



St Joseph's School, Chelsea

Term 4, Week 2 Thursday 14th October 2021

Dear Families

We are looking forward to having all of our preps back next Monday, Tuesday and Wednesday and Yrs 1/2 on Thursday and Friday.

Our constant focus at school is students' learning. Social, emotional, academic, spiritual and physical learning. The whole wellbeing is critical. As we open up families, children, teachers may be a little apprehensive about the return to school and socialising. Our staff are well prepared for your child's return and aware of many of your concerns. We will attempt to support you as best we can with your child's learning. Please communicate these with your child's class teacher and we will be able to support you if you are forced into isolation or not able to attend school. If parents wish to speak with me regarding this please contact me.

Some things to be aware of are:

- The government announced that air purifiers would be supplied to all schools. We are awaiting further advice from MACS (Catholic Ed) regarding these. We do not know how many we will receive and where they will be going. I will let you know when we are informed.
- The government also announced that children from years 3-6 are required to wear masks in class. Last night MACS spoke to principals about how this was to be implemented. The Guidelines are:
 - Remind everyone of the governments directive to wear masks indoors from Years 3-6
 - Children are not be excluded from school/class for not wearing masks

- Children will need to supply their own masks
- P-2s may wear masks if they wish but this is not mandated
- If parents wish to speak with me regarding this please contact me.
- The level Crossing works have progressed. Road access across the railway line has opened at Edithvale Road today and they are confident Argyle Avenue will open for road access next Tuesday.
- The crossing supervisors will return on Monday to both Woodbine Grove and Argyle Avenue.
- The school gates on Argyle and Woodbine will open at 8.30 in the morning and close at 8.50am. Entry after that will be via Argyle Avenue main entrance.
- Children are to be dropped off at the school gates or at the entry to the school buildings. (Parents may enter the school grounds to drop off their child/ren and leave).
- All children will go straight to their classroom in the morning including the children of essential workers.

Pick up will be from the playground at 3.15pm for all children. School gates on Argyle and Woodbine will open at 3.10pm. Parents will enter the school grounds to collect their children who will be brought out by the classroom teacher to be collected. All families need to vacate the school grounds by 3.30pm

Roadmap back to school

Week 3 starting 18th October

- we have children of essential workers
- Monday 18th, Tuesday 19th, Wednesday 20th **All Prep children**
- Thursday 21st, Friday 22nd **All Year 1/2 children**
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Week 4 starting 25th October

- we have children of essential workers
- Monday 25th, Tuesday 26th, Wednesday 27th **All Prep children**
- Tuesday 26th, Wednesday 27th **All Year 3/4 children**
- Thursday 28th, Friday 29th **All Year 1/2 and 5/6 children**
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Week 5 starting Monday 1st November

- Monday 1st November **School Closure No Children**

- Tuesday 2nd November **Cup Day**
- Wednesday 3rd November **School Closure Planning 2022 No Children**
- Thursday 4th November **All 1/2 and 5/6 Children, Children of essential workers Prep and Yr3/4**
- Friday 5th November **All Children at School P-6**

I hope this helps but is still subject to change. I will keep you updated.

Sunsmart

As a sunsmart school hats need to be worn to and from school for all students

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

Scholastic Book Club

Issue 8 will come out prior to issue 7. Ordering can be done online now.

Issue 7 has Christmas items and Scholastic book club have chosen to hold off on this issue until the children return and catalogues can be sent out as there are some wonderful Christmas books and games.

Take Care and Keep Safe

Gavan



How to manage stress caused by exams and upcoming events

by Michael Grose

If your child is a seasoned worrier, you will know how difficult living on high alert can be. Constantly irritated, often anxious and occasionally withdrawn, worriers are in a never-ending state of fight, flight or even freeze.

An upcoming exam or a nerve-wracking event can trigger a flight-or-fight response, flooding the body with cortisol and adrenaline. This response, designed to power up the body to face real threats, helped keep our hunter-gatherer ancestors safe. Unfortunately, the part of the brain responsible for keeping us alert can't tell the difference between a woolly mammoth and an upcoming exam. Both are seen as threats, so the body responds the same. Fortunately, we have an inbuilt relaxation response that can help counteract this stress. Here are some ways your child can regulate stress and anxiety rather than live in a constant state of high alert.

Practise belly breathing

Taking several deep belly breaths is probably the quickest way to engage the body's relaxation response. Teach your child or young person to breathe in through the nose to the count of five and out through the mouth to the count of seven. Encourage them to repeat this simple exercise a number of times to switch on the relaxation response. Anchoring belly breathing to regular events such as the start of breakfast or family mealtimes can embed deep breathing into daily life. Make this a part of your child's regular routine to develop a wonderful stress beating habit.

Lift their gaze to the horizon

Next time your child is stressed out suggest that they go out the front of where you live and look down the end of the street. Long distance viewing sends a message to the nervous system that they are safe, signalling to the relaxation response to take over. If a child or young person is stuck at a desk, they can lift their gaze to the horizontal and move their head from side to side to achieve a similar effect. It's worth remembering that many positive wellbeing habits are physical in nature, a throw back to the times when people spent most of their time in natural environments.

Splash in some cold water

Hardy types who've added ocean swimming to their daily routines know just how invigorating cold water can be. Your child doesn't have to become an iceberg to experience the stress beating benefits that cold water can bring. Plunging their face in cold water for 10 seconds, turning on the cold water at the end of the shower or holding an icepack to the right side of the neck can achieve the same effect. Their body will be flooded with feel-good endorphins taking their worries away. Cold water use has the advantage of stimulating the vagus nerve, making it easier and simpler for kids to move to relaxation mode in the long term.

Contact family or a friend

A warm chat with a friend, a fun family board game or karaoke dance party will move your child into relaxation mode, away from high alert. While extroverts will naturally connect with others, introverts and shyer types may need some parental encouragement to engage with others.

Do something they love

Ensure your child or young person does something fun and enjoyable every day. Play, hobbies, games – anything that's not screen-based that your child or young person enjoys brings down cortisol levels.

In closing

Regulating stress and anxiety in the body gets stronger and more responsive with practice. Knowing how to support the parasympathetic nervous system is a wonderful strategy to place in a child's or young person's wellbeing toolkit.



MACSSIS

Our annual surveys will be completed over the next 3 weeks. All staff and year 4-6 children will be surveyed and a random selection of families have also received an email inviting you to participate. We value all your feedback so please support us by completing this survey.



24 Hour Level Crossing Update....

Please have a read regarding the impacts of the level crossing works....

[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

Term 4

Week 3

Children of essential workers

Mon 18th - All prep children

Tues 19th - All prep children

Wed 20th - All prep children

Thurs 21st - All year 1/2 children

Fri 22nd - All year 1/2 children

Week 4

Children of essential workers

Mon 25th - All prep children

Tues 26th - All prep children and all year 3/4 children

Wed 27th - All prep children and all year 3/4 children

Thurs 28th - All year 1/2 children and year 5/6 children

Fri 29th - All year 1/2 children and year 5/6 children

Week 5

Mon 1st Nov - School Closure no children

Tues 2nd Nov - Cup Day Holiday

Wed 3rd Nov - **School closure planning 2022 NO children**

Thur 4th Nov - All year 1/2 children and year 5/6 children

Fri 5th Nov - All children at school prep-year 6.

T4 4th October - 15th December

