



St Joseph's School, Chelsea

Term 3, Week 6 Thursday 19th August 2021

Positive Behaviour for Learning (PBL)

At St Joseph's we value:

- Safety
- Respect
- Responsibility



At St Joseph's our three core values are: **safety, respect and responsibility.**

We thank Mrs Egan for her terrific work to represent these values - we think her initial drawings look terrific!

Dear Families,

Next week we will continue to work with you to support your child's online learning. Keep checking your email and seesaw notifications for updates on google meets and learning arrangements for each day. Book week celebrations along with First Communion and Confirmation have been postponed until we all return to school.

Over the next two weeks the teachers at each level will be having a planning day to prepare for term 4. Next week 5/6s will plan on Monday and the 1/2s will plan on Tuesday. On these days google meets will happen as normal and we will also have a number of live specialists classes. Ms Bolch is looking forward to holding live Performing Arts for all levels next week on either Monday or Tuesday. This Thursday and Friday in their PA class students will receive information about next week's live classes.

We are asking for the Prep Health Questionnaire to be returned. The nurse is keen to get a head start before they all return to school.

New Prep packs for the next two weeks are available for pick up from the Argyle Ave entrance. The year 1/2s will also be asking you to pick up an activity pack for Fathers' Day from next Thursday 26th August.

The new guidelines around authorised worker permits means that all the families who are sending their children to school under Category A need to forward their permits to principal@sjchelsea.catholic.edu.au as soon as possible. Please complete this form if you plan to send you child to school over the next week starting tomorrow Friday 20th August Attendance Intentions Friday 20th Aug to Thursday 26th Aug 2021

Category A

- Children where both parents and or carers are considered authorised workers who cannot work from home, work for an essential provider and where no other supervision arrangements can be made:
- Where there are two parents/carers, both must be essential workers, working outside the home in order for their children to be eligible for on-site provision.
- For single parents/ carers, the essential worker must be working outside the home in order for their children to be eligible for on-site provision.

Authorised Workers permits are required except for law enforcement, emergency services or health care workers who carry employer-issued photographic identification.

Category B

- Children experiencing vulnerability, including:
 - o in out-of-home care

o deemed vulnerable by a government agency, funded family or family violence service, and assessed as requiring education and care outside the family home

o identified by a school or early childhood service as vulnerable, (including via referral from a government agency, or funded family or family violence service, homeless or youth justice service or mental health or other health service)

Where a parent/carer indicates that a student with a disability is vulnerable because they cannot learn from home, and/or informs the school the student is vulnerable due to family stress, the school must provide on-site supervision for that student.

As we battle through this lockdown it is good to be grateful and thank God for how lucky we are.

We could be living in Afghanistan!

Thankyou and take Care

Gavan

Please have a read of our commitment to PBL....



St Joseph's Catholic School has made a commitment to the Positive Behaviour for Learning (PBL) framework for our school community. We are a community of learners and this year we continue to learn and bring together the whole-school to contribute to developing a positive, safe and supportive learning culture.

What is PBL?

Positive Behaviour for Learning (PBL) is a whole-school framework that promotes positive behaviour across a school and helps schools develop safe and supportive learning environments. Schools which implement the PBL framework make sure all students are explicitly taught the expected behaviours and establish clear and consistent boundaries. Staff take a proactive, preventative approach to ensure all students receive the appropriate level of support to help them to be successful at school. Student outcomes are monitored so identified students can receive additional support when needed, and a minority of students can access intensive support to enable them to engage successfully at school. PBL is an international evidence-based whole school process. St Joseph's is being supported to implement this framework by an external PBL Coach from the Melbourne Archdiocese Catholic Schools (MACS).

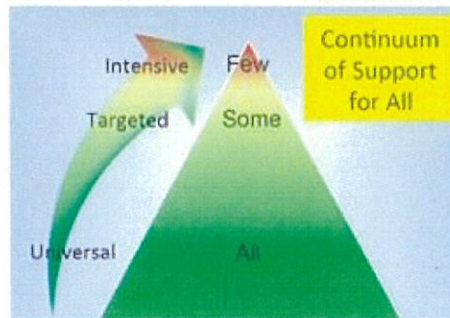
What are the core principles of PBL?

The core principles are:

- intervene early

- use a multi-tiered model
- use research-based, scientifically validated interventions to the extent available
- monitor student progress to inform interventions
- use data to make decisions

A tiered intervention framework enables schools to meet the needs of every student, emphasising prevention at each level, therefore reducing the impact of escalating behaviour occurrences.



What does PBL involve?

To begin, schools create clear expectations and rules that use positive language, for example "walk" instead of "don't run". This is done for all areas across the school and all people involved in the school community. Once everyone has agreed to the expectations, a system is designed to acknowledge students for following the expectations.

This clearly defined set of expected behaviours is backed up by teaching procedures and procedures for acknowledging expected behaviours as well as responding to other behaviours. School communities also work together to decide on what

Positive Behaviour for Learning

happens when things don't go according to plan. PBL uses an educational approach so there is the opportunity for students to get back on track. We support students to learn when they find areas of the curriculum challenging and we also aim to provide similar opportunities for behaviours.

What are the benefits of PBL?

When PBL is implemented well, teachers and students have more time to focus on relationships and classroom instruction. Students and staff benefit from:

- increased time focused on instruction
- improved social-emotional wellbeing
- positive and respectful relationships among students and staff
- reduced inappropriate behaviour
- better support for teachers to teach, model and respond effectively to student needs
- a predictable learning environment where staff and students know what is expected.
- a continuum of support that helps students with diverse academic and social needs.

What is the evidence base for PBL?

PBL has a longitudinal research base in achieving positive outcomes for students and school (and system) improvement.

Specific outcomes are:

- enhanced school climate
- increased student engagement in learning with improved learning outcomes
- lower rates of minor and major inappropriate behaviours
- increased attendance rates
- greater connection with key stakeholders (students, staff and community).

Sex Ed 4 Schools -POSTPONED

We had planned for a family night from Yr 3/6 on Wednesday 25th August for two sessions at 6-7pm and 7.15-8.15pm.

Pick up and drop off shuttle bus

The LXR and bus driver have received some great feedback regarding the bus that is currently picking up and dropping off children before and after school. When school resumes the following times will apply:

Morning Pick Up – Monday to Friday (school days only)

Corner of Maury Rd Swansea Lane (Both trips will drop at both schools if needed)

Trip 1 - Leaving at 8.20am

Trip 2 - Leaving at 8.40am (traffic depending)

Afternoon Pick Up – Monday to Friday (school days only)

Trip 1 - Argyle St Bus Stop at St Joseph's – 3.15pm

Trip 2 - Argyle St Bus Stop at St Joseph's – 3.35pm (traffic depending)

Trip 2 - Argyle St Bus Stop at Chelsea Primary School – 3.40pm (traffic depending)

Please note: where you see traffic depending, this indicates the bus may be late if local traffic is heavy. The bus will not leave before this time.

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

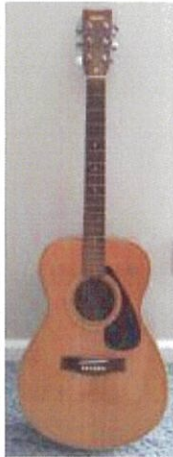


Presents:

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



Prioritising mental health in the digital world....

by Dr

Kristy Goodwin

Whilst there may not yet be conclusive evidence linking digital media use to poor mental health outcomes there's no denying that it's one of the chief concerns facing parents and educators of children and adolescents, growing up in a digital world. The contradictory research findings confirm that this is a complex topic.

There's certainly consensus in the research that young people are heavy technology users, which comes at a cost of their psychological and physical needs. Their digital behaviours eat into the time that was once available for three pillars of mental health – sleep, relationships and exercise.

Minimising sleep disruption

Sleep is vital for mental wellbeing and emotional regulation in childhood and adolescence. Inadequate amounts or poor-quality sleep can cause mental health issues. Studies consistently show that Australian children and teens aren't getting enough sleep. Digital device use is also linked to sleep disruption, impacting the sleep-wake cycle. The Lancet study suggested that nearly 60% of the impact of young people's psychological distress could be attributed to disrupted sleep and exposure to cyberbullying.

Parents need to remind children and young adolescents about the critical role sleep plays in their psychological wellbeing. Parents can help adolescents foster healthy social media habits by establishing a digital curfew, keeping devices out of bedrooms and discouraging teens from 'bookending' their day with social media as it can easily trigger the stress response at these times.

Maintaining healthy relationships

Positive relationships are fundamental to a young person's psychological wellbeing. Adolescents are biologically wired for relational connection. They want to be part of a tribe. Whilst teens and pre-teens may insist that technology connects them and caters for their relational needs, if used

excessively or inappropriately, technology use can compromise their relationships and deteriorate their mental health.

Parents need to encourage and sustain opportunities for real interactions amongst adolescents. When we connect in-person the brain releases oxytocin, the social bonding hormone, which isn't replicated online. The need for keeping a balance between digital and face-to-face interactions is paramount.

Ensuring sufficient exercise

Sedentary social media and digital consumption frequently replaces physical movement on weekends and after school, which are the opportunity times for kids' sport, free play and outdoor activities. Brain science now informs us that physical exercise boosts serotonin and neurotransmitters such as dopamine and norepinephrine that play a critical role in regulating adolescents' mood. Lack of exercise is now being linked to the current anxiety epidemic that we are seeing in young people.

Parents need to ensure that children experience a minimum of 30 minutes exercise, and teens a minimum of 60 minutes. "Go outside and play" is a term that this generation needs to hear as frequently as children in past eras.

In closing

The research into the links between kids' digital technology use and their mental health presents a complex picture that defies simplistic conclusions. Blanket statements and headlines that suggest screens and social media are to blame for kid's poor mental health aren't helpful as technology is now a part of all our lives. However, there is enough evidence to suggest that the key pillars of mental health outlined above can be severely impacted by the overuse of digital technology. All things in moderation, a common guideline for healthy living, is best when considering kids' social media and digital technology use.

Dr Kristy Goodwin presents a related webinar: Taming digital distractions

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

About

In this webinar, Dr Kristy Goodwin helps parents and carers understand why children and adolescents are vulnerable to digital distractions. She provides science-backed solutions to help kids and teens develop healthy digital behaviours so that they can focus, learn and thrive online.

When

Wednesday 8 September 2021 at 8:00 PM AEST

To redeem

1. Click this link: <https://www.parentingideas.com.au/parent-resources/parent-webinars/webinar-taming-digital-distractions>

2. Click 'Add to cart'

3. Click 'View cart'

4. Enter the coupon code TAMING 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 8 December 2021. If you're unable to make the broadcast time, just register anyway and you will get access to the recording.

Secondary School 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

Community News



Free TRIAL Session

- 🕒 Thursdays 3:30PM - 4:30PM
Chelsea Primary School
- 🕒 Saturdays 9AM - 10AM
Chelsea Heights Primary School
- 🕒 Sundays 10AM - 11PM
Aspendale Primary School

Learn the skills of football
in a fun and professional
environment

**YOUR LOCAL
HEAD COACH**

Chris
0423 221 021

2021 Term Dates (red indicates additions/changes)

Week 6

Fri 20th Aug - 2.20pm online assembly

Week 7

Tues 24th Aug - 6.00pm SACS (School Advisory Council)

Fri 27th Aug - 2.20pm online assembly

Week 8

Thurs 2nd Sep - Last day of lockdown hopefully

Fri 3rd Sep - Dress up in your fav footy gear
2.30pm footy day assembly

T3 12th July - 17th September

T4 4th October - 15th December