



St Joseph's School, Chelsea

Term 1, Week 4 Thursday 20th February 2020



District Swimming

On Wednesday 19th of February 28 students represented St Joseph's at the Chelsea and Patterson Districts Swimming Carnival. It was great to see so many amazing efforts in the pool with many in the team either swimming personal best times or finishing in the top 3 in their events. A big thank you to Ms Coletti and Miss Byrne for assisting on the day and for all the parents who came along to cheer on the team. A special congratulations to the following students who won their events and have qualified through to the Kingston Division Finals on the 11th of March -

10 year old girls relay team -

Ally Dean, Molly Conway, Lucy Malcolmson, Kikki Williams

10 Year old freestyle - Molly Conway

12/13 year old freestyle - Jasmine Tomac

12/13 year old backstroke - Jessica Adams

10 year old breaststroke - Ardy Hanlon

11 year old butterfly - Zavier Murphy

District Swimming Team

Shaina Ablis, Lucy Malcolmson, Kikki Williams, Ardy Hanlon, Molly Conway, Maddix Michel, Archie Capsalis, Lucca Mastrocola, Cale Mills, Ally Dean, Riley McBride, Oscar Rankins, Beau Donnellan, Zane Kerbage, Jacob Dorigo, Jasmine Tomac, Grace Lamb, Zaviah Murphy Jessica Adams, Annabel Seymour, Evie Lucas, Kira Chapman, Frankie Peckett, Harvey Davutovic, Indianna Norton, Sophie McKeown, Brison Te Pairi and Molly Ballantyne.

Eric Michel, Chloe Veneris and Heidi Hollingworth-Witts also qualified for the team but were unable to compete on the day.

Well done team.

Mr Paul Bayliss.

Dear Families,

Thank you for attending the Family Conferences this week. It is a really important part of our communication and feedback to you as well as a chance for us to listen to you and your child as we help them grow into the best person they can be.

We have a **new school phone number** due to the upgrade to NBN and a new phone system. The number is 8773 1111. The old one will still work for the next 12 months as well. Please save the new phone number.

If your child is unwell and not attending school we must be notified. Please email absences@sjchelsea.catholic.edu.au or phone the absence line. If not you will be sent an SMS reminder.

During the year we hold one **working bee** per term. This term's working bee will be Friday 6th March 4-6pm. Come along and help out and a \$100 credit will be applied to your school fees (once only). The details are on caremonkey along with the other dates for the year.

Next Tuesday 25th Feb we celebrate **Shrove Tuesday**. A flyer is on caremonkey with details regarding pancakes for the children. The pancakes are gluten free. Other ingredients will be listed on the flyer and we will require some parent helpers (with electric frying pans if you have one) from 9-11am. Please fill in the form urgently on caremonkey if you have not yet done so..

The Parish Education Board AGM is Tuesday 17th March at 7pm. Please see the attached flyer.

Save the Date

The annual dad's camp will be held from Friday 17th to Sunday 19th April. Details will follow in the next couple of weeks.

Parent Helpers in the Visible Learning Classroom P-6

Would you like to help in your child's classroom?

We are running a 1 hour session for all interested parents next **Tuesday 25th Feb** from 2-3pm in the library.

The Parish Education Board Annual General Meeting Flyer....



**St Joseph's School
CHELSEA**
Always faithful

362 Station Street, Chelsea, Vic 3196
T: 61 3 8773 1111
E: principal@sjchelsea.catholic.edu.au
W: www.sjchelsea.catholic.edu.au

ARE YOU INTERESTED IN FINDING OUT MORE ABOUT YOUR CHILD'S SCHOOL?

ARE YOU INTERESTED IN HAVING INPUT INTO THE FUTURE DIRECTION OF SAINT JOSEPH'S PRIMARY SCHOOL CHELSEA?

COME ALONG TO THE PARISH EDUCATION BOARD ANNUAL GENERAL MEETING ON TUESDAY 17th March AT 7PM IN THE LIBRARY.

7.00pm AGM and Election of new board members
***** Free Baby sitting (Please contact the office if it is required)

An outline of the functions of the Board can be obtained from the School Website.
Meetings are once a month (an hour or so) and you just need to be interested in the welfare of the School to join.
Membership on the Board provides each person with the opportunity to share in proclaiming the Good News, in building the community of the Parish and the School, in developing a broad interest in education and in contributing to policy formulation that will provide for the development of educational opportunities in the School and Parish.

Current members of the Board include:
Fr Kevin Williams, June Pererija, Kevin Pound, Gavan O'Donnell, Anne Lazzaro, Chris Espinoza, Greg Barrow, Franklin Foot, Jacinta Conway

If you wish to nominate for the board please email:
principal@sjchelsea.catholic.edu.au

In your nomination please write a paragraph or two about why you want to be part of the board and how you could support the learning culture at St Joseph's?

PLEASE NOTE: VOTING WILL BE BY PRIVATE BALLOT PAPER WHERE MORE THAN THE REQUIRED NUMBER OF PARENT REPRESENTATIVES ARE NOMINATED. NOMINATIONS MUST BE RECEIVED BY THE AGM TUESDAY 17th March at 7.00pm

PARISH EDUCATION BOARD ACTIVITIES OVER THE LAST COUPLE OF YEARS.

- Building and Refurbishments
- Finances - Funding
- Supporting the establishment of PEAT (Parent Engagement Action Team) - Conversation Hour
- Setting of Fees and Levies
- Curriculum Development
- School policies
- School Structures
- Enrolments
- Student Well Being
- St Joseph's Twilight Fete
- St Joseph's Market Day
- Annual Report to the Community
- Community Events - Breakfast Club
- Faith Development of the Children

PARENTS AND FRIENDS ACTIVITIES OVER THE YEARS.

Event	Social	Fundraising
Trivia Night	✓	
Start/End School BBQ	✓	
Bush Dance	✓	
Trivia Night	✓	✓
Fun Run		✓
Mother's Day Event	✓	✓
Twilight Market	✓	✓
Easter Raffle		✓
Father's Day Event	✓	✓
St Joseph's Fete	✓	✓
Working Bees	✓	
Easter Raffle		✓
Shrove Tuesday Pancake day	✓	
Christmas Raffle		✓
In Home Movie Night	✓	
Chocolate Drive		✓
Market Day	✓	✓
Disco	✓	
KidsSpace night out	✓	

Wellbeing News....



Throughout the term the Wellbeing Hub will be open to our students at lunchtime on **Tuesday** for “**Pop Up Play.**” This space provides our students with another area in our school to boost engagement, happiness, social interaction and continues learning out of the classroom. Students could construct and play with Lego, draw and colour or join in together for a game of Chess or other board games. Here are some photos of our students enjoying this learning space last week!



If any families are able to donate any board games or Lego that they no longer require, we would greatly appreciate any contributions. There will be a tub in the office area where these can be left. Thank you so much.

A little mindfulness we practice at school for week 4....

MINDFULNESS MEDITATION

Noticing Your Breath

Close your eyes.
Place a hand on your tummy or chest.
Notice your breath in and then your breath out.
Notice how your tummy or chest rises and falls.
Notice the sensations of the breath.
Don't change your breath, just focus on it.



Managing separation anxiety at school drop-offs

by Michael Grose

Going to school for most children is a positive experience however some children can struggle making the transition from their home environment to school. It's naturally distressing to see your child upset at school drop-off but there is a great deal you can do to make school drop-offs easier for you and your child.

Breaking the cycle of separation anxiety at school

A child's clinginess, crying or tantrums at school drop-off can be disturbing for you as a parent. Despite putting on a brave face, you can feel guilty that somehow you're the cause of this behaviour. Unless something traumatic has occurred then leaving your child at school is a normal part of life, something your child will get used to. The following strategies may help eradicate your child's tears and fears when you take them to school:

Tell the story

Prepare your child thoroughly each morning for what will happen when you leave your child at school. Repeat the story each morning before school so they can fully prepare for drop-off.

It takes two

Involve your child's teacher in the drop-off process as they will be the person who must deal with an upset child. In extreme examples, at the start of term or after a long absence, a later starting time may give your child a chance to say goodbye in more relaxed circumstances.

Give me five

Rituals are both personal and reassuring so develop a special goodbye ritual that you consistently use when you leave your child each morning. Your special ritual may be simple such as a special wave or kiss, or fun such as a high five, low five, fist pump bursting into a hand explosion. Then leave quickly without stalling or looking back. Avoid making leaving a bigger deal than it what it is.

Reduce the rush

Is your child a morning star or night owl? Many children are slow starters in the morning, which can mean that they're frequently rushed and arrive at school in highly anxious states. Do all you can to reduce morning stress, which may include earlier bed and waking times; laying out school clothes the previous evening and making minimal demands on their time.

This is the place

Location carries memory so choose carefully the place you say goodbye to your child. If a kiss or hug at the school-gate means a happy child, then you've probably found your goodbye place. Experiment with your goodbye location until you find one that works.

It's your job

If goodbyes continue to cause tears, tantrums or clinginess consider, if possible, saying goodbye to your child at home and allowing another adult – your partner or another parent – to take your child to school.

If separation anxiety continues

If your child's separation anxiety interferes with their concentration and learning, prevents them from making friends, is excessive and goes longer than a month, consider getting professional support. Separation anxiety

months, is excessive and goes longer than a month, consider getting professional support. Separation anxiety left unchecked can lead to school refusal and other anxiety disorders later on.

For professional support consult with welfare teacher at your child's school, your local general practitioner or local council for suitable health care professionals in the area.



St Joey's Basketball - Winter Season

Is your child interested in playing basketball? The winter basketball season commences in Term 2 and runs through to the end of Term 3, with a break for school holidays. Training is Friday afternoon and games are on Monday, Tuesday or Wednesday afternoons depending on the age group. It's lots of fun, so if you're interested please email stjosephsball@gmail.com

Upcoming Webinar for Parents

This school has a membership with Parenting Ideas, one of Australia's most trusted sources of parenting education and support. As part of this membership, all the parents in this school community can attend some fantastic webinars in 2020 at no cost. We're pleased to let you know about an upcoming webinar.

Future-proofing your child: 18 March 8-9pm AEDT



- Watch from any device, any location
- See the expert as they speak
- Catch up recording available

Valued at
\$37 per person

Webinar Overview

This century is characterised by disruptive change that is turning our world upside down. Jobs aren't just changing, whole industries are ceasing to exist. The scripts for success are being rewritten on a daily basis in our families, at work and in life. In this webinar Nikki Bush teaches parents what to expect and how to support their kids to thrive in a future world of work.

Key learning and discussion points include:

- Key trends that are changing the world
- Frameworks for future-proofing children
- Highlighting the X-factors for success
- Explaining the role of school in a changing world
- Helping parents to set realistic and relevant parenting goals



View video overview

parenting ideas

Presenter Overview

Nikki Bush, an award-winning speaker and bestselling author, helps individuals and teams to win at life and work. Inducted into the Professional Speakers' Association of South Africa Speaker Hall of Fame in 2019 Nikki is the first woman to receive this lifetime achievement award.



Nikki is a best-selling author of several books including *Easy Answers to Awkward Questions*, *Tech-Savvy Parenting*, and *Future-proof Your Child for the 2020s and beyond*.

Redeem your webinar – it's easy!

To redeem your webinar click this link:
www.parentingideas.com.au/parent-resources/parent-webinars/webinar-future-proofing-your-child

- Click 'Add to cart'
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- Fill in your account details. These are the details you will use to login to your account and access your webinar and resources
- Click 'Place Order'



This offer is valid until 18 June 2020. If you're unable to make the broadcast time, just register anyway and you will get access to the recording.

Articles for Parents

On the Parenting Ideas website you can also view and receive helpful articles to support your parenting journey.

Read up on topics such as:

- Resilience
- Siblings
- Bullying
- Positive Parenting
- Digital and Social Media
- Behaviour
- Confidence
- Friendships
- Anxiety
- Girls
- Boys
- Learning and Education



Visit www.parentingideas.com.au/blog to access today.

Bonbeach YCW Junior Football Club

Welcomes Players and Families for 2020

Join the local family-oriented footy club where enjoyment and friendship are key.

Registration for Season 2020 is now open

Go to www.bonbeachycwfooty.org/registration to reserve your spot!

Mixed	Girls	Boys
Under 8	Under 12*	Under 12
Under 9	Under 14	Under 13
Under 10	Under 16	Under 14**
Under 11	Under 18	Under 15
		Under 16
		Under 17

* Subject to numbers
** At Capacity



Bonbeach Sports Reserve
101 Scotch Parade
Bonbeach
Queries to registrar_footy@bonbeachycw.com.au

Thermomix



Livelle Barrow - Thermomix Consultant

If anyone is interested in learning more about the new TM6 model and it's new functions, or if you have a general question please feel free to contact me on 0410 669 709

or Livelleb.thermomix@gmail.com or head to www.thermomix.com.au.

(Alanah Barrow 5/6AB | & Erin Barrow 3/4 CM)

Community News....



Visit our College

Open Mornings
Monday 24 February and
Monday 23 March
Commencing 9:00am

Open Evening
Thursday 12 March
4:00pm - 7:30pm

As a priority parish family, we invite you to come and explore the quality education and programs that your daughter will experience as a Kilbreda girl. Enrol now for Year 7, 2022.

Register today at kilbreda.vic.edu.au



BOOK NOW!

St Bede's College 2020 Open Day WEDNESDAY 4 MARCH 2020

Enrolments open to all Year 5 students who will be entering Year 7 in 2022.

Everyone welcome to view the College.

Bookings: www.stbedes.catholic.edu.au
Tour bookings are essential.



St Bede's College

2 Mentone Parade, Mentone VIC 3194 P:03 9582 5999 F: 03 9582 5757
E: stbedes@stbedes.catholic.edu.au W: www.stbedes.catholic.edu.au



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*Early Bird offers end 20th February 2023
 *Terms and Conditions apply. See <https://www.entertainment.com.au/terms> for more information

<https://www.entertainment.com.au/orderbooks/1a85572>

Support our School

Sport Fitness
Confidence
Self Defence
Discipline
Fun
Friendship

Karate Classes
***Free Uniform, 4 Trial Classes for \$36!!**

Wednesdays:
Patterson Lakes Primary School
 130 Gladesville Boulevard, Patterson Lakes

Juniors, 7 to 13 years, 6:30pm to 7:30pm
 Teenagers & Adults, 7:30pm to 8:45pm



LION BUSHIDO KARATE ACADEMY

*Free Uniform with Annual Membership www.lionbushido.com

LBKA Centers:
Forest Hill – Wantirna – Rowville – Glen Waverley – Mount Waverley
Dandenong - Doncaster East - Cranbourne
Fountain Gate – Narre Warren South – Patterson Lakes

For Bookings Phone 9887 4098

IMPORTANT DATES

- Term 1
- Week 4
- Thurs 20 Feb Gym Preps & 1/2's, Family Conference 5/6B
- Fri 21st Feb Yr 5/6 sport round 2 vs Cornish College

Yr 5/6 sport round 2 vs Conish College,

2.30pm assembly Yr 5/6 Leadership - all welcome

Week 5

Tues 25th Gym Yr 5/6 & 1/2B, Shrove Tuesday (pancakes for all)

"Parent Helpers in the Visible Learning P-6 Classroom"

Training 2-3pm in library

Reconciliation session 2 in hall 7pm

Wed 26th Feb 9.15am Ash Wednesday Mass,

Gym Yr 3/4 & 1/2OF, NO PREPS

Thurs 27th Feb Gym Preps & 1/2's

Fri 28th Feb SCHOOL CLOSURE

Week 6

Mon 2nd Mar Reconciliation session 3 in hall 7pm

Tues 3rd Mar Gym 5/6 & 1/2B

Wed 4th Mar Gym Yr 3/4 & 1/2OF

Thurs 5th Mar Gym Preps & 1/2's

Fri 6th Mar Yr 5/6 Lightning Premiership

2.30pm assembly prep performing - all welcome

4pm working bee

Week 7

Mon 9th Mar LABOUR DAY HOLIDAY

Tues 10th Mar Circus 1,

Wed 11th Mar Yr 5/6 Mt Evelyn Camp, Circus 1

Thurs 12th Mar Yr 5/6 Mt Evelyn Camp

Fri 13th Mar Yr 5/6 Mt Evelyn Camp, NO assembly

Week 8

Mon 16th Mar Yr 3/4 excursion to Chelsea library

Tues 17th Mar Circus 2

Parent Education Board AGM 7pm

Wed 18th Mar Sacrament of Reconciliation at 10am or 6pm, Circus 2

Thur 19th Mar St Joseph's Feast Day with Mass 9.15am P-Yr 6

Fri 20th Mar Yr 5/6 sport round 5 vs Chelsea P.S
2.30pm assembly Yr 1/2 & Yr 3/4 perform

Week 9

Mon 23rd Mar Culture Connect Assembly 9-10am
Have a Ball 8am-8.45am- Details to follow

Tue 24th Mar P-Yr 6 Athletics carnival

Wed 25th Mar Circus 3

Thur 26th Mar Circus 3

Fri 27th Mar Athletics Trials, end of term 1 finish at 1pm.

Term Dates

2020: T1 P-6 Thur 30th Jan to Fri 27th Mar (1pm)
Preps W1 (Thur 30th & Fri 31st): 8.45am to 1pm
Preps February no classes on Wednesdays
Preps full time as of W6 Mon 2nd March

2020: T2 Tue 14th Apr to Fri 26th June (1pm)

2020: T3 Mon 13th Jul to Fri 18th Sept (1pm)

2020: T4 Mon 5th Oct to Wed 16th Dec (1pm)