

ST. JOHN BOSCO'S SCHOOL NEWSLETTER

Edition 7 15 March 2018

Without confidence and love, there can be no true education. If you want to be loved, you must love yourselves, and make your children feel that you love them" St John Bosco

PRINCIPAL NEWS

Over the last two days I was lucky enough to spend two days with the Grade 4 children at camp in Aireys Inlet. We were blessed with great weather and the children appeared to make the most of the facilities provided to them. I am sure that many of the children would have been very tired when they got home as they were reluctant to sleep on Tuesday night. While I may have encouraged them to sleep for the sake of all, especially those of us who aren't getting any younger and certainly need their beauty sleep, I do appreciate that half the fun of camp is trying to stay awake all night. Therefore, my lack of sleep was to be expected and I am pleasantly surprised at the number of children and staff who attended school today.

On Tuesday our Grade 3 children and parents attended their Reconciliation meeting. The teachers informed me that the conversations that were had regarding the sacrament were of benefit to this year's candidates. We ask all members of our community to pray for these children as they prepare for this wonderful sacrament.

Next week we have our Enrolment Information Session for the preps of 2019. We seem to have an enormous amount of interest. I urge all current families who wish to enrol a child for 2019 to make sure an enrolment form is submitted ASAP. All applications are due by the end of term. To be fair to all, any late applications will be placed at the bottom of the pile.

MASS & ASSEMBLY TIMETABLE				
WEEK	MASS		ASSEMBLY	
ENDING	Friday 12.30pm		Friday 2.40pm	
7- Fri Mar 16		Year 6	Year 5	
8- Fri Mar 23		Prep	Year 4	
9- Thurs Mar 29		-	No Assembly	

NATIONAL DAY OF ACTION AGAINST VIOLENCE & BULLYING

Tomorrow, Friday 16th March, the SRC are coordinating a whole school day of action at SJB. We have created a canvas picture with a school message against bullying that the whole school will sign and students will participate in a variety of activities throughout the day. Students are able to wear casual clothes for Gold Coin Donation. All students will receive a Bullying. No Way! Wristband

PARENT SCHOOL LIAISON

A reminder that when your child is absent from school you must provide a note explaining reason for the absence. The note can be handed to your child's teacher when they return back to school.

Parenting Ideas

This week the article is: "Getting the Screentime Balance Right". This is a great article, have a read at the end of this newsletter

Fri 16 March	Casual Clothes Day: SRC
	National Day of Action against violence & bullying
Tue 20 Mar	P&F Meeting 7pm
Wed 21 Mar	2019 Enrolment Info Session 12pm
Sat 24 Mar	Yr 4 Family Mass 6pm
Sun 25 Mar	Bunnings Barbeque, Maribyrnong
Mon 26 Mar	SJB Athletics Carnival
Tues 27 Mar	School Board Meeting, 7pm
Thurs 29 Mar	Last day Term 1, 1pm dismissal
	Casual Clothes Day – Fete fundraising
Mon 16 Apr	First day Term 2
Tue May 8	Whole School Photo
Wed 23 May	National Simultaneous Storytime
Fri 29 June	Last day Term 2, 1pm dismissal
Mon 16 July	First day Term 3
Sat 1 Sept	Confirmation 12.30pm & 3.30pm
Fri 21 Sep	Last day Term 3, 1pm dismissal

IMPORTANT DATES 2018

RE NEWS

Mon 8 Oct

Sat 24 Nov

Tue 18 Dec

Whole School Mass: The Year 6 students have prepared Mass this week. Their theme is *The Poor: during Lent*, we are called to reach out to the poor.

First day Term 4

12.30pm dismissal

Last day for 2018 for students,

School FETE

Family Mass: The Year 4 children are preparing for the Family Mass on Saturday 24th of March.

Sacraments

Reconciliation: A **BIG** thank you to those families who were able to attend the meeting on Wednesday.

We will continue to focus on the children's preparation for this important sacrament.

Reconciliation will be on Wednesday 9th of May: class times to be confirmed with Fr Nhan soon.

Confirmation: Confirmation will be on the 1st of September at St John Bosco's. There are two Masses: 6SC at 12:30 PM and 6TS at 3:30 PM.

Palm Sunday March: "Called to Welcome and Protect": **Walk for Justice for Refugees**. Starts at 2PM from the State Library.

Caritas: The Year 6 Social Justice Team- check out our Caritas tally in the MPR, we are doing a great job of raising funds!

Liturgical Calendar for Schools

17-25thMarch: Cultural Diversity Week

19th March: Solemnity of St Joseph, Spouse of the Blessed Virgin Mary

21st March: Harmony Day; 22nd March: World Water Day **Happy St Patrick's Day!** God Bless, Tricia Cossar REL

SCHOLASTIC BOOK CLUB

Book Club orders are due to be returned to the office by the end of today. (Thursday 15th March)

YEAR 2 PARENTS END OF TERM DRINKS

Our first Year 2 parent get together has been organised for 7.30pm on Thursday 22nd March at Biagio's in Keilor Rd, Niddrie. Join other Year 2 parents for a drink and a chat! No need to RSVP. Just come along

MATHS NEWS

Maths Olympiad

A reminder for any children from grades 3-6 who would like to challenge themselves and take part in the Australian Problem Solving Mathematical Olympiads. There are still a few spots left on our team so, if your child would like to join, please return their permission form and payment of \$7 to the school. Additional notes can be found in the office, on the Maths notice board or simply contact me and I can arrange a permission note for you. Sessions will begin early next term! Many thanks, Jamie Lambert

jlambert@sjbniddrie.catholic.edu.au

LITERACY NEWS

Last year for book week we had an author by the name of Karlana Kasarik talk to the children about her novel "Stonekeeper". Some of the children purchased her novel. Well, Karlana is back with her new book 'Stone Keepers - The Lodihr' the second in the trilogy.

The purchase price will be \$16.00, rather than the rrp in bookshops of \$19.95.

If you would like to purchase the novel the order form is available at the front desk.

SPORTS NEWS

Athletics Carnival Timetable: Monday 26th March

Thank you to all the parents who have offered to help at the carnival. A note with your job for the day has been sent home today. If there are any other parents who are able to assist please email me liolley@sjbniddrie.catholic.edu.au with the time you are available, 9:30 - 12:00 or 12:00 - 2:30, and your Working With Children Check number and expiry date.

Thanks Libby and Jen

Prep - 3	10:00 - 11.20	Tabloid events
	12.10 - 2.30	Athletics events
4 - 6	9:30 - 12.00	Athletics events
	12.40 - 2.00	Tabloid events

Cross Country Training

Cross Country Training will commence Wednesday 21st March. Children who are aged 10 and over by 31st December 2018 are able to try out. Due to other commitments I can't offer early morning sessions at this stage. Training sessions will be held during lunch time on Mondays, Wednesdays and Thursdays. One of these sessions will be held at Buckley Park and the other two running the perimeter of our school. I would encourage all students involved to try to fit in another training session and if possible on a route that includes hills. A permission note with further details will be given to any interested children today.

Thank you, Jen Barresi

SECOND HAND UNIFORM SHOP OPENING TIMES
The First Tuesday of the Month from 8.30 to 9am
The Last Thursday of the Month from 3.15 to 3.45pm
The uniform shop is located at the rear of the parish hall

Hot Cross Buns



Thanks to the generosity of Elisa and Shane Gavaghan and the team at Tony's Pies, every child and staff member of the school will receive a

Hot Cross Bun for morning tea on Friday 23rd of March. Yum! A gold coin donation would be greatly appreciated if you can and the money raised will go towards our Fete.

(Hot Cross Bun Ingredient's: Wheat flour, vegetable oil, salt, milk powder, bun spice essence, sultanas,

currents, cinnamon, ginger, speculaas, bun glaze. Contains Gluten and Milk. May contain traces of nuts, eggs, soy, sesame.)
Please contact the office if you need to or

have concerns about your child receiving a bun:

Have a Happy and safe Easter, Tracey Teague P&F President

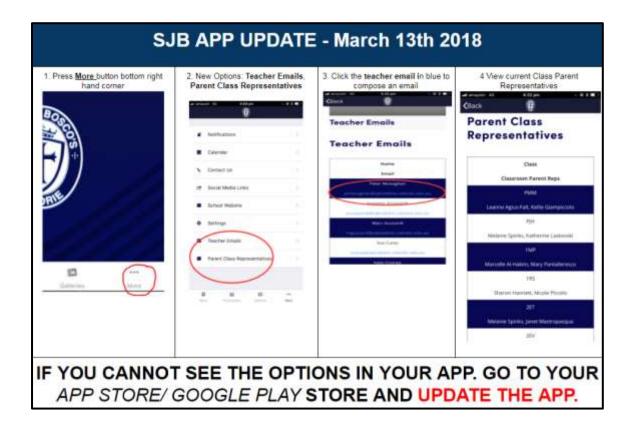
ENTERTAINMENT BOOKS

Entertainment Books and digital memberships will be for sale in the quiet area on Wednesday 28th March from 3-3.30pm, and Thursday 29th March from 12.45-1.15pm. Cash, or credit card payment available. \$70 for Melbourne membership, other areas available. Memberships also available online at http://www.entbook.com.au/9219r85 Get your books in time to use these school holidays!! Valid from date of purchase until June 1st next year! 20% of sales made goes to the school. Please contact Kylie Allen for details /queries.kyliebriton@msn.com, 0411299749.



A box is available at school, Essendon Fields and Airport West Coles. If you shop at Coles, please help us collect these vouchers

TUCKSHOP ROSTER: TERM 1 2018				
	11am-2.30pm	10am-12pm	12.30-2.30pm	
Fri 16 Mar	Eloise Romeo	Fiona Jessen	Natalie Khoury Lisa Glavis	
Tue 20 Mar	Narelle Somerville	Rebecca Ryan	Sonia Medawar Sonia Hadchiti	
Fri 23 Mar	Julie Seddon	Karen Healy	Rosemary Morais Holly Noonan	
Tue 27 Mar	Antoinette Agresta	Michelle Tankard	Kathy DeBono Libby Nelson	



Bunnings Maribyrnong Fundraising Sausage Sizzle Sunday 25th March 2018



3:00pm to 6:30pm

Ι

Many thanks to all who have dropped in donations into the box near the office and to those who have returned their BBQ Volunteer slip to help on the day. We are still in need of more helpers! There is still time to return your slip if you would like to help out on the day or drop off donations.

<u>BUNNINGS BBQ – ITEMS REQUIRED:</u> TOMATO / MUSTARD / BBQ SAUCE, DISPOSABLE GLOVES, GARBAGE BAGS, ANTIBACTERIAL WIPES, SOFT DRINK CANS, BOTTLED WATER (600ml),

We're really looking forward to this event and a fun day for all. Hope to see you there either as a volunteer or to enjoy a sausage or two! Please contact us for further information.

Vanessa Lo Giusto danvanlc@bigpond.com 0417518427 Melinda Spinks mloizou43@hotmail.com 0416142043

	Bunnings Maribyrnong Fundraising Sausage Sizzle				
Name	•	Phone number:			
		(So we can text you and confirm times etc.)			
I can h	help at the following time/s:				
	7:00am to 9:30am				
	9:00am to 11:30am				
	11:00am to 1:30pm				
	1:00pm to 3:30pm				

Tuckshop Roster: Term 2 2018			
	11am-2:30pm	10am-12pm	12:30pm-2:30pm
Tuesday 17th April	Antoinette Agresta	Lina Cutri	Therese Garth
			Gaetana Jessen
Friday 20th April	Megan Lucas	Roslyn Scalise	Sophie Witt
			Kirsty Prosser
Tuesday 24th April	Liliana Najdovski	Amanda Cashmore	Michelle Cuce
			Carmen Guardo Bridges
Friday 27th April	Narelle Somerville	Lydia Rizzetti	Karen Fitzpatrick
			Cheryl Falzon
Tuesday 1st May	Sonia Andersen	Joely Curwood	Joanne Saad
			Susanne Speranza
Friday 4th May	Kim Pinner	Joanne Mosca	Sue Brooker
			Nella Duvnjak
Tuesday 8th May	Silvana Loschiavo	Liz Wallis	Simone Callergari
			Kelli Giampiccolo
Friday 11th May	Nicole Arthurson	Michelle Mlikota	Helene Sexton
			Lili Giglia
Tuesday 15th May	Virginia De Nittis	Tracey Teague	Katherine D'Arcangelo
			Linda Patronias
Friday 18th May	Helen Catterall	Joanne Caddeo	Vanessa Lo Guisto
			Sharin Ramsay
Tuesday 22nd May	Mary Pantalleresco	Naomi Breen	Debra Buckley
			Belinda McGregor
Friday 25th May	Julie Seddon	Margaret Conroy	Kathy Hogan
			Sam Delaney
Tuesday 29th May	Julie Marchese	Roxie Riley	Janet Mastropasqua
			Gaetana Jessen
Friday 1st June	Sue Chivilo	Fiona Jessen	Holly Noonan
			Evelyn Pappas
Tuesday 5th June	Sonia Medawar	Silvana Loschiavo	Jacquetta Griggs
			Sonia Hadchiti
Friday 8th June	Kim Pinner	Karen Healy	Melissa Ryan
			Rosemary Morais
Tuesday 12th June	Kathy De Bono	Rebecca Ryan	Libby Nelson
			Carmen Guardo Bridges
Friday 15th June	Eloise Romeo	Therese Patton	Michelle Favero
			Angie Czaja
Tuesday 19th June	Sonia Andersen	Joely Curwood	Belinda McGregor
			Joanne Saad
Friday 22nd June	Narelle Somerville	Joanne Caddeo	Lisa Glavas
			Natalie Khoury
Tuesday 26th June	Antoinette Agresta	Michelle Tankard	Lina Cutri
Thursday 28th June	HOT DOG DAY		

Thanking you

Peter Monaghan Principal

Peter moraglas

parenting *ideas

insights

Getting the screentime balance right

by Martine Oglethorpe



I am always getting asked, 'How much screentime should I allow my child?'

Here's the thing. I don't believe there is a magic number of hours a child should be 'allowed' or 'not allowed' screentime. There are many other more pertinent questions we should be asking about our kids' screentime, aside from simply 'how much?'.

What are they doing on the screens? Are they safe? Are they engaging in positive interactions? Is their self-esteem intact, or are they comparing themselves to everyone else online who is (in their mind) smarter, prettier, skinnier or has more friends? Are they creating things or merely consuming? Are they in control? Are they able to put away a device without a tantrum?

These are just some of the things we should be looking at when it comes to our kids' use of their screens.

Which is not to say that the amount of time spent on screens is irrelevant. It is still valid to be concerned about how much time screens are consuming of your children's days.

To help alleviate some of the concerns you may have, and to put some strategies in place, here are two things you can focus on when it comes to your kids and screentime.

1. Look at the individual child

How is your particular child coping? Each child is different. A boundary that works for one child may not work for another. Is your child in control of their screen use? Are they coming to the dinner table without a fight? Are they sleeping, eating, keeping up with friends?

Conversely, are they showing signs of not being in control? If so then you may have to look at better ways to manage their time. Discuss the issue with your child and explain why they need better balance. Not because the technology is bad per say, but because they need to ensure there is enough time left in their day for all the other activities that are needed for their growth, development and wellbeing.



parenting * ideas



2. Are all of their other needs being met?

Are they getting enough:

Sleep time: It's super important that kids are getting a good night's sleep. Keeping devices out of the bedroom when they are young, and avoiding the screens for at least an hour before bed, helps ensure their sleep needs are met.

Bored time: Today's kids don't tend to get as much time to be bored as kids used to. It is an important skill to be able to fill in their time themselves. Bored time promotes creative play and thinking as kids are forced to come up with other ways to amuse themselves.

Connection time: Face-to-face interaction is obviously crucial for children's social and emotional development and wellbeing. Time with friends, siblings and family members must always be a priority. Learning to engage, problem solve and read body language and facial expressions are all crucial skills that need real-life time and experience to develop.

Active time: A healthy body and mind requires activity and movement. Kids still love to get out and play. However, some may need a bit more encouragement to remind them,

Downtime: Whilst playing games may be described by many kids as their downtime (and yes, there is some validity to this argument) kids also need downtime that involves doing very little. It is in these moments of reflection, of thinking and of pondering, that our ideas come to us and our creativity for other activities flows.

Focus time: There are times of the day when all of us need to be focused on other tasks. These may be homework, chores, reading a book or the newspaper, building something or making something. There needs to be time in kids' days where they are able to focus solely on a task without the distractions of a screen.

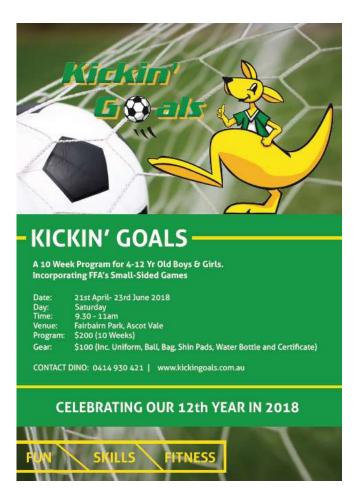
Mealtime: Getting plenty of good food is of course very important to kids' wellbeing. But it's not just about the food. Sitting at the table with parents, siblings or others, focusing on enjoying a meal together without the need of a screen, helps children to develop good habits while they are young which they can carry into the future.

Obviously there will be times when all these needs are not completely balanced. There will be periods when screens are used more often and times when one or more valuable needs is neglected. But if we can use this as a guide and aim to fit the many key experiences our kids need into each day, we are much more likely to ensure our kids grow up with a healthy respect for their screens and a healthy respect for the many areas of their life that need to be nurtured.



Martine Oglethorpe

Martine Oglethorpe is a speaker, counsellor and educator with a passion for building resilient kids in a digital world. Martine is available for student workshops focused on positive online behaviours, for teacher professional development on how the digital world affects what happens in the classroom and for corporate and parent information sessions. For more information head to her website themodernparent.net. Contact details: info@martineoglethorpe.com.au, themodernparent.net, facebook.com/themodernparent





ST. BERNARD'S AUSKICK 2018

Registration for the 2018 St Bernard's Auskick season is now open. If you are looking to participate in Auskick this year we would encourage you to get online and register.

Please take note of the following key points:

- To register and pay online please go to www.aflauskick.com.au
- The cost is \$95 (no raffles during the year)
- Registrations and payment can only be done online (no cash payments can be accepted)
- Auskick packs will be mailed directly to each participant
- Grid games will be available during the season at Etihad and the MCG
- St Bernard's Auskick will start on Saturday 21 April 2018
 9:30am to 11:00am

We look forward to another great year.

Need for information?

Contact Ben Hogan on 0402 919 523 or stbernardsauskick@gmail.com



SJB FETE 24th November 2018

March 15 2018

Thank you to all the families who have put their names to a stall. Your help is greatly appreciated.

It is very important that you choose a stall to run or help on as early as possible so you can start to organise what is needed to run your stall for fete day. Although it seems a while away, from past experience it comes around very quickly.

Stall Organizers

If you would like to run a stall, then choose a stall of your preference from the available list and we will then pass on the information you require to let you know how it was run in the previous years. You can then choose to run it the same way and or change it if you have different ideas, it is up to you but if you do plan to run it a different way than the guide provided we just need to know prior to the event what the plan is so we can ensure that all necessary components are addressed. For your helpers you can either get your class involved or get a group of friends together. If you have trouble getting enough helpers together for the day then contact us and we will put a call out for you. You will need to source the products you need for you stall, you can choose to fund your stall or if you can get them donated then perfect. You will also organize your own volunteer roster for fete day making sure you have enough people to help run your stall. Communication is the key between stall holders and fete organizers, if you need help call us. If you need donations, we will ask for them through our newsletter updates.

We are here to help so please don't feel you are alone. For those who have already held a stall and would like to hold the same stall again please feel free to put your hands up as you already know what to expect and the second time will be easier than the first – we promise \square

Volunteers

Being a volunteer means you are there to help your organizers source any products needed for your stall but most importantly is to be there for an hour or two on fete day to run the stall.

Please look at the stalls list for stalls that need people on the day and choose one, the only other thing we ask everyone involved to do is to fill in the Volunteer form and drop it into the fete box that is placed at the office as soon as possible.

These forms are important as they help us organise the stalls. You can even get one of your children to run it up to the fete box on their way to class saving you from having to come in to drop it off.

IF YOU CAN'T GET INVOLVED ON THE DAY

If you can't get involved on the day, there are many other ways to help

- Cash Sponsorship
- Offering skills or non perishables. (e.g. Homemade crafts, woodworks, things for hampers, plastic plates, cups, serviettes etc.)
- Gift vouchers or products for raffles.
- Any donations to help pay for expenses before the fete make an enormous difference to the overall success of the fete.

MAJOR SPONSORS

We would like to thank Nelson Alexander Essendon and MP Ben Carroll for their continued support and

sponsorship.

CASUAL CLOTHES DAY

Our next casual clothes day will be last day of term 29th March, a gold coin donation would be greatly

appreciated.

FETE BOARDS

Families on main roads we need your help. As our fete needs as much promoting as possible we are asking

for any families who are happy to display a fete board on their property. Please contact Katerina Rintoule

on 0418 563 653 ASAP as we need to start planning and getting things ready.

BUSINESS SPONSORSHIPS

If there is any family or extended family or friends who own a business and can help with sponsorship, it

will be greatly appreciated. We have different sponsorship packages so please contact us and we will

forward the paperwork on to you. Sponsorships deadline is end of term 2 as we need to start the artwork

for our flyers and fete boards.

JAM STALL

Calling on all Jam and Preserves makers. Our jam stall was a huge seller at the last fete, everyone loves

home made goods. So, if you make jams, marmalade, pickles etc., we need your help. Please start

preparing for the fete. We need as many jars as possible as this is a huge seller.

CRAFT STALL

Calling on crafty people. We would love to see some homemade crafts at the fete. Anything from knitted

products, ceramic products, bread holders, aprons, loom bracelets, friendship bracelets etc. These are all

things that can be made through the year at your own pace and we would love to have them at the fete.

We are excited and look forward to your response!

Thank you, from your fete organisers

Katerina Rintoule

0418 563 653 katerina.rintoule@gmail.com

Silvana Loschiavo

0403 888 705 <u>lucon23@iinet.net.au</u>

Kathy De Bono

Janet Mastropasqua

SJB Fete 24th November 11am till 4pm			
Stalls	Organisers	Helpers	
Corn on Cob			
Sausages, Cold Drinks	Melissa Ryan	Angela & Andrew Brebner, Janine & Michael Ryan, Nicole & Damien Bellino, Mat & Jo Robertson, Narelle & Mark Somerville	
Lamb souvlaki			
Hot Dogger		Nadia Cavarra	
Nachos			
Pasta			
Fairy Floss	Rosanna Costa	Sue Kennedy	
Popcorn	Marcelle Hakim	Gina Gerace	
Guess Sweets in the Jar			
Jams Preserves Stall			
Cake, Biscuit & Slices Stall	Lisa Aspros	Anna Bourke, Therese Patton, Julie Marchese, Rachel Randello	
Dutch Pancake			
Cup Cake			
Choc Fondue			
Candy Stall	Silvana Loschiavo, Tammy Farley		
Ice Cream from canteen	Lisa Douglas, Melanie Phillips		
Devonshire Tea	Helene Sexton	Celia Sweetman, Kellie Ward, Genevieve Trevaskis, Michelle Favero, Poppy Sabatini	
Jam Stall			
Slushie Machine		Sheldon Rozario	
Coffee Cart			
Homemade Lemonade			
Face Painting Stall			
Hairspray Stall	Roslyn Scalise, Leanne Moore	Belinda & David Walsh, Linda Patronias	
Tattoo Stall	Tracey Ito Cannon, Lisa Di Carlo	Karen Healy, Bianca Privitelli, Vanessa Lo Giusto	
SJB X factor			
Class Displays, Auction			
Raffles			
Spinning Wheel			
Homemade Crafts			
Lucky Dip Stall	Tunjasevic Family	Colina Family, Stipic Family, Rimac Family, Kokotovic Family, Franjic Family	
Dunk the Teacher	Greg Catterall		
Hampers			
Contact Sponsors			
Advertising	Anthony Fitzpatrick		
Second hand Toy Stall	Graz Starc		
second hand Book Stall	Karen Fitzpatrick, Carla Read		
Animal Farm			
Fire Trucks			
Smoke Busters			
Floater (help at any stand)	Maria Mavromihalis, Laura Damaschino		
First Aid		Kylie Allen	
Walker for Flyers	Lesley Dupla	Sue Kennedy	
Tickets & Wristbands	Katherine Cimino	Frances Gallina	
Buy A Balloon Win a Prize		Joanne Saad, Susaane Speranza	
Flower, Pot Plant, Gift Stall	Trish Olivieri	Florence Pasqualone, Elda Laspina, Anne Marie Crea, Julieanne Galle, Lorelle Hayes	

We are happy to help in any way or to answer any of your questions you may have!

Katerina Rintoulekaterina.rintoule@gmail.com 0418 563-653

Silvana Loschiavolucon23@iinet.net.au 0403 888 705

FETE VOLUNTEER REGISTRATION FORM				
Name:				
Contact Number:				
Children's Name(s):		Grades:		
Stand Description				
Co-Ordinator Of Stand				
Helper on Day of Fete		Yes	No	
Other Volunteers				
Will you sponsor this stand Financially?		Yes	No	
Please be advised that sponsorship is NOT compulsory to run a stand. Any help would be appreciated.				
If Yes, Full Sponsorship:	Yes, Full Sponsorship: Amount:		\$	
Or			<u> </u>	
	_			
Part Sponsorship: Amount:			\$	
Do you give us permission to pass your details onto the stall organizer?				
Yes	No			

Thank you for helping to make the 2018 St John Bosco's Fete a successful event.

"Many hands make light work"