



ST. JOSEPH'S CATHOLIC PRIMARY SCHOOL BUNDABERG

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Newsletter Term Three Week 6

20 August 2025

Principal's Pen – Monica White

Dear Parents and Carers,

This week we celebrate all things books. I am looking forward to seeing which book characters have been chosen by children to wear in our annual costume parade. All parents are invited to attend the parade in our MacKillop Hall tomorrow morning at 8:40am.

This term our classes teach health and safety content based on the Daniel Morcombe Curriculum. Correctly naming body parts and having a health body image form part of this content. I have include an informative article by Dr Justin Coulson on how we can help our children have a healthy body image.

Helping Our Kids Build a Healthy Body Image

Body image is a growing concern for many children—girls and boys alike—and it's showing up earlier than ever. Research shows that a third of five-year-old girls already express concerns about their weight.

And the pressure is growing. The pull of the perfect body starts young and builds thanks to social media (the super-peer). And fewer of our children – both boys and girls – grow up feeling comfortable in their own skin.

Why Body Image Matters

Body image isn't just about looks. It can affect kids' confidence, relationships, and even mental health. Girls especially are taught from a young age—often unintentionally—that how they look is tied to their worth. By adolescence, many girls link their self-esteem and social success to how attractive they are.

Boys aren't immune. Increasingly, boys feel pressure to be lean, muscular, and “manly” in appearance. These pressures—reinforced by media, social media, advertising, and even well-meaning comments at home—can lead to body dissatisfaction, low self-esteem, disordered eating, and anxiety.

What Can Parents Do?

Here are some practical strategies, grounded in psychology and parenting research, that you can start using today:

1. Make Your Home an Appearance-Commentary-Free Zone

Avoid commenting on weight, shape, or appearance—your own, your child's, or others'. This includes compliments like “You look so skinny” or criticisms like “I look terrible in this.” Kids are listening, even when we're not talking to them.

Instead, shift focus to what bodies can do and build capacity as much as you can. The more their body can do, the more delight they'll find in life (and in their body). And if their body doesn't work “normally”, it still hears or sees, laughs, or hugs. Find what they can do, celebrate it, and enlarge it.

2. Dress for Doing

If we want kids—especially girls—to feel powerful and free in their bodies, we need to make sure they can move, play, and explore without restriction. That might mean prioritising comfy shorts over frilly skirts, or letting go of clothing that's more about appearances than activity.

3. Change the Conversation

Talk about books, ideas, creativity, friends, science, sport, kindness—anything other than how someone looks. Help your child discover passions and interests that have nothing to do with appearance. This is especially vital in the tween and teen years when social media ramps up the pressure to look a certain way. Usually how a person looks is the least interesting and important thing about them.

4. Talk About the World—Not Just Their World

For older kids, especially teens, don't be afraid to introduce a little righteous anger. Ask them:

- “Who benefits when you hate your body?”
- “Why do so many companies make money from making people feel like they're not enough?”

This awareness can help teens push back against unrealistic standards and take pride in who they are—not just how they look.

5. Do Your Own Work

If you've spent years struggling with your own body image, it's never too late to change. Talk to your children about what you're learning and commit to modelling a healthier approach moving forward. That honesty and vulnerability will be far more powerful than pretending everything's fine.

Our kids deserve better than a life spent fretting in front of the mirror. As parents, we have the power to change the conversation in our homes and help our children grow up feeling strong, capable, and enough—just as they are.



[Dr Justin Coulson July 28, 2025](#)

<https://happyfamilies.com.au/articles/helping-our-kids-build-a-healthy-body-image>

Monica White

From the APRE – Laura Campbell

Greetings to our Families

Children's Mass

Each month the Parish of Bundaberg celebrates Mass with a special emphasis on the participation of children and families.

We would love for more families to come along to the 9.00am Mass at St Patrick's on the fourth Sunday of each month.

Children are invited to proclaim the readings of the day, Psalms and Prayers of the Faithful and our priests encourage children to respond during the homily.

I encourage all of our families to attend.

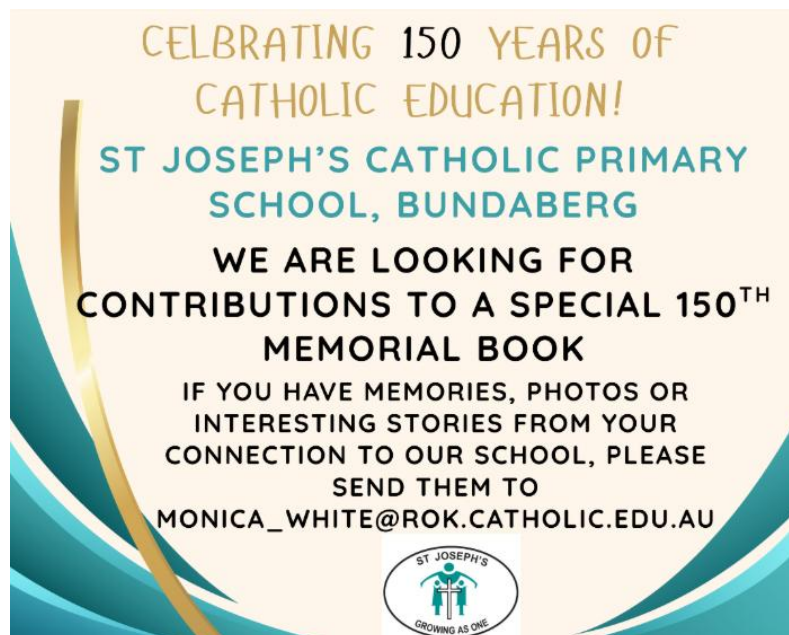


St Joseph's is 150 Years old in 2026!

Next year we will be celebrating the 150th anniversary of St Joseph's Catholic Primary School. We are beginning to plan some special events and activities.

One of these is to publish a book of memories. We would love to hear from anyone that has a past association with St Joseph's to make contributions towards this book.

Please forward thoughts and memories to Mrs Monica White. monica_white@rok.catholic.edu.au



Have a blessed week
Laura Campbell

Curriculum Corner – Emma Robinson

Exciting News

St Joseph's are excited to announce we have financed a leading mathematical consultant - Michael Ymer, to intensively work with teachers and school officers across the school in Week 8.

We will also be offering a Parent Session ~ “Maths for Parents”

This session is highly recommended for all parents. It offers valuable insight into the current focus of mathematics teaching in schools and provides practical strategies to help you support your child's learning at home.

We are aware that this is a weeknight, and it can offer its challenges, therefore we will be offering a ‘Movie Night’ in the Music Room which your children are welcome to attend.

Also, P&F are generously donating pizzas for the children's dinner, and nibblies for the adults at the workshop.

Please RSVP if you will be attending – [RSVP LINK](#)



Book Week 2025: “Book an Adventure!”

We're right in the heart of **Book Week 2025**, and the excitement around our school is contagious! This year's theme, “**Book an Adventure!**”, invites students to dive into the pages of their favourite stories and explore the endless possibilities that books offer.

Whether it's travelling through magical worlds, solving mysteries, or meeting unforgettable characters, reading opens the door to imagination and discovery. It's been a joy to see our students so engaged in celebrating the power of stories.

Dress-Up Day ~ This Thursday!

A reminder that our much-anticipated **Book Character Dress-Up Day** is happening **tomorrow**. Students are encouraged to come dressed as a character relating to the theme or from a favourite book—whether it's a classic hero, a whimsical creature, or a daring adventurer.

Costumes don't need to be elaborate—homemade and simple outfits are more than welcome. The focus is on celebrating books and having fun!

♥ *Fostering a Love of Reading*

Book Week is a wonderful opportunity to nurture a lifelong love of reading. Here's how you can support your child at home:

- **Read together:** Share a bedtime story or take turns reading aloud.
- **Talk about books:** Ask your child about what they're reading and what they love about it.
- **Visit the library:** Explore new genres and authors together.
- **Celebrate stories:** Encourage your child to dress up, write their own stories, or create a book-themed craft.

Throughout the week, students will also take part in book-themed activities, author spotlights, library and classroom adventures that bring stories to life.

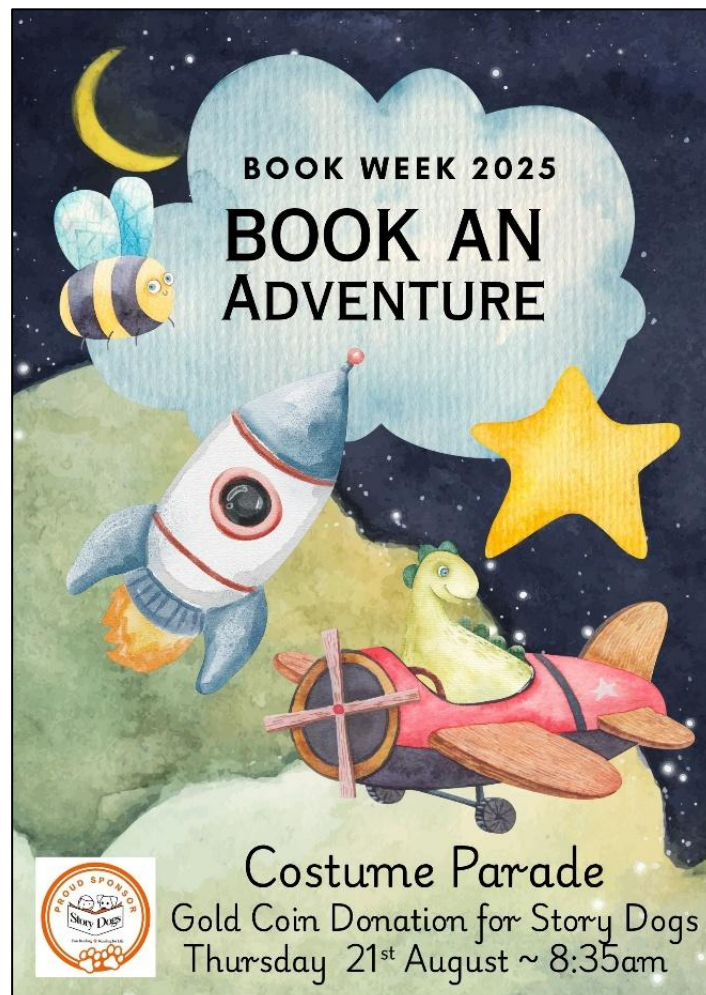
Let's make Book Week 2025 a celebration to remember—full of imagination, laughter, and the joy of reading. **Book an Adventure!**

 **Premier's Reading Challenge Ends this Friday!!** 
Please return forms ASAP!

Have a happy Wednesday!

~ Emma Robinson

Assistant Principal of Curriculum



St Joseph's Great Book Swap

It's almost that time of year again when we ask everyone to bring in a book (or two) to join in our Great Book Swap.

On Wednesday 3rd September, St Joseph's Catholic Primary School Bundaberg will be hosting an ILF Great Book Swap event. We are asking our families and school community to donate a gold coin and at least one book, that is child-age appropriate, to be swapped between our students on the day. We appreciate all the books we receive and this year, if possible, we would love more chapter books for our older readers to share.

You are welcome to start bringing in your books over the next couple of weeks and Mrs Elliott will keep them in a safe place in the library.

As always, any funds raised on the day will be donated to the Indigenous Literacy Foundation. The Indigenous Literacy Foundation is a charity that works with 495 remote Communities to supply books and literacy resources and publish books in First Languages by and for First Nations Peoples. If anyone would like to make any further donations, you may use the QR Code below.



Catholic Parish of Bundaberg



[Click here for the latest issue of the Catholic Parish of Bundaberg Newsletter](#)



PIZZA HUT LUNCH ORDER

FRIDAY 29 August

Orders now open on



Orders close THURSDAY 28/8/25 at Midday



St Joseph's P&F Term 3 Lunch Order Overview

Week 2 - 25 July - PIZZA HUT

Week 4 - 8 August - BRO'S BAKERY

Week 5 - 15 August - SUBWAY

Week 7 - 29 August - PIZZA HUT

Week 9 - 12 Sept - BRO'S BAKERY

If you are available to help serve
Pizza & Bakery lunch orders

(approx. 10:30-11:00am),

please contact the school office



Outside School Hours Care



Student of the Week

Prep	Scarlett , for the amazing reading you have been doing in class this week!
1	Ezra, Gabriel, Kyro and Tyde , for your outstanding scientific drawings.
	Zander , for being a mathematical explorer! I'm impressed by how hard you are working in Maths. Well done!
2	Dominick , for being the most amazing learning partner and helping your friends to be organised and to learn. Well done!
	Christopher , for settling so well into our year 2 family. I'm very impressed by the persistence you have been displaying. Well done.
3	Jett and Dane , for showing persistence when you were struggling, you really pushed through and succeeded, well done and keep up the great work.
4	Shane , for a fantastic start to school at St Joseph's! Keep up the good work!
	Max A , for asking awesome questions and sharing your knowledge with us all! Superstar!
5	Henley , for being a wonderful peer tutor, showing kindness, patience and encouragement. Your support makes a difference!
	Khyra and Isobella , you embraced challenges, learned from your results, and showed a genuine love for learning. That spark of curiosity is what science is all about!
6	Sahara and Oscar , for your courage, focus, and unstoppable energy at camp. Your bravery to step outside your comfort zone didn't go unnoticed!

Shout Outs

Phoenix	For showing the love of Mary MacKillop when you cared for a classmate who was sad. Your comforting arm and smiling face meant so much for your classmate.
Hefron	For when you shepherd like Jesus when you teach, care and support your fellow classmates.
Mrs Merefield.	For sharing her love and faith during Mass to help me understand the words and the actions. You always do something when you see a need, just like Mary MacKillop. From Tommy Robinson
Charlie C	For seeing a need and doing something about it at the Bundy Athletics Trials. Lots of parents noticed your kind actions to help others.
Liam	For the way you showed care to the Greenwood Family when you safely guided them out of the car park. Your help was appreciated and very thoughtful. Thank you from the Greenwood Family.
Mr Killeen	For showing love and care for our students in everything you do! You are a walking Jesus in our community. Thank you!
Dominic	For the way you continue to look out for and assist our new student. The spirit of Jesus shines through your actions.
Mrs Cooper	For the care and attention you have made to maintain our veggie patch. You show care and thoughtfulness when you care for our common spaces.
Darcee	For the positive and spontaneous encouragement you give other students when working with Mrs Roelofs. You lift their confidence and make them smile. Just like St Mary MacKillop you show genuine care and concern towards others.

Term Three Calendar 2025

Term Three 2025

Wk	Monday	Tuesday	Wednesday	Thursday	Friday	Weekend
1	14 th Jul	15 th Jul	16 th Jul	17 th Jul	18 th Jul	19/20 Jul
	Term 3 Starts		Challenge Cup			
2	21 st Jul	22 nd Jul	23 rd Jul	24 th Jul	25 th Jul	26/27 Jul
	Olympics Unleashed Yr 4-6 P&F Meeting	100 days of Prep			Interschol Sport Plant a Tree Day Yr 3&6	CEW Mass 5:30 pm Holy Rosary
3	28 th Jul	29 th Jul	30 th Jul	31 st Jul	1 st Aug	2/3 Aug
	Catholic Education Week					
4	4 th Aug	5 th Aug	6 th Aug	7 th Aug	8 th Aug	9/10 Aug
	Grufflo's Child			Bundaberg District Athletics	Bundaberg District Athletics Mary MacKillop Feast Day	
5	11 th Aug	12 th Aug	13 th Aug	14 th Aug	15 th Aug	16/17 Aug
	Science Week ~ Decoding the Universe: Explore the Unknown with Nature's Hidden Language					
6	18 th Aug	19 th Aug	20 th Aug	21 st Aug	22 nd Aug	23/24 Aug
	Book Week ~ "Book an Adventure"					
7	25 th Aug	26 th Aug	27 th Aug	28 th Aug	29 th Aug	30/31 Aug
					Year 1 Prayer Assembly Eisteddfod, the Year 5 – 6 Interschol Sport	
8	1 st Sept	2 nd Sept	3 rd Sept	4 th Sept	5 th Sept	6/7 Sept
	Micheal Ymer ~ Class Modeling & Discussions				Pupil Free Day	
9	8 th Sept	9 th Sept	10 th Sept	11 th Sept	12 th Sept	13/14 Sept
	Child Protection Week Parent Teacher Meetings					
10	15 th Sept	16 th Sept	17 th Sept	18 th Sept	19 th Sept	20/21 Sept
	Parent Teacher Meetings					
	Enrichment				Year 2 Prayer Assembly	
		Open Classrooms			Prep Prayer Assembly Term 3 Ends	

Out and About



PAINT BUNDY READ **ESFAB**

Celebrate Book Week with Rosie & Bubbles!

GET READY FOR A SHELL-TASTIC BOOK WEEK CELEBRATION WITH ROSIE AND BUBBLES, THE PAINT BUNDY READ TURTLES!

OUR FAVOURITE TURTLES ABSOLUTELY LOVE READING, TALKING, RHYMING AND SINGING, AND THEY'RE BURSTING TO SHARE THEIR MOST CHERISHED STORIES WITH YOU, ESPECIALLY THEIR ALL TIME FAVOURITE: "WE'RE GOING ON A BEAR HUNT".

Join us for free family fun
Date: Wednesday 20 August, 2025
Time: 9 am to 11 am
Location: Lake Ellen Heritage Hub Playground

- FREE FACE PAINTING
- FREE ACTIVITIES FOR KIDS
- FREE CRAFT FOR KIDS

BE SUN SMART
 There is shade at the park but please wear a hat, sunscreen and bring your own water.

2025 Children's Book Week
 18-22 August

first5forever SL State Library of Queensland Queensland Government



ascent

Our School Participated In SHOE LACE TYING LESSONS

Ascent Footwear works closely with the **medical community** to ensure that their shoes meet the needs of school kids and their growing feet.

A part of this commitment is hosting education programs, like their **free lace tying lessons**. This fun and interactive workshop guides students through the steps of tying their shoe laces, helping them to **build their confidence** and practice this very important fine motor skill.

Students take home their own **shoe pencil case** and **lace tying guide booklet**. Plus, they also get access to the step-by-step video to keep practising tying their laces at home!

SCAN THE CODE TO WATCH THE VIDEO

ascentfootwear.com.au

BEYOND EXPECTATIONS ANNUAL ART SHOW

September is Disability Month - and we're inviting artists of all abilities to exhibit their work and be a part of an inclusive, inspiring community celebration!

Celebrating Creativity, Inclusion & Empowerment
 Event Date: Saturday, 13th September 2025

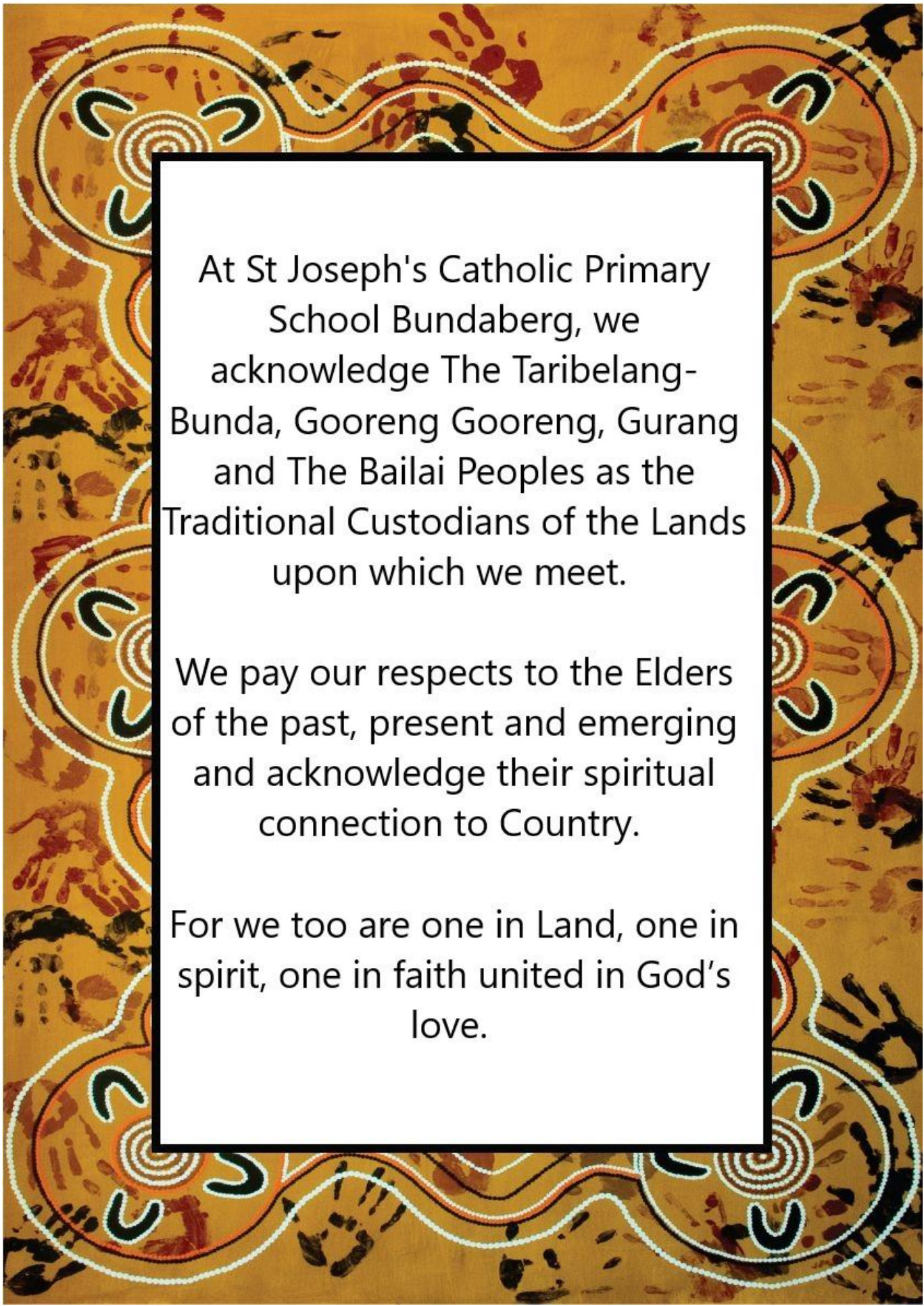
Shop11/1 Mary Street, Bundaberg East | admin@thegoodlifeservices.org

Showcase your talent. Celebrate inclusion and diversity. Be part of a supportive artistic community. Help raise awareness and challenge perceptions.

Proudly presented by:

The Good Life Services, Haven Education, Live More Life, Auslan Synergy, The Training Room, Auslan Mates

Auslan Mates THE TRAINING ROOM Auslan Synergy HAVEN Education Auslan Mates



At St Joseph's Catholic Primary
School Bundaberg, we
acknowledge The Taribelang-
Bunda, Gooreng Gooreng, Gurang
and The Bailai Peoples as the
Traditional Custodians of the Lands
upon which we meet.

We pay our respects to the Elders
of the past, present and emerging
and acknowledge their spiritual
connection to Country.

For we too are one in Land, one in
spirit, one in faith united in God's
love.