



Newsletter 17 Term 4 Week 3

26 October 2022

Dear Parents and Caregivers,

As we start to progress through Term 4, the end of the 2022 school year is looming quickly with a range of diverse learning experiences and activities for the children in the last 6 weeks of the school year. That begins with our annual Music night tonight, Interschool Athletics and school Swimming Carnivals approaching, STEM week activities in week 5, Italian week activities in week 7 and all the Christmas and Graduation events to celebrate the end of the year and wish our graduating group well as they transition to the next stage of their schooling.

Music Night

As the newsletter is distributed today we are preparing for our Music night. The music program at Good Shepherd is something we are very proud of and has a reputation of excellence across our system reflective of the magnificent work of Diana Newman. Our program is fully inclusive with all students from Year 1-6 actively participating in choral speaking (Years 1 and 2) or choir items (Years 3-6) as well as the extra instrumental opportunities which often leads to the older students being in the school band. The confidence we witness in the children as they perform in front of the school and the broader community is great to see and the skills they develop as we prepare our primary school children for the next stage of their schooling is very rewarding. We are all looking forward to a great community event tonight and sincerely thank Diana for all her hard work and expertise in coordinating the evening.

Power Outage tomorrow

We have been informed by Western Power that we have a power outage at school tomorrow, so tomorrow

will be quite a different day. As a person who began my teaching career without the use of computers, there is a part of me that is quite excited to see what tomorrow brings, as we travel back in time where we go back to relying on a whiteboard and whiteboard markers as the main “tools of the trade”. There could be some implications regarding phone lines etc so ask for patience when contacting us and return emails etc without power tomorrow. [Our temporary mobile number for the front office tomorrow is: 0419 917 457 in case you need to contact the school urgently.](#)

Darlene Min on LSL

Darlene Min will be taking a couple of weeks Long Service Leave, from Tuesday, 1 November through until Tuesday, 15 November. Darlene has accrued a significant amount of Leave and is taking the opportunity to support her son as he launches into his ATAR exams to complete his Year 12 studies. It is certainly a busy and stressful time in the household of a Year 12 student and we wish Darlene and her family well as she enjoys her well-deserved couple of weeks break.

Book Club - Changing of the Guard

On behalf of the Good Shepherd community, I would like to sincerely thank Bec Boardman (mum of Nate in Year 6) for coordinating the Book Club program at our school for the past few years. This program is designed to encourage the children to develop their love of reading and literature and provides a great opportunity for the children. Bec has been a very quiet achiever in this area, quietly going about her role of coordinating the orders and ensuring the orders are correctly distributed. As a school, we also receive a “kick back” which results in some free books for our school library which is another bonus of the program. As we thank Bec for her contributions over the years, I would also like to thank Tamara Vicarey (mum of Tayla in Year 2) for volunteering to take over the coordination of the Book Club for our school to ensure these opportunities continue. Enormous thanks to both ladies, these benefits to the children can only be made available with great parent support.

Sports Carnivals

We are preparing for our Interschool Athletics carnival next Tuesday, 1 November. A reminder to all parents of children participating to return their permission slip this week to avoid the rush at the start of next week. Parents are encouraged to come and join us at Ern Clark Athletics track in Cannington. Our Year 1-3's will be competing until approximately 12:15pm at which time they will be bussed back to school and the children in Years 4-6 will be departing Ern Clark at approximately 2:15pm to return to school before the 3pm bell.

We will also finish the week with our school Swimming Carnival at St Brigid's College. The day will be split into 2 sessions with the Year 1 and 2 children participating in a number of events from 9:45am until approximately 11:15am, at which point they will return to school on the bus. This will be followed by the children in Year 3-6 participating in their events from approximately 11:45am to 2pm, ensuring they are returned to school before the 3pm bell for the end of the day.

There will be no school canteen on Friday, 4 November due to the Swimming Carnivals.

It will be a very busy week next week, from a sporting perspective!

World Teacher's Day

We celebrate World Teacher's Day across our industry this Friday, 28 October. My thanks to our P&F who are doing some special things to spoil our staff on Friday including organising a coffee van to be here at school on Friday morning from 8am. We are encouraging parents to take advantage of this as well and are very welcome to join us for a coffee in the morning adjacent to the drop off and pick up area.

P&F/School Disco

The children are very excited about the disco on this Friday afternoon and early evening. Thanks again to our P&F, under the leadership of Louise Hyland, who have organised the event for the children. It will be a great way to finish the week.

The details for the event include:

4:30pm – 5:30pm - Pre-Primary to Year 2

5:45pm – 7pm - Years 3-6

The theme is 80's/Fluro which will be a lot of fun. Food and refreshments will be available on the night.

Cyber Safety update

You may have seen the updated posters circulating regarding our parent education session on Cyber Safety. Please come along and join us in Ward House. There is no need to RSVP, our venue will be large enough to accommodate everyone. Our plan is to conclude the evening with some refreshments for parents to enable them to discuss things a little further in an informal environment.

The details include:

Date – Thursday, 10 November

Time – 6pm – 7:30pm

Venue – Ward House

Upcoming Fathering Project Camp Out

Date –Saturday afternoon 12 November till mid - morning Sunday 13 November

Time – 4pm on Saturday afternoon till 10am on Sunday morning

Special thanks again to Dylan Teicher, Mat Hyland and their committee for coordinating this opportunity for the families in our community.

Mindfulness Update

As previously mentioned, we have piloted a Mindfulness program at our school in Year 1 and 5 in preparation for a whole school approach to Mindfulness in 2023. The two classes of children spent 40 minutes each with a Mindfulness teacher being explicitly taught how to “quiet” themselves, relax, focus on their breathing, participate in mindfulness movements and generally enhance their skills to develop that “contemplative” state of mind. Our children are growing up in a very busy and constant

world and rarely get the opportunity to be still and relax. This program is designed to promote the value of this and develop some skills in the children to enable this to happen. Our plan is to facilitate an eight week program in Term 2 next year where each class from PP-6 participate. See pictures below.

Finally, a reminder to all families that children should not be arriving at school before 8am. Our before school duty does not start until 8:15am, if any children arrive before 8am, they will need to be booked into our Before School program facilitated by Camp Australia. Your support with this is appreciated.

Best wishes for the next fortnight.

Paul Hansen, Principal



CALENDAR OF EVENTS

Thursday, 27 October - Year 2 Liturgy 9am

Friday, 28 October - P&F Disco - 80's Fluro Theme - (K-Yr 2 4.30 to 5.30pm) - (Yrs 3-6 5.45 to 7pm)

Tuesday, 1 November - All Saints Mass led by Year 5
9.30am @ school, Interschool Athletics Carnival @ Ern Clarke Reserve, Cannington

Wednesday, 2 November - SAC Meeting 6pm

Friday, 4 November - School Swimming Carnival - St Brigid's College

Thursday, 10 November - Paul Litherland - Cyber Safety Session 6.00-7.30pm

[Click for the Current Term Calendar](#)

Music Night - Tonight

Venue: Lumen Christi College Performing Arts Centre, Martin

Time: 6.30 pm Performers arrive
7.00 pm Concert begins
8.15 pm Concert ends

Dress: Full winter uniform, including stockings for the girls.

Performers: All students in Years Three, Four, Five and Six

Cost: \$5.00 per ticket (Performers do not require tickets)

Tickets: Tickets are for **online purchase only at Trybooking. (No door sales)**. Please use the link below:

<https://www.trybooking.com/CDFKD>



SCIENCE NEWS

STEM Week is in WEEK 5!

We are busy planning lots of fun activities for our annual STEM Week. Farmer Damian  will be visiting with his farm animals plus Scitech are coming with their inflatable Space Dome . The Year 6's will be running some exciting lunch time challenges including a paper plane contest and a Periodic Table song competition. Keep practising the song for your chance to win a prize.

Periodic Table Song -

<https://www.youtube.com/watch?v=VgVQKCcfwnU>

On **Thursday, 10 November**, students are invited to dress up in a STEM costume, promoting any area of Science, Technology, Engineering or Mathematics. There will be 3 x canteen vouchers up for grabs for the most creative costumes in each class. Click on the following link for some dress up inspiration with a very catchy tune:  <https://www.youtube.com/watch?v=U9TLZBZ3eo8>

BUG MOTEL - Materials needed!

We are on the hunt for some materials to finish our Bug Motel.

We are trying to source the following:

- Bricks (solid or broken)
- Tiles (intact or broken)
- Pieces of wood – all sizes

- Pinecones
- Metal or PVC pipes
- Small plant pots

Any materials would be greatly appreciated and can be dropped off at the STEM room or left in the school greenhouse next to Tiddalik's Place.



the fathering project



JOIN THE GSK TRADITION

SCHOOL OVAL CAMP OUT



Objectives;

- To provide an opportunity for Dads or Father Figures to spend Quality time with their kids
- For dads to meet other dads or Father Figures and to hear about support opportunities through the fathering project

Date & Time;

- From 4pm Saturday 12th November 2022
- Upon arrival, set up your sleeping arrangements (don't stress if you arrive late. We have the oval under lights. There will be plenty of room

Cost;

- \$5 per person (capped at \$15 per family)

Activities Include;

- Campsite Games – Prizes to be won
- Campsite Sports. Team up with another family.
- Brief presentation for dads (led by Fathering Project rep)

Dinner / Breakfast

- Dinner includes BBQ cheese burgers and a small dessert
- Breakfast includes milk and cereal with juice box



Bed time, when its the right time is for you!! We will be securing the GSK main gate from about 7.30

Responsibilities.

Parent/Carer are responsible for their children at all times. There is no responsibility on the school or its staff for this event.

What to bring

- Bedding/mattress
- Tent or swag (let me know if you are struggling with a tent)
- Chair if you like
- Bring some sporting gear you would like to play with. Perhaps put a surname on it.
- Bring a board game or deck of cards (incase the weather changes)
- Torches.
- Consider some chips or snacks
- Warm and Spare clothes

What not to bring.

- No Electronic devices for kids
- Alcohol, as the emphasis is to enjoy the time with our kids

RSVP to your P&F class rep by 8th Nov 2021

For further info contact
Dylan Teicher 0412 279123



Term 4 2022 Canteen Roster

Canteen Menu

CANTEEN

Thank you to all the parent volunteers who help in the canteen. Your support is greatly appreciated.

Wendy, Canteen Manager

Order Canteen Here



CANTEEN HELP NEEDED

CAN YOU SPARE 1 OR 2 MORNINGS A TERM TO VOLUTEER IN OUR CANTEEN.

SPEND THE MORNING WITH A FRIEND AND THE CHANCE TO MEET OTHER PARENTS AND OUR BEAUTIFUL CHILDREN

FUN AND COFFEE A PLENTY

NO EXPERIENCE NEEDED

WITH A STRONGER ROSTER THE WORK IS SHARED



Thank you to everyone for your ongoing support in the Canteen. The children and I are forever grateful. In preparation for next term and the summer ahead we need to build our roster, this ensures safety and allows movement within the menu.

The positive interaction that we have with the children could not be achieved without help from the parents in the school community.

To join the roster of existing volunteers we invite you to fill out the form below and return to the canteen or office showing preferred day/days. Volunteers are welcome to share the day with a friend, swap days around etc as we always try to be flexible.

Canteen times are from 8.30am till 1.00pm (approx.) and training is provided.

Thank you.

Wendy Lazzari, Canteen Manager

NAME:

PHONE NUMBER:

WEDNESDAY or FRIDAY (please tick)

ONCE or TWICE (per Term)

BAM! YOU HAVE THE POWER TO DO **POW!**
SUPER THINGS
 FOR THE KIDS AT GOOD SHEPHERD
BY JOINING THE P&F!

1. JOIN THE P&F
 BY JOINING THE P&F YOU ARE ADVOCATING ON BEHALF OF ALL CHILDREN, INCLUDING YOUR OWN! WE ARE LOOKING FOR:
 A PRESIDENT & 2023 CLASS REPS

2. VOLUNTEER
 THERE'S SO MUCH WE CAN DO TOGETHER! EVEN JUST ONE HOUR OF YOUR TIME IS TRULY VALUABLE AND APPRECIATED. BRING A FRIEND AND MEET NEW FRIENDS!

3. DONATE
 ANY AMOUNT OF GIFTS YOU CAN GIVE HELPS! EVERY SINGLE DOLLAR WE RAISE GOES INTO PROGRAMS AND SERVICES FOR OUR KIDS!

FOR MORE INFORMATION, TO DONATE, OR SIGNUP TO VOLUNTEER PLEASE CONTACT **CLASS PARENT REP OR ADMIN@GSK.WA.EDU.AU**

St Vincent de Paul Christmas Hamper Appeal

Dear Parents,

As Christmas is fast approaching, it is time to think of those less fortunate than ourselves.

This year we are again able to donate food for the Annual St Vincent de Paul Christmas Hamper appeal.

All food collected will go to families in our local community.

A suggested food list is included in this newsletter.

We ask for a donation from each family. Any non-perishable food item that is within its use by date (*Expiry February 2023*) can be placed in the basket in the classroom.

All food will be collected into the library foyer.

The Christmas Hamper Appeal will run from Wednesday, 2 November to Thursday, 24 November 2022.

Dear Parents
 The St Vincent de Paul food collection will run from
Wednesday, 2 November to Thursday, 24 November 2022

Below is a list of Christmas food ideas that would be lovely to have in the
 St Vincent De Paul boxes in the library,
 to help local families have a happy Christmas.
 Any non-perishable food items that are
Use by end Feb '23
 would be very much appreciated.

SOME FOOD IDEAS

- Bonbons
- Candy canes
- Cereal
- Chocolate
- Chocolate biscuits/Cream biscuits
- Christmas cake
- Christmas pudding
- Cool pops
- Crackers
- Custard powder/Long life custard
- Dried fruit
- Gherkins/Pickled onions
- Gravy mix/ cranberry sauce
- Jams/Spreads
- Jelly
- Lollies
- Long life cream/Tinned cream
- Long life juice
- Long life milk
- Mince pies
- Nuts
- Olives
- Pancake mix
- Paper plates/Serviettes/Tablecloth
- Pasta/ Pasta sauce
- Popcorn
- Potato chips
- Salad dressings
- Salsa
- Soft drink/ cordial
- Tea /Coffee/Milo
- Tinned beetroot/Tinned asparagus
- Tinned fruit
- Tinned ham
- Tinned vegetables
- Tomato sauce/Cheese sauce




Enrolments 2023

If you are seeking a place for your child in Kindergarten 2023 or know someone that would be interested in sending their child to GSK, please contact the office for an enrolment pack or consult our website. **Families with siblings are also required to submit an enrolment form.** Interviews will take place this term.

Enrolments in other Year groups are also available

Your child's journey starts HERE



Camp Australia - Before and After School Care

Bookings for 2022

Bookings for Your OSHC program are open.

Registration is free for all families. We recommend that all families register so if you ever need or want to attend, all you need to do is book your session as we'll already have all the documentation we need from you.

You simply have to login and register through our [Parent Portal](#), also available as a smartphone app, and start booking.

[Camp Australia Information](#)

Newsletter

Upcoming incursion:

Fitkids

Wednesday afternoons 9th November – 30th November

Come along and join us for a fun and engaging incursion in After School Care at Good Shepherd Catholic Primary School Kelmscott. Joining us for 4 Wednesday afternoons from 9th November will be Fitkids bringing their awesome sports incursion, for all children to enjoy!

To enrol your child into the incursion at no extra charge than their regular session fee, make sure you book the After School Care program on Wednesday afternoons 9th – 30th November.

[Book now from your Parent Portal](#)

Register for Your OSHC

Once registered, you'll be able to easily make and manage your bookings online via our Parent Portal.

[Register now](#)



Register free and book now at www.campastralia.com.au

by  Camp
Australia

Uniform Shop 2022

Opening Hours

Monday afternoon 2.00 - 3.00pm

Friday morning 8.00 - 9.00am

[Click here for the Uniform Policy](#)

School Fees

Please direct any enquiries to the accounts
email: accounts@gsk.wa.edu.au or call 9496
9200 Option 3

Lee Maxfield - Finance Officer



The Important Role of Father Figures and Male Role Models

A father figure can be any positive male role model in a child's life. They can be sports coaches, teachers, uncles, grandparents or even your child's friend's dad.

As we continue through mental health month, this week we provide some important tips around dealing with and moving forward after experiencing trauma.

Trauma can be the result of a childhood experience, the death of a loved one, experiencing abuse, a difficult relationship or even a natural disaster.

Everyone deals with trauma differently, however if your feelings are still overwhelming or stopping you from enjoying your life after some months of recovery time we encourage you to seek the support of a health care professional.

Top Tips

1. Give yourself time. Try not to put pressure on yourself to feel better straight away. It can take time to accept and then learn to live with what has happened.

2. Talk about the event to someone you trust. Even though it may be difficult, research has shown that talking about the situation or event and your feelings can help you to recover and ultimately be more resilient.

3. Pay attention to how you are feeling each day. If you don't find you are feeling any better over the months, or you are struggling emotionally you should speak to your GP who can arrange professional mental health support to help you through this stage. [Read More](#)

Six ways to support your wellbeing through physical activity

Physical activity is key to supporting your mental health and wellbeing. Even if it's just 15 minutes a day, it's better than nothing! [Read more](#)

Register for the TFP-100 bike ride and Family Fun Zone

We are just over three weeks away from the TFP-100 bike ride. If you are based in WA and haven't yet registered, get into gear today. A free family fun zone awaits post-ride. [Register now](#)

Podcast: Petero Civoniceva on Mental Health

Supporting your own mental health means you can be in the best shape for your kids. We chat with Petero on all things mental health and wellbeing. [Listen now](#)

[Men of GSK - Fathering Project Page](#)

Lumen Christi College - Instrumental Program

For information and enrolment, please click on the button below

[Lumen Christi Instrumental Program](#)

Community News

[Spartans Little Athletics - 2022/23 Season](#)

[WA Young Salesian - Summer 2023 Camp](#)

[Mercedes College - Limited Year 7 Enrolments](#)

[Armadale Cricket Club - Blasters Cricket Open Day](#)

[Armadale Girl Guides - Vacancies for Girls aged 7-9](#)

[Centre for Faith Enrichment - Term 4 Courses](#)

Catholic School Parents WA - [Newsletter](#)

Communicare - [End Domestic Violence Event](#)

Child & Parent Centre Westfield Park - [Free Family Fun Day](#)

VacSwim - [Summer Enrolments](#)



Good Shepherd Catholic Parish Kelmscott - Fr Pavol Herda

Parish Website: www.goodshepherdkelmscott.com

Phone: 9495 1489 (Office Wed-Fri)

Masses at our Parish Church

Weekday Masses: Mon-Wed & Friday 8am, Thursday: 6.30pm

Saturday: 8.00am, 6.00pm
8.00pm: Neocatechumenal Mass

Sunday: 8.30am Latin Mass

Sunday: 10:00am and 6:00pm

When attending Mass you are strongly encouraged to maintain physical distancing where possible and not to attend Mass if you are feeling in any way unwell.

Any person aged 16 or over visiting the church and/or attending Mass must complete the mandatory Covid-19 contact register.

[Click here for the Latest Bulletin](#)

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