



St Joseph's School, Chelsea

Term 3, Week 9 Thursday 9th September 2021

Footy Assembly is tomorrow at 2.20pm



Dear Families

The children continue to amaze me as do you the parents and staff about how positive we are all trying to be even though we all wish things were different. Their positive smiling faces on the meets brings joy to our hearts and excitement even though we would rather see them in person.

Tomorrow we will have our footy day assembly at 2.20pm. A highlight for many of the children. So dress up in your footy gear and join in our special assembly. I will be sending out a zoom link for you all to join tomorrow afternoon.

Over the next three weeks starting on Monday the Level Crossing removal project will dig the three holes for Edithvale, Chelsea and Bonbeach railway crossings. This will mean that there will be trucks operating 24/7 for three weeks. Please see the attached brochure for details.

Next week we have Learning conferences for all children. If you haven't booked a time please log on to www.schoolinterviews.com.au and use the code 5w8cn to book.

On Wednesday evening the 15th of September we have a presentation from Sex - ed for families. Both sessions are for child and parent 6pm for 3/4s and 7.15pm for 5/6s. The event is free. A zoom link will be sent on Wednesday to all families. See the newsletter for more details.

Also next Wednesday is a PJ dress up day. We encourage the children to wear their pyjamas all day,

If you require your child to be at school and either Category A or B below please complete this form.

Attendance Form Monday 13th September -Friday 17th September (finishing at 1pm)

Permits for onsite supervision

Parents and carers will only be able to request onsite supervision at school for their children in the below categories.

Category A (Permits Required)

Children where both parents and/or carers are considered authorised workers who cannot work from home, work for an authorised provider and where no other supervision arrangements can be made.

Where there are two parents/carers, both must be authorised workers, working outside the home for their children to be eligible for onsite provision at school.

For single parents/carers, the authorised worker must be working outside the home for their children to be eligible for onsite provision at school.

An authorised worker permit is now required for parents in regional Victoria requesting onsite supervision for their child/ren under Category A as an authorised worker.

In rare circumstances, a parent/carer does not need a worker permit. This includes people employed in law enforcement, emergency services or health care workers who carry employer-issued photographic identification. More information is available at Authorised provider and authorised worker permit. (Please forward Updated Permits)

Category B

Children experiencing vulnerability, including:

in out-of-home care

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

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.

An authorised worker permit is not required for accessing onsite supervision under Category B.

Take Care and Keep Safe

Gavan

Second Hand Uniform Shop

The uniform shop will not be open as we are unable to have Wendy in the shop. If there are any orders please email info@sjchelsea.catholic.edu.au

Parking on Woodbine

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

School Fee Statements

School fee statements were emailed to families a couple of weeks ago. If you did not receive your account please check your junk mail. Unless a payment arrangement is in place all fees are to be finalised by the end of next week. If you are experiencing financial difficulties please contact the office or email accounts@sjchelsea.catholic.edu.au

Sex Ed 4 School

Don't forget the online Sex Ed 4 Schools family night for Yr 3/6 on Wednesday 15th September for two sessions at 6-7pm and 7.15-8.15pm. Please see below for further details.



Family Programs

Cath McCallig is delighted to offer her Family Program to Primary School Communities. Cath has worked in schools as a teacher, theatre in education presenter, and more recently, as a sexuality educator with Family Life Victoria. Cath is now branching out on her own and offering both Family Evenings and School Programs. With four children of her own, Cath understands and fully support the role families have in the sexuality education of children.

Below is a quick run down of what is covered over the 2 sessions of the Family Program. These sessions are **attended by children and their adult(s)** and are an opportunity to discuss the topics listed. The sessions are designed to be fun and informal. Families can choose to attend one or both sessions. **Parents know their children best, and so are encouraged to attend the session(s) that are most suitable for their child.** Each session runs for an hour with a 15 minute break in between.

Session 1 Families, Bodies and Babies.

- *Ideas of what makes a family are shared.
- *Similarities and differences in male and female bodies are looked at.
- *Body parts are named and the term 'private parts' discussed as a lead-in to keeping ourselves safe.
- *Conception, foetal development and birth are discussed. This will include a brief and basic explanation of sexual intercourse.

Session 2 Puberty: Growing and Changing

- *The Who ,What, When and Why of Puberty (including the pituitary gland and hormones).
- *A quick recap of body parts and their names for those who didn't attend Session 1
- *The physical, social and emotional changes of puberty are discussed allowing time for students to talk with their attending adult(s) about management strategies.
- *The gender specific changes are explained and again, students have the opportunity to discuss management with their adults.

If you have any queries, please feel free to contact:

Cath McCallig

Sexuality and Protective Behaviours Educator Sex Ed 4 Schools

cath.mccallig@gmail.com





Everyday resilience lessons for kids

by Michael Grose

Muscles need to be exercised daily if they're to remain strong, flexible and do their jobs. Resilience is no different. If it's not exercised regularly our resilience will waste away.

Resilience is developed through regular daily use. Here are some simple ways you can encourage a child or young person of any age to flex their resilience muscles every day.

Wait until mealtime

Discourage them from random snacking when they are hungry. Encourage them to wait until mealtime. By tolerating minor discomforts such as hunger, thirst or even some worries, kids get the practise needed to help them manage bigger future hurdles that may come their way. You can build your child's tolerance of discomfort by encouraging them to delaying immediate gratification even just for a few moments.

Do more than expected

Great sportspeople routinely train more than others and push through mental and physical boundaries. Encourage you child to push through boundaries and do more than expected in small ways. They may aim to shoot 10 goals in a row at basketball practice by keep going until they reach fifteen. Going past the finish line is wonderful resilience practice. What else can you do that would encourage your child to do more than expected on a regular basis?

Save pocket money

Did you know that when you encourage your child to save some of their pocket money rather than spend it immediately you are teaching them to delay gratification, an acknowledged resilience attribute? Asking a child to set aside some pocket

money for saving, some for charity and some for spending will help develop a balanced use of pocket money. It helps if a child can develop their own savings goal, and parental suggestions can assist. The delay of an immediate reward to achieve a greater or later reward needs to be practiced if it's to become part a child's pattern of behaviour.

Make the bed

Resilience comes from doing things that we don't feel like doing and making a bed is one thing few people enjoy. The daily habit of making a bed (to the best of a child's ability) is a brilliant discipline to develop, which has the bonus of setting kids up well for productive day at school. What other simple habits that fit into the "don't-life-to-do" basket that benefits either your child or others in the family?

Help with you don't feel like it

It's easy to help at home when they've had a good day at school or the weather is fine. It's much more difficult to step up and help set the table, put the rubbish out or hear a sibling read when they've had a bad day at school or the weather is stinking hot. The seemingly small act of sticking to commitments develops discipline and conscientiousness that contributes to a sense of resilience.

Smile when you don't feel happy

Feelings may be difficult to manage, but behaviour is a choice. Encourage kids to choose happy, or at least act happy by smiling rather than putting on a grumpy face. The brilliant thing about this strategy is that smiling changes their mood so that they begin to experience pleasant emotions.

It's the small, everyday behaviors we encourage in kids that have the greatest impact on their behaviour, wellbeing and resilience.



LXRP News

Please read the latest news from LXRP

[Download](#)

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).

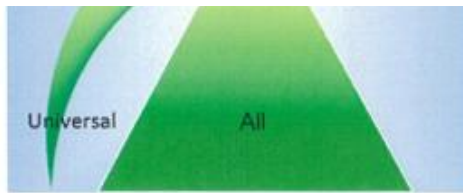
What are the core principles of PBL?

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



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).

City of Kingston Holiday Program

A promotional poster for the City of Kingston School Holiday Program. The background is a blurred green field with a child wearing a purple bucket hat in the foreground. The text is overlaid on the image. At the top, a black banner contains the school names. Below that, the dates are shown in white and yellow. The main title is in large, bold, black, yellow, and white letters. The City of Kingston logo is in the top right corner.

SOUTHMOOR PRIMARY SCHOOL & CHELSEA PRIMARY SCHOOL

20 SEPTEMBER *to* 01 OCTOBER 2021

SCHOOL
HOLIDAY
PROGRAM


City of
KINGSTON



enrolments now open!

kingston.vic.gov.au/schoolholidayprogram

Pick up and drop off shuttle bus

The LXRP and bus driver have received some great feedback regarding the bus that is currently picking up and dropping off children before and after school. Now that we have had a week to see how it goes we will tweak the times starting tomorrow.

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.



School Shuttle Bus

The 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 has worked well. The times may be tweaked slightly next week but we will let you know.

[Download](#)

Woodbine Grove new parking restrictions

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

2021 Term Dates (red indicates additions/changes)

Term 3

Fri 10th Sep - 2.20pm Footy assembly - Dress in your footy gear

Week 10

Mon 13th Sep - Learning Conference Online 12-7.00pm

Tues 14th Sep - Learning Conference Online 12-7.00pm

Wed 15th Sep - Pyjamas dress up day, Learning Conference Online - 12-7.00pm

6pm Yrs 3/4 Sex Ed 4 Schools, 7.15pm Yrs 5/6 Sex Ed 4 Schools for parents
and children online

Thurs 16th Sep - Learning Conference Online - 12-7.00pm

Fri 17th Sep - End of term 3 1 pm.

T4 4th October - 15th December