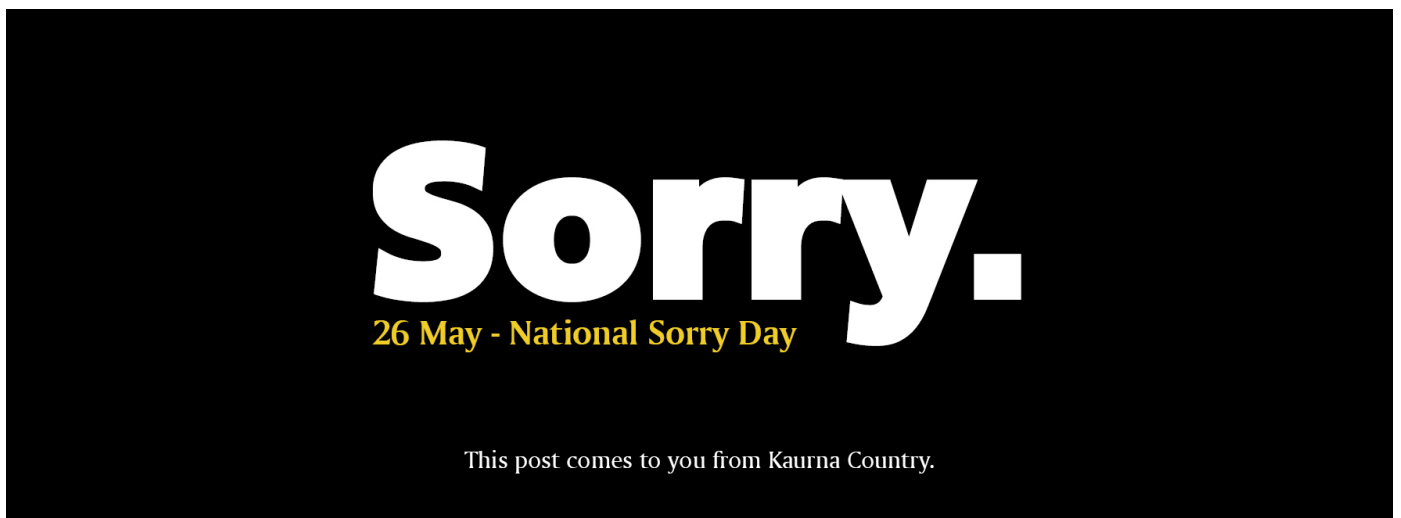




*Please note: if you are reading this newsletter from your email, you will not see any photo galleries or videos featured within it. Click read more to view the internet version of our newsletter so that you don't miss out on seeing our latest photos and videos.*

## Community | National Sorry Day



Today, 26 May is National Sorry Day.

We join with people all over Australia to acknowledge the mistreatment of First Nations peoples. Saying sorry is important, of course, but we match our words with actions. Sorry is also our promise: to fight racism wherever it lurks, and to stay committed to the ongoing journey of reconciliation.

God created ALL people in His image. May He lead us to seek compassion as we listen to the stories of the violence in the Aboriginal and Torres Strait Islander histories, and as we work towards healing and creating a future that is just and equitable.





Last Week we celebrated Catholic Education Week. We celebrated with our students and staff by sharing the reasons why they love the Nazareth community for the #LoveMyCatholicSchool campaign.

We would also like to congratulate the following staff who were recognised for their exceptional contributions to Catholic Education South Australia at the annual Catholic Education Awards evening last Thursday.

We were delighted to see Nazareth strongly represented among the certified Highly Accomplished or Lead Teachers - of the 14 recipients across the whole system, 6 were from Nazareth! Congratulations:

- Deb Featherby
- Grace Gava
- Sarah Hughes
- Kelly Hywood
- Megan Lock
- Jane Watson

Additionally, out of the 11 Distinguished Lead Teacher recipients within CESA are 3 incredible individuals from Nazareth:

- Wes Brice
- Jess Joyce
- Caitlin Rayner

These achievements reflect the unwavering dedication and exceptional work of our staff. We're immensely proud of each one of them

and grateful for the support they received throughout their journey.



# Community | Grandfriends Day



We loved welcoming our wonderful Grandfriends at Findon last Friday.

Grandfriends are a delightful blend of love, caring acts, wonderful stories, and laughter.

Click 'Read More' to view our Grandfriends photo gallery.







## Community | National Volunteer Week



Last week was National Volunteer Week. We are so grateful to our wonderful 950 registered volunteers.

From café workers, class helpers, sports coaches, event and celebration organisers, project mentors, NazConnects chefs, fruit ninjas and so many more.

We value and appreciate the various roles you play and thank you all for your support. We are grateful to have you as a part of our community.





## Community | Sporting Achievements



Congratulations to the following students:

- **Scarlett Matulick (Year 7)** who has been selected to represent the State in Sydney in August for the school Sport Australia Diving Championships. She also received a bronze medal for the 3m synchronised springboard at the National Age Championships in Sydney.
- **Audrey Sypek (Year 8)** who competed in the Youth Bouldering Championships in Sydney and is now ranked 31 in Australia.
- **Aamon (Year 8) and Angelika (Year 11) Duhoslav** both competed in the National Dragon Boat Championships. Representing Australia in the Australian Auroras Dragon Boat Team. Aamon received a bronze medal for the 200m race and Angelika received a bronze medals for the 200m and 500m. Both students will progress to compete in the World Dragon Boat Championship in Thailand in August.



# **A**ustralian **M**usic **E**xaminations **B**oard

Congratulations to Aisling Morgan (Year 8) who completed her Grade 3 AMEB Piano exam and received an A. Also to Maddison Henry (Year 8) who completed her Preliminary Piano exam and received an A+.

Congratulations also to their Instrumental Teacher, Kath Zoumis, on these outstanding results.

## Community | Musical Instruments



Which musical instrument should your child learn?

Research into music learning and brain development has found that students who learn harmony-based instruments such as Piano or Guitar - often perform better on cognitive tests. Drummers have been found to have the ability to be more cognitively flexible and adaptable. Any study of a musical instrument over a period of a minimum of 3 years has found to have a positive impact on language development and executive function.

Choosing the 'right' musical instrument, however, is a combination of what initially attracts the student to the instrument, the way they are taught and the environment in which they learn. Children can be attracted to an instrument by the way it looks, sounds, or even how it feels to play.

There is a slight misconception that music is always a fun and enjoyable experience, because it is fun and enjoyable to listen to music. A young learner must work to master the next new note, or technique. It promotes the skills of persistence and resilience.

So the answer to the question is there is no best instrument for cognitive development. For your child to get the full musical and cognitive benefits from learning a musical instrument, it's about students being challenged, continuing to develop, try their best and learn how to learn in the process.

If you'd like further information about how to commence instrumental lessons at Nazareth please contact the Director of Music [Jess Joyce](#), or complete an enrolment form via the links below:

- [Flinders Park Instrumental Enrolment Form](#)
- [Findon Instrumental Enrolment Form](#)



Good Nutrition is important for children to grow, maintain a healthy immune system, and improve health condition develop a strong and healthy body.

Flinders University Dietitian Students Raven and Sindhu share 6 simple ways to prepare healthy school lunch boxes.

#### **Vegetable and Legumes/Beans**

Vegetables are an excellent source of vitamins, and with added minerals such as potassium, calcium, and iron. They also contain fiber to keep your children's digestive system healthy. From 4 to 13 years old children would need to eat 4.5 - 5.5 serves of vegetable per day. One serve of vegetables is approximately 1/2 cup of cooked vegetables or canned beans, 1 cup of salad or 1/2 of medium potato.

#### **Grains**

Grains are a good source of fiber, carbohydrates, protein, and various vitamins and minerals. Whole grains are an important part of a healthy diet, providing nutrients and energy for your children's balanced growth and development. School-age children need 4 - 6 servings of grains per day, this may be 1 slice of bread, 1/2 cup of cooked rice or pasta, 2/3 cup of cereal, or 1 small English muffin.

#### **Meat**

Most children love meat which provides them with protein, vitamins, and minerals such as iron, vitamin B2 and is vital for growth and development. Recommended intake would be 1.5 - 2.5 serves of meat or alternatives like tofu/egg/beans a day. 1 serving for the cooked red meat and poultry would be 65g and 80g or could be 2 large eggs or 1 cup of cooked beans.

### **Fruit**

Fruit is a great snack for kids, providing Vitamin C and folic acid, also high in fiber. Fruit provides a variety of health-promoting antioxidants, this can aid in maintaining a healthy body condition in children to handle their daily life. Aim to eat [DO1] 1.5 - 2 serves of fruits a day would be following the Australian Guide to Healthy Eating Guidelines, 1 serve of fruit can be 1 medium apple, 2 kiwi fruit or 1 cup of canned fruit.

### **Dairy**

Children are very familiar with dairy products, which are high in protein, calcium, and vitamin D, helping build strong bones and grow in health faster. The average child needs 2 - 3.5 servings of dairy per day, can be 1 cup of milk, 2 slices of cheese, or ¾ cup of yogurt counting towards as 1 serve.

### **Healthy Snacks**

Some tips to remember when considering health snack options:

Read the nutritional label on the packaging and look for products meeting these requirements:

- Sugar: less than 25g per 100g.
- Sodium: less than 400mg per 100g
- Fat: less than 10g per 100g (Saturated fat less than 3g per 100g)

Some examples:

- Homemade
- Fresh cucumber and carrot sticks
- Celery with peanut butter
- Banana Oat Cookies
- Handful of Nuts

Store bought:

- Cobs Natural Popcorn Lightly Salted Slightly Sweet
- Olina's Seeded Snackers Sour Cream & Chives
- Dar-Vida Whole Wheat Swiss Biscuits

# Pack your Kids

## HEALTHY LUNCH BOX

Choose a variety of foods from each food group

### Lean Meat & Alternatives



### Grains



R-6 | Laudato Si' Week



It was Laudato Si' Week this week, which celebrates the anniversary of Pope Francis' encyclical.

Our R-6 Eco Chiefs have identified that some of our everyday habits in modern society could be improved in the spirit of sustainability. They've identified some actions we can all implement to care for our common home.

Happy Laudato Si' Week everyone!

## R-6 | National Simultaneous Story Time



This week, Findon campus students joined over 2 million students across Australia to read *The Speedy Sloth*, written by Rebecca Young and Illustrated by Heath McKenzie for National StoryTime.





## Year 1-3 | Buddies



Year 1 / Year 3 Buddy Time! Building connections and a strong sense of community by sharing the joy of reading and chatting about all the exciting things currently happening in our neighbourhoods!



## 4-6 | Radio Italiana Bookings



Every fortnight, Nazareth students are given the opportunity to shine through reading the Weather forecast for Adelaide, SA. They get a real buzz as they know it gets aired later, live on a local Italian Radio Station - Radio Italiana 531.

Here are some students experiences they would like to share with you all.

*"It was a fun experience as I got to express my Italian language by reading the Italian weather. My parents and grandparents heard me on the Italian radio",* said Carla.

*"It was really exciting to have a chance to practise my Italian and even more fun using the headphones and the big microphone",* said Filip.

Years 4-6 students are invited to [book a recording time online here](#). Recordings take place on Thursday mornings at 8:10am this term. Recordings will be done in pairs (2 students).

## 5- 6 | Football Carnival



Our Year 5/6 footballers kicked up a storm this week at the School Sports SA Football Carnival, and the Western Zone is now proudly waving the State flag. Congratulations on dominating the field and bringing home gold in the Boys and Girls divisions.

## 7-12 | Pedal Prix



Introducing Evolve, Nitro and Frosty to our HPV (Pedal Prix) team.

3 new trikes entered the Pedal Prix Taillem Bend course yesterday for the first time - with 2 x senior and 1 x middle years team.

Averaging 42km/ph for the 6 hour race, Evolve (seniors) finished 4th - out of 38 teams in their category - our best result yet and only half a lap off a podium place.

Nitro finished 31st and Frosty 20th in their respective categories.

This year sees our biggest HPV team across Nazareth, with more teams including our inaugural Year 6 team (Storm) will race at the upcoming Victoria Park course in June.



## 7-12 | Grease The Musical Rehearsals



GREASE is the word at Flinders Park at the moment!

The Musical, presented by 7-12 students, will be coming to Star Theatres next Term. The dedicated cast and back stage crew have been "hopelessly devoted" to to rehearsals, and are peachy keen to hit the stage in August. Tickets will be on sale soon - watch our newsletters and social media for their release.



## 7-11 | Aerobics Competition



Congratulations to both our Aerobics teams who performed at the FISAF Australia Competitions last weekend.

Our 7-9 Dance Aerobics team led by coaches Nina and Olivia (2022 Graduates) won FIRST place, and our Senior Team competed extremely well too. We are so proud of both teams and their support crew.



## Year 8-9 | Art Workshops



### Year 8 Landscape Workshop

Year 8 Art classes participated in landscape workshops with an educator from the Art Gallery of SA, to further develop their skills and knowledge with this genre. They will be completing their own painted landscapes as part of Art this term.

### Year 9 Portrait Workshop

The Year 9 Arts students were challenged to create self-portraits, through a charcoal portrait workshop, with an educator from the Art Gallery of SA. Using mirrors, they first practiced creating facial features to develop some skills with the medium of charcoal, before creating their own self portraits, through live observation.





## 9-10 | Mountain Biking Championships



We raced, and we conquered at the School Sport SA Mountain Biking Championships.

Our Year 9/10 Boys team gave it their all and placed an impressive 17th out of 78 teams. While our Year 9/10 Mixed team brought home the gold taking out first place with their skills and endurance on the challenging course. What outstanding results by our eight talented riders Ben, Lachlan, Ben, Dylan, Daniel, Alex, Phoebe and Zac. Congratulations!



## Year 10 | National Careers Week



Last week was National Careers Week Australia.

Leading into the week, our Year 10 cohort had an amazing educational experience at the Adelaide Careers & Employment Expo. This eye-opening event allowed them to explore various industries, educational institutions, and potential employers.

At Nazareth, we take pride in providing extensive opportunities that empower our students to discover diverse opportunities and pathways, paving the way for their future success.

Right now we are in the thick of planning for our own Nazareth Careers Week in August, where we will build upon the inspiration gained from this expo, and continue to explore ways we can support students' unique talents and aspirations. Stay tuned for updates on this exciting event!



## Year 10 | JLTASA Movie Making Day



Imagine a day filled with meeting new people, filming Japanese commercials, and winning exciting prizes! That's exactly what the Stage 1 Japanese students experienced on the JLTASA Movie Making Day. On May 10, the Year 10 students enjoyed a drive to Roma Mitchell Secondary College and participated in an excursion as part of their Stage 1 Language Studies. We learnt about the features of Japanese commercials and had the amazing opportunity to film our own! The best part of the day was eating sushi and having a mini quiz with the other Japanese students. It was a great way to meet new friends, test our language skills, and more importantly, share our love for the Japanese culture. With each group having a variety of students from different schools, it encouraged us to get out of our comfort zone. Everyone made new friends and experienced laughter as we watched the commercials one by one. Thank you to Ms Lock and Mr McNicol for organising a worthwhile and enjoyable excursion that allowed us to immerse ourselves in the Japanese culture and make lasting friendships!

***Aendyel Dela Rosa***

***Year 10 Student***



# 10-12 Careers Noticeboard

### VET IN SCHOOLS WITH CIVIL TRAIN

**WHAT CIVIL TRAIN IS**

**HOW DO I SIGN UP?**

**WHAT CIVIL TRAIN OFFER**

### INTRODUCTORY WORKSHOPS

**2 DAY INTRODUCTION AND MAKEUP WORKSHOP**

**UNIT OF COMPETENCY**

**ISSUES**

### CERTIFICATE II IN SALON ASSISTANT

**ISSUES**

**UNIT OF COMPETENCY**

**ISSUES**

### CERTIFICATE II IN RETAIL COSMETICS

**ISSUES**

**UNIT OF COMPETENCY**

**ISSUES**

### VET IN SCHOOLS CERTIFICATE II IN RETAIL COSMETICS

**UNIT OF COMPETENCY**

**APPLICATION PROCESS**

**COURSE FEES \$3000.00**

**INCIDENTAL EXPENSES \$1000.00**

**DURATION**

**NEXT INTAKE**

### VET IN SCHOOLS CERTIFICATE III IN MAKE-UP

**UNIT OF COMPETENCY**

**APPLICATION PROCESS**

**COURSE FEES \$3000.00**

**INCIDENTAL EXPENSES \$1000.00**

**DURATION**

**NEXT INTAKE**

### VET IN SCHOOLS CERTIFICATE III IN BEAUTY SERVICES

**UNIT OF COMPETENCY**

**APPLICATION PROCESS**

**COURSE FEES \$3000.00**

**INCIDENTAL EXPENSES \$1000.00**

**DURATION**

**NEXT INTAKE**

### VET IN SCHOOLS CERTIFICATE III IN BEAUTY SERVICES

**UNIT OF COMPETENCY**

**APPLICATION PROCESS**

**COURSE FEES \$3000.00**

**INCIDENTAL EXPENSES \$1000.00**

**DURATION**

**NEXT INTAKE**

## Year 12 | AIF Talks Evening



Who owns the space above us? What role does the MCG play in Australian cultural identity? Could we reestablish humanity on the moon?

All these questions and more were answered at lastnight's 'Divulging Discoveries: AIF Talks' event.

Attendees experienced the power of creative thinking and personal exploration as Year 12 students Ada, Jude, Cameron, Lauren, Olivia and Alexis shared - in #TED Talks style - their most exciting ideas and discoveries from their Activating Identities & Futures (AIF) projects. Year 12 AIF projects have spanned across a diverse range of fields, including science, technology, business, the arts and more.

# Community Noticeboard

**Woodville District Baseball Club**

**Junior Seniors**

**Term 3 T-Ball**

**FRIDAY NIGHTS**  
4.30PM TO 5.30PM

Drummond Avenue, Findon

- Boys & Girls
- Ages 4 - 12 years old
- No experience necessary
- All equipment supplied
- Term 3 is FREE (fee applies if you continue for the rest of the year)

**STARTS FRIDAY**

**HOMEWORK & STUDY SUPPORT**

Needing help with your study / homework? Aged 12-25yrs? Come along to our free homework and study support sessions and get the help you need from our friendly volunteers. School term only.

Tuesday 5pm - 5pm  
The Bricks Youth Centre  
111 Woodville Road, St Clair

Thursday 5pm - 5pm  
Findon Community Centre  
222 Findon Rd, Findon

For more information or to book p. 8408 1111  
e. youthdevelopment@charlessturt.sa.gov.au

**the parks the Y**

**SCHOOL HOLIDAY FUN**

**Nerf Wars, Mighty Days, Skating, Aqua Inflatable**

ages 5-14 | Mighty Days \$48 | Other activities \$12

**PARKSRSC.YMCA.ORG.AU**

**the parks the Y**

**SCHOOL HOLIDAY FUN**

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**the parks the Y**

**MIGHTY DAYS**

Team Games, Disco, Sports, Theatre, Nerf, Pool, Scavenger Hunt, Science Experiments, Slime Making.

9am-4pm | 5-14Y | \$48

**PARKSRSC.YMCA.ORG.AU**

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Team Games, Disco, Sports, Theatre, Nerf, Pool, Scavenger Hunt, Science Experiments, Slime Making.

9am-4pm | 5-14Y | \$48

**PARKSRSC.YMCA.ORG.AU**

**HEAD START SPORT**

**HOLIDAY TENNIS CLINICS**

**PROGRAM DETAILS BELOW**

LOCKLEYS	OR	PAGE PARK
<b>VENUE:</b> Lockleys Tennis Club		<b>VENUE:</b> High Park Tennis Courts
<b>LOCATION:</b> Woodbury Hill, Lockleys, 5023		<b>LOCATION:</b> Cliff Crescent & Park Ave, Clarence Park, 5026
<b>AGES:</b> 5 years - 17 years		<b>AGES:</b> 5 years - 17 years
<b>DATES:</b> 18th - 19th July (select any or all dates)		<b>DATES:</b> 18th & 20th July (select either 18th & 20th)
<b>TIME:</b> 9am - 10am (8yrs and under) 10am - 12pm (8yrs and over)		<b>TIME:</b> 9am - 10am (8yrs and under) 10am - 12pm (8yrs and over)
<b>COST:</b> \$35 per day (2hrs), \$50 per day (3hrs)		<b>COST:</b> \$35 per day (2hrs), \$50 per day (3hrs)

**BOOK FOR LOCKLEYS** **BOOK FOR PAGE PARK**

0407 833 850

**UNITED GYMSPORTS**

**HOLIDAY GYMNASTICS SESSIONS**

SESSIONS \$8 EACH

**SESSION TIMES:**  
MONDAY 17TH & TUESDAY 18TH JULY  
9:30AM - 10:45 AM  
11:00 AM - 12:15 PM

Come and join in the fun! Gymnastics sessions for participants ages 4+ - Beginners welcome!

**COME TRY TUMBLING MONDAY 17TH AT 11 AM**  
Does your child love to flip? Come and try tumbling! Learn rolls, cartwheels, round offs, flips, souls, and more! Suitable for ages 7+

Register here:  Or click here.

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