

JOLIMONT NEWSLETTER Wednesday, 10 November 2021
Excellence Respect Integrity Care
2021 Year to Flourish Term 4 – Resiliency
The Season of Kambarang - October & November

School Board Notes

At its October meeting the Board undertook a detailed review and analysis of the school's performance according to this year's NAPLAN data. The Board noted that the results show the school is maintaining very high levels of achievement and progress across all areas tested in numeracy and literacy. We discussed how further improvements could be achieved, using a whole-school, evidence-based approach and taking account of the school's changing student population.

Recycle, Reuse and Repurpose

We have a few older school desks that require a new home and would love to see these repurposed. Please feel free to take as many as you may need. They will be at the back of the undercover area from this Wednesday 10 Nov until Wednesday 24 November.

Long Service Leave

We wish Mrs Manuel all the best for her long service leave for the remainder of the term and welcome Belle Thompson in this role.

Book Lists for 2022

Book lists are being finalised and in 2022, ordering will be done online. Information will be emailed in a Connect notice to parents.

FUTURE EVENTS

Kids with Cancer Fundraising

Next Friday, please support the Kids with Cancer Foundation with crazy hair or a bandana. Thank you especially to Asha R in year 5 for coordinating a special stall after the Rm 3 assembly.

RECENT EVENTS

World Teacher Day Friday 29 Oct

We were celebrated so wonderfully by our P & C on World Teachers Day. Thank you to the Year 1 parents for the delightful morning tea and goodies to keep us all fed well into 2022.

Drama Flourish with Esther Longhurst

Students are very lucky to be participating in drama lessons with Esther to build on their speaking and listening skills through improvisation and character building. The squeals of delight coming from these lessons tell us everyone involved is having a very enjoyable time.

Outdoor Classroom Day – Wednesday, 3 November

Our staff ran a variety of outdoor activities last week, providing students with opportunities to engage with the curriculum in new and exciting ways.

2021 Colour Run – Friday, 5 November

Friday saw the culmination of the efforts of the P & C and particularly Year 3 parents for the Colour Run. The bright but bedraggled students who left school on Friday afternoon assured us they had a magnificent time. Thank you to our parents and staff for not being afraid to get a little bit messy.

Year 6 Camp

Students excitedly left this morning to enjoy three days at the Manjedal Activity Centre in Karrakup. Today children are enjoying the challenges of the high ropes course, canoeing and the giant swing. Thank you to the staff who are supporting students during the day and in the evenings: Ms Criddle, Mrs Hartman, Mr Glanvill, Mrs Hosgen, Mr Staples and Miss Morris. Please see the photo 'off to camp' attached.

DADS GROUP UPDATE

Welcome to Term 4 everyone. We will soon be in touch regarding our upcoming events

Topic: Fathers talking mental health: Recognising the signs someone is struggling.

Watch this [5 min video](#), or read below

Good mental health is vital in helping you to be the best Dad you can be for your kids, along with maintaining your physical health. Looking after your mental health allows you to live your life in a more positive way and cope with life's challenges. However, knowing how to recognise when you need to make some changes or seek help is critical.

Feeling down, tense, angry, or anxious are all common emotions and it's normal for everyone to experience them. But when these feelings go on for long periods of time, and start to affect your day to day life, they may be signs you, or someone close to you, is struggling.

Tips to support your own mental health, and your mates:

- **Don't try to tough it out on your own.** More likely than not there are others going through a similar thing. There are other men around you who have experienced what you are going through and you can be a great support for each other.
- **Deliberately identify the positives in your life.** We all have our days, but try to focus on the positives and reflect this attitude to your kids and partner. Spend time on the positives that you enjoy (work, family, sport, hobbies, friends). If you find it difficult to identify any positives and it's affecting your day to day life, seek the support of a mental health professional.
- **If you feel you are not coping, get help.** Talk to your partner, a friend, counsellors at work, or your local health service. Don't think you have to do this alone, it takes strength to recognise and seek support, it doesn't make you weak. Share your issues with an empathetic listener and ask for help sooner rather than later.
- **Inform yourself.** There is good information and support online for men through reliable Australian websites and apps.

Upcoming dads-only event:

Come along and catch up with other Jolimont dads this Sunday 14th Nov

- **Where:** Spirit of Little Things Distillery (205 Railway Parade – Opp Dargalish Station)
- **When:** 3pm onwards

Come along for a few bevvies, a chat, and perhaps a tour of the brand new distillery

How to get involved in Jolimont PS Dads Group activities and updates –

Register at the FP Dads Portal. Takes 60 seconds. Go to thefatheringproject.org > In Schools > Join a Dads Group (search 'Jolimont')

REMINDERS

Calendar

Please see the Term 4 calendar [here](#).

FROM THE CANTEEN

Please note that prices have increased and have been adjusted on the online canteen system website. We encourage everyone to use the online canteen system - an account can be set up [here](#) and remember to keep details up to date. The canteen menu on the Jolimont PS website will be updated soon, along with hard copies in the office.

Julie, Canteen Manager