



SAINT JOSEPH'S CATHOLIC PRIMARY SCHOOL

School Newsletter
August 16, 2019

(04) 528 4910

www.stjosephsuh.school.nz



Kia ora Koutou - Ko te ahurei o te tamaiti arahia ō tātou mahi - 'Let the uniqueness of the child guide our work'

At St Joseph's School the Health, Safety and Wellbeing of all of our learners is major priority. There's heaps of evidence that a loving, caring and stimulating environment grows great brains, and great people. Thankfully we see this in our learners each and every day.

We also know there are stages in our learners lives where home and school need to provide some extra guidance. Helping our learners to navigate social media is the perfect example of one of these stages of development.

The media loves reporting horror stories about teens online and the negative impacts of too much screen time. Unsurprisingly, internet use can be a real concern for teachers and parents!

The negative stuff — including bullying — often comes from your children's own peer group. Name-calling and leaving kids out can happen anytime (there's no escape, through social media, even at home). Online bullying is often kept a secret from parents and teachers, due to a concern it will be managed badly, their access will be removed, and just like us, there are some things they'd rather keep private.

The temptation can be to elbow in, stamp our authority over passwords, read Instagram accounts, but research shows that all this does is create tension, reduce trust and teach young people to go 'undercover'.

Our goal here is explore how we can help (and teach) our kids to stay safe and make good choices without having to lecture, confiscate, ban or go into battle.

For additional help and ideas check out

<https://allright.org.nz/tools/sparklers/parenting-guides/>

Five ways of Wellbeing - Practice the 5 ways everyday

FIVE WAYS TO WELLBEING



International research has shown that the Five Ways to Wellbeing can help boost brain development and make a real difference to the way we feel (New Zealand research shows people who practice the five ways to wellbeing have higher wellbeing).

- **Connect...** support your tamariki to develop meaningful relationships with the important people in their lives – you can help by giving lots of hugs, by doing lots of listening, and just by being there.
- **Be active...** moving makes you feel good! Kids love to run, jump and dance. Encourage it – it's good for their body and mind.
- **Take notice...** we often tell our kids to pay attention but we never teach them how! Encourage awareness of what's going on in the world around them – for instance the season, or the good and bad things about their day.
- **Keep learning...** Kids are naturally curious and switched on to learning new things. Encourage curiosity and questions, and always keep an eye out for new experiences.
- **Give ...** Practicing kindness boosts wellbeing for the giver and the receiver. Tamariki love giving away things like pictures or hand-picked flowers – it gives them a real sense of power!

[Find out more about the five ways to wellbeing.](#)

Religious Report

Assumption of Mary Mass

On Thursday the 15th of August as a school, we honoured Mary, a human being like ourselves, but without sin, chosen to be the mother of Jesus and chosen to be the first to experience the bodily resurrection promised to all who are saved.

Mary shows us the fulfilment of our Christian destiny which is to be with God and all the angels and saints forever.

Let us today, take Mary, Queen of Heaven as our model of the Way, and let us renew our love for her as our Holy Mother.

A means to achieve this is through praying the Rosary. As Pope Francis proclaims, "Praying the Rosary as a family, is very beautiful and a great source of strength."

Ave Maria.



Fathers' Day

Soon, we will be preparing to celebrate Fathers' Day. It is a great time to share love and memories and savor those special times with dad's and grandfather's. It is also an opportunity to pray for and remember the treasured gift of fathers' who have been called by our Lord to Heaven.

Father James Lyons has presented an eloquent observation of The Lord's Prayer for Dads. The following are excerpts from this reflection, that capture the aspirations fathers hold for their families.



THE LORD'S PRAYER FOR DADS

Our Father in heaven - I am a father on earth.

Hallowed be your name - I know the wonder of fatherhood; I tremble at its power and its sacred privilege. I bow before you, the Holy One, in whom all fatherhood finds its meaning.

Give us today our daily bread - Help me to feed my family; to be there for them, to nourish and to warm, to guide and protect; to care for my wife and our children as I would care for myself.

Save us from the time of trial - As a dad I fear for my children. I want to keep them safe; I want them to grow well; I want them to find love as I have found it. And I don't want to let them down. Keep me from thinking I can do all this without you. Keep me from the fear of the unknown by strengthening my confidence in your presence in my life.

For the kingdom, the power and the glory are yours, now and forever.

Amen.

The complete prayer may be found in:

Source: There Is A Time For ... (James B. Lyons, 2016)

May you and your families remain in Christ and enjoy the days ahead. As for Fathers Day, I will leave you these final words from a student who was busy designing a Father's Day card in class for her dad. The front of the card was covered with a range of carefully drawn flowers. Inside, the words read, "Dad. If you were a flower, I would pick you."

Leyton Walker (Acting DRS)



Scoop on Sports

Y5/6 School Swimming

A friendly reminder, our senior syndicate beginning swimming in week 6, first lesson Monday 26th August. Please ensure you have returned your ability form and your student brings along their swimwear and towel for their swimming days.

Dance troupe - Hutt's Got Talent

Our school Dance troupe of 32 students performed at WalterNash on Monday evening in the first "Hutt's Got Talent" Heat, They have won a spot in the Grand Finals at the Town Hall on Friday evening!
If you would like to support them, the show starts at 7pm and they are 1 of 20 different talented acts who have qualified. \$5.00 per person at the door.
If you can't make it, do make sure you tune into TV3 The Project and keep an eye out for our students on there!
Best of luck St Josephs Dance Troupe!



Y5/6 Basketball Tournament

Last week we took our x2 Y5/6 Basketball teams, Shooters & Dribblers to compete in the UVPSA Basketball tournament at WalterNash. Both teams played strongly - wins, draws & losses, both came second in their respective pools missing out by Just a couple of points each to make the finals!

These tournaments involve a lot of waiting in between games, which can be tough - but these guys were awesome both on the court & off! A huge thank you to the parents/caregivers who came along to support & transport - we couldn't do these events without you.



Scoop on Sports

Y5/6 Netball Tournament

Next week on Tuesday, we have 2 Y5/6 Netball teams participating in the UVPSA Netball tournament at the Heretaunga Courts, thank you to the coaches and parents that are helping transport and support for our students who are attending this event.

Best of luck!

Y5/6 Football Tournament

We have a Football tournament for our Y5/6 Students coming up in week 7, registrations opened last week with electronic forms being sent out to caregivers, if your student is interested in playing but you did not receive an electronic form, please email sports@stjosephsuh.school.nz

Collins Cup

We have been invited to participate in Collins Cup this year, with Netball and Rugby, we are sending our XII rugby team and the Whero netball team. Games are played on Wednesday 4th September at St Bernard's College and Taita Netball courts.

Electronic forms are being sent over the next few days, please ensure these are completed quickly and any questions can be directed to sports@stjosephsuh.school.nz

Lacey Watkins

Zoe Krozen

Caitlin Burn

Boys:

Josh Burns

Austin Achilles

Liam Cassidy

Tamati Payne

Congratulations and best of luck!

BMX Challenge

St Josephs School students from year 1-8 have the opportunity to participate in the Upper Hutt Schools BMX challenge again this year, This is on Tuesday 17th September down at the BMX track at McLeod Street. It is for all ages, and you do not need to be a "BMX rider" to participate, however you do need a bike and to be confident riding it.

The cost is \$2.00 per student.

If your student would like to participate, please email sports@stjosephsuh.school.nz for an electronic form.

PCT (Police Physical Competency Test) - Challenge

On Friday last week Upper Hutt Cross-fit came along to trial some of our Y7/8 Students who were interested in representing our school in the "PCT Challenge" run by the New Zealand Police at Walter Nash, because there was so much interest, we trialled our students with similar obstacles and challenges and are please to announce our 8 students who will be representing us on Thursday 19th September at Walter Nash

Girls:

Sarah Tiatia

Y7/8 interzone swimming

Y7/8 Interzone swimming is taking place on 6th September this year, electronic forms were emailed out earlier this week, if your student is a confident swimmer and would like to participate, please email sports@stjosephsuh.school.nz for more information.



**WHAT
KIND OF
ADVENTURE
ARE YOU
LOOKING
FOR?**

0800 22 22 92
GIRLGUIDINGNZ.ORG.NZ

 Girl Guiding
New Zealand



YOU BE THE GUIDE

Help your daughter gain confidence, learn new skills and make new friends. Upper Hutt Pippins are looking for new members – girls aged 5 and 6 years. Pippins meet on Thursdays after school. Check out the NZ Girl Guides website for more details: <https://girlguidingnz.org.nz/join-us/pippins/>

PB4L Certificates

Congratulations to the following students who received PB4L certificates at this week's School Assembly.

Room 1: Brayden Gemmell
Room 2: James Metcalf-Burton
Room 3: Florence Fourt-Wells
Room 4: Amiria Neho
Room 5: Grace Moorman
Room 6: Harper Gillies
Room 7: Sophia Shaw
Room 8: Izabella Harrison-Ajoc
Room 9: Eric Perez
Room 10: Angad Singh
Room 11: Alaina Silva
Room 12: Aqeel Hyder
Room 14: Viah Fulgarinas
Room 16: Denisa Rathod
Room 17: Port Burke
Room 18: Eapeisi Te'o
Library: Cassidy Wratt

2019 Term Dates

Term 1	4 February – 12 April
Term 2	29 April – 5 July
Term 3	22 July – 27 September
Term 4	14 October – TBC

Uniform Shop Hours

Tuesday 8.15 – 8.45am

Wednesday 2.30 – 3.00pm



Upper Hutt College is still accepting enrolments for 2020. It is important to get your enrolment application processed within the next couple of weeks so we can arrange an interview. Please call into the office to pick up an enrolment pack or download the application from our website and drop the completed forms to the school office or email to hicksk@upperhutt.school.nz

Please note that we do not have an enrolment zone and we welcome enrolments from all students, regardless of the area in which they live.

If you have any questions about this process or would like to know more about Upper Hutt College, please do not hesitate to contact us. We look forward to receiving your enrolment.



School Gala

Friends of St Joseph's School are holding a Gala on Sunday 3 November 2019 at the school in Pine Avenue in Upper Hutt from 10.00am to 3pm rain or shine.

We are having many varied stalls and if you wish to have a stall at the gala the cost is \$50.00 or 20% of your turnover. We are able to supply a table and 2 chairs if you require them.

Please contact Tracy Sharpe at the school office email: tracy@stjosephsuh.school.nz or ring on 04 528 4910 and leave your details and someone will contact you.

Kind Regards

Gala Committee



Kids Market & Bake Sale Trentham School Hall Saturday 7th September 10.30am

IN SUPPORT OF [PROPERTY WASH SERVICES- THE 8TH COUNT LA TOUR 2020]

GRAB A BARGAIN - ALL TABLES RUN BY OUR DANCERS

BOOKS TOYS CLOTHES SOMETHING FOR ALL AGES BOYS & GIRLS
OR GRAB SOMETHING FROM OUR BAKE SALE