



ST JOSEPH'S SCHOOL

To live, to learn, love in all things

Proudly learning on Ngadjuri land

IMPORTANT DATES

JUNE

Mon 3rd	Patch Theatre Incursion Rec, Yr 1 & 2
Wed 5th	Taiko Drumming Workshop, Yrs 4-6 Communion Parent Session 6.30pm Year 2/3 Liturgy 9am
Thur 6th	SA Cross Country Champs Oakbank Winter Warmers Fundraiser
Frid 7th	Pupil Free Day
Tues 11th	Backflips Against Bullying
Thur 13th	Altar Server Training 3.30pm St Michaels Church Football development day Yr 8/9
Frid 14th	Yr 8/9 Ag Excursion - Princess Royal Feedlot
Mon 17th	Crows Visit
Wed 19th	Sacrament Retreat Sevenhill Yr 4 Sacramental students
Sat 22nd	Community Dinner

REMINDER
All visitors and volunteers accessing the school grounds must sign in and out at the front office.

Student Absences
If your child will be absent from school, please either phone the front office (88424400) or advise via email - adminstaff@stjoclar.catholic.edu.au
Our admin staff will alert the class teacher.

ST JOSEPH'S SCHOOL
29 Victoria Road, Clare SA 5453
EMAIL: peters@stjoclar.catholic.edu.au
WEBSITE: www.stjoclar.catholic.edu.au

From the Principal...

Dear Parents & Friends of St Joseph's School, Clare, **E-SAFETY**

I'm not sure if you read the recent article, published in the Sunday Mail, regarding E-Safety.

To me, it provided some frightening statistics. Whilst I am aware of some them, the way the article was written heightened all my senses and raised alarm bells – so much so, that I feel compelled to quote from the article which, I believe, had trustworthy resources. Here are some of the facts:

- 4.2 hours – the average time spend on social media, per day, among teenagers
- 67% of teens surveyed spend 3+ hours, per day, on social media
- 28% spend 5+ hours, per day, on social media
- 45% of teens have been abused and harassed on line
- 9% of teens have experienced 'revenge porn' and 25% were sexually harassed or received unwanted sexual content
- 33% of teens have seen disturbing or traumatic content
- 49% of teens have seen false or misleading information
- 13% of teens have had physical threats or encouragement of violence
- 25% of teens have experienced bullying and cyber bullying
- 63% of parents are concerned about cyber bullying
- 54% of parents are concerned about children being sexually harassed
- 16% of parents do not monitor their children's social media usage
- 18% of parents rely on the child to inform them about their activities

The article commenced with the following statement: "Amid dire warning that we will lose a generation to insidious social media, parents call for action". I believe the government is also begging us to listen and act.



Following are 6 quotes from influential and knowledgeable people, who are calling us all to be aware and calling for action:

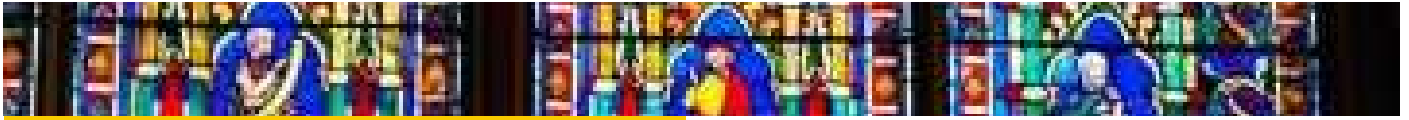
1. We need to stop another generation of children from the impacts of being on social media and on their smartphones. We need to protect our kids' innocence and their childhood (Selena Bartlett,

- neuroscientist/author)
2. Age verification is important. Parents want to be cool parents and they want to say yes to these things. But I say delete the apps, switch off the apps. If Zuckerberg switched off his apps a lot of heartbreak and suicide would stop immediately. (Neil Milton, manager of ChildSafe Australia and father of three)
3. It's horrifying. We certainly need additional safeguards to protect our kids. I think the age should be raised to 16. I just feel that ... the tweens, they are the vulnerable ones because they believe what they hear, what they see (Bruce and Denise Morecombe, The Daniel Morecombe Foundation)
4. We are totally onboard with this campaign. We are seeing kids as young as seven and eight on social media being exposed to predators and inappropriate advertising (Janet Grima, CEO of Bully Zero)
5. I am very much in favour of denying access to social media and if there are some restrictions in place then that makes it easier on parents. My son is 10 and there are kids in his class on Instagram, Tik Tok and Snapchat. He came home from school and asked what Pornhub was (Jen Hoey, founder of My Kid, a support group for parents looking to protect their children against the dangers of social media)
6. I back this campaign. We know that so many young people are harmed by the messages they have received on social media which have resulted in a rise in anxiety and depression in young girls in particular (Melinda Tankard-Reist from Collective Shout, which campaigns against the sexualisation and exploitation of girls and women)

Yes, we have computers at school however, they are supervised, monitored and educational use takes place. All school IT usage occurs through a filtered, monitored safety net. Our students sign a "user agreement" and uploads of any non-school apps are strictly prohibited.



MAY 31, 2024
WEEK 5, TERM 2



FROM THE PRINCIPAL

If your child is a teenager, or approaching teenage years, I am hoping you are horrified by the information provided above. If you have younger children, you could easily dismiss this as “something that is happening to teenagers and isn’t applicable yet”. However, I believe you need to act **now**.

- Do you leave your child unsupervised with an electronic device?
- Do you give your child a device to keep them quiet or entertain them?
- How do you role model use of social media/devices? How often are you on your device/social media in front of your child?

Do you think that after using electronic devices at a young age it is going to be easier or harder to monitor/control their use during teenage years?

What can you do now?



Delvene compiled this article in a recent newsletter:

As parents, we generally do everything we can to keep our children safe and well, from getting them to ‘slip, slop, slap’ before going out in the sun, to being careful when crossing a road and always wearing a helmet when cycling. But what are you doing to protect them from bullies, predators and inappropriate content online?

Let’s face it, the internet is here to stay and with eighty-three per cent of Australian teens going online three or more times daily (and this is increasing with more and more teens having smartphones), it’s time, if you haven’t already, to introduce some cyber safety know how to your parenting toolkit. Here’s ten tips to get you started.

1. Talk openly with your child about their online activity

As soon as your child starts accessing the internet, talk to them about what they are reading, watching and who they are communicating with online – and keep the conversation going as they grow older. Ask your child what sites they visit or apps they use, write a list, and look at them together. Talk to your child about what you think is appropriate, and remind them that this may be different for other parents and their children.

Listen to your child and reach an agreement about what is right for your family. Remember the time will come when they will access the internet outside the safety of home and you want them to be prepared for that.

It’s vital to teach them about their online reputation, too, and how they must be careful about how they behave, interact with people and represent themselves in such a public forum. They must always remember that the internet isn’t private.

2. Keep screens and devices where you can see them

Always monitor your child’s time online, particularly younger

children. Keep the computer in a central spot in the home where it’s easy to keep an eye on what your child is doing and viewing online. For mobile devices, you can set them to forget Wi-Fi passcodes so your children can not go online without you knowing. You can also try to make an agreement that there are no tablets, laptops or gaming in bedrooms.

You need to establish a ‘Family Online Safety Agreement’. A key element of an agreement is a set rule around placing phones and other devices in a designated area (“the kitchen bench”) each night at an appropriate time (eg. older children 8:30pm) to ensure phones/devices are not being accessed during the night. Rules around phones and access to any online platforms must be provided as students are not able to make these decisions without parental guidance. We know that if one parent says no, it makes it much easier for others. If we all have a similar approach the negative impact can be lessened. We need to support each other.

For younger children, you might also consider checking browser histories after your child has been online to see what sites they are visiting. This approach obviously gets harder as children grow older and work out how to clear histories – which is more reason to open the lines of communication about internet use at an early age.

3. Know your parental controls

Innocent searches online can lead to not-so-innocent results, so it’s wise to know how to use the parental controls/search restrictions offered by web browsers, internet service provider and devices. For example, the SafeSearch Filters feature on Google will block sites with explicit sexual material. To turn it on, go to Settings/SafeSearch Filters. Although not 100 per cent accurate, parental controls can help prevent your child from seeing and access in most violent or sexual material. See <https://www.internetmatters.org/parental-controls/>. Paid for security tools and features will offer extra protection and control.

4. Know who your children’s online friends are

As adults, we know that some people online aren’t who they say they are, but children and young people can be alarming naïve about who they are chatting with if they are not taught to be cyber wise from an early age.

Make sure you become friends and contacts within your child’s social media circles and ensure you monitor posts. Your children may resist but tell them that is one of the conditions for you to allow them access.



5. Be ‘share aware’ to protect your privacy

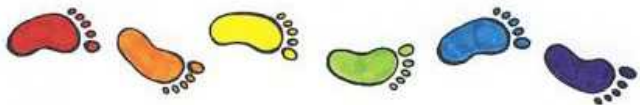
If your child is a regular user of social networks, they must be aware of the risk of personal information or images being made public once they post it. While they won’t



FROM THE PRINCIPAL

fully understand the consequences of revealing personal information online, you should teach them to be cautious and thoughtful about what they post and share. Encourage your children to ask themselves before posting anything if the information (i.e. name, phone number, home address, email, name of school) or photo is something they would give a stranger. If the answer is no, don't post it.

If your child is sharing photos or posts online ask your child to let you see what they are sharing or ask an older sibling to check any photos before they're shared.



6. Keep control of your family's digital footprint

Every picture and personal detail that is posted and shared on social media and the internet contributes to someone's digital footprint. The big risk with this is that once information is shared publicly, it can be used in ways you may not expect and cannot control. You should also assume that anything that is put online is permanent (it can sometimes be deleted but not always before others have seen it and saved it). For this reason, children and young people need to be smart about protecting their images and information. The same goes for parents who regularly post pictures of their children's online.

Teach your child to stay in control of their digital footprint, by only sharing with people who they know and trust. Rather than posting to all their friends on social media, encourage them to be selective and use the privacy settings on the social media platforms they use.

7. Teach your children to keep their location private

Most apps, networks and devices have geo-tagging features which make your whereabouts public and can lead someone directly to you. These features should be turned off for obvious privacy and safety reasons. Digital photos also contain metadata (information about the time, date and GPS coordinates) which may reveal more than you want to. Some social media platforms automatically hide or remove this data, but not all, so do your homework and know how much info you're sharing.

8. Keep track of online time

The Australian Physical Activity and Sedentary Behaviour Guidelines recommend children between the age of five and 17 should have no more than two hours of screen time a day. So, it's important to monitor your child's online time, particularly younger children, to ensure they do not develop bad habits. Get your children to agree on a period of time, say 30 minutes per session, and set a timer to go off – don't forget to make this a non-negotiable finish time. You should also switch off the home Wi-Fi at a set time each night (ideally before bedtime) so everyone has some 'time-out' from the internet. You can also try making some days 'screen-free' in your home to encourage everyone to pursue other more active and/or less technology-driven ways to entertain themselves.



9. Be #SocialNetworkSavvy

Educate yourself on ways to be safe on social networks so that you can give the best advice to your children. Sign up to the social networks and apps your children are using and find out how to use the privacy settings and reporting mechanisms. Talk about how they can stay safe on social networks, including talking to a trusted person when they are worried, and being aware of what constitutes online bullying – both as a perpetrator and a victim.

If your child uses social networks, be sure they know how to:

- Report inappropriate and/or offensive posts
- Block someone
- Keep information private.

10. Lead by example

Lead by example and always model the kind of positive online behaviour you would like your children to use. If they see you being cautious and respectable when you are online, they are more likely to follow in your footsteps. And, yes, this includes limiting your own screen time.

Ultimately, you don't want to instil fear in your child or prevent them from experiencing the many educational, entertainment, social and other benefits of the internet, but rather give them the skills and knowledge they need to know how to make the most of it and avoid the dangers.

Useful websites:

<https://www.esafety.gov.au/>

<https://kidshelpline.com.au/kids/get-help/webchat-counselling/>

The best and most practical advice is to ensure your children do not have access to a device after a certain time eg. 8pm or 8.30 (lots of research around the negative effect of screen time on sleep) and ensure the devices are on the kitchen table.

SEVENHILL PARISH
invites everyone to

Corpus Christi

Sunday June 2
11am Mass @ St Aloysius Church, Sevenhill
followed by
Procession and Benediction
You are invited to stay for a BYO Picnic
on the college grounds

*Please note there will be no Mass at Auburn on this day



FROM THE PRINCIPAL

VALE MAUREEN LALLY

Last week, I attended the funeral of Maureen Lally on behalf of St Joseph's School, Clare. Maureen was heavily involved in our Sevenhill Catholic community. She was a member of the St Joseph's P&F for a number of years, serving as President and Secretary. She also sat on the Sevenhill Parish Pastoral Council, serving as Chairperson for a term.

Maureen was among the first ladies to join the once 'all-male' St Michael's Church & Hall Committee, a position she held for 40 years. She served as 'recorder' of the Church Planned Giving Program for 9 years and assisted with Religious Instruction at Clare High School.

For 60 years (1952-2012), Maureen was involved in the annual Sevenhill Parish/St Joseph's School Fete, working on various stalls, convening the luncheon for 20 years and later selling raffle tickets.

Maureen was a founding member of the Clare Valley Christian Outreach service, spending 20 years serving in the Book Shop and 15 years in their Thrift Shop. She joined the Carinya Aged Care Board as well as Friends of Carinya and Kara House, serving many years on both committees. In 2016, she was recognised for 25 years' service to Meals on Wheels.

The Catholic Women's League (CWL) played an important part in Maureen's life. She held the position of President of the Clare CWL for over 25 years and coordinated catering for funerals within the parish for a number of years. Maureen organised the weekly card afternoons of the CWL, which raised money for St Michel's Hall.

In January 2016, Maureen was awarded Senior Citizen of the Year by the Clare and Gilbert Valleys Council, a worthy tribute and acknowledgement of her many years of community service.

I would like to personally pay tribute to the work Maureen undertook over many decades in making St Joseph's School and our Parish a better place.

SCHOOL COMMUNITY DINNER

The Community Dinner, which will be held on Saturday 22 June, is shaping up to be an excellent night.

Tickets are selling well, with some still available. Gather a few friends together and contact the front office staff to book your seats. We are happy to accommodate you!

Tickets are just \$80 each and include a 3-course meal (catered by Ash Catering) and entertainment by Jock Pocket Duo. Our Year 7 students will be your waiters for the night.

A bar operates on the night, well stocked thanks to the generosity of our local wineries.

This year, we have a record number of sponsors who have donated money to the event. This year's sponsors are:

- Agfert Fertilizers
- Boconnoc Park
- Clare Valley Toyota
- Duncan Family
- The Gums Childcare Centre
- Jim Barry Boutique Accommodation
- MGA Insurance
- Moorundie Park



- Millenium Underwriting Agencies
- NTI Limited
- Platinum Ag
- Ray White Real Estate Clare Valley
- Ray White Rural
- Riley's Gap Alpacas
- SJM Carpentry & Builders
- Vestra Wealth



Once again, local wineries have been extremely generous with their donations:

- Claymore Wines
- Blue Devil Organics
- Bird in Hand
- Eldredge Wines
- Greg Cooley Wines
- Jeanneret Wines
- Jim Barry Wines
- Kirrihill
- Wines by KT
- Matriarch & Rogue
- Mr Micks
- Mitchell Wines
- Grosset
- Naked Run
- Pauletts
- Pikes
- Reilly's Wines
- Sevenhill Cellars
- Skillogalee Wines
- Stonebridge Wines
- Taylors Wines
- Tim Adams Wines
- Wykari of Clare
- The Wilson Vineyard
- Crabtree Wines

Throughout the night, we will have a live auction, plus there will be the opportunity to bid on silent auction items. A taste of what's on offer includes:

- Barbie Dream Doll House (A Redden)
- Crows Guernsey, signed by Tex Walker & Darcy Fogarty (Duncan Family)
- Signed Thunderbirds Netball
- Angorichina Station, 3 nights accommodation (A Fargher & E Carmichael)
- Accommodation at North Beach, 3 nights (Duncan Family)
- Rooftop Climb, Adelaide Oval
- Glenelg Twilight Catamaran Cruise (Kain Family)
- 250L Thermann Hot Water Service (Byles Plumbing)
- Adelaide Crows tickets (Jaeschke Family)
- Tennis Coaching (Sam Clayton)
- Original Painting (H Geyer)
- 1 x Term Dance Tuition (Clare Valley School of Dance)
- Clare Rodeo Family Passes (E Mitchell)
- Premium Oaten Hay bales (K Vandeleur)
- Auburn Collective Hamper (A Camilleri)
- Golf Club membership + rounds of golf (M Butler)
- Various speciality wines (inc Sussex Squire and Reg & Co)
- Various vouchers

If this list inspires you to donate an item for the auction, we'd love to hear from you! Babysitting vouchers, a catered dinner for 10, homewares, tickets to a Crows or Port game, an hour or two of your time in an activity you are skilled in, really anything goes!

The dinner is a major fundraiser for the school and is always a great night out. We look forward to your company on the night!



FROM THE PRINCIPAL

SCHOOL COMMUNITY DINNER

SATURDAY 22 JUNE 2024

Rock 'n' Roll

THANK YOU

TO OUR MAJOR SPONSORS FOR THIS EVENT:

Agfert Fertilizers

Clare Valley Toyota

The Gums Childcare Centre

MGA Insurance

Millenium Underwriting Agencies

Moorundie Park

NTI Limited

Platinum Ag

Ray White Real Estate Clare Valley

Ray White Rural

Riley's Gap Alpacas

SJM Carpentry & Building

Taylors Wines

Vestra Wealth

THIS IS OUR SCHOOL'S MAJOR SOCIAL & FUNDRAISING EVENT. FUNDS RAISED SUPPORT FURTHER CAPITAL IMPROVEMENTS & RESOURCING, WITH PART PROCEEDS GOING TO THE YEAR 7s TRIP TO CANBERRA LATER THIS YEAR, AS PART OF THEIR CIVICS AND CITIZENSHIP STUDIES.

WINTER WARMER FUNDRAISER

On Thursday June 6, the LEAD Group will be holding a "Winter Warmer Fundraiser" with all money raised going to the homeless. Students can wear something warm for a gold coin donation. Hot Chocolate drinks will be available for purchase for \$4 and must be ordered via QKR under School Events by Tuesday June 4 at 5pm.



QUICK NUMBERS

As part of Charlotte Heinjus' role as Leader of Learning in Numeracy, she has been revising our current practices in all things numeracy and comparing and reviewing best current practice.

One of the areas we have revised is "automaticity of numbers", in other words, the way students recognise and undertake mental computation - work out maths sums in their head, thus providing neural pathways which free up working memory to problem solve, allowing the students not to just focus on the number but the task, concept and problem.

A number of years ago we adopted our highly successful numeracy intervention program, Quick Smart, to achieve the following goals -

- fun
- challenging
- progressive/sequenced
- individualised
- easy to monitor
- easy to deliver
- not time consuming or a burden (1-2 minutes)
- effective
- measurable
- home program, but overseen at school
- a numeracy version of sight words
- immediate feedback

In the classroom, it is extremely noticeable who is undertaking this program at home. The students who are completing Quick Numbers have more automaticity, enjoy maths more and are more successful with their numeracy.

If you would like to know more about this program, discuss it's implementation or simply learn how to do it quicker/better without much fuss, I am going to run 4 parent sessions -

Wednesday June 5 - 9am in the Library

Wednesday June 5 - 3.30pm in the Library

Thursday June 11 - 5pm & 6pm in Library

The Quick Numbers program is aimed at students from Reception to Year 6. Please note, the Reception students commence the program in the second semester.

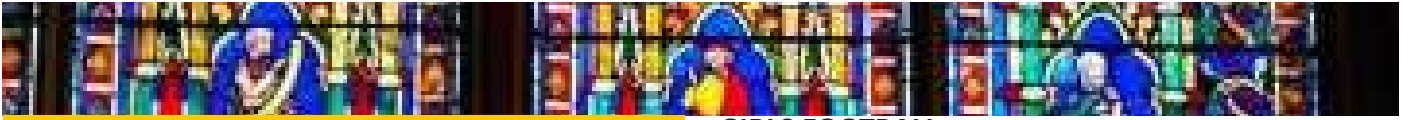
MOTORCROSS

On Saturday May 18, Matilda competed in the 2nd round of the State Motor Cross Championships at Renmark.

She placed 3rd in the U16 to 12yr old girl's class. On the day she had 3 sight laps and then raced 3 rounds of 8 minutes +1 lap. She managed to get a 'hole shot' from gate drop in her first race. She is looking forward to Round 3 of the State titles in June in Robe. Well done, Matilda.



Matilda with her award and on the track



FROM THE PRINCIPAL

OLD SCHOLARS

Emma Slattery's Anzac Prize Study Reflection

Last year, as part of Emma's Yr 9 English Studies, she entered the Premier's Anzac Spirit Prize competition under the guidance of Kirsten Mooney. Emma deservedly won the award which focused on research of her Great Grandfather's brother, George James Evans.

As a result of winning this award, Emma travelled to Vietnam and has kindly provided us with this reflection:

ANZAC REFLECTION

The 2024 Anzac Prize study tour of Vietnam took place during the April school holidays, it was a truly amazing experience. Over the past few weeks since being home, I have been able to reflect upon the unforgettable moments and broad range of opportunities our group was very fortunate to experience. Taking time to share memories and photos with my family and friends and seeing their reactions to some of the places we visited has made me forever grateful.

On this study tour I met and made many wonderful new friends who I will continue to keep in contact with. Many people have asked me what my favourite part of the trip was, honestly, there were just too many amazing experiences to pinpoint a favourite.

The vibrancy of Ho Chi Minh City and the bartering at the markets were always entertaining, the scenery and experiences in Hoi An, Hue, and the Ha Lon Bay cruise were stunning and the long bus trips were certainly unforgettable! Visiting the Cu Chi tunnels, memorials and museums provided many eye opening learning moments. Particularly memorable was Anzac Day, our visit to the battlefield at Lon Tan and the laying of the wreath at the Lon Tan Memorial site was simply unforgettable.

I will forever cherish this opportunity from our Humanities studies at St Joseph's. Thankyou especially, to Miss Mooney for her help with my ongoing research and final entry submission. I feel very privileged to have been part of the 2024 Anzac Spirit Prize Study tour, it was truly an amazing experience and one that I would highly recommend students enter in the future.

Thankyou, Emma Slattery.



Emma at the Lon Tan Memorial

GIRLS FOOTBALL

13 St Joseph's students participated in the Mid North Girls Football hub day on Wednesday 22 May. It was a fantastic day out with 40 girls in total. The girls were put through a couple of skills sessions with Todd Thorne from the SANFL and then participated in a round robin competition.

They all had a great day and learnt some new skills. Congratulations to the girls who were selected to trial for the Mid North district team, which will be coached by Kylie Murphy, in Term 4.

Kylie Murphy



Back: Maddison, Sophie, Ella, Chinyere, Ellie, Eddie, Rubi, Olive, Tess, Scarlett.

Front: Isla, Charlotte S, Sammi, Amali, Sophia, Caitlin, Ruby, Koa.

AFL MAX

On Tuesday May 14, all student leaders at St Joseph's School travelled to AFL MAX in Adelaide to take part in a leadership Challenge. We did many activities around the qualities of a leader. Energy (cone game), Connection (netball game), Purpose (blindfolds) and Perform (rock climbing), were the qualities the activities were based around.

All the activities were fun and it was great to see how to be a good leader and how to lead by example. Our two AFL instructors split us into groups to take part in the activities. We would like to say thank you to them for guiding us and giving up their time for us.

Chinyere



St Joseph's School Leaders



FROM THE PRINCIPAL



Nick & Lucy



Ella & Tess

P
U
R
P
O
S
E



Georgia & Vedanshi



James & Hugo

E
N
E
R
G
Y



Wesley



Maddie W

C
O
N
N
E
C
T
I
O
N



Jedd

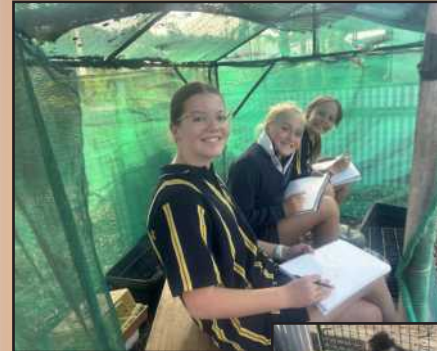
YEAR 6 CLASSES ART

On Friday last week, the Year 6 classes went across to St Joe's patch to make art inspired by Monet. Monet painted his beautiful garden repeatedly at different times of the day and at different times of the year (seasons). We got into small groups and painted the same plant from different angles. We showed all the shadows from the trees and plants and we used oil pastels. They all ended up looking cool and interesting once they were done. It didn't need to look good up close but it had to look good from really far away. We used really short strokes to draw it.

Year 6 classes



Back: Sam, Nick, Tess, Olive, Maddison H, Maddie P, Rubi, Eddie, Sophie, Charlotte S.
Front: Iyla, Koa, Kate, Henry, Sam, Buddy.



Ellie, Sammi & Sophia

Vicky & Patrick



Hayley, Charlotte & Ella

God Bless,
Peter Shearer



MIDDLE SCHOOL

PEDAL PRIX

On June 18, our Year 8/9 Energy Technology students entered the 6-hour Pedal Prix race at Tailem Bend. This is an amazing opportunity where the students get to ride on the main track at the Bend Motorsport Park, which is used weekly for Motorsport racing and high-performance car experiences.

As you arrive, you can hear different car and motor bike teams working on cars in sheds, revving their engines, it is an exciting atmosphere. We are allocated an actual pit garage that is used by the V8 super cars. As we are a smaller team at this event, we shared with 2 other schools and were given a corner space with St John's Grammar and Pembroke school.

Our school has two new carbon fibre trikes that we purchased last year, they help us to be highly competitive. As we were setting up we could see our neighbours arriving. We unloaded our cars from an old hay trailer that we had swept straw out of, while our neighbours unloaded their double-storey, purpose-built pedal prix trailers. This didn't worry us. Our students quickly get to work preparing the cars with the right tyre pressure, race numbers and checking the vehicles are running smoothly. As we do this, we see our neighbours pulling out computer screen after computer screen that display real time GPS tracking data to show exactly where each car is on the track at a given time. We were impressed, but we had a plan and a strategy of how to maximise our efforts and put down some fast lap times.

As we lined up on the grid, we found our place amongst 171 other trikes competing in a range of categories from Primary School students to adult professional racing teams. We were entered into the Middle School category which consisted of 41 teams in male, mixed and female classes.

Within the first laps we could see that we were going to be highly competitive for the day. We were keeping up with the leaders in both categories. We quickly looked up who our team rivals were and how we could identify them. It turned out that it was our neighbours on one side. The teams strategised how to organise our rider changes to keep up with the leading team. By the time our second riders got in the cars there was a real buzz in our pit.

It was fantastic to see our students taking this race so seriously. We, the adults that were there to support, organise and motivate the students, really didn't need to do anything because our students had it under control.

Throughout the day we were keeping track of our lap times and seeing where we were in the standings. Both teams were fluctuating between second and third positions. We learnt a lot about racing during the day and have learnt some new tactics for our next upcoming race at Victoria Park on Sunday June 16.

After 5 hours, our students were fatigued but we kept going, there were a few cramps and collisions though the final laps of the race but our students' fighting spirit got them over the line.

Maddie, Sophie, Isla, Jack and Kelley competed in the Mixed Teams category and finished with the outstanding position of 2nd in their class and were the 9th team in the Middle School event. Bryce, Codie, Dane, Hudson and Matt competed in the boys category and finished 3rd in their class and 3rd overall.

We are so proud of their efforts. The parents who came along had a great day and left so impressed with their children. We certainly saw our kids shine.

The Year 7s have continued their training for the event at Victoria Park on June 16. We have been able to ride each week on the Riesling Trail and prepare here at school. The great result from the older students has given them a boost. The Year 7s, as a group, have already amassed enough practice kms to ride to Canberra and back and are now making their way back to Canberra. We set this goal as it coincides with our camp to Canberra later in the year.



Maddie W, Sophie, Isla, Dane, Kelley, Codie, Jack, Tom, Hudson, Matthew, Bryce



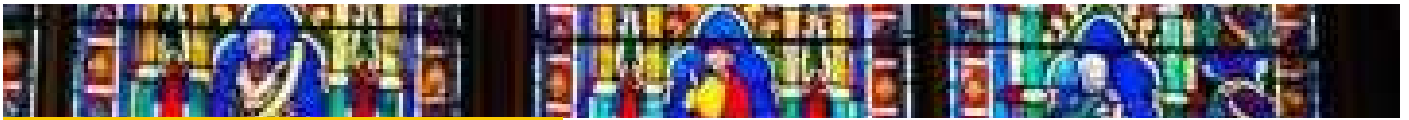
Both teams with their Pedal Prix cars



On the track



Year 7s in training



MIDDLE SCHOOL

SCIENCE

After an exciting week of exploring the microscopic world using the Scanning Electron Microscope our students have been busy in the science labs again. Our Year 8 students have been learning about body systems and undertook a heart dissection. They were able to apply their knowledge from lessons, identify different structures and get a feel for how hearts work.

HEART DISSECTION



Charlotte B, Charlotte S, Keira & Bridget



Maddie W, Alliahna & Sophie



Jack, Will N, Kelley & Eddie J

MAD TIME

During Make A Difference (MAD) time our students have been working in groups across different year levels. After a couple of busy weeks exploring their learning and how they can work towards earning different badges, we had a little bit of fun. The House Captains organised a session of Golden Runner. House teams had to work and compete against each other in a championship. Burke were the victor on the day followed by MacKillop, Cleary and then Lennon.

The points from the day are building together for the MS House Shield.

We have been really pleased with how this time is working in helping our students build connections outside of their own year levels. It has also been amazing to see our older students mentoring the younger students. The culture of our Middle School is really starting to develop into the next level of our already strong school culture.

LOT 21

Progress at Lot 21 has continued with further works on the day-old layer facility. The hens are growing and have quickly moved on from being chicks. There is green emerging from the ground in our crop trials and the brassicas are developing nicely.

VISUAL ARTS

Over the past semester, the Year 8/9 Visual Arts class has been developing their drawing skills. They've learned to use charcoal effectively, and are now onto using coloured pencils to create realistic drawings. Charlotte B and Matilda produced excellent charcoal still lives, which we entered into the Clare Art Show. On Friday of Week 4, we visited the exhibition in the Town Hall. The students were highly engaged and impressed with the variety of artworks. Thank you to the Rotary Club of Clare for your efforts in organising this event. We have also selected four students to display their works in the upcoming Youth Art Show at the Arts Collective exhibition on Mill Street. I am very proud of the growth the Visual Arts students have shown so far- they've developed resilience and refined their skills.

Kirsten Mooney



Charlotte B & Matilda K.

God Bless,
Tom Gilligan



FROM THE APRIM

SACRAMENTS OF CONFIRMATION AND COMMUNION



Upcoming dates -

Parent Student Session - Wednesday June 5 at 6:30pm, St Joseph's Middle School

Sunday June 16, 9:00am- Candidates presented to the Parish Community Family Mass, St Michael's Church, 9:30am. All families invited to stay for morning tea following Mass.

Wednesday June 19: Communion and Confirmation Retreat at Sevenhill, during the school day. All candidates invited.

FAMILY MASS AND PENTECOST

On Sunday, May 19, our last family Mass, the Church celebrated Pentecost, one of the most important feast days of the year that concludes the Easter season and celebrates the beginning of the Church.

Pentecost always occurs 50 days after the death and resurrection of Jesus, and ten days after his ascension into heaven.

In the Christian tradition, Pentecost is the celebration of the Holy Spirit coming upon the Apostles, Mary, and the first followers of Jesus, who were together in the Upper Room. The main event of Pentecost takes place in Acts 2:13.

A strong wind filled the room where they were gathered, and tongues of fire came to rest on their heads, allowing them to speak in different languages so that they could understand each other.

The Holy Spirit also gave the apostles the other gifts and fruits necessary to go out and preach the Gospel to all nations. It fulfills the New Testament promise from Christ (Luke 24:46-49) that the Apostles would be "clothed with power" before they would be sent out to spread the Gospel. This feast tied in perfectly with the blessing of many of our Confirmation and First Holy Communion candidates, who will receive the Holy Spirit later this term.

After this Feast we changed from the Easter Colour of White to Green for Ordinary time.

Everyone is invited to the next Family Mass on Sunday June 16 at 9am in St Michael's Church.



Family Mass celebrating Pentecost

CARINYA VISIT

Thank you to Year 2SL who visited Carinya to join in their Liturgy with Fr Kieran. They sang beautifully and the residents loved seeing them all.



Year 2 Lawson/Weckert Class sing to the Carinya residents



Charlotte P, Ted R & Kylah with the gifts they made.

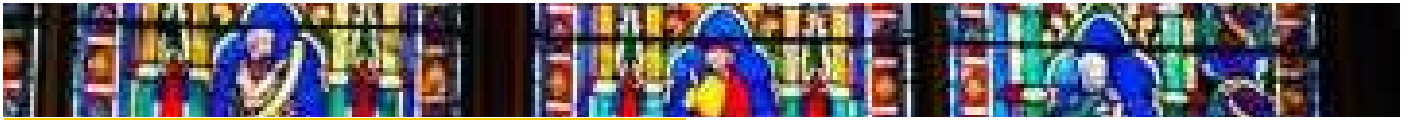
CORPUS CHRISTI

This week, the Church commemorates the sacred feast of Corpus Christi. It celebrates the presence of Christ in the Holy Eucharist. In the Gospel, the story of the multiplication of bread was shared. At this gathering, Jesus made all feel welcome and encouraged them to share in a meal regardless of their backgrounds.

We remember Christ at each Mass as we listen to the words 'This is my body.... This is my blood.... do this in memory of me.' We are all invited to celebrate in the feast where we are invited to join at God's table to be nourished, so that we may share our gifts with the world as we walk in the footsteps of Jesus. Please see details in the flyer at the front of the newsletter for how Sevenhill Parish will recognise Corpus Christi.

God Bless

Helen Hay- Assistant Principal Religious Identity and Mission



WELLBEING

RAISING BRAVE GIRLS

<https://www.enlightenededucation.com/blog/>

<https://www.abc.net.au/listen/programs/parental-as-everything-with-maggie-dent/episodes>

We need to raise young women who can stand their ground and hold their heads up high when needed. And we need to teach them how to use their voices – not just for themselves, but for others – and how to demand a seat at the table.

1. Increase her confidence by enhancing her competence

Real self-esteem is about appreciating your skills and abilities, learning how to up skill, and respecting the gifts others have (in order to value yourself, you must first value the person next to you). It is about competence and connectedness. Provide opportunities for your daughter to grow alongside her peers, whether it be through working her way up through the belt colours in taekwondo, or earning badges in Girl Guides. Perhaps she may prefer to join a like-minded group of activists working towards social change. Apart from fostering a sense of personal agency and contributing to a cause she's passionate about, learning how to be an effective activist will boost a whole range of vital and transferable skills, including communication, event coordination, networking and problem-solving.

2 Support her to flex her assertiveness muscle

In an effort to avoid raising a “mean girl”, we sometimes fall into the trap of telling our daughters they should be friends with people they say they really don't like (often without even asking why they feel uncomfortable with that person), that they should hug relatives they instinctively pull away from, and do as they're told. Instead, teach her how to know her own heart and mind, and to express herself by finding that sweet spot between passive and aggressive. Equip her to know how to set boundaries, too. How often do even the most empowered of us still avoid tricky conversations? It can be difficult to set boundaries; those of us who are hardwired for connection may be burdened afterwards with guilt. But if we're honest with ourselves, we know that all that biting of tongues isn't working – it merely paves a pathway to resentment. Show her how to express her limits by being brief (long-winded conversations only open up points for disagreement) and share techniques for staying calm and in control under pressure.

3. Expand her sisterhood circle

Girls can't be what they can't see. From politicians (she's bound to want to jump to her feet and cheer at Julia Gillard's misogyny speech) to sports stars (AFL player Tayla Harris kicked out at her trolls), there are women who young girls can look up to. And sometimes our outspoken female role models may be closer to home. Mums, grandmothers, aunties and literal big sisters – don't just seek out role models for her, be one. Your voice matters, too.



SEVEN TIPS FOR PARENTING TEEN BOYS

Maggie Dent - <https://www.maggiedent.com/>

1. Don't shame them

I worked out early in my teaching career and then as a mother of four sons that there was no maliciousness to this behaviour and, while reminding them firmly but warmly of the inappropriate nature of their choices, I refused to shame them. This is a phase and it does pass.

2. Let them know they're not stupid, they're just developing

If you're parenting a boy in this window, it's important to remember this lens through which he is viewing the world. We should talk to our adolescents about the hormonal, brain and physical changes which will be affecting their behaviour and how they experience life. It's liberating for them to know they're not stupid, they're just developing. It can be helpful for them and us to be reminded things will get easier once they're in their 20s.

3. Don't forget the loving names

As frustrating and challenging as this phase can be, we can break the cycle of shaming our boys through simple things like remembering the power of using terms of endearment with him and calling him loving names, and reminding him you love him ferociously no matter what.

4. Nagging them is like shouting into a void

Over the years I learned with my sons that lecturing and nagging a teenage boy is like shouting into a void. Learning the secrets to effective boy communication by paying attention to building rapport, timing, tone of voice and avoiding direct eye contact are much more effective ways to communicate.

5. Make your home a safe place for friends

My home and heart were always open to their mates. There were firm, loving boundaries, but my sons and their friends knew our home was a safe place. We don't live in tribes any more but our teens still need to be surrounded by good folk and family who care about them and act as “lighthouses” who guide them.

6. Marinate them in stories of good men

They need to be marinated in stories of good men as well as men who've made mistakes and failed publicly, but who've recovered by taking responsibility and been accountable for their own actions. We need more than just parents to raise boys to healthy manhood.

7. Love them as they are, not for what you think they should be

Every teen boy is yearning to be seen, really heard and loved as he is not as we think he should be. They are way more vulnerable than we have been conditioned to believe. We need to love and respect our sons, especially while they cannot love or respect themselves – yet.



Delvene Mathie

Wellbeing



FROM THE LIBRARY

5 TIPS TO STAY POSITIVE WITH KIDS AT HOME

READER TIME

Here are some tips from Megan Daley, author of "Raising Readers" and "Children's Books Daily" website (<https://childrensbooksdaily.com/>). Her website and podcast (Your kids next read) are a wealth of knowledge about learning to read, suitable books for various ages, and new book releases.

- 1. Create a short and snappy routine.** Read the home readers at a similar time each day, so there are no surprises (and hopefully no arguments) around when and for how long. For us, home readers were always done on the drive home from school. You may prefer to fuel up with afternoon tea then do the home reader, or perhaps mornings work best in your family.
- 2. Treat it as training.** I often compare home readers to the practice or training sessions required for football, netball, piano (or whatever your child does). I compare it to exercise, and I believe it's okay to admit to a child that 'this is not always what we want to do, but the outcome (reading fluency) is going to be great' and 'it's like learning to ride your bike. Lots of bumps and frustrations but when you can ride, the feeling of freedom is wonderful!'
- 3. Follow up with fun!** Always stress to your child that the home reader is for 'learning to read' and then follow up with a recreational read (self-selected library book or favourite from your home shelves). We want to lay down strong neural pathways associating reading with enjoyment, delight, freedom in reading choice and time spent with a loved adult.
- 4. Build confidence.** Home readers should be at a level which is achievable for your child – one to two errors on a page maximum. If the home reader is too easy, hard or is becoming a battle, speak to the teacher, they are the experts in the 'Science of Learning to Reading'.
- 5. Be a good reading buddy.** Be as patient, positive and encouraging as you can. It is key to building trust so that your child accepts that errors are part of the process and knows that when they have really run out of reading steam for the day, you'll recognise this and let them play instead.

For older students:

Remember that even **older students** need to practice reading fluency – reading aloud is the best way to do this. This may be them reading to you, reading alternate pages (or paragraphs or sentences) with you, or sometimes even following along as you read.

And – an **audio book** is a great option to build knowledge and understanding and counts as part of reading nights.

If you have any questions about your child's reading, please don't hesitate to ask their classroom teacher, or pop into the library for a chat.

Michelle Edmondson
Literacy and Inclusion Leader

ATSI NEWS

NATIONAL RECONCILIATION WEEK 2024

The following article references information from the Reconciliation Australia website. <https://www.reconciliation.org.au/our-work/national-reconciliation-week/>

The #NRW2024 theme, Now More Than Ever reminds us that, no matter what, the fight for justice and the rights of Aboriginal and Torres Strait Islander people will continue.



There have been many moments in Australia's reconciliation journey that make us want to turn away. But when things are divisive, the worst thing we can do is disengage or disconnect.

National Reconciliation Week's theme for 2024, Now More Than Ever, is a reminder to all of us that no matter what, the fight for justice and the rights of Aboriginal and Torres Strait Islander people will continue.

Now more than ever, we need to tackle the unfinished business of reconciliation. We know that the 6.2 million Australians who voted YES to the Voice, are committed to better outcomes for First Nations people, and will continue to work for change. Indigenous Australians voted overwhelmingly, "Yes". 95% of remote polling stations supported the Voice, some as high as 92% in favour.

It is imperative that supporters of reconciliation stand up and uphold the rights of First Nations peoples, to call out racism wherever we encounter it, and to actively reinforce the voices of Aboriginal and Torres Strait Islander peoples across this continent.

Now more than ever, the work continues. In treaty making, in truth-telling, in understanding our history, in education, and in tackling racism. All at St Joseph's will continue to connect, respect and act to ultimately bring about the change we can actively make.

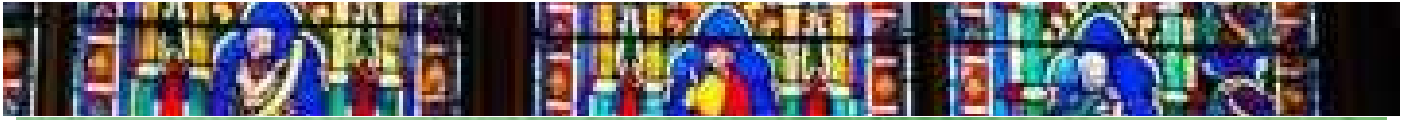
During National Reconciliation Week, we ask our parents to discuss the teaching and learning activities centred around National Reconciliation Week.

Your child and their buddies are partnering to share knowledge and understanding. This vital opportunity allows our older students to teach their younger buddies the importance of respectful relationships with all in our community.

Later in the term, our whole school will join in an activity designed, led and taught by our Year 9 students under the guidance of Damien Coulthard, our Indigenous Languages Teacher. This activity will be based round the sport of Marngrook or Australian Rules Football and promises to be an insightful discovery of learning for all our students.

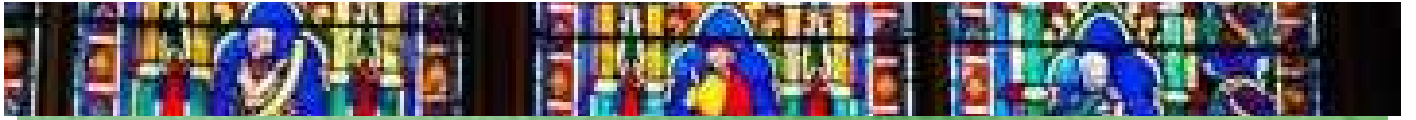
We look forward to you supporting these engaging conversations with your children. Your opinions and perspectives are valued for us all to keep moving towards proactive Reconciliation.

Tim Packer - Aboriginal and Torres Strait Islander Focus Teacher.



YEAR 4 CAMP AT GLENHAVEN





Koch Farm Visit

On the way to camp we stopped at the Koch's farm where we met Denika and Mathew. We went for a walk down the hill to meet Dee who was a Herpetologist from Flinders University. She studies reptiles and showed us the Pygmy Blue Tongue Lizard, they were almost extinct with only about 100 left in the whole world and they only live in the Mid North. They live in the burrows of trapdoor spiders. By Luka & Myles



Rohde's Egg Farm

We stopped off at Rohde's Egg Farm where John and Ang showed us around. We got to look at the egg processing plant where they use a special light to check the eggs, they box over 80 000 eggs a day! We then looked in the sheds where there were 5000 hens who were laying and can go outside for some fresh air. We also liked the dogs who walked around and played with us. Elroy, Daniel & Angus





High and Low Ropes



On the High Ropes you had to climb up to a small platform 10 meters high. When you got to a pole you had to scream out 'I love you pole!' Stella Papps was the loudest for the girls and Nnamdi was the loudest for the boys!. Ivy & Lily



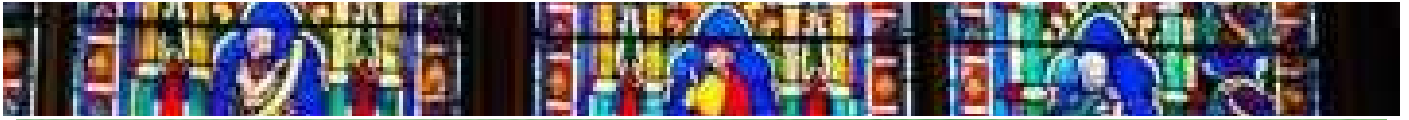
Giant Swing



Tower Challenge

For the Tower Challenge you had to work with your group to stack the crates as high as you could while climbing on top of them. We had to work together to get higher and be very confident. The highest tower was a tie with Lang's Lions and Packer's Panthers both getting 12 crates high!





Campfire Cooking



Leap Of Faith



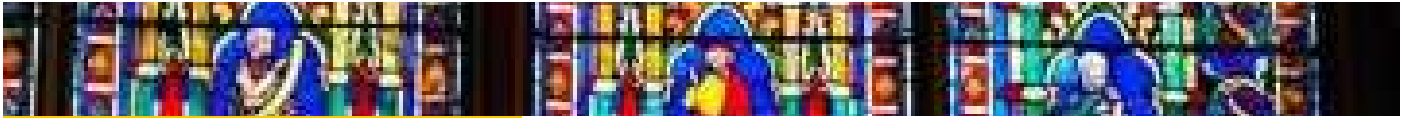
We were 10 meters high in the air and had to jump off the pole to make the Leap Of Faith. The climb up was very scary especially because some of us did it blindfolded. The keys that we used were confidence, persistence and resilience. Ari, Jesse, Henry & Nnamdi



Parent Helpers

For our school camp we had 3 lovely parents volunteer to help us on camp. Loi, Mathew and Amy were very helpful and friendly, they also encouraged us a lot on the tough activities. They were also very brave and had a go on the Giant Swing and Leap Of Faith! Immy





CANTEEN NEWS



Canteen Roster Semester 1: 2024

ALL VOLUNTEERS: Must sign in and out at the front office

Term 2

DATE	THURSDAY 9:00am – approx. 11:00am	DATE	FRIDAY 9:00am – approx. 1:30pm
Week 6 (6 th Jun)	NO CANTEEN – Pupil free day Fri 7th June		
Week 7 (13 th Jun)	Stacey Butler Donna Stewart	Week 7 (14 th Jun)	Sophie Millington Natalie Sommerville Laura Davidson
Week 8 (20 th Jun)	Kirsty Tilley Jaspreet Soodan	Week 8 (21 st Jun)	Melanie Considine Nadja Uden Moller Nikki Pruess
Week 9 (27 th Jun)	Shelley Tregilgas Skye Bollen	Week 9 (28 th Jun)	Stephanie Bennet Sophie Wray Belinda McDonnell
Week 10 (4 th Jul)	Annabelle Ottens Jourdanne Burgess	Week 10 (5 th Jul)	Kate Mensforth Abbe Weckert Mark Mensforth

New to Canteen Experience in Canteen Experienced and willing to help less experienced

****If you are a volunteer, please request to join our Facebook page. Search St Joseph's School Clare Canteen**

If you need to swap your day, please call/use Facebook group to swap with a person with the same or more experience than you from the current roster where possible.

Please notify Jen Chestnut (0457050108) of any changes ASAP so the roster can be kept up to date.

Thank you for volunteering your time 😊




St Joseph's School P&F

Winter Bakery Drive

A wonderful assortment of goodies, freshly baked by The Little Red Grape. Fill the freezer ready for the July school holidays! Order form included with this newsletter and available on our website - or access via the QR code.

Please return forms and payment by Friday 21 June.

ITEMS AVAILABLE TO COLLECT FROM
 ST MICHAEL'S HALL ON WED 3 JULY



ST JO'S PATCH

This week was all about shovelling!!! A big thankyou to the Clare Golf Club for their generous donation of a trailer load of bark chips.

Jess, Rory, Imogen & Ivy did a wonderful job moving and spreading them over the garden, this will provide a lovely layer of mulch to stop the weeds growing and fix any muddy areas (if it ever rains!!).

The frost finished off the basil and the poor little bean seedlings did not have a chance, but there are some broad beans poking through at last.

This week's recipe is an easy Slow Cooker soup, great for busy families and is delicious.

Jen Vine



Jesse, Rory, Imogen & Ivy shovelling the bark chips



Broad Bean shoots coming through



The Basil did not survive the frost



Having a well earned rest

Joke of the week

Q. What did the mulch say to the shovel?
A You really dig me, don't you?



Slow cooker chicken and corn soup

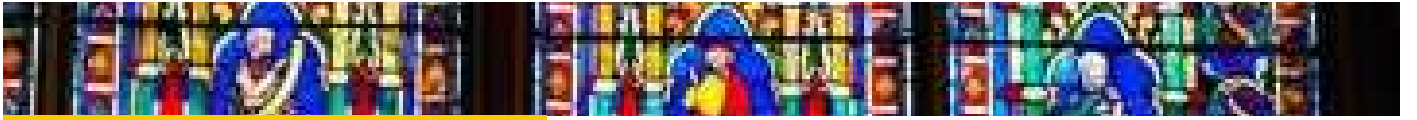
INGREDIENTS

- 4 corn cobs, husks and silk removed
- 1.6kg Whole Chicken
- 1 leek, pale section only, thinly sliced
- 3 garlic cloves, bruised
- 6 silverbeet leaves, trimmed, shredded
- 1/2 garlic clove, extra, finely chopped
- 1/4 cup chopped flat-leaf parsley
- 2 tsp lemon zest

METHOD

- Step 1 -Use a small serrated knife to cut down the side of the corn cobs to release the kernels, reserving the cobs.
- Step 2 -Place the corn kernels, corn cobs, chicken, leek and whole garlic cloves in a slow cooker. Add enough cold water to just cover the chicken. Cover and cook for 6 hours on high (or 8 hours on low) or until chicken is falling off the bone.
- Step 3 -Transfer chicken to a deep baking dish. Set aside for 5 mins to cool. Use 2 forks to coarsely shred the meat, discarding the skin and bones.
- Step 4 -Discard corn cobs. Transfer one-third of the corn mixture to a blender. Cool slightly. Blend until smooth. Return to slow cooker with chicken and silverbeet. Cover and cook for 2 mins on high or until silverbeet just wilts. Season.
- Step 5 -Combine chopped garlic, parsley and lemon zest in a bowl, serve soup with the parsley mix





COMMUNITY NEWS



Are you caring for a partner,
sibling, cousin, parent or
grandparent?

Want to connect with others in a
similar situation?

Need some support?

Carers and Disability Link are here to support carers and
young carers in the Lower North community with
activities, peer support and 1:1 sessions

Want to find out more?

Contact us...

Carer Support Workers - Emma and Annette
available Monday to Friday 9am-5pm

carersupport@cadl.support

1/17 Lennon Street, Clare

1300 686 405

**WINTER
WARMER**

THURS 6 JUNE

**CASUAL CLOTHES DAY
GOLD COIN DONATION**

**ORDER A HOT CHOCOLATE
FOR RECESS ON THE DAY
VIA QKR
(ORDERING CLOSSES 5PM TUESDAY)**

ALL MONEY RAISED TO SUPPORT THE HOMELESS