



St John Bosco's School NEWSLETTER



St John Bosco's School is committed to the safety and wellbeing of all students and young people
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"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

We had a wonderful Staff VS SRC soccer match last Wednesday. The teachers ended up winning by 2 goals after the game went into extra time. It was great to share this moment with our children and staff. Congratulations to all.

Last Wednesday we also had our Prep 2020 whole group orientation session. The children met the Prep staff and spent time in their classrooms. We may need to make some adjustments to these groups to achieve three harmonious classes.

During this session, Bree Hurn spoke to parents about how they can support their child's learning at home. It was a wonderful session.

Swimming has started and the children seem to be enjoying their lessons. At the end of these sessions we will have our school swimming sports on Friday 13th Dec at Oak Park pool.

I was lucky enough to be invited to the Parish Christmas luncheon on Wednesday. It was lovely to see the Christmas cheer being shared within our community.

PARISH SCHOOL SUPPORT COMMITTEE

Christmas Eve Family Mass



You are invited to celebrate **Christmas Eve Family Mass at 6pm** (beginning 5.30pm with Carols) **on Tuesday 24th December**. Children are invited to dress as angels and shepherds, or any character from the Christmas story. Older children may like to dress in the Christmas spirit, wearing Christmas colours and tinsel if they prefer. The children will be invited to sing a Christmas Carol on the altar at the end of mass. We hope to see you there and we wish you all a very Merry Christmas!

Parish Pastoral Team and Parish School Support Committee

RE NEWS

End of Year Family Mass

This will be held on Saturday 14th December at 6pm. We hope that many school families can attend. School captains, vice captains and class captains have been asked to volunteer for some parts of this Mass.

Liturgical Calendar

Gospel: [Mt 3:1-12](#)

Repent, for the kingdom of heaven is close at hand.

gospel focus

Out of the wilderness

The wilderness holds a special place in scripture. Time spent in the wilderness is associated with a time of preparation for undertaking a special purpose. When Moses led the people from Egypt they wandered in the wilderness for 40 years. This was a time of renewing themselves after their time in Egypt and rediscovering their covenant with God. After his baptism, Jesus retreats to the wilderness to prepare for his public ministry. It was also out of the wilderness that a lot of rebellion and unrest emerged. A desire for change and action is what comes out of the wilderness.

IMPORTANT DATES

2019

Mon 2 -Wed 11 Dec	Swimming Intensive Program
Thur 12 Dec	Whole School Orientation 9.15am
Fri 13 Dec	Swimming Sports
Sat 14 Dec	Family Mass 6pm
Mon 16 Dec	Graduation
Tue 17 Dec	Last day 2019 12.30pm dismissal
2020	
Fri 31 Jan	First day for Year 1-6 students
Mon 3 Feb	First day for Prep students
Wed 12-14 Feb	Year 5/6 Camp
Wed 18 Mar	Prep Enrolment Information Session 12pm
25th & 26th March	First Reconciliation - Year 3, 11:30am
Saturday 2nd May	First Eucharist - Year 4, 6pm
Saturday 9th May	First Eucharist - Year 4, 6 pm
Sat 25 Jul	Year 6 Confirmation (12.30 and 3pm)

MASS & ASSEMBLY TIMETABLE TERM 4

WEEK BEGINS	MASS	ASSEMBLY
9: 2.12	No Mass	No Assembly
10: 9.12	SWIMMING CARNIVAL	
11:16.12	Captains/Vice Captains Handover: Tue 17, 11am	Year 6: Tue 17, 9am

PARISH CHRISTMAS RAFFLE

Please return your raffle tickets for the Parish Christmas Raffle by next Wednesday 11th December. The raffle will be drawn after 10.30am Mass on Sunday 15th December.

WELLBEING & SRC NEWS

This week our **Walking School Bus** visited our wonderful crossing supervisors Jan and Carl to wish them a Merry Christmas and thank them for keeping the roads around our school safe.



**LAST DAY OF TUCKSHOP TOMORROW
HOT DOG DAY NEXT TUESDAY**

SRC

Well done to all the SRC students in preparing and participating in an exciting soccer match between the SRC and Staff. The match had a nail biting ending with the final score going the teacher's way at the end of extra time.

The leaders of 2019 shone with their sportsmanship and great sense of fun. The crowd definitely got on board with many signs and cheers.

Parenting Ideas: Spending time with kids: How much is enough?

As we approach the Christmas holidays our family routines are constantly changing. This week's article from Parenting Ideas helps us reflect on the time we are spending with our kids and how to ensure it is quality time rather than worrying about the quantity of time we are available for them. An interesting read on how to ensure we're being truly present for our kids when we are with them.

**See the Parenting ideas article attached at the end of this newsletter.

SCHOOL BANKING

The last day for School Banking for term 4 will be next Wednesday 12th December.

Please also note that any rewards redeemed on the 11/12 will be given to the student in the new school year.

School Banking will resume in term 1, 2020 on February 12th (second week).

ITALIAN NEWS

Ciao tutti! Just a note to say a big *GRAZIE* to all our students for their hard work in *Italiano* this year! *Auguri* to our Term 4 Italian Phrase competition winners, 2TC, who took the competition out by over a 200 point margin!!! Bravissimi!

To celebrate their victory 2TC will enjoy some hot chips on Friday at lunch time.

A reminder that the Italian website is available for your children to engage with over the school holidays. You can simply scan the QR code or access it on our school website under LEARNING AND TEACHING > L.O.T.E - ITALIAN. The link is set at the top of the page named 'ITALIAN WEBSITE'. *Arrivederci* for now and we can't wait to begin another year of amazing learning in 2020. *Buone vacanze e Buon Natale a tutti, Signora Sandra & Signora Bonacci*



Sincere thanks on behalf of all parent helpers...

Sincerest thanks to Peter Monaghan and staff, along with Veronica and Mick who prepared the most beautiful lunch for parent helpers last week. We were very spoilt and thoroughly enjoyed an afternoon of eating, drinking and being merry with friends!

P & F NEWS

Bunnings BBQ – Sunday 24th November

Congratulations to Anh and Son Nguyen, Melinda Spinks and Tracey Teague along with their wonderful volunteers who raised \$2841 at the Bunnings BBQ. We made a huge profit thanks to the very kind donation of food and drinks from the Catanzariti Family. Thanks so much to everyone involved, we really appreciate your time and effort!



Earn and Learn

What an exciting delivery of prizes! Our Art, Science, Maths and Wellbeing programs are much richer for all your efforts collecting stickers! These are just a couple of photos of prizes, most are still in boxes requiring assembly, such as the drying racks for the art room. Thanks to **Lorrae De Jong** for the coordination of the Woolworths Earn and Learn rewards program at SJB. Her commitment and enthusiasm were contagious, earning us extra prizes for collecting most stickers in the area!



Tuckshop Roster: Term 4 2019			
	11am-2:30pm	10am-12pm	12:30pm-2:30pm
Friday 6th December	Julie Seddon	Sue Chivilo	Evelyn Pappas Rosemary Morais
Tuesday 10th December	HOT DOG DAY		
TUCKSHOP IS FINISHED FOR 2019			
Thank you to all volunteers for your help			

School Board and P&F Committee Dinner
Tuesday 10th December
The Essendon Hotel at 7pm
914 Mt Alexander Rd Essendon
Please RSVP to P&F Secretary Sophie Witt
at
sophie fisiak@hotmail.com

Entertainment Books

A big thank you to all who purchased the 2019/2020 Entertainment Books. Together we have raised \$420 for the school!! I hope you are continuing to enjoy the benefits of your books, don't forget they are valid until June 1st 2020 and contain many holiday discounts and activities. Next year Entertainment Books are going ALL DIGITAL, no more paper!! There will be some exciting new inclusions to look out for in the 2020/2021 edition, so keep an eye on your newsletter for more info in the new year. Thanks again, Kylie Allen

SJB Business Directory

Our SJB Business Directory is officially up and running. We have received great interest so far and are pleased to welcome the following business to you.

All of these businesses are uploaded on our School website under the Business Directory page

<http://www.sjbniddrie.catholic.edu.au/school-community/business-directory/>

Please use our Directory as a point of reference for local businesses that you may require services from. Each business is connected to our school in some way and they welcome the opportunity to assist you. We thank them for their contribution to our school and look forward to building strong relationships with them.



<http://schembrilawyers.com.au/>

SNDTek

<http://sndtek.com/>



Rothmans Coatings

Theo - 0414 013 315



<https://www.mistermagnets.com.au/>



<http://www.gmwealth.com.au/>

Thanking you

Peter Monaghan

Peter Monaghan

Principal

insights

Spending time with kids: How much is enough?

by Dr Jodi Richardson



The need to spend time with their parents differs for different kids. For some, there's no end to the time they'd spend with you. However, other kids feel differently. There's no right answer.

I'm fortunate to have the flexibility that allows me to spend a great deal of time with my children. However, my nine year old daughter wants to spend more time with me. My eleven year old son, on the other hand, is content either way.

Australia ranks first

According to a recent study Australian parents rank number one among OECD countries (including most of Europe, North America, the UK and Finland) when it comes to spending time with their kids. The lion's share of this time is still invested by mums, but Australian dads are ahead of those from many other countries, averaging around 70 minutes a day with their children.

The source of misplaced parental guilt

According to research published in the Journal of Marriage and Family, not spending enough time with children is the biggest source of parental guilt in Australia.

The researchers also found that it's quality, not quantity of time children spend with parents that's important for their emotional wellbeing, achievement and behaviour for kids aged 3-11 years. The researchers concluded that volume of time doesn't matter. It's much more important how time is spent with your children when you are together. This in no way advocates for absentee parenting. It's about making the most of the family time you have and reducing feelings of stress for you if you can't be around as much as you'd like to be.

Here are some ideas to help make sure you optimise the time you spend with your kids:

- Create a tradition of one-on-one time with each of your kids around an activity that you both enjoy, such as a cafe catch up over a milkshake, shooting hoops or playing a favourite board game
- Read regularly to each other, as these are special times of connection, especially in bed at night
- Eat meals together as a family so you can all catch up and connect – this is worth its weight in gold when it comes to quality time
- Pay attention to your children, watching for cues that they're in need of extra time with you
- Adolescents benefit from spending extra time with their parents. Through interactions with their parents