



# St Joseph's School, Chelsea

Term 2, Week 9 Thursday 17th June 2021

Dear Families,

## **Feast of the Sacred Heart**

We traditionally do a drive to collect non-perishable items for the St Vincent de Paul Society (see flyer below). The society does a magnificent job in supporting families who are in need of support. In this particular climate we have those who need our support more than ever. So we are asking for your support by sending donations of non perishable food items, new blankets or a donation of cash (SVDP then provide food vouchers) along to school. Place the items in the basket located at the front of the classroom.

## **Circus**

The circus will go on!!

On Thursday 24th June there will be two shows - one at 5.30pm and the other at 7.15pm in St Joseph's Hall. No audience will be allowed, however, it will be streamed and recorded.

Children will need to wear all black or dark clothing. No make up is required and all costumes will be supplied. The children will have bare feet in the rehearsals and the shows. They might like to wear slippers or thongs on the night. **Full important details below.**

## **End of Term 2**

The end of term will be Friday 25th June at 1pm.

**Enrolments for 2022** will remain open for the remainder of Term 2 or until we are full. If you have a child starting school next year, please contact the office.



## **IMPORTANT CIRCUS INFORMATION**

**Please download and read the instructions for your child performing in the St Joseph's Chelsea Family Circus in our new school hall. These details are very important to ensure a safe and smooth transition on the night.**

[Download](#)



## **Congratulations....**

to Lulu and Indianna who have both been selected to represent Level 5 at the Gymnastics Australia National Club Championships held in Queensland these school holidays. The girls will be competing Tuesday 6th and 7th July

Both the girls have been training 12+ hrs a week, which has included zoom during lockdowns, parks and outdoor training. We wish Lulu and Indianna the best of luck.



# Pick up and Drop off arrangements

**DROP OFF and PICK UP for St JOSEPH'S  
for weeks 9 & 10 term 2 2021**

**DROP OFF Argyle Ave 8.30am-8.50am**  
All Prep-2 families (+ siblings from 3-6)

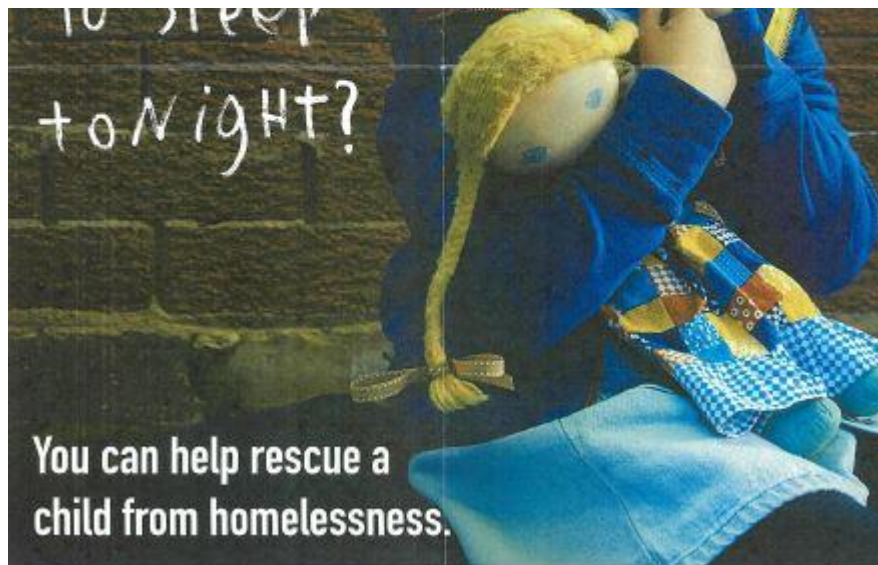
**DROP OFF Woodbine Grove 8.30-8.45am**  
All Year 3-6s without P-2 siblings

**PICK UP Argyle Avenue 3.05pm-3.15pm**  
All P-2 families (+ siblings from 3-6)  
3.05pm 1/2M & 1/2DR  
3.10pm 1/2B & 1/2S  
3.15pm 1/2OF, Prep CG & Prep LR

**PICK UP Woodbine Grove 3.05pm-3.15pm**  
All Year 3-6 Families (without P-2 siblings)  
3.05pm 3/4LC & 3/4S  
3.10pm 3/4CM & 3/4W  
3.15pm 5/6KG, 5/6AB, 5/6B, 5/6BC

## St Vincent de Paul drive....





**HELP END THE PAIN OF POVERTY. DONATE TODAY.**

Please give by calling 13 18 12 or visiting [vinnies.org.au](http://vinnies.org.au)



St Vincent de Paul Society  
*good works*



## Free Webinar: Connecting with teenage daughters

**23 June 2021 8:00pm**

Please click on the download to register your interest with Dr Justin Coulson.

Trying to guide a teenage daughter through the complex adolescent worlds..well complicated. Dr Justin Coulson (father to 6 daughters) unpacks the science and provides practical real world advice for parenting teenage daughters. You will discover what is really going on in their minds, how they really feel and what they wish you knew.

St Joseph's School has a membership with Parenting Ideas, one of Australia's most trusted sources of parenting education and support. As part of this membership, all parents in the school community can attend this webinar at no cost.

[Download](#)



# Establishing digital boundaries for a good night's sleep

by Dr Kristy Goodwin

It's well established that sleep is vital for children and adolescents' learning, physical health, mental wellbeing and emotional regulation. Yet, a concerning number of Australian children and adolescents aren't meeting the national sleep guidelines according to a recent study\*.

There are many reasons for young people's poor sleep habits including school demands, co-curricular and/or work commitments, perceived pressure from parents and educators and consumption of energy drinks. Young people's digital device habits can have a significant, negative impact on their sleep.

Handheld devices emit blue light which hampers melatonin production. This can result in the delayed onset of sleep and potentially shorten critical phases of the sleep cycle.

Research confirms that children who have not yet gone through puberty are particularly vulnerable to blue light exposure in the evening as they have larger pupils, compared to post-puberty adolescents.

Strategies to stop screens from sabotaging your child's sleep  
Parents can have a positive influence on their child and teens' digital habits and doing so will yield positive results for their child's sleep and subsequent learning and wellbeing.

Establish a digital bedtime

Kids should switch off digital devices 60 minutes prior to falling asleep. Reinforce this habit by establishing a 'landing zone' such as a kitchen bench, or desk in a study or sideboard where digital devices go for charging and storage. Many students report that they 'need' to complete homework

or submit assignments late at night. Verify the validity of such statements and work in partnership with your child's school to limit this type of required screen activity at night. Parents need to also be good role models by switching off before bed too.

#### Tech-free zones

Bedrooms should be tech-free zones so consider buying an alarm clock if your child uses a mobile phone to wake themselves up. Keeping devices out of bedrooms removes the tech-temptation to use them throughout the night, reduces the likelihood that they'll reach for them upon waking and lessens the chance of cyberbullying incidents. Ensure any devices left in bedrooms are on airplane mode and that the device is away from their line of sight.

#### Ensure a daily dose of 'greentime'

Exposure to natural blue light from sources such as the sun is critical for regulating circadian rhythms and promoting sleepiness at night. Ensure your child/teen is exposed to bright, natural, daytime light preferably before midday each day.

#### Use blue light filters

Most devices include options for 'night mode' or 'dark mode' that reduce blue light exposure. Dimming the brightness of the screen in the settings or applying a filter on a desktop or laptop also assists.

#### Do a screen swap before bed

Encourage passive tech activities before bed such as watching TV, listening to an audiobook, music or podcast, or reading on an e-reader.

It can be a challenge navigating digital boundaries with your child or teen particularly when it involves sleep, which is vital for health, wellbeing and learning. Talk to them regularly about the importance of sleep using science and facts to substantiate your claims.

\*The Australian Department of Health recommends between 9-11 hours of sleep for children (aged 5-13 years) and between 8-10 hours of sleep for adolescents (aged 14-17 years). A 2019 study published by the Australian Institute of Family Studies found that a quarter of 12-15 year olds were experiencing a concerning lack of sleep and more than half of the 16-17 year olds in the study were not getting the recommended 8-10 hours/night (Source: <https://aifs.gov.au/sites/default/files/publication-documents/lisac-asr-2018-chap4-sleep.pdf> )



# Level Crossing Update

## LXRP Update

At last night's Level Rail Crossing Update we received some information regarding the closing of Bonbeach, Chelsea and Edithvale stations as well as closures to Argyle and Station Street.

Argyle and Station Street will be closed 26th June until 11th July (the school holidays) for drainage works that need to be completed before the railway line works can proceed. The impact on train services is below, along with the drainage drawings.

Edithvale, Chelsea and Bonbeach stations will close from Monday 2nd August until late 2021. Trains will run express from Mordialloc to Carrum during that time.

## Argyle Avenue Drainage Upgrades

- Argyle Avenue will be closed to vehicles at Station Street from Monday 28 June to Saturday 10 July.
  - Local access for Argyle Avenue will be maintained during this time.



## St Joseph's Sustainable Garden



*'Victoria's first certified EcoHort™ seedling nursery'*

Once again we have been very fortunate to have received a huge donation of seedlings from **Scotsburn Nursery**. Peter is very generous and continues to support St Joseph's Sustainable garden year after year. Scotsburn Nurseries supplies Melbourne and Victoria's best independent retail nurseries and also local schools. They are a producer of quality flowers, vegetables and herbs.

During this time of uncertainty Scotsburns seedlings have put smiles on many of our students' faces and we are excited to nurture them until they grow ready to eat!!!



# NCCD Information Sheet



## Nationally Consistent Collection of Data (NCCD) On School Students with Disability

### What is the Nationally Consistent Collection of Data?

Schools must now complete the *Nationally Consistent Collection of Data on School Students with Disability (NCCD)* every year. It counts the number of students who receive additional adjustments or "help" at school because of a disability. The NCCD helps governments plan for the needs of students with disability.

### Who is counted in the data collection?

To count a student in the NCCD, schools must think through some key questions:

1. Is the student getting help at school so that they can take part in education on the same basis as other students?
2. Is the help given because of a disability? The word 'disability' comes from the [Disability Discrimination Act 1992](#) (DDA) and it can include many students.
3. Has the school talked to you or your child about the help that they provide?
4. Has the school kept records about the help they provide, the student needs and the reasons that the student needs this help? The school will need to keep copies of tests, student work, assessments, records of meetings, medical reports or other paperwork and information about how the student's learning is moving along over time.

Once the school decides that the student should be counted in the NCCD, they then choose a disability group and one of four levels of help that has been given to the student.

### What does the word 'disability' mean in the NCCD?

# 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](http://www.stbedes.catholic.edu.au)

# After School Care Holiday Program



## 2021 Term Dates (red indicates additions/changes)

### Term 2,

#### Week 9

Thurs 17th June - Learning Conferences

Friday 18th June - Yr 5/6 Lightning Prem POSTPONED,  
- 2.30pm assembly Preps tune in online.

#### Week 10

Mon 21st June - Author Corinne Fenton incursion Yr 3/4's

Wed 23rd June - Circus rehearsals

Thurs 24th June - Circus rehearsals & performance night

See attached details above

Fri 25th - End of term 1pm

**T2 19th April - 24th June**

**T3 12th July - 17th September**

**T4 4th October - 15th December**