



ST. JOSEPH'S CATHOLIC PRIMARY SCHOOL BUNDABERG
EMAIL sjbg@rok.catholic.edu.au
PHONE 07 4151 4771
ABN 21 528 592 597 / 005

Newsletter Term Two Week 2

29 April 2026

Principal's Pen – Monica White

ANZAC Day

Thank you to the students and their families who joined our staff in the ANZAC Day March on Friday. We had representation from every class to commemorate this important day.

Attitude is Everything


“Attitude is everything”. Attitude isn't everything. And yet... there's something about that saying - attitude is everything - that is useful. It's not that attitude will solve all problems. That's a crazy claim. But what it is... is a way to make the most of a situation, whether positive or negative. And people who have a great attitude tend to do better than those with a less-than-great attitude, regardless of their station or circumstances in life.

There are two useful strategies to supercharge your attitude – reframe and acceptance.

Reframe - the ability to take a bad situation and shift the way we see it, reframe, has been shown to boost mental health. The ability to reframe through noticing positive events, gratitude, mindful awareness, acting in service to others, or finding meaning and purpose have all been shown to improve wellbeing and reduce depression.

Acceptance - recognise the issue or trial, pause to acknowledge it, and then get on with life. “It is what it is” may be a useful reframe, or perhaps just a reset. It's an acknowledgement that things aren't ideal, but they just “are”. And once we acknowledge that they just “are”, we can then get about finding ways forward again. Force creates resistance. Acceptance allows us the space we need to see things for what they are and reorient ourselves towards what we want.

Instead of thinking,
“I am a failure.”
Think,
“I never fail, only
my attempts do.
I will keep trying
and improving.”

GRATITUDE APP 

Monica White

From the APRE – Laura Campbell

Greetings to our Families,

Bishop Michael's Retirement

This weekend, our Parish will farewell Bishop Micael McCarthy as he retires from his role. There will be a Mass held for him at 8:00am this Sunday 3rd May at Holy Rosary Church. Following this will be a morning tea.

I would like to invite any families to attend Mass and bring a plate to share afterwards.



St Joseph, the Worker

The first day of May celebrates a secondary feast day for St Joseph. He is patron saint of workers as he himself was a craftsman and taught his trade to Jesus.

The Church believes workers have a right to wages that will support themselves and their families to a dignified standard of living. Catholic Social teaching advocates for a safety net minimum wage which provides workers a fair and decent standard of living which protects the dignity of everyone. (Catholic.au)

St. Joseph The Worker Prayer



St. Joseph The Worker Prayer
Joseph, by the work of your hands
and the sweat of your brow,
you supported Jesus and Mary,
and had the Son of God as your fellow worker.

Teach me to work as you did,
with patience and perseverance, for God and
for those whom God has given me to support.
Teach me to see in my fellow workers
the Christ who desires to be in them,
that I may always be charitable and forbearing
towards all.

ANZAC Day

Last Saturday St Joseph's School community was represented by several students at the ANZAC Day March. The students marched with pride and displayed reverence and respect.



*Have a blessed week,
Laura Campbell*

Assistant Principal – Religious Education

Jump Into Joey's - Prep 2027 Open Day

Jump into Joey's
Prep 2027 Come and Try Morning

Children and their parents are invited to come and experience a morning in the life of Prep.

Fun in the classroom & mini PE, Music & Arts Lessons

Please bring hat and water bottle
Fruit snack provided

St Joseph's
41 Woondooma Street
Friday 1st May
9am -10:30am

Online Safety: Protecting Personal Information

Many children use online platforms such as Roblox, games, and messaging apps to chat and connect with others. While the government has restricted the age requirements for some of these platforms, there are still sites that children access which can present risks, particularly when personal information is shared.

Personal information includes phone numbers, email addresses, passwords, full names, locations, and photos. Even when messages are sent in *private chats*, they are not truly private. Chats can be screenshot, shared, hacked, or exposed through data breaches. Once information is shared online, it can be difficult or impossible to control where it ends up.

It is also important for children to understand that they may not always be chatting with the person they think they are. Some accounts are run by bots or fake profiles designed to collect information. These accounts can pretend to be a friend, classmate, or another child, encouraging users to share details that can then be stolen or misused.



The Australian eSafety Commissioner advises that children should never share personal or login details online, as this information can be used for account hacking, scams, identity theft, or unwanted contact. Children may believe they are chatting safely, but people or automated accounts online are not always who they claim to be.

At school, we explicitly teach online safety and digital citizenship in line with the Australian Curriculum. Students learn:

- What personal information is and why it must be protected
- That online chats are not private, and information can be copied or stolen
- That bots and fake accounts can impersonate real people
- How to communicate safely and respectfully online
- To block and report unsafe or uncomfortable behaviour
- To seek help from a trusted adult when something doesn't feel right

Families play an important role in reinforcing these messages at home. Regular conversations about online use, checking privacy settings together, and reminding children they won't be in trouble for asking for help all support safer online choices.

By working together, we can help children use digital technologies safely, responsibly, and confidently.

Have a happy Wednesday!

~ Emma Robinson

Assistant Principal Curriculum

St Joseph's P&F Term 2 Lunch Order Overview

Week 2 - 1 May - PIZZA HUT

Week 4 - 15 May - BRO'S BAKERY

Week 7 - 5 June - PIZZA HUT

Week 10 - 22 June - SUBWAY

(22/6/26 Athletics Carnival)

If you are available to help serve
Pizza & Bakery lunch orders
(approx. 10:30-11:00am),
please contact the school office

flexischools



**ST JOSEPH'S
HOUSE SHIRTS**

NEW SIZING CHART!
SIZING INFO SHEET MUST BE FOLLOWED

Colour and design may differ slightly than shown here)

\$20 PER SHIRT
ORDERS CLOSE
MONDAY 11 MAY

ORDER NOW ON flexischools

IMPORTANT SIZING INFORMATION

NO EXCHANGES OR REFUNDS FOR INCORRECT SIZE

Please read carefully!

The sizing for our NEW House Shirts **DIFFERS SIGNIFICANTLY** from the sizing we have used in the past for the KIDS SIZING.

To ensure the best fit, we strongly recommend that you **DO NOT RELY ON YOUR CHILD'S USUAL SIZE.**

For example: If your child is usually a size K6 shirt, their NEW House Shirt size will be a K10 going off the new sizing chart.

We strongly urge you to also follow these measuring instructions for any parent shirts being ordered.

SIZING INSTRUCTIONS:

1. Select a shirt at home that fits your child well (e.g. their school PE shirt if it fits them well).
2. Please see the diagram below for how to measure the HALF CHEST (A) and LENGTH (B)
3. "A" - Measure the HALF CHEST (across the front, under the arms)
4. "B" - Measure the LENGTH (from collar seam to bottom hem)
5. Compare these measurements with the sizing chart provided below for the new shirts.

Using this method will help you choose the most accurate size and avoid ordering issues.



KID'S NEW HOUSE SHIRT SIZING CHART:

	K8	K10	K12	K14	K16
HALF CHEST (cm)	38	42	46	52	56
LENGTH (cm)	50	55	59	63	68

LADIES NEW HOUSE SHIRT SIZING CHART:

	L8	L10	L12	L14	L16	L18	L20
HALF CHEST (cm)	48	49.5	51.5	53	57	60	63
LENGTH (cm)	59	63	65	68	70	72	74

MEN'S NEW HOUSE SHIRT SIZING CHART:

	XXS	XS	S	M	L	XL	2XL	3XL	4XL	5XL
HALF CHEST (cm)	51	53	55	58	60	62	64	68	72	76
LENGTH (cm)	70	72	74	76.5	78.5	79	81	84	85	88

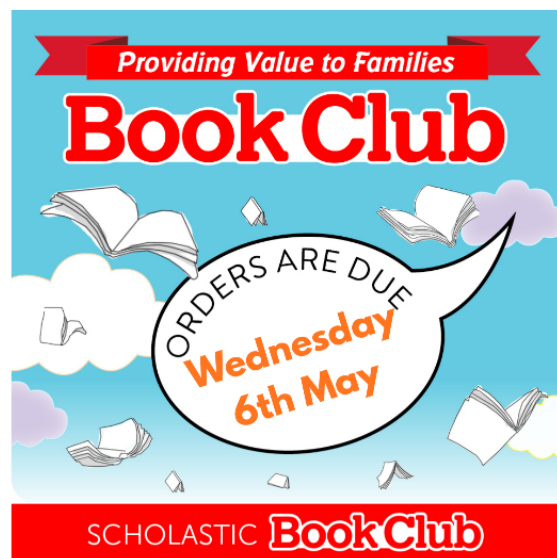
PLEASE NOTE:

- If in doubt with the sizing, please order the next size **up**.
- Ladies sizing L8-L14 has a prominent waist taper.
- Ladies sizing L16-L20 has a waist taper but not as prominent.
- Ladies, if you do not like a tapered waist, please order Men's sizing.
- If you would like to see an example of the shirt, (we have only 1 available to view not for trying on) please call in to the School office.
- If you are unsure how to measure or do not have measuring equipment at home, the P&F will have a measuring tape at the school office for you to use. Please contact the School Office and we will arrange a P&F Member to meet you at the school to assist if required.

Student of the Week

1	Ava	For being an amazing, caring class member. You are always ready to help others and are very lucky to have you in our class.
	Rajbir	For your wonderful participation in our classroom discussions. Thank you for sharing your thoughts and your knowledge.
2	Archer and Tyde	For having an amazing start to Term 2, focussing on completing all tasks to their best.
3	Phoenix and Christopher	For your fantastic effort in learning & behaviour and for making a great start to the term. Awesome work!
4	Leo	For always demonstrating the highest level of respect and cooperation. Well done!
5	Oscar	For sharing kindness and making others feel included.
6	Milly Kay	For showing wonderful initiative by helping her classmates in their writing and me as a new teacher to the school. She was not asked to help; instead, she took the initiative and showed kindness, leadership and responsibility. Well done and thank you Milly.

Learning Hub News



Catholic Parish of Bundaberg



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

Term Two Planner

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Weekend
1	20 th April	21 st April	22 nd April	23 rd April	24 th April	25/26 April
	Term 2 starts					ANZAC Day
2	27 th April	28 th April	29 th April	30 th April	1 st May	2/3 May
	Cross Country P&F Meeting				Jump into Joey's Interschool Sport (4-6)	
3	4 th May	5 th May	6 th May	7 th May	8 th May	9/10 May
	Labour Day Holiday				Interschool Sport (4-6)	
4	11 th May	12 th May	13 th May	14 th May	15 th May	16/17 May
	Board Meeting	Discovery Day (Yr 5)			District Cross Country	
5	18 th May	19 th May	20 th May	21 st May	22 nd May	23/24 May
			Year 6 Government Incursion	Year 6 Youth Parliament	Year 5 Government Incursion Interschool Sport (4-6)	
6	25 th May	26 th May	27 th May	28 th May	29 th May	30/31 May
		National Sorry Day		Bundy Show Holiday Episcopal ordination	Interschool Sport (4-6)	
7	1 st June	2 nd June	3 rd June	4 th June	5 th June	6/7 June
					Interschool Sport (4-6)	
8	8 th June	9 th June	10 th June	11 th June	12 th June	13/14 June
9	15 th June	16 th June	17 th June	18 th June	19 th June	20/21 June
	Board Meeting					
10	22 nd June	23 rd June	24 th June	25 th June	26 th June	27/28 June
	Athletics Carnival	High Jump			End of Term 2 Semester 1 Reports Published	

AT ST JOSEPH'S CATHOLIC PRIMARY SCHOOL BUNDABERG, WE ACKNOWLEDGE THE TARIBELANG-BUNDA, GOORENG GOORENG, GURANG AND THE BAILI PEOPLE 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.

