



St Joseph's School, Chelsea

Term 3, Week 6 Thursday 20th August 2020



St Joey's Sing Along....

So we have now had our first St Joey's Sing Along.

What a hoot that was!!!!

A big thank you to Angelina, Indiana, Elisabeth, Danika and Lucy for being brave and leading us in the singing. Thank you to all the staff for their support and contributions and also a big thank you to the many students and families who tuned in to sing or dance or hum or just to watch. We would love your feedback to assist us in the hosting of future Sing Alongs and it would be appreciated if you could click on the link and fill in the brief survey

[Sing Along Survey](#)

Dear Families,

Thankyou for all your efforts as we travel through the second half of this term. Keep safe and stay strong.

I have included some wellbeing activities and conversation starters for parents that I shared last week..

Looking after ourselves is critical during this time. Six Key elements to well being are:

1. Understanding Emotions

2. Personal Strengths

3. Positive Coping

4. Problem Solving

5. Stress Management

6. Help Seeking

The attached document gives some ideas about how you could have a conversation with children of different ages

Wellbeing Activities and conversation Starters

Also I need to gather information about the children attending school from next Monday 17th August for two weeks.

If you need your child to be supervised at school in weeks 6 and 7 during this remote learning time and meet the required criteria as a: **Permitted Worker (Please email Permitted Worker Permit to principal@sjchelsea.catholic.edu.au) or Vulnerable student or Student with a diagnosed disability** please complete this form by Friday 14th August at 3.00pm: [Intentions Form Weeks 6&7](#)

Your child will need to arrive in school uniform at 8.30am via Argyle Avenue entry, be temperature checked and head to the designated area to be supervised for the day.

Their lunch and drink bottle will need to be supplied.

Collection will be between 3.00 and 3.15pm from the Argyle Avenue entry.

Please be aware there are no crossing supervisors during this stage 4 lockdown.

Yesterday fee statements were sent out. Thank you to those who have paid. Many of you are struggling and we appreciate the difficult financial position you are managing. Please contact us for support if you need to regarding the payment of fees. We will make a decision regarding relief for all families early in Term 4 when hopefully we can look at our financial position when hopefully things are back to normal. In the meantime if you are struggling please contact me.

Secondary Transition Change of Dates

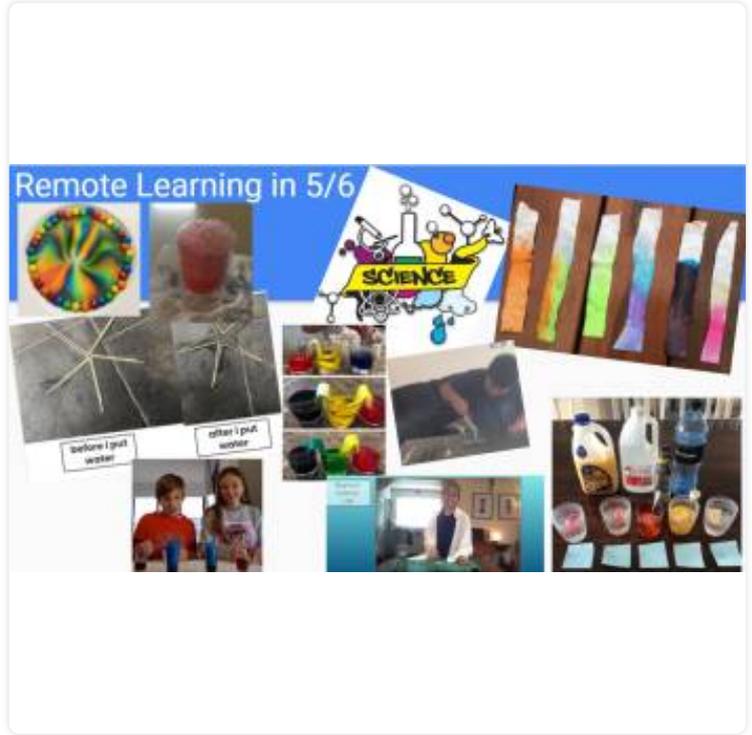
Please note Kilbreda Colleg, St Bede's College and John Paul College have extended their dates for Year 5 students looking to enrol in Year 7 2022.

The new date for the closing of applications for Year 7, 2022 is now Friday 9th October 2020.

Virtual tours will continue to be offered. Please see the flyers below and visit the websites for more information.

Some wonderful remote learning....





This week the students created their own mirror scene based on the work of Harpo and Groucho Marx

Thank you....

Thank you
Principal, Staff and Students.
St Joseph's School, Whelsea.

On behalf of the Whelsea Conference of St. Vincent de Paul, I would like to congratulate and thank you for the wonderful effort for our Winter Appeal.

In these hard times, our resources have been strained as our income is affected by the closure and restrictions on our Opportunity Shops. Also we are predicting lots more requests as people come off jobseeker soon (with their extra income allowed now) and also the Jobkeeper Program due to be cut back.

Please be assured your generosity and thoughtfulness is greatly appreciated by us and the clients we visit. These visits are still being conducted with phone interviews and distant food and voucher donations.

Yours sincerely,
Barbara Ryan (Secretary)
Whelsea Conference St. Vincent de Paul.



Staying the course in COVID times

by Michael Grose

COVID-19 continues to test us in ways that were unimaginable at the start of 2020. It's becoming the defining event of this generation and a reference point for decades to come. We've had depression kids, war kids and now we have COVID-19 kids.

The impact of COVID-19 is felt differently across the country. Currently, Victoria is in Stage 4 lockdown while other states are on high alert. Not everyone is working from home, but most students are COVID-

other states are on high alert. Not every student is working from home, but most students are COVID conscious, knowing that they're only a corona cough or virus-filled hug away from remote learning.

Encouraging kids to stay the course when they've been denied access to the classroom, peers and community activities is now a common parenting challenge. Denial is generally tolerable in the short term, but the novelty of changed circumstances soon wears off. The following strategies will assist both parents and kids to stay the COVID long course:

Accept difficult emotions

'There's nothing so bad that we can't talk about, but there are behaviours that we won't accept' is a mantra that serves families well. It's okay for children to feel frustrated, annoyed, angry or upset about their change of circumstances due to the pandemic but that doesn't give them permission to behave disrespectfully, miss school requirements or fail to assist at home. It helps if parents validate how their children feel, then encourage them to focus on fulfilling school and family expectations.

Encourage acceptance

Some children and young people will protest the COVID induced changes that have been imposed upon them. In some respects, it may be admirable for children to push for a better deal, but the severity of the COVID-19 pandemic means that the individual needs to bend toward the greater community good. This is simply a case of accepting and making the best of the situation at hand.

Take it one day and week at a time

On family bush walks my young children would rarely complain when the tracks were windy. The complaint levels rose when paths were long and straight as the finish line seemed such a long way off. In a similar vein during our current times it's smart to keep kids focused on getting through each day and week rather than look too far ahead. Six weeks of Stage 4 may seem intolerable, so it's better to focus on getting through each day and week.

Be the hope person

Help children and young people understand that they will get through difficult times. "This too shall pass" is perhaps the most apt meme for our times. If your hope bucket is emptying out, seek out positive friends and relatives who can top it up. Our own resilience needs nurturing if we are to last the distance.

The internal parenting manual that guides us probably doesn't include chapters dealing with remote learning, lack of peer interaction and kids' disappointment. Most of us are treading new parenting ground so it's best to be open to change, accepting of difficulties and forgiving of inevitable parenting stumbles.



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

A little mindfulness for this week....

PAUSE



- * Either sitting or standing.
- * Breathe in and raise up your left arm, pause and notice the tiny gap between breathing in and breathing out.
- * Breathe out and lower your left arm, pause.
- * Breathe in and raise your right arm, pause.
- * Breathe out and lower the right arm, pause.
- * Repeat twice for each arm.
- * Then raise both arms when breathing in and lower both arms when breathing out.
- * Make sure each breath matches the same pace as the arm movements.

Breath Meditations



Virtual Meet and Greet with the Principal, Mr John Finn

We invite you and your sons to meet with our Principal, Mr John Finn and some of our College leaders via a Virtual Meet and Greet. This will provide you with an opportunity to experience our College first hand, ask questions and gather information whilst we cannot offer onsite visits.

For bookings: www.stbedes.catholic.edu.au
or phone 9582 5999



St Bede's
College

Mentone Campus
2 Mentone Parade, Mentone Vic 3194 P: 9582 5999



ENROLMENTS ARE OPEN

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

CLOSING DATE 9 OCTOBER 2020

Applications available on our website:
www.stbedes.catholic.edu.au



St Bede's
College

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



Virtual Visits

Wednesday 5 August - 9.00am • Wednesday 12 August - 4.00pm
Thursday 3 September - 4.00pm • Tuesday 15 September - 9.00am

Applications for Year 7, 2022
close Friday 9 October 2020