Dear Families,

**Don’t forget** tomorrow is a school closure day and the staff will be offsite at a professional development day exploring “Intra and Interpersonal Intelligence”. Enjoy your long weekend and we will see you on Tuesday.

Mother’s Day is coming in a couple of weeks and we have a few things on. On Thursday 5th May we will be holding a Mother’s Day stall for the children from 9-11am. We will need a few parent helpers to help out in the hall foyer. Please see Angela or Robyn if you can spare some time. We will have details of gifts next week. Each item will be $6.00. Also there is a special Masterclass for mums on Friday 6th May from 12pm – 2.30pm in the Discovery Centre. Please see Caremonkey for details.
A note is also on Caremonkey for our Cross Country trials on Friday 6th May for our Yr 3/4 children. The Yr 5/6 children already have permission. Please read and complete.

Our Working Bee is on Saturday 7th May from 8.00am-10.00am. Please check Caremonkey and sign up if you can help out.

Our Keep Fit running sessions for Yr 3/6 after school will commence on Monday 2nd May at 3.20pm-3.40pm. Please fill form out on Caremonkey if your child would like to do this.

On Tuesday night Michael Grose presented to a large group of parents from the Family Schools PartnershipCluster. He is a great speaker and spoke to us about building resilient children. Here are his keys to building resilience.

Next Tuesday 26th April don't forget to register for our night here at St Joseph's for “Understanding Anxiety in Children”, presented by Georgina Manning. This is presented free of charge to help you. It promises to be a great night. Register as per below.

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
Anxiety in Children

What is Anxiety? Anxiety is a normal feeling people experience when faced with threat or danger, or when stressed. Most people including children feel anxious at times and this is perfectly normal. Anxiety presents itself in 3 ways; behaviour, thoughts and feelings. When children experience anxiety they may experience some of the following:

<table>
<thead>
<tr>
<th>Anxious Behaviors</th>
<th>Anxious Thoughts</th>
<th>Anxious Feelings</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Difficulty sleeping</td>
<td>• Not being able to think clearly or to concentrate</td>
<td>• Feeling anxious or tense</td>
</tr>
<tr>
<td>• Restlessness</td>
<td>• Perceptions of threat or danger appear greater than it is</td>
<td>• Irritability, uneasiness</td>
</tr>
<tr>
<td>• Fast heart beat</td>
<td>• Excessive worry, or ‘catastrophising’, about life circumstances that have no factual or logical basis</td>
<td>• Feeling ‘out of control’</td>
</tr>
<tr>
<td>• Sweating</td>
<td>• Recurrent and persistent intrusive ideas and thoughts</td>
<td>• Fear that something dreadful is going to occur</td>
</tr>
<tr>
<td>• Headache</td>
<td></td>
<td>• Feeling dizzy, unsteady, light-headed or faint</td>
</tr>
<tr>
<td>• Nausea, vomiting, diarrhoea</td>
<td></td>
<td>• Feeling upset and uncomfortable</td>
</tr>
<tr>
<td>• Tense muscles</td>
<td></td>
<td></td>
</tr>
<tr>
<td>• Difficulty breathing</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

We all experience anxiety at some time during our lives when we are faced with difficulties, faced with challenges or when we are feeling out of our comfort zone. Some children experience anxiety over everyday life activities and this can be incredibly draining and take the fun out of life. Although feeling anxious from time to time is normal for children, extra support may be needed when:

- Children feel anxious more than other children of their age and year level and talk about their worries a lot.
- Anxiety stops them participating in activities at school or socially.
- It interferes with their ability to do things that other children their age do easily.
- Children find it hard to separate from parents.
- Children are afraid to take healthy risks and have a go at new things.
- Children need a lot of reassurance before beginning tasks or socialising.
- There is a need for perfectionism particularly with academic tasks.
- There are ongoing physical symptoms such as an upset tummy and headaches.

Canteen New
For the duration of Term 2 the canteen will be trialling Mrs Mac’s Good Eating Beef Pie (200g). The pie will be $4 and will start from next week.

Peace and Best Wishes
Gavan O’Donnell

Ladies Night at the Aspendale Gardens Community Centre
Friday 6th May at 7.30pm
Tickets $25 each including complimentary drink, finger food and live music. Get together with your mum and girlfriends for a fun night of music, drinks, food and shopping. Please call 9587 5955 to book your tickets.
This week’s Community Fete update.

The fete friends held a meeting on Monday 18th April to continue the organisation process.

A quick overview of what’s on offer on the night.

The plan is to have continual entertainment on stage between 4 pm and 9 pm.

This will be provided by local musicians, school bands and other groups that are currently under negotiation. If you know anybody who would like the opportunity to perform for 15 to 20 minutes during the fete, please let us know.

Food Stalls include.

Sausage sizzle, Hamburgers, Baked Potatoes, Hot Dogs, Pizza baked in the school outdoor pizza oven, Indian food, coffee and soft drinks.

The Fun food station including fairy floss, Sno-cones, popcorn, Galati, and possibly a few others in the pipe line.

Rides.

Jurassic Adventure Jumping Castle, Bouncy Boxing, Rock Climbing wall and the return of giant super slide. For the little kids there will be the Chair-o-plane and merry-go-round. There will also be a return of the dunk the principle tank. Plus, Wet sponge throwing, so mums and dads please come prepared.

Other Stalls.

Other stalls will include, Trash and treasure, plant stand, book stand, coin throwing tables, High striker and kiddie striker ring a bell game.

A lot of great work has been going on in the background with a few mums calling on local businesses to collect prizes for raffles and wheel spins. If you know of organisations that would be willing to donate gifts, vouchers, prizes ect. Please make that request.

In the meantime, if you have any ideas or have seen something at another event that we could duplicate please come along to the next meeting on Monday 30th May 7pm. (Goes for about an hour). We’re looking for food handling accredited people to assist on the night, so if you can help out there that would be great.

If you can’t attend one of the meetings can you, please email Angelia in the office on info@sjchelsea.catholic.edu.au, Rob Canestra on Robert.canestra@bigpond.com or Chris Espinoza on chrisespinoza@hotmail.com

We’ll keep you up to date with our progress in coming weeks, but please pass on your thoughts and ideas and keep Friday 21 October free in your calendar.
Garden Workshop

Last Friday 15th April, we held a Garden Workshop run by Lyndi Garnett, Victorian Salvia Study Group (Branch of the Herb Society of Victoria) with the assistance of Genevieve Pound who initiated and help coordinate the session.

We had approximately thirty students who attended from the start of the session with others joining in throughout lunchtime. The students who attended learnt about how to take cuttings and how to plant those cuttings and help them grow.

Our aim was to provide an opportunity for students with an interest in gardening, to develop their knowledge and enthusiasm through a hands on learning activity. Most students planted a few cuttings and if they wanted, they could take one of their potted cuttings home to grow and then plant in their home garden. The other plantings were kept here to grow and be sold at the fete. Any of these plants not sold at the fete will be planted in the school gardens.

A big thanks to Lyndi and Genevieve for working with us to organise and run the session. Also a huge thanks to Riny Davis for her assistance with the running of the session! We would also like to thank the parents and students who brought pots and other items in for our Garden and specifically this workshop.

Well done to the Garden Leadership group for all their assistance with the session!!

We hope to run further planting sessions on the days that we have a member of the school Science and Environment Team rostered on for a Sustainable Garden duty ie. Monday, Wednesday and Friday. If you have cuttings that you could provide us with the name of the plant attached, please tell the ladies in the Office and leave them in the container near the sinks in the Sustainable Garden.

We would like to organise future garden workshops during lunchtimes on a Monday, Wednesday or Friday. If you would like to be involved, please leave your name at the school office and we will be in touch.

If you are interested in learning more about the Salvia Study Group, their website is: http://salvias.org.au/

Regards Clyde Siebel
Gravity Zone special tomorrow

If any students/parents simply mention St Joseph’s School to our staff, we are happy to offer them the super special price of $11 for two hours jumping or $16 for two hours jumping and one laser tag mission!!

Parents can enjoy a relaxing cup of coffee while the kids go crazy!

2016 Term Dates
Term 2 11th April – 24th June
Term 3 11th July – 16th September
Term 4 3rd October – 15th December

IMPORTANT DATES

- Indicates change/addition from last week

- Thursday 21st April
  - School tour 2.15pm

- Friday 22nd April
  - SCHOOL CLOSURE

- Monday 25th April

- 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

- Friday 20th May
  - Yr 4-6 District Cross Country, Walk to school safely day, 2.30pm Assembly 3/4s

- Wednesday 25th May
  - Little Devils Circus #1

- Thursday 26th May
  - Little Devils Circus #2, National no sorry day

- Friday 27th May
  - Winter lightening prem, Sacrament of First Holy Communion 4.30pm & 6pm

- Saturday 28th May
  - Sacrament of First Holy Communion 4.30pm & 6pm

- Wednesday 1st June
  - Little Devils Circus #2

- Thursday 2nd June
  - Little Devils Circus #2