



St Joseph's School, Chelsea

Term 1, Week 5 Thursday 25th February 2021

Our gymnastics program....





Dear Families,

Thank you for your attendance at our online Learning Conferences during this week, The partnership and sharing of your child's progress to this point during the year is very important. Well done to all of you who have supported the teachers with this to help your child be the best they can be.

Tomorrow the staff will be planning and looking at Positive Behaviour Learning (PBL). We will be supported with this program by members of Catholic Education, now known as (MACs).

Open Gymnastics next week

All parents are invited to watch their child's class for gymnastics next week on the grass. The children have thoroughly enjoyed the sessions. Your classes time is under dates at the end of the newsletter.

School Photos have been rescheduled to Thursday 25th March 2021.

Kindest Regards

Gavan O'Donnell

Principal

Brainstorm
Productions

the **H Team**

Brainstorm Productions

On Tuesday 9th March, Brainstorm Productions will be presenting their student wellbeing performance 'The H Team' for Prep - Year 6.

'The H Team' is a live educational theatre performance that follows the story of Cal and Mindi, who are accidentally transported from the safety of the 'H Zone' and left without their positive mindsets. Peer pressure and social media make

Mindi anxious, competitive and impulsive. Cal is being bullied and excluded at school. He becomes isolated and obsessed with junk food and video games. Cal and Mindi must learn to resist the lure of advertising and excessive screen time, stand up to bullying and make healthy decisions.

'The H Team' is part of our student wellbeing curriculum and has been developed by teachers and psychologists. This exciting live theatre experience gives students knowledge and confidence to cope with difficult emotions and critically evaluate negative messages from advertising and the media. They will learn practical strategies that can be used to build positive relationships, stay safe online and take care of their minds and bodies.

Brainstorm Productions is one of Australia's largest and most respected theatre in education companies, performing to over 360,000 students every year. They offer a range of programs to help schools build healthy and harmonious environments, addressing issues such as cyber safety, bullying, resilience, diversity and inclusion.



Grandparents as Carers....

by

Michael Grose

At school pick up time it's common to see people in their '60s, '70s and older greeting young children after school. In secondary school many students are welcomed home by someone in that age group. You may well think that these are grandparents doing a spot of childcare while parents are at work, but increasingly grandparents and relatives of a grandparenting age are caring full-time for children.

A time of mixed feelings

Grandparents who care full-time for children usually do so following a family crisis or loss. Becoming the full time carer can come as a shock. Many grandparents report that their world is turned upside down when they take on full time parenting roles. Not only are they prevented or restricted from participating in their ongoing interests, many experience their life in limbo as they may not know whether the parenting role is permanent or temporary.

While grandchildren may feel safe being with grandparents after a crisis or experience of loss, it's difficult to move from a highly relational grandparent mode to be the person who sets boundaries, makes sure homework is done and gets kids to school on time each day. On top of this many grandparents experience a mixture of emotions including grief for the death or disappearance of a child, anger for being placed in a situation they didn't want or shame for a difficult family situation.

The benefits of being grandparent carer

Conversations with grandparent carers reveal that many grandparents cherish the opportunity to be close to their grandchildren. For men, in particular, the chance to make up for time and milestones that they missed with their own children helps make their time looking after grandchildren worthwhile. Some grandparents also report finding a new lease of life when they become carers.

Mark, a grandparent raising four primary-aged children appreciates the benefits that experience provides. He claims, "I don't stress nearly as much as I did when I was bringing up my two children. Some of the things I used to fight over with them seem ludicrous now. I'm more patient, more understanding and more fun to be around now with this lot. I laugh more now too."

Looking after yourself

According to the Raising Children Network, grandparents who care for children “have higher levels of depression and anxiety and (experience) more physical and emotional health problems than grandparents who aren’t carers.” The extra responsibilities that come with being a grandparent carer such as dealing with money worries, facing legal issues and lack of peer support means that grandparent self-care is paramount. Age-related exercise, social interaction, a good diet, enough sleep and regular medical check-ups need to be part of the wellbeing regimens for grandparent carers.

In closing

Like parents, grandparents benefit from being part of a school community. A welcoming school community can be a wonderful asset for those who are raising children the second time around.



Dad's Footy Match vs St Louis

Dear Mums and Dads,

St Joseph's School in conjunction with neighbouring Schools is again embarking on its annual Dads day football match against St Louis Aspendale.

The dads from both St Josephs and St Louis will embark on a day of fun in footy as we seek to turn back the clock and enjoy a light-hearted (modified rules like no tackling etc) football match.

The aim of the day is to use footy to bring dads together and get to know one another. This day will be used to strengthen our commitment to the community and embrace the society in which we choose to raise our children in.

The only pre-requisite for this day is a jovial and friendly attitude (serious competitors need not apply). We welcome all varying skill levels and participating efforts. Thus, ruling out any excuses for not joining in, in what has become a fun event for the entire family.

This year we have a particular interest of getting the parents from grade one involved as COVID-19 meant that we were robbed of getting to know them last year and obviously the incumbent Prep parents of this year 2021. These new parents are the future of this whole event as eventually the current leaders of this match will step away as their kids grow older and we need to be continually be passing the baton along to ensure this day continues to grow, prosper, and build new relationships. So, for those who are only learning about this for the first time please understand that your involvement to this day and spreading the word makes a positive long lasting contribution to the community that you are a part of.

In the lead up to the day we will have training sessions which will mostly be about getting to know one and other and enjoying some cool refreshments post training. Training will take place at 6:00 PM (most likely) at the Chelsea Football club (still to be confirmed subject to ground availability) on the following dates:

- 23/2/21
- 16/3/21
- 7/4/21
- 28/4/21

The event of the football game is normally held in September to ensure all families can get down to the oval to cheer on their real hero's. However, this date is still to be finalised as we are also consulting with players about their availability and football ground acquisition.

There will be no limit put on the players as we can extend the bench or have multiple teams should numbers permit. At the end of the match, we will have a trophy presented by the winning Schools Principal and awards will be handed out to various players.

On the day we will aim to provide trainers however we will need volunteers for field umpiring, goal umpiring, running water and cooking the BBQ and many other duties which will make this day one of the more enjoyable days of the year!!!

We need to stress that this day caters for all various age, skill and fitness levels. So, Mums and friends, if you know of a Dad who needs some encouragement please pass on our details (at the bottom of this page) and like an aggrieved wife who has asked his husband to mow the lawns for the last 3 months we will persist until they are on board for this fun day!!!

Other members that are available to be contacted for information about the day:

Rohan Anstey 0402 327 511

Trevor Clancy 0405 109 321

Martin O'Donnell 0407 666 116

Reece Murphy 0425 855 585

Kind regards

Patrick Donnellan 0438 757 850



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](#)

2021 Term Dates (red indicates additions/changes)

Friday 26th Feb - SCHOOL CLOSURE (Positive Behaviour for Learning (PBL) Professional Learning Day)

Tues 2nd March - Open class for gymnastics

8.55am-5/6BC 9.55am-5/6B 11.20am-5/6AB 12.20pm-5/6KG

2.15pm-1/2B

Wed 3rd March - Open class for gymnastics

8.55am-3/4S 9.55am-3/4LC 11.20am-3/4W

12.20pm-3/4CM 2.15pm1/2OF

- Thurs 4th March - Open class for gymnastics
 8.55am-Prep CG 9.55am 1/2S 11.20am-1/2M
 12.20pm-Prep LR 2.15pm-1/2DR
- Fri 5th March - Yr 5/6 sport vs Aspendale Gardens P.S, 2.30pm online assembly
- Mon 8th March - Labour Day Holiday
- Tues 9th March - H Team performance in library
- Thurs 11th March - District Swimming Yr 4-6
- Fri 12th March - Working Bee 4.00-6.00pm, 2.30pm online assembly
- T1 28th January - 1st April (Holy Thursday)
- T2 19th April - 25th June
- T3 12th July - 17th September
- T4 4th October - 15th December

Community News....



ST BEDE'S COLLEGE
MENTONE CAMPUS OPEN DAY
WEDNESDAY 3 MARCH 2021

Enrolments open to all Year 5 students who will be entering Year 7 in 2023.
 Everyone welcome to view the College.
 Bookings: www.stbedes.catholic.edu.au
 Tour bookings are essential.

St Bede's College
 Mentone Campus: 2 Mentone Parade, Mentone VIC 3194
 Bentleigh East Campus: 155 Bignell Road, Bentleigh East VIC 3165
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