



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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Edition 27
3 Sept

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

I hope you all enjoyed your mid-term break and your children are geared up for their final two weeks of term 3.

The weather is improving and we must be getting closer to returning to some form of normality. We are planning to reopen school from the beginning of term 4 and hopefully for all. If the Government decides to do it in stages I implore them to think of our Grade 6 children and their right to completing their final year at primary with their peers.

We are planning for the teachers to be released in the first fortnight of school for a few days so we can do global assessment to direct our teaching for the important last two months of school.

This week I have been meeting with our new prep families and have been most impressed with their eagerness to join our community.

Enjoy the weekend.



Happy birthday to the following children who have birthdays this week

Victor CUTAJAR, Hamish WATT, Benjamin TSEGAY, Megan CASSAR, Harrison NOTARO, Lucas ANTONIADIS, Chelsea ROZARIO, Peter-James PAPAGEORGIU, Alessia SCALISE, Julian SCALISE, and Dario STRANGIS,



RE NEWS

Liturgical Calendar

Twenty- Third Sunday in Ordinary Time. [Mt 18:15-20](#)

If your brother or sister listens to you, you will have won that person back.

Living the Gospel – Facing the issue

It can be very difficult when we feel that someone has hurt us to actually go and speak to them about how we are feeling. It is so much easier to revel in our hurt or seek payback for the hurt. Sometimes we feel that we might ruin a friendship by speaking to our friend about a way in which they have hurt us. But a hurt that goes unaddressed will continue to hurt and will probably be repeated.

This week's gospel reminds us of the need to challenge our friends when they hurt us but it also reminds us that when we have hurt others we need to be challenged about it and called to account for our actions.

IMPORTANT DATES 2020

Fri 18 Sept	Last Day Term 3, 1pm dismissal
Mon 5 Oct	First Day Term 4
Mon 5/Tues 6 Oct	Year 3 Urban Camp (cancelled)
Mon 12 Oct	School photos (revised date)
Mon 19 Oct	Whole School Photo
Tues 15 Dec	Last day 2020, 12.30pm Dismissal

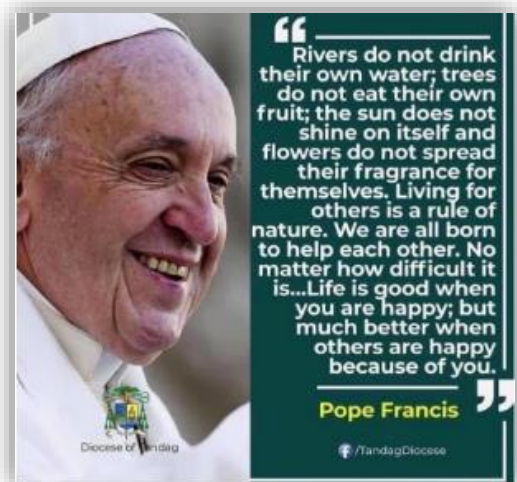
What stops a person confronting a friend about a way in which the friend has hurt them?

How would you respond to a friend telling you that something you said had hurt them?

What are some of the ways you avoid dealing with a hurtful situation directly?

Why is it sometimes difficult to say 'sorry'?

I came across this quote this week and I thought it was so relevant in today's society and all that each of us are experiencing during the Pandemic. Definitely food for thought!



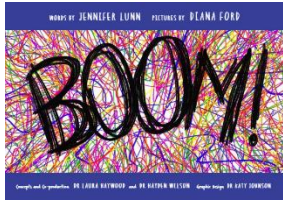
Sacraments

As we still are unable to gather in large numbers we have no immediate news about the dates for the Sacraments of Reconciliation, First Eucharist or Confirmation. As soon as we do know any information it will be conveyed to you immediately. We realise this is not ideal; however, it is not in our hands at present.

STUDENT WELLBEING NEWS

We hope everyone made the most of the mid-term break to relax, restore and refresh. We have some really great resources to share with you this week that you may want to save and take note of.

Firstly, we have been using resources from the Resilience Program quite a lot in classes this term and they have just announced their own GEM TV: An engaging and energetic online TV series focused on wellbeing. This starts September 7 at 11am weekdays. These episodes will focus on Gratitude, Empathy, Mindfulness, Emotional Literacy and Connection - [Resilience Project TV](#).



The next resource which is worth sharing for all ages is a gorgeous little picture book with big messages. It explores the very relevant topic of managing our own and other people's emotional rollercoasters while spending a lot of time together under the one roof. It explains how although it may feel like all our emotions are unravelling and tangling up with our family's to create a mess at times that it is ok and that they can be managed and be brought together again. - [BOOM](#).

Finally, we highly recommend **Riding the Roller Coaster**, a 10-minute talk by renowned child psychologist Dr Michael Carr-Greg. In this presentation Dr Carr-Gregg explores how the uncertainty of not knowing what will happen next may impact students, families and staff in school communities. He examines increasing concerns regarding mental health issues such as anxiety, depression and substance abuse among young people, and emphasises the importance of promoting help-seeking behaviour and reducing stress levels at home. Dr Carr-Gregg provides tips for parents/carers on looking after their wellbeing during this challenging time. [Riding the Corona Coaster](#)



Over the last few weeks we have shared some of the wonderful coping strategies our children use to help them remain positive and resilient during home/online learning. They are great resources to draw upon too. In our last installment this week, we thought we would end with the fun idea of fostering our inquisitive minds. When we **keep learning** we are often inspired, entertained and feel greater positivity. Therefore let's finish our strategies under the [5 Ways to Wellbeing](#) themes **taking notice**, **being active**, **staying connected**, **giving** and **keep learning** with these fun and helpful ideas. Thanks everyone for sharing your ideas to support

others!

- **Doing my best work keeps me happy** - Shiloh Callegari 1NL
- **Have footy breaks** - Luka Scarpaci 1MC
- **I love to get out and do PE and colouring in** - Mason Raniolo 1MC
- **I know when I have tried hard with my school work I get rewarded with a yummy dessert after dinner** - Charlie Wade 1NL
- **Doing the things I love to do such as cooking and drawing** - Mila Caddeo 2RS
- **I shoot 3s in my mini basketball ring. I also go on bike rides during break time to clear my head out** - Terry Patronias 4SS
- **Think of it in a positive way and try and make it fun** - Elicia Al-Hakim 4AM
- **Read** - Joey Hadchiti 4WK
- **Keep cooking when I can** - Jordan Josevski 5TS
- **Making the activities fun** - Tom Somerville 5NS
- **Coding** - Kurt Sumayao 5NS

Some of our senior students also had some lovely general advice which are really worth sharing too:

- **Support myself with good people. Don't overwhelm myself and have fun!** - Alex Milkota 6JG
- **Take a break during learning or treat myself to a snack** - Natalia Di Carlo 6JG
- **Listen to relaxing music** - Tyler Fitzpatrick 6JG
- **Going for bike rides, seeing both my parents and when I'm getting distracted I play with a stress ball or a ball** - Dante Pannunzio 6SC



SJB SPOONVILLE



SJB Cookbook - Future Fundraiser

The P&F Committee are in agreement that now is not the time for fundraising. One of our future plans was to produce an SJB Community Cookbook, and what better time than now to start collecting recipes, while everyone is cooking up a storm in lockdown!

Thanks to Graz Starc who will be collecting recipes. Please send to SJBrecipes2020@prontomail.com in the format below, preferably with a photo attached. We will include a variety of sections such as breakfast, snacks, light meals, appetisers, dinners, 5 ingredients or less, 30 minute dinners, desserts/sweets, easy recipes for kids, mocktails and cocktails. Please add whether your recipe is GF, vegetarian or vegan. If you think of another important category, please suggest it!

Category:

Title:

Submitted by:

A little bit about the recipe: (**optional** - family tradition/history/short description)

GF? Vegetarian? Vegan?

Serves:

Ingredients (in order of use in recipe)

Method (if using oven, please state preheat temp in first sentence)

Tips and Suggestions (eg. freezes well, keeps in fridge 4 days, store in airtight container, etc)

Email to: SJBrecipes2020@prontomail.com

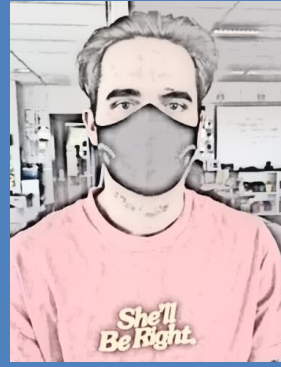
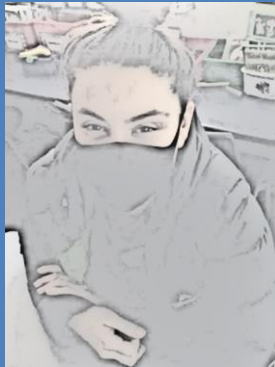
You will receive an acknowledgement email, please make contact if you don't. We want to ensure that we don't miss any recipes!



We can't wait to share your family favourites!

We are aiming for the book to be produced and sold in 2021.

Who am I? Can you guess the masked SJB staff?



SCHOLASTIC BOOK CLUB ISSUE 6 IS COMING!



Due to our current lockdown restrictions, we are going to do Book Club Issue 6 a little differently.

You will still be able to place your order via:
mybookclubs.scholastic.com.au/Parent/Login.aspx
—and orders need to be in by

Friday September 4th 2020

(Date)

Unfortunately as we are unable to receive your orders back to our school, you will need to have them delivered direct to your home for a fee of \$5.99.

If you have any questions or queries, please contact:

sjbadmin@sjbniddrie.catholic.edu.au

(Contact details)



Even though you're getting your order home delivered, we will still receive 10% of your order value back in Scholastic Rewards to use to purchase additional books and resources for our school!



St Columba's
College

FAITHFUL
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Our next St Columba's College virtual tour will be held on **Wednesday 2 September**.

Join us as we view the modern College facilities and grounds, learn about our innovative and extensive curricular and co-curricular offerings, and meet our College Principal, Ms Rita Grima.

Book your place at columba.vic.edu.au

KEY DATES FOR YEAR 7 2022:

- Enrolment application closing date: **Friday 9 October 2020**
- Offer of enrolment mailed out: **Tuesday 1 December 2020**
- Final date to accept offer: **Tuesday 15 December 2020**

For more information contact the Registrar, Mrs Josie Zanic, on 9331 9128 or email registrar@columba.vic.edu

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Thanking you

Peter Monaghan

Peter Monaghan
Principal