



St Joseph's School, Chelsea

Term 3, Week 7 Thursday 29th August 2019



Yr 6 Students at John Paul College as part of the Confirmation preparation.

Congratulations to our Yr 6 students and Parish candidates on their Confirmation Sacrament being held next Thursday 5th September at 7pm.

Rhianna Ablis, Gabrielle Bienaime, Finn Cahill, Harry Campbell, Jackson Collins, Grace Cronin, Joel De Oliveira, Bailee Drew, Sian Francis, Lucas Furtado, Ethan Gibson, Caoimhe Glewis-Madden, Matthew Haas, Indi Hanlon, Rita Harrak, Maja Jansz, Spencer Johnson, Annabella Kearns, Jordyn Kennedy, Maurice Kerbage, Oliver Kujawski, Eden Martheze, Alessia Mastrocola, Annabelle McCartney, Nikita McFayden, Annabelle Michel, Bridget Milligan, Jake Milligan, Sebastien Morris, Aysha Nayna, Julia Neve, Brihdi O'Connell, Daniel O'Connor, Lilah Podvalej, Ashton Rankin, Madison Richardson, Phillip Rogers, James Russo, Helena Siliga, Bree Smith, Layla Te Pairi, Sunny Topal, Jamie Valastro, Ashley Waddell, Adriana Zuniga, Karla Dzomba, Giorgio Farronato, Amalie Magro, Augustina Malic, Koby Burton, Ashleigh Lowe, Madison Sinn, Aliya Appleby & Jack Donovan.

Dear Families,

We would like to wish all the father's and special persons a very happy Father's Day on Sunday. Have a read of the article from Michael Grose titled 'Leaving your fathering mark' further in the newsletter. For those coming to the breakfast we look forward to seeing you.

There will be no breakfast club on Friday due to the Father's Day breakfast.

Multicultural Day - Wednesday 18th September

All details of the day will be available on careMonkey, including ingredients for you to review if your child is having a rainbow gelati. Please give permission on careMonkey.

Hats

The school sunsmart policy stipulates that all students must wear hats from the 1st September until the 1st April when outside.

All students need to get their hats out and ready to wear from next week.

If you require a new one, they are available from the office for \$8 (Bucket Hat) or \$6 (Legionaires hat) or from the uniform shop on Thursday morning.

Footy Day

Footy day will be celebrated on Friday 13th September. All children are encouraged to wear their team colours on the day. A special Footy day assembly will be held at 2.30pm which everyone is welcome to attend. A special BBQ sausage lunch will be sold from the canteen on that day. Order forms will come home tomorrow for each child. Please send these forms with money back asap please.

The canteen will run as normal on Thursday 12th September and will be open for snacks only on Friday 13th September (no lunch orders as a sausage sizzle will be on).

Pyjama Day

Don't forget that the children are raising money for the Winter sleep out. Please wear your PJ's on **Wednesday 4th September** and bring a gold coin donation.

Canteen news

There is no yoghurt available for the rest of the term.

Uniform Shop details

From Thursday 19th September our uniforms will be available from PSW (Primary School Wear) in Carrum Downs. A Flyer will be attached to the newsletter next week. The last day of sale for the uniform shop here at St Joseph's is Thursday 5th September. Come in now and grab your uniform items before the move. Uniforms will be available to order from Thursday 19th September online at www.psw.com.au or at the

store located at 22/13 Gateway Drive, Carrum Downs. Ph: 9768 0360. Trading hours will be Tues-Fri 9.00am-5.00pm and Sat 10am-1.00pm.

It is important to note we will be selling school jumpers and hats through the school and also second hand uniform items. All other items will be purchased from PSW directly.

Premier's Reading Challenge

Just a reminder that the Premier's Reading Challenge finishes on next Friday 6th September. No books can be entered from that day. If you are having trouble finding or entering your books, please talk to the Office or Mandy in the library ASAP.

Fee Statements

Fee statements were emailed two weeks ago. The third instalment was due last week.

If you did not receive your statement please check in your junk mail.

Edithvale Golf Course free program on offer.

There is a great opportunity for students to have a free come and try experience with golf that is on offer at Edithvale Golf Course, delivered by our 2018 Australian MyGolf Deliver of the Year Paul Boxall.

Kids will have the opportunity to learn the basics of the game through a fun games based approach which can be modified for all levels of ability.

A full list of free come and try programs at Edithvale Golf Course are available at <https://www.mygolf.org.au/programs/edithvale>

The above URL is a direct link to booking pages for parents to enrol students.

If you would like further information on the [MyGolf Program](#) or Golf Australia's MyGolf Sporting Schools program, please feel free to contact me on 96265069

Christian Hamilton

Inclusion Senior Manager

City of Kingston School Holiday Program

kingston.vic.gov.au/schoolholidayprogram

Imagine if,
in about 20 minutes,
you could improve
your family's school?

CEMSIS
Catholic Education Melbourne
School Improvement Surveys
2-20 September 2019

CEMSIS **Family** survey
opens for family input
this year from 2-20 September 2019.



CEMSIS

CEMSIS is the Catholic Education Melbourne School Improvement Surveys that will be delivered to a randomly selected group of families, students in year 4-6 and staff.

These surveys will collect data about what different people in our community think and feel about their learning environments.

A randomly selected group of families will receive an email from St Joseph's to complete the online survey. We encourage you to complete this survey as the information we receive is valued by the school.

The surveys need to be completed between September 2nd and Friday September 20th.

The survey should take around 20 minutes.

In anticipation, thank you for your participation.

Confirmation retreat at JPC

On Wednesday 28th August the Year 6 students participated in a Confirmation retreat day at John Paul College. The day was conducted by the College's Faith and Mission Director, John Riddle and their Youth Ministry team. Throughout the day the students had opportunities to engage in team building activities, discussions around Saints and the gifts and fruits of the Holy Spirit. They were challenged on how they were going to take up the mission of being spirit filled people as they continue their faith journey as young adults in today's Church. A popular activity amongst the students was the affirmation circle, giving each of them an opportunity to reflect on each other qualities and write affirming comments to each other. The day finished with time to reflect on their relationship with God and prayer circle. We extend our gratitude to John Paul College, John Riddle and the JPC Youth Ministry team for this valuable opportunity for the Year six confirmation candidates.

I enjoyed the concert of prayer activity we did at the end. Daniel

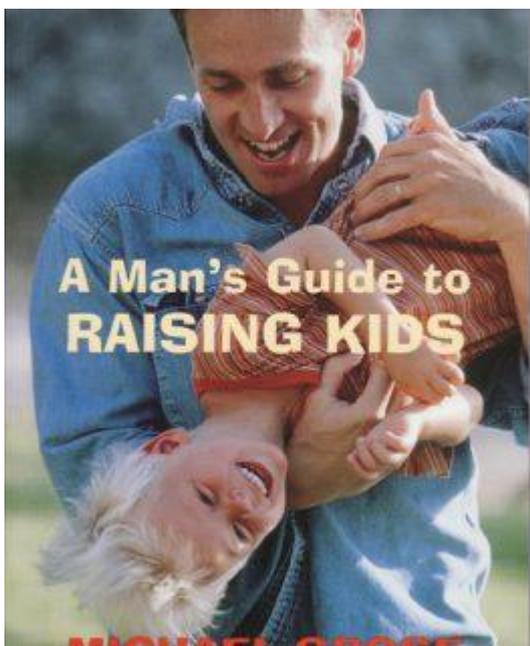
The retreat day was so much fun! I had a wonderful time and the activities we did were entertaining as well as informing us about our upcoming Confirmation. Samia

I enjoyed finding a quote and reading it and taking in what it said. Bree

I enjoyed all the team/group work we did, as we don't usually get to mix that much with the other classes. Annabelle M

I liked how we wrote traits about each other on a piece of paper because it may give you a good feeling and would make you feel special. Ethan

I really enjoyed when we were able to write nice things about each other on a piece of paper because it helps boost your confidence level and you can look at it when you're at your weakest moments. Grace





Leave your fathering mark....

by Michael Grose

Currently, there's a strong tendency to view successful fathering through the lens of skills and knowledge acquisition. That is, to raise kids today effective fathers, like mothers, need to keep building their skill sets (What's the most appropriate way to manage kids today?) and their knowledge (What's the latest research about the impact of digital technology on children?). Staying one step ahead can be exhausting and make a man feel inadequate if he can't keep up.

Another way to look at fathering is through the generative parenting lens. That is, fathering is an activity that's rooted in a man's biology in much the same way that mothering is an instinctive activity. If the mothering instinct is to nurture and protect children, a father's instinct is to teach and develop his children's skills and knowledge so they can thrive long after the time he's left this world.

The generative fathering notion developed by researchers Dollahite, Hawken and Brotherson explains why many men will turn a simple game they have with their children into a lesson into how to hold a ball; defeat that opponent or stand firm in the face of fear. Father-son relationships can be scuppered by this well-intentioned, but oft mistimed 'you can always get better' attitude.

Generative fathers tend to look long term when they raise their kids. Quintessentially, generative fathers work hard to be good men and good citizens. Love, availability and character become their fathering stock in trade.

Generative fathers keep pace with their children's development adjusting their role at different stages. For instance, during a child's latency (primary school years) they focus on recreational work and so they help develop children's interests and competencies through sport, hobbies and leisure activities. The task for generative fathers of early adolescents is to help their children develop strong values and inner beliefs. This spiritual work (not necessarily in a religious sense) helps young people develop the moral compasses they need to act safely and be good citizens when fathers aren't around.

For generative parents, fathering becomes a lifelong task, and doesn't stop when children become adults, leave home and start families of their own. It is in this stage that men take on mentoring work, passing on the wisdom gained from their experiences to the next generation so that they don't repeat the same mistakes that they have made. Fathering never stops. It changes with the development of your children.

This Father's Day, while enjoying the accolades and attention that will come your way consider the generational impact you are having on your kids.

Your lasting fathering legacy will be determined by the character you display; the way you live your life and how you relate to your family. Those are attributes that you can continue to work on over the coming twelve months.

You will find more information about generative fathering in my book *A Man's guide to raising kids* at

Are you raising nice kids? A Harvard psychologist gives 5 ways to raise them to be kind. (part2)

Are you raising nice kids? A Harvard psychologist gives 5 ways to raise them to be kind

By [Amy Joyce](#)

July 18, 2014

Last week I shared 2 of the 5 ways to give about [teaching empathy, and whether you are a parent who does so](#) from an article by Amy Joyce.

The idea behind it is from Richard Weissbourd, a Harvard psychologist with the graduate school of education, who runs the [Making Caring Common](#) project, aimed to help teach kids to be kind.

I know, you'd think they are or that parents are teaching that themselves, right? Not so, according to a new study released by the group.

About 80 percent of the youth in the study said their parents were more concerned with their achievement or happiness than whether they cared for others. The interviewees were also three times more likely to agree that "My parents are prouder if I get good grades in my classes than if I'm a caring community member in class and school."

Weissbourd and his cohorts have come up with recommendations about how to raise children to become caring, respectful and responsible adults. Why is this important? Because if we want our children to be moral people, we have to, well, raise them that way.

"Children are not born simply good or bad and we should never give up on them. They need adults who will help them become caring, respectful, and responsible for their communities at every stage of their childhood," the researchers write.

Here are the next three of five strategies to raise moral, caring children, according to Making Caring Common:

3. Expand your child's circle of concern. Why? Almost all children care about a small circle of their families and friends. Our challenge is help our children learn to care about someone outside that circle, such as the new kid in class, someone who doesn't speak their language, the school custodian, or someone who lives in a distant country. **How?** Children need to learn to zoom in, by listening closely and attending to those in their immediate circle, and to zoom out, by taking in the big picture and considering the many perspectives of the people they interact with daily, including those who are vulnerable. They also need to consider how their decisions, such as quitting a sports team or a band, can ripple out and harm various

members of their communities. Especially in our more global world, children need to develop concern for people who live in very different cultures and communities than their own. **Try this** • Make sure your children are friendly and grateful with all the people in their daily lives, such as a bus driver or a waitress. • Encourage children to care for those who are vulnerable. Give children some simple ideas for stepping into the “caring and courage zone,” like comforting a classmate who was teased. • Use a newspaper or TV story to encourage your child to think about hardships faced by children in another country.

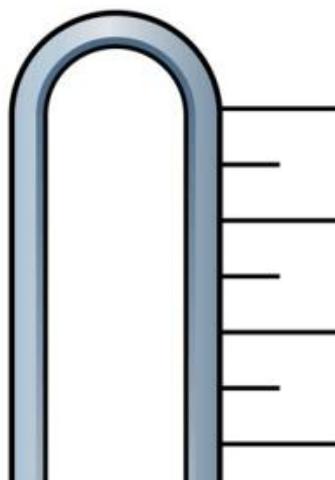
4. Be a strong moral role model and mentor. Why? Children learn ethical values by watching the actions of adults they respect. They also learn values by thinking through ethical dilemmas with adults, e.g. “Should I invite a new neighbor to my birthday party when my best friend doesn’t like her?” **How?** Being a moral role model and mentor means that we need to practice honesty, fairness, and caring ourselves. But it doesn’t mean being perfect all the time. For our children to respect and trust us, we need to acknowledge our mistakes and flaws. We also need to respect children’s thinking and listen to their perspectives, demonstrating to them how we want them to engage others. **Try this:** • Model caring for others by doing community service at least once a month. Even better, do this service with your child. • Give your child an ethical dilemma at dinner or ask your child about dilemmas they’ve faced.

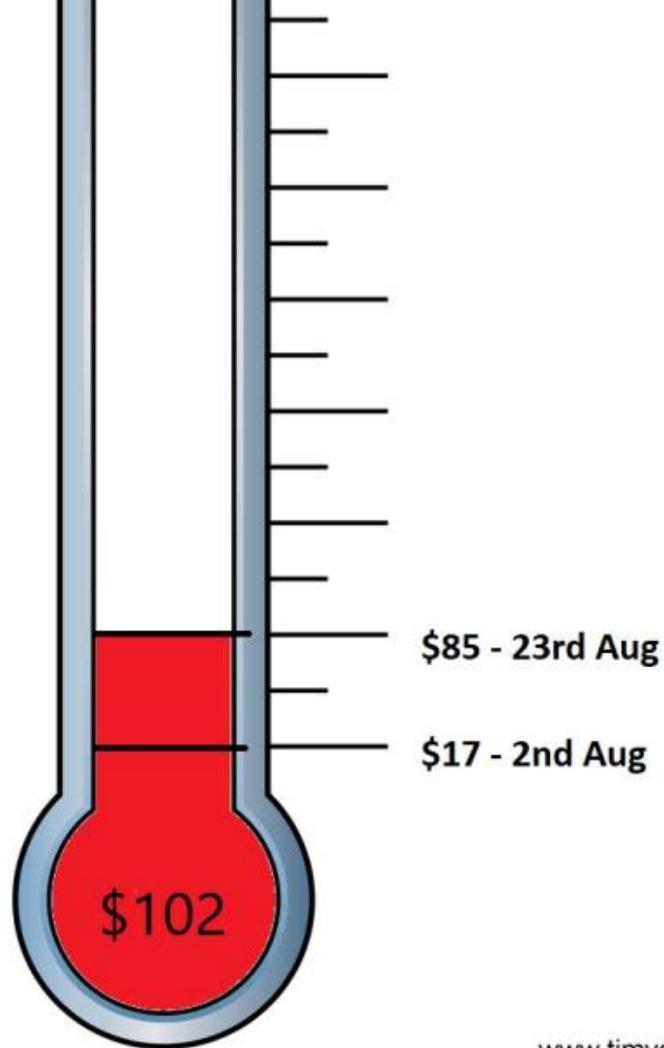
5. Guide children in managing destructive feelings Why? Often the ability to care for others is overwhelmed by anger, shame, envy, or other negative feelings. **How?** We need to teach children that all feelings are okay, but some ways of dealing with them are not helpful. Children need our help learning to cope with these feelings in productive ways. **Try this** Here’s a simple way to teach your kids to calm down: ask your child to stop, take a deep breath through the nose and exhale through the mouth, and count to five. Practice when your child is calm. Then, when you see her getting upset, remind her about the steps and do them with her. After a while she’ll start to do it on her own so that she can express her feelings in a helpful and appropriate way.

**Mini
Market
Stall**

GOAL!

\$300





www.timvandevall.com
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Sustainability Garden Mini Market...

Last Friday we held our mini market after assembly outside in the beautiful sunshine. We raised \$85 taking our total tally to \$102.00

Our goal is \$300 so we can start to buy a mandarin tree, bay tree, passionfruit tree, fig tree and/or olive tree.

Last week we sold bouquets of flowers, honey joys, lemons, herbs, worm wee and eggs.

If anyone has excess herbs, plants, or produce we would love to sell it at our next market. We would also like any cuttings so we can plant in our garden. The garden is coming along well and the children love to help out at lunchtime by watering, pulling out weeds, clipping our herbs ready for sale and much more. Let's get behind our school garden and our kids.

Our next market will be on Friday 6th September so please help out by donating items or coming along to buy goods. Please bring coins and your very own shopping bag!

9 WEEK PARENT WORKSHOP

STRENGTHENING & RAISING

~ healthy families ~

THIS WORKSHOP IS DESIGNED FOR PARENTS/CAREGIVERS ONLY
PLEASE NOTE: REGISTRATIONS CLOSED AT 10:00AM ON SEPTEMBER 20

Join us for an informative 9-week free program focusing on the importance of raising healthy families

Key topics from a range of guest speakers

- respectful relationships
- importance of play
- safety for parents and children
- healthy eating
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- school age behaviour- what to expect
- family rules - encouraging good behaviour/logical consequences
- family routines - morning & bedtime
- mindful parenting

...and more!

9 week program every Thursday
Places limited to 20 participants
10:00am - 12:00pm
10 October to 8 December 2019
Wentworth Community Hub, 31 Faversham Road Clayton South

Morning tea provided

FREE
including materials

Registrations close **Thursday 20 September 2019**
Program Family Support Services
E: family.support@chchc.org.au
P: 03 9594 1100 / 1800 22 2222 or Email: family.support@chchc.org.au



the art room

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Art Room for Kids (6 - 12yrs)
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Art Room for Teens (13-18yrs)
Thurs 5:15-6:15pm
Sept 5, 12 & 19 incl. \$45

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To find out more or book your spot today, ring Bern on 0427 820 609

Chelsea Heights Community Centre
Beazley Reserve, 160 Thames Promenade, Chelsea Heights 3196
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Chelsea Primary School
Southmoor Primary School

kingston.vic.gov.au/schoolholidayprogram

PLAY CRICKET!

Want a Blast Playing Cricket? Want the ultimate fun time of an entire day? Well, it's your first time with a bat on the field & competitive cricket starts!

JUNIOR BLASTERS
AGES 5-7 | 8-10 WEEKS
Start your skills, including batting, bowling and fielding, through fun game-based activities. Sign up now for your Starter Pack, including a bat, a ball, a helmet and a pair of gloves.

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Complete your cricket skills in fun, competitive games of cricket. For kids with basic cricket skills. Sign up now for your Starter Pack.

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Start, uncricketed games. Developing game tactics allowing for greater skill development. Developing awareness in a competitive environment. Sign up or enquiry now and join up with a group of friends.

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STARTS OCTOBER 2019 - REGISTRATIONS NOW OPEN
CONTACT - MICHAEL SMITH - PH. 0431384948
EMAIL - international@academicraft.com.au
To register - www.playcricket.com.au & search "Bonbeach YOW Cricket"

JOIN A CREW HEAD YOU TODAY | PLAY CRICKET

An Afternoon with Sr Theresia

Sunday 15 September 12.15pm

after 11am Mass

St Joseph's Parish Centre

Come and join Morning Tea and a presentation of photos and videos of Sr Theresia's Perpetual Religious Profession

-Morning Tea is hosted by St Pio Prayer Group & The Sisters of St Paul de Chartres

IMPORTANT DATES

Term 3

AUGUST

Week 7:

Tues 27th 5/6 Mass

7pm Parent Confirmation session 3

Wed 28th Year 6 Confirmation excursion to JPC

Thur 29th Year 6 Reconciliation

Fri 30th 7.30-8.30am Father's Day Breakfast (see above booking link),

District Athletics at Ballam Park

No Assembly

Sat 31st 6pm Confirmation Mass

SEPTEMBER

Sun 1st Father's Day

9.30am & 11am Confirmation Mass

Week 8:

Mon 2nd 3/4's Hands on science

Tues 3rd 3/4's Hands on science

Wed 4th PJ fundraiser day for St Vincent de Paul - Gold coin donation and wear your pyjamas

Thur 5th Confirmation 7pm

Uniform shop: last day selling from school (more details next week)

Fri 6th Yr 5/6's sport vs Aspendale

Assembly 3/4's at 2.30pm

Sat 7th Dad's Footy day v's St Louis. 3pm at Beardsworth Avenue

Youth Group Yrs 5-8 from 7.30pm to 9pm: Mini Olympics

Sun 8th Child Protection Sunday

Week 9:

Tue 10th Yr 3/4 Mass

Yr 5/6 excursion to Southland

Fri 13th Special Footy Day assembly

Week 10:

Tue 17th Marine Ambassadors Mordialloc Life Saving club

Wed 18th Multicultural Day (details coming home soon)

Fri 20th PSW launch uniform shop, Carrum Downs (more details next week)

Yr 1/2 tabloid Sports 9-11am

end of term 3

school finishes at 1pm