Dear Parents,

Welcome back to the 2017 school year! I hope all families had a wonderful break and all students are refreshed and ready for a busy year of learning ahead.

This Sunday (February 5th) our staff members will attend the 10:00a.m. Mass at St. Anne’s and will be officially commissioned by Fr. John. I hope you can join us.

We are looking forward to our beautiful new Prep students starting school next Monday! Please be aware that due to this the car park may be busier on Monday morning.

Our beginning of the School year Mass will be held next Thursday (9th February) at 9:00 a.m. in the hall. All parents are warmly invited to attend.

We have recently taken delivery of our brand new chromebooks, which will be allocated to each individual student from Grades 3 to 6. We have a roll out schedule in place to ensure that all students are fully aware of the correct procedures and expectations in setting these up, using them appropriately and looking after them. Before students get access to the chromebooks they are undertaking work in digital education and cybersafety. To provide some input for parents around chromebooks and cyber safety we are running a Parent information evening on these topics on Thursday 16th February commencing at 7:00 p.m. in the hall. I strongly encourage all available Grade 3 to Grade 6 parents to be in attendance if possible.

Due to the new Child Safety procedures required by the State government our school procedure for engaging volunteers is being updated. The new Child Safe standards require all schools to implement a greater level of due diligence in arranging volunteer work in the school. This is a requirement to ensure child safety. All parents wanting to volunteer require a current Working with Children card as a first step. Further information on this will be sent home soon.

Parent/Teacher “meet and greet” interviews will be held on Tuesday 14th February from 3:30 – 8:00 p.m. and Wednesday 15th February from 3:30 – 6:00 p.m. in the hall. Parents can book a convenient interview time online. Details on how to access this will be sent via Care Monkey next week.

Our ICT acceptable use and e – smart policy has been sent out on Care Monkey today. I ask all parents to read this carefully and sign off on this as soon as possible. This is an important way to clarify our school expectations of the appropriate use of ICT for all students and families. With thanks.

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Our Grade 5 / 6 camp to Forest Lodge in Gippsland is only a month away! The camp dates are Wednesday 1st March to Friday 3rd March inclusive (3 days, 2 nights). Further information on Forest Lodge Farm school camp can be accessed at www.forestlodgefarm.com.au All the required details and permissions containing additional information will be sent home next week.

Regards,
Paul Dwyer, Principal.
Welcome back to another school year. For those families who are starting at St Joachim’s in 2017 a very warm welcome.

We hope that throughout the year, our school will be a place where staff, students and families have opportunities to experience God’s presence in our lives. We can all try to model God’s love for each one of us, by being a renewing community where all members are valued, affirmed and empowered, where our commitment to Gospel values is expressed in every facet of our school’s life.

Parish Sacramental Programme

St. Anne’s Parish conducts a parish based sacramental programme. The programme applies to all eligible students from the two parish primary schools plus eligible students from the parish who attend other schools within parish boundaries. In view of this there is no need to conduct separate after school catechetical classes for government/private school students.

The reason for a parish based programme is that in the past we have produced programmes that educate parents in the rights, duties, privileges and responsibilities of the Sacraments. Experience shows that once these adult education sessions are completed and children celebrate the relevant Sacrament, identification with this faith community is usually not maintained.

To read the entire Parish Sacramental Programme please follow this link to the school website.

Beginning of School Year Mass

All welcome

Thursday February 9, 9:00am

Next Thursday 9th February, we are celebrating our beginning of the year Mass in the school hall at 10:00am. All are warmly invited to join us.
A very special welcome back!
I hope that Christmas and the holidays gave everyone the wonderful opportunity to be with family and friends and enjoy the slower more relaxed pace of holidays.

On Monday we have our new Prep children starting. No doubt there is much excitement tinged with a degree of apprehension.

It is a very exciting time for the students and their families. We especially welcome the new families to our school community and know that they will be warmly welcomed by our existing families, staff and children as they make the transition to school life at St Joachim’s.

Whole School Wellbeing Focus
We begin the 2017 school year with a whole school wellbeing focus.

During this time, expectations and routines are established, rules revisited and goals articulated.

Through group team building activities students can get to know each other and develop a sense of belonging, trust and safety - all essential for active, collaborative learning.

Is Your Child Getting Enough Sleep?
Now that we are back at school it is so very important that our students are getting enough sleep.

Children often have very busy schedules at school and after school. No matter how old they are their growing minds and bodies require a healthy sleep pattern in order to function properly.

The benefits of good sleep are endless. Sleep efficiency (not sleep duration) contributes significantly to improved grades in maths and languages. Unfortunately, studies have indicated that up to 7 out of 10 children don’t get enough sleep, which can lead to temper tantrums, concentration and behavioural problems, and much more.

How does sleep affect your child?
Physical Health
Sleep allows our bodies to repair and rejuvenate through repairing tissue, boosting muscle mass, synthesising proteins, releasing growth hormones and maintaining a strong immune system (sleep-deprived children, for example, are much more prone to common colds and flu).

Another benefit to sleeping well is weight management. Studies have shown that young children who get less than 10 hours sleep a night are three times more likely to be obese than those getting 12 or more.

St Joachim’s School Rules
- Follow Directions
- Keep hands, feet & objects to oneself
- Ignore inappropriate behaviour
- Speak appropriately
- Include and help others

CareMonkey
Parents please take the opportunity at the beginning of the year to update any details on your child’s CareMonkey Profile.

From Mrs Stewart
Irene Stewart
Deputy Principal / Student Wellbeing
istewart@sjcarrumdowns.catholic.edu.au
Mental: Mood, Emotion and Clarity

Ever noticed how, when you’re tired, you’re prone to crankiness and moodiness? The same applies to your children as well. Lack of sleep negatively affects the way emotions regulate, increasing your stress levels through amplified anxiety and aggression. While sleep won’t eliminate stress, it increases readiness to cope with it.

Studies have also shown that while we sleep, our brains process and consolidate memories, helping your children to remember the important things in life. In contrast, losing sleep makes you more likely to make silly mistakes and impairs problem solving and focus, as brain neurons aren’t able to function optimally.

How to sleep better?

Watch the sugar /caffeine

A can of coke or a sugary snack before bed can hinder any or all of the good work you’ve done in getting your child to bed. Diet dictates how energetic and active we are, and as you’re no doubt aware, sugar and caffeine are two hyperactive ingredients not conducive to sleep.

Limit technology/ stimuli before bed

Colourful, interactive stimuli is detrimental to your sleep because it keeps the brain active at exactly the wrong moment. Whether your children are chatting to friends, playing games or watching their favourite show, modern technology is making it harder for us all to sleep. Turn off all technology an hour or so before their bedtime. Instead they could listen to an audio book or relaxing music, take a warm bath, do some relaxation exercises or a play a quiet game like a puzzle.

Keep a regular routine

Regular sleep times help maintain our body clock’s circadian rhythm and keeping these consistent will make it easier to fall asleep. This tip is especially difficult during the school holidays when routines are often relaxed, the days are longer and activities more varied. However, it can make a big difference.

Know how much sleep is required

As a general guide, your child’s sleeping needs naturally decrease by about 15 minutes each year. Toddlers and pre-schoolers need around 12-14 hours per day, primary school-aged children should get 10-12 hours and teens will usually want 9 hours. (Grown-ups do best with about 8 hours).

Preschool Story Time

Every Friday at 3:00pm in the library there is “Story Time” for our pre-school friends. This story time is open to all of our siblings who are coming to Prep at St Joachim’s next year.

St Joachim’s Uniform

Sports Uniform

Students are required to wear their sports uniform on:

- The day of their Physical Education (PE) lesson and
- Fridays - the classroom teacher will take the class for some activity.

Monday:

SRN, MRT, JTF and PZA,

Tuesday:

SEP, MDB, JRM, JNE and PRF

Wednesday:

SEH, SFT, MHT, MJW and JDM,

How nice do these black school shoes look?

We want all St Joachim’s students to continue to always wear their black school shoes with their school uniform.

Runners are for Sport / PE day only.
**Term 1 Hats Outside!**

All St Joachim’s students are required to wear a hat at all times when outside during Term 1.

Please ensure that your child has a hat and that their name is clearly written on the inside.

Hats are available from our uniform shop for $12.00 and can be purchased directly from the uniform shop when it’s open, or by downloading a Uniform Shop Order Form (Nov. 2016) from the website and sending it to school with the correct money in a clearly marked envelope. Uniform Shop Order Forms are also available from the school office.

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**Uniform Shop**

Trading Hours

Wed 8:30 – 9:00am  
Thurs 2:45pm – 3:30pm

Tracey Craddock     Uniform Shop Coordinator  
tcraddock@sjcarrumdowns.catholic.edu.au

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**Facebook**

**Buy & Sell**

St Joachim's Uniforms

St Joachim’s families are welcome to join the St Joachim’s second hand uniform Facebook page. Search for “Buy & Sell St Joachim’s Uniforms” and ask to join. – You may pick up a great bargain!

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**At St Joachim’s we use an app to communicate with our families.**

**Tiqbiz is a two way communication app**

Parents are able to easily

- Notify the school of any student absences
- Connect to CareMonkey (used for medical and excursion permissions)
- Read the latest school newsletter
- Contact the school by email
- View and print the Uniform Order Form and Price List
- View the school website
- Organise your Parent / Teacher interviews

You’ll be notified of our

- News
- Messages
- Events
- & other communications.

Simply download the tiqbiz app to your phone or tablet.

**Search in your app store: tiqbiz**

The app is available for Android Devices, Windows Phones and iPad & iPads (Apple users need to click ‘Allow’ notifications when asked.

**Don’t have a smartphone or tablet?**

Download tiqbiz on your PC or Mac at www.tiqbiz.com

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**Find and Tick ✓**

**Log-in**

Open Tiqbiz and register/log-in

**Find**

Click the ‘Find Boxes’ and type our name into the search bar. Select St Joachim’s from the results.

**Tick**

Click the grey tick on the boxes that apply to you. When the tick turns green, you’re connected.

**Inbox**

Click on the inbox icon.

This is where you’ll receive our instant messages, notices and calendar events.
The Boon Wurrung Family School Partnerships (BWFSP) cluster would like to welcome back all our returning families and to extend a warm welcome to all our new families.

We are a cluster of 8 catholic schools working together to improve outcomes in education for our young people, by engaging and partnering with families and community.

“Family participation in education is twice as predictive of students’ academic success as family socioeconomic status” Epstein, 2005

Parents and families are children’s first teachers and they continue to help their children to learn and thrive throughout the school years. When their family’s love and support is combined with the expert knowledge of teachers, it can have a significant and lasting impact. The BWFSP cluster includes ALL families, staff and students across the cluster.

The BWFSP will include a fortnightly feature in your school newsletter and will run a range of initiatives throughout the year including workshops for families, community conversations, learning conversations and some parent lead initiatives to name a few. We are always open to input from families. To provide feedback or suggestions on how we can work with and support our families better please either contact your school’s Principal, or the Cluster Engagement Leader Justine Shachar at shaj@jpc.edu.au. If you have not already completed our brief survey distributed last year please do so via this link.

Stay tuned to your school newsletter and other communication forums for our next feature. In the meantime please follow the Boon Wurrung Family School Partnership Cluster Facebook page for articles on parenting, education, health and anything that will support us to support our young people. Here you will also finds information on supports and events within your local community and hear a little bit about the other cluster schools.
The education of our students is a shared responsibility. The Staff at St Joachim’s recognise that parents have a particularly important part to play in the educating community. We look forward to continuing to build positive relationships with our families and working with them to enhance student learning.

Paul Dwyer, Principal

Irene Stewart
Deputy Principal
Student Wellbeing
Prep Coordinator

Sheridan Kellett
Administration

Sheryl Reed
Administration

Leonie Richardson
Administration
Library / ICT

Tracey Craddock
Learning Support Officer
Uniform Shop Coor.

Katy Kelly
Learning Support Officer

Leeza Simpson
Learning Support Officer

Zeeta Andrew
Prep/- Religious Education Leader

Renee Felmingham
Prep Teacher

Lorraine Nihill
Year 1 JNE

Stef Edens
Year 1 JNE

Tracey Finnegan
Year 1 JTF

Deb McWaters
Year 2 JDM
Junior Coordinator.

Sandra Ramos
Year 2 JRM

Carla MacKintosh
Year 2 JRM
Dear Parents,

As part of our Writing program at St Joachim’s in 2017 all students in Years 1-6 will have a Writer’s Notebook.

Students use Writer’s Notebooks for recording, developing and sorting out possible ideas, observations, topics and content for personal writing. They are a resource or ‘springboard’ for writing and often the source of ideas for longer writing projects. Most of the entries in the Writer’s Notebook are in draft form so conventions, such as spelling and punctuation, may not always be corrected. These will be taught as part of the editing process as students work on their writing tasks.

The entries can include anything that is important to the writer and that provides a stimulus for writing, such as -

- Pictures, sketches, photos, invitations, personal artefacts (e.g. entry tickets, gift cards, holiday souvenirs etc.).
- Comments on personal experiences and news
- Observations arising from everyday life

Students are encouraged to bring personal artefacts, photos, souvenirs etc to school to include/write about in their Writer’s Notebook. To begin the year, could your child please bring a photo of themselves (at any age) to paste into their notebook.

Thank you for your support with our writing program. We’re looking forward to reading some sensational writing in 2017!

The Library
is open
After School on
Mon, Tues, Wed & Fri

The St Joachim’s Library will be open for after school borrowing starting this Monday, 6th February.

Students in Prep to Year 4 must have a library bag to be able to borrow books to take home.

Hopefully the students with overdue books found them over the holidays and can return them.

Parents are more than welcome

To come to the library to help their children choose books.

It may be books for your child to read independently or longer novels for you to read aloud at home.

Lost Property
is located in the Library.
Uniform Shop
Trading Hours
Wed 8:30 – 9:00am       Thurs 2:45pm – 3:30pm
Tracey Craddock     Uniform Shop Coordinator
  tcraddock@sjcarrumdowns.catholic.edu.au
If you are unable to make it to the Uniform Shop
when it’s open, you may use our

Uniform Shop Order Form
which is available on the above link,
the Tiqbiz app, the school website –
www.sjcarrumdowns.catholic.edu.au
- or can be picked up at the school office

Assembly
Every Thursday at 2:30pm
Parents Welcome
A whole school assembly is held in the school hall
every fortnight. Level assemblies are held on the
other week.

Take a Stand
Against Bullying
takeastand@sjcarrumdowns.catholic.edu.au

Lights Out = WiFi Off

Supervision
Before School
A reminder that no students should be on
school grounds before 8:20 a.m. without
parental supervision.
Many of our students are arriving at school very
early and we ask that families make use of our
Before School Care program if students are at
school before 8:20 a.m.
- This is a legal duty of care issue.

After School
The school bell goes at 3:15 to end the school
day. Children should be picked up by 3:30 or
be enrolled at After School Care (Camp
Australia).
Students picked up after 3:30 will need to be
signed out of the office.

Camp Australia
Before & After School
Care
The Camp Australia Outside School Hours
Care program is an extension of St Joachim’s
Primary School, providing children with a safe
environment in which they can explore and
play. Here’s their webpage!

We LOVE to hear
great success
stories.
Send your stories
and photos to
lrichardson@sjcarrumdowns.catholic.edu.au

No Right Turn
Reminder to parents that there is No Right Turn into
the school grounds before and after school - this
also includes the Staff Car Park.
OPEN DAY
Thursday 9th February 2017

SESSION TIMES 4.00pm & 7.00pm

We invite you to join us for an information session and tour. Please register online at:

www.jpc.vic.edu.au
Ph: 03 9784 0200
Changes to the John Paul College Enrolment Process

Some changes have been made to the enrolment process for Catholic Schools within the Archdiocese of Melbourne. These changes will not affect the enrolments of current Grade 6 students, entering Year 7 2018. However if you have a child in Grade 5, whom you are intending on enrolling for Year 7 2019 at John Paul College, you will be affected by this change.

In the past you would not be required to submit your child’s application until the end of February of their Grade 6 year. Now you will be required to submit your application for your child coming into Year 7 2019 by the 25 August 2017 (Grade 5). The enrolment process for Year 7 2019 intake has in effect been moved forward 6 months.

Enrolment applications can be completed via our website—www.jpc.vic.edu.au at any stage between now and the closing date for the coming years intakes, as you are able to select your year of enrolment ie. Year 7 2019

For further information please call Lisa Meddings on 9784 0200 or email med@jpc.vic.edu.au.

John Paul College

Enrolment Guidelines—Year 7 2018 and Year 7 2019

- Year 7 2018
  - 9th February 2017
  - Open Day
  - 17 February 2017
  - Applications close
  - March/April 2017
  - Enrolment interviews scheduled
  - April 2017
  - Letters of Offer Year 7 2018

- Year 7 2019
  - 10th August 2017
  - Open Day
  - 25 August 2017
  - Applications close
  - September/October 2017
  - Enrolment interviews scheduled
  - October 2017
  - Letters of Offer Year 7 2019
WANTED

YCW NETBALL CLUB

WANTS any interested in playing netball between 6 and 60 years of age....
Want to get fit, play a team sport, make new friends, be competitive and above all have fun.......??
If the answer is yes then the

YCW NETBALL CLUB
is the club for you.

We are recruiting now for our 2017 season and we need players of all shapes, sizes, ability and age — we need YOU!!!!!

CONTACT US—REGISTRATION DAY 7/2/17 JUBILEE PARK
5-7PM
ycwnetballfrankston@gmail.com www.ycwnetballfrankston.com

Kilbreda College
A Kildare Ministries School in the Brigidine Tradition

Year 7 2018 Enrolment Applications Closing Soon
Please note the closing date for applications is Friday 17 February 2017
For further information or to book a tour please contact the College Registrar on
9581 7766 or email melissa.dwyer@kilbreda.vic.edu.au
Term 1 Tours start at 9:00am
Wednesday 8 February | Thursday 2 March | Tuesday 14 March
Registration Day
Saturday February 18th - 12 to 3pm

Frankston Hockey Club Clubrooms
1 Bloom Street Frankston (behind Monash Uni)

All Welcome, whether you are new to the game and want to learn or an experienced player looking to join a great club.
ALL AGES
VicLeague 1, Metro, Womens and Junior Teams

Senior Enquiries: 0414 901 994
Junior Enquiries: 0487 888 032

www.frankstonhockeyclub.com
hello@frankstonhockeyclub.com

CENTRE: Frankston Hockey Club
CONTACT NAME: Ross Hull
LOCATION: 2 Bloom St, Frankston, VIC, 3199
START DATE: Thursday, 16th February 2017
EMAIL: rosshull3@gmail.com

TIME: 5:00pm
WEB: www.frankstonhockeyclub.com

ADDITIONAL INFORMATION 16th Feb come and try for free. Then 8 week Skills in Action program. Participant pack included with Stick, bag, ball, shinpads, mouthguard, singlet, and more. Registration day on Saturday 18 Feb 12pm