ST. JOSEPH'S CATHOLIC PRIMARY SCHOOL BUNDABERG
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Newsletter Term Four Week 6 **11 November 2026**

Principal's Pen – Monica White

Social Skills Are The Secret To Stronger Emotional Immunity



Social skills are a critically important component of strengthening our children's emotional immunity to life's big challenges, and for developing resilience in our children. Children with strong social skills have been shown to do better in life. The ability to navigate the world socially (what's known as social and emotional intelligence or EQ) often matters more for lifetime success than how smart our kids are!

Social skills are about so much more than the ability to talk and learn language. Communication is critical for social success and the psychological immunity it brings. But there is much more to real resilience and immunity. Skills like self-awareness, impulse control, emotional regulation, conflict resolution, and the ability to communicate clearly: these are qualities that lead to flourishing relationships, academic success, and most of what else predicts great outcomes in life.

Here are some simple tips and tricks to help your child share more easily, be more confident around other children or adults, or navigate those tricky social situations that we all struggle with.

Empathy, empathy, empathy - Research tells us pretty clearly that the more empathic we can be, the more likely it is that our children will be empathic.

Be a model - Our children watch and learn from us. How we speak to them (and others) and how we interact with them (and others) is the example they'll follow as they grow.

Be an emotion scientist - If you can be an example with your own emotions, and then be curious about your children's emotional world, they'll learn that emotions are to be discovered, understood, accepted, and regulated. They'll learn that if you're ok with emotions, they can be too. Being understanding of emotions helps our children know that their feelings are a normal part of being human. (Note, this doesn't mean letting kids have huge emotions whenever they feel like it. Instead, it means teaching them about their emotions and helping them learn to regulate them.)

Teach turn-taking - Toddlers and pre-schoolers will always struggle to share. It's in their developmental timeline to get better at this around age 6. Until then, teach them to take it in turns. Give them autonomy around this, stating, "When you've finished, then it's ___ turn."

Identify emotions in friends - When your child takes turns, point out how happy the other child is. Ask them, "How did Liam feel when you let him have a turn?" You could read a book and ask, "How does this person feel when that happens?" This teaches emotional intelligence and empathy quickly and effectively.

Teach them to find ways to help - Teaching children to be helpers doesn't just build compassion and empathy. It teaches them how to be a good person with social capability, and an improved ability to regulate their emotions and make a difference in other's lives. This is a key to building strong social skills.

Ultimately our children are just that – children. But when we establish a strong foundation by creating a safe home environment, teaching them empathy, setting effective boundaries, and helping them to find ways to help others, we build their social and psychological immunity. When tough times come – and they will – they'll have a solid foundation to stand on to help navigate those challenges and come out stronger because of them.

Information sourced from: https://www.happyfamilies.com.au/articles/social-skills-are-the-secret-to-stronger-emotional-immunity

Monica White

From the APRE – Laura Campbell

Greetings to our families,

Celebrating the Rich Diversity of Our Community

At St Joseph's, we are proud to celebrate the many cultures and traditions that make our school community so special. As a Catholic school, we believe that every person is created in the image and likeness of God, and we are called to respect, value and care for one another. By celebrating the diversity within our community, we honour the richness of God's creation and the unique gifts each person brings.

While we strive to recognise and celebrate diversity throughout the year, the busy nature of the school calendar sometimes means that important events are acknowledged at different times.

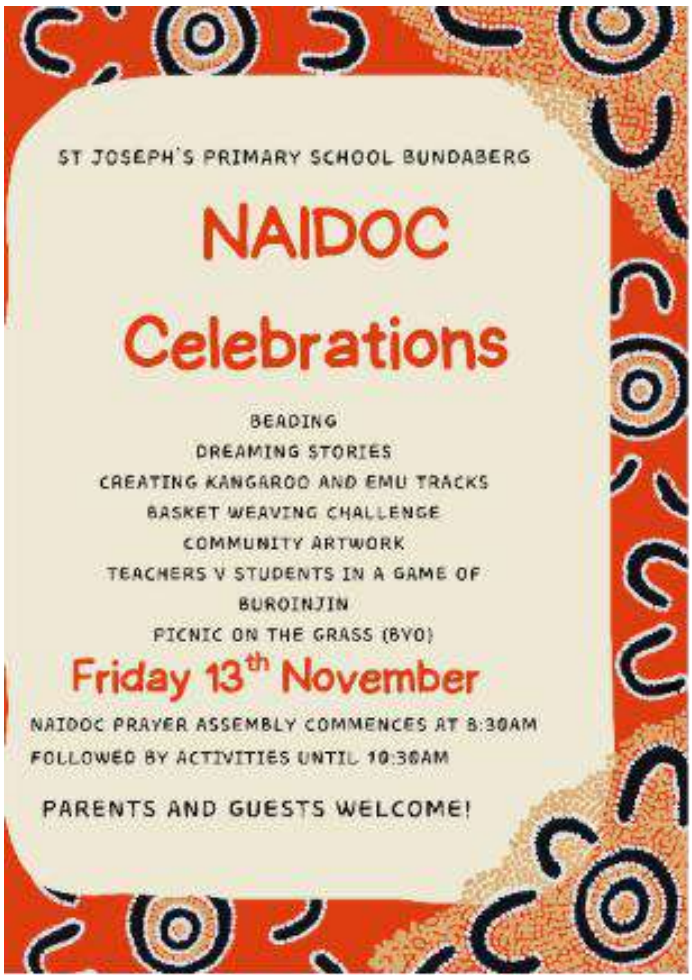
NAIDOC Week is traditionally celebrated during the July school holidays, making it difficult for schools to participate at the official time. However, this important occasion is never forgotten at St Joseph's.

This week, we will celebrate the rich cultures, stories, art and achievements of Australia's First Nations Peoples. We are fortunate to live and learn on the lands of the Taribelang Bunda, Gooreng Gooreng, Gurang and Bailai Peoples, whose enduring connection to Country continues to enrich our region.

Each Friday, our students participate in an Acknowledgement of Country at assembly, and First Nations perspectives are woven throughout learning experiences across the curriculum. Our Aboriginal and Torres Strait Islander students also play an important role in helping our school community learn about and celebrate their culture.

Through these celebrations, we continue to live out Jesus' command to "Love others as much as you love yourself," embracing understanding, respect and belonging for all people.

We warmly invite all families and community members to join us for our NAIDOC celebrations this Friday as we come together to honour, learn from and celebrate the world's oldest living cultures. We look forward to sharing this special occasion with you.





Have a blessed week,

Laura Campbell

Catholic Parish of Bundaberg

Click here for the latest issue of the Catholic Parish of Bundaberg Newsletter

Curriculum Corner – Emma Robinson

Remembering the Service and Sacrifice of Our Veterans

Today, our St Joseph's community pauses to observe **Remembrance Day**, a significant occasion when Australians honour the service and sacrifice of those who have served in wars, conflicts and peacekeeping operations.

At the **11th hour of the 11th day of the 11th month**, we join people across Australia and around the world in a minute of silence to remember those who gave their lives in service to their country and to reflect on the value of peace.

At St Joseph's, students participated in a special Remembrance Day prayer and reflection. Together, we remembered the courage, sacrifice and dedication of veterans and current service personnel. Students were encouraged to consider how we can honour their legacy by promoting peace, showing respect for others and contributing positively to our community.

Learning about Remembrance Day is also connected to the Australian Curriculum. Through studies in **Religion and the Humanities and Social Sciences (HaSS)**, students explore important events from Australia's past, consider the impact of war and conflict, and develop an understanding of citizenship, service and community responsibility. These learning experiences help students appreciate the freedoms we enjoy today and recognise the importance of working towards a peaceful and just society.



As a Catholic school, Remembrance Day also provides an opportunity to reflect on Gospel values of compassion, gratitude, justice and peace. We pray for all those affected by war and conflict and remember those who have made sacrifices in the hope of creating a better future for others.

Today, as we wear our rosemary sprigs, display our poppies and observe a moment of silence, we remember with gratitude those who served and continue to serve our nation.

"Lest We Forget."

Have a happy Wednesday!
~ Emma Robinson
Assistant Principal of Curriculum

Finance – Sharon Anderson

Confirmation of Enrolment for 2027

We are excited to begin preparations for the 2027 school year! Please complete the Confirmation of Enrolment 2027 form by Wednesday, 25th November 2026

Scan the QR or use link to join

Click here to complete the form

or

Scan the QR code provided.



If you have any questions or need assistance, please contact the school office.

P & F News

flexischools

SUBWAY

ORDERS NOW OPEN for FRIDAY 20 November, 2026

(orders will close 19/11/26 at Midday)

ST JOSEPH'S GROWING AS ONE

ST JOSEPH'S P&F ANNUAL CHRISTMAS RAFFLE PRIZES

$1000 Visa Gift Card
2 x Fishing Packs
$400 Silver Spanner Car Service Voucher
Mechpro 52 Pce Tool Kit
World Gym 1 Year Pass + Welcome Pack
3 x Disney Pebble Gear Tablet + Accessory Pack
Ninja Bullet Blender & Sunbeam Handheld Mixer
Summer Entertainer Picnic Hamper Pack
Posture Form Pillow Voucher (valued at $140)
YETI Pack - Daytrip 6L bag, Drink Bottle, Cup, Coolers
2 x $50 Shawline Uniform Shop Vouchers
1 x Christmas Ham
$50 Kmart Voucher
2 x 5 Subway Vouchers
2 x $50 Bros Bakery Vouchers
Pizzahut Voucher - 5 Medium Pizzas
Dolce & Gabbana Perfume Pack
AASTAT - Diary and Pen Pack
$50 Woolworths Voucher
Beach Pack
Push Bike
$20 Donut King Voucher
Christmas Sack Full of Toys
Gold Coast Fun Trip Vouchers
Camping Fridge
Stand Up Paddleboard

David BATT MP
Rise Beyond Health
Pizza Hut
Your Home Store
Office National
Kmart
WORLD GYM
Bakery
donut king
Woolworths
Harvey Norman
Tom Smith MP
Member for Bundaberg
SUBWAY
DARE
ANACONDA

Thank you to our families, including the Ellis, McNally and Balta families & thank you to our local business sponsors for their generous donations!


ST JOSEPH'S P&F
ANNUAL CHRISTMAS
RAFFLE
1 FOR $5
3 FOR $10
8 FOR $20
20 FOR $40
30 FOR $50
TICKETS ARE AVAILABLE NOW
ON FLEXISCHOOLS
SCAN HERE to
purchase tickets for
your chance to win
some amazing prizes!
WINNERS DRAWN 30TH NOVEMBER 2026
ST.JOSEPH'S
GROWING AS ONE

Joey Jarjums –



Available Now – 150th Merchandise



Outside School Hours Care



Shout Outs

Scarlett	For being a forgiving and kind friend. Your forgiving heart shines a light on Jesus' message of forgiveness.



Student of the Week

Prep	**Lane**	For the amazing drawing you did in class this week. You always put 100% effort into your art work.
Year 1	**Madison**	for being a bright shining star in our classroom. You light up every room you walk into with your smile and kindness.
	Hugh	For always trying your hardest in all of your schoolwork. Well done!
Year 2	**Darcee**	For the way you have switched on to learning this week. You have shown how much ability you have in all tasks, well done.
	Liliana	For your fantastic reading you have been showing in class. Well done.
Year 3	**Norie**	for always showing a consistent and quiet kindness to those around her, even when no one is watching. Well done, Norie!
Year 4	**Charlie**	For an excellent effort in his reading assessment. Awesome work!
Year 5	**Vinnie**	For putting in extra effort focusing on his assessments.
Year 6	**Zak**	Zak has demonstrated responsible leadership by taking on important roles with maturity and respect. Whether leading the soccer shoot-out or supporting younger students during buddy reading, Zak consistently sets a positive example for others through his reliability, encouragement, and willingness to help.

Term 4 Planner

TERM 4 PLANNER

Week 6

9 Nov Board Meeting
11 Nov Remembrance Day
13 Nov Year 4 Assembly
Interschool Sport (yRS 4-6)
Chess Tournament
NAIDOC on the Grass

Week 7

20 Nov Prep Assembly

Week8

26 Nov RACQ Road Safety
26 Nov Year 5 Excursion
27 Nov Year 2 Assembly
27 Nov RACQ Road Safety

Week 9

30 Nov Christmas Concert
2 Dec Year 6 Graduation
3 Dec Year 6 Fun Day
4 Dec Term 4 Ends

25 Dec
CHRISTMAS DAY



27 Jan 2027
FIRST DAY OF SCHOOL



Out and About









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.

KNOW YOUR COUNTRY