Parenting for resilience
Tuesday 19th April
@ 7pm
As part of the “Boon Wurrung Family School Partnership” we are sponsoring an evening with Michael Grose for a parent only talk on “Parenting for resilience” at John Paul College.
Visit http://boonwurrungfspcluster.weebly.com/michael-grose.html
for more information and booking details

Understanding anxiety in children
Tuesday 26th April
@ 7pm
Georgina Manning, director of Wellbeing For Kids, will be presenting a parent only evening about “Understanding anxiety in children” at St Joseph’s School as part of the “Boon Wurrung Family School Partnership”
Visit http://boonwurrungfspcluster.weebly.com/georgina-manning.html
for more information and booking details

Wonder of Living Family Enrichment Program
Open Doors will be presenting a parent only information evening, plus two parent and child evenings titled “A New Baby” for Year 3-6 families and “Puberty Plus” Year 5/6 families to be held at St Joseph’s School.

Parent Information Night
Tuesday 10th May
@ 7pm – 8:30pm
Booking - http://goo.gl/forms/npihrOaodm

A New Baby
Tuesday 17th May
@ 6:30pm - 7:30pm

Puberty Plus
Tuesday 31st May
@ 6.30pm – 7.45pm
Booking details for these two events coming soon.

FROM THE PRINCIPAL
Dear Families,
Our parent education sessions start next Tuesday 19th April with Michael Grose talking on “Parenting for Resilience” at John Paul College from 7pm.
The following Tuesday we have Georgina Manning talking on “Understanding anxiety in Children” here at St Joseph’s from 7pm.

This will be followed by our parent night on the “Wonder of Living Family Enrichment Program” here at St Joseph’s on Tuesday 10th May from 7pm. These are all very worthwhile evenings for parents so click on the links above and reserve your spot.

As the weather cools children are able to move into their winter uniforms. Hats need to be worn until the end of April with either winter or summer uniform. Children may choose to move into their winter uniform or stay in their summer uniform but either must be full winter or full summer uniform – not a combination of both.

Tonight we have our 1st session for Eucharist for parents of Year 4 children celebrating First Holy Communion. Please meet in the library at 7pm. St Joseph’s students not required at this session tonight.

**Next Wednesday 20th April** is our Kidsmatter Day. All students to wear sports uniform. Please refer to the note going up on Caremonkey later today.

**Don’t forget** next Friday is a school closure day and the staff will be offsite at a professional development day exploring “Intra and Interpersonal Intelligence”.

Over the holidays a new playground was installed in the Prep – Yr 2 area. This has proved very popular with all the children. New pads were also put at the bottom of all the slides. We also updated many lights throughout the school to LED’s which will add a significant saving down the track.

**Youth Leadership**
At the end of term 1 the Yr 5/6 classes presented prepared speeches, off the cuff speeches and evaluations to the parents as part of their training in public speaking. The children did a great job presenting to all the parents.

Thanks to those who came along to the Fete meeting on the last Monday of term. We have a number of items on the go and we will give you regular updates each week. Our next catch up will be next Monday 18th April at 7pm in the staff room. In the meantime we are asking for donations for the wheel and/or silent auction. Vouchers, holiday homes for rent, tradies offering time, baskets of goodies or anything else will be welcomed. Send them along to the office, talk to Angela in the office or email info@sjchelsea.catholic.edu.au

We will be having a trash n treasure stall so start collecting but please **do not** send items to school yet. Store them and we will let you know when to bring them in. Lots more happening and further details will follow later. Come along on the 18th April at 7pm to find out more.

We are looking for a few people with food handling certificates to help on the night. Please see the office if you can help out.

**Digger for a Day**
Yesterday our Yr 6 students attended the Annual Digger for a Day excursion to the Shrine, sponsored by the local RSL. The children had a great day of learning. We also sent a note on caremonkey regarding the ANZAC services to be held at the Longbeach RSL. Send along your response and if you wish your child to lay a wreath on behalf of the school. There is the Dawn service at 6am or the 9.30am March. Anzac badges, wrist bands are all available from the office.

**Junior Mayor**
Today our Junior Mayor Representatives were presenting their annual junior Mayor competition with 27 other schools in the City of Kingston.

Good luck to our team.
10 mindsets that will radically improve your parenting  by Michael Grose

The best intentions may not be enough to raise happy kids. Here are 10 mindsets to help you on the path to parenting success.

All parents want to be successful and raise kids to be happy and contributing members of our community. Good intentions are not enough. Often there is no difference between one parent and another in terms of skills, knowledge and understanding of kids. However, the biggest difference can be found in parents’ mindsets, rather than their parenting skills and understandings.

Here are 10 mindsets for parenting success:

1. Believe in your child
   This is easy if you have an early maturer, a child who has talents you value or one who easily achieves anything he/she puts there mind too. But it’s a different story if you have a child who struggles at school or to make friends or just has a different interest to you. Your belief in your child’s abilities is revealed through your expectations, your body language, even the expression on your face.

2. Look for the best
   What you focus on expands so if all you see is misbehaviour, weakness and poor performance then you’ll get more of these things. Set your antennae for children’s strengths, abilities and social behaviours and you’ll get more of those.

3. Think long term
   If you want your child to become independent then don’t do everything for him or her; you need to teach them some skills so they can become self-sufficient.
   **Awareness, teaching and opportunity** are the main requirements for kids to pick up these skills. They need to be aware of what can be done. They need to acquire the skills – some take more teaching than others. They also need the opportunity to put things into practice.

4. Be brave
   Parents of large families invariably give their later born children more freedom than they gave their first born. We are always stricter with our first born than our later born as by the time you have 4 or 5 kids you’ve worked out what’s worth worrying about. So if you are a parent of one or two kids give them more freedom and responsibility; you need to be brave!

5. Think family
   Successful parents have found a way to lead their family in one direction. To do this you must think in terms of parenting ‘the gang’ rather than individual children. “what’s in the best interest of the family?” as the guiding family principle. This has partly come along as a result of small families and partly it’s a social imperative that is common among aspirational parents where wanting the best for each child as an individual, rather considering what may be in the best for the entire gang.

6. Accept challenges
   There are always challenges raising kids. It’s important to embrace these challenges whether they are behavioural or a child has struggles at school or they are moving into puberty. It’s these challenges that will make you a better parent.

7. Build your community
   Parents don’t raise kids well in isolation yet there is often reluctance to share the parenting with others. Successful parents know they haven’t all the answers so they build a community of support and expertise around them.

8. Trust the process
   Sometimes the desire to want the very best for our child can lead us to interfere at school, pre school, child care or even when the kids are at their grandparents. It’s best to trust the process and allow people to educate, care for and look after your child in their own way.

9. Adversity builds character
   It’s natural to want life to be easy for our children, but sometimes in an effort to ensure their wellbeing we smooth things over for them. It is through the small hardships that kids experience that they build the persistence and resilience necessary for continued success.

10. This too shall pass
    The hardest part of parenting is supporting kids when life doesn’t go their way. There is plenty of research that suggests that kids benefit from having parents who have a positive parenting style that gets the balance right between protecting, teaching and nurturing kids when life gets hard. This starts with the belief that “This hardship too shall pass.”
BOON WARRUNG FAMILY SCHOOL PARTNERSHIPS CLUSTER

Follow us on Facebook

The Boon Wurrung Family School Partnerships (BW FSP) cluster is a cluster of 8 schools in and around the Frankston area working together to strengthen links with families, the local community and each other to improve student learning and wellbeing outcomes.

The current priorities of this cluster are:
- Establish and nurture an educational family F-12 (though could go further 0-12)
- Establish connections with external community which support parents
- Each school establishes true relationships with parents
- Why should schools engage families?
- High performing schools have high levels of family and community involvement
- This holds equally true for “high poverty” schools as it does for middle class schools
- In fact research has shown, family participation in education has been found to be *twice as* predictive of students’ academic success as family socio-economic status
- Greatest impact in areas of highest disadvantage
- Holds true across ALL levels of education – all ages, all stages

*Family participation in education is twice as predictive of students’ academic success as family socioeconomic status* Epstein, 2005

Joyce Epstein a key researcher in parent engagement defined 6 key types of involvement for parental partnership activities in schools that receive funding under the US Government’s *No Child Left Behind* legislation. These defined types of involvement have since been adopted by both DEECD and CEM for family engagement work in Victoria and subsequently are used to guide the work of the Boon Wurrung Family School Partnerships Cluster. These 6 types of involvement are:

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Further reading:

[**Catholic Education Melbourne Family School Partners**](#)

[**Parental Engagement in Learning and Schooling Bureau**](#)

[**Strengthening family and community engagement in student learning**](#)

**41st Chelsea Art Show at the Chelsea Townhall**
This Artshow is proudly sponsored by the Rotary Club of Australia and runs over the Queen's Birthday long weekend, beginning Friday 10th June. Entries are available from the school office for adults and/or children. This is a wonderful local event and a chance to showcase your artwork. If not go along and have a look at some wonderful paintings, drawings etc.

Peace and Best Wishes
Gavan O'Donnell.
2016 Term Dates
Term 1 28th January – Thursday 24th March (Good Friday 25th March)
Term 2 11th April – 24th June
Term 3 11th July – 16th September
Term 4 3rd October – 15th December

IMPORTANT DATES

- **Thursday 14th April**
  Junior Major, school tour 9.30am,
  1st preparation session First Holy Communion 7pm

- **Friday 15th April**
  School tour 9.30am, 2.30pm Assembly Instrumental children performing

- **Saturday 16th April**
  Mass for First Holy Communion families 6pm

- **Sunday 17th April**
  Mass for First Holy Communion families 9.30am or 11am

- **Monday 18th April**
  Fete meeting 7pm in the staffroom. All welcome.

- **Tuesday 19th April**
  OPEN DAY 9am – 3.00pm
  An Evening with Michael Grose at John Paul College, Parenting for Resilience 7pm

- **Wednesday 20th April**
  Kidsmatter Day

- **Thursday 21st April**
  School tour 2.15pm

- **Friday 22nd April**
  **SCHOOL CLOSURE**

- **Monday 25th April**
  ANZAC Day

- **Tuesday 26th April**
  “Understanding Anxiety in Children” here at St Joseph’s, school tour 2.15pm

- **Wednesday 27th April**
  school tour 9.30am

- **Thursday 28th April**
  2nd preparation session First Holy Communion 7pm

- **Friday 29th April**
  School tour 9.30am, 2.30PM Assembly Yr 5/6 performing

- **Saturday 30th April**
  Mass for First Holy Communion families 6pm

- **Sunday 1st May**
  Mass for First Holy Communion families 9.30am or 11am

- **Tuesday 3rd May**
  School Tour 2.15pm, Parent Education Board (PEB) 7pm

- **Thursday 5th May**
  School Tour 9.30am, Mother’s Day stall

- **Friday 6th May**
  Enrolments close, Mother’s Day Masterclass 12.30-2.30pm in the discovery centre,
  Yr 3-6 Cross Country 9-11am, 2.30pm Assembly Yr 1/2 performing

- **Saturday 7th May**
  8am Working Bee, 6pm Prep Mass

- **Sunday 8th May**
  Mother’s Day

- **Tuesday 10th May**
  NAPLAN Yr 3 & Yr 5, Prep Grandparent Mass 9.15am

- **Wednesday 11th May**
  NAPLAN Yr 3 & Yr 5, 7.30pm PPC

- **Thursday 12th May**
  Life Ed Van, NAPLAN Yr 3 & Yr 5, 3rd session First Holy Communion 7pm

- **Friday 13th May**
  Yr 5/6 Winter sport rd 1, 2.30pm Assembly preps performing

- **Saturday 14th May**
  6pm Mass for First Holy Communion candidates

- **Sunday 15th May**
  9.30am or 11am Mass for First Holy Communion candidates

- **Tuesday 17th May**
  9.15am Mass Yr 1/2 Grandparents Mass