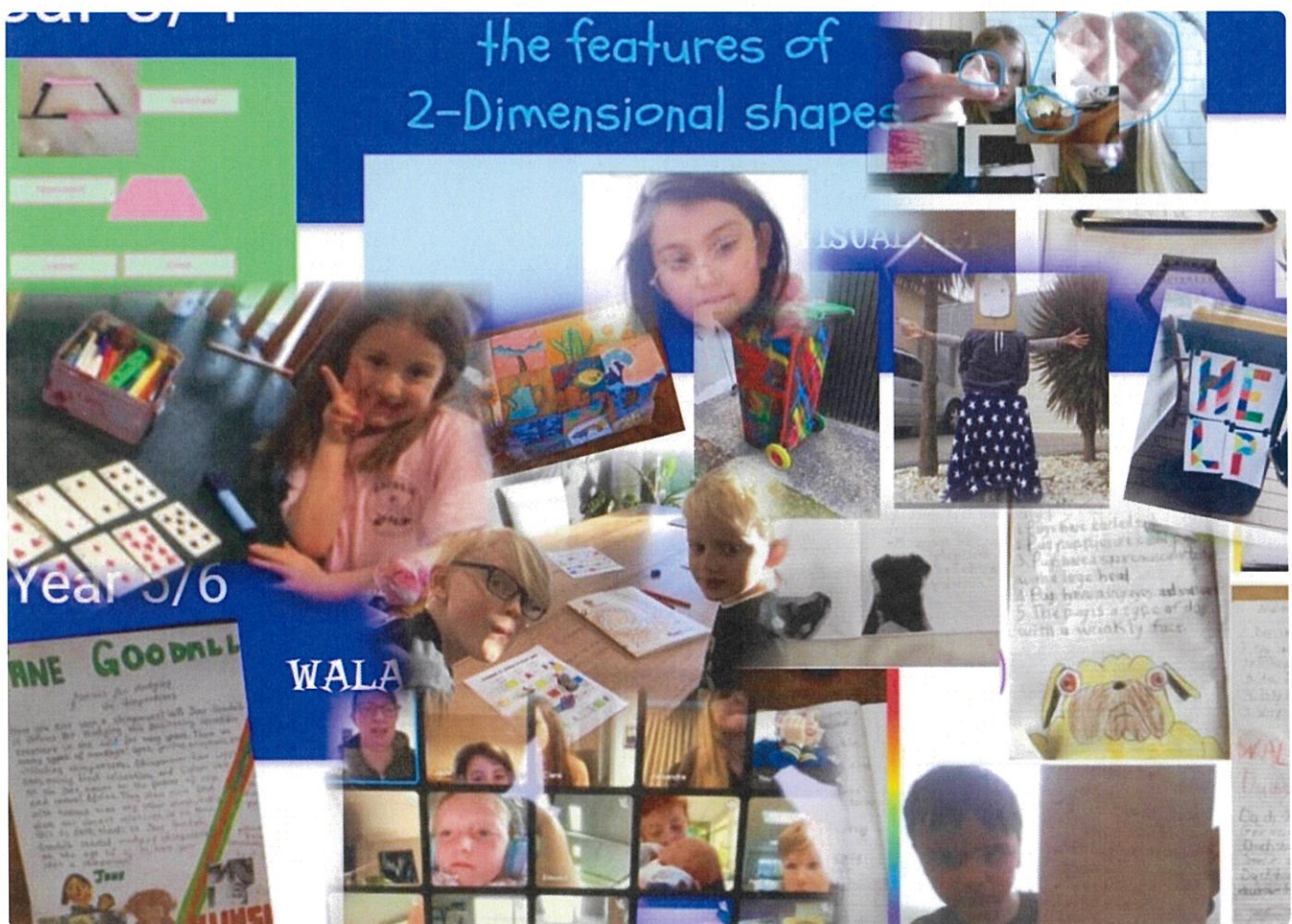




St Joseph's School, Chelsea

Term 3, Week 2 Thursday 23rd July 2021



Dear Families,

Thankyou to everyone for your efforts in supporting our children's learning over the last week. You have all done a great job. I have enjoyed seeing some of the seesaw posts from the children. Look forward to seeing you all next Wednesday.

Parking on Woodbine

New parking restrictions will come into place in the near future on Woodbine Grove. See the attached drawing,

Buses replace trains

Buses will replace trains on sections of the Frankston and Stony Point lines from **9pm Sunday 25 July to last service Sunday 1 August**, as we remove five dangerous and congested level crossings from Edithvale to Bonbeach.

Buses will also replace trains for weekend and night works on the Frankston and Stony Point lines at various times in July and August.

Edithvale, Chelsea and Bonbeach station closures and pedestrian access changes

Edithvale, Chelsea and Bonbeach stations will close from **Sunday 25 July** and the new stations will open in **November 2021**. There will be changes to how you move around the Edithvale, Chelsea and Bonbeach areas, including pedestrian rail crossing closures, to ensure the safety of the community and workers.

Find everything needed to plan your journey including; disruption and station closure information, pedestrian access changes and more at ptv.vic.gov.au/frankston

As these disruptions are scheduled during the school term, it is important for the school community to be aware that there will be delays to their journey and should plan ahead during this period. If you are planning a school excursion using the Frankston Line during this time, we recommend you contact Public Transport Victoria on **1800 800 007** to seek advice and register your journey. In addition, we recommend you include this information in communications to students, parents and staff during any upcoming holiday period. Please see text at bottom with key information.

Health and Safety:

Keeping our workers and the community safe is our priority as we deliver major infrastructure works across Victoria.

Victoria's Big Build has implemented strict health and safety policies, including increased cleaning across the public transport network and replacement buses.

Everyone must wear a mask when on public transport and passengers are being asked to practise good hygiene and physical distancing. If you are unwell, stay at home.

For more information on coronavirus, visit coronavirus.vic.gov.au

School Fee Statements

School fee statements were emailed to families last week. If you did not receive your account please check your junk mail. Fees are to be finalised at the end of this term. If you are experiencing financial difficulties please contact the office or email accounts@sjchelsea.catholic.edu.au



School Shuttle Bus

The LXRPs have been in discussions with me in providing a safe way for students to cross from Station Street to Nepean Hwy. Details are attached.

There is a shuttle bus in the morning and after school to transport children from Maury Road to Argyle Ave before school and Argyle Ave to Maury Road after school.

The service will commence on Wednesday 28th July.

[Download](#)

LXRP - Argyle Level Crossing closed

Click on the link: [Brochure regarding travel Changes around St Joseph's](#)

IT'S ON AGAIN!!

Dads and Kids

Camp 2021



BACK BY
POPULAR
DEMAND!

Confirm by
15th August



**Dad's and Kid's Camp - Please click
for details on how to book**

Download

Music Program



Presents:

Music lessons

At

St Joseph's Chelsea



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 at the piano, violin, flute or guitar during school time.
No driving around after school to take your child to their lessons, it is all done for you.

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

instrument hire available



half hour lessons one-on-one: \$35.20 per lesson, and & \$13.20 for group lessons; payable by the term

Keyboards, flutes, violins and half size guitars that are small and comfortable for young children available to hire for a small fee.

Call Carol 0411 402 102 to enrol

Or email carol@orangetreemusic.com.au



Riding the Covid waves....

by Michael Grose

The disruption caused by the pandemic continues, with the scale of its impact dependent on geography. Families in three of the nation's states are no strangers to lockdowns and the disturbance they bring to normal life. Regardless of where you live, the sense of the pandemic is always present, ready to disrupt daily life at short notice.

We crave connection and certainty

Human beings crave certainty and human connection, both of which are severely impacted by the current pandemic. Just when life appears to return to normal, COVID case numbers can flare, sparking changes to our daily lives. As demonstrated by the massive increase in people seeking psychological support services over the last 18 months, these are difficult times for us all.

Every family has its own COVID related story consisting of loss, disappointment, hardship, frustration of some kind. While there is no magic bullet that will make living through these uncertain times easy, here are some strategies to help you and your family stay upright while you ride the COVID waves of uncertainty and change.

Model a coping mindset

Let's start with a coping mindset, the hardest and most important strategy. The leader in any group is the person who remains calm in a crisis, so as parents we need to do all we can to keep our acts together, or at least look like we are in control. Kids of all ages, but especially primary-aged students, take their cues from parents, the most important people in their lives, about how to view events. If catastrophising, anxiety and anger are modelled, then inevitably younger family members will mimic these behaviours. More significantly, these behaviours contribute to their feelings of lack of control. Alternatively, when acceptance, perspective and optimism are on display, kids learn how they can cope with uncertainty and change. This is not to suggest that parents aren't struggling, and that we shouldn't show our vulnerability to children. However,

children and young people feel safer and more secure when their parents radiate a sense of calm and composure in the face of difficulty. Challenging, but essential.

Act like a middle born

Despite the negative press that middle-borns receive including 'middle child syndrome', and 'middle-child complex', this cohort is generally very resilient. Their flexibility as a result of fitting into a life pattern set by an elder sibling enables them to more easily adapt to change. Often considered less ambitious and driven than first-borns, middle children generally expect less of themselves, and are more inclined to bide their time, letting the big waves pass before riding the more accessible, easier waves to achieve success. Birth order research reveals that middle children tend to have broader social circles than children born in other positions enabling them to form social connections in many different settings. Their adaptability, lowering of expectations and wonderful approachability are examples of how to survive challenging times.

Embed wellbeing strategies into family life

If ever there was a time to make wellbeing come alive in a family, it's now. If you have previously believed kids' wellbeing is less important than homework, music or sports lessons and chores then it's time for a priority rethink. Mental health practices are most successful when they are embedded into family life, rather than being focused on when life gets hard. While no means limited to these, the most significant wellbeing practices include sticking to daily routines (to maintain feelings of control), taking regular exercise (to get rid of built-up stress and promote feel-good endorphins) and prioritising sleep (to maximise the brain's capacity to manage stress).

Only sweat the big stuff

If you find that you're arguing with your child over minor issues such as leaving clothes around the house, then it's time to let the small stuff go and focus on the bigger issues. You may need to set the parenting bar a little lower, focus

less on academics, even relax screen time limits for a time if they are a source of conflict. Expect behaviour blow outs from children who have lost their own bearings – in some cases access to friends, school, and schedule. Give kids space if they regress, rather than reward tantrums with plenty of your attention, which will reward and keep the behaviour going.

Connect with your village

Are you an introvert or an extrovert? What about your kids? It matters because each group reacts differently during lockdowns. Those on the introvert end of the spectrum can feel a little too comfortable being home and away from work or school. Scheduling regular digital catch-ups with friends and family can overcome reluctance to connect. Extroverts, on the other hand, can really struggle being away from friends and need little encouragement to stay in touch, which is vital during times of uncertainty.

There are no hard and fast rules about living through this pandemic. COVID didn't come with a 'how to' manual, so most of us are writing our own rules as we go. Embrace any ideas that work for you and your family and let go of those that aren't right for you. Be mindful, that the tide will eventually turn, the waves more predictable and our capacity to deal with hardship will have been enhanced by this experience.

Community Updates



CARRUM BOWLING CLUB-NEPEAN HIGHWAY,
KEAST PARK, CARRUM

Your community gathering place for a most enjoyable
lawn bowls and social experience

BOWLING BY THE BAY-AFTER SCHOOL JUNIOR PROGRAM

The Club continues to offer a bowling program for children in the local area with our Fridays @ Five, which includes **skill development** and **fun activities** for children of Primary and Secondary School age. Qualified **free coaching and use of equipment** is included in the program.

Children and Parents are most welcome to come along for an hour on Friday evenings

The Club will recommence Fridays @ Five on...

Community Updates



ENROLMENTS ARE OPEN

For current Year 5 students who
will be attending Year 7 in 2023

CLOSING DATE 20 AUGUST 2021

Applications available on our website:

www.stbedes.catholic.edu.au

2021 Term Dates (red indicates additions/changes)

Term 3

Week 2

Fri 23rd July - Toyko Olympics begin

Week 3

Wed 28th July - Water incursion Yr 3/4

Fri 30th July - 2.30pm assembly 5/6, National Tree Day

Week 4

Mon 2nd Aug - Kingston Girls T-Ball finals 9.30-1.30pm

Tues 3rd Aug - Year 5 Transition Day
- 7pm Confirmation Parent Session-Hall

Wed 4th Aug - Yr 4 Reconciliation
- 2pm Conversation re transition JPC - library
- 7.30pm Parish Pastoral Council (PPC)

Thurs 5th Aug - 1.30pm Fire Carriers Ceremony Online Library
- Yr 6 Confirmation children sessions

Fri 6th Aug - Holy Eucharist 4.30pm & 6pm, 2.30pm assembly
3/4

Sat 7th Aug - Holy Eucharist 4pm & 6pm

Sun 8th Aug - Holy Eucharist 3pm

Week 5

Mon 9th Aug - Yr 1/2 Scienceworks Excursion
- Chickens arrive for preps

Tues 10th Aug - 7pm School Advisory Board

Thurs 12th Aug - 2pm Yr 6 Confirmation children

Fri 13th Aug - 2.30pm assembly 1/2

Sat 14th Aug - 8-10am Working Bee

Sun15th Aug - Feast of the Assumption

T2 19th April - 25th June

T3 12th July - 17th September

T4 4th October - 15th December