



ST. JOSEPH'S CATHOLIC PRIMARY SCHOOL BUNDABERG

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Newsletter Term Three Week 6

19TH August 2026

Principal's Pen – Monica White



Bullying No Way Week: Everyone Belongs

This week we recognise Bullying No Way Week, a national initiative that reminds us of the importance of creating safe, respectful and inclusive school communities. At our school, we believe that every student has the right to feel valued, supported and connected.

Throughout the week, students will participate in activities that promote kindness, empathy and positive relationships. We encourage families to continue these conversations at home by discussing the importance of respectful interactions and the role we all play in ensuring everyone feels they belong.

Together, we can build a culture where kindness is celebrated, differences are respected and bullying has no place.

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. And fewer of our children 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. Social media age restrictions

The social media age restrictions aim to protect young Australians from pressures and risks that users can be exposed to while logged in to social media accounts. These come from design features that encourage them to spend more time on screens, while also serving up content that can harm their health and wellbeing.

Perhaps the most important thing to do as a parent is to support the implementation of the Social Media ban for children under 16 years old, rather than opt out of responsibility and give your child work arounds for the restrictions placed on apps.

Monica White

From the APRE – Laura Campbell

Greetings to our families and friends

We warmly invite all families to join our parish community for the **Children's Mass** this weekend at **9:00am on Sunday at St Patrick's Church**.

The Children's Mass is a special celebration held each month, providing an opportunity for families to gather in faith and worship together. This Mass is designed with children at its heart, encouraging them to actively participate and develop a deeper connection with their faith and parish community.



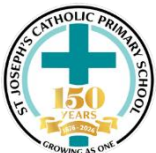
Throughout the celebration, children are invited to contribute in meaningful ways, including proclaiming the readings, leading the prayers of the faithful, singing, and responding during the liturgy. Their involvement helps create a welcoming and engaging atmosphere where young people can experience a sense of belonging and discipleship.

We encourage all families to attend and support our children as they share their gifts and talents in this special parish celebration. We look forward to seeing many of you there as we come together in faith, prayer, and community.

“Let the little children come to me.” – Matthew 19:14

Each month, I invite students who have received their sacraments to volunteer to participate in our Children's Masses by proclaiming the readings or leading the prayers. This is a wonderful opportunity for children to share their gifts, build confidence, and take an active role in the liturgy.

If your child would like to be involved, please contact me. I would be delighted to provide you with the roster dates and readings so they can prepare for their special role in the Mass.



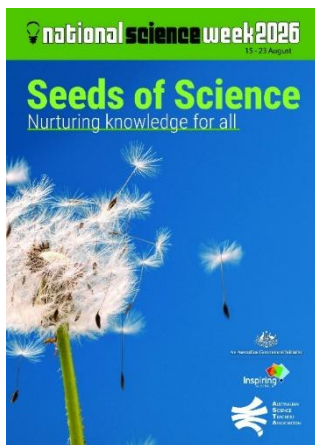
Have a blessed week,

Laura Campbell

Science Week: Seeds of Science – Nurturing Knowledge for All

This year, we are excited to celebrate **National Science Week** with the theme "**Seeds of Science: Nurturing Knowledge for All.**" Developed by the Australian Science Teachers Association, the theme highlights how curiosity, inquiry, and shared learning help scientific ideas grow and flourish.

Just as a seed needs the right conditions to grow, knowledge develops when it is nurtured through questioning, exploration, investigation, and discovery. Science encourages students to wonder about the world around them, ask meaningful questions, test ideas, and learn from their experiences. Through these processes, students develop the skills and understanding needed to make sense of an ever-changing world.



At St Joseph's, Science is an important part of our curriculum, providing students with opportunities to think critically, solve problems, and make connections between their learning and real-world challenges. Whether investigating living things, exploring forces and energy, studying the environment, or designing solutions to problems, students are encouraged to be active participants in their learning.

The theme *Seeds of Science* reminds us that every great discovery begins with curiosity. By fostering a love of learning and encouraging students to ask questions, we are planting the seeds for future innovation, creativity, and scientific understanding.

Throughout National Science Week, students will engage in a range of hands-on learning experiences that celebrate the importance of science in our everyday lives. These activities will encourage students to collaborate, investigate, and share their thinking while developing a deeper appreciation for the role science plays in shaping our world.

Year 6 went to Shalom for a hands-on Science lesson as well as looking into Coral Reefs and Ocean Ecosystems in class 🧐

Year 5 are participating in the Governor Generals Design Challenge via Zoom - topic 'Wind Dispersed seeds' 🌿

Year 4 are looking at Food Chains and Composting/Nutrients with an in class worm farm 🐛

Year 3 will be joining a Questacon webinar Looking at 'Under the Sea: Coral Reefs' 🐠

Year 2 are also investigating the Questacon topic of 'Soar through Physics with Foldable Flight' making many different Paper Planes 🧑‍🔬

Year 1 have been getting into the physics of Push and Pull and their effects on objects 🚗

Prep have been learning about the features of animals and plants and have been planting their own seeds to watch them grow 🐛

Kindy will be joining us along with the **Preps and Year 1** for a visit from Old MacDonalds farm this week 🐔

As a school community, we are committed to nurturing the knowledge, skills, and curiosity of every learner. By encouraging students to explore, question, and discover, we help them develop the confidence to tackle real-world challenges and become lifelong learners.

🌱🧐 ***This National Science Week, let us celebrate the power of curiosity and remember that when knowledge is nurtured, like a seed, it has the potential to grow into something extraordinary.*** 🌱🧐



Reminder: 2026 Premier's Reading Challenge



All **St Joseph's students** are taking part in the **2026 Premier's Reading Challenge (PRC)**, running from **11th May to 28th August!** This initiative encourages students to **develop a lifelong love of reading** by exploring a variety of fiction and non-fiction books.

Reading Record Forms have been sent home—make sure to track your child's progress!

Challenge Requirements:

- **Prep to Year 2:** Read or experience **20 books**
- **Years 3 & 4:** Read **20 books**
- **Years 5 to 9:** Read **15 books**

Help us **continue our 100% participation streak** and foster a love for reading!

Book lists are available at [PRC Website](#). Let's get reading! 📖

Happy Wednesday.

~ Emma Robinson

Assistant Principal of Curriculum

PE News – Sean Killeen

Last Monday and Tuesday a number of Athletes from St Joseph's represented our school at the Bundaberg District Athletics Carnival. These students were nominated based on their results from our School Athletics Carnival that was held at the end of Term Two. Our students performed very well, competing with great enthusiasm and determination against the best primary school aged Athletes from all over the region.

Congratulations to everyone who participated in their respective events, particularly Shilo, Ace, Flynn and Logan, who all made the 100m finals for their age group. Further congratulations to these students who placed first in their event;

Liam Morrow - 1st place 11yrs Shot Put

Flynn Duncan - 1st Place 11yrs Long Jump

Zahli Killip - 1st Place 12yrs Long Jump



Save The Date

BOOK WEEK 2026

DRESS-UP AND PARADE
28 AUGUST

THE 2026 CHILDREN'S BOOK WEEK THEME IS....

SYMPHONY OF STORIES



WHICH BOOK CHARACTER'S
VOICE WILL YOU BRING TO OUR
SYMPHONY OF STORIES?

PARADE ON SCHOOL ASSEMBLY AT 8:30AM
PARENTS AND GUARDIANS WELCOME



PUPIL FREE DAY

• Friday 4th September 2026



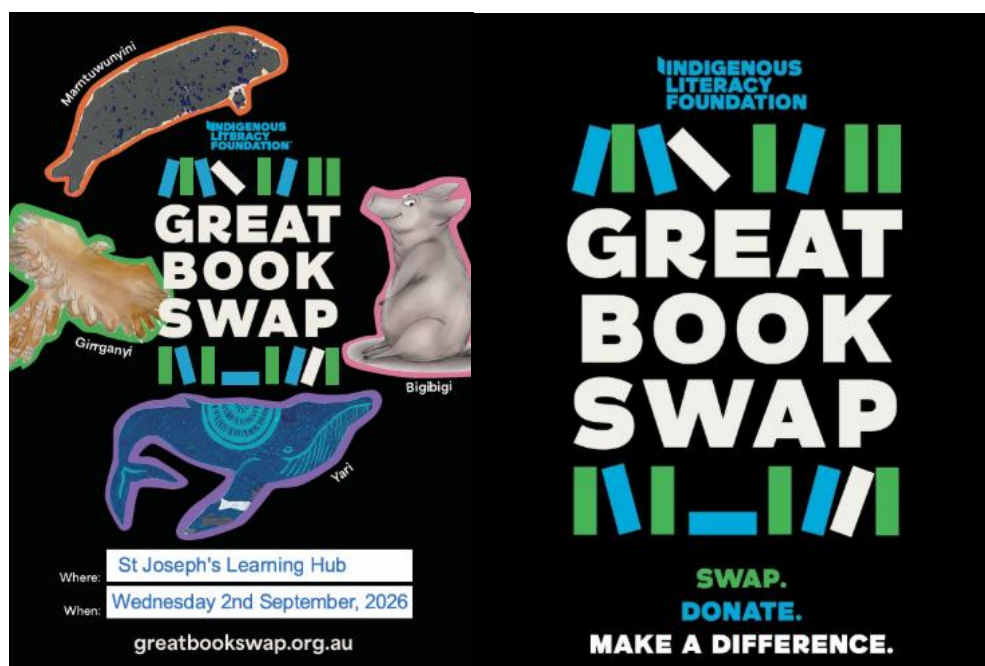
Book Swap!

Every year St Joseph's hold a Great Book Swap at school. This year's will be held on Wednesday, 2nd September 2026.

We hold a Great Book Swap to support the Indigenous Literacy Foundation (ILF) to provide books and learning resources to children living in remote Communities across Australia. We aim to raise funds by asking our families to **donate a gold coin** on the day.

Anyone can bring in their once-loved books to our school by Friday 30th August, where they will be sorted into appropriate age-groups.

Books should be in good condition and age appropriate for school children.



For more information you can visit <https://greatbookswap.org.au/st-josephs-catholic-primary-school-bundaberg>

Sean Killeen and Lotoya Long

RAP Team

Catholic Parish of Bundaberg



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



FISH & CHIPS - NUGGETS & CHIPS - CHIPS

ORDERS NOW OPEN
for
Friday 28 August, 2026

(orders will close **Thursday 27/8/26** at midday)

ORDER NOW ON:



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

Week 2 - 24 July - **BROS'S BAKERY**

Week 4 - 7 August - **SUBWAY**
(Family Picnic 150th Celebrations)

Week 7 - 28 August - **GP Witt's Fish & Chips**

Week 9 - 11 September - **PIZZA HUT**

If you are available to help serve lunch orders
(approx. 10:30-11:00am),

please contact the School Office



2026

Outside School Hours Care



ST JOSEPH'S BUNDABERG OSHC

AFTER SCHOOL
MONDAY TO FRIDAY 2:45PM-6PM

SCHOOL HOLIDAYS
MONDAY TO FRIDAY 8AM-6PM



**Scan to enrol online
or call 0477 465 679**

Safe and Nurturing Environment **Nutritious Afternoon Tea** **CCS Approved Provider**

Student of the Week

Term 3 Week 5

Prep	Darcie	For your amazing focus during Sounds Write lessons this week. You are becoming a great reader!
1	Scarlett	For focusing on being ready to learn in every lesson. Well done!
	Ava	For putting your best effort into everything you do. I can always count on you to try your best. Well done!
2	Taison & Charley	For being focused learners and putting your best efforts into everything you do. Well Done!
3	Prince	For your thoughtful and insightful contributions during Science and Religion class discussions. Keep up the amazing work, Prince!
	Hazel	For your wonderful determination and problem solving during challenging learning tasks this week. Keep up the fantastic work, Hazel!
4	Skye	For great improvements in addition and subtraction! Well Done!
5	Gracie & Lacey	For getting out of their comfort zone at camp and giving everything their best effort.
6	Milly	Milly has shown great resilience during our fraction learning. Even when she found concepts challenging, she never gave up. She listened carefully to feedback, applied it to her work, and continued to improve with determination and a positive attitude. Her persistence and willingness to keep trying have helped her make excellent progress. Well done, Milly! Keep up the fantastic effort and growth mindset. 🌟💪
	Blake	For showing outstanding determination and perseverance in mathematics. Blake has worked very hard to improve his focus and understanding of Order of Operations, demonstrating a positive attitude and commitment to learning. Your effort, concentration, and willingness to keep trying are something to be proud of. Keep up the fantastic work! Congratulations, Blake! 🌟

Shout Outs

Term 3 Week 5

Oscar	<i>For being a thoughtful play buddy and ensuring that everyone gets a fair share of time in your football game. You are a walking Jesus in the way that you look out for your friends.</i>
Tiaan	<i>For showing love like Mary MacKillop when you took out all of the water bottles that your friends forgot to take to lunch. You demonstrate care for your friends by serving them.</i>
Zak and Max R	<i>For showing love towards our school by taking the initiative and cleaning up the sand toys without being asked.</i>

Respectful Relationships Education

Implementation of Respectful Relationships Education (RRE) continues throughout Semester 2, 2026. As the primary educators of your children, parents are invited to engage in ongoing opportunities to stay informed and be supported regarding the content, practices and progress of RRE.

The attached flyer is a summary of one of the Term 2 Parent Partnership Sessions and contains supporting resources and a link to the session recording as a way to assist you in conversations about RRE concepts. Thank you for your continued support.

Respectful Relationships Education

"The Catholic school is an environment in which faith, culture and life intertwine"
Pope Leo XIV, Drawing New Maps of Hope (2025)

Our Catholic schools provide opportunities for the spiritual, physical, cultural, academic, social and emotional development of all students.

Why we teach RRE

-  Align with Federal Government requirements
-  Promote a Catholic understanding of human dignity, respect and relationships
-  Develop critical thinking skills and a well - formed conscience to make good choices
-  To form safe and healthy relationships that enable each person to flourish

How we teach RRE

-  Whole school approach
-  Age - appropriate learning
-  Enriched with Catholic perspectives
-  Dialogue between Catholic tradition, contemporary culture and students' lived experience
-  Recognise unsafe situations and use skills to seek help

Your child may ask about:

Lower Primary

- Strengths and interests
- Interacting respectfully with others
- Private body parts
- Trusted adults
- What to do if feeling unsafe

Upper Primary

- Changes during puberty
- Seeking, giving and denying consent
- Gender stereotypes
- Staying safe in online and offline situations

Secondary

- Power, coercion and control in relationships
- Respectful interactions
- Being a bystander and an upstander
- Self - protection and help - seeking in online and offline contexts



For more information, please read our policy: 

Out and About



CORAL COAST

SOFTBALL ASSOCIATION

JOINT CLUB SIGN-ON/ COME AND TRY DAY



SUNDAY
30th AUGUST 2026



9AM—1PM



Venue:
BUNDABERG SOFTBALL GROUNDS,
22 CLAYTON ROAD, THABEBAN.





CLUBS WILL BE IN ATTENDANCE AND ALL FEES WILL BE AVAILABLE



**JUNIOR & SENIOR
T BALL
MIXED DIVISIONS**
* A/ U12, U14 & U16
teams are mixed.

TEAM DIVISIONS:



**LADIES SOFTBALL &
MEN'S SOFTBALL**



ALL GAMES PLAYED IN BUNDABERG
WITH THE SEASON TO COMMENCE

***SPECIAL NOTE:** All games played in Bundaberg with the season to commence 10th October through to 12th December 2026 followed by 6 week Christmas holiday break with games resuming on 30th January through to Grand Finals on 20th March 2027*

**'PLAY ON'
VOUCHERS
ACCEPTED**

Flourish Family Fun Day

2026

An all-inclusive family- friendly event that celebrates and acknowledges the diversity of families in our region



FREE entertainment, information stalls and activities will be available for the whole family to enjoy!!

BOOK A STALL
OR CODE BELOW

Get ready with Birdie

THIS YEAR'S THEME
GET READY WITH BIRDIE
Supporting children and families to get ready for and get through natural disasters and disruptive events

**Incorporating the
Welcome Baby Celebration
and traditional
Teddy Bears Parade**



Dress Teddy as your favourite First Responder

date & venue

Thursday 1 October
9 am – 1 pm
PCYC Bundaberg
1 Civic Avenue

Food and drinks
available for purchase



Birdie's Tree has been created by the Queensland Centre for Perinatal and Infant Mental Health, part of Children's Health Queensland to support children's disaster preparedness, resilience and recovery.







Stall Holders

Supported by:





**WIN AN
MG3
WORTH
\$26,164**

**\$10
PER
TICKET**

**ONLY
5000
TICKETS
AVAILABLE**



**BUNDABERG
REP NETBALL**

SCAN TO ENTER







ROSS GRAY MG

Drawn 29th August 2026

The prize vehicle must be collected from Ross Gray Motor City, Bundaberg. The winner is responsible for arranging and covering any costs associated with the collection or transport of the vehicle from Bundaberg.