOUT GRIT THROUGH LITERATURE**
Read classic stories of perseverance like "The Little Engine That Could" or Dr. Seuss's "Oh, The Places You'll Go." Help your child form connections to their own life. Talk about their challenges, response to failures, and how to live with grit.
- 6 ASK, "WHAT'S THE HARD PART?"**
When your child feels discouraged or tempted to give up, ask them, "What's the hard part?" After the two of you have identified the challenge, ask your child what they could do to fix or overcome "the hard part."
- 7 FOLLOW THE "HARD THING RULE"**
The rule has three parts: 1) Each member of the family has to do something hard. 2) You must finish what you start. 3) No one gets to pick the "hard thing" for anyone else, so your child gets to choose his own challenge.
- 8 TRY THE "GRIT PIE" EXERCISE**
The pie represents an obstacle your child is facing. Each slice of pie symbolizes a cause of the problem. For each slice, analyze whether their thoughts about the problem are permanent or temporary and whether they blame themselves or others.
- 9 SHARE YOUR PASSIONS**
Show your child your excitement about activities outside of working and parenting, and devote time to developing these passions.



Child Safety & eSafety in a COVID-19 environment

The safety and care of children is a collective responsibility shared by educators, parents, caregivers and children. At St. Justin's we are committed to the safety and wellbeing of all children and young people. This will always remain the primary focus of our care and decision-making. We all have a specific role to play in creating safer environments, at school and online, at home and in the community. The COVID-19 disruptions to families, friendships, daily routines and

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the wider community can have consequences for children's wellbeing and interpersonal safety, particularly for our most vulnerable young people.

National Child Protection Week 2020 aims to raise the awareness of supporting the safety and wellbeing of children and young people.

Children need strong communities to create a culture where the rights and best interests of children and young people are at the forefront of thinking and action. In this newsletter there are some tips and resources to help your family keep each other safe online as well as supporting our general wellbeing.

Further Information and Resources can be found at the below website:

[National Child Protection Week](#)

7 day family online safety challenge with your family – recommended all ages

- The challenge involves a simple daily task for parents and carers to complete, to help kick-start their journey in helping protect their children.
- The tasks include reviewing privacy settings, researching the apps and games their children use and creating an online family safety contract.

7 DAY FAMILY ONLINE SAFETY CHALLENGE

The Family Online Safety Challenge has been created for busy parents, carers or teachers to help protect the children in their care. It is designed to complete a simple task every day. Feel free to adapt it to what best suits your family. Good luck!

For more information and to access tools, resources and advice, reporting and support services, please visit:
accce.gov.au
thinkuknow.org.au
esafety.gov.au

Don't forget to tag us and use **#7dayonlinesafetychallenge**

DAY 1
Create a Family Online Safety Contract
ThinkUKnow and The Carly Ryan Foundation have developed an online family safety contract to help manage the things a family might see, say and do online. Get a copy of the Family Online Safety Contract via thinkuknow.org.au.

DAY 2
Review location, privacy settings and parental controls
Review and turn off location settings, such as GPS, where they aren't necessary. Ensure privacy settings are secure, and set to 'Friends only' or 'Private'. Research parental controls to see if they are suitable for your family.

DAY 3
Sharing personal information online
Have a discussion with your child about what information is okay to share, and what isn't. Remind them to never give out personal information online.

DAY 4
Find out what apps and games your child uses
Take an interest in what technology your child uses and how they use it. Remember, not all apps and games are created equally, some have better safety features than others. Consider if the content is appropriate for your child.

DAY 5
Check Direct Message or chat functions on apps and games
Anonymous 'in game' chat can provide a possible platform for online child sex offenders to target young people. Consider disabling these functions or check settings to ensure they can only be contacted by their friends.

DAY 6
Suspicious online behaviour and what it looks like
Have a conversation with your child about suspicious online behaviour. Discuss with them why someone might ask them personal questions or for images. Remind them that not everyone online is who they say they are and to trust their instincts.

DAY 7
Help your child identify a support network
Make sure your child feels comfortable talking to you or another trusted adult about issues they might be experiencing online. Start a conversation to help them identify who they might go to for help and support.

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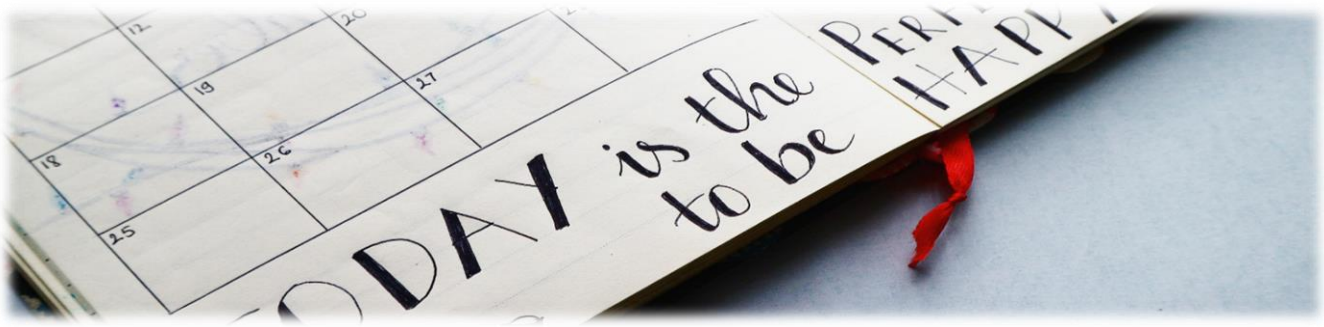
CHILDREN'S HEALTH STARTS WITH HEALTHY COMMUNITIES.

The places children live, play and go to school, play a big part in how they grow up. We can all help to build the foundations for children to thrive. Our communities can provide quality health care; clean water, air and green spaces; nutritious food options; support for parents; and safe places to play and socialise.

Here are some simple ways that you can play your part:



St Justin's Parish School, Wheelers Hill



Dates Ahead

Monday 14th September

Year 6 Leadership Day

Tuesday 15th September

Parents and Friends Meeting (Zoom)

Friday 18th September

Term 3 finishes



Sustainability

Kitchen Garden Program

We certainly have been enjoying the warmer Spring weather of late -some downpours of rain, followed by glorious sunshine and some very windy weather!

The gardens around my neighbourhood have responded with growth and colour. It makes the daily exercise much more pleasant to see Spring flowers blooming.

The garden bed at school is also responding and this week we harvested broccoli, rhubarb and some herbs - parsley, rocket and rosemary.

This week the focus for our recipe was inspired by another Asian country - Vietnam. The Year 5 students watched a video of how to make Rice Paper Rolls with healthy fillings. It is a very simple recipe to follow - made evident by the very quick response of some of the year 5s who made the recipe within a couple of hours of receiving the recipe. Such enthusiasm! Here are some of their wonderful creations:



Michael K



Grace R

VIETNAMESE RICE PAPER ROLLS

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Sophie H

Vietnamese Rice Paper Rolls



Gian R



Leah D



Leah D



Chiara D

The Year 5s were posed with a challenge to design a solution to a problem of creating a self watering system for a plant. It could be just for a single pot plant or for a garden bed. Their task was to research self watering systems and plan, design, create, and test a product they made using recycled materials where possible. Through their research they will be led to understand the benefits of self watering systems, and why and where they would be necessary.

LitSTEM project with Nazareth College

As part of a collaboration with Nazareth College, known as the LitSTEM project, they are then invited to create a 4 minute video of their design process and product to share into a virtual expo of other students' STEM creations.

This video will include details about their research, materials they used and sourced, steps on how they made their product, and results from testing their product. The project is a way for students to use their Literacy and STEM (Science Technology Engineering and Mathematics) skills and showcase their understandings and creativity.

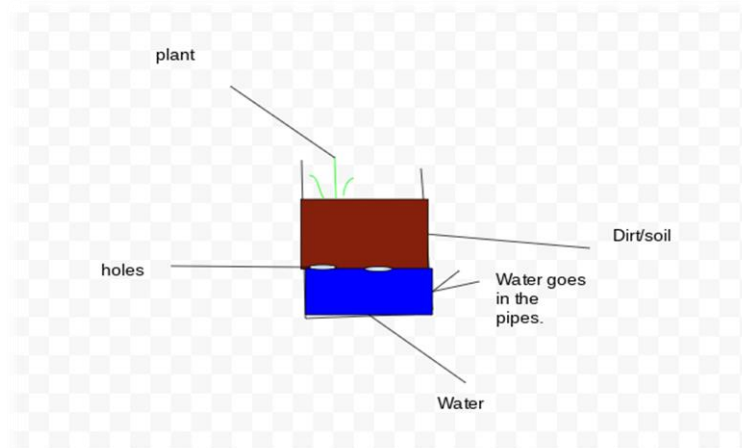


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Gian has begun some research and included a self made diagram of a self watering system:

Gian

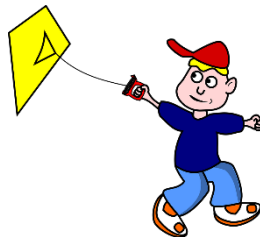


National Walk Safely to School Day

Now in its 21st year, National Walk Safely to School Day (WSTSD) is an annual event when all Primary School children will be encouraged to walk and commute safely to school. It is a Community Event seeking to promote Road Safety, Health, Public Transport and the Environment. Nationally this event is recognised on Friday 11 September. I refer you to the following website for more information: www.walk.com.au



Whilst we are not at school I am sure families are spending time together outdoors much more than usual. Perhaps you are walking, riding, scooting or skating? Perhaps you are kite flying, dog walking, skipping or dawdling.



This is the perfect time to rethink the way we run our lives. When we do return to school, perhaps we can choose an alternative to using the car. Or if there is no other way, then park the car further away from school and actively make your way for the rest of the time.

This annual event has the added benefit of teaching your children road safety, particularly during this time where there is reduced traffic on the roads. It is also an opportunity to teach the children the awareness of our carbon footprint when using vehicles such as cars and public transport. Alternatives are not only better for us health wise but the environment benefits too!

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At St Justin's, we ask you to share any photos of you and your family travelling through your neighbourhood on different modes of transport- feet, wheels, or other!! Feel free to be as creative and energetic as you like!!

Please send photos to adeegan@sjwheelershill.catholic.edu.au


Finally, our **Mind, Body and Soul** day was held on Thursday - I share with you some beautiful garden mandalas created by our students:



SunSmart Protection

Sun protection times are available via:

- the free [SunSmart app](#)
- the free [SunSmart widget](#) (add it to your service's website)
- the Bureau of Meteorology website's [UV and sun protection page](#)
- [MyUV](#)

SUN PROTECTION and the UV INDEX										
Low		Moderate			High		Very High		Extreme	
UV INDEX 1	UV INDEX 2	UV INDEX 3	UV INDEX 4	UV INDEX 5	UV INDEX 6	UV INDEX 7	UV INDEX 8	UV INDEX 9	UV INDEX 10	UV INDEX 11+
SUN PROTECTION NOT REQUIRED		SUN PROTECTION REQUIRED								
Unless outdoors for extended periods, or near reflective surfaces such as snow or water.		Wear sun-protective clothing, a broad-brimmed hat and sunglasses. Apply SPF30+ sunscreen to any unprotected skin. Seek shade.								
										

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Remember – always hold an adult's hand when crossing roads

Stop – Look – Listen and
Think before you cross
the road.

WALK don't
RUN

And.....let's say all
together

**Active kids are
smarter kids!**



FRIDAY 11 SEPTEMBER 2020
walk.com.au



How does walking to school help the environment?

Cars are responsible for nearly one fifth of household greenhouse gas emissions

Walking just half a km every day to school saves about 500kg of greenhouse pollution every year

Half of all car journeys are only 3 km –
how close to school do you live?



NHBPCC JUNIOR CRICKET PROGRAMS

WOOLWORTHS **CRICKET BLASTER** **PROGRAMS**

This season our Club will be running three Cricket Blaster Programs.

JUNIOR BLASTERS

(Boys and Girls)

This is an entry level program for boys and girls aged 5-7 years old that introduces them to the game of cricket. All the equipment is provided.

MASTER BLASTERS

(Girls Only)

MASTER BLASTERS

(Boys Only)

The Master Blasters program is recommended for children aged 7-10 years old and is for children with basic cricket skills who can bowl with a straight arm over 14 metres. Every child gets a chance to bat, bowl and field. All equipment supplied.

JUNIOR CRICKET

Our Club will be fielding Junior Teams in the following age groups this season:

13 & under All Girls

(The all-girls cricket games will be played on a Wednesday Night.)

Under 11

Under 13

Under 15

Under 17

The under 11, 13, 15, & 17 games will be played on a Friday night commencing at around 5.00pm.

To register for any of the programs or for any further information please visit our Club website at:

nhbpcc.vic.cricket.com.au

OR

Contact Emidio by email at emidiopug@optusnet.com.au or on 0407 766 562



PLAY CRICKET!

MAZENOD CRICKET CLUB
Kernot Avenue, Mulgrave 3170

Seeking all boys and girls from 6 to 15 years old
Specialised coaching from senior players

Master Blaster program (6-10 years old) - \$50
Super7s (8-10 year olds) - \$50
Juniors (10-15 years old) - \$210

Enquiries: mocccjuniors@gmail.com

**OUTDOORS
NON-CONTACT**



JOIN A TEAM NEAR YOU TODAY

PLAY CRICKET

**PROUDLY
PRESENTED BY**





SACRED HEART GIRLS' COLLEGE

INTERACTIVE LIVE CHAT



Please register to join us in an online interactive Live Chat with our Principal, Christopher Dalton and members of our leadership team. Gain insight into our College community and have your questions answered.



OUR LIVE CHAT SESSIONS WILL BE HELD ON:

Tuesday 8 September 10.30am
Wednesday 16 September 10.30am

Monday 5 October 5pm
Tuesday 6 October 10.30am

Register now by visiting www.shgc.vic.edu.au

For further queries, please contact
Stefanie Perri, College Registrar and Community Relations & Development Manager
registrar@shgc.vic.edu.au or on (03) 9568 5488



Dear Parents and Guardians of Grade 5 Students,

Nazareth College is aware that many of you have not had the opportunity to visit our campus, in person, due to the ongoing situation.

The closing date for applications for enrolment for Year 7, 2022 is fast approaching, Friday 9 October 2020.

With this in mind, we wish to extend an invitation to you to visit us virtually.

Our Virtual School Tours are held via Zoom and include:

- A Welcome Address from the Nazareth College Principal – Mr Sam Cosentino;
- A Community Video featuring students, parents and teachers;
- A Q&A opportunity with Mr Cosentino and other key members of staff.

Virtual School Tour Date:

September

- Tuesday 8 September at 5:00 pm
- Wednesday 9 September 2:00 pm
- Thursday 10 September 10:00 am

October

- Monday 5 October at 12:00 pm
- Tuesday 6 October at 7:00 pm
- Wednesday 7 October at 5:00 pm

To register to attend please click the link below:

<https://www.nazareth.vic.edu.au/enrolments/virtual-school-tours/>

Each Virtual School Tour runs for approximately 1 hour.

We look forward to welcoming you and your family to Nazareth College virtually.

Yours sincerely

Mr Sam Cosentino
PRINCIPAL