ST JOSEPH'S PRIMARY SCHOOL PENSHURST.

NEWSLETTER

faith and justice

ISSUE: WEEK 3 TERM 3 2026

SCHOOL VISION

:t Joseph's Penshurst, as partners in Catholic :ducation and with our school community, ›ursues fullness of life for all.

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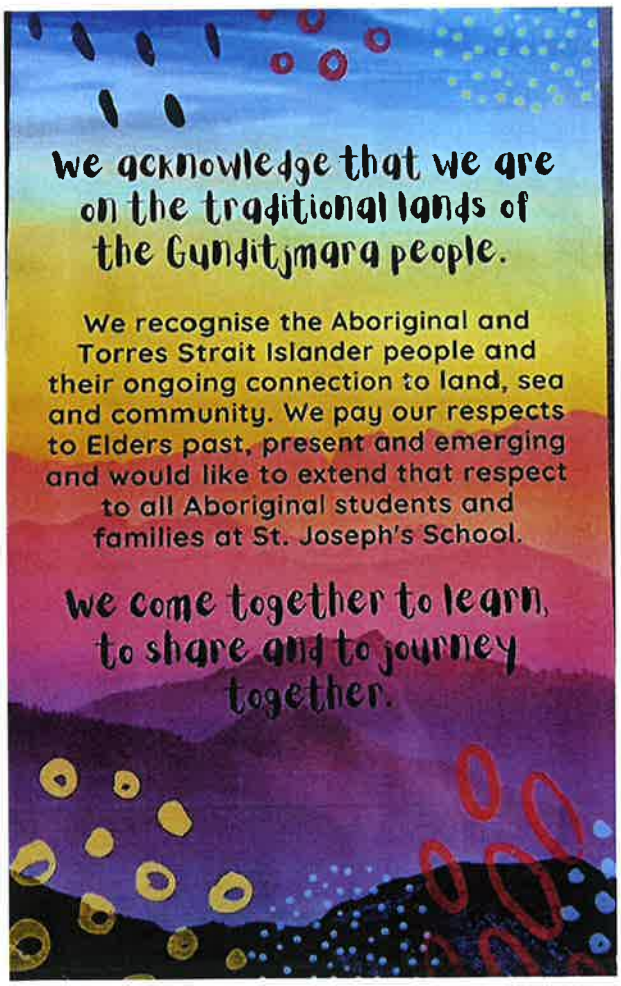


ACKNOWLEDGEMENT OF COUNTRY

PRINCIPALS MESSAGE

This week we have had a number of students and staff away due to illness. As a result, we have made the decision to postpone our visit to the nursing home until Thursday, 14 August. We appreciate your understanding and look forward to visiting our friends there when everyone is feeling well again.

A friendly reminder for families to regularly check ClassDojo for general announcements, classroom updates and photos of the wonderful learning taking place across the school.

Last week I was fortunate to join fellow principals, Religious Education leaders and teachers in Warrnambool for the ECSI (Enhancing Catholic School Identity) Intensive. This professional learning provided an opportunity to reflect deeply on what it means to be a Catholic school in today's world. Together, we explored ways to continue sharing the richness of our Catholic tradition in ways that are meaningful, authentic and relevant for every member of our community here at St Joseph's. It was an inspiring and valuable experience that will continue to shape our work as we nurture the faith and learning of our students.

At our most recent School Advisory Council (SAC) meeting, it was decided that we will hold a major raffle later this year. Our goal is to raise $1,000, and we are currently sourcing prizes. If you or your business are able to donate a prize or assist in any way, please contact Christie Nash. Your support would be greatly appreciated.

Next week we have set aside time for parents and carers of students in Years 4–6 to meet with Mrs Mel. These meetings provide a valuable opportunity to discuss your child's learning, progress and any information that will help us support them throughout the year. Please contact the school to make an appointment if you have not already done so.

Also next week, our Years 4–6 students will travel to the City Memorial Bowls Club in Warrnambool to compete in a lawn bowls competition, beginning at 10.30 am. A sincere thank you to Mr Dennis Heslin for his coaching and support, and to the Penshurst Bowls Club for allowing us to use their facilities for practice. We have certainly discovered some very talented bowlers! Students are expected to return to school at approximately 3.20 pm. If you are transporting your child to or from the event, please let the school know. Parents and family members are very welcome to come along and support our students on the day.

Thank you, as always, for your ongoing support of our school. I hope everyone has a wonderful week ahead.

Katie.

STUDENT VOICE

This term has had a great kick off ,with bowls training, concert practice and the four, fives and sixes going to the bakery.
I think everybody will agree that this term has been very fun so far.

One hundredth day celebrations.

Last Friday we celebrated Katie's one hundredth day of being our principal and 100 days of students attending school.
We came dressed up as what we want to be when we grow up. We discovered that many students want to be farmers, Vet,s cowgirls, cowboys and bakers.

Coming up this term we have many exciting things consisting of bowls, Hooptime, Nursing home visits and Book Week.

By Evie

Please note:

This term we will hold assemblies fortnightly on a Friday at 3.05pm in the school library.

Due to some events coming up on a Friday, there will be a change to the normal time.

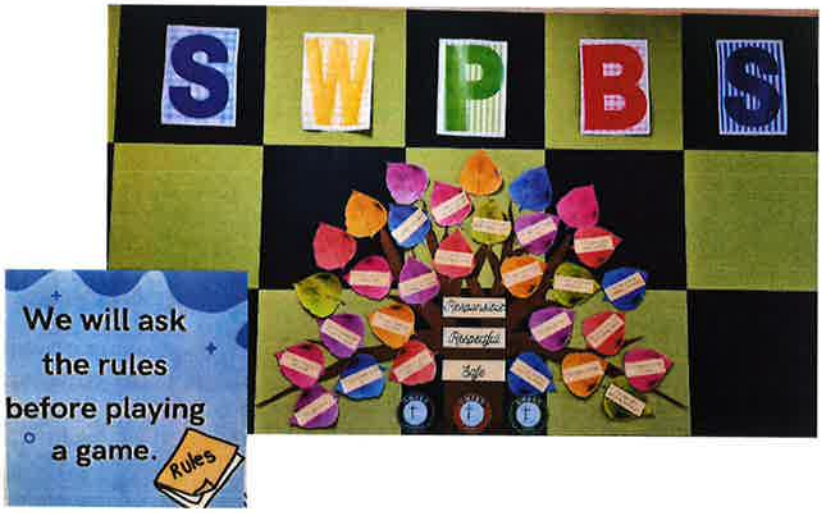
Week 4: No Assembly Lawn Bowls.

Week 6: Oscar - 21/8/26 - 3.05pm.

Week 8: Thea 9/9/26 - 9am (due to Hooptime)

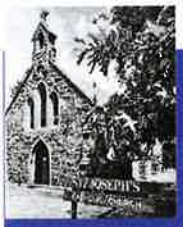
Wk 10: Jameson 18/9/26 - 2.05pm (last day of term 3)

ART IN THE F-3 ROOM!



To access CSPV resources please visit www.cspv.catholic.edu.au and view CSPV social media channels

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

allergy AWARE

St Joseph's Penshurst is an Allergy Aware school.

SchoolTV

Managing Overwhelm

Willingly or not, we have all been exposed to a piece of bad news that has lingered in our thoughts for days afterwards. This seems to be more common in the current environment than ever before. Due to the pandemic, the world we now live in is a very different place, so it is easy to see why we might feel impacted. It can often seem like there are many stressful events occurring simultaneously, and the hyperconnected nature of our environment means we are constantly being reminded of the challenges we face via numerous media and social media channels. Our connectivity to the digital world exposes us to a barrage of messages that can often leave us feeling overwhelmed. It is therefore important for children and parents alike, to consciously and intentionally learn good wellbeing strategies. Unfortunately, our brains have not evolved fast enough to adapt to the digital landscape we find ourselves in and this often leaves us feeling overwhelmed and can result in increased levels of stress and anxiety. If left untreated or unmanaged, constant stress and anxiety can lead to a number of behavioural issues or health consequences.
The blueprint for parenting, based on our own experiences, is no longer fit for purpose in raising kids as citizens of tomorrow. The combination of constant access to information and having little control over the situations presented, can be stressful and overwhelming. Although we can't provide our kids with certainty, we can provide them with the skills and strategies to cope to enable them to flourish and thrive, socially, emotionally and academically. It may not necessarily be the information itself that is harmful, but more their inability to process and make sense of it. Attached are the key Points.

St Joseph's Primary School.

TERM 3 DATES.

LAWN BOWLS COMPETITION WARRNAMBOOL	7TH AUG
Activities with Kinder 9.30am	13TH AUG
Kolor Lodge visit	14th August
21st August	GRANDPARENTS AFTERNOON TEA 2.30PM
25TH AUGUST	BOOK WEEK PARADE WITH KINDER
JNR HOOPTIME HAMILTON	1st September
Activities with Kinder 9.30am	3RD OF SEP
SNR HOOPTIME HAMILTON	4th September
4th September	Fathers Day Breakfast 8am
11th September	Kolor Lodge Visit
Footy Colours day with Kinder	
LAST DAY OF TERM 3	18th September

SchoolTV | KEYPoints

Managing Overwhelm

In today's world, technology plays an increasingly important role in our lives and the lives of our children and adolescents. While technology provides many benefits and opportunities, it can also contribute to feelings of overwhelm and stress. With so many demands on our attention and time, it's important for parents to have open and honest conversations with their children and adolescents about managing their digital lives and avoiding the negative effects of technology overload. The goal of these conversations is to help young people develop healthy habits and skills for managing their digital experiences, while also promoting their wellbeing and mental health.

1

Be honest

Explain that the world today is facing numerous challenges: humanitarian crises, growing social polarisation and climate change.

2

Discuss consequences

Overwhelming events and constant exposure through the media and social media channels can cause high levels of anxiety and stress activities.

3

Educate

Discuss the fact that our brains have not evolved fast enough to adapt to the digital world we now live in causing us to feel overwhelmed.

4

Open communication

Check in with children about the information they have been exposed to and help them understand and process it.

5

Provide strategies

Uncertainty is a common feature of our current world so it's important to provide young people with the skills and strategies to cope with it.

6 **Responding as a choice**

Emotions are simply data that can be regulated by acknowledging them and choosing how we respond.

7 **Teach emotional regulation**

Emotional regulation is highly correlated with success in education, future employment and overall better mental health and wellbeing.

8 **Practice mindfulness**

Use practical tools such as deep breathing or mindfulness to help manage overwhelming feelings.

9 **Practice boundaries**

Emphasise the importance of being mindful of online interactions and avoiding negative or harmful online behaviours.

10 **Prioritise balance**

Discuss the importance of balancing screen time with other activities and encourage your child to limit their screen time to a healthy amount.

Seasons for Growth

Children & Young People's Program

Seasons for Growth provides social and emotional learning that supports children and young people to adapt to experiences of change, loss and grief in their lives.

Who is it for?

Children and young people impacted by change, loss, and grief, such as:

- the death of someone they love
- parent separation or divorce
- out-of-home care
- forced migration
- family illness
- other significant change or loss.

Seasons for Growth creates a safe space to learn knowledge and skills to cope with such experiences. The focus is on the impacts of change and loss, rather than the details of specific events.

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I am able to get onwithmyworkfaster

b s are no longer inside
Child,
Seasons for Growth

How does it work?

Seasons for Growth is an evidence-based, social and emotional learning program, facilitated in small groups by a trained adult Companion. Drawing on the rich metaphor of the seasons, and using safe, creative learning activities, young people learn and practise new ways of thinking and responding to experiences of change and loss. This learning enhances protective factors (building personal resilience and social skills) while minimising risk factors (such as isolation) that impact their mental health and wellbeing.

Program outcomes

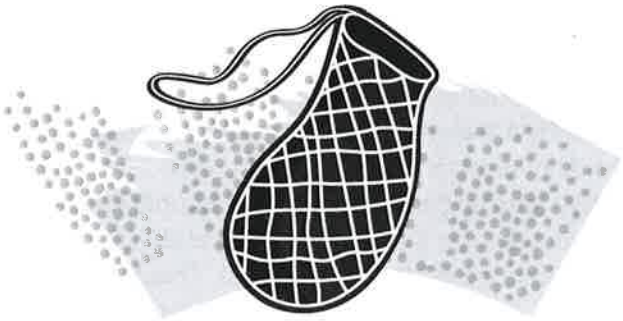
Seasonsfor Growth supports children and young people to:

- **learn** that life changes like the seasons
- **understand** it is normal to experience a range of feelings and other reactions
- **explore** different strategies for managing these reactions
- **strengthen** communication, decision making and problem solving skills
- **participate** in a supportive network of peers and adults
- **apply** their new learning within and beyond the group.

MacKillop Seasons

How is it delivered?

- Theprogram isrun over 8 sessions with groups of 4-7 participants and is facilitated by trained adults called "Companions."
- Teachers, counsellors, psychologists, social workers, chaplains and health professionals are endorsed by their school or organisation to undertake a two-day training workshop to implement the program and to qualify to become a Companion.
- There is also a range of optional continuing professional learning modules for trained Companions to deepen knowledge and practice (such as, in implementing groups, trauma-informed practice, reflective practice and understanding neurodiversity).



Keeping Spirit Strong through Seasons for Growth

Abeautifullyillustrated Keeping SpiritStrong Resource Guide and associated training will soon be available for Companions. The Keeping Spirit Strong Resource Guide provides a stimulus for Companions and local Aboriginal and Torres Strait Islander knowledge holders to discuss locally-relevant cultural adaptations to the Seasons for Growth program. Such cultural adaptations enrich the learning of Aboriginal and Torres Strait Islander participants and strengthen cultural safety, as well as potentially contributing to healing and reconciliation efforts.

Evidence and evaluation

Over the past25 yearsnumerous reviews and evaluations have attested that Seasons for Growth offers an overwhelmingly positive experience and beneficial outcomes across a wide range of settings. Reflecting the objectives of the program, the most recent evaluations concluded that Seasons for Growth:

- **builds** understanding and skills in managing change, loss and grief
- **improves** participants' emotional wellbeing
- **enables** participants to express their views, thoughts and feelings
- **strengthens** participants' social and support networks.

Furthermore, Research Impact NSW (2019) has recognised that the programs "promote resilience and self-esteem, normalise grief, build peer support and foster positive coping strategies."

The Seasons for Growth Children and Young People's Program is endorsed by state education evidence-based mental health program menus and is listed in the Australian Institute of Family Studies, Communities for Children Facilitating Partner Evidence-Based Programme Guidebook.

Be You Programs Directory

Contact us

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MacKillop Seasons

mackillopseasons.org.au