



# St Joseph's School MJR NEWSLETTER

PO Box 129  
14 Millar Street  
WAROONA WA 6215  
Telephone: 08 9782 6500  
Email:  
admin@stjoeswaroona.wa.edu.au  
Web Site:  
www.stjoeswaroona.wa.edu.au

## Dates to Remember

**Term 2** 29/04/19—05/07/19

**Term 3** 22/07/19—27/09/19

**Term 4** 14/10/19—TBC

### Friday, July 5

NAIDOC Liturgy, 11am  
NAIDOC Free Dress Day

Last Day Of Term 2

### Monday, July 22

First Day of Term 3

### Tuesday, July 23

Guitar Lessons  
Yrs 3 & 5 BRLA

### Friday, July 26

Grandparents' Mass, Yr 5,  
9am  
Grandparents' Morning Tea

### Tuesday, July 30

Guitar Lessons  
Pam Corker visit, Choir

### Thursday, August 1

Newsletter

### Friday, August 2

Assembly, Yr 4  
MJR Award

### Monday, August 5

Yr 5 BRLA

### Tuesday, August 6

Guitar lessons

### Thursday, August 8

First Reconciliation, 6pm

### Friday, August 9

St Mary of the Cross Mass, Yr  
6, 9am

### Monday, August 12

Yr 3 BRLA

### Tuesday, August 13

Guitar Lessons  
Choir @ Performing Arts  
Festival

4th July 2019

## Mission Statement

To provide an affordable, quality Catholic education.

Newsletter No: 10

## Vision Statement

St Joseph's School, as an integral part of the Waroona Catholic Community,  
is inspired by Christ's teachings.

We endeavour to nurture all children to grow as confident, independent, life-long learners, enabling  
them to contribute to society with dignity, respect and a spirit of service.

## From the Principal-

*Dear Parents/Guardians, Friends and Students of St Joseph's School,  
"We thank you Lord, for this term.*

*For the challenges, the successes, and the mistakes from which we have learnt. Be with us as we spend  
our time with family and friends. Guide us to be peacemakers in our family, and to always be  
conscious of you in our lives. Keep us safe in our activities; give us good rest and good fun. Bring us  
back refreshed and ready for a new term. Amen"*

**Reports:** This week, every child in Years PP-6 would have received their First Semester report. I  
hope that you can celebrate with your child his/her learning gains and support them, in conjunction  
with the school, in the areas that may provide challenges. I would like to thank the classroom teachers  
for their hard work and the time spent in writing the reports. Below are a few reminders to consider  
when evaluating the report and your child's progress:

- All children learn different things at different rates.
- One of the most important gradings on the report is the effort that is indicated for each Key Learning Area.

Please go through the report with your child. If your child is not doing his/her personal best, then it is  
a wonderful opportunity to encourage them to improve in the given areas.

- These reports give you an overview of your child's progress for the first two terms of this year.
- Use the report as a tool to improve your child's learning and set some personal goals for child to achieve their personal best!

**NAIDOC Liturgy:** This year's NAIDOC Week falls during the school holidays (7th – 14th July). To  
acknowledge NAIDOC Week here at school, Mrs Gorman will be organising a whole school Liturgy at  
11am this Friday 5th July. This year's NAIDOC Week theme is "Voice. Treaty. Truth. Let's work  
together for a shared future." Voice. Treaty. Truth were three key elements to the reforms set out in  
the Uluru Statement from the Heart. These reforms represent the unified position of First Nations  
Australians. Students can come to school on this day wearing colours representing NAIDOC Week  
(black, red & yellow).

**4-Year Old Kindy Enrolment:** Interviews will be occurring between Weeks 1 & 3 (22nd July -9th  
August) of Term 3. Parents are asked to complete an enrolment application form and drop it into the  
school office if you have a child due to start Kindergarten in 2020. Eligible children would be born  
between 1 July 2015 and 30 June 2016. Families with siblings already enrolled in the school, will still  
need to enrol children for 4-Year Old Kindergarten. Once an enrolment form has been submitted,  
Mrs Brown will notify families regarding a Kindy interview date and time.

**3-Year Old Playgroup Enrolment:** Parents are encouraged to enrol their child, if born between 1  
July 2016 to 30 June 2017, into the 2020 program. Enrolment forms are available from the front office  
or the school website.

**Grandparents' Day Mass & Morning Tea:** There will be a 'Grandparents' Day Mass and Morning Tea'  
to be held on Friday 26th July commencing at 9am in the Church. This will be followed by a morning  
tea to be held at school. Invitations from the students to their Grandparents requesting their  
attendance to this special celebration will be sent home early in Term 3.

**MJR Award:** Congratulations to Harrison Cowell who was our recent MJR Award recipient. He was  
nominated by members of our school community for: "For consistently displaying MJR qualities!  
Harrison is always respectful, polite and considerate of his fellow peers and the school staff. He is  
always enthusiastic in the way he includes others and greets everyone with a happy 'hello' and HUGE  
smile. Harrison is a terrific role model and a great example of a WESTIE!" Congratulations on your  
award Harrison! The next MJR Award will be announced on Friday 2nd August.



## SCHOOL NEWS

**Thank You:** Congratulations to Grace Anderson (Pre Primary), Joshua Wells (Year 2/3) and Asha Comisso (Year 1) who successfully completed their practicum during the term. Thank you for being part of our school and I know the students and teachers will miss you. We wish you all the very best in your future teaching careers.

**Camp Australia:** Unfortunately, due to a lack of consistent student numbers attending before and after school care with Camp Australia, the program will cease to operate at St Joseph's from the end of Term 2. I'd like to sincerely thank the families who have supported this initiative and utilised its services. A big thank you also to the various facilitators who have looked after our students over the past year.

As this is the final newsletter for Term 2 before school finishes on Friday, I'd like to take this opportunity to wish everyone a safe and relaxing holiday break. **Term 3 commences for all students (Kindy-Year 6) on Monday 22nd July.**

*Travis Bienkowski - Principal*

*Striving In Faith*

### MJR Award Winner – Harrison Cowell (PP)

How did you feel when your name was announced? *Surprised because I really wanted to keep her.*

Who's your hero? *(Harrison is not quite sure yet)*

Why do you think you won the MJR award? *Having a nice smiley face. I always say hello to people.*

What do you think about the award? *Yes because it makes people happy.*

What is your favourite thing to do? *Watch Mr Maker on the television.*

What is something you'll do with Josephine the Bear, while she is with you? *We have been dressing up Josephine. She has been watching TV with me and sleeping with me in my bed.*



### National Aboriginal and Torres Strait Islander Catholic Council (NATSICC)

The theme for the 2019 Aboriginal and Torres Strait Islander Sunday Resources is "Peace to this house and all who dwell within". The NATSICC Liturgy team reflected on the readings and the theme is drawn from Luke 10:1-12. Queenie McKenzie's artwork (below right) is the theme image.

In our busy lives, we are often bombarded with competing priorities, distractions, worries and concerns about ourselves and others, which can cause us to forget to take the time to stop, look around, reflect and look for our peace in our lives. Our strong connection to culture and land helps us see the beauty in our world and by sharing this appreciation we are helping share God's love.

The message that NATSICC would like to give you, is to reflect and make time to look for your inner peace in your busy life, and celebrate together with your families, friends and the wider community God's message of peace and love for all.



St Joseph's School, Waroona would like to recognise the continued support of Alcoa Australia in partnering with the school on many projects throughout the year.



**DID YOU**

**KNOW.....**





## Parish Mass Times

**SUNDAY:** 8.30am

**WEEKDAYS:** Wednesday & Friday 9:00am Waroona

**SACRAMENT OF PENANCE:** 3rd & 4th Sundays, 8.00am Waroona

**Parish Priest:** Fr Concord Bagaoisan

**Phone:** 9733 1225

## Altar Servers

July 7 : No Servers  
July 14 : Taylah P, Matilda G, Zachary P  
July 21 : No Servers

## St Patrick's Church Cleaning Roster

July 6 : Elena Brown, Rita Rae, Lucy Pisconeri  
July 13 : Jun & Edeliza Calma  
July 20 : Loretta & Ashley Polinelli

At National Online Safety we believe in empowering parents, carers and trusted adults with the information they need to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one topic of many which we believe trusted adults should be aware of. Please visit [www.nationalonlinesafety.com](http://www.nationalonlinesafety.com) for further guides, hints and tips for adults.



It can be challenging for parents and carers to know whether children are spending too much time on their devices. Furthermore, it's even more of a challenge to know whether a child is addicted to the internet and social media. As technology is becoming more pervasive, children and young people are experiencing tech-related dependencies. Do we as parents and carers have the knowledge to identify and support children and young people who may be developing an addiction to their devices?

**47%** of parents said they thought their children spent too much time in front of screens

# What parents need to know about SCREEN ADDICTION

## HEALTH & WELLBEING

Children as young as 13 are attending 'smartphone rehab' following growing concerns over screen time. There are now help centers in the UK which deal with screen addiction for children and adults showing the seriousness of device addiction. The World Health Organisation (WHO) has officially recognised gaming addiction as a modern disease. The condition was confirmed as part of their International Classification of Diseases (ICD) which serves as an international standard for diagnosing and treating health conditions.

## LACK OF SLEEP

7 out of 10 children said they had missed out on sleep because of their online habits and 60% said they had neglected school work as a result. It is important that children get the sleep they need in order to focus the next day.

## LOSS OF INTEREST IN OTHER THINGS

Your child may become less interested in anything that does not include their device. You may notice that your child is missing school time and generally being less engaged with other activities in the home. It is important to discuss this with your child as soon as you notice a behaviour change.



## CONFIDENCE, SUPPORT & ADVICE

The Children's Commissioner report 'Life in Likes', explored how children aged 8-11 are using social media today. It showed that children are using their devices to speak to their online friends about their problems and seek acceptance and support, removing face to face interactions.

## APPS CAN BE ADDICTIVE

Apps have been designed with 'psychological tricks' to constantly keep grabbing your attention. One example of this is on the app Snapchat, where you can gain 'streaks' when interacting with your friends. If you don't respond, you lose the streak. This addictive nature of apps aims to engage children and keep them coming back for more.



## Top Tips for Parents



## LIMIT SCREEN TIME

In today's digital age, technology is an important part of a child's development so completely banning them from their device will mean they are missing out on a lot, including conversations and communication with their friends. Rather than banning them from using their devices, we suggest setting a screen time limit. Work out what you think is a suitable and healthy amount of time for your child to be on their device per week. Remember that your child may need to use devices for their school homework so only set screen limits on recreational time on their device. Once you have established this, have the conversation with them to discuss why you are implementing a screen limit. There will be others in your child's friendship group who will not have screen limits set and will be sending messages when they do not have access to their phones.

## LEAD BY EXAMPLE

Children model their behavior on their peers, so if their parents are constantly on their device, they will see this as acceptable. Try limiting your own screen time and follow the same rules you have set for them. If you have asked your child to not use their device at the table, make sure you don't. Try setting house rules that the whole family abide by.

## LESS TIME MEANS LESS EXPOSURE

There are many risks associated with devices, such as cyberbullying, grooming, sexting, viewing inappropriate content etc. Less time spent on a screen means that a child will be less exposed to these risks.

## MOBILE-FREE MEAL TIMES

Have you tried to settle your child by giving them a tablet at the dinner table or restaurant? This may seem like a quick fix to calm them down but in reality, it is encouraging them to use their device as a distraction from conversation and dealing with their emotions. We suggest removing all technology from the dinner table and having conversations with your family about how their day has been.

## REMOVE DEVICES FROM THEIR BEDROOM

Setting a rule about removing devices from bedrooms will help your child to get the sleep they need and be more focussed the next day at school. 20% of teenagers said that they wake up to check their social network accounts on their devices. Even by having a device switched off in their bedroom, they may be tempted to check for notifications.

## ENCOURAGE ALTERNATE ACTIVITIES

It may seem like an obvious solution, but encouraging children to play with their friends, read a book, or playing outdoors will help them realise they can have fun without their device. Playing football, trampolining, camping, going for a walk or swimming are all healthy replacements for screen time. Try to join them in their Outdoor activities to show your support.

## STATISTICS

**52%** of children aged 3-4 go online for nearly 9hrs a week

**82%** of children aged 5-7 go online for nearly 9.5hrs a week

**93%** of children aged 8-11 go online for nearly 13.5hrs a week

**99%** of children aged 12-15 go online for nearly 20.5hrs a week

Children and Parents Media Use and Attitudes Report 2018

SOURCES: <https://www.independent.co.uk>, Children and Parents Media Use and Attitudes Report 2018: <https://www.workon.co.uk>, <http://uk.businessinsider.com> How app developers keep us hooked to our smartphones, Journal of Youth Studies <https://www.merit.co.uk/tech/one-five-fifty-fifty-deep-9653186>, University of Leeds [https://medhealth.leeds.ac.uk/news/article/7236/ack\\_of\\_sleep\\_damaging\\_for\\_children](https://medhealth.leeds.ac.uk/news/article/7236/ack_of_sleep_damaging_for_children)

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