



St Joseph's School, Chelsea

Term 2, Week 2 Friday 23rd April 2020

Thinking of our ANZACS....



"They shall grow not old, as we that are left grow old; Age shall not weary them, nor the years condemn. At the going down of the sun and in the morning We will remember them."

God of love and liberty,

We thank you for the peace and security we enjoy.

It was won for us through the courage and devotion of those who gave their lives in time of war.

We pray that their labour and sacrifice may not be forgotten,
but that their spirit may live on in us and in generations to come.

We ask this prayer in the name of

Jesus and the Holy Spirit.

Amen.





Dear Parents and Guardians,

As we remember our fallen allies at this time of year we also reflect on the great work our support services do in our hospitals and in all areas of help. We also remember the lives of the four police officers killed in their line of duty on Wednesday evening. We pray for them and their families. May they rest in peace. Amen.

Week 2 of remote learning has continued with all teachers catching up with parents and children one on one and as a class. Thank you to all the great work you are doing as parents and our teachers supporting you. Catch up times are being organised for next week again. Our Prep - Yr 4s will be able to go onto schoolinterviews.com.au and book a time.

Preps, Year 1/2 students and our Year 3 students are to all book a time for next week.

Our Year 4 students need to book for the week after starting Monday 4th May.

Prep and Year 3/4 code is vmv2f (correction from version one just sent)

Year 1/2 code is zzhyg.

Both times will open up at 12 noon tomorrow, Saturday 25th April 2020.

Next week the teachers have lots of exciting things planned as well as class catch ups.

Next Friday at 2.30pm we will hold a whole school assembly online via google meets. We will see how we go virtually!

You will just need to go into google meet and type in the code **Joseph** and you should be there. Make sure your microphone is off and you have downloaded the chrome extensions so you can see everyone's face.

Have a great weekend and keep well

Gavan.

ANZAC Day celebrations.

The RSL Victoria is asking everyone to walk outside, stand in your yard, driveway or on your balcony at 6am and observe a minute silence.

If you can, take a picture and share it with loved ones or on social media using #StandTo

Normally we would help support our local Chelsea Longbeach RSL with selling badges etc as we know this helps our veterans and their families financially. If you are able to please consider donating to the ANZAC Day appeal <https://anzacappeal.com.au/>

The Herald Sun has also put a free Virtual Candle, ODE and The Last Post together. Follow the link below:

<https://www.heraldsun.com.au/news/national/how-to-use-your-free-virtual-candle-the-ode-and-the-last-post-to-light-up-the-dawn-on-anzac-day-2020/news-story/412777901177273f94fa59db899503b5>

Prep 2021

We would like all families who have children starting school in 2021 to email

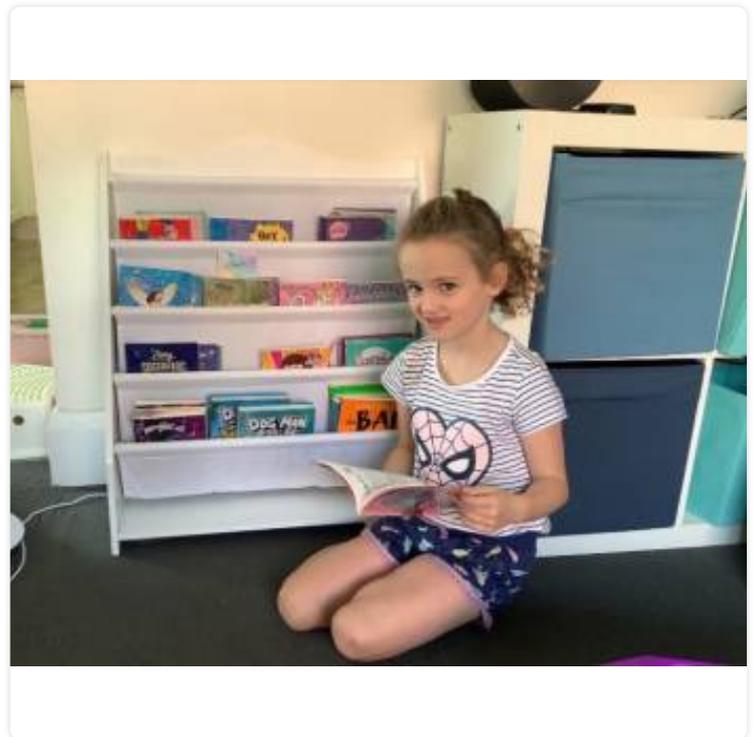
enrolments@sjchelsea.catholic.edu.au and let us know your child is starting. If you have already let us know - thank you. We will be emailing an enrolment form to you shortly and require it to be scanned/posted back to us with a copy of the birth, baptism and immunisation certificates. We do not require a deposit for current families. We aim to put the information into our system asap.

DID YOU MISS LAST WEEK'S CYBER SAFETY WEBINAR?

We are pleased to let everyone know that the recording of last week's cyber safety webinar for parents is now **available to watch until May 3rd**. This is what parents said about the session: "*Fantastic session. So valuable! Thank you so much!*" "*Terrific presentation. Thanks!*" "*Awesome content, really informative and great ideas. Thanks heaps :)*" "*Congratulations! Only 30 minutes in and you have me hooked. I have done several eSafety Commission courses and although brilliant, this is a more comfortable presentation for parents. Important information!*" To watch the replay, as well as access to all of the slides, links and resources, visit: www.informandempower.com.au/april16webinar

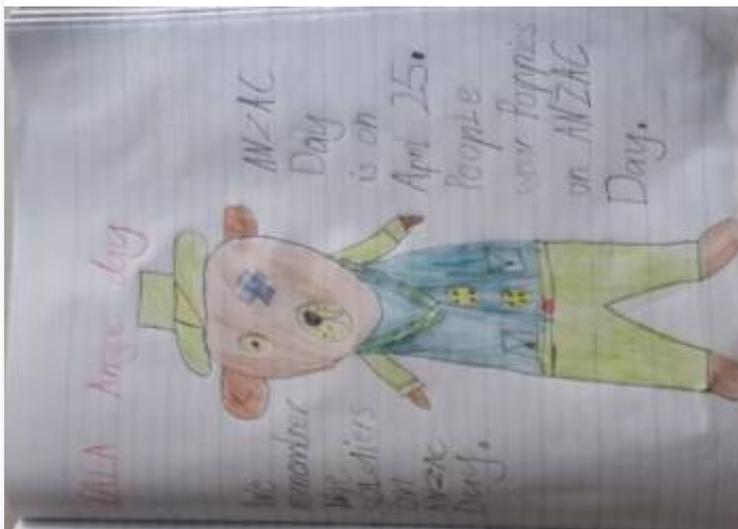
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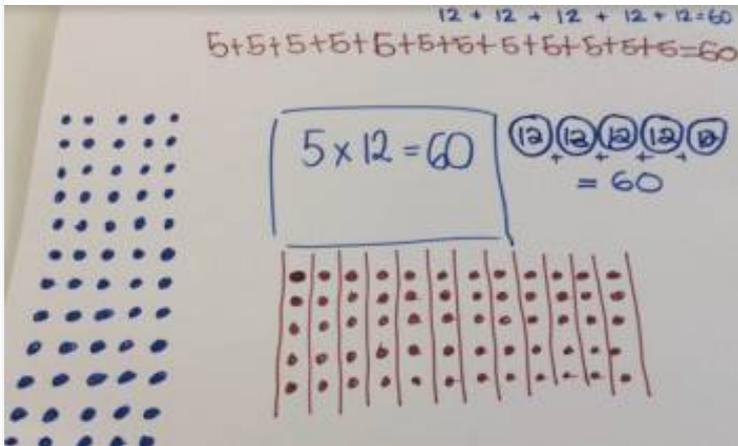
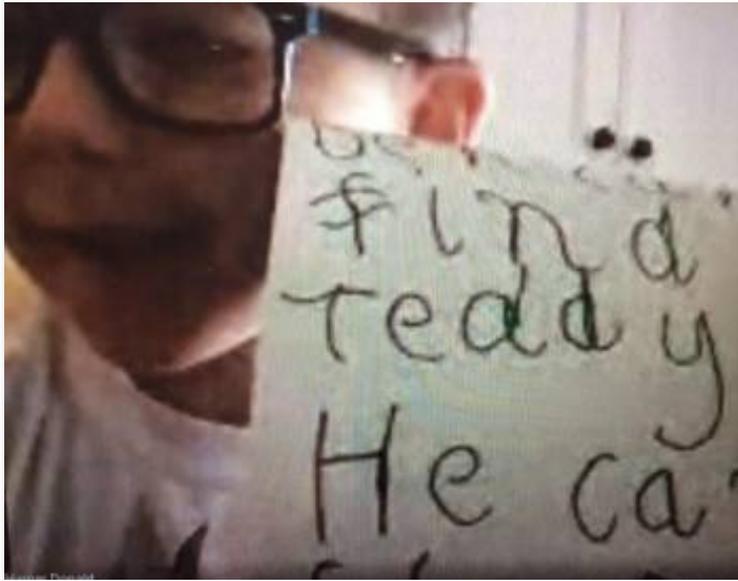
Some great learning....

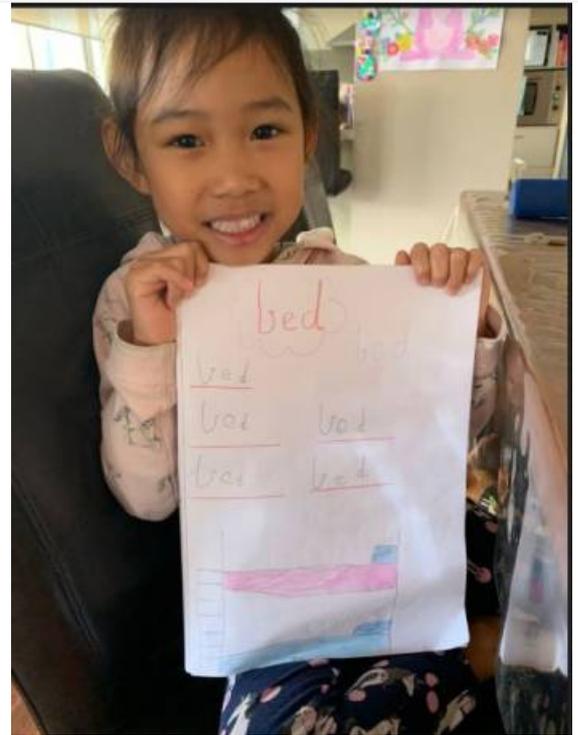




This is what i found.







Visual Art Classes

In the Visual Art classes with Ms Caroline Egan the children were able to make some pictures prior to the end of the term. Our school, like each of us, felt it was important to let our front line service workers know how much we appreciate what they are doing for us. Ms Egan sent these pictures to Sandringham Hospital, Woolworth's Mordialloc and Coles Patterson Lakes and a few other places.



Successful close quarter living

by Michael Grose

The current physical distancing measures due to the COVID-19 pandemic will be with us for some time. This cocooned existence is a test of parental patience, children's willingness to cooperate and a family's ability to pull together.

So, if you're about to enter the family cocoon, or even if you've been living in close family quarters for some time, the following tips will help ensure your children not only survive each other, but emerge from the cocoon with a strong sense of camaraderie, a greater appreciation for their siblings and knowledge that they belong to a rock solid family who can pull together in a crisis.

Get kids on board

Start your period inside the family cocoon by getting everyone on board. Give kids a voice in how they'd like their social isolation time to flow. Listen to their fears and worries. Empathise with any concerns about missing regular activities and contact with friends but point to the positives of having more free time than normal.

Consider providing kids with family organisation roles – the music girl, games guy, food planner and so on –

and swapping these regularly to maintain interest. At Parenting Ideas, we believe that it's reasonable to expect kids to help at home and there are many resources at our website that help with this.

Establish structure

Many kids struggle with anxiety when routines break down, so ensure that you have a regular structure that brings predictability to each day. Parents and kids need their own routines starting with get up times, work times and in the event of at home learning, times for schoolwork. Break the day into different time zones that mirror their school days. A regular structure will make the days more workable, feel shorter and be more manageable. It's important to keep daily foundation behaviours in place such as waking up at the same time, dressing for school and preparing for class as they trigger your child's readiness for learning. Similarly, relaxing your routine on the weekend gives everyone a break from the structure of the school and working week. A regular family meeting provides an ideal way to give kids some input into their own routines and also a say in how family-life looks in the cocoon. If formal meeting are not for you, then ask for opinions and gain feedback in more conversational ways.

Set up activity zones

The Nordic countries with their long, dark winters lead the way in successful close quarter living. One of their major strategies for success is the establishment of living zones within homes and apartments. These zones differ from the usual sleeping, cooking and communal living areas that you may be used to. They incorporate areas for individual activities including learning, playing, chilling out and exercise. With consistence use children soon associate a specific activity with a particular zone making concentration and focus a great deal easier. Avoid having multiple activities in one space as this may lead to conflict, while diluting the impact of this whole zoning strategy.

Get moving, grooving and having fun

Maintaining children's healthy exercise levels when organised sports and informal group play are prohibited is a major challenge for parents. Some organisation and creativity will help. Establish mini movement breaks during each day involving dancing, shooting hoops and exercise to movement. Remember that any activity that gets kids arms and legs moving is beneficial to their physical and mental health. Amp up the fun factor by incorporating music, dancing to online videos and playing simple indoor games.

Instil good mental health habits

As the old saying goes 'prevention is better than a cure', which is pertinent if your child is prone to anxiety and depression. With routine preventative measures such as playing and talking face to face with friends on hold, consider introducing regular mindfulness and breathing into your daily routine. At Parenting Ideas we recommend the resources at smilingminds.com.au as they cater for mindfulness for all groups and at any level. Schedule times for kids to digitally connect with friends so that they don't experience the effects of isolation.

Know when to steer clear

It's hard for family members who are used to doing things on their own to suddenly be thrust together in each other's company for extended periods of time. Many family holidays end in sibling squabbles because family members aren't used to spending so much time together in the same space. Encourage kids to spend some time alone each day so they can relax, reflect and draw on their own emotional resources. Time alone is an

time alone each day so they can relax, reflect and draw on their own emotional resources. Time alone is an under-rated contributor to a child's resilience and mental health.

And know when to come together

While time alone is important it's also essential for your family to come together to connect, to have fun and to enjoy each other's company. Work out your regular family rituals and make these non-negotiable. Evening meals, family discussions and at least one weekly movie or entertainment activity give children and parents the opportunity to come together on a regular basis.

This time spent with your family inside the cocoon at first may be difficult, as it requires changes of habit and behaviour from everyone. There are many positives to close quarter living brought about by COVID-19. Families now get a chance to connect with each in real time and bond with each other in deep, meaningful ways.

Parents also get the chance to establish the positive behavioural and mental health habits in their children that has so often been made difficult by the insanely busy lifestyle that we've all been living for some time now.

The roller coaster has stopped. It's now time adjust to a slower pace and have the types of conversations and pleasurable times with kids that have meaning, have impact and leave lasting memories.



ENROLMENTS ARE OPEN

**For current Year 5 students who
will be attending Year 7 in 2022**

CLOSING DATE 21 AUGUST 2020

Applications available on our website:

www.stbedes.catholic.edu.au



**St Bede's
College**

Contact: Deb Campion
Phone: 9582 5999
Email: enrol@stbedes.catholic.edu.au



Blue Cross Chelsea Manor

The residents and staff at the Blue Cross Chelsea Manor aged care facility would like to say a very big thank you to the children and families of St Joseph's for all the lovely pictures, kind words and Easter wishes they have received so far. It has certainly brightened the days of the elderly residents and it warms their hearts to know they are being thought of by our community. The staff have placed a special letterbox at the front gate and encourage us to keep sending through the colourful artworks and cards. It is giving the staff a thrill to open the letterbox each day and to see what has been collected, better than just bills they said.

They have suggested if families feel comfortable putting a return address, the residents would like to send replies or even pictures they have drawn too. Here are some examples of the beautiful acts of kindness received already. Thank you and keep them coming.