



ST JOSEPH'S SCHOOL

To live, to learn, love in all things

Proudly learning on Ngadjuri land

IMPORTANT DATES

AUGUST

- Mon 26th CSMF Combined Choir Rehearsal - Adelaide
- Tues 27th Poetry in Action Yr 7-9 2pm
Launch of buses policy 6.30pm
No Dance R-6
- Wed 28th Parent Teacher Conversations
Yr 7/8 Netball Grand final
- Frid 30th Sapsasa Athletics Yr 4-6

SEPT

- Mon 2nd Yr 8/9 Ag Show excursion
Parent Information night CHS 6pm
- Tues 3rd Dance R-6
School Board Meeting
- Wed 4th Pupil Free Day
"Real Schools PD"
- Thurs 5th Parent Teacher Conversations
- Frid 6th Back up day for Sapsasa Athletics
- Mon 9th - Sapsasa Hockey
- Wed 11th
- Frid 13th FETE
- Mon 16th Festival Choir Performance Rehearsal
Sapsasa State Athletics Adelaide
- Mon 23rd Festival Choir Performance - Adelaide
- Wed 25th Assembly
- Frid 27th Sports Day

From the Principal...

Dear Parents & Friends of St Joseph's School, Clare

We have much to celebrate here at St Joseph's. Last week I received numerous emails and phone calls from businesses and organisations passing on their thanks to the students who visited their place of work and delivered notes and gifts conveying the students thanks for their contribution to our community.



Year 2/3 LM & Yr 5 JW visit the Clare Medical Centre



Thankyou cards were delivered to the Clare Hospital



Students at the Victoria Road Medical Clinic



Cards were dropped into local letterboxes

NAPLAN RESULTS

Last week our NAPLAN results were sent home to parents. Yet again our results were well above the National Average. Whilst we understand the strengths and limitations of this assessment tool, it is also pleasing to see that we continue to be a lead school in overall performance.

As part of our goal to display continuous improvement, we will undertake a deep analysis of this data and celebrate our students' successes and set goals for further improvement.

This is supported by a new gifted and talented assessment tool that Michelle Edmondson in her role of Inclusive Ed Coordinator/Lead teacher of Literacy, has introduced to our staff -AGAT (Acer General Ability Tests).

These measure the general reasoning ability of students through demonstrating an ability to identify relationships, process information and solve problems.

All students between Year 2 & Year 9 have completed the online test and staff are currently analysing where students have particular strengths and how we can support their learning to utilise these further.

The specific areas the AGAT test investigates are:

Abstract Reasoning - the ability to see patterns and logic in pictures and diagrams (eg: identify and nominate next steps in simple rotational patterns up to multifaceted shapes).

Kinetic Reasoning - the ability to anticipate the results from the movement of objects in real-life situations (eg: applying force to a lever in a simple system to tracking backwards to the starting point of a dynamic situation).

Numerical Reasoning - recognise numerical patterns and sequences, categorise objects to match numerical quotes, limit input and output from number machines and applying rules to arithmetic puzzles.

Spatial Reasoning - the ability to visualise the transformations of objects on a page (eg: identify how to rotate two simple objects to make them fit together to recognising how a set of objects have been manipulated from different perspectives).

Verbal Reasoning - the ability to understand how words connect to each other and how words within a sentence affect meaning (eg: identify specific and general words from a group of similar words to specifying the order of words in multiple sentences).

Another initiative for Michelle and the Leadership is the introduction of using the classroom

AUGUST 23 2024
WEEK 5, TERM 3



ST JOSEPH'S SCHOOL

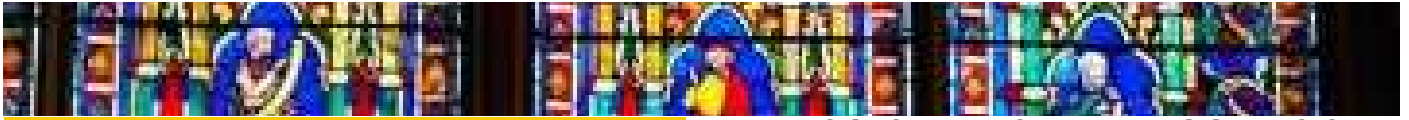
29 Victoria Road, Clare SA 5453

EMAIL: peters@stjoclar.catholic.edu.au

WEBSITE: www.stjoclar.catholic.edu.au

Phone: (08) 8842 4400 | www.stjoclar.catholic.edu.au





FROM THE PRINCIPAL

environment as the third teacher to support learning. We know the first teacher is the parent, the second teacher is the educator and we are researching ways to utilise the classroom environment as the third teacher.

You may see this as posters outlining “Learning Intentions” and “Success Criteria” that students have co-constructed with their teachers.

The third environment may also have a “Bump-It-Up Wall” for students to see examples of work at a range of levels, so they know what they need to do in order to achieve an A grade. Having this information to support students will encourage them to interact, participate and enhance their learning outcomes.

PICK UP PROCESS

Just a reminder regarding the process we use to ensure your child/ren are safe at pick up time.

If your children are old enough and following your routines at the end of the day they should be able to safely use the “kiss and drop zone”. If they use the kiss and drop zone and no-one comes to pick them up, the teacher on duty will take them up to the front office to make contact with parents.

Please make sure your child is aware of this so that they know there is a safe and sensible outcome. If your child is not ready to be picked up from the Kiss & Drop, please park (not in the K&D) and wait until they are ready, or park and meet them from the classroom.

Please ensure your child is clear on who and how they are being picked up. A tag on their bag is helpful for this. The Middle School students would love to assist you with this making tags for OHSC, Bus & Kiss and Drop. If the pick up arrangement changes throughout the day please call the front office on 88424400.

SAFETY CONCERNS

Our Kiss and Drop Zone was designed to ensure the safety of all our students and parents. Recently it has been pointed out to me that some parents are parking on the northern side of Temple Road which results in students crossing the road to get in the car.

I understand that sometimes the Kiss & Drop area is full however, the congestion passes extremely quickly therefore I request for safety reasons that you pick you child/ren up in the Kiss & Drop Zone.

Picking up students on Temple Road means there are students crossing the road at the entry to the Kiss & Drop Zone and as we know, children often have "tunnel vision" when they see their parents, plus this area is not manned. To me this is a recipe for disaster to save 1 or 2 minutes.

Please help us to keep your child safe.



PARENTS OF STUDENTS TRAVELLING ON BUSES

Over the past 12 months leaders from CHS, CPS, Clare Valley Children’s Centre, Horizon Christian College, Blyth Primary School and St Joseph’s have been working together to develop our new Clare Regional Schools Bus Transport Procedure.

On Tuesday 27 August at 6.30pm we will be hosting a meeting with parents of students who travel on the buses at St Joseph’s. We would like to discuss this new procedure, answer questions and ensure that we all understand why we have this procedure, its purpose and discuss it’s implementation.

We strongly urge all parents to attend. If you have any questions regarding this please email them to -



peters@stjoclar.catholic.edu.au.

COMMUNICATION- SCHOOL WEBSITE

We are extremely proud of our school website as a communication tool and point of contact. The site is extensive, easy to navigate, accessible on mobile phones and is regularly updated with all upcoming events, term calendar, enrolment information, newsletters, Middle School information and much more.

Whilst our front office staff love speaking with you and enjoy answering your questions we ask that you first visit our website as many of the queries they receive can be answered by visiting the website.

If we can further improve our website, please don’t hesitate to contact us. Save this link - www.stjoclar.catholic.edu.au



INAUGURAL CLARE NAIDOC AWARDS

At the recent NAIDOC events in Clare, the Inaugural Clare NAIDOC Awards were presented to local Aboriginal and Torres Strait Islander members of our community, in recognition of their outstanding achievements. We are proud to note that three members of our St Joseph’s community were among the recipients, as highlighted in the Plains Producer last week.

Mitchell Sommerville – Clare NAIDOC Youth Award

Mitchell Sommerville (Yr 6) was recognised for his “unwavering dedication and proactive efforts in supporting his community and beyond. As a young leader, Mitch has consistently demonstrated a profound commitment to the well-being and development of his mob. His initiatives and actions reflect a deep sense of responsibility and passion for making a positive impact for his mob and beyond and Mitch has been the Youth advocate for this year’s Clare NAIDOC events.”



FROM THE PRINCIPAL



Mitchell with his award

Nat Somerville – Clare NAIDOC Person of the Year

Nat is a Torres Strait Islander who lives and works on Ngadjuri country as a farmer and education development officer and has been “the driving force behind the NAIDOC celebrations in Clare over the past three years. She is always proud of her heritage and encouraging the sharing of her culture and the promotion of Aboriginal culture. She is always a happy character and a good role model. Nat’s leadership style is careful and inclusive, showing respect to all people.”



Nat Somerville

Damien Coulthard – Clare NAIDOC (Joint) Education Winner

Damien is the Indigenous Languages and Culture teacher in our Middle School. He has “been on the panel writing the ACARA curriculum for Indigenous Languages and has been working on the Adnyamathanha curriculum documents. This work will allow other teachers across the state to implement Indigenous Languages across many educational sites. Damien has written the curriculum for St Joseph’s in Clare and has implemented a hands-on and interactive program that has engaged the students in Indigenous language and culture. These lessons culminate in a Year 9 Central Desert Immersion Experience, the purpose of which is to provide students with authentic relationships with First Nations Peoples. Students returned from last year’s camp with a large coolamon which they sourced on Adnyamathanha Country and created with the assistance of local Indigenous tool makers.



Damian Coulthard

NAIDOC AWARD CELEBRATION

Saturday August 3, marked the annual Clare and Gilbert Valley’s NAIDOC celebrations. It was an excellent night of food, poetry, song and storytelling with an award ceremony at the end. St Joseph student’s Sophia, Sammi, Maddison, Madeline & Adriana received a special mention in the art competition for their Cathy Freeman piece. William, Hudson, and Albert won the upper primary category with their work on Adam Goodes, an abstract piece which let many members of the indigenous community identify with Adam Goodes.

As already mentioned, awards were given out to Damien Coulthard and Mitchell. We are all very proud of you both!

Daniel Harding



Adam Goode



Cathy Freeman



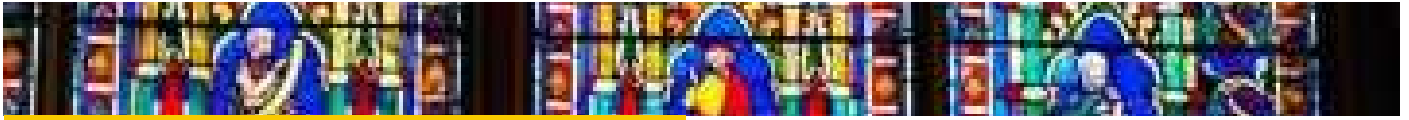
Buddy Franklin



Ash Barty



Jessica Mauboy



FROM THE PRINCIPAL

BIG BAND EXPERIENCE

On Wednesday 21 Aug, many of our students had the opportunity to participate in musical workshops with students from the Adelaide University's Conservatorium of Music Big Band. Focussing on Jazz, the band comprised largely of brass instruments (trumpets, saxophones, trombones). Students learned about the different instruments, about Jazz and also got to write lyrics which the band then put to music.

Several students, including old scholar Graham Furler on trumpet, then participated in the free evening public performance, attended by 150 people, showcasing the work they had done with the band during the day.

What a fantastic experience! Some comments from students that attended below -

"I learnt that it's actually quite easy to make music"

"It was all awesome!! Really hope you come back soon"

"I enjoyed how the band had solo bits and how skilled the band is"

"It was really extraordinary to see them doing their job live on the stage"

"It was amazing, I loved the workshop when we made a song and when we did the clapping"

"It was really good, especially when all the instruments blended together"



NETBALL

We have students excelling on the Netball Court - our Year 7/8 Netballers won the local knockout rounds then progressed to the next round which they also won and as a result will play at the Netball SA Stadium in the Grand Final on Wednesday August 28. An amazing effort, especially given the size of the schools they have been competing against. All the best to *Macy, Sophie, Maddie, Ella, Isla, Alice, Millie, Ella and Bridget.*



Year 7/8 Netball

CHRIS SLATTERY

From 5 to 9 August Chris Slattery was in Geelong coaching the U12 State Boys Football Team. Chris has been involved with the team since 2018 and Head Coach since 2022.

This year's team was very successful, defeating all other States and playing in the final against the Victorian side. Unfortunately they lost by a narrow margin, however, it was a great achievement considering the Victorian team had over 850 students trial for the honour of representing Victoria.

This year Chris coached Lewis McCarthy from Kapunda who is a 1st cousin to Sammi, Summer & Kobe.



Chris with his support team and some of the players



Chris and Lewis McCarthy

SPORT

Cross Country

On Wednesday week 3, some students from year 3 to 6 travelled to Adelaide to run 2ks in The Catholic Schools Cross Country carnival. We smashed all of our races, everyone did so well and ran amazingly. The course had lots of hills to run up and down, there was also a gravel/rock pit that we had to run through. At the end of the race there was a hill that we had to run up to get to the finish line. There were some great people cheering us on and pushing us to that finish line. Most of the runners got in the top 50 and we even had Kade win a 1st place and Ellie 3rd place. The year 6 girls won a flag for Div B and the year 3 boys Div C won a flag too which is an amazing achievement. Overall It was a brilliant day and our school had a great day.

Koa, Amali and Charlotte S



FROM THE PRINCIPAL



Kade with his 1st Place ribbon



Ellie with her 3rd place ribbon



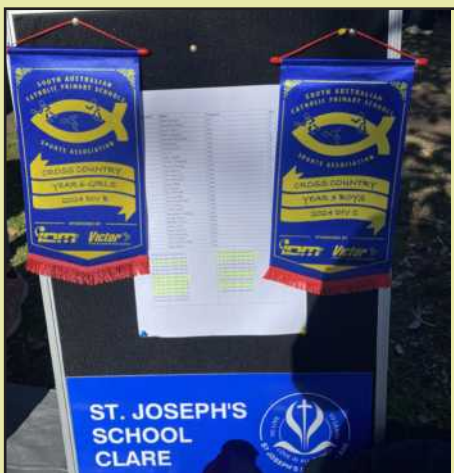
Henry, Luka, Rory & Harry.



Isaac, Kade & Mason with the Year 3 boys flag



Koa, Amali, Kate & Charlotte with the Year 6 girls flag



Basketball

On Wednesday August 7, a team of year 5/6 students travelled to Balaklava and participated in the SAPSASA Knockout Basketball Competition, there were 3 teams - 1 boys team and 2 girls teams. The boys and girls gold teams were undefeated winning 5 out of 5 by a large margin, the players being Sophie, Sophia, Rubi, Maddison, Sammi, Matilda, Ellie & Olive. Thankyou to Mathew Bennett for umpiring, and Natasha Hombsch for being our team manager/scorer and the coach for the girls gold team, Mrs Ruffles. The girls gold team will now to go to Kadina to play in the next round of the Knockout Competition 2024.

The other girls team finished 2nd in the minor round then played in the finals, but ended up 4th. This team consisted of Ruby, Sophia, Edwina, Chinyere, Maya, Charlotte W, and Violet.

Thanks to Matt Ward for umpiring and coaching and to Lissy Wood for scoring.

Rubi A



Boys Team

Back: Kimberley Mitchell, James, Nick, Wesley, Sam.
Front: Syd, Cody, Damon

God Bless
Peter Shearer



MIDDLE SCHOOL

As I write this article I am looking out over the barren landscape of Coober Pedy and by the time this newsletter is printed we will have finished our second ever "Journey to the Heart" Year 9 camp.

There will be many stories to come from our trip, however, so far the students have experienced a deep connection with the outback and enjoyed some down time without technology. The slow and gentle pace (albeit at 100km/h) of road travel through the outback with frequent stops for site seeing and games with friends has really allowed the students time to develop their relationships with many students that they may not see for some time after they finish their time with us.



Year 9s around the campfire

AROUND THE SCHOOL

Over the past couple of weeks we have celebrated significant feast days, sportsmanship and some academic excellence. Through a program to extend a number of students with their creative and STEM thinking we have entered a group of 10 students into the Makers Empire Naturally Brave competition, where our students are required to design a solution to any number of issues associated with local natural disasters. We look forward to keeping you updated as our entries progress.

Girls Football

A group of Year 7 and 8 girls entered the come and try, 9 a side football competition held in Kapunda. While the day was a come-and-try style event our captains Millie and Evie, took the day very seriously and led our team through 4 games undefeated.

There were some outstanding efforts on the day. A few nerves were amongst the group before the first game with this being some of their first experience of tackling football, this lasted about one minute before all the girls were right into the game. I was proud for how they played and commend them for trying something new.



Captains, Millie & Evie



*Standing: Evie, Millie, Edwina, Ella, Tess, Sophie W, Madidson W, Alliahna, Madison, Ruby.
Kneeling: Sophie M, Taylee, Macy.*

RACHEL DE-THAMPLE - WORKSHOP

On Tuesday we were privileged to have renowned Chef Rachel de Thample visit our Middle School and conduct a workshop for the Year 7s and 8s. The visit was arranged by Damian Coulthard.

Rachel de Thample has worked in the kitchens of Marco Pierre White, Heston Blumenthal and Peter Gordon. She is the author of *More Veg, Less Meat*, *FIVE*, *Tonics & Teas* and *Gifts from the Modern Larder*. She's served as Commissioning Editor of *Waitrose Food Illustrated* and Head of Food for the pioneering organic box scheme *Abel & Cole*. Rachel currently runs preserving and fermentation courses at *River Cottage* in Devon and writes for *The Simple Things* magazine. She lives in Dorset, UK.

The students were taken through the history and benefits of Sourdough and then were able to put this knowledge into practice by making their own.

Please find the information from the Sourdough Workshop and the recipe to start your own Sourdough starter attached to this newsletter.

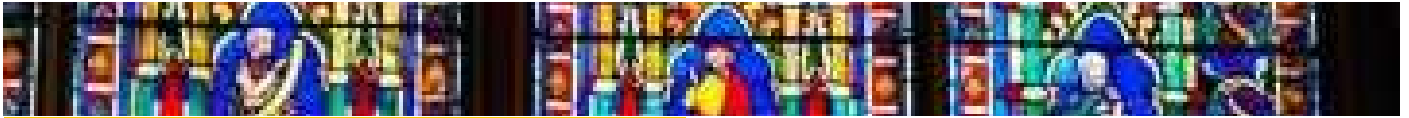


Rachel and Damian

Year 8 students at the Sourdough workshop



*God Bless
Tom Gilligan*



FROM THE APRIM

MARY MACKILLOP ACTION WEEK

The Year 7BA class planned their own acts of service in small groups. One of the groups, planned and coordinated a visit to the Clare Cemetery to undertake a tidy up around the general area and to remove leaf matter from several sites. They also placed flowers on several of the graves, taking time to visit graves of family members as well as those that they did not know.



SACRAMENT OF RECONCILIATION

Please keep the following students in your prayers who will receive the Sacrament of Reconciliation later this term.

Sachi, Archie, Jack, Dulcie, Leo, Kade, Wilbur, Summer (St Joseph's) Jimmy and Patrick (Blyth)

At Sunday's family Mass, several of the candidates were presented to the Parish, where they received a special blessing.

The next student- parent session is on Wednesday August 28 in St Joseph's School Library.

FAMILY MASS

Thank you to all who helped out at last weekend's family Mass.

CATHOLIC CHARITIES APPEAL

This week information regarding the 2024 Catholic Charities appeal has been sent home. Catholic Charities include Our Lady of La Vang and St Patrick's Special Schools, Hutt Street Centre, Centacare catholic Family Services and Aboriginal Catholic Ministry.

God Bless

Helen Hay - Assistant Principal Religion Identity & Mission

FROM FR GILL

At the Family Mass on Sunday 18 August, we prayed especially for families with children who are preparing for First Reconciliation at St Michael's Church on Wednesday 11 September.

Thank you to our Family Mass volunteers and Clare Altar Society volunteers who hosted the morning tea following Mass. Our next **Family Mass will be offered at St Michael's Church on Sunday 15 September.**

Thank you to Ms Schumacher, Mrs Niedorfer and the year 4 and Year 1 students who visited Carinya for this week's liturgy. Students shared prayers and reflections on Book Week and gave residents bookmarks which the students have decorated this week. It was great to speak with parishioners who now reside in Carinya and hear about their experiences of working at St Joseph's School and St Michael's Church in previous years.



Children with Fr at Family Mass

God Bless

Fr Kieran Gill



WELLBEING

KINDNESS

Kindness - some ideas to teach kids about kindness

1. MODEL KIND BEHAVIOURS

Children learn by observing their parents and caregivers. You can show them what kindness looks like through your interactions and the way you treat others. Help out your neighbour, comfort someone going through a tough time, listen without making judgments, say thank you, or simply being polite and respectful.

It also means you need to treat your kids with the kindness you want to see in them. Listen to what they say, give them hugs, compliments and words of encouragement. If they have siblings, make sure you give them enough and equal love, praise, and attention.

2. ENCOURAGE ACTS OF KINDNESS

Provide opportunities for your child to practice kindness. This can involve volunteering together as a family, participating in kindness and anti-bullying projects and events or simply do random acts of kindness for friends, family, and strangers. This helps them match the abstract concept of kindness with tangible words and actions: sharing, volunteering, giving, supporting, listening, noticing, and more.

Encourage your kids to ask themselves, "What can I do to add kindness to the situation?" Avoid scolding your kids when they make mistakes (they're inevitable!). Instead, praise and reinforce their acts of kindness (say things like: "That's a very kind thing to do, I'm proud of you!") and help them understand the positive impact they can have on others' lives.

3. DISCUSS KINDNESS IN ENGAGING WAYS

Use real-life examples, stories, or news articles to illustrate the impact of kindness and the importance of helping others. You can also spark their imagination with role-playing scenarios, and fun games and activities.

Through these news, stories and games, help them understand other people's feelings and perspectives by encouraging them to imagine how others might feel in different situations, and consider the impact of their words and actions on others.

4. SHOW THEM THE EMOTIONAL IMPACT OF KINDNESS

Kindness feels good, for both the giver and receiver. Get your children to notice how it feels to be kind and how other people respond. At the same time, encourage them to express gratitude for the kindness they receive from people around them. Help them develop a habit of saying "thank you" and acknowledging the efforts of others. Kindness and gratitude go hand in hand, practicing them both will reinforce positive emotional growth in children.

When teach your child about kindness, it's important to take time to reflect with children on the kindness they have experienced and the impact it has had on them. This can help reinforce the importance of kindness and encourage them to continue spreading kindness to others. This is vital to putting an end to bullying and preventing its devastating impact on many Australian kids and families.

dollysdream.org.au

Delvene Matthie

Wellbeing

FROM THE LIBRARY



What a wonderful start to Book Week 2024! We were enchanted by a range of performances to reflect the magic of reading! The CBCA Book of the Year Awards are an annual event celebrating Australian authors and illustrators and promote books of high literary and artistic quality.

St Joseph's has a unique way of bringing books alive during Book Week. Each primary class selects a book that has been short listed for one of the Book of the Year awards to present to the other classes. This can take the form of a song, play, dance or sharing of information related to their chosen book.

This year, in the absence of our Year 9 campers, our Year 8's took on the role of comperes, introducing each class and their chosen book. Our Year 7 class gave a SLAM poetry performance, and our primary classes wowed the audience with an extravaganza of gymnastics, birds who are different, an indigenous art gallery, information about Australian animals, magic hats and some other wonderful performances.

A big thankyou to all our teachers who work hard to bring our books to life for students and showcased some wonderful talents. And of course, a big congratulations to our wonderful performers!

Check out the fabulous photos in this newsletter and look out for a QR code in our next newsletter to relive each performance via video. But Book Week doesn't stop there! Some classes are visiting the Clare Public Library this week to read and enjoy an activity. There is a competition for students to match some of our staff with their favourite book, and the library is full of CBCA winning books to discover and enjoy.

Continue the love of reading at home with a CBCA winner – check out the list here to see this year's winners (<https://cbca.org.au/winners-2024/>) and look out for the special CBCA sticker when you're buy or borrow books. It's a guarantee that they will be a great read!

And if you'd like to continue to help celebrate the love of reading, consider volunteering in a classroom or the library. See Michelle Edmondson or your child's classroom teacher for details.



Michelle Edmondson

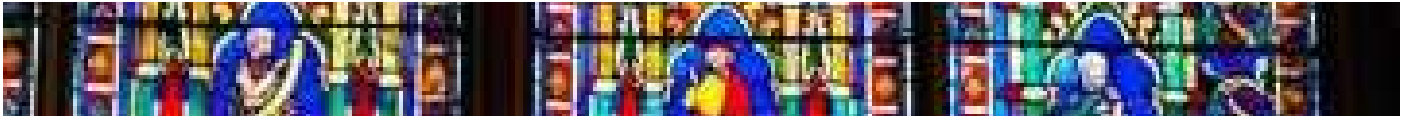
Literacy & Inclusion Leader

BOOK WEEK 2024



BOOK WEEK 2024





Sevenhill Parish & St Joseph's School FETE

Music's Alive



13 | SEPTEMBER 2024

9:30 - 2pm

On the school grounds
29 Victoria Rd, Clare

DONATIONS ACCEPTED THROUGH THE FRONT OFFICE NOW!

WE THANK YOU FOR YOUR GENEROUS ASSISTANCE.

- PLANTS
- PRODUCE
- BOOKS
- CRAFTS
- BRIC A BRAC
- TOYS

ST JOES FETE
Bake Stall

Seeking the following:

- Log/Slab Cakes
- Uncut Slices
- Cupcakes/Biscuits
- Other baked goods

Thank You!

Abbe Weckert, Sam Mackay & Cassie Fuller

SCONE BAKING DAY

Wednesday the 28th August 6:30-7:30pm
Andy will be holding a Scone Bake Day in the Middle School kitchen. He is looking for volunteers to join him. Please contact the office if you can spare any time to come bake and have a chat. Many hands make light work.



Are you strong and free Friday 13th between 2 & 3pm?
We would love your help packing up the heavy items like fencing and tables :)

Gifts and Homewares

Look at these amazing blankets and quilts we have for sale this year. Hand made and generously donated!!



ST JOSEPHS
SCHOOL FETE
Lolly Stall

SEEKING THE FOLLOWING

- HOME MADE FUDGE
- JELLY CUPS
- LOLLY POPS
- WRAPPED LOLLIES
- SOUP LOLLIES
- JELLY BEANS
- FUN SIZED CHOCOLATE BARS

SKYE BOLLEN, GRADY STANLEY & KATE WEHR

Are you feeling creative? Bows & Scrunchies made from old school dresses were a best seller last year.



Fete Sign Up Genius

Please log into the sign up genius to choose how you would like to contribute this year. You may like to make something or donate items or come volunteer in a stall and enjoy the fun!

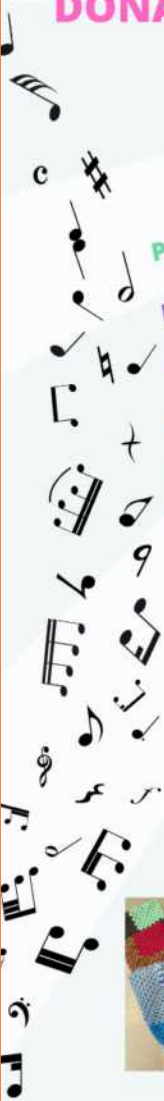
We thank you in advance for the amazing support of this years Fete by our school families.

Please find the link on the school website under News & Events / Upcoming Events / Fete - more info

Lolly Bags



Whizz Fizz
Zappos
Fruit Chews
Chupachups
Mentos
Snakes
Fun sized chocolate bars
Lots of sour lollies!!





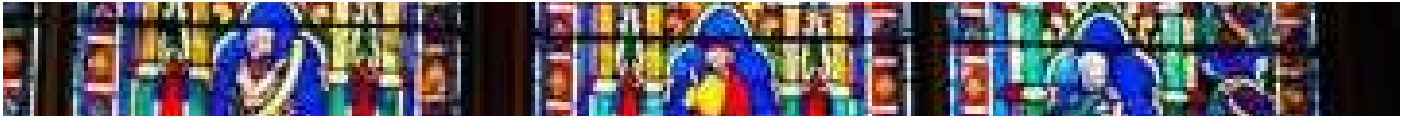
CLASS PAGE - YEAR 6 HARDING

BUILD-A-TEACHER

6DH got together to create their perfect teacher from scratch

- “They would explain things with lots of detail” – Millie**
- “They would keep us engaged” – Will**
- “30 Minutes of fitness each day” – Cody**
- “They like Jojo Siwa” – Caitlin**
- “Nice, creative and fun” – Franzi**
- “Still make us work but not that much” – Ellie**
- “Their lessons are fun but you still learn from them” – Leo**
- “Have me as their favourite” – Eddie**
- “They would let us do 3D printing all the time” – Damon**
- “Never told anyone off” – Patrick**
- “Unlimited ice cream machine” – Iyla**
- “Never does Maths” – Rubi**
- “Have a good personality” – Nick**
- “Motivational” – Mitch**
- “Perfect” – Olive**
- “Free Time every day” – Amity**
- “Never give homework” – Tom S**
- “Would let us have a dog as a class pet” – James**
- “Fun and not strict” – Tom B**
- “They’d let us vote which fitness to do” – Chi-Chi**



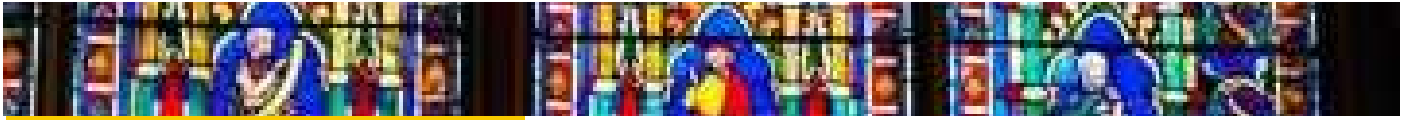


Year 3

CAMP

Last week, the Year 3s headed to Adelaide for their first camp. They had a jam packed 2 days visiting Bounce, Adelaide Zoo, Adelaide Oval and Morialta Playspace and Waterfalls. The children loved the experience.





UNIFORM NEWS



UNIFORM NEWS – Week 5 Term 3

A reminder to order your house coloured, polo tops for Sports Day if you require any. Please order on Qkr! Alternatively, there was an order form attached to the Week 3 newsletter if you prefer, but please **do not do both**.

Orders close on 30th August, Week 6.

Navy track pants are also still available to order.

CANTEEN NEWS



Canteen Roster Semester 2: 2024

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

Term 3

DATE	THURSDAY 9:00am – approx. 11:00am	DATE	FRIDAY 9:00am – approx. 1:30pm
Week 1 (25 th July)	Stephanie Coles Cassie Fuller	Week 1 (26 th July)	Jen Chestnut Kristy Woodlands Alana Young
Week 2 (1 st Aug)	NO CANTEEN – MUMS DAY AUGUST 2ND		
Week 3 (8 th Aug)	Jane Adams Katrina Pilkington	Week 3 (9 th Aug)	Jen Chestnut Fiona Sullivan Lucy Woolford
Week 4 (15 th Aug)	Jess Redden Amanda Redden	Week 4 (16 th Aug)	Belinda McDonnell Kate Holmes Emma Zanette
Week 5 (22 nd Aug)	Kate Wehr Gabrielle Jones	Week 5 (23 rd Aug)	Kate Mensforth Christy Clothier Natalie Sommerville
Week 6 (29 th Aug)	Amy Abbott Skye Bollen	Week 6 (30 th Aug)	Louise Lehmann Matt Ward TBC
Week 7 (5 th Sept)	Yana Zanette Donna Stewart	Week 7 (6 th Sept)	Amy Trengrove Laura Davidson Katherine Maitland
Week 8 (12 th Sept)	NO CANTEEN – FETE FRIDAY SEPT 13TH		
Week 9 (19 th Sept)	Geordie Beath Tim White	Week 9 (20 th Sept)	Denika Koch Larni Ward Peggy Mitchell
Week 10 (26 th Sept)	NO CANTEEN – SPORTS DAY FRIDAY SEPT 27TH		

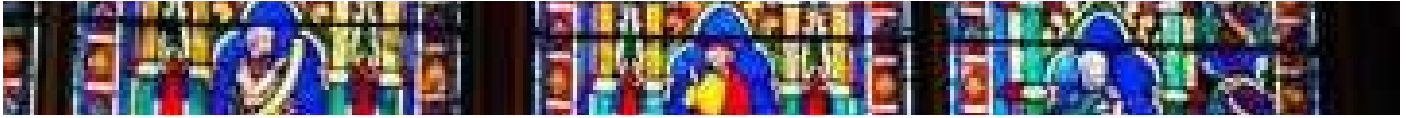
New to Canteen Experience in Canteen Experienced and willing to help less experienced

****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 JO'S PATCH

So lovely to have some much needed rain on our garden, it is amazing what a difference a good rain makes.

This week Oscar L, Ellie and Oscar S emptied worm castings on to our potato patch, we will plant them after the frosts.

Ellie, Chloe and Stella planted some milkweed seeds that we had saved from last year. We hope they will attract the beautiful Monach Butterflies back to our garden again.

We also made some "seed bombs" (instructions below), we would like to sell them at the Fete after they have dried, been wrapped and labelled. Something you could do at home, would make a great gift.

Jen Vine



Seed Bomb

JOKE OF THE WEEK

Q: What do you call an ear of corn with only one kernel?

A: A Unicorn!!!!



Ellie & Oscar L putting worm castings on the garden bed.



How to Make DIY Seed Bombs

You will need:

- $\frac{1}{4}$ cup of mixed seeds
- 1 cup of soil
- 2 cups of air-drying clay
- $\frac{1}{2}$ cup of water (may need more or less depending on consistency)

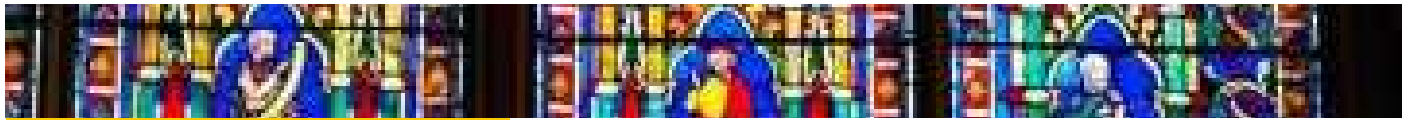
Method:

1. Mix the soil, clay, and seeds with a little over half of the water to make a dough, kneading it gently until smooth. You should end up with a texture like modelling clay or Plasticine. Add more water a little at a time if the mixture is too stiff or doesn't come together.
2. Shape the dough into balls, using a little extra water if the mixture is too flaky. Moistening your hands a little can help the balls to form evenly, but avoid making the dough too wet and mushy.
3. Place the shaped balls on the brown paper for a day or two to dry out.



Lexi, Chloe, Ellie, Stella making seed bombs and getting their hand dirty!!





COMMUNITY



What's on in the Clare & surrounding regions (0-5 years) | Term 3 2024



MON	TUE	WED	THU	FRI
<p>Clare Mainly Music 10:00am - 11:30am Uniting Church, Victoria Rd, Clare Ph: 8842 1191 \$5/family</p> <p>Burra Supported Playgroup 9:30am - 11am Burra ELC, 8 Bridge Tce, Burra Ph: 8892 2373 Bring hat & piece of fruit + gold coin donation</p> <p>Blyth Playgroup 9:00am Blyth Primary School Ph: 0423 620 317 (Sarah) Bring a piece of fruit</p> <p>Watervale Playgroup 9:00am - 11:00am Watervale Primary School Ph: 8843 0166</p> <p>Riverton Playgroup 10:00am - 12noon Riverton Kindergarten Odd weeks of the term Ph: 8847 2109 Gold coin donation</p>	<p>Baby Bounce & Rhyme Time 0 - 24 months 10:00am - 10:30am Clare Library, Clare SA FREE Ph: 8842 3617</p> <p>Manoora Playgroup 9:00am - 10:30am Manoora Primary School Church Ph: 8848 4304 Bring a piece of fruit</p> <p>Gilbert Valley Mainly Music 10:00am - 12noon Saddleworth Lutheran Church Hall Ph: 0488 022 218 \$5 family</p> <p>To add a service or request a change the planner please contact: Jo Kelley at Clare Valley Children's Centre Ph: 8842 2483</p>	<p>Spalding Play Centre 9:30am - 11:30am Spalding Primary School Ph: 8845 2139</p> <p>CVCC Baby Playgroup 10:30am - 11:30am Clare Valley Children's Centre Ph: 0457 928 168</p> <p>Robertstown Playgroup 9:00am - 11:00am Robertstown Preschool Ph: 8581 7217</p> <p>Clare Play Gym 9:30am - 11:30am Valleys Lifestyle Centre, Clare Ph: 8842 3999</p> <p>Clare Mainly Play 9:30am - 11:00am Horizon Christian School, Clare \$5/family Ph: 88421808</p> <p>Hallet/Mt Bryan Playgroup 9:30am - 11:30am Ph: 8892 2373</p> <p>Snowtown Baby Bounce 10:30am - 11:00am Snowtown Primary School Library Fortnightly</p> <p>Early Parenting Group for 1st time Parents 10:30am Clare CaFHS Free 4 weeks long Ph: 1300 733 606</p> <p>Saddleworth Playgroup 10:00am - 12noon Saddleworth ELC Even weeks of the term</p> <p>Eudunda Kindergym Ph: 8581 1282 (St Johns) \$5/family</p>	<p>Burra Story Time 9:30am - 10:30am Burra Community Library, Burra Ph: 8892 2036 Odd weeks of school term</p> <p>Stanley Flat Mainly Music 10:00am - 11:30am Futures Church, Stanley Flat \$6/family Ph: 0427 840 459</p> <p>Clare Valley Children's Centre Toy Library Open Daily 10:00am - 4:00pm Cnr Elliot St & Blyth Rd, Clare Ph: 8842 2483 \$35/year</p>	<p>Spalding Play Centre 9:30am - 11:30am Spalding Primary School Ph: 8845 2139</p> <p>Auburn Play Centre 9:00am - 11:00am Auburn Primary School Ph: 8849 2112 Gold Coin donation</p> <p>Snowtown Playgroup 9:00am - 11:00am Snowtown Kindergarten Ph: 8865 2195 Gold coin donation</p> <p>Clare Playgroup 9:30am - 11:00am Clare Town Hall Ph: 0457 928 166 Please bring a piece of fruit</p> <p>Booborowie Play Centre 9:30am - 11:30am Booborowie Primary School South Tce Ph: 8892 3241</p> <p>Koolunga Playgroup 9:30am - 11:30am Koolunga Primary School Ph: 8846 6052 gold coin donation</p> <p>Burra Playgroup 9:30am - 11:30am Burra ELC, 8 Bridge Tce, Burra Ph: 8846 6052 gold coin donation</p>

YOUTH ADVISORY COMMITTEE

COMING SOON

Calling all Youth 12 - 25 years

CLARE AND GILBERT VALLEY COUNCIL YOUTH ADVISORY COMMITTEE

SCAN THE QR CODE FOR MORE INFORMATION
REGISTER YOUR INTEREST USING THE EMAIL OR PHONE NUMBER BELOW AND BE HEARD!
SCAN THE QR CODE FOR MORE INFORMATION

YAC LEADER CONTACT:
TONI GANNON - YOUTH DEVELOPMENT OFFICER
tgannon@cgvc.sa.gov.au
PH: 8842 6400

WWW.CLAREGILBERTVALLEYS.SA.GOV.AU

CLARE & GILBERT VALLEYS COUNCIL

I will be rocking the chop to put a stop to cancer.

My name is Georgia Strong, I am a year7 student at St Josephs School Clare and I have decided to #ROCK THE CHOP to raise awareness and money towards a great cause.

On Thursday 19th September I'll be cutting my hair to raise money to help find a cure for cancer with #ROCK THE CHOP.

#ROCK THE CHOP #PONY TAIL PROJECT is a #CANCERCOUNCIL foundation that accepts hair donations that are 25cm or longer. They make them in to wigs for people who are going through cancer treatment and have unfortunately lost their hair, this includes young children.

Like so many other families, my family has been touched by cancer. It hurts so many people. I can't think of a better way to help raise much needed money for CANCER research and at the same time help a young child who is going through an awful time to feel happy and more confident.

I would be very grateful if you are able to donate towards this cause. No amount is too small, every dollar counts.

Please scan the QR CODE and it will take you to my fundraising page.

Thank you for your generosity.

Georgia Strong

Will you rock the chop?
@ponytailproject

Thank you



'Season's For Growth' is based on the belief that change and loss are part of life, and grief is a normal response to these losses. Children, young people and adults need the opportunity to learn about how death, separation, divorce or other significant loss events may impact on their lives. The program provides an opportunity for participants to learn the knowledge, skills and attitudes required to understand and respond well to such experiences

What does it do?

Seasons for Growth aims to strengthen the social and emotional wellbeing of children and young people (aged 6-18) who are dealing with significant life changes by:

- Exploring the impact of the change and loss on everyday life
- Learning new ways to respond to these changes

Who is it for?

Anyone who is living with the effects of change and loss. (Ages 6-18)

Many factors can cause change such as:

- Friends can come and go
- Loss of someone or something you love
- Parents and families separate
- Moving
- Impact of illness
- Family work-life changes

Change affects everyone differently, as does grief. It's the impact of the change, not the event itself that Seasons for Growth focuses on.

We suggest that anyone affected by bereavement wait 6-12 months before participating in a Seasons for Growth program. We will be offering this program in Term 1 next year.

I give my child permission to attend the 'Season's For Growth' program. I have discussed this with them, and they are willing to participate.

Student Name: _____ Class: _____

Reason for Participation: _____
(or email to dmathie@stjoclar.catholic.edu.au so their situation can be considered in content)

Parent Name: _____

Parent Signature: _____

SOURDOUGH WORKSHOP

RECIPES

By Rachel de Thample

August 2024

SOURDOUGH

Before commercial yeast was popularized in the 1960s, nearly all bread was made with a sourdough starter. A 'starter' is a mixture of grain and water that is left at room temperature to collect wild yeast and beneficial bacteria that live all around us in the air and in the flour itself. As it collects this complex, symbiotic ecosystem, the mixture of grain and water ferments or creates what is known as a leaven and it is this fermented 'starter' or 'leaven' that flavours and builds the structure of the dough.

Once you combine the 'live' starter with more flour and water it creates an evolved fermentation process which invites a beneficial collaboration of wild yeast, bacteria, enzymes and lactobacillus (the same bacteria in yogurt) which release lactic acid to create the sour flavour we associate with sourdough. The enzymes unlock minerals in the wheat otherwise unavailable to us. The yeast, which feeds on complex starches, releases CO₂ as a by-product which help the loaf rise.

This process of fermenting grains can be done with both wheat and other gluten-containing grains, as well as with gluten-free alternatives like buckwheat, chickpea and rice flours. However, if you have difficulty digesting gluten normally, sourdough bread might be an exception as the fermentation process helps break down the gluten, effectively pre-digesting much of it for us. The longer the dough ferments, the more the gluten is broken down for us. This happens through a process called hydrolysis, in which enzymes break down large, indigestible proteins into smaller amino acids.

The basics

How to make your starter

1. Mix 3 tbsp flour with 5-6 tbsp water until you have a paste. Place it in a container. Cover with a cloth and leave at room temperature 12-24 hours.
2. Keep adding a little more flour and water each day, trying to keep it the same consistency, until you have bubbles forming.
3. Once you have bubbles you can start using it to make delicious things like pizza and pancakes.

Storing your starter

Store the starter in the fridge between bakes – it will keep happily for 2 weeks without being fed, sometimes longer. They're general incredibly resilient, especially as they grow older.

Rescuing your starter

You can leave your sourdough starter in the fridge for up to 2 weeks without feeding it, or at room temperature for more than 12 hours, but it tends to go a little flat and a bit too sour. In this case, I give it a little sugar boost by adding a piece of dried fruit like a dried apricot or prune. I then give it a fresh feed and store it in the fridge until I'm ready to use it next. Another way to give it a boost is by adding a 5cm piece of rhubarb and/or 1 tablespoon coconut yogurt or kefir to the mix – both will increase the yeast content and bring your starter back to its bubbly self.

One Dough = Three Recipes

The following dough is hugely versatile. I started using it to make sourdough flatbreads and quickly learned it could easily be adapted to make dough balls, which are like mini sourdough loaves, as well as a brilliant and easy sourdough pizza base.

Sourdough Flatbreads

If you're new to fermented breads, this is a brilliant recipe because it's pretty much fail-proof.

Makes 8 small flatbreads

- 250g active sourdough starter (this is your bubbly flour and water mix)
- 100-125g strong white bread flour, plus extra for dusting
- 1 tablespoon olive oil, plus extra for glossing
- A pinch of sea salt

Fermentation time: 1-12 hours

1. Mix the starter with the 100g of the flour, the oil, sea salt and fennel seeds, if using. Add more flour if the dough is too wet to handle.
2. Gloss your hands with a little olive oil and knead the dough for about 1 minute until smooth. Divide into 8 pieces and roll each into a ball. Place in a bowl or dish, cover with a tea towel and leave to ferment for at least 1 hour or up to 4 hours at room temperature - or overnight in the fridge.
3. Roll each ball out on a floured surface until it's about 14cm in diameter (or the size of a side plate) and about 5mm thick.
4. Set a large frying pan over a high heat – no need for oil. Cook the flatbreads in the dry pan, one by one, until they're lightly blistered on one side and just cooked on the other side (letting them blister on both sides tends to dry them out). Drizzle with a little oil on the blistered side and keep them soft by wrapping them in a tea towel as you cook the remaining flatbreads.
5. They'll keep, wrapped in the tea towel, for up to 1 day but they're best eaten straight away.

Sourd Doughballs

They're not unlike what you get in pizza restaurants but they have a wonderful crust and a lighter, fluffier crumb – like bite-sized sourdough loaves.

Just divide the flatbread dough into golf ball-sized pieces. Roll each one into a smooth ball. Let it rise for at least an hour and no more than 4 hours at room temperature (cover with a damp cloth or an upturned dish to keep them moist and protected) or overnight in the fridge. If they're in the fridge, bring them back to room temperature for 30-60 minutes before baking.

Bake in a hot oven (200°C/Gas 6) for 8-10 minutes or until golden. Mist the dough with water before cooking and midway through the bake to keep the crust a bit softer. Once out of the oven, gloss with a brush of olive oil. Delicious with soup.

Sourdough Pizza

This is very similar to the flatbread recipe but taken in a different direction, transforming into the most amazing pizza bases. I think they beat those from my local sourdough pizza restaurant hands-down.

Use the Sourdough Flatbread dough above.

Makes 4 pizzas

1. Gloss your hands with a little olive oil and knead the dough for about 1 minute until smooth. Divide into 4 pieces and roll each into a ball. Place in a bowl or dish, cover with a tea towel and leave to ferment for at least 1 hour or up to 4 hours at room temperature, or overnight in the fridge.
2. Organise your favourite toppings. We used a simple tomato sauce made by blending 300g organic passata with 1 garlic clove, 1 tbsp fresh oregano or basil leaves, a good grinding of black pepper, 1 tbsp olive oil and a pinch of salt.

3. Roll out each ball of dough on a floured surface until it's about 28cm diameter (or the size of a dinner plate) and about 5mm thick.
4. Preheat your oven grill to high. Set a large baking tray on the top shelf to heat up – or a baking stone if you've got one.
5. Set a large frying pan over high heat. Cook the pizza bases in the frying pan, one by one, on one side only, until nicely blistered, holding their shape and no longer floppy.
6. While it's still in the pan, spoon 3-4 tablespoons of tomato sauce over the uncooked side of one base, leaving a 2cm rim for the crust. Keep the sauce quite thin for the most authentic taste. Transfer the pizza to the pre-heated baking tray in the hot oven, on the top shelf under the grill, and cook for 7-10 minutes until the crust is nicely golden. Finish with fresh herbs, a drizzle of oil and a little salt and pepper.

Sourdough Pancakes

This is a brilliant recipe for using up excess starter when you are keeping a starter going, and a perfect way to weave sourdough into your life with very little effort. Makes 8-12

- 2 eggs
 - 500g active sourdough starter
 - 1 1/2 tsp baking powder (optional, for extra fluffiness)
 - 1/2 tsp ground cinnamon
 - 2 tsp vanilla extra
- Coconut oil, for cooking
1. Whisk the eggs until frothy. Whip in the remaining ingredients until light and bubbly.
 2. Set a large frying pan over high heat. Add enough coconut oil to lightly coat the pan. When the pan is hot, add 1-2 tablespoon batter for each pancake (depending on how large you want them).
 3. Once the pancake looks like it's starting to cook through, flip it. Cook on the other side until nice and golden, adding more oil to the pan if needed. Set the cooked pancakes in a warm place and repeat with the remaining batter until it's all used up.
 4. Serve warm, or freeze until ready to eat. You can just pop them straight from the freezer into a toaster or a hot oven for a few minutes to thaw and warm through.