



St Joseph's School, Chelsea

Term 1, Week 10 Thursday 1st April 2021



Wishing our families a safe and happy Easter

Dear Families,

We managed to arrive at the end of term in one piece. A great term of learning and re-engagement with each other. Today we finish with our school sports. Pick up from the oval from 1pm (checkout with teacher) or back at school at 2pm.

If you didn't get a chance to catch our parent cybersafety session online last night with Martyn and Carley you need to check it out at

Cybersafety video link

There were lots of great tips and helpful suggestions to help you as parents manage this cyberworld.

A great job by all who helped out at the laying of the grass. It was a great community event. Special thanks to Paul Francis (ex parent) for coordinating the whole job.

We hope to get the children on it early next term.

Thank you for all the Easter egg donations. We were able to raise \$1300 and the hot cross bun drive we raised \$935. We had over 200 Easter egg prizes. Thankyou to our parent helpers for coordinating the egg wrapping.

Uniform Shop Volunteer

We are looking for a volunteer or two to help share the organisation of the 2nd hand uniform shop for 30 minutes morning or afternoon once a week. We need help in collecting the money and organising donations that come in. Please contact the office if you can help out.



Congratulations to our Reconciliation candidates:

Charlotte Abbott, Tyson Abdullah, Nicholas Ball, Tahlia Benton, Jakob Benvenuto, Amelie Black, Eliza Camilleri, Jude Conway, Georgia Dean, Archie Didus, Tennyson Dimalanta, Millie Donnellan, Riley Drew, Jennifer Gutierrez, Anton Hanigan, Suki Hanlon, Alexander Hannon, Violet Hegarty, Madeleine Herbert, Alexa Issa, Stella Jhoomun, Rydah Krishnan, Bonnie Lee, Sebastian Malcomson, Mabel Martin, Daniel Mastrocola, Xavier Mendis, Logan Merkus, Beau Mills, Kobe Moore, Evie Murrhy, Chloe Myers, Liam Nannery, Jacob O'Donnell, Sophia Pintar, Harrison Reed, Emily Sheeran, Sebastian Shewan, Beau Spalding, Alana Stainthorpe, Isla Stevenson-Smith, Max Taranto, Charlie Toomey Wise, Leon Vasilaras, Sam Waddell, Mitchell Ward, Harrison Wardlaw, Daisy Wellard, Lulu Williams, Ruby Young, Zanna Breed, Isabella Bonnefin, Sebastian Szekely-Herman, Phoenix Lynch, Harper Waddell, Hudson Brown, Xavier Field, George Field, Maeve Dunne, Judson Cahir, Summer Lettieri, Isla Lettieri, Isabella Lau and Jonah Pantano.



Visual Arts this week....

" In Visual Art this week we discussed how in The Stations of The Cross in our own Church tell parts of the story of Easter in Pictures. We continued our study of Indigenous Symbolism and created the backgrounds of our pieces using Contemporary Colours. Our challenge was to use at least five symbols we understood the meaning of and also less water to create brighter contrasts when applying tempera paints. Some finished pieces were then added to using markers and overlaid with the silhouettes of people who met Jesus on his Easter Journey.



Managing Anxiety before it becomes a problem....

by Michael Grose

The president of Australian Primary Principals Association (APPA) recently highlighted the enormity of the anxiety problem that children are facing. A survey of primary schools across Australia conducted by the APPA showed that 80% of school leaders regard anxiety as a significant issue for children.

Research shows that childhood anxiety left unmanaged will almost certainly re emerge, highlighting the importance of early detection and management of anxiety. Parents, as first responders, play an important role by minimising the impact of stressful moments before they lead to full-blown anxiety. Here's how they can help.

Recognise anxiety triggers

Recognising the events that trigger anxiety is the first step in helping a child to manage their stress. Rapid or unpredictable change, new social situations, unfamiliar events and difficult

experiences are the most common anxiety stressors for kids.

Know how it shows

Stress and anxiety show in many ways however most children display anxiety behaviours that are unique to them. Typically, anxiety shows through physical signs such as chest pains, nausea and headaches. Anxiety can be observed through behavioural clues such as avoidance of activities, aggression, concentration difficulties and constant fiddling and movement. Worrying, overthinking and catastrophising are also common in children who experience anxiety. Knowing how anxiety shows in your child will alert you to respond appropriately with support and understanding.

Give kids tools to manage their states

Once anxiety is experienced it never truly disappears. It's always there in the background. Anxiety needs managing so kids can get on with their lives rather than become overwhelmed by stress and worry. Providing children with tools to manage their thinking, emotional and physical states prevents anxiety from becoming debilitating. Management tools such as deep breathing, mindfulness and exercise as well as techniques to help kids distance themselves from their anxiety-inducing thoughts help them minimise the impact of stress.

Help them understand how anxiety works

Children who understand what happens in their brains and bodies when they are stressed are better able to manage their anxious states. Providing children with a thorough knowledge of how anxiety works and how it shows empowers them to push their worries into the background while they get on with their lives. Managing anxiety takes practice, but it's absolutely essential if children are to flourish rather than become overwhelmed by stress and worry.

In closing

Stress and anxiety have accelerated with the impact of the pandemic. The growing rate of anxiety is no one's fault, however it does mean that parents need to become more knowledgeable about how anxiety works, how it shows and how you can help your children.



CSEF (Camps, Sports and Excursion Funding)

If you hold a valid means-tested concession card or are a temporary foster parent, you may be eligible for CSEF. The allowance is paid to the school and receipted against your fee account to use towards expenses relating to camps, excursions or sporting activities for the benefit of your child.

If you applied for the CSEF at your child's school in 2020, you do not need to complete an application form in 2021 unless there has been a change in your family circumstances. You only need to complete an application form if any of the following changes have occurred:

* new student enrolments; your child has started or changed schools in 2020 or you did not apply in 2020.

* changed family circumstances; such as a change of custody, change of name, concession card number, or new siblings commencing at the school in 2021.

Application form is attached.

[Download](#)

Holy Week and Easter Mass services

✠ HOLY WEEK & EASTER ✠



Palm Sunday Weekend

Vigil Mass: Saturday 27 March 6pm

Sunday 28 March

Mass & Blessing of palms and procession 9 am ; Mass 11 am

Holy Thursday 1 April

Mass of the Lord's Supper 7.30 pm

Good Friday 2 April

Way of the Cross 10 am

The Lord's Passion 3 pm

Vigil of Easter 3 April 8 pm

Easter Sunday 4 April Masses: 9.00am; 11am



Community Updates



Free Trial for Juniors and adults

www.chelseaheightstennisacademy.com.au

leigh_holland@hotmail.com 0439 616 748

Venue- Chelsea Heights tennis club.

Thames promenade.

2021 Term Dates (red indicates additions/changes)

Week 10

- Mon 29th Mar - Easter egg and raffle sorting from 8.45 staffroom
- Tues 30th Mar - Inform and Empower sessions Yr 3-6
- Wed 31st Mar - Paraliturgy 11.30am online, 12pm Easter egg draw (not online)
- Wed 31st Mar - Inform and Empower sessions P-Yr 2 and parents online at 7pm
- Thurs 1st Apr - Holy Thursday, P-Yr 6 Athletics Sports TBC at Edithvale Athletics Track,
Term finishes at 2pm
- Fri 2nd Apr - Good Friday

Term 2, Week 1

- Mon 19th Apr - Term 2 resumes, enrolments 2022 open

Tues 20th Apr - 9.30am tour

Wed 21st Apr - 9.30am tour

Thurs 22nd Apr - 2.15pm tour

T1 28th January - 1st April (Holy Thursday)

T2 19th April - 25th June

T3 12th July - 17th September

T4 4th October - 15th December