ST JOSEPH'S PRIMARY SCHOOL PENSHURST.

NEWSLETTER

faith and justice

ISSUE: WEEK 7 TERM 3 2026

SCHOOL VISION

St Joseph's Penshurst, as partners in Catholic education and with our school community, pursues fullness of life for all.

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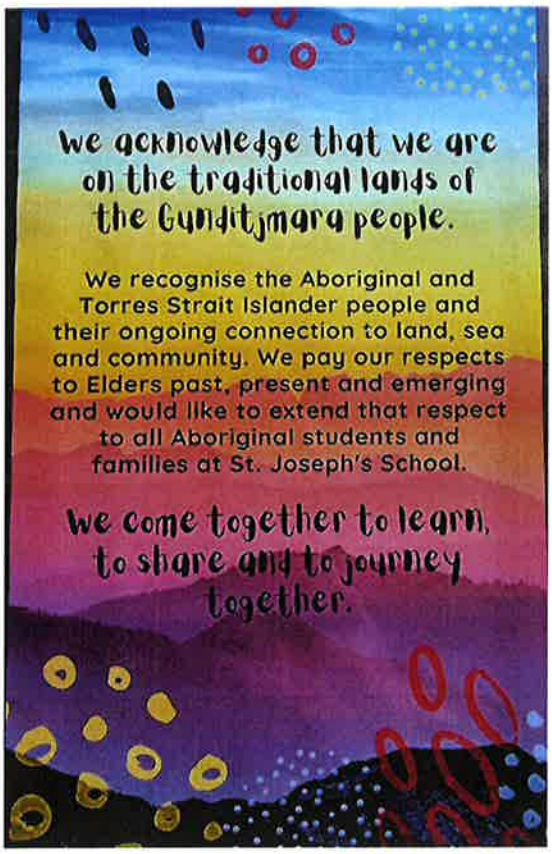


ACKNOWLEDGEMENT OF COUNTRY

PRINCIPALS MESSAGE

Can you believe we are already halfway through the term! It has been a busy and exciting few weeks filled with learning, celebrations and special moments.

During Science Week, our students enjoyed a range of fun and engaging experiments, sparking their curiosity and love of learning.

We celebrated Indonesian Independence Day with a wonderful luncheon. A huge thank you to Mrs Patience for helping our students prepare such a delicious meal.

It has also been wonderful to have our Kindergarten students visiting us. We have loved sharing special moments with them. It was also wonderful to welcome parents, grandparents and friends to our Book Week Parade. Thank you to all our students for the effort and creativity they put into their costumes everyone looked amazing!

Sadly, we also said goodbye to Jag, one of our school bus drivers for the past ten years. We thank him for his dedication and care and wish Jag and Habuns all the very best for the future.

Thank you to our wonderful students, staff and families for making the first half of the term so special. We look forward to an equally wonderful second half!

Katie.

BOOK WEEK FUN!

SWPBS

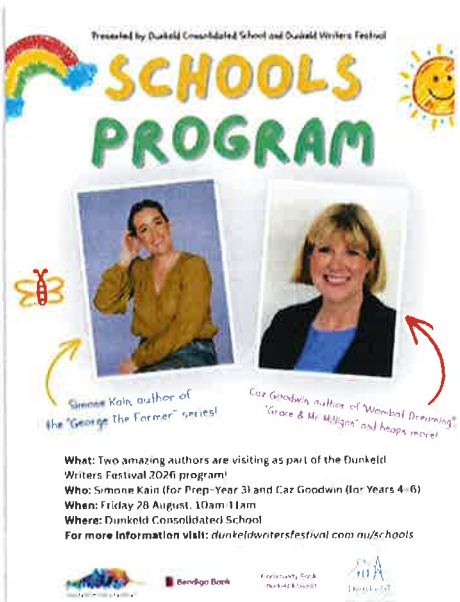
SWPBS

SWPBS

St Joseph's Primary School.

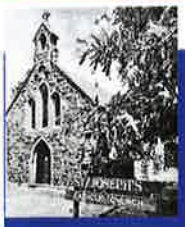
TERM 3 DATES.

Dunkeld Author Excursion	28th August
JNR HOOPTIME HAMILTON	1st September
3rd September	Activities with Kinder 9.30am
4th September	Fathers Day Breakfast 8am
4th September	SNR HOOPTIME HAMILTON
11th September	Kolor Lodge Visit
Footy Colours day with Kinder	
LAST DAY OF TERM 3	18th September
5th of October – First Day of Term 2	



SIMONE KAIN & GEORGE THE FARMER!

Community Engagement.



St. Joseph's Penshurst.

Monthly Mass Timetable:

1st Sunday of the month: NO SERVICE. Join St Mary's Church Hamilton, Sat 6pm & Sun 10.30am.

2nd Sunday of the month: 8.30am Mass

3rd Sunday of the month: SAWS 8.30am

4th Sunday of the month: 8.30am Mass

5th Sunday of the month: NO SERVICE

Gardening Help Needed!

We are looking for families who may be able to lend a hand with some general gardening around the school. This can be done at a time that suits your family.

Some jobs that need doing include:

- Weeding the front garden beds
- Whipper snippering
- Cleaning up leaves
- Helping to repair and tidy the veggie garden beds

Every little bit of help makes a difference, so if you have some time to spare, we would love your support!

Working Bee – Save the Date!

We will also be holding a working bee next term on Friday 16th October.

Please put the date in your calendar now. More details will be shared closer to the day.

Thank you to all our families who help keep our gardens looking wonderful!

allergy AWARE **St Joseph's Penshurst is an Allergy Aware school.**

Health and Wellbeing

SchoolTV

The Power of Sleep.

Sleep is essential for a young person's mental health, wellbeing, learning and development. However, many children and teenagers today are not getting enough quality sleep due to increased screen time, social media, gaming and busy lifestyles. When young people sleep well, they are generally happier, more focused, emotionally regulated and better prepared for school and daily life. Healthy sleep also supports memory, learning, immune function and overall development. In contrast, ongoing sleep deprivation can affect mood, behaviour, attention and academic performance. Attached are the KeyPoints.

Working With Children Check.

The WWC Check assists in protecting children from harm by ensuring that people who work with or care for them are subject to a screening process.

There is one assessment process for the WWC Check, but you must choose between two application types depending on the type of Clearance you require:

1. Volunteer
2. Employee

If you're getting paid for child-related work (excluding reimbursement of out-of-pocket expenses), you'll need to apply as an employee.

If you plan to do volunteer child-related work in Victoria (where you're not paid for the work), you'll likely need a WWC Clearance. Some examples of volunteer child-related work are:

- coaching a sports team
- being a Scout leader
- helping with school-based activities.

Emergency Management Plan.

School EMPs are put in place to ensure student and staff safety during critical incidents like fires or lockdowns, outlining evacuation routes, safe assembly areas, procedures, risk assessments, and communication strategies. These plans are essential for providing a proactive, safe environment and ensuring consistent responses from staff and emergency services.

Our EMP has been completed and updated for 2026.

Asthma Week 2026 - Newsletter Article

1–7 September is Asthma Week, and this year Asthma Australia is shining a spotlight on the connection between women's hormones and asthma.

Did you know hormones can affect asthma? For many women, symptoms can change during their menstrual cycle, pregnancy, perimenopause and menopause, yet this connection is often overlooked.

Around 1 in 5 Australian women live with asthma. Overall, women are twice as likely as men to be hospitalised for asthma, and many go years without recognising that their symptoms could be connected to hormonal changes.

Understanding this connection can help women recognise when their asthma isn't well controlled and seek the support they need. This Asthma Week, Asthma Australia is encouraging women to learn how hormones can influence asthma, monitor changes in their symptoms throughout different life stages, and speak with their healthcare professional if their asthma changes or worsens.

By increasing awareness of the unique challenges women face, we can help more women understand their asthma, access the care they deserve and breathe easier.

Learn more at **asthmaweek.org.au.**

Journey

A RESILIENCE CAMP FOR YOUNG MEN

Push your limits. Find your potential.

Growing up today can feel overwhelming. Young men are constantly navigating pressure, expectations and a world that is changing faster than ever.

The Portsea Camp Journey Program provides aspacefor teenage boys to slow down, reconnect with themselves and build meaningful connectionswith othersthrough adventure, challenge and reflection.

This five-day **offsite expedition** is designed to take participants beyond theircomfortzone through a combination of outdoor adventure, teamwork and personal growth experiences. Participants will journey through challenging environments whiledevelopingresilience, self-awareness and confidence.

Throughout theadventure,youngmenwilltakepartinlong-distancehikes,bikerides, water-based activities,campingandreflectiveconversationsdesignedtohelpthem understand themselves,supportoneanotherandbuildtheskillsneededforlife'schallenges.

Hike

Bike Ride

Triak

Tent Camping

Self-care & Mindfulness

Why This is a Game-Changer

- **Confidence:** Overcome physical and mental challenges, proving personal strength.
- **Resilience:** Learn to adapt, stay focused, and push through obstacles.
- **Endurance:** Discover the power of perseverance and mental fortitude.
- **Connection:** Form lifelong friendships and strengthen teamwork skills.
- **Nature:** Experience the benefits of outdoor adventure for mental and emotional well-being.

28 SEPT - 2 OCT

13-17 YO

Book Now

mad@theportseacamp.com.au
(03) 5984 2680

The Portsea Camp
3704 Point Nepean Rd,
Portsea

SchoolTV | KEYPoints

The Power of Sleep

Sleep plays a vital role in a young person's mental health, emotional wellbeing, learning and overall development. However, many children and teenagers are not getting the sleep they need. Busy schedules, academic pressures, screen time, social media and changes in adolescent body clocks can all contribute to poor sleep habits and ongoing sleep deprivation. Over time, a lack of quality sleep can affect mood, concentration, behaviour, motivation and resilience, making it harder for young people to cope with everyday challenges.

For families, supporting healthy sleep is not simply about enforcing bedtimes. It involves creating consistent routines, understanding the pressures young people face and helping them develop habits that support rest and recovery. When parents remain calm, consistent and engaged, and work in partnership with schools, they can play an important role in helping young people build healthy sleep patterns that support both wellbeing and learning.

Practical ways to support healthy sleep habits:

1. **Prioritise consistent sleep routines**

   Encourage regular bedtimes and wake-up times, even on weekends. Consistency helps regulate the body clock and improves sleep quality.

2. **Reduce screen use before bed**

   Phones, gaming and social media can overstimulate the brain and interfere with melatonin production. Aim for screen-free time before sleep.

3. **Create a calm sleep environment**

   A quiet, dark and comfortable bedroom can help young people relax and fall asleep more easily.

4 **Understand teenage sleep patterns**

Teenagers naturally feel more alert later at night. Supporting healthy routines while recognising these biological changes can reduce conflict.

5 **Watch for signs of sleep deprivation**

Irritability, difficulty concentrating, low motivation and emotional outbursts can sometimes be linked to poor sleep rather than behaviour alone.

6 **Encourage healthy daytime habits**

Regular exercise, natural light exposure and balanced routines all contribute to better sleep at night.

7 **Avoid overscheduling**

Busy timetables and constant activity can leave young people feeling overwhelmed and unable to properly unwind before bed.

8 **Keep conversations calm and supportive**

Avoid turning sleep into a battle. Focus on collaborative problem-solving and helping your child understand why sleep matters.

9 **Model healthy sleep habits**

Young people are influenced by what they see. Demonstrating balanced screen use and healthy sleep routines reinforces positive habits.

10 **Seek support when needed**

Ongoing sleep difficulties, extreme fatigue or significant mood changes may require support from a GP or health professional.

11 **Stay connected with the school community**

Working together with schools can help create consistent messaging around wellbeing, balance and the importance of healthy sleep habits.