



SAINT JOSEPH'S CATHOLIC PRIMARY SCHOOL

School Newsletter
24 February 2023

(04) 528 4910

www.stjosephsuh.school.nz



Kia ora te Whanau

FIVE TIPS TO HELP MANAGE SCREEN TIME

Understand what they're doing: Talk to your kids about what they're using digital technology for, so you have a better understanding of how they're spending their time. Are they using the internet to learn? To communicate and create friendships with others? To create music or videos?

Help them to self-manage screen time: As children get older it's important to teach them how to manage their own screen time. You can start this by talking to them about their time online and how to manage it. Some questions you could ask are:

- How much time do you think you spend online in a day?
- How can you tell when you've been online too long? (E.g. phone starts getting hot, eyes get sore or tired, start to feel unproductive or mood starts to change)
- How do you feel when you spend too much time online?
- What are some of the positive benefits of putting down your phone and doing other activities?
- What are the different ways you could manage your time online?

Some social media platforms have tools to help you keep track of how much time you're spending online and allow you to set up an alarm to notify you once you've spent a certain amount of time online. For Instagram, go to "Settings" and then select "Your activity". On Facebook, this is under "Settings & Privacy" and then select "Your time on Facebook". There are also phone settings and other apps that help you manage your time online too.

Set boundaries: Younger children will generally need more boundaries for spending time online, whereas teens will need more education to help them manage their own time. Parenting has always involved setting boundaries and explaining the responsibilities and

expectations a family has for their children – just like you do when it comes to bedtimes, chores or learning to drive.

- Set boundaries when a child gets their first device means it becomes normal for internet time to be limited in your household and less difficult to enforce later on.
- If your child has already been using devices for some time, an open discussion around any changes is a good idea to help them understand your motives.
- Parents should also model good behaviour around screen time.
- Encourage your children to balance the time they spend online with other activities they enjoy.

Is your child spending too much time online? If the time your child is spending online is having a negative effect on other areas of their development, it's important to look at their internet use. Some of the questions for you to think about include:

- Is excessive internet use affecting their sleep or the quality of their schoolwork?
- Has their behaviour changed? Do they become angry or even aggressive if you try to limit their time online?
- Are they spending so much time online that other hobbies are becoming less important?

If your children take their phone to bed with them to ensure they can keep communicating with friends late into the night, this can lead to disrupted sleep and leave your children tired, grumpy, keen to skip school or have an impact on their learning.

A change in behaviour may also be clues to other issues such as cyberbullying or grooming, so it pays to ensure your children feel they can share problems with you. Assure them that you can talk to you about any problems they come across online, and that you won't take their device away if they ask you for help. This is often a barrier for young people seeking help from parents.

Special Character

Kia ora e te Whānau,

Last night, we met for the parent evening of the Baptism Programme. It was wonderful to get together as a group and discuss the programme, which will see 27 tamariki complete their first Sacrament of Initiation in the first couple of weeks of March. The 27 tamariki and their whānau are all in our prayers while they complete this part of their faith journey.



On Wednesday this week, we celebrated Ash Wednesday with a liturgy at Church. The tamariki and staff all received ashes on their forehead as a symbol of Jesus' sacrifice and his love for us. Ash Wednesday is a reminder that we all make mistakes and sin, but it is through our prayer and penance that we find forgiveness.

Ash Wednesday marks the start of Lent, a time when we remember that Jesus spent 40 days in the desert fasting and resisting temptation. This Lent, each class and child has made a Lenten promise, focused around fasting, prayer, and charity. A Lent promise is something that helps us become a better version of ourselves and strengthens our relationship with God.

This term, Camillus is learning about the Catholic Social Teaching of Human Dignity and how we are all made in the likeness and image of God. Through our integrated inquiry, Whanaungatanaga, Who am I, my own self, we are exploring how we are all part of our own unique whānau, and all have our own needs. We will explore the difference between equality and equity and understand that being fair does not always mean everyone gets the same but gets what they need.



PAID UNION MEETING FOR TEACHERS – SCHOOL FINISHING AT 1PM ON MONDAY 27TH FEBRUARY

We have been notified by NZEI of nationwide paid union meetings for teachers occurring in the week beginning February 27th. All union members are legally entitled and encouraged to attend this meeting to discuss collective agreement contract negotiations. There is only one meeting offered in this area which all our teaching staff who are members will be attending. To accommodate this, we will finish at the earlier time of 1pm. Our after-school care facilities will be available for all current customers that are booked in for care on this day.

We appreciate that this will be difficult for some families. We will have a very skeleton staff remaining at school (consisting of Mr Herrick, Mr Barry, Miss Hewitt and some of our Teacher Aides) so we are able to offer supervision to any children who are not able to be collected early.

We thank you for your cooperation and support for our teaching staff as they fight for the best educational opportunities and access for your children.

PTA- Parent, Teachers Association-Thursday 9th March, at 6 pm in the staffroom

The PTA are holding their AGM on Thursday 9th March, at 6 pm in the staffroom. We welcome new parents to join and be part of a fun group supporting the school in fundraising.

Kaitiaki-Thursday 9th March, 7pm in the staffroom

The Kaitiaki group, are Māori and Pacific parents who meet together once a month, to discuss how we can support our children and the school. Come along and join us for some laughs and make connections. This is our first meeting in over a year, so we welcome new parents to come along.

Sports

Sports for term 1 are well underway.

We have lots of students participating in touch, basketball, and floorball.

Fees can be paid online or at the school office. Thank you so much to the parents who have given up their time to make this possible for our children.

There are several sporting opportunities coming up during the school day. Please keep an eye on your e-mail as I will be communicating through there.

Let's Get Movin' in March!

We're a Movin' March school and counting down to Wednesday the 1st March when we'll start stamping passports at the gate as part of the Walk or Wheel Passport Challenge all through March. Walking or wheeling to school is a great way to get active, know your neighbourhood, kick start learning for the day AND take care of the environment.

Park & Stride

If you live 'too far away' why not try a Park and Stride? You can still get your passport stamped at the gate! It helps reduce congestion around the school gate, gives tamariki exercise and whānau get to share precious moments on the way to or from school. (A good suggestion would be to park 500M away from school)



Congratulations to Safira Schultz

(Former student - Year 2021)

Safira is one of 33 girls selected throughout NZ for the NZ U15 Development DX Softball Squad 2023.

Her squad will compete in the Easter Classic Softball Tournament in Auckland. The naming of the World Cup team will be at the conclusion of the tournament.

This team will Travel to Japan in October.

We wish her all the best in Auckland & hope she makes the World Cup Team too.



Year 8 Student Leaders

On Sunday, ten of our Year 8 leaders, alongside Mr Herrick, Mr O'Halloran, and Mrs Ede, spent three days at Omori, Taupo, on a leadership camp. We are looking forward to putting our plans and projects into action.



2023 School Dates



ST JOSEPH'S SCHOOL DATES FOR 2023

TERM DATES

Term 1 - Wednesday 1st February to Thursday 6th April

Term 2 - Monday 24th April to Friday 30th June

Term 3 - Monday 17th July to Friday 22nd September

Term 4 - Monday 9th October to Thursday 14th December

TEACHER ONLY DAYS

Term 2 - Monday 24th April

Term 4 - Friday 20th October

PUBLIC HOLIDAY

Term 1 - Monday 6th February: Waitangi Day

Term 2 - Tuesday 25 April: ANZAC day
- Monday 5th June: Queen's Birthday

Term 4 - Monday 23rd October: Labour Day

PUBLIC HOLIDAY in the School Holidays

Friday 7th April: Good Friday
Monday 10th April: Easter Monday
Friday 14th July: Matariki

Uniforms Sales are through NZ Uniforms.



St Joseph's Upper Hutt Web Shop

NZU

Welcome to the St Joseph's Upper Hutt Web Shop:

Your new easy to use Web Shop platform is now live.

If you need to try on uniform items for sizes these are available at our retail location based in Lower Hutt at 92 High Street.

Follow your personalised URL:

<https://stjosephsub.nzuniforms.com/>

Items will ship in 1-2 business days and will be sent with a pre-paid return bag if you need to swap any sizes.

If you have any queries please reach out to our friendly customer services team.

Introducing the NZ Uniforms Uniform Club to families of students attending St Joseph's Upper Hutt School.

The Uniform Club works by allowing you to add payments to a Uniform Club card, which can then be redeemed online.

The Uniform Club helps you save for your child's School Uniform throughout their school journey.

Join our Uniform Club and we'll encourage your savings for your child's School Uniform. You will receive a 10% discount* off purchases made using your card on a great range of products such as Dr Martens, Ascent and Vans shoes and Jansport bags (*Excludes School Uniforms).

customerservice@nzuniforms.com

nzuniforms.com

WEARING IS BELIEVING

House colour hats are available for sale from the School Office until the end of Term 1.
The cost is \$20.

Tuck Shop 2023

Tuck Shop 2023 is returning soon through Lunchonline.
More information to come.

News from your Year 8 leaders..



On Sunday, the Yr 8 leaders, Mr Herrick, Mrs Ede and Mr O'Halloran set off to Taupo for a 3-day leadership camp. Here are their highlights:

My favourite part of leadership camp was playing in lake Taupo with my friends. We had so much fun and we did so many activities, such as the biscuit and going to see the waterfall. I really enjoyed leadership camp and I wish I could do it again.
Carmen Edassery

I had a lot of fun during the ride there, I hung out with my friends and shared some chips with Mitchell in the van, although the van smelt a bit weird, I still had fun!

My highlight of the camp was hearing Carmen laugh every day and flying off the water biscuit.
Jack Allen

My favourite things at the camp were the biscuits because we went flying around the water and got to push people off.
Fritz Pagtakhan

My highlight of camp was spending time with the other leaders and the rock jump.
Mitchell Wallace

One of the highlights that I have enjoyed about camp is the biscuits because I was able to enjoy some time with my friends and fall in the water a lot. It was amazing to experience camp with people I have never hang out with.
Elenoa Tokalautawa

My highlights from camp are when I got to go on the biscuit with a bunch of friends, Playing spotlight and winning, Nights when we slept in the basement, The car rides and the car stops and lastly the free Maccas for dinner.
Allissa Wratt



WELLINGTON PACIFICA FESTIVAL 2023- BY Mitchell Wallace

On the 11th of February, I attended the Wellington Pacifica Festival which was held at Waitangi Park.

Even though I wasn't representing St Josephs School, I took the opportunity as Cultural Leader to build on my cultural awareness to further help the school and support my role.

The day began with a karakia and then the stage was open to heaps of different performances. There were many stalls offering a variety of different foods from raw fish to chop suey to Raro Donuts and Panikeke. There was also lot of arts and crafts for sale from many different pacific nations.

I had the honour to meet Paul Eagle MP for Rongotai and I also met some of the Pacific Liaison Team for the NZ Police.

I also had the opportunity to learn how to play the Cook Island drums which was fun!

Here are some photos from my day:



PB4L Certificates Student of the Week

Congratulations to the following students who received PB4L certificates in weeks 3 and 4.

Room	Week 3	Week 4
1	Elizabeth Morrison	Isabella Ebrahim
2	Hritika Panchal	Mishika Sharma
3	Sophie Coard	Mia Mason
4	James Tansell	Islah Fainga'a
5	Zachariah Rapana	Claire Chuah
6	Tyson Wallace	Lorraine Hernandez
7	Mirabelle Militante	Eva Amith
8	Hunter Jurgeleit	-
9	Scarlette Van Wyk	Max Zangerl
10	Louie Raymond	Ropa Muzambi
11	Harfateh Dhaliwal	Gianna Jimenez
12	Matthew Remnant	Alicia Punnilam
13	George Taufatoutai	LeBron Best-Hutchison
14	Dakshina Narendrn	Maithreyha Natarajan
15	Tupou Ofa	Carter Meek
16	Zach McNeil	Keone Rodriquez
18	Milah Pasi	Grace Moorman
19	Te Koha Tuiletufuga-Nicholls	Brooklyn Wratt
20	Noah Smith	-
21	Eli Carter	Maddie Hill
22	-	Evie Lyttle



ST JOSEPH'S SCHOOL NON-UNIFORM DAY

FRIDAY 3RD MARCH

Our hearts and prayers go out to the whānau and communities affected by Cyclone Gabrielle. As a school, we would like to contribute to helping those in need. On Friday 3rd March we will have a non-uniform day. Children are invited to bring a gold coin donation to school, all funds will be collected and passed onto Red Cross Gabrielle, relief fund.

No amount is
too small to give.



Goodtime Music Academy

Goodtime Music Academy wants to say a big welcome back to all of the whanau at St Joseph's School. GTMA is now taking enrolments for 2023 in-school music lessons now. If you want your child to be a part of these award winning music lessons, and want to be a part of their new curriculum and performing opportunities, then in-school lessons may be the solution for you. Learn in a group setting, and choose between Drums, Guitar, Keyboard, Ukulele. Or try their 'Intro to Music' course. Please visit www.goodtimemusicacademy.co.nz/learn-at-school to enrol and enquire. You can also call them on 04 568 2237. Spaces are limited so get in quick!



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