

Term 3 Core Value: Respect

School Rule: Be prepared

Respectful Relationships Focus: Be a good group member

Staff and students **who suspect they may have** COVID-19 **must not return to school** or work until they return a negative COVID-19 result and are symptom-free. Schools **must sight the negative COVID-19 test result.**

Please read the list of symptoms that the Dee Why Respiratory Clinic suggests indicating when testing should occur.

* **Fever** * **Dry cough** * **Sore Throat** * **Runny or stuffy nose** * **Shortness of breath**

Covid safety requirements - checking in using the QR code.

If you must enter the school, please remember to check in using the QR code displayed on all gates and around the school. You must wear a mask if you enter the school.



School Buses during August Lockdown

Please note there will be **NO SCHOOL BUSES** operating to our school (morning and afternoon) during the August lockdown period (2 August through to end of August).

Dear parents

How are you? I'm asking that very sincerely.

Our FB post on Monday directed you as parents to some ways to ensure you are finding time to stay healthy in mind and body so that you can continue to support your family through these challenging lock down days. While we have been focused on supporting your child's learning, it's also important to send a gentle reminder to take care of yourself too. Sometimes the thought of the next 3 weeks can be overwhelming.

I like to take it one day at a time and include the little things that revive my spirit and mind; a walk on the beach, a quiet cup of herbal tea in the sun, a good belly laugh at a silly joke. When you're in good form, your children are too. Please reach out if you need. Our school counsellor is in regular contact with me, checking in on me, the staff and the community. This week, she sent me a fantastic resource, an information sheet titled - **Supporting Children's Social and Emotional Wellbeing** via the *Seasons for Growth* organisation (attached at back of newsletter). It includes a great idea using the graphic of an octopus to give children ideas to alleviate boredom. On each tentacle of the octopus, children can write an idea of something to do if they are bored. They can change the ideas every few days.

Our staff supervision timetable this week, with just a skeleton staff at school each day, has been very effective in enabling teachers to plan and present some lessons for zoom or on video and connect more with the children learning from home. Thank you all for the work you are doing at home and supporting the teachers.

As per last week we would like you to fill in the Google form, (there is a new one for each week), to help us plan the supervision for the week.

[NEW GOOGLE FORM for week 5.](#) This is only for those families who due to work and family circumstances need to send their children to school on some days for supervision.

Upcoming Virtual Events

We know the children are missing out on many planned events but we have some ideas for virtual events in the next couple of weeks.

Look out for an announcement on FB on Monday for 'Bounce Fest', a new Joeys competition based loosely on the Trop Film Fest idea but with more categories than film. And.... a virtual disco! More details on these events soon.

Communication and HBL

We will continue to keep you informed by our usual channels of communication. The best way to keep up with the messages and changes is to make sure you read all of the emails being sent home via Compass. These are also loaded onto the St Joseph's school website in the [Covid online Info Hub](#). You can check back anytime in the hub for information. [Here's a quick summary of where to go for key information during Home Learning.](#)

- **COMPASS:** We send official school emails via the Compass app. These will also be updated on the Online Info Hub.
- **SCHOOL WEBSITE:** We have two key pages:
 - The Online Info Hub for COVID Home Learning, where we are constantly adding all messaging so it's in one handy place: <https://www.sjndbb.catholic.edu.au/parent-hub-covid-home.../>
 - And the Parent HBL Lesson Hub, where parents can get a clear overview of lesson plans: <https://www.sjndbb.catholic.edu.au/.../home-based.../>
- **EMAIL:** Teachers will email parents directly with news specific to students and classes. (Including login details and passwords if you need them.)
- **SEESAW:** Kindergarten to Year 2 will use Seesaw to allow communication between students and teachers, and to allow students to complete and submit work within the app.
- **GOOGLE CLASSROOM:** Years 3-6 will use Google Classroom to communicate directly between students and teachers, and to allow students to complete and submit work.

Adjusted Term 3 dates for your diary

- ~~Tuesday 10 August~~ – Parent Engagement – Open Classrooms for enquiry Learning, 2.15–2.55pm
- ~~Thursday 12 August~~ – Northern Beaches Cluster Athletics Carnival
- **Monday 16 August** - P&F General meeting @ 7pm via zoom
- **PARISH TO UPDATE FAMILIES - Saturday 21 August** - Lakes Parish Sacrament of Confirmation
- **NEW RESCHEDULED DATE – 3 September** - Years 3&4 excursion to Botanic Gardens
- **TBC - Friday 3 Sept** - P&F Father's Day breakfast
- **TBC - Tuesday 14 September** - Stage 2 Gala Day
- **TBC - Thursday 16 September** - Stage 3 Gala Day
- **NEW RESCHEDULED DATE - 2 November** - Years 1&2 excursion to historic schoolhouse

Other important dates for your forward planning in Term 4 2021

- **Thursday 28 – Friday 29 October** - Year 5&6 overnight camp to Canberra
- **Thursday 18 November** - School Musical @ Sacred Heart Mona Vale hall

Warm regards



Virginia Outred
Principal

Like and follow us at on [Facebook](#)
[St Joseph's website](#)
[St Joseph's Google School Calendar](#)



Religious Education News

Churches are currently closed in Broken Bay

Visit The Lakes Parish Catholic Website to see Father Robert's latest updates. <https://www.lakesparish.org.au/>
If you subscribe to the Lakes Parish YouTube Channel you should receive a notification of when Masses are available: https://www.youtube.com/channel/UcKYfhI5GrCWifhWtPFxCgw/featured?view_as=subscriber

Kath Fogwell - Religious Education Coordinator

PARISH WEEKLY BULLETIN to view click [here](#)

Class Awards – Term 3, Week 4

Kinder	Jay S	<ul style="list-style-type: none"> For a fantastic science investigation.
Year 1	Kye B	<ul style="list-style-type: none"> For asking questions to help him complete the more challenging tasks.
Year 2	Kolton P Poppy L	<ul style="list-style-type: none"> For his confidence and engagement during Zoom lessons! For her clever thinking when continuing and describing number patterns!
Year 3	Abby F	<ul style="list-style-type: none"> For always replying to feedback and taking it on board.
Year 4	Max F	<ul style="list-style-type: none"> Showing independence and maturity during HBL and for always completing our daily challenges.
Year 5	Jacinta P	<ul style="list-style-type: none"> For putting in so much effort into all home learning tasks by reading feedback and always going above and beyond what is expected!
Year 6	Stella P Bianca H	<ul style="list-style-type: none"> For producing some great pieces of writing in HBL. For making a big effort to complete all her HBL.
Ruby	Dylan D Grayson T	<ul style="list-style-type: none"> For knowing his InitialLit words. For making good choices in class.
Sapphire	Uriel C Charlie H	<ul style="list-style-type: none"> Uriel for working well in maths groups counting bundles of 10s Charlie for great number work

CSBB & High School Notices

Start your *Stella* story today



inclusive
in respecting the uniqueness of each person

An *innovative*
creative and collaborative learner

inspired
to create a better world



**ENROLLING NOW
YEAR 7 2024**



Enrolments open until
Monday 13th September 2021

www.stellamaris.nsw.edu.au



Parent Talk

Council of Catholic School Parents
NSW/ACT

LEADERSHIP • ADVOCACY • SUPPORT

Welcome to the latest issue of [Parent Talk](#) for 2021.

Contact information from the office

Parent Volunteers

We love parents volunteering at St Joseph's.

All volunteers should sign in at Compass Kiosk in the office on arrival, and sign out when leaving.

When you volunteer for the first time please attend the office to complete a [Volunteer Declaration Form](#) and provide ID (drivers licence). You will also be taken through a short induction regarding emergency procedures at St Joseph's.



Compass Parent Portal

There are two ways to access Compass - using the parent portal on any modern web browser or using the 'Compass School Manager' app on your mobile device. Parents can enter full day absences, access student academic reports, school calendar and update contact numbers and email addresses via Compass. All parents have their own individual login details (emailed direct to you from the CSO). Parent guides can be found on the Compass Parent Portal page of our website [here](#).

WHOLE DAY ABSENCE Enter via the APP on your phone (sick, holiday) – you do not need to change the times, the default of “8am to 5pm” covers the school day. Absences of 10 or more days - [Request for Leave](#) form must be submitted to the office as well as entering via APP

ARRIVING TO SCHOOL LATE .. Enter via Kiosk in school office

LEAVING SCHOOL EARLY Enter via Kiosk in school office



Kiss & Ride Reminders

Please exit the K&R zone as soon as you have loaded/unloaded your child/ren. **Please do not stop to chat / leave your vehicle.**

Please enter the queue from Wellington St, making a left turn into Lagoon Street and the K&R zone.

For the safety of all students, please do not make U-turns in Lagoon St outside the school/church/bus zone/K&R zone

School Fees

The Fee Liaison Unit (FLU) at the Catholic Schools Office looks after all enquiries regarding overdue school fees and financial hardship.

[2021 School Fees Schedule](#)

The contact for St Joseph's Narrabeen at FLU is:

Name: Brendan Smith
Tel: 9847 0738
Email: schoolfees@dbb.org.au

Qkr & canteen orders

Did you know you can place your Qkr canteen orders days, or even two weeks, in advance?

You do not need to wait until the day you require the lunch order.

Avoid missing the cut off by placing your orders a few days before.

Qkr FAQs can be found on our school website [here](#).



Second Hand Uniform Shop



New uniform items can be purchased from [Cowan & Lewis](#) via their online store.

Full details for both Cowan & Lewis and our Second Hand Uniform Shop can be found on our website [here](#).

Second Hand Uniforms

We have limited stock in the second hand uniform shop. BEFORE placing orders on Qkr please contact Naomi Ljubic who will let you know if size/stock is available. Naomi can be contacted on 0421 667 989. **As the second hand shop is run by a parent volunteer, please allow up to one week for delivery.**

School Band

Roar Music Northern Beaches

If your child is interested in joining the school band, keyboard or recorder groups, please contact Monique Warokka at monique@roarmusicnorthernbeaches.com or 9984 0369



OOSH Northern Beaches

All enquiries for Before and After School Care can be directed to OOSH staff (on site before and after school), by phone to OOSH head office (9984 8089) or email manager@ooshnb.com.au.

Before school care is from 7am-9am, and after school care finishes at 6pm.

Website: www.ooshnb.com.au
Head Office: 9984 8089
St Joseph's OOSH: 0422 000 693

No Nuts

Please help us keep our students with allergies safe.

No nuts, tree nuts, pine nuts or products made from or containing any nuts to be brought to school (including pesto, peanut butter, almond butter, Nutella, nut oils).



Supporting Children's Social and Emotional Wellbeing

COVID-19 continues to shape who we can see and what we can do - at home, school, work and play. No-one really knows yet what the long-term impact, if any, will be on children. What is known though, is that a caring, consistent and open parent or carer, who is coping as positively as they can, is likely important. The evidence shows that this relationship helps support children's resilience and wellbeing when they adapt to big changes, whatever they are.

However, snap lockdowns can put pressure on these relationships when stuck at home together on short notice. Here are some tips ...

Listen and Involve

Check in regularly with each child. Listen carefully: their concerns might be different to what you expect. Calmly acknowledge and validate their feelings. Then problem solve together as best you can, such as around different ways to stay connected to friends or ideas for a virtual birthday party. Working together supports wellbeing and models positive coping, creative problem-solving and shared decision-making. These are important resilience skills.

Get Outside, Get Active

Exercise reduces stress and boosts mental health. Get everyone active outside as much as the regulations will allow and, where possible, spend time in parks or nature.

Make Memories

Ongoing lockdowns and restrictions can be frustrating and tiring but they won't last forever. Try to keep using these times to try out new things you may not usually do together, such as, games nights or virtual meals with grandparents or friends.

Be Present

Put down your phone, turn off the TV. Put thoughts of the crisis aside. To have quality time together, really be there.

Do Things Together ... and Apart

Make sure there are times every day when you are each doing your own thing. Try the handy Octopus Tool. It can help kids learn to manage boredom positively and independently.

Keep in mind: Home is not a safe place for all children or for some adult/s who care for them. Where this is the case, many of the suggestions above won't likely make it safer. Please seek support from organisations set up to assist families where safety is a concern due to 'stay at home' requirements with ongoing lockdowns.



Managing Big Feelings

Worried? Upset? Bored? Frustrated? It's normal. Feelings like these are important. They let us know when something doesn't feel right and can help remind us to do important things, like wash our hands or call Grandma to cheer her up. Sometimes though, feelings take over our behaviour. Other times, we can get stuck in our thoughts and feelings and it stops us having fun or making the best of the situation. This handy Octopus Tool provides some steps for managing feelings in a positive way. It can be helpful for parents, carers and kids stuck at home. And, for learning emotional literacy.

Handy Octopus Tool

1. Draw an octopus shape and choose an emotion that's bothering you.
2. Think of 8 things you like to do and that you can do by yourself. The more unusual and creative the better! Draw or write them on the tentacles.
3. Stick your octopus somewhere you can find it easily.
4. Now the tricky part ... notice when you are feeling the emotion. Don't try to stop or ignore it, just spot it. Then choose one or more of the activities from your octopus instead.
5. Make a new octopus as often as you want. Try different designs if you prefer - spider, jellyfish, flower, stack of cards ...

★ Top Tip:

It's not always easy to know how you feel, but often your body or behaviour is showing you. For example, if you are whining, feeling grumpy, looking for a snack or bugging others you might be feeling bored. That is a good time to look for your octopus.

When I feel bored I can ...

Go on a garden safari

Make a short movie

Learn a magic trick

Play with our pet

Dance like a pirate

Build the longest marble run

Talk to
Draw a picture

★ Keep Talking and Listening

Check in regularly with how each other is feeling about the situation. If you are concerned that you really aren't coping it is important to seek professional advice (many services are available on-line or by phone).

★ Top Tip for Parent/Carers:

Make sure you lay out the resources so children can find these themselves when they need to.

