



Important Dates

Mini Vinnies
Cardboard Box
Sleepout

Thursday 19 September
2024

Casual Day and
Colour Run
Fundraiser

Friday 20 September 2024

Year 5/6 Visit
SFOAC for RE
Lessons

Monday 23 September 2024

Sports Day 2024

Tuesday 24 September 2024

Last Day Term 3,
Assembly
@11.30am,
Dismissal 12.30pm

Friday 27 September 2024

First Day Term 4,
2024

Monday 14 October 2024

Musical
Performances

Thursday 24 October 2024

Acknowledgement of Country

We acknowledge that we meet today on Meru Country, and recognise the Ngawait people as the Traditional Custodians of this land. We recognise their continuing connection to the earth and waters, and thank them for protecting this land and its ecosystems since time immemorial. We pay our respects to Elders past, present, and emerging and extend that respect to all First Nation peoples present here today.



Integral Ecology Reflection

Feel grounded on the land you sit on, the land that was cared for and home to First Australians tens of thousands of years ago.

Listen to the wind which rustles the leaves, as the earth whispers a calm reminder of God's presence.

The wind that carries the birds over mountains and forests to build a home for its young in a tree.

The same tree that provides shade and shelter for animals, and produces oxygen for the air that we breathe.

Feel the sun which touches and warms your skin. It is same sun that touches the skin of each and every member of our global family.

Do you ever consider what is beneath your feet?

Is it possible that under the layers of concrete, we can feel the beating heart of the land? The land which gives life to the trees which provide the oxygen we breathe, that nourishes the gardens that provide our food, and which sustains the homes that give us shelter?

That Is it possible to see the face of God, Creator of the land, air, water, moon and sun, and of all the universal elements that connect us to each of our sisters and brothers living in our common home?

You play an important part in the interconnecting cycle of creation.

How will you care for our common home?

Source: Adapted from Caritas Canada



Ananda, the beloved disciple of the Buddha, once asked his teacher about the place of friendship in the spiritual journey. "Master, is friendship half of the spiritual life?" he asked. And the teacher responded, "Nay, Ananda, friendship is the whole of the spiritual life."

-from 40 Stories to Stir the Soul by Joan Chittister-

Love is something learned only by the long, hard labour of life. It is sometimes over before we've ever known we ever had it. We sometimes destroy it before we appreciate it. We often take it for granted. Every love, whatever happens to it in the long run, teaches us more about ourselves, our needs, our limitations, and our self-centeredness than anything else we can ever experience. As Aldous Huxley wrote: "There isn't any formula or method. You learn by loving."

But sometimes, if we're lucky, we live long enough to grow into it in such a way that because of it we come to recognise the value of life. As the years go by, we come to love flowers and cats and small infants and old ladies and the one person in life who knows how hot we like our coffee. We learn enough about love to allow things to slip away and ourselves to melt into the God whose love made all of it possible. Sometimes we even find a love deep enough, gentle enough, tender enough to detach us from the foam and frills of life, all of which hold us captive to things that cannot satisfy. Sometimes we live long enough to see the face of God in another. Then, in that case, we have loved.

Let us be grateful for the gift of Love.

From the Principal



As we near the end of Term 3, there is a familiar feeling of fatigue setting in among both staff and students. With the weather beginning to warm up, the end of the term is slowly coming into view. Last Thursday, September 12, we marked R U OK? Day, this National Day of Action is dedicated to encouraging conversations that can change lives. However, we are reminded that asking "R U OK?" is not just for one day but every day of the year. At St Joseph's School Barmera, we are deeply committed to the wellbeing of our community. We use trauma-informed practice to strengthen relationships and foster a supportive environment. Our staff, trained in the Resilient IMPACT program through our partnership with the Life Buoyancy Institute, are dedicated to being mindful teachers who intentionally respond to the unique growth needs of each student.

The month of September is the Church's season of Creation. The Season of Creation, which began on September 1 and concludes on October 4 with the Feast Day of St Francis of Assisi, is a time for Catholics and all people to reflect on the sacredness of our environment and our shared responsibility to protect it. Initiated by Pope Francis in 2015, highlighting the urgent call for ecological stewardship as articulated in his encyclical *Laudato Si'*. The 2024 theme, "To Hope and Act with Creation," inspires us to cultivate hope and take concrete steps for our planet's future. By educating ourselves and engaging in activities that promote environmental care, we fulfill our duty to shine our light in caring for our Common Home, ensuring a healthier future for all.

At St Joseph's School in Barmera, our *Laudato Si'* goal during this Season of Creation is to reduce rubbish from our lunchboxes by encouraging everyone to bring "nude food." Nude food is simply food that is not wrapped in foil, plastic, or commercial packaging. It is a wonderful way for students to think about their impact on the environment and their health. The best nude food is fresh, healthy, nutritious, and environmentally friendly. Preparing and bringing nude food helps children reflect on what they eat and how it affects the world around them. By sending nude food in your child's lunchbox, you help reinforce the positive learning experiences we provide at school and support our shared commitment to caring for our Common Home.

On Sunday, September 1, St Joseph's School Barmera came alive with joy and excitement as we celebrated our 70th Birthday! The day was filled with gratitude and reflection, honouring seven decades of faith, learning, and community. The celebrations began with a special mass, led by Bishop Karol, where students and staff played an active role with live music, readings, and prayers. Following the mass, the festivities continued with a gathering filled with laughter, stories, and a shared meal that brought together past and present students, staff, families, and friends. There were displays, photographs, and anecdotes that captured the rich history and spirit of our school. A heartfelt thank you to all the students who participated in the mass, the members of the organising committee for their hard

work and dedication, and everyone who joined us to mark this special day. It was a beautiful testament to the enduring legacy of St Joseph's School Barmera and the vibrant community that continues to make it a special place for all.

In week 9, our Minnie Vinnies group is hosting a sleep-out fundraiser to support Barmera's St Vincent de Paul and assist locals in need. The event aims to raise vital funds and awareness for those less fortunate in our community. To extend the impact of this fundraiser, we are having a special casual day on Friday, featuring a free lunch organised by our Parents and Friends, followed by a fun and vibrant colour run. This exciting event not only supports a great cause but also fosters school spirit and community engagement. Looking ahead to Week 10, we will come together for Sports Day at St Francis of Assisi College, celebrating athleticism and teamwork in a day full of competitive and cooperative activities.

We're also excited to share that our Whole School Musical, *Robin and the Sherwood Hoodies*, will be performed on Thursday October 24. Students have been working hard on this production all year under the guidance of Ms Petty, and every student and staff member is involved. We look forward to performing for you and showcasing our student's talents and hard work.

As we approach the final two weeks of the term, I encourage all parents and caregivers to support your children in taking care of themselves during this busy period. Ensuring that they get enough rest and eat nutritious food will help them stay energized, focused and committed to their learning goals as we finish strong before the holidays. Your support in these final weeks before the holidays is greatly appreciated. Thank you for your continued partnership.

Nanda de Winter

Principal

Right to Disconnect



At St Joseph's School Barmera we value the strong engagement between parents, caregivers, and our school, recognising it as essential to our students' wellbeing and success. Productive communication is a cornerstone of our positive school culture, supported by digital tools like Seesaw, social media, and the school website. However, while these tools have made communication more efficient, they can also create an "availability creep," where school employees become more accessible outside of regular working hours, on weekends, or even during periods of leave when they should have the opportunity to disconnect from work. Recent updates to the Fair Work Act have introduced a new "right to disconnect" for school employees, which allows them to decline contact outside their working hours. While emergencies will still warrant after-hours contact, employees are not required to monitor, read, or respond to communications from employers or third parties, in our case parents and caregivers, outside of their designated working hours.

To respect our staff's right to disconnect and promote healthy communication, we are implementing the following protocol during term time:

- Staff will endeavour to respond to parent and caregiver communications within 48 hours, understanding that urgent matters may require a shorter response time.
- For general information, we encourage parents and caregivers to contact the school front office first.

We kindly ask for your understanding and support in respecting these guidelines, ensuring that our staff can maintain a healthy balance between their professional and personal lives. Thank you for your cooperation and continued partnership in supporting our school community.

Caregiver Corner



Anxiety

Anxiety is a survival response, and in general it is normal and helpful – anxiety is what tells us to look both ways before crossing the street, or to leave situations that aren't good for us. When anxiety becomes a problem, our minds start to think that our feelings are dangerous and we react to them as if they were a life threatening emergency that we need to avoid. So when we feel something uncomfortable – if we're nervous or disappointed or sad – our mind focuses on finding a way to make those feelings go away. This is why when we're anxious, we become fixated or worried about something that needs to happen, or we start dwelling on what we could have done differently.

Signs of anxiety in primary aged children



Source *The Royal Children's Hospital Melbourne*

How can I support my child if they are anxious?

We want to help our children see that anxiety fall on a spectrum, that most people experience it to various degrees throughout their lives, and that they can help themselves by soothing their own emotions in the moment. We want to focus on being their coach, not their rescuer. If we fix the "problem" for them, they won't learn this skill of responding supportively to their own feelings. When we help them soothe their emotion and do things for themselves that boost their mood, they become more empowered with their experiences, and this will help them cope with any future hurdles they may face.

If your child is showing ongoing signs of anxiety, you can support them at home in the following ways:

- Encourage your child to talk about their feelings and let you know when they get overwhelmed. It might help to explain these feelings are common – we all feel worried or scared sometimes.
- If there is a particular situation your child finds challenging, support them to gradually do the thing that makes them anxious.
- Make a practical plan together for coping with anxious feelings in the future, such as breathing techniques or reassuring phrases to focus on.
- Take time out to have fun together and take the focus off feelings of anxiety.
- Help your child to have healthy routines that include enough good-quality sleep, regular outdoor exercise, eating well and avoiding excessive screen time.
- Prioritise your child attending school. Attending and participating in school will help your child develop important skills and knowledge to help them learn, as well as building their social and emotional skills.

SJSB 70th Birthday Celebration

How fantastic to see our school community come together to celebrate 70 years of SJSB! It was wonderful to see so many faces, past and present, come and join in the special day. A massive thankyou to all who came along, all who helped in the preparation of the event and all the students who participated in the mass, you all did a fantastic job.





SANFL Footy Clinics

A big thankyou to SANFL for coming out and working with our students and running football skills clinics. The kids had an amazing day filled with fun and games while learning some new skills and teamwork.



Year 3/4 Chicken Hatchlings

How exciting to see the Year 3/4 baby Chicks hatch and watch the students become mother and father figures in the class. From carefully caring for the eggs to now watching the fluffy little ones grow. Our students are learning responsibility, patience and a whole lot of joy.



Painting Gum Blossoms



With Lyn Anstey

Come along and learn how to paint gum blossoms with Lyn Anstey in our exclusive workshop!

This workshop is a fun experience for beginners and those who love to paint. Take home your creation!



All welcome, no experience necessary. All materials supplied.



Phone 08 8582 5511 to secure your spot



Berri Visitor Information Centre
24 Riverview Drive, Berri SA



28 September 2024
10.30am - 12.30pm



\$55 per person



Berri^{*} Barmera
COUNCIL

Twilight FIESTA

Sunday 20 October 2024 | 5pm – 9pm
Vaughan Terrace, Berri

Get ready for a fiesta like no other! Berri's Twilight Fiesta returns for 2024 with live music, delicious local food, market stalls, giant lawn games, and interactive workshops. Come and enjoy the ultimate evening of fun and entertainment!



Join us for our free family friendly community event!
More info at www.berribarmera.sa.gov.au





LOXTON
TENNIS CLUB



**JUNIOR TENNIS TEAM SELECTION
& PRE-SEASON TRAINING
STARTS THURSDAY
SEPTEMBER 12**

ADDITIONAL DATES SEPT 19 & 26

PRIMARY SCHOOL AGE 3:45-4:30PM

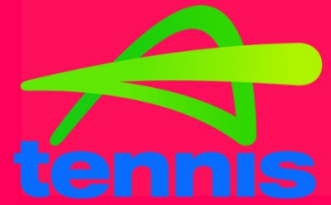
**HIGH SCHOOL AGE (INCLUDING #NO
LIMITS GIRL'S TEAM) 4:30-5:15PM**

**REGISTER
HERE**



[HTTPS://PLAY.TENNIS.COM.AU/LOXTONTENNISCLUB/MEMBERSHIP/JOIN](https://play.tennis.com.au/loxtontennisclub/membership/join)

RED BALL RUMBLE



Fun intro to modified match play for kids aged 8-12

- ★ 4 WEEK PROGRAM | 45 MINUTE SESSIONS
- 🕒 EVERY THURSDAY 4:45PM - 5:30PM STARTING 5 SEPTEMBER
- 👥 MAKE FRIENDS AND LEARN SKILLS FOR LIFE
- 📍 LOXTON TENNIS CLUB

BEGINNERS WELCOME!

\$10
PER SESSION
FIRST SESSION
FREE!



LOXTON
TENNIS CLUB



<https://play.tennis.com.au/loxtontennisclub>

BERRI SWIMMING CLUB

REGISTRATION DAY -

SUNDAY 20TH OCT 11AM - 1PM

COME & TRY FREE FOR 30 DAYS

4TH NOV - 25TH NOV 24

25M BEGINNER AND 50M SQUAD TIMES AVAILABLE

SCHOOL SPORTS VOUCHERS ACCEPTED

Access via Wilkinson street, Berri

berriswimmingclub@yahoo.com.au





BALLKIDS ON TOUR **COME AND TRY**

Ballkids play an integral role in ensuring that tennis tournaments run smoothly. Throughout the summer of tennis, each Ballkid is a focal part of every game.

Date: Thursday 29 August

Time: 4:00pm - 6:00pm

Venue: Barmera Tennis Courts
(Next to Golf Course)

For more information, please
contact:
adelaideballkids@tennis.com.au



Register now!



BARMERA BASKETBALL

Registrations of interest to play for the
Barmera Lakers 24/25 season are now open!
Please register by 30th August

Trials

JUNIORS

MON 2 SEPT & TUES 10 SEPT
BARMERA OUTDOOR COURTS

U12 [2014, 2015, 2016]

& U14 [2012, 2013]

6.00PM-7.00PM

U16 [2010, 2011]

& U18 [2008, 2009]

7.00PM-8.00PM

SENIORS DIV 1

MON 9 SEPT

BARMERA STADIUM

ALL PLAYERS MUST ATTEND
AT LEAST ONE TRIAL TO BE
CONSIDERED FOR SELECTION

<https://forms.office.com/r/732uGiZtm2>

2024/2025 Barmera Lakers -
Register Interest to Play





CHILD CAR RESTRAINT FITTINGS & CHECKS



Cops for Kids are sponsoring Kidsafe SA to fit and check child car restraints at this year's Riverland Field Days for **FREE!**

Let our experienced Kidsafe SA team fit/check your kids' car seats so you know they are travelling safely.

Sponsored by



MAKE A BOOKING WITH THE QR CODE >
or via our website:
[kidsafesa.com.au/
community-fitting-days](https://kidsafesa.com.au/community-fitting-days)



Riverland Exhibition Centre
Field Day Drive, Barmera,
Near gate 8 of the public car park



Friday 13th September, 9am - 4pm
Saturday 14th September, 9am - 3pm





Supported by



Government of South Australia
Department for Education

FREE INFORMATION SESSION: KEEPING CHILDREN SAFE



SCAN
ME!
for further
details



CHILDREN
WELCOME

Every
attendee
receives a
child safety
pack with a
FREE gift!*

Topics
covered include:

- Falls Prevention
- Burns
- Water Safety
- Driveway Safety
& much more!

BERRI
14TH NOVEMBER

RENMARK
15TH NOVEMBER

WAIKERIE
15TH NOVEMBER

*Conditions apply. Bookings are essential and can be made online.
One free gift per adult attendee (over age 18 years). Gift is not
transferable and cannot be redeemed for credit or cash.



IT'S PLAY TIME!

FREE girls footy clinic at the Riverland Recreation, Sport & Leisure Expo!

Ages 11 - 16

Meet & be coached by current SANFLW players from the West Adelaide Football Club!

New & returning players welcome.

- September 15th
- The Precinct, Loxton
- 9am - 10am

Skill practise to build your confidence, kicking challenge & a mini game to finish the session.



Register your details here to attend



PROUDLY SUPPORTED BY



RIVERLAND REC, SPORT & LEISURE EXPO



5RM MAGIC 93.1 RIVERLAND

REC, SPORT & LEISURE EXPO

SUNDAY 15 SEPTEMBER
THE PRECINCT, LOXTON

INDOOR

- 9am Welcome by Riverland mayors
- 9.30am Rock n roll dancing
- 10am Squash exhibition
- 10.30am Futsal exhibition
- 11am Martial arts exhibition
- 11.30am Table tennis exhibition
- 1pm Salsa dancing
- 1pm Volleyball
- All-Star Game

OUTDOOR

- RBR/POP Tennis
- Fastest Pitch
- Aerial circus
- Medieval combat
- Inflatable squash
- Golf

CLINICS

- 9am Football
- 9.30am Netball
- 11am Basketball

GUEST SPEAKERS

- Emily Beaton (MC)
- 9am Zachary Schubert
- 9.30am Emma Vallelonga
Volunteering SA/NT - Volunteering
- 10am Rian Nelson
SANFL - Coaching
- 11am Alex Hendrick
SASMA - Injury prevention
- 11.30am Matthew Gerts
Good Sports - Mental health
- 12.30pm Alexander Hill
Keynote Speaker

KIDS ZONE

- Kiwi the clown
- Face painting
- Inflatables
- Putt putt
- Arts & crafts



Government of South Australia
Office for Recreation, Sport and Racing



**WITH
RIVERLAND HIGH
PERFORMANCE
COACH DILLON
MILLARD**



**REGISTER
HERE**

BASKETBALL CLINIC

**RIVERLAND
REC, SPORT
& LEISURE
EXPO**



FREE TO REGISTER FOR KIDS TURNING 10-13 IN 2024

THE PRECINCT, LOXTON

15/09/2024

11AM-12PM

[HTTPS://WWW.SURVEYMONKEY.COM/R/DTCPHC9](https://www.surveymonkey.com/r/DTCPHC9)

**WITH
FORMER
ADELAIDE
THUNDERBIRD
EMILY BEATON**



**REGISTER
HERE**

**RIVERLAND
REC, SPORT
& LEISURE
EXPO**



NETBALL CLINIC

FREE TO REGISTER FOR KIDS TURNING 10-13 IN 2024

THE PRECINCT, LOXTON

15/09/2024

9.30-10.30AM

[HTTPS://WWW.SURVEYMONKEY.COM/R/FFDDTR5G](https://www.surveymonkey.com/r/FFDDTR5G)



SEASON 2024 - 25

DISCOVER THE FUN OF ATHLETICS

Ever thought about trying athletics? Now's your chance!
Meet new friends, bond with family, and enjoy achieving
your personal best.



Join us for a thrilling
come-and-try
session

5pm Monday 16th September 2024

5pm Monday 23rd September 2024

BARMERA LITTLE ATHLETICS
OVAL 3, GLASSEY PARK, BERRI

Register today at
littleathletics.com.au

