



## THE WORD FROM ST. JOSEPH'S

*Always faithful to God, ourselves and others in the Spirit of the Mercy Tradition*

*St Joseph's promotes the safety, wellbeing and inclusion of all children*

### TERM 3, VOLUME 15

15<sup>TH</sup> SEPTEMBER 2023

#### IMPORTANT DATES

15<sup>th</sup>: Last Day of Term 3  
Newsletter Day

#### TERM 4

##### Week 1:

October

2<sup>nd</sup>: First Day of Term 4

3<sup>rd</sup> - SLC Water

6<sup>th</sup>: Familiarisation Program

4<sup>th</sup>: FLC Skillzone

##### Week 2:

9<sup>th</sup> - FLC Water Familiarisation  
13<sup>th</sup>: Program

10<sup>th</sup>: 2024 Fete Meeting at  
5.00pm

11<sup>th</sup>: FLC Skillzone  
Bee on the Team  
Incursion

12<sup>th</sup> - MLC Swan Hill Pioneer  
13<sup>th</sup>: Settlement Camp

13<sup>th</sup>: Newsletter Day

##### Week 3:

16<sup>th</sup> - Healthy Harold Life  
20<sup>th</sup>: Education Van

19<sup>th</sup>: FLC Pevan & Sarah  
Excursion

20<sup>th</sup>: Assembly at 9.00am  
Grade 2 Outdoor  
Education Program &  
Sleepover

#### St Joseph's Weekend Mass

Saturday at 6.00pm

Sunday at 10.30am

To the Community of St Joseph's,

As we say goodbye to the chill of winter and welcome the warmth of spring, I wanted to take a moment to reflect on our journey together so far this school year. It's been an incredible journey of learning, growth, and resilience, and I'm immensely proud of our entire St. Joseph's community for the dedication and determination you've shown.

I would also like to express my deep appreciation to our dedicated educators and staff who have been the guiding lights in our students' educational journey. Your unwavering dedication, creativity, and passion for teaching have truly made a difference in the lives of our students.

As we head into the spring holidays, I encourage you to take this time to relax, recharge, and spend quality moments with your loved ones. It's a time for rejuvenation, reflection, and embracing the beauty of the season. Whether you're embarking on a family adventure or simply enjoying a peaceful staycation, I hope you find joy in every moment.

**FEAST DAY OF ST CATHERINE McAULEY** ~ During the school holidays the Feast Day of Saint Catherine McAuley will be celebrated. At the end of Term 3, we have been focusing on learning more about our school Charism/history and developing their understanding of the Mercy Sisters/Values and their significance to our school.

*Loving God, you chose Catherine McAuley for the service of your people who are poor, sick and uneducated.*

*You inspired her to found the Sisters of Mercy that these good works might endure.*

*Give to each of us a portion of her compassionate spirit and ardent desire to serve your suffering people.*

*Bless all our undertakings and grant that union and charity may always thrive among us. Graciously hear our prayer for Catherine, and by granting the favors we ask through her intercession, hasten the day when her sanctity will be celebrated by all the church.*

*Amen*

**FAREWELL** ~ I would like to take this moment to express our deepest gratitude and heartfelt appreciation to our dedicated staff members Hannah Kavanagh and Tanya Sleeman, who will be leaving us at the end of this term. Your contributions have left an indelible mark on our school. We wish you all the very best for your next chapter.

**SCHOOL UNIFORMS** ~ School uniforms will be available for purchase from Worklocker, from Monday 2<sup>nd</sup> October 2023. Thank you to Sarah Grasso and Anita Curry, our Uniform Shop Coordinators, for donating their time to running the uniform shop over the past few years, from ordering stock to coordinating the volunteers. Thank you to the volunteers who assisted every week in running the Uniform Shop.

#### TERM 4 IMPORTANT DATES:

**Monday 2<sup>nd</sup> October:** First day of Term 4

**Tuesday 3<sup>rd</sup> - Friday 6<sup>th</sup> October:** SLC Water Familiarisation Program. Volunteers are needed. If you can help, please email [info@sjcobram.catholic.edu.au](mailto:info@sjcobram.catholic.edu.au)

**Thursday 12<sup>th</sup> - Friday 13<sup>th</sup> October:** MLC Swan Hill Camp

**Wednesday 13<sup>th</sup> December:** Grade 6 Graduation Ceremony

May God bless you and hold you in His loving care,

*Sarah Iddles*

Sarah Iddles

Principal

#### 'Acknowledgement of Country'

We acknowledge and pay respect to the traditional custodians of the land on which we gather, the land of the clans of the Yorta Yorta Nation.



# JUSTICE



Our Mercy Value and Sr Austin award focus this week is showing **JUSTICE**. Sr Mary Austin was a Sister of Mercy and a very special person to the school community here at St Joseph's. She was someone who believed that everyone deserved to be treated fairly and with respect.

*We can be just like Sr Austin and show Justice too.*

Some ways we can show **JUSTICE** here at St Joseph's are:

- following the rules
- being kind by including others
- being openminded and listening to other opinions
- standing up for what is right and what is kind

What are some other ways you think you can show Justice this week?

Let's all try and show Justice to others today.



## SEASON OF CREATION

The Season of Creation. This season will finish on the 4<sup>th</sup> October - the Feast Day of St Francis. During the school holidays it would be beneficial to discuss, notice and appreciate creation around us. This could be while traveling and visiting a special place, going for a walk and in our own backyards.



A Mighty River  
Amos 5: 24

**Let Justice  
and Peace Flow**  
Season of Creation 2023

## R U OK? DAY

On Thursday, we celebrated R U Ok? Day. Our Grade 6 leaders planned and organised activities and provided everyone with a special treat to remind us of the importance of checking in with our friends and having a '**chit-chat**'.

Well done and thank you to our school leaders for always showing a care for others and reminding us of the simple but important ways of being kind to each other.



to the following students who will be celebrating a birthday from **Sunday 17<sup>th</sup> - Saturday 14<sup>th</sup> October**: Dooley Quinane, Deegan Wilson (18<sup>th</sup>), Charlie Chadwick (19<sup>th</sup>), Ruby Thomas (21<sup>st</sup>), Hollie O'Loughlin, Jack Volange (26<sup>th</sup>), Mabel Murray (28<sup>th</sup>), Tomasi Koroi (1<sup>st</sup>), Jack Brown (2<sup>nd</sup>), Evie Russell, Adam Stronge, Alex Vrana (3<sup>rd</sup>), Lachlan Sullivan, Nina Tilley (4<sup>th</sup>), Porter Hay (6<sup>th</sup>), Ethan O'Malley, Hollie Shead (8<sup>th</sup>), Asha Gemmill, Edie Gemmill, Vienna Verduci (9<sup>th</sup>), Ethan Madgwick (12<sup>th</sup>), Anna Hickey (13<sup>th</sup>).



**AUSTRALIAN  
SKIN CANCER  
FOUNDATION**

✉ info@ausskincancer.org  
🌐 australianskincancerfoundation.org  
📱 @ausskincancerfoundation  
#getaskincheck



OUR MISSION IS TO PROVIDE  
SUPPORT, EDUCATION, FUND  
RESEARCH AND DRIVE ADVOCACY  
FOR MELANOMA AND  
NON-MELANOMA SKIN CANCERS.

**MATT SMITH VAUGHAN SADLY  
PASSED AWAY TO MELANOMA  
AND HIS LEGACY WAS TO  
ENSURE EVERYONE LIVES A SUN  
SMART LIFESTYLE.**



## follow SUN SAFETY RULES



## KNOW THE SKIN CANCER alphabet

- A** **Asymmetry**: Moles that have asymmetrical appearance
- B** **Border**: Uneven, scalloped, jagged or notched borders
- C** **Colour**: A mole with more than one colour
- D** **Diameter**: The diameter of mole is usually larger than a pencil eraser,
- E** **Evolution**: Moles that evolve suddenly in size, shape, colour, crusting, itching or other traits.

**BECOME FAMILIAR WITH YOUR SKIN SO  
THAT YOU'LL NOTICE CHANGES**

To help promote the importance of applying sunscreen during the day, we would like you to talk to your child/children at home and ensure your child has roll on sunscreen in their bag for them to use at school. As a school, we will encourage students to wear sunscreen, talk about it at assemblies and promote it through the newsletter and social media.

If your child is allergic to the Woolworths brand 50+ Sunscreen or you do not wish for your child to apply this sunscreen at school, please email [info@sjcobram.catholic.edu.au](mailto:info@sjcobram.catholic.edu.au) before the end of Term 3.

## FOUNDATION LEARNING COMMUNITY NEWS

Wow, we are at the end of another term of learning. We would like to say a huge THANK YOU to Mrs Wiles who has been in our space for the last four weeks. We look forward to welcoming Mrs Percy back in Term 4.

We are very pleased to see the students making progress in their reading this term. An area to continue developing from now on is our fluency, that being, reading with appropriate expression, accuracy and at a good pace. If you feel that your child is doing this well, an area of extension could be to ask them the comprehension questions in the back of their reader or write a sentence about one of the pictures in the story.

**Lost Property:** If you have lost a jumper or jacket during the winter months, please come in and check out our lost property on top of the bag lockers.

**Excursion:** Keep your eyes out for a letter in the first couple of days back regarding our Term 4 excursion.



## JUNIOR LEARNING COMMUNITY NEWS

### Caritas Australia Season of Creation Art Competition:

Congratulations to all the students in JLC who won the Caritas Australia Season of Creation Art competition, Bishop's Choice award! A fantastic achievement for our students and school as we were one of 90 entries across the country. Kerry Stone from Caritas Australia presented our certificate during last week's assembly. The colourful creation is on display in the office for you to view.



**Grade 2 sleepover:** A letter has been emailed, regarding the Grade 2 sleepover on Friday 20<sup>th</sup> October. This note includes all the necessary information required. Please complete the permission form on PAM.

**Thank You and Farewell:** This term we have been blessed to have Ms Tanya Sleeman as part of our learning community. Tanya is moving on in term 4 and we wish her all the very best and thank her for all she has done for the staff and students.

## SENIOR LEARNING COMMUNITY NEWS

**"Rock Bottom" Production:** Our production, "Rock Bottom", was an outstanding performance of talent and dedication. The students delivered an unforgettable performance. The enjoyment of the audience was evident with the laughter, the dance moves and the applause.

Their hard work and commitment truly shone through, making it a production to remember. As we come to the end of Term 3, the cast and crew can take a well-deserved rest, knowing they've left a lasting impression with their exceptional performance. It was truly a 'rocking' success!

**Water Familiarisation Program:** As we kick off our Water Familiarisation program on the first Tuesday of Term 4, please remember to bring all the required swimming gear. We are still need of 4 volunteers for each session. If are able to help, please email [info@sjcobram.catholic.edu.au](mailto:info@sjcobram.catholic.edu.au)

**Welcome Back:** We welcome Mr Gemmill back at the start of Term 4. We hope he had an amazing holiday.



# COBRAM HOLIDAY PROGRAM

**BOYS & GIRLS**  
 5-14  
 Years  
 old



**Join the Skillzone team for an action packed Multi-Sports school holiday program. Participants will work in groups of 15 per coach and with children of similar age.. Dont forget to pack lunch & water bottle.**

**Dates & Times**  
 Mon, Tue, Wed, Thur, Fri  
 18th, 19th, 20th, 21st, 22nd  
 25th, 26th, 27th, 28th, 29th  
 9.00am - 3.00pm  
 early drop off from 8am & late pick up til 4pm

**Location**  
 Cobram Sports Stadium

**fee's**  
 \$35.00 or \$149 full 5 days



**SKILLZONE**



**Register via website**  
[www.skillzonesports.com](http://www.skillzonesports.com)



# Spring

## School Holiday Program

Monday 18 - Thursday 28 September 2023

## Cobram Primary School

P: 0499 799 251

A: 78-98 William Street Cobram VIC 3644

E: [cobramoshc@ymca.org.au](mailto:cobramoshc@ymca.org.au)



SCAN FOR BOOKING

INSTRUCTIONS

Monday 18 - Friday 22 September		Monday 25 - Thursday 28 September	
<b>WILDLIFE WORKS</b>	Mon 18	<b>POTTERY CREATIONS</b>	Mon 25
We're joined by the team at Dutch Thunder as we learn about our native wildlife and Australia's most famous animals! Incursion   Cost: \$105.00		A local community member will teach us some cool pottery tricks. Then we'll use our imagination to make unique clay creations. Incursion   Cost: \$105.00	
<b>FLIPPING FUN - BOUNCE WOODONGA</b>	Tues 19	<b>MOVIES - VILLAGE CINEMAS SHEPPARTON</b>	Tue 26
Get your comfy clothes on, we're going trampolining! Heaps of tramp, foam pits and challenges to keep everyone active and entertained. Excursion   Cost: \$130.00		Lights, camera, action! Sit back and relax, because we're heading to our local cinema to watch the latest new release movie. Excursion   Cost: \$115.00	
<b>WOODWORK CREATIONS</b>	Wed 20	<b>GREEN THUMB'S</b>	Wed 27
Get ready for a day on the tools. Our hammers and nails are waiting for you to build awesome woodwork creations to take home. Incursion   Cost: \$105.00		Our friends from Bunnings here to teach us all things gardening! Planting, decorating and you'll even get a plant to take home! Incursion   Cost: \$105.00	
<b>MESSY DAY</b>	Thu 21	<b>FOOTY FEVER</b>	Thu 28
Today we will be getting messy! We will make our own Goop, Cloud Dough, Playdoh and so much more! Bring a change of clothes! In-House Day   Cost: \$90.00		Dress in your favourite team colours and enjoy a day of games. Options available for all skill levels. In-House Day   Cost: \$90.00	
<b>SOCCER FEVER</b>	Fri 22	<b>CLOSED</b>	Fri 29
Dress in your favourite team colours and enjoy a day of soccer skills and games. In-House Day   Cost: \$90.00		The program is not running in recognition of the AFL Grand Final Friday.	

### Please note:

Items to bring everyday: lunch and snack (nutritious and not free), water bottle, sun smart hat, weather appropriate clothes and shoes.  
CCS subsidy: the prices above are not inclusive of any Child Care Subsidy (CCS) entitlements. Please see our website for arrival times and details.

Please see our website for information on how to book, child care subsidy, arrival times, FAQs and current program information. Printed program details accurate as of 18 AUG 2023  
[www.childrensprogramms.ymca.org.au/school-holiday-programs](http://www.childrensprogramms.ymca.org.au/school-holiday-programs)





# Cobram Lawn Tennis Club 2023/24 Junior Saturday Morning Tennis

The Saturday Morning Junior Tennis Season begins on

**Saturday 7<sup>th</sup> October 2022**

9am for Registration & Grading/Warm-up Hitting

**Saturday 15<sup>th</sup> October 2022**

9am for Game play and Hotshots

Past, current and new players are welcome.  
Come and join us for a fabulous Summer of tennis.

To register email:

**cdjta@yahoo.com by 4<sup>th</sup> October 2023**

With queries contact:

**Matthew Ross-Soden 0400 593 583**

**Jane Janssens 0407 884 982**



Please follow our  
Facebook Page:  
Cobram Lawn Tennis Club



# BAROOGA LITTLE ATHS

@ REC RESERVE, BURKINSHAW ROAD, BAROOGA

## SEASON 2023

**COME AND TRY NIGHTS -**

**MONDAY 4TH & 11TH SEPTEMBER 2023**

**COMPETITIVE NIGHTS RUN -**

**18TH SEPTEMBER - 4TH DECEMBER 2023**

**PRESENTATION NIGHT -**

**11TH DECEMBER 2023**

**MONDAY AFTERNOONS FROM 4:45PM**

**FOR CHILDREN AGED  
5-16 YEARS OLD**



**RYAN MCDIARMID  
0428 849 831**

**OR**

**HAZEL MCDIARMID  
0429 630 026**

**4MCNUTS@GMAIL.COM**

**\$110 PER CHILD**



*You're Invited!*

Fundraising Committee

# JUNIOR Disco

STRICTLY 6-12 YEARS OLD, NO PASSOUTS

**FRIDAY 22 SEPTEMBER 2023**

**6:30PM - 8:30PM**

St Margaret Church Hall  
Pine Street, Cobram

**\$5 ENTRY AT DOOR**

food & drinks to purchase (including slushies & popcorn)

Fun glow items available to purchase - \$3ea

Contact the fundraising committee at [fundraisingleague23@gmail.com](mailto:fundraisingleague23@gmail.com) if you have any questions

**CVGT employment** **ParentsNext**

*"I am blessed to know my ParentsNext support coach. My family have noticed how happy I have been."*  
- Mel, ParentsNext participant

*"The ParentsNext program is too good not to be used to its full extent."*  
- Tracey, ParentsNext Transition Support Coach

**How can ParentsNext help you?**  
You will be assigned a dedicated ParentsNext coach to support and encourage you to:

- Identify your education and employment goals
- Create a plan to achieve your goals
- Balance your family responsibilities with work or study
- Access activities and services in your local community
- Increase your educational qualifications
- Explore new career opportunities
- Access financial assistance for education, training, employment related expenses\*

\*Based on individual circumstances and in line with eligibility criteria.

**Supporting parents to achieve their goals**

**Still finding your feet?  
Or have goals you want to achieve?**  
Your life is unique, and we understand life can be a juggle with family. Our ParentsNext program will support you to build your skills and confidence. You can achieve your education, training, and employment goals with us.

**When you're ready, we'll be ready!**

**132 848**  
[cvgt.com.au](http://cvgt.com.au)

CVGT Employment is committed to providing and promoting a safe environment for children.

Scan to find out more

MCPN07-0623





**Share your world  
Be a Foster Carer**

## Could you be a Foster Carer?

If you've ever thought about becoming a Foster Carer, now is the time!

We are seeking singles and couples to provide stable, nurturing homes for children in your local community.

To find out more scan the QR code or call Louise on **0437 262 194**.



**LIFE WITHOUT BARRIERS**

[lwb.org.au/foster-care](http://lwb.org.au/foster-care)



## YARN-UPS at Cobram

**Many Mobs Indigenous Corporation and NCN Health invite the community to join our Yarn-Ups.**

*Our vision is to bring everyone together. We want to share culture, knowledge, stories, traditions and connect individuals to relevant services.*

*We welcome anyone regardless of what mob you're from. Come along and have a cuppa with us and a yarn. The group is hosted by local indigenous peoples, for all people.*

**NCN Health Cobram Training Room (via main entrance) 11am – 1pm.**

Yarn-Ups held monthly, third Monday of the month:

Monday 15th May 2023	Monday 18th September 2023
Monday 19th June 2023	Monday 16th October 2023
Monday 17th July 2023	Monday 20th November 2023
Monday 21st August 2023	



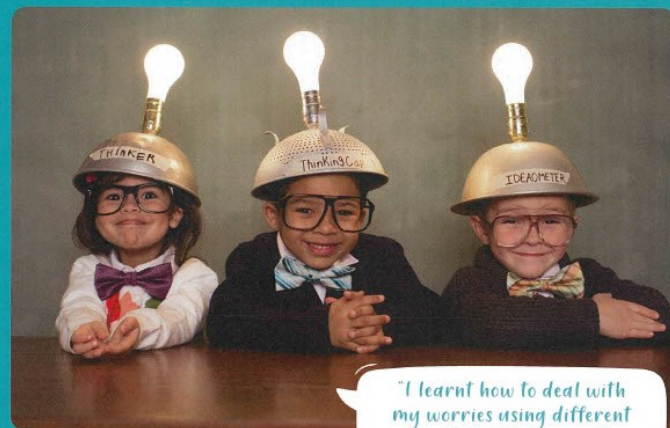
**NCN Health**

Nathalia  
Cobram  
Numurkah

Need more information  
email: [Sheridan.davies@ncnhealth.org.au](mailto:Sheridan.davies@ncnhealth.org.au)  
Or phone: **Aunty Iris Troutman 0477 528 246**

# STRESS BUSTERS!

Anxiety management and wellbeing program  
for kids and young people



"I learnt how to deal with  
my worries using different  
breathing techniques!"  
- Vanessa, grade 3

Would your child benefit from:

- understanding how their emotions work?
- learning how to manage those big emotions or anger outbursts?
- strategies to build their resilience in difficult situations?
- developing practical tips and tricks to help calm themselves?

*Stress Busters!* is a free program of 4 x 1-hour sessions, delivered in small groups or in one-on-one sessions.

For more information please call Kate McKernin on 0418 446 692.



*Stress Busters!* is led by qualified mental health practitioners and delivered by CatholicCare Victoria's Family Mental Health Support Service.  
[www.catholiccarevic.org.au](http://www.catholiccarevic.org.au)