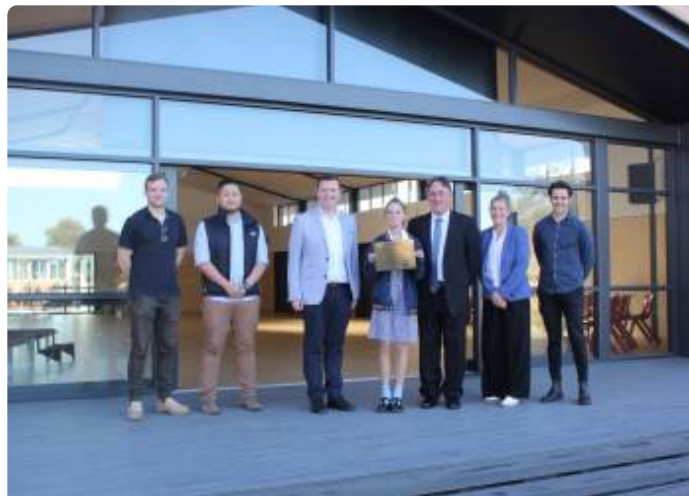




St Joseph's School, Chelsea

Term 2, Week 4 Thursday 13th May 2021



Dear Families,

Yesterday we celebrated a special event with the opening and blessing of the hall and grass. A lot of thought, work and support has gone into the refurbishment of the hall and laying

of the grass area across the road. Thankyou to Tim Richardson, our local member, who supported us with over \$1 million grant from the State Government, Clarke Hopkins Clarke Architect Phil Ng, Newpol Construction builders Dayne, Brook and James and of course the school community who have helped support the whole process. Layla and Marcus did a great job representing the students, along with the very kind words from Vanessa Donnellan, a parent for 9 years. Thankyou also to Father Williams for his support and blessing of the hall and grass. They are great spaces that the community of St Joseph's will use for a long time.

Please click on the links below to watch the slideshow presentation.

Opening and Blessing of the hall and grass

Link from Tim Richardson

Our Yr 3 & Yr 5s have been sitting Naplan assessments this week and will finish next week.

The working bee scheduled for this Saturday 15th May has been moved to Saturday 22nd May 8-10am. A letter will be sent home via Operoo asking for volunteers.

Thank you to Mirek (Ela, Amelia & Klara's dad) and Claire (Ava & Lucinda's mum) for helping with the Mother's day stall. We raised \$1954.

Enrolments for 2022 are now open until Friday 14th May. If you have a child starting school next year please contact the office.

Uniform Shop

Thank you to Wendy (Reggie & Kendra's mum) for volunteering to help run the second hand uniform shop. The shop will now be this Monday from 8.45-9.05am. If you are

kindly donating items please make sure they are prewashed and in good condition.

News from the Parish ¶ 11am Mass Music Ministry ¶

Young Families with primary school children & teenagers are invited to join the new 11am Music Ministry for practice

this Saturday @5.30pm in St Joseph's Parish Centre Chapel (enter from Argyle Avenue)

We will be singing at Mass once a month, starting on

Pentecost Sunday, 23 May. For information please contact the parish office 9772 2211 or email Chelsea@cam.org.au

For information please contact the parish office or email Afterschool Care

If your child is attending before or afterschool care please ensure they have a raincoat with them.



Interschool Sports Yr 5/6 vs St Louis Round 1

AFL 26 - 24 won

Soccer Boys 0-18 Lost

Soccer Girls 0-12 lost

Teeball Mixed 1 - 9 - 16 - lost

Teeball Mixed 2 - 6-14 - lost

Netball 1- 2 - 13 lost

Netball 2- 3 -11 lost



Why family rituals really matter

by Maggie Dent

Family rituals strengthen the sense of warm connectedness in families. This makes sense, given that the number one biological need for every human is the hunger to belong, and to be accepted, valued and loved.

The disruption of life in 2020 saw many families unable to go about their normal activities, and for many, family rituals reclaimed their valuable position. For some, it was simply going for walks together, riding bikes together, baking, or watching movies together complete with home-made popcorn.

So how can families create and maintain small rituals that make such a difference?

Turn routines into rituals

Bedtime routines that include such things as reading to your children, singing special bedtime songs or even just lying beside your child do far more than help them to fall asleep. When these routines are repeated, they create neural pathways which enhance loving connection. As a nanny to several precious little ones, I absolutely love being a part of their bedtime rituals.

Reign in the chaos

Family rituals bring a degree of predictability and certainty into our sometimes chaotic lives. They are important for teenagers as they provide a sense of control at a time of change and challenge. Families who are struggling with any uncertainty and stress should regularly connect with a much-loved board game or family movie and dive into it with enthusiasm. Leave work and worry behind and spend a couple of hours with those you love the most.

Create greeting rituals

Greeting and goodbye rituals within families are also important. How you welcome and reconnect to children after a day away shows them that you have missed them and still love them. With little ones, some parents leave a kiss on their child's palm. For others there are special handshakes. I can still remember my dad saying goodbye to us with the oldie but goodie "See you later alligator!" To which we naturally replied, "in a while, crocodile!" This is a ritual that happens now with my grandchildren.

As an authorised celebrant, I have conducted many funerals and one of the things that brings joy to broken hearts are the shared memories of family rituals. The repeated nature of ritual helps to anchor memories deeply in our minds. I remember a beautiful funeral for a man where everyone wore a beanie and a scarf, including his youngest grandchild. This simple act was a nod to the fact that whenever this grandfather watched football on TV, he always wore a beanie and a scarf and so did anyone else who was watching with him. A simple but powerful act.

Never underestimate the importance of family rituals in your home.

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)

Term 2,

Week 4

Thurs 13th May - 9am Yr 3 & 5 Conventions, Circus 1,

Fri 14th May - Level update 2 go out W 5,6,7

Yr 5/6 sport vs Chelsea Heights, 2.30 assembly

Sat 15th May - 8am working bee moved to Sat 22nd May

Sun 16th May - Feast of the Ascension

Week 5

Mon 17th May - 9am Naplan Maths 9-11am

Wed 19th May - Circus 2

Thurs 20th May - Circus 2, 9-11am Yr 3/4 excursion to JPC

Fri 21st May - Mark Dreyfus talk with Yr 5/6 students

Yr 5/6 sport vs Aspendale

Sat 22nd May - Working Bee 8am

Sun 23rd May - Pentecost Sunday

Week 6

Tues 25th May - 9.30am Reconciliation Yr 5

- Yr 5 transition excursion to JPC

Wed 26th May - Circus 3

Thurs 27th May - Circus 3

Week 7

Tues 1st June - Divison Cross Country

9.30am Reconciliation Year 4

Wed 2nd June - Circus 4

Thur 3rd June - Circus 4

Fri 4th June - Sacrament of First Holy Communion 6pm

Sat 5th June - Sacrament of First Holy Communion 4pm & 6pm

Sun 6th June - Sacrament of First Holy Communion 3pm

T2 19th April - 24th June

T3 12th July - 17th September

T4 4th October - 15th December