



St Joseph's School, Chelsea

Term 1, Week 6 Thursday 4th March 2021

Our gymnastics program....





Dear Families,

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

Our gymnastics program finishes next week with the two catch up days on Tuesday and Wednesday that were missed during lockdown. The children have loved seeing their parents come along to watch them at gymnastics. Everyone has done a great job in running the program on the grass.

Next Tuesday the whole school will be watching and enjoying Brainstorm Productions 'The H Team' in the library. The focus will be on making good decisions and creating a healthy and happy zone at our school.

Don't forget Monday is our Labour Day holiday.

Hall Update

The hall is running along to schedule and will hopefully be ready for term 2. We have run into a problem with asbestos over the holidays and have incurred a \$200,000 bill for asbestos found in the soil. This has impacted significantly on our ability to complete the hall renovation to our expected level. I am currently pursuing other avenues to find ways to complete the project.

The new grass area

The school has demolished the house at 5 Woodbine Grove and has been levelled to prepare for it to be grassed. Next week we are hoping the new fences will be in place and then ready to put in a watering system to lay the instant turf.

We are hoping to seek support from the community with some of this. Stay tuned and we will keep you updated.

Next Friday we have our rescheduled working bee from 4-6pm. I am hoping we may be helping to lay the grass.....

Sunday 21st March

St Joseph's school has exclusive access to Melbourne Cable Park Outdoor Cinema for our families.

Movie: Zootopia

Date: Sun 21st March

Live music from 2pm

Movie to commence 3.45pm

Tickets: \$4 per person incl a bag of popcorn. This is a chance to catch up with families and make some new connections within our school community after an isolating year of covid.

Full details will be sent out via a flyer on skoolbag with a link to book tickets for your families. Bookings close Friday 12th March.

Hot food will be available ranging from hot chips, chicken wings, chicken parmas, kid meals.

Hope to see lots of families enjoying a night out. Bookings only available for St Joseph's families.

District Swimming & Yr 3/4 excursion

Due to the rescheduling of the District Swimming because of the COVID lockdown it now clashes with the 3/4 Museum excursion on Thursday 11th March. We have tried to move the excursion to another date but the Museum was unable to accomodate us this term. Unfortunately these children who qualified for district swimming in Yr 4 will have to choose between the swimming and the Museum excursion. This is not our ideal situation, but it is out of our control.

Kindest Regards

Gavan O'Donnell

Principal

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.

A new music program being offered....



Presents:

Music lessons at St Joseph's Primary School

Guitar, ukulele, piano, keyboard, violin

Benefits of learning music:

- improves academic skills. ...
- uses every part of the brain...
- develops physical skills. ...
 - cultivates social skills. ...
- refines discipline and patience. ...
 - boosts self-esteem. ...
- introduces children to other cultures
 - improves lateral thinking
 - improves co-ordination



Students are tutored in one-on-one or group lessons during school time.

No driving around after school to take your child to their lessons, it is all done for you.

½ size guitars, flutes and violins can be hired for \$3.30 per week

We cater for all levels from beginners to advanced (15-minute lessons for younger children available)

Study for leisure or study for exams

lessons include the following:

music theory

proper technique

sight reading

preparation for AMEB exams

All lessons include basic music theory

half hour lessons one-on-one: \$35.20 (incl gst) per lesson; payable by the term



**Call Carol 0411402102 to enrol
STARTING TERM 2, 2021**



Supporting boys in upper primary school

by

Maggie Dent

The upper primary school years are the start of big physical changes and boys can struggle more than girls. Even though some of our boys are growing physically, this time can be challenging, unpredictable and full of big emotions and awkwardness.

Some anxiety can also occur as the end of primary school approaches and some boys can fight with their physiology. Parents need to be mindful to recognise that for many pubescent boys, every day at school feels like going into a war zone because it is so unpredictable.

The following ideas will help to guide you through this time.

Have realistic expectations

Create a calm, predictable environment to counteract the stress many boys may experience. Parents can do this by avoiding asking too many questions and placing too much pressure especially around homework. Especially avoid criticism, nagging and lecturing — they won't improve anything.

Keep things light

Boys appreciate lightness and humour, especially when they may be struggling with anxiety or worry. Maybe you could find some funny, goofy cat or dog videos to show them or share some funny experiences that might trigger the beautiful happy neurochemicals in their brain. Be a bit ridiculous – intentionally.

Share developmental changes

Have brief conversations with your son about the coming brain changes, especially pruning, which is a 'trimming down' process in the teenage brain where irrelevant/unused mental connections from childhood are lost. These conversations can help him understand why he may be struggling with organisation and be forgetting things that he used to remember. Once he knows there is a reason, he'll tend to manage it better — indeed many boys are relieved! Help your son to work out ways to remember important stuff.

Make home a welcome base for his friends

Ensure that you make your home a welcome base for his friends, regardless of gender. The hunger to 'hang out together' is still strong even for our digital natives, and they will always turn up to a place where they are welcome and where there is a familiar space to gather. It's really good to give your son's mates the message that 'our door is always open for you'. We never know when a family conflict becomes too painful for a boy or that just having some calm down time is what the whole family may need.

Stoke his spark

Help you son identify his passion whether sport, games or music that will keep him engaged in the years ahead.

Disengagement is very common among boys in early to middle secondary school and those who have an interest they love and are capable at, tend to struggle less. In primary school boys should sample many activities so that they can discover their real interests.

Help manage anxiety

Many boys experience anxiety as they move toward adolescence and the end of the primary school years. Some boys display anxiety through silliness, inappropriate behaviour, an increase in aggression (often toward siblings), disrespectful language towards parents, changes in eating patterns and struggles with sleep. If you have ongoing concerns check in with your son's teacher and seek help.

Practise kindness

Even though this sounds counterintuitive if you are experiencing some hot moments with your pre pubescent or pubescent son, kindness especially in small unexpected ways has enormous power. Many boys struggle with low self-worth and when they muck up they struggle even more with feeling acceptable and loved.

Above all, reassure your son often that you love him fiercely and unconditionally, no matter what.

Maggie Dent presents a related webinar: Communicating with teenage boys

Our school has a membership with Parenting Ideas. As part of this membership, you can attend the upcoming webinar 'Communicating with teenage boys' at no cost.

About

In this webinar, Maggie Dent shows how using compassionate, empowering communication with teenage boys can better guide them across the bridge to healthy manhood to a place where they feel worthwhile and engaged in respectful relationships.

When

24 March 2021 8:00pm AEDT

To redeem

1. Click this link: www.parentingideas.com.au/parent-resources/parent-webinars/webinar-communicating-with-teenage-boys
2. Click 'Add to cart'
3. Click 'View cart'
4. Enter the voucher code COMMUNICATION and click 'Apply Coupon' Your discount of \$39 will be applied.
5. Click 'Proceed to checkout'

6. Fill in your account details including our school's name to verify your eligibility. These are the details you will use to login to your account and access your webinar and resources

7. Click 'Place Order'

This offer is valid until 24 June 2021. If you're unable to make the broadcast time, just register anyway and you will get access to the recording.

Maggie has written seven major books including the bestselling *Mothering Our Boys* and her 2020 release, *From Boys to Men*. Maggie is host of the ABC podcast, *Parental As Anything*. She is the mother of four sons and a very grateful grandmother. For further details visit maggiedent.com



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)

Fri 5th March - Yr 5/6 sport vs Aspendale Gardens P.S, 2.30pm online assembly

Week 7

Mon 8th March - Labour Day Holiday

Tues 9th March - H Team perform in library (see flyer Prep-Yr 6)

Thurs 11th March - District Swimming Yr 4-6, Yr 3/4 excursion to museum

Fri 12th March - Working Bee 4.00-6.00pm, 2.30pm online assembly

Week 8

Mon 15th Mar - Yr 5/6 Camp Sovereign Hill, Division Swimming

- Tues 16th Mar - Yr 5/6 Camp Sovereign Hill
- Wed 17th Mar - Yr 5/6 Camp Sovereign Hill, St Patrick's Day
- Thurs 18th Mar - 4-5pm Reconciliation Non St Joseph's School children
- Fri 19th Mar - Yr 5/6 Lightning Premiership, Feast of St Joseph
- Sun 21st - Melbourne Cable Park family afternoon

Week 9

- Wed 24th Mar - Sacrament of Reconciliation 10am & 6pm
- Thurs 25th Mar - School Photos
- Sun 28th Mar - Palm Sunday

Week 10

- Thurs 1st Apr - Holy Thursday, P-Yr 6 Athletics Sports TBC at Edithvale Athletics Track,

Term finishes at 1pm

- 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

Community News....



Community News....





Kilbreda College – a top 10 Victorian Catholic secondary school*

Open Evening

Thursday 18 March from 4.00pm

Join us at our annual Open Evening where each session (4.00, 5.00 or 6.00pm) will feature a Principal's address, a vibrant student-led tour, performances from our Performing Arts students and ending with a visit to our Information Centre.

**Due to COVID-19 restrictions, you must pre-register.
Please refer to our website for further details.**

* Based on 2020 VCE results



kilbreda.vic.edu.au