

Hello families,

Good afternoon everyone,

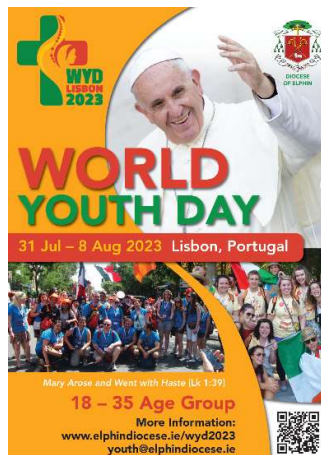
NAIDOC Week - For our Elders

Thank you to all those who joined us for the NAIDOC Week breakfast and celebration last week. Congratulations to our Award Winners - Elvis, Jason and Olivia. And a special thank you to Jason Kerr (Snr) for leading our celebration. We highly recommend the documentary [The Last Daughter](#) if you haven't seen it yet.



World Youth Day

This year is a special celebration of the Catholic Faith at an event (held every couple of years) called World Youth Day. There are approximately 200 Pilgrims going from Australia with about 40 representing Sandhurst. At St Peter's we are very privileged to have 4 staff attending: Mr Podosky, Ms Robinson, Til Roberts and Sinead Gee. Yesterday the Pilgrims were commissioned at a Mass at the Cathedral and blessed by Bishop Shane. World Youth Day is being held from 29th of July to 11th of August in Lisbon, Portugal.



Assembly

Just a reminder that while we are participating in the Jets Gym program our Assembly will be straight after walking on Friday mornings - it will be a quick catch up to present weekly awards and discuss the Big Question.

BIG Questions

This is Week 2 of our Big Question:

What are you hoping to achieve this term?

After School Care

The first week of After School Care happening at YMCA Lightning Reef was very successful - the program was enjoyable and all enjoyed the ride up in the bus. We even had a special guest.

Staff Movement

This week we have Mr Podosky going on leave from Thursday. Mr P is again playing cricket for the Filipino National Cricket side, then heading to World Youth Day. We will welcome him back in the middle of August. Mrs Daley will be teaching for the majority of Mr Podosky's leave while he is away.

Jets Gym

The students will continue to participate in the Jets Gym program for the next 4 weeks. By all accounts last week's sessions were very successful.



A moment in Prayer

Dear God,
Please bless our pilgrims as they prepare for World Youth Day.

Help them to be inspired by your love for them and to find new ways of sharing your love with others.

Amen

God Bless, Jen & Jeremy

Slav Conference on Reading Engagement

On Wednesday the 12th of July, Mrs Kerr and Michelle went to a Slav Conference on Reading Engagement.

They were lucky enough to meet and talk to 2 authors .**George Ivanoff** and **Jess McGeachin**. They were also lucky enough to be able to buy some of their books and have them autographed for our school.

George Ivanoff has written books such as You Choose, Remote Rescue, Game on and Monster Island.

Jess McGeachin has written books called High, Deep, Kind, The Lost Library and Fly. Deep has been shortlisted in this year's Children's Book Council of Australia, which are the books we will be reading during Book Week 19th to 25th of August 2023.



PPE Incursion



In week 10, the 5/6 students got to dress up in some Personal Protective Equipment (PPE) as part of their learning for the Passions & Pathways program.

Some items of PPE that we tried on were: hard hats, high visibility vests, gloves, hearing protection and disposable overalls. We wear some items of PPE to school all the time and we don't even know it. Closed toe shoes (like our school shoes) keep our feet safe. In summer, we also wear hats to keep our skin safe from the sun. We got to

role play some jobs that wear PPE. We got to choose a blue bag and put on all the PPE in that bag. We then had to act out that job and other people in the class had to guess what we were. Some of the jobs we got to role play were: Construction, Hair Dresser, Tiler, Chef, Painter and Medical Tester.



Mr. Miggy Podosky – Catholic Identity CoOrdinator

15th Sunday in Ordinary Time

Something to Think About

Am I avoiding letting Jesus into an area of my life where I need His love, compassion and guidance? How can I surrender more of myself to God's will



The Story

'Let anyone with ears listen'. This means me! When I come to pray, do I have the soil of an open heart toward Jesus and his teachings? Am I willing to allow his Word to break into the closed, barren areas of my heart?

The Scriptures - Matthew 13:1-23

That same day Jesus went out of the house and sat beside the lake. Such great crowds gathered around him that he got into a boat and sat there, while the whole crowd stood on the beach. And he told them many things in parables, saying: 'Listen! A sower went out to sow. And as he sowed, some seeds fell on the path, and the birds came and ate them up. Other seeds fell on rocky ground, where they did not have much soil, and they sprang up quickly, since they had no depth of soil. But when the sun rose, they were scorched; and since they had no root, they withered away. Other seeds fell among thorns, and the thorns grew up and choked them. Other seeds fell on good soil and brought forth grain, some a hundredfold, some sixty, some thirty. Let anyone with ears listen!'

DJAK-TJARRA NEWS:

This week at Djak-tjarra we have: Tuesday = 5/6 Guwak, Wednesday = 1/2 Balam-balam and Thursday = 3/4 Barrangal.

ALL classes run from 12 noon - 1:50pm.

DON'T FORGET GUMBOOTS, COATS AND DRINK BOTTLES!

Don't forget to drop off your Bread Tags to the office or Djak-tjarra.

UPCOMING

You can find this calendar on the home page of our website

21	JUL, FRI	● All day	Jets Gym
25	JUL, TUE	● All day	Division Boys/Mixed Football
28	JUL, FRI	● All day	Jets Gym
4	AUG, FRI	● All day	Jets Gym
11	AUG, FRI	● All day	Jets Gym
31	AUG, THU	● All day	Division Basketball Tournament
7	SEP, THU	● All day	The Festival of The Sacred concert
11	SEP, MON	● All day	Division Athletics - Bendigo
15	SEP, FRI	● All day	Last Day of Term 3
29	SEP, FRI	● All day	Friday before the AFL Grand Final (Victoria)
2	OCT, MON	● All day	Term 4 Begins



St. Peter's Primary School

Wellbeing

Kristy Dupille & Sherree Jorgensen

✉ wellbeing@spbendigo.catholic.edu.au

☎ 5443 9319

Jump Back Up July 2023



ACTION FOR HAPPINESS

SATURDAY

1 Take a small step to help overcome a problem or worry

8 Avoid saying "must" or "should" to yourself today

15 Set yourself an achievable goal and take the first step

22 Find 3 things you feel hopeful about and write them down

29 Be a realistic optimist. Focus on what could go right

SUNDAY

2 Adopt a growth mindset. Change "I can't" into "I can't...yet"

9 Put a problem in perspective by seeing the bigger picture

16 Find fun ways to distract yourself from unhelpful thoughts

23 Remember that all feelings and situations pass in time

30 Reach out to a friend, family member or colleague for support



MONDAY

Be willing to ask for help when you need it

10 Reach out to someone you trust and share your feelings with them

17 Use one of your strengths to overcome a challenge today

24 Choose to see something good about what has gone wrong

31 Remember we all struggle at times - it's part of being human

TUESDAY

4 Find something to look forward to today

11 Look for something positive in a difficult situation

18 Let go of the small stuff and focus on the things that matter

25 Notice when you are feeling judgmental and be kind instead



WEDNESDAY

5 Get the basics right: eat well, exercise and go to bed on time

12 Write your worries down and save them for a specific 'worry time'

19 If you can't change it, change the way you think about it

26 Catch yourself over-reacting and take a deep breath

THURSDAY

6 Pause, breathe and feel your feet firmly on the ground

13 Challenge negative thoughts. Find an alternative interpretation

20 When things go wrong, pause and be kind to yourself

27 Write down 3 things you're grateful for (even if today was hard)



FRIDAY

7 Shift your mood by doing something you really enjoy

14 Get outside and move to help clear your head

21 Identify what helped you get through a tough time in your life

28 Think about what you can learn from a recent problem



Happier · Kinder · Together

NAIDOC Week Celebrations

