



St. Joseph's Primary School

Nolan Street, Kerang

Tel: 03 5452 1426

Fax: 03 5450 3657

e: principal@sjkerang.catholic.edu.au

www.sjkerang.catholic.edu.au



Newsletter No. 33

Friday 7th November 2025

Events Calendar...

Next Week ...

Tuesday 11th November

- Remembrance Day Service
- Grade 6

Friday 14th November

- Transition Day #1 – 2026 Foundation Students
- Caritas Leadership Day – Echuca – Grade 5

Advance Notice ...

Thursday 20th November

- Rotary Leadership Dinner – Grade 6 – 6pm

Monday 24th November

- Grandparents Day

Friday 28th November

- Transition Day #2 – 2026 Foundation Students

Monday 1st – 4th December

- Year 5/6 Camp Wilkin

Tuesday 9th December

- Step Up Day
- Transition Day #3 – 2026 Foundation Students

Tuesday 16th December

- End Of Year Mass & Last Day of Term 4 (students)

Please note dates may change for various reasons.

All dates can be found on the St Joseph's App and website.

St Joseph's is a Child Safe school.
We promote the Safety, Wellbeing & Inclusion of all students.

Catholic Schools
Child Safe Schools

Dear Families

Year 3/4 Camp

I've had the pleasure of attending the Year 3/4 camp at Billabong Ranch over the past few days. It's been wonderful to see the students embracing new experiences, building their resilience, and most importantly, having fun. They took part in a range of exciting activities, including orienteering, bungee trampolines, camel riding, low ropes, bush craft, bush first aid, and more. The three days were certainly busy and full of adventure!



Unfortunately, a few students had to leave early due to illness, but I'm sure the time they did spend at camp was still enjoyable and memorable.

A big thank you to Miss Jennings, Mrs O'Connell, and Brodie for all the time and effort they put into planning and supporting the camp to ensure our students had such a positive and rewarding experience.



Grandparents' Day – Monday 24th November

One of our favourite days of the year is fast approaching – our annual **Grandparents' Day**! We're always delighted to welcome visitors from near and far to share this special occasion with us.

The day will follow a similar format to previous years, beginning with classroom visits where grandparents can spend time with their grandchildren, followed by an assembly under the COLA featuring student performances. We will then enjoy a shared morning tea with plenty of delicious treats on offer.

Schedule for the day:

- **9:30am** – Classroom visits
- **10:30am** – Whole school assembly (student performances)
- **11:00am** – Shared morning tea

We kindly ask families to bring a plate of food to share for morning tea.



Sporting Success



A huge congratulations to Maya, who competed yesterday in the State Athletics Championships at Lakeside Stadium, Albert Park in Melbourne.

Reaching the State level is an incredible achievement and something to be extremely proud of. Maya placed an impressive 10th in the U12 girls Shot Put and 13th in the Discus.

An amazing achievement against some of the best young athletes in Victoria!

Have a great weekend,
Justin

Parish Priest: Fr. Aran Kumar Korlakanti

Email: stpatker@bigpond.com

Presbytery Number: 5452 1041

Sunday Mass Timetable: Cohuna – 8.30am ** Kerang – 10:30am ** (Saturday evening) Pyramid Hill – 6:30pm
2ND SUNDAY OF THE MONTH MASSES BEING KERANG 9:00am COHUNA 10:30am.

For all Week Day Mass Times please see the Parish Bulletin issued each Sunday.

OR Contact: Presbytery - 5452 1041 St Joseph's School - 5452 1426

Reconciliation & Communion at home is available: by arrangement with Father.

PBiS Award – Wednesday 5th November '25 Respect of Self, Others and Environment

F-HJ	Caroline O Respect for... Others by helping a friend pack up when they were busy with another task.
F-BE	River C Respect for... Others for always being a gentle caring friend to his peers.
1-DK	Reign H Respect for... Others by being a kind and thoughtful friend to all in our class.
2-AM	Isla C-R Respect for... Self by being prepared to work through challenges to achieve success in her learning. Ruby M Respect for... Self by always trying her very best at whatever is asked of her.
34-JB	No award due to Camp
45-CO	No award due to Camp
56-KS	Mabel S Respect for... Self for the way in which she focussed, allowing her to work hard to catch up on missed work.



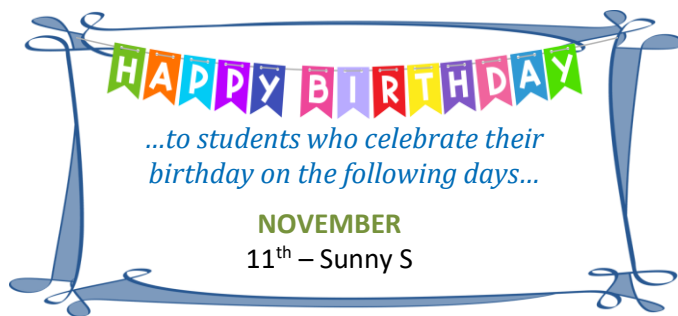
Academic Award – Wednesday 5th November '25

F-HJ	Lenny Z... For using great decoding skills to read words and sentences accurately.
F-BE	Evie C... for consistently producing neat handwriting with correctly formed letters.
1-DK	Ivy W... For her great sentences to describe her alien 'Fred' in our descriptive writing about aliens.
2-AM	Neave M... For always striving to further extend her learning.
34-JB	No award due to camp
45-CO	No award due to camp
56-KS	Lily F... For her thoughtful responses during novel discussions and the 100% commitment she gives to all tasks.



Congratulations

AROUND THE SCHOOL



School Newsletter

Please contact Bree in reception if you would like to receive a hard copy of the newsletter each week.

Bus Families



Parents must notify the school of all changes to school bus arrangements either by phone 54521 426

or email admin@sjkerang.catholic.edu.au

Lost Property

There are a number of unclaimed jumpers, snack/lunch containers & drinker bottles waiting for someone to claim. These items are all in the lost property box for collection.



Canteen

Canteen Days:

Tuesdays, Thursdays and Fridays

All canteen orders need to be placed on *CDFpay* by *Flexischools* before 9am each morning. Just a reminder to double check which date/day you are placing your order.

Stacey Turner - Canteen Manager

Term 4 – Canteen Roster

Friday 14 th November	Bianca Murray-McKenzie
Friday 21 st November	
Friday 28 th November	Nic Henry
Friday 5 th December	Kate Adams
Friday 12 th December	Kate Spitty

Community Events & Information – See School Facebook page for full details.

Saturday 8th November – Music Trivia Night – 6:30pm – Kerang Lawn Bowls Club.

Monday 10th November – Saluting Their Service: Faces of Valour – 3pm – Patchell Plaza.

Term 4 Canteen Specials

Term 4 Specials 2025

Tuesday 11th November
Wedges
GF Alternative Available



Tuesday 25th November
Sushi Rolls
GF Alternative Available



Tuesday 18th November
Taco Bowls
GF Alternate Available



Tuesday 16th December
Ice Cream Cones
GF Alternate Available



Gluten Free Alternatives Available where possible

Grandparent's Day



Join Us to Celebrate Grandparents' Day

Classroom visits, student performances and Morning Tea supplied.

24
Nov

**St Joseph's
Primary
School**

**9:30am -
11:30am**



MHiPS News

Dear St Joseph's Community,



This week I wanted to touch on the topic of sleep- as a teacher and wellbeing leader I understand the importance of good sleep for good mental health and learning. However, as a mum, I understand that this can sometimes be one of the most challenging things when our lives get busy or the days get longer in summer!

Sleep

Sleep is important for health, wellbeing, growth and learning. How much babies, children and teenagers sleep and when they sleep changes as they get older.

About sleep and learning

Good-quality sleep helps your child **concentrate, remember things, manage their emotions and behave in positive ways**. These factors help your child to be a successful learner.

Poor sleep or not enough sleep affects concentration, memory and behaviour, making it harder for your child to learn. Children who don't sleep well are more likely to have difficulties with learning.

Concentration and sleep

Children who don't get enough sleep have **trouble concentrating** during the day. If your child can't keep their attention on what they're trying to learn, whether it's climbing a tree at the park or singing a song at school, it will affect their learning.

Memory and sleep

Remembering things is part of learning. If your child is tired, it's **harder for your child to remember basic things** like how to spell words, how to do maths calculations, or where to find information in a book or on the internet.

How much sleep do they need?

A primary school aged child needs between 9-11 hours sleep a night. As children enter puberty, they will need between 8 and 10 hours but their sleep patterns may change, and they might fall asleep later and be more difficult to get up and about in the morning!

Over 90% of adolescent children don't get the recommended amount of sleep on school nights. Getting enough good-quality sleep is important during this period, because sleep is vital for thinking, [learning](#) and concentration skills. Lack of sleep in these years has also been linked to mental health conditions like [depression](#) and [anxiety](#).

How to sleep better for children and teenagers: tips- by Raising Children Net

1. Set up a bedtime routine

A regular bedtime routine starting around the same time each night encourages good sleep patterns. This may include having a bath or shower, reading a book or listening to a meditation before turning out the lights.

2. Relax before bedtime

Encourage your child to relax before bedtime. Older children might like to wind down by reading a book, listening to gentle music or practising breathing for relaxation. If your child takes longer than 30 minutes to fall asleep, your child might need a longer wind-down time before turning out the lights to go to sleep.

3. Keep regular sleep and wake times

Keep your child's bedtimes and wake-up times within 1-2 hours of each other each day. This helps to keep your

child's internal body clock in a regular pattern. It's good to do this on weekends and during holidays, as well as on school days.

4. Make sure your child feels safe at night

If your child feels scared about going to bed or being in the dark, you can praise and reward your child whenever they're brave. Avoiding scary TV shows, movies and computer games can help too. Some children with bedtime fears feel better when they have a night light.

5. Check noise and light in your child's bedroom

Check whether your child's bedroom is too light or noisy for sleep. Blue light from televisions, computer screens, phones and tablets suppresses melatonin levels and delays sleepiness. Bright light in the hour before bedtime can have the same effect on young children.

Turn off devices at least one hour before bedtime.

Keep digital technology out of your child's room at night.

6. Eat the right amount at the right time

Make sure your child has a satisfying evening meal at a reasonable time. Feeling hungry or too full before bed can make your child more alert or uncomfortable. This can make it harder for your child to get to sleep.

7. Get plenty of natural light in the day

Encourage your child to get as much natural light as possible during the day, especially in the morning. Bright light suppresses melatonin. This helps your child feel awake and alert during the day and sleepy towards bedtime.

8. Avoid caffeine

Caffeine is in energy drinks, coffee, tea, chocolate and cola. Encourage your child to avoid these things in the late afternoon and evening, and don't offer them at these times.

When worries affect sleep

If childhood worries and anxieties or teenage anxieties are stopping your child from relaxing at bedtime, there are a couple of things you can do.

If there's a quick and easy answer to your child's problem, you can deal with it straight away. But if the problem needs more time, it's probably best to acknowledge your child's feelings and gently plan to sort things out in the morning. Breathing exercises or muscle relaxation techniques can help older children focus on their physical body and calm their thoughts.

Smiling Mind App

The Smiling Mind app is free and has a range of meditations designed for bedtime. They have a range of meditations that are suitable for different age groups. If your child has trouble settling to sleep- maybe give one a try this week and see how you go!

Problems with sleep can affect your child's mood, schoolwork or relationships. You should seek help from your GP if sleep problems go on for more than 2-4 weeks.

Wishing you all good mental health and good sleep!

Kate Dunstan