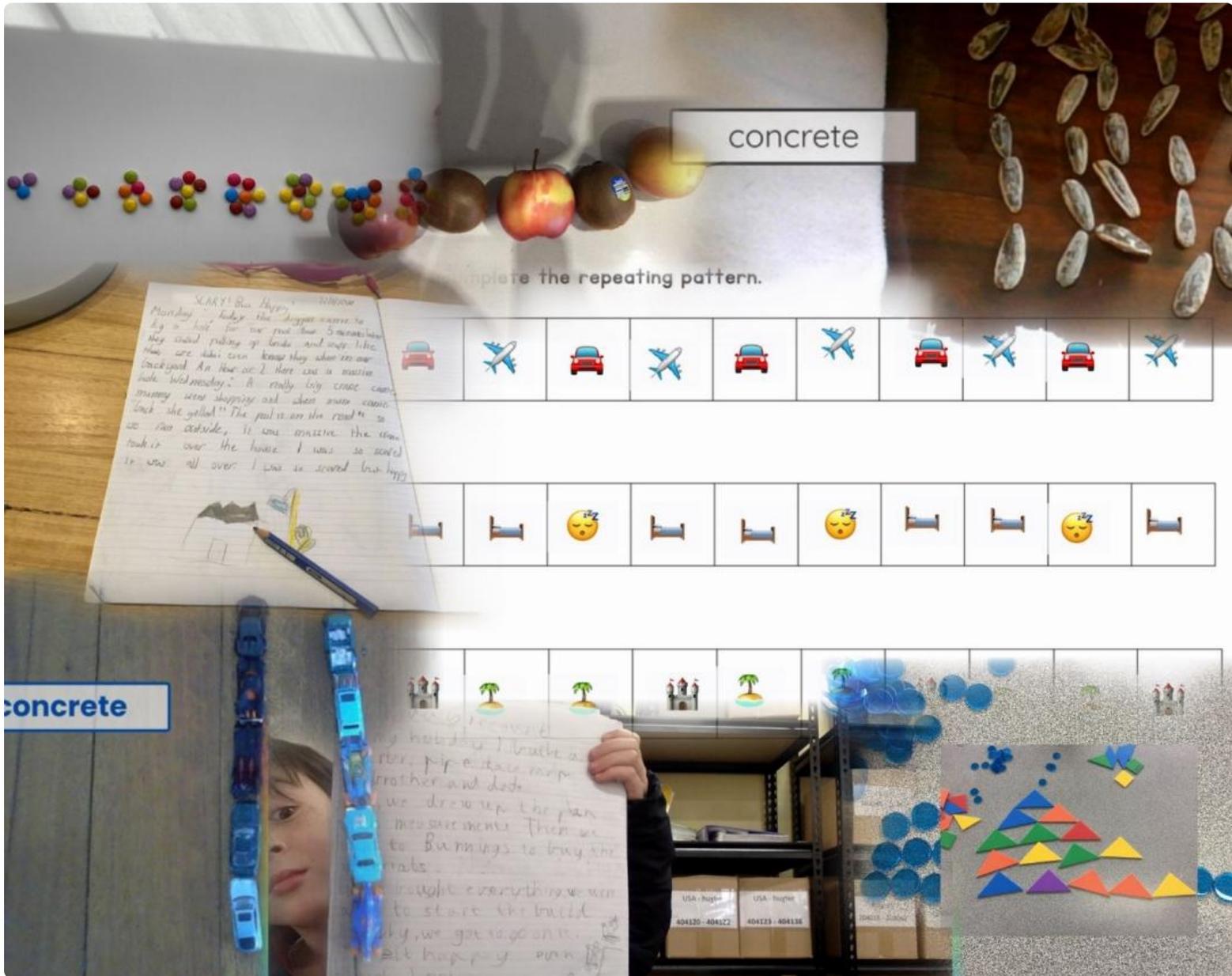




# St Joseph's School, Chelsea

Term 3, Week 2 Friday 24th July 2020

# Remote learning 2.0...



Dear Families,

Well done on surviving week one of remote learning 2.0. The first time we went to remote learning there was some novelty with it and a big learning curve for all of us. This time we have reluctantly gone back into this mode again. I must congratulate you all on how you have once again grasped the remote learning. Teachers have built in more google meets to help make it seem more like normal school. Starting the day with live lessons helps to develop routines quickly and allow staff to see their class more often. Weekly news updates for each level will come out via the skoolbag app later this evening.

Enjoy your weekend and we will see you all next week.

## LEVEL CROSSING REMOVAL

The level crossing at Swanpool Ave is closed from today for one week.

ICON

St Joseph's is currently transitioning to a new platform called ICON (Integrated Catholic Online Network). This platform will gradually start to manage all our systems - human resources, finance etc. Please be patient while this process occurs. In the first stage receipting of transactions will be delayed at the beginning of this term.

## FEES

We are very mindful of the financial implications COVID-19 has had on many families and reassure members of the St Joseph's school community that we can provide assistance with the payment of school fees. This assistance includes allowing additional time to make payments and/or offering fee discounts where needed. If you wish to discuss further please contact Gavan via phone or [principal@sjchelsea.catholic.edu.au](mailto:principal@sjchelsea.catholic.edu.au).



## Victorian Premiers' Reading Challenge

The Victorian Premiers' Reading Challenge is now open and St Joseph's is excited to be participating. A new application is being used this year that offers a range of exciting features including:

- access to a library catalogue (including book images and blurbs)
- a modern user-friendly interface
- rewarding students with badges as challenge milestones are achieved
- the option for students to mark books as a favourite, give them a star rating or complete a book review

The Challenge is open to all Victorian children from birth to Year 10 in recognition of the importance of reading for literacy development. It is not a competition; but a personal challenge for children to read a set number of books by 4 September 2020.

Children from Prep to Year 2 are encouraged to read or 'experience' 30 books with their parents and teachers. Children from Year 3 to Year 10 are challenged to read 15 books.

All children who meet the Challenge will receive a certificate of achievement signed by the Victorian Premier and former Premiers.

To read the Premier's letter to parents, view the booklists and for more information about the Victorian Premiers' Reading Challenge, visit:

[www.education.vic.gov.au/prc](http://www.education.vic.gov.au/prc)





## A grandparent's love

The unconditional love of a grandparent is unlike any other, and the shared bond between grandparent and grandchild is something cherished for a lifetime.

This Sunday 26 July is the Feast day of Saints Joachim and Anne - revered for centuries as the parents of Mary, mother of Jesus.

Many Catholic schools celebrate this day as Grandparents' Day. So, what better time to celebrate and nurture the relationship between children and their grandparents!

### **In the time of COVID-19**

With the strict lockdown we are currently experiencing in Melbourne, for many this means that children will be unable to spend time with their grandparents.

Fortunately, there are now many online platforms useful for not only maintaining a good relationship, but developing it.

The following suggestions for activities can be used to foster positive relationships between grandparents and grandchild, even during lockdown.

### **Long-distance activities for grandparents and grandchildren**

Try some of these activities\* below with your grandchildren or share them with others to use!

1. Each keep a gratitude journal and share excerpts from time to time.
2. Plan an imaginary trip together, using online resources such as travel documentaries, photos, maps. This can be adapted to the age of the child, getting more detail from transport and accommodation booking sites as appropriate.
3. Pray together, using symbols such as candles, water, seeds, and the cross. The [Family Week 2020 Home Prayer Service](#) could be shared via your video chat app.
4. Watch a TV show together and comment on it.
5. Send coded messages through the mail for your grandchildren to decode. This will make you the best long-distance grandparents of any fourth grader in their school!
6. Record a story to be played for the children at their bedtime. Or read one over video chat (consider Bible stories and authentic stories of broadly-defined "saints").

7. Send your grandkids “open when” letters. Mark some milestones during the coming weeks or months and write a letter to your grandchild for each of those times. Send them all at once and have a specific open date (and/or time). You can call them after they open each letter and tell them how much you love them.
8. Organise a home-based scavenger hunt – the findings can be revealed over video chat.
9. Swap jokes – see who can get the most laughs!
10. Imagination quiz – “Would you rather...?”

# How do you respond if your child says, "I can't!"

It's certainly a tough one for us as parents. And many of us have already tried saying, "You can't YET!" and for some children, it just doesn't work...

All we want is for them NOT to get overly upset or frustrated so they can persevere and keep going...right?

But let's think about it...

Is perseverance really about NOT getting frustrated when something doesn't work?

Perseverance is actually about not giving up DESPITE the frustration.

So when our child says, "I can't!", we don't need to prevent the frustration from happening or pull them out of it.

What we want for our child is to keep going DESPITE the frustration. We want them to learn how to tolerate that uncomfortable feeling of not getting something right away.

So first and foremost, instead of pulling them out of the frustration, get into it with them by showing your empathy, "It's really tough when something doesn't work! I totally get it!"

Once your child hears that they're being understood, you can try these strategies as your next step:

**1. Offer to take a break.** When you see your child's emotions begin to overwhelm them, you can say:

"Sometimes when I feel frustrated, it helps me to take a break and do something else. Would you like to take a break?"

**2. Offer to help them started.** If you're going to help your child, it's better to do just enough to get them started.

You can say:

"Would you like me to help you get started with this math problem? We can find what you already know together."

**3. Be present.** Sometimes we just need to be near our child but not necessarily DO anything. Your child might be able to keep going on their own. You can say:

"I see you're working really hard and I know you can do hard things. I'm here if you need me."

## A little mindfulness for this week....

### QUICK BODY SCAN



- \* Focus on each area of the body starting from your toes gradually moving up your body to your head.
- \* Notice as many sensations as you can.
- \* Just notice what is there.
- \* Notice how your body / skin feels against your clothes, floor, chair, cushion.
- \* Be the 'observer' of your body.

Core Practice



## Please help us to put a lid on it!

It would be terrific if families could please save and wash any plastic lids they have finished with and keep them at home ready for when we are able to return to school. You will soon see them transformed and on display in a beautiful artwork, which will be created by our 3/4 students.

On behalf of my friend Vincent Van Gogh, we say thankyou and we would love plenty, all plastic shapes, sizes and colours are welcome!

- Mrs Egan