



St Joseph's School, Chelsea

Term 4, Week 7 Thursday 18th November 2021





Dear Families,

Tomorrow there will be no crossing supervisor on Station street in the morning or afternoon.

On Tuesday we celebrated our final First Holy Communion ceremony for 2021. Each ceremony was reverent and special for our children.

As things start to open up we will inform you of changes that are impacting schools as well as our Confirmation Ceremony next Friday. Further updates to come as we are informed of the changes from the Archdiocese.

Tomorrow information regarding swimming for P-Yr 4 and Lifesaving for Yr 5/6 will come home. Please complete these forms as soon as possible. We will also confirm other activities as soon as we can.

Parents and families have done a great job in following protocols when picking up and dropping off their children.

We will update you of changes when they are clarified.

End of year Carols & BBQ

Next Sunday the 28th November at 5pm we will be having our annual singing of Carols in the Church followed by a sausage in bread in the year. Put on your Christmas gear and come along to celebrate.

End of year working bee

Tomorrow's working bee has been postponed to Friday 3rd December 4-6pm. Bring your spades and wheelbarrows as we have some gardening to do! A form will come home on Operoo tomorrow.

Year 6 Graduation Disco

Save the date....Sunday 12th December 6-9pm in the school hall. More details to follow shortly. A google form will be sent out shortly.

Masks

Please ensure students from Yr 3-6 have spare masks in their bag. We have been providing extra masks for children, but would ask they carry spare ones in their bag, particularly as they can break during the day.

Sunsmart

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

Canteen

If you send your child's lunch order in a insulated bag please give it a quick clean prior to the next use.

Take Care and Keep Safe

Gavan



Turn your anger around without yelling

by Dr Justin

Coulson

We've all had those days. You know the ones... the days where your child has refused to get ready for school, thrown food at their brother and is in a right mood. Your teenager slams the door when you ask them to clean up their bedroom. You ask and ask again. And again. And the kids just won't listen. That, or if they listen, they won't do as they're told!

When days like this happen – and they do – you can get so angry that you lash out only to regret your actions later on. With smacking now widely regarded as less acceptable, the lashing out often takes the form of yelling. It's probably fair to say that yelling is the new smacking.

Yelling is harmful

Researchers believe that yelling at kids can be just as bad as smacking. Yelling has also been linked to lower self-esteem in children and young people. Children who are raised in a

home where yelling is common have a higher risk of developing psychological issues. When parents use yelling as a discipline measure, kids have an increased risk of developing behavioural problems, anxiety, stress and depression.

Understand, don't reprimand

When your kids are really getting under your skin, instead of getting furious, be curious. You need to connect before you correct. Children don't wake up in the morning and think, 'How can I make life horrible for my parents?' They might be having a hard time. Work out what needs aren't being met and help meet them.

Use humour

Humour is one of the best ways to take away anger and reduce stress. A good friend of mine was teaching his daughter to drive. The whole family was in the car while the daughter was driving when she missed a corner and ended up crashing into a petrol station sign. My friend looked at his daughter and at his family and said, "Well, while we're here, does anyone need to use the bathroom?" By using humour, my friend released the tension in the situation. Then they could calmly talk about what had happened and how to resolve it. What a wonderful way to turn away from anger!

Stay calm and kind

Self-talk is now recognised as a great way to regulate your emotions and change your behaviour. When you're starting to get upset there's a mantra that you can use: 'I'm going to be calm and kind.' When you repeat this phrase, it reminds you of what you want, and helps you to better regulate your own emotions. Calmness is something of a superpower that can have such a positive impact on those around you.

Create psychological distance

All parents seem to have just a bit more patience with someone else's child or young person. Pretend that you're 'a favourite aunt who rarely ever gets cranky at the kids. She always finds a way to be kind, even with the challenging child or teenager. If that doesn't work for you, pretend your child is a neighbour's kid!

In closing

Yelling turns children and young people away. Speak softly. Speaking softly forces them to listen closely, and it makes everyone feel better.

Most parents hate yelling (as do their kids). When you are calm and kind, and look to understand, not reprimand, you will be able to keep anger and yelling out of your home. That's better for your kids and for you.



PSW new price list

Please find PSW's new price list attached.

[Download](#)

An advertisement for Kilbreda College. The top part shows two young girls in school uniforms smiling in a library. The text 'Kilbreda College' and its crest are in the top right. A diagonal banner across the middle reads 'Kilbreda College - a top 10 Victorian Catholic secondary school*'. Below this, the text 'Join us at Kilbreda College' is prominently displayed. At the bottom, a short paragraph describes the college's values.

Kilbreda College
A Victorian Catholic Women's School for the 21st Century

*Kilbreda College - a top 10 Victorian Catholic secondary school**

Join us at Kilbreda College

When your daughter becomes a Kilbreda girl, she will be recognised and valued by the diverse and unique gifts she brings to the College and encouraged and supported to develop into a confident and articulate young woman.

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

Web: 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.

2021 Term Dates

Term 4

Fri 19th Nov - 4pm Working Bee - moved to Friday 3rd Dec

Week 8

Tues 23rd Nov - Yr 6 Reconciliation 9.30 & 11.30

Thurs 25th Nov - Preps to Werribee Zoo

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

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

Sun 28th Nov - 5pm Carols & Family BBQ

Week 9

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

Fri 3rd Dec - Working bee 4-6pm

Week 10

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

Sun 12th Dec - Yr 6 Graduation disco in hall 6-9pm

Week 11

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.