



SAINT JOSEPH'S CATHOLIC PRIMARY SCHOOL

School Newsletter
June 12, 2020

(04) 528 4910

www.stjosephsuh.school.nz



Kia Ora Whanau

Our tamariki might not have to pay bills, cook dinners or organise carpools but just like us they face daily demands and worries, and what seems trivial to us can be important to them. So what can we do to help?

BE A FIRST-RATE LISTENER

Firstly, think about yourself as a child or young adult. Did anyone make you feel truly listened to? If so, what did they do? Copy this! Be available and interested. Take casual opportunities to ask your tamariki how different things are going. Also, be assured – our brains are malleable and flexible, so children can re-learn coping strategies that don't include lots of worrying. But as always, seek extra help, if you have ongoing concerns.

SHOW YOU CARE

If your child does share a worry, avoid intensely questioning or lecturing them. Just listen attentively, be interested and show you care. They may talk to you while you're doing the dishes or in the car and if so, great! They'll be more relaxed when the focus isn't completely on them.

VALIDATE THEIR FEELINGS

Voice the feelings you pick up (e.g. "That sounds like it's worrying / bothering / bugging you."). And thank them for chatting with you. Remind them that worrying is normal and can even be helpful – motivating us to study, be alert, focus and run faster.

EVENT-BASED WORRIES

If something worrying is coming up – i.e. a test or their first day at a new school – encourage them to think of a similar challenge they overcame i.e their first day of school. Talk about the strengths they have and how these can help.

GUIDE KIDS TO SOLUTIONS

When possible, support tamariki to deal with challenging situations. If your child tells you about a problem, offer to brainstorm solutions together, resisting the urge to jump in and fix the issue. Then encourage them to pick the best solution. When children play an active role, you're teaching them how to problem-solve rather than simply finding someone to blame.

OFFER PHYSICAL REASSURANCE

If your child is frequently worried or anxious, look for ways to let them know their world is safe. This can mean going back to basics and providing physical reassurance through love, hugs, back-rubs, hand holding or keeping them close.

MOST IMPORTANTLY - SHOW THE WAY

The most powerful lessons we teach are the ones we demonstrate. Your response to your own worries, stress, and frustrations can go a long way toward teaching your tamariki how to deal with everyday challenges. If you're rattled or angry when dealing with problems, your children will learn that this is how we respond to stress.

Instead, look on the bright side and voice optimistic thoughts as often as you talk about what bothers you and deal with problems in a proactive manner. By showing your children appropriate behaviours reassures them they can bounce back. By doing this you'll help them learn to respond to small problems with optimism, confidence and perseverance and we'll all learn not to sweat the small stuff.

BE KIND

We have all been thrown back into the fast pace of life after an unprecedented time in history. We are all readjusting to our new norms. Be kind and work together so we can all find effective solutions to any problems we may facing.

THE MOST HOLY TRINITY

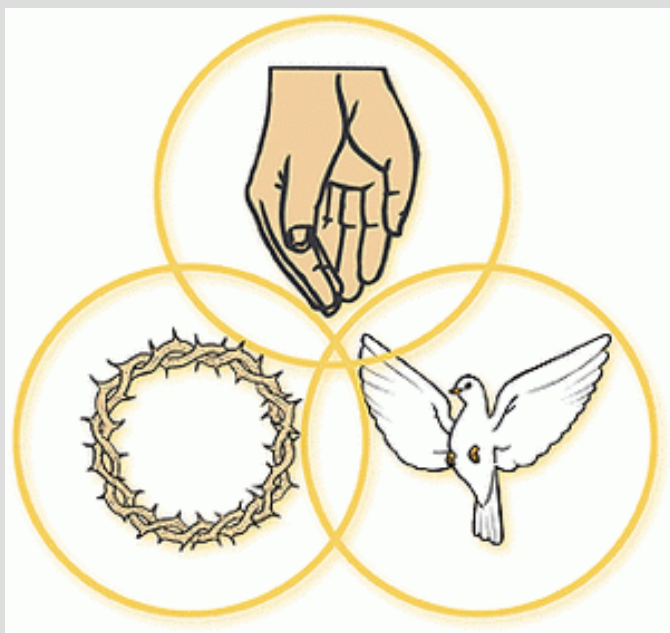
On Sunday 7th June and still under lockdown, Catholics celebrated the Most Holy Trinity Solemnity. Falling as it does on the Sunday after Pentecost, this day honouring the Trinity brings together all the mysteries that we have celebrated during the seasons of Lent and Easter: the creative, saving, and sanctifying work of God that not only freed us from the powers of sin and death, but which also unites us as a community of faith - the Church.

Pope Francis reminds us that the Trinity tells us that we do not have a lonely God up there in heaven, distant and indifferent; no he is the Father who gave us his Son, made human like us, and who sends his own Spirit to be even closer to us, to help us manage the burdens of life.

(From the Pope's Homily on Trinity Sunday)

Francis reminds us that "With God, the burdens of life do not remain on our shoulders: the Spirit whom we name every time we make the sign of the cross, just as we touch our shoulders, comes to give us strength, to encourage us, to support the weights we carry".

We can perhaps be heartened then, that knowing when we celebrate the Trinity, we honour God as a good father and parent; as brother and friend; as loving spirit.



Our being like God means reaching out to others kindly and openly, as friends. Being like God means being as generous as we can be to those less fortunate than we are. The Trinity encourages and strengthens us to meet others with love and illuminate respect for human dignity. After all, we have been created in the image of God.

May we find strength and joy in looking to experience the Holy Spirit in our daily lives.

May you and your families remain in Christ and enjoy the days ahead.

Ma te Atua tatou e manaaki e arahi e tiaki I nga wa katoa

May God bless, guide and protect us always

Leyton Walker (DRS)

Baptisms

if anyone would like their child / children baptised this year please email margjd1@gmail.com BEFORE the end of this term (Friday 3rd July).

Alternatively email Tracy, at the School Office - tracy@stjosephsuh.school.nz and she will pass your details on.

2020 Sacramental Program

Unfortunately, due to Covid-19, Father Maleko has postponed the 2020 Sacramental Program until next year.

School Photos

Tuesday 22 September

FOSS AGM

FOSS AGM is being held on Thursday 18th June 2020 at 7pm in the Staff room.

Sports

Netball 2020

There have been numerous netball communications sent out over the last two weeks. If you have not received them, please email sports@stjosephsuh.school.nz and make sure you are following the "Saint Joseph's Netball" page on Facebook to stay updated!

In-School Hockey

We are excited to have rescheduled our in-school hockey workshops to Term 3. Our year 5 - 8 students will have their sessions between weeks 1 - 6 on a Wednesday. More information about this will come through your student's classroom teacher.

Interschool / Interzone Cross Country

Student interest sign-ups for years 3-8 cross country was held on Wednesday 10/6 at morning tea time. Electronic forms have now been emailed out for this event. If your student is interested but did not get an electronic form please email sports@stjosephsuh.school.nz

The event dates are as follows:

Interschool Cross Country: Years 3-6 at Harcourt Park: Sunday 26th July

Interzone Cross Country: Years 7-8 at Trentham

Memorial Park: Tuesday 18th August

Regional Cross Country: Years 4-8 at Harcourt Park: Tuesday 8th September

School Swimming - Reminder

St Joseph's School swimming is scheduled at H20 Xtream to go ahead during Term 3.

More information will be communicated regarding this through your child's classroom teacher and the school notices.

- Year 7-8 : Term 3 Fridays Only
- Year 5-6: Term 3 14th - 24th September
Monday – Thursday
- Year 3-4: Term 3 17th August - 9th September
Mondays & Wednesdays
- Year 0-2: Term 3 18th August - 10th September
Tuesdays & Thursdays



2020 Term Dates

Term 1	3 February – 27 March
Term 2	15 April – 3 July
Term 3	20 July – 25 September
Term 4	12 October – TBC

Public Holidays

Labour Day	26 October
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FREE Dental Checks!

Students at your school are due for their *free* annual dental check-ups.

The Dental van will be on the school site next term. Once your children have been seen we will issue them with a form to take home and you will be contacted if they require further treatment.

To book or reschedule your appointment, or update your contact details, please call 0800 TALK TEETH (825 583).

We look forward to seeing you soon!
The Bee Healthy Team



Private Bag 31907 Lower Hutt
www.beehealthy.org.nz | 0800 TALK TEETH (825 583)

PB4L Certificates

Congratulations to the following students who received PB4L certificates at last week's Virtual Assembly.

Room	Week 8 Term 2 Virtual Assembly
1	Setefano Mataele
2	Charlie Esau
3	Azi Towers-Poll
4	EJ Hall
5	Alexa Fuller
6	Sophia Shaw
7	Frankie Robinson
8	Malachi Neho
9	Jacob Chapman
10	Jacob Olliver
11	Janecska Basra
12	Oliver Bone
13	Rian Rudman
14	Ivy Billings
15	Jaya Ngu
16	Ashton Mataiti
17	Harry Morgan
18	Isabella Andrews
19	Cruz Willson

Pizza Winners of Week 8/Term 2

Zachariah Rm 10
Brodie- Rm 8
Ella-Rose Rm 3
Logan Rm 18

Sacred Heart College Open Day

Tuesday 16 June (Catholic Schools)

Times: 9.00am – 11.00am
10.00am – 12.00pm

Book your visit by phoning the College Office on
04 566 1089

Milo Monday

Coming soon.
More information will be in the next Newsletter.

St Josephs School Holiday Programme

We are excited to be in a position to run our St Josephs School July Holiday Programme! The Holiday Programme will run from Monday 6th July - Friday 17th July and will have a range of in-house activities and excursions on offer.

If you would like to register your student to attend the Holiday Programme, please complete the form below prior to Wednesday 1st July 2020. Any enrollments after this date may not be accepted due to our staffing restrictions. Please email asc@stjosephsuh.school.nz with any questions regarding this.

Please complete one form per child.

Link: <https://forms.gle/fwugTvsuHAIwawwm6>



Faith in the Future, Love of Learning, Love of Life

The same but different **Why Us?**

St Joseph's After School Care offer school holiday care for the children of St Joseph's School. We offer a relaxed homely atmosphere for the children to feel at home, comfortable and safe with familiar staff and children to relax and play with. We do go out on a few trips but we always try to keep the cost down for our parents. We also maintain the holidays should also be a time for relaxing and playing rather than going out all day every day.

How do I sign my child up?

Please fill in the online booking form stating the days your child will be attending the holiday programme.

If you have any queries please contact:

Trisha Boyle - Ph 0210621766
Email: asc@stjosephsuh.school.nz

Fees:

1 child - \$40.00 p/day
2 or more children - \$35.00 each p/day
Additional costs for day trips

Hours: 7.00am – 6.00 pm.

Payment

Please pay by direct credit to St Joseph's School and include your child's name and Holiday Programme in the reference field. The account no is: 12 – 3140-0004576-50

Full payment is due by Week 2 next term. Fees are still payable for all bookings even if your child does not attend on a day they are booked in.

Absences, Extra Days, and Changes to Bookings

If your child is not going to attend on a day they are booked in please text or ring us. Changes to bookings or late bookings cannot be guaranteed due to the staff/child ratio requirements.

WINZ Subsidy

We are approved by WINZ if you are eligible for a subsidy. Please ensure the WINZ forms are filled out and returned to WINZ before the holidays begin. If WINZ does not pay the full amount you will need to pay the difference.

What to bring:

Please supply plenty of lunch (not to be cooked), snacks and drinks for your child. Scooters and bikes are welcome everyday. Suitable clothes - jacket and/or sunhat (weather dependent). Sunblock, sunhat, togs and towel in the summer months.

St Joseph's Primary School Holiday Program

July Holidays

2020



ST JOSEPH'S PRIMARY SCHOOL

WEEK ONE: 6th – 10th July 2020

WEEK TWO: 13th – 17th July 2020

MONDAY 6th: Craft Day - Come join us for a fun day full of crafts, curl up on our comfy beanbags to watch the latest DVD release. Don't forget to bring your scooter or bike for race around the track.

\$40.00

TUESDAY 7th: Science Day – lets get messy, enjoy a fun day of science experiments. Lets see what we can create!

\$40.00

WEDNESDAY 8th: Skating – Time to show us your best skating moves as we skate the day away at Upper Hutt Skating Rink. Weather permitting we'll also walk to the park for lunch. Skates will be provided please bring knee high socks.

\$40.00 + additional costs \$10 per child

THURSDAY 9th: - Pizza Making Day – today we are making our own yummy pizzas and we'll be eating them for lunch.

\$40.00

FRIDAY 10th: Movie Day - We will walk to Monterey Cinema to catch one of the latest blockbusters (please no money for snacks we provide popcorn etc.)

\$40.00 + additional costs \$10 per child

MONDAY 13th: Cupcake Decorating - we are going to be making delicious cupcake. use your creative touch to decorate them and take home.

\$40.00

TUESDAY 14th: Polymer Clay Making Craft Day – get creative and make something unique from our colourful modeling clay.

\$40.00

WEDNESDAY 15th: *Burger King Day - Bring some money to order your lunch at Burger King, weather permitting we'll also walk to the park.

\$40.00 + bring a minimum of \$5.00 Cash or Eftpos Card per child

THURSDAY 16th: Dance Party and Hot Chip Buttie Day – strut your stuff on the dance floor. Party it up with the latest tunes and top it off with a hot "Chippie Buttie" for lunch.

\$40.00 + additional costs \$2 per child

FRIDAY 17th: Movie Day - We will walk to Monterey Cinema to catch one of the latest blockbusters (please no money for snacks we provide popcorn etc.)

\$40.00 + additional costs \$10 per child

PLEASE NOTE: *BURGER KING DAY IS THE ONLY DAY YOUR CHILD WILL REQUIRE CASH - ANY OTHER DAY ADDITIONAL COSTS WILL APPEAR ON YOUR ACCOUNT

KIDS HOLIDAY PROGRAM

DON'T MISS OUT

