



# St Joseph's School, Chelsea

Term 4, Week 5 Thursday 4th November 2021





Our Year 5/6 students created a garment demonstrating the use of symbolism in Indigenous Culture with the help of Mrs Egan in Visual Arts

Dear Families,

Thanks to ALL of you for the great job you have done in preparing your child to return to school. They have jumped in to the routines of school well.

We have included a number of dates for the remainder of 2021. We hope they will all go ahead as planned.

Next Monday 8th November we are asking all children to bring a \$2 donation to receive a poppy for next Thursday's Remembrance Day Celebration. Please bring along \$2 and receive a poppy on Monday.

With restrictions easing we can now reschedule Eucharist and Confirmation with some confidence.

At 5pm today an email from Operoo will be sent to all Eucharist (First Holy Communion) families to indicate on the google form which Ceremony families will be attending. We can still only have 4 members per family attend including the First Communicants.

Only 16 families can attend each ceremony.

The dates and times are:

Tuesday 9th November      5pm or 6.30pm

Wednesday 10th November 5pm or 6.30pm

Friday 12th November      5pm

Tuesday 16th November    5pm or 6.30pm

**Look out for the Operoo form at 5pm.**

Father Williams has been given permission to confirm the Confirmation candidates on Friday 26th November - 5pm for 5/6KG & 5/6B and at 6.30pm for Yr 5/6AB & 5/6BC.

Details for Confirmation have been sent via Operoo. We need all Confirmation candidates details completed on the google form by Friday 12th November.

## Sunsmart

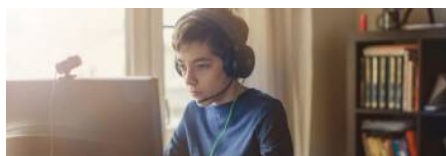
As a sunsmart school hats need to be worn to and from school for all students

## 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](mailto:info@sjchelsea.catholic.edu.au)

Take Care and Keep Safe

Gavan



## Screen time habits for good eye health

by Dr Kristy

Goodwin

Children and teens are spending an increasing amount of time on digital devices for both learning and leisure.

Lockdowns, remote learning, and online learning have resulted in a surge of young people complaining about sore eyes, blurred vision, headaches, red eyes or general eye fatigue.

Research suggests that there has been an increase in myopia (nearsightedness) rates for children and teenagers during the pandemic. Myopia is a vision condition in which someone can see objects near to them clearly, but objects farther away are blurry.

One study revealed an almost 400% increase in six-year-olds presenting with myopia symptoms during the 2020 lockdown. The phenomenon referred to as 'quarantine myopia'. Experts believe that screen time may be to blame. HCF Health Insurance data shows over 20% more school-aged children had claims entered for glasses or contact lenses in 2020, compared to five years ago.

While it may seem logical to blame these negative impacts solely on screens, there's emerging evidence to suggest that screens alone may not be triggering or causing eye strain or myopia. The pandemic has not only led to an increase in screen time but has also resulted in kids spending more time inside and less time outdoors in natural sunlight. Family history is also a known risk factor for children developing myopia.

Given that kids will need to continue to rely on digital technologies for their learning and leisure, parents, carers and educators need to equip them with the strategies that will support their eye health and reduce the impacts of screen-related eye conditions such as eye strain and myopia. Following are some simple strategies to help keep screenagers' sight healthy and in optimum condition.

### **Keep an eye on their eyes**

Be on the lookout for symptoms such as headaches, blurry vision, squinting, or rubbing eyes, as they may indicate potential eye issues. Take your child to an optometrist if symptoms persist.

### **Teach them the 20/20/20/20 rule**

Every 20 minutes, they should take at least a 20 second break, look into the distance for 20 metres to develop depth of vision, and blink 20 times – because when they stare at a screen their blink rate declines by 66%.

### **Remind them to close their eyes**

Learning through screens is mentally taxing, depleting the two regions of the brain which process what they see and hear online. Encouraging kids to close their eyes, even if just for 10 seconds, gives these regions of their brain a much-needed break. It increases alpha waves in their brains, leaving them feeling focused and alert after a short break.

### **Remember the arm's length rule of thumb**

Remind your kids to keep all their digital devices and reading materials at least an arm's length away from their eyes.

### **Brighten up**

Make sure kids read with appropriate lighting, as poor surrounding light increases eye strain. You may need to adjust the brightness on the screen they are using, or the lighting in the room.

### **Encourage them to head outdoors**

Research shows that young children who spend more time outdoors are less likely to be short-sighted as teenagers, so ensure your children get at least two hours of 'green time' time a day. Evidence also reveals that just 40 seconds in nature will reduce stress levels.

Given that technology plays a pivotal role in kids' lives, it's essential that parents, carers and educators equip kids with the skills and strategies that will protect their eye health. This requires strategies to deploy when kids are using devices and ensuring that their tech time doesn't displace vital offline experiences, such as time in nature. Yet another reason why we need to balance their 'screen time' with their 'green time'.



## PSW new price list

Please find PSW's new price list attached.

[Download](#)





# Chelsea Community Support Services



## Chelsea Community Support Services



### CHRISTMAS IS COMING

Chelsea Community Support are offering a Christmas voucher to all singles and families in our catchment who need assistance with Christmas food and toys.

If you need help for Christmas, come in and register for a hamper. You need to attend the service to be placed on the Christmas list, the list will open 1st November 2021.

Collection of hampers scheduled for 22nd and 23rd December 2021

Monday—Friday 9:30am—3:00pm

\*closed public holidays

\* **Do you need help with School Costs?**

\* **We are running a School Relief Program for the 2021 School year.**

Address: 1a Chelsea rd., Chelsea 3196

Email: [info@chelsea.org.au](mailto:info@chelsea.org.au)

Web: [www.chelsea.org.au](http://www.chelsea.org.au)

\* **Call or Drop in to make an appointment with our Support Worker**

**SUBURBS WE COVER** Carrum, Bonbeach, Patterson Lakes, Chelsea, Chelsea Heights, Edithvale, Aspendale, Aspendale Gardens and Waterways.



## 24 Hour Level Crossing Update....

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

[Download](#)

## Evergreen Christmas Trees sold out early last year....

# *Evergreen Christmas*

# Trees Freshly Cut

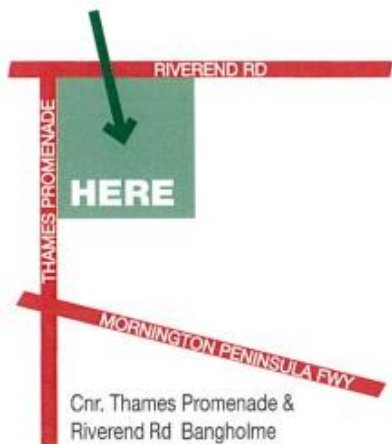
**SUPPORT YOUR SCHOOL  
BY PRESENTING THIS**

**St Joseph's Primary**



**COME DOWN  
AND PICK YOUR TREE**

**SHARE WITH FRIENDS AND FAMILY  
10% OF TREE SALES GO TO THE SCHOOL**



## Hours

Saturday/Sunday  
9:00am - 6:00pm

Monday - Friday  
2:00pm - 6:00pm



**Open last full weekend in November**



Evergreen Christmas Trees



@evergreen\_christmas\_trees

**2021 Term Dates**



## **Term 4**

### **Week 5**

**Fri 5th Nov** - 2.30pm online Assembly

**Mon 8th Nov** - \$2 donation day for Remembrance Day and receive a Poppy

### **SACRAMENTS TO BE CELEBRATED**

**Tues 9th Nov** - Eucharist 5pm & 6.30pm

**Wed 10th Nov** - Eucharist 5pm & 6.30pm

**Fri 12th Nov** - Eucharist 5pm

**Tues 16th Nov** - Eucharist 5pm & 6.30pm

**Fri 26th Nov** - Confirmation 5pm 5/6KG & 5/6B

Confirmation 6.30pm 5/6AB & 5/6BC

Wed 10th Nov - 9am Yr 6 Graduation Photos

Fri 19th Nov - 4pm Working Bee

Tues 23rd Nov - Yr 6 Reconciliation 9.30 & 11.30

Thurs 25th Nov - Preps to Werribee Zoo

Sun 28th Nov - 5pm Carols & Family BBQ

Mon 29th Nov - Wed 8th Dec - Prep - Yr 4 Swimming

Mon 6th - Wed 8th Dec - Yr 5/6 Lifesaving

Wed 8th Dec - Reports & Class Lists go home

Fri 10th Dec - 12.30pm End of Year Mass

- 2.30pm Graduation Assembly

Mon 13th Dec - 9-10am Meet 2022 teacher

Tue 14th Dec - Graduation Excursion

- 6.00pm Graduation Mass

- 7.30pm Graduation Presentation

Wed 15th Dec - 1.00pm finish. End of the Year.

