

# ST JOSEPH'S CATHOLIC PRIMARY SCHOOL EUGOWRA

## "The future depends on what we do today."

TERM 2 - WEEK 5 - THURSDAY 29TH MAY 2025

Mahatma Gandhi

### EMMY ATHLETICS CARNIVAL -13<sup>th</sup> JUNE



Students will travel to Manildra on **Friday the 13th June** for some friendly athletics competition with other small schools from Molong, Manildra and Yeoval (EMMY). An event has been sent out via the Compass App, please approve at your earliest convenience. Lunch order forms will be sent home with this week's newsletter, please return \$5 with your child/s order in an envelope by Thursday 5<sup>th</sup> June. Thank you.

### PUPIL FREE DAY -20<sup>th</sup> JUNE

**CLOSED**

On **Friday the 20<sup>th</sup> of June**, staff will join a religious retreat in Orange led by Fr. Paul Devitt, focusing on reflection and spiritual growth. The event includes workshops and discussions aimed at enhancing our understanding of faith and supporting students' spiritual well-being.



#### Little Joey's Transition To Kinder 2026

##### Term 3 - Transition

Tuesday 5th August	11:30am - 1:30pm
Tuesday 12th August	11:30am - 1:30pm
Tuesday 19th August	11:30am - 1:30pm
Tuesday 26th August	11:30am - 1:30pm



#### Kindergarten Orientation

**Term 4 - Orientation**  
October - December  
(Dates and times to be confirmed)

**ACCEPTING ENROLMENTS NOW!**



Cathy Eppelstun, Principal  
6859 2485 or 0428 075 932

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## This week:

- EMMY Athletics
- Pupil Free Day
- Little Joey's Transition

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- Co-Regulation Tips
- Prayer
- Home Reading
- Birthdays

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- Notes/Reminders
- Healthy Lunch Ideas
- Home Travel
- Weekly Calendar
- Community Notices
- Bus Notes
- Lunch Orders

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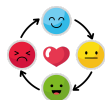
- Dates for the Diary
- School Calendar
- Photos

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**NO MASS**

## CO-REGULATION TIPS



Co-regulation is the ability to use your nervous system to help regulate someone else's, in this case your child.

The biggest sensory tool that you have to offer your child is yourself! You will notice the majority of these strategies involve using your body and yourself as a sensory tool! They do not involve any fancy equipment or toys, just you!

When a child is dysregulated due to sensory overload, reducing sensory input and utilising their preferences can aid regulation.

### Strategies include:

- lowering your body and presence, minimising talking and movement,
- modeling calming techniques like deep breathing and mindfulness.

Each child's nervous system is unique, so finding what works may vary day to day.

Co-regulation occurs in both distress and joy; engaging in calming activities when the child is regulated can strengthen their ability to cope during challenging times.

## A Dozen Ways to Co-Regulate with your Child



Lower your Body Position



Lower your Voice



Soften your Facial Expression



Model Deep Breathing



Do Heavy Work Together



Walk Outside



Offer Deep Pressure



Model a preferred sensory activity



Move your Body Together



Dim the Lights



Stop Talking



Change your Proximity

@coastalconnectionsot

## PRAYER



Mary, Mother of Jesus and Our Mother, nourish our family with your faith and your love. Keep us close to your Son, Jesus, in all our sorrows and joys."



## HOME READING



Well done to the following home readers:

25 nights: Lexi

50 nights: Chloe



Keep up the fantastic efforts and celebrate the magic of reading!

## BIRTHDAYS



Happy Birthday! May your day be filled with joy, laughter, and lots of love!

27th May -Evie

27th May -Zac

28th May - Jack

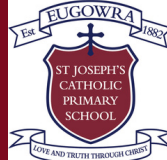
28th May - Tilliane



# IMPORTANT



**ALLERGIES:** Lunches must be free of eggs and peanuts, including food packed for homework club. Thank you for your understanding.



## IMPORTANT NOTES & REMINDERS:

- **Whooping Cough & Sickness:** There has been cases of whooping cough and several colds/flu in the school community. Parents should monitor for symptoms like prolonged coughing, vomiting after coughing, or a "whoop" sound. Contact your healthcare provider if symptoms appear, and **keep symptomatic children at home to prevent illness spread.** Thank you.
- **Homework Club:** Update the Home Travel/Bus Form by scanning the QR code below. Thank you for your assistance.



## HEALTHY LUNCHBOXES

### Build Your Lunch Pack

Pick a Grain:



Bagel



Whole-Wheat Bread



Rice



Tortillas

Top It With Protein:



Turkey



Peanut Butter



Nuts

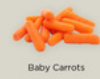


Hard-Boiled Egg

Add a Veggie:



Celery Sticks



Baby Carrots



Snap Peas



Cherry Tomatoes

Toss in Fruits:



Mandarin Oranges



Blueberries



Apple Slices



Grapes

Wash it all down with a glass of cool, refreshing water!



## SCHOOL CALENDAR

OUR SCHOOL CALENDAR CAN BE FOUND ON OUR WEBSITE OR BY CLICKING THIS LINK

Friday 30th May	Sat/Sun 31st/1st June	Monday 2nd June	Tuesday 3rd June	Wednesday 4th June	Thursday 5th June	Friday 6th June
Lunch Orders  Sport			Sport - Self Discipline Class starts			Lunch Orders  Sport

## Community Notices:

### Positive Partnerships Autism Workshop 18-19 June, Cowra

Positive Partnerships is a government-funded program offering free neuroaffirming workshops for parents and caregivers of autistic youth. A 2-day workshop will take place in Cowra on June 18-19. For details and registration, visit the Positive Partnerships website.

More info about workshop content:

<https://www.positivepartnerships.com.au/workshops-online-learning/workshops>



## Bus Notes:



Pick up/buses from the school as normal.

## Lunch Orders:



Lunch Orders each Friday from the Fat Parcel.





## Classroom Learning



I ♥ READING

