



Newsletter 10 Week 9 Term 2

21 June 2023

Dear Parents and Caregivers,

Sacramental Program Highlights

The highlights of the past fortnight have been the Year 3 and 4 children in our community receiving the Sacraments of Reconciliation and Holy Communion respectively in very reverent and well supported liturgical celebrations. The support from the families has been superb, they really were fantastic events for our community, many thanks to all who contributed, particularly Diana Newman for coordinating the celebrations and the class teachers for preparing the children so well: Renee Guazzelli, Ethan Dias and Keiron Throssell.

Fathering Project – Lego Night

Thank you to all the families who participated in the Lego night with their children last Monday evening. From all reports it was a great night of interaction for 20 fathers in our community and their children which also provided a great opportunity for fathers to engage with other fathers as well. Thanks again to Dylan Teicher for organising the event for our community. Please see photos below.

Mindfulness Reflections

As our 8 week Mindfulness program comes to an end next Monday, we have taken the opportunity to gain some feedback from different groups of people in our community. I think it is fair to say that some children have been challenged by the “Unstoppable Me” program which demands the children stop, relax and learn how to regulate their responses to their emotions. Many children have reported enjoying the sessions and gaining some new skills and some have found it challenging. Overall, it has been a productive

and worthwhile addition to the learning opportunities provided this year.

Pre-Kindy Program

As we complete the last few tasks for the first semester and start to look at preparing for second semester, 2023, I am excited to announce that we have a plan to re-ignite our Pre-Kindy program here at Good Shepherd, Kelmscott. This program is designed for young children once they have turned 3 years of age, prior to their Kindy year. The details include:

Pre-Kindy day – Thursday

Pre-Kindy times – 8:45am – 2:45pm

Pre-Kindy venue – Kindy classroom

Pre-Kindy staff – Hollie Summers-Johnson and Jenny Marion-Clark

Pre-Kindy cost - \$40 per day

The Pre-Kindy Program will be an ideal transition for our 3 year olds moving into the Kindy program the following year which is 3 days each week, before they move into the full-time program for Pre-Primary. If you have a child who is turning 3 and you are interested in our program, please come into the office to have a conversation.

Year 5/6 Winter Sports Carnival

This Friday we venture to Maida Vale Reserve with our Year 5 and 6 children to compete against 5 other schools in Soccer, Netball and Football fixtures. The carnival is focussed on exposing the children to a competitive environment across the 3 sports as well as a chance to meet children from a range of other schools in our region.

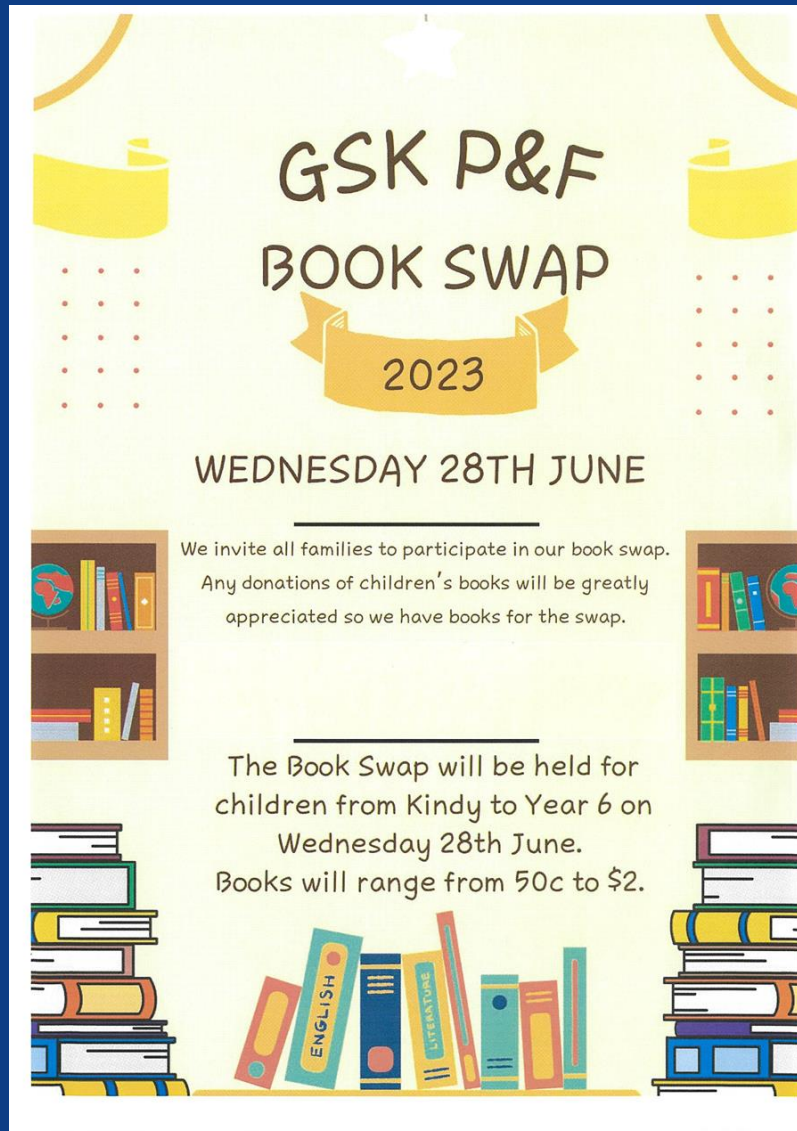
Andrew Chinn Incursion

On Friday, 30 June, we are looking forward to welcoming Andrew Chinn to our school. All classes from Kindy through to Year Six will attend a music workshop with Andrew in the morning and in the afternoon we will gather as a whole school community to enjoy a concert. Parents and friends are welcome to

join us in the Undercover Area at 1.20pm to enjoy the afternoon.

Best wishes for the coming school holidays. Take time to relax and enjoy being at home together. Stay safe and we'll see you all again next term.

Paul Hansen, Principal



A yellow poster for a book swap event. At the top, it says 'GSK P&F BOOK SWAP' in large, bold, black letters, with '2023' on a yellow banner below it. The date 'WEDNESDAY 28TH JUNE' is written in black. The text 'We invite all families to participate in our book swap. Any donations of children's books will be greatly appreciated so we have books for the swap.' is in the middle. Below that, it says 'The Book Swap will be held for children from Kindy to Year 6 on Wednesday 28th June. Books will range from 50c to \$2.' The poster is decorated with illustrations of bookshelves, stacks of books, and a star.

**GSK P&F
BOOK SWAP
2023**

WEDNESDAY 28TH JUNE

We invite all families to participate in our book swap.
Any donations of children's books will be greatly appreciated so we have books for the swap.

The Book Swap will be held for children from Kindy to Year 6 on Wednesday 28th June.
Books will range from 50c to \$2.



A yellow poster for a concert. It features a photo of Andrew Chinn, a man with a beard and a headset, waving. The text 'A CONCERT WITH Andrew Chinn' is at the top. Below it, there is a graphic of a document titled 'Celebrating 20 years of These Hands' with a red pushpin. To the right, a list of songs is provided under the heading 'Composer of:'. The poster is decorated with a star and a book.

**A CONCERT WITH
Andrew Chinn**

**Celebrating 20 years of
These Hands**

Composer of:

- These Hands
- Rainbow
- May God Be In My Heart
- Together As One
- In The Beginning
- An African Blessing
- Ubuntu
- Rise Up!
- We Are God's Hands & Holy Spirit Come

Andrew Chinn Incursion

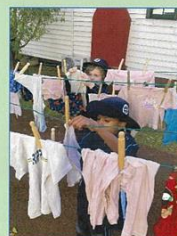
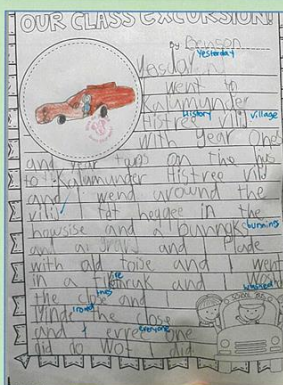
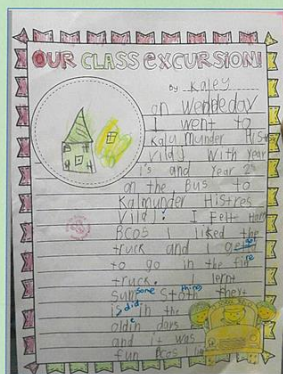
Rainbow Day @ GSK!

Dear families, on the last day of this term, Friday, 30 June, we are looking forward to welcoming Andrew Chinn to our school. Andrew is the songwriter of many of the liturgical songs that we sing at our school. All classes from Kindy through to Year Six will attend a music making workshop with Andrew in the morning. In the afternoon, we will gather as a whole school community to share in a fun filled and very enjoyable concert. All of the classes will be taking part in the afternoon of joyful music making. Parents and friends are welcome to join us in the Undercover Area at 1.20pm to enjoy the afternoon. One of Andrew's songs that our school loves to sing, is the Rainbow Song.

To celebrate the day, children are invited to wear free dress to school, in any colour of the rainbow! In return for the rainbow dress day, children are requested to bring in a gold coin donation, that will be go towards Lifelink. Lifelink is the Archbishop's appeal, that supports people in need in the Perth Archdiocese. We have our fingers crossed for the day. Andrew has missed his visit to GSK three times over the last three years, due to the challenges of COVID, so we are hopeful that this year will be fourth time lucky!! We look forward to sharing a day of musical celebration!

Year One and Year Two Excursion to Kalamunda History Village

On Wednesday, 14 March, the Year 1's and 2's went on an excursion to Kalamunda History Village. All the students had a lot of fun learning about life in the olden days. Please read Kaley and Benson's recount to hear more about our wonderful day!



CALENDAR OF EVENTS

Wednesday, 21 June - SAC Meeting 6pm

Friday, 23 June - Interschool Winter Carnival - Years 5 & 6

Wednesday, 28 June - P&F Book Swap run by Kindy

Friday, 30 June - Andrew Chinn Incursion Year K-6,
Whole School Concert 1.30pm in Undercover Area

Tuesday, 18 July - First Day Term 3 Students 8.30am

Thursday, 20 July - Start of the new Three Year Old
Program 8.45am

[Click for the Current Calendar](#)



[Term 2 2023 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](#)

Enrolments 2024

If you are seeking a place for your child in Kindergarten 2024 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.

Enrolments in other Year groups are also available

[Your child's journey starts HERE](#)



Camp Australia - Before and After School Care

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](#)

Uniform Shop

[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

Jenny Marion-Clark - Finance Officer

Fathering Project – Lego Night



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.

It's Men's Health Week! It's the perfect time to remind ourselves about the importance of taking care of our overall wellbeing.

Wellbeing is about feeling comfortable, healthy, and happy. It's about finding that sweet spot where we're not only functioning well but also experiencing positive emotions and have a sense of purpose.

To be the best dad you can be, it's crucial to make your own health and wellbeing a priority. Sure, focusing on a healthy lifestyle by exercising and eating right is fantastic for your body, but remember that balanced living goes beyond just the physical aspects. It's about protecting your mental and emotional health too!

Top Tips

1. Prioritise self-care: Take time out for yourself and engage in activities that bring you joy and relaxation. Whether it's reading a book, listening to music, or enjoying a hobby, find moments that recharge and rejuvenate you!

2. Stay connected: Ensure you maintain meaningful relationships with family, friends, and your support network. Strong social connections contribute to a sense of belonging and overall wellbeing. Reach out, make plans, and foster those positive connections.

3. Identify the positives in your life: Whilst you cannot control the circumstances, you can control how you react to them. Try to focus on the positives and reflect this attitude to your kids and partner.

With yesterday being International Father's Mental Health Day, mental health is our focus for this week.

As parents and caregivers, your emotional well-being plays a significant role in your ability to provide love and care to your children.

Parenting can be challenging, and it's completely normal to experience a range of emotions. Here are our top three tips for this week.

Top Tips

- 1. Prioritise self-care:** Be kind and understanding towards yourself. Parenting is a learning experience, and it's okay to make mistakes. Treat yourself with the same love and compassion you offer your children.
- 2. Seek support:** Reach out to trusted friends, family members, or professionals if you need someone to talk to. Don't hesitate to ask for help or guidance when you feel

overwhelmed. Remember, it takes strength to seek support.

3. **Connect with others:** Engage in communities or support groups where you can connect with fellow parents or caregivers. Sharing your experiences, challenges, and triumphs can provide a sense of belonging and reduce feelings of isolation.

Your mental health matters! Taking care of your emotional well-being allows you to show up as the best version of yourself for your children and loved ones.

[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

Better Health Program - [Health Program for 6-12 year olds](#)

Southern Districts Netball Assoc - [July Holiday Netball Clinic Yrs 2-6](#)

Catholic Parents Assoc - [Awards of Excellence Nominations](#)



Good Shepherd Catholic Parish Kelmscott - Fr Pavol Herda

Parish Website: www.goodshepherdkelmscott.com

Phone: 9495 1489 (Office Wed-Fri) **Presbytery:** 9495 1240

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

Reconciliation - Saturday 5-6.00pm

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.

[Click here for the Latest Bulletin](#)

 **Share**

 **Forward**

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