



St Joseph's School, Chelsea

Term 4, Week 8 Thursday 25th November 2021

St Joseph's
Christmas
Carols

SUNDAY 28TH NOVEMBER
@
5 PM



Dear Families,

The preps had a great day at Werribee Zoo yesterday.

Tonight we will celebrate the Year 6 Confirmation at 5pm and 6.30pm as they receive the gifts of the Holy Spirit. We congratulate:

Alanah Barrow, Alexandra Dean, Annabel Seymour, Ava Lau, Avalon Black, Brison Te Pairi, Callum McBride, Charli Richardson, Christopher Lowe, Cooper Ward, Cooper Drew, Dana Issa, Ela Bielinski, Eric Michel, Eva Burmeister, Ezekiel Thorneycroft, Gabriel Siliga, Harvey Davutovic, Hayden Gough, Holly Spalding, Indianna Norton, Isabella Filippa, Jack Fairlie, Jagger Lauritz, Jaime McCabe, Lachlan Murphy, Lara Mason, Layla Didus, Leo Aprile, Leonardo Zuniga, Leroy Conway, Levon Andonian, Lucas Sansfacon, Luke Dolby, Maddelyn Hawkins, Marcus Pezzimenti, Mason Breed, Matthew John D'Cruz, Michael Mastrocola, Nate Pugsley, Noah Przychodzen, Noah Sheahan, Noah Heredia, Pratima Thomas, Ryder Donald, Sarah Donato, Savannah Terlato, Shayden Mottupally, Shelby Hawkins, Sienna Mastrocola, Simon Ruberto, Stella Farronato, Zane Kerbage & Zaviah Murphy.

This Sunday we celebrate our annual Carols and BBQ on the 1st Sunday in Advent as the Catholic Church begins its preparation to celebrate the birth of Jesus of Christians. Come along in your Christmas gear and join us at 5pm in the Church (QR code in and double vaccination required) and then join us for a sausage in bread in the school grounds.

Don't forget swimming for Prep - Year4 starts on Monday. If you need a swimming cap they are available from the office for \$3. The timetable is attached. **There will be no hot canteen lunch orders for the duration of swimming.** The canteen will sell cheese rolls, vegemite rolls and cheese/vegemite rolls for \$2.50 and snacks will be available for the children to buy. Please ensure your child has enough food as they do tend to get extra hungry after their swim.

End of year working bee

Next Friday 3rd December we will have our second final working bee for the year from 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

A skoolbag app came home with details of the end of year Graduation disco on Sunday 12th December 6-9pm in the school hall. Please complete the form if you have not already. Contact can be made with Margaret Tanner or Aleece Siliga if required,

Second Hand Uniform Shop

The second hand uniform shop will be open each Thursday morning from 8.45-9.00am from next week.

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

Take Care and Keep Safe

Gavan



St Joseph's School
CHELSEA

Always faithful

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W: www.sjchelsea.catholic.edu.au

Mon 29 th Nov – Wed 8 th Dec 2021	Lesson Start Time	Class Group	Numbers	Class Group	Numbers	Total Chn
Session 1 10.40 PU from School 11.40 PU from Pool	11.00am	PrepCG	23	1/2B	9	32
Session 2 11.10 PU from School 12.15 PU from Pool	11.30am	PrepLR	23	1/2B	12	35
Session 3 11.40 PU from School 12.40 PU from Pool	12.00pm	1/2DR	21	1/2OF	10	31
Session 4 12.10 PU from School 1.15 PU from Pool	12.30pm	1/2S	22	1/2OF	6	28
Session 5 12.40 PU from School 1.40 PU from Pool	1.00pm	1/2MA	23	1/2OF	6	29
Session 6 1.10 PU from School 2.15 PU from Pool	1.30pm	3/4CM	26	3/4W	9	35
Session 7 1.40 PU from School 2.45 PU from Pool	2.00pm	3/4LC	25	3/4W	9	34
Session 8 2.10 PU from School 3.10 PU from Pool	2.30pm	3/4S	26	3/4W	9	35
Students in Session 8 will be back at school by approx. 3.20pm			Total Number of Children:			261



Parent self-care matters

by Michael Grose

Parents are known for putting their children's needs ahead of their own. With the mantra of 'be involved' in your child's life a dominant parenting message, it's now common for parents to neglect their own social and wellbeing to give their children the best possible start in life. This selfless approach is commendable, but questionable if it means you are constantly stretched, stressed and tired. Parenting is draining. Kids by their very nature take more than they give. Even the most loving, affectionate child will exhaust you at times so it's important to replenish, refresh and reinvigorate yourself.

Parenting author Maggie Dent says, “If we don’t care for ourselves, not only do we run the risk of parenting less effectively and compassionately, but we are not modelling self-care for our children.” Taking time for yourself seems obvious, however, the reality for many parents is that they are hard-wired to prioritise the wellbeing of others.

Start by giving yourself permission. Setting strict boundaries around key self-care activities help to make sure self-care happens. Turning occasional self-care into an ongoing habit is a great way to make sure you look after yourself. First, you need to give yourself permission to prioritise mental health and wellbeing, at least some of the time. So, what self-care activities should you be prioritising?

Get physical

Exercise is great for both mind and body. It releases endorphins, the feel-good hormone that enhances mood and helps put you in a positive state of mind. Exercise releases cortisol, the stress hormone, which builds up gradually over time, leading to anxiety and depression if not managed. You don’t need to go to the gym to get the benefits of exercise. A brisk daily walk is an excellent self-care strategy for busy parents. It’s affordable, accessible and has the bonus of taking you outside, which has added wellbeing benefits.

Stay social

Alfred Adler, the father of individual psychology, maintained that the people who lived the most content lives paid close attention to their social lives. When children come along, a parents’ social life can easily play second fiddle to that of their children. Alternatively, social media becomes the main mode for staying in touch with friends, which is a poor replacement for face-to-face contact. One way of staying social is to schedule activities such as playing sport, joining a book club or sharing a coffee that keeps you connected to other adults.

Be mindful

Staying in the present moment, even for just a minute or two, can help you better manage parenting stresses. Engaging your senses is a good way to relax and find some inner peace. Enjoying the present moment, or mindfulness, can be practised by taking a walk, listening to music, or a taking a five minute meditation. Breathing exercises help reduce stress, so incorporate deep breathing into your daily routine to help stay fresh and alert.

Seek out play

If you think that play is just for kids, then think again. Everyone needs activities in their lives that sustain them and bring them joy. It's important to expand the definition of play to include hobbies and interests such as music, collecting things, making, tinkering and performing. Playful activities that contribute to parent self care are freely chosen, fun and create a state of flow so that you become lost in the activity. Playful activities boost your mood and help you manage the challenges and enjoy the pleasures of family life.

Decide to savour

If you feel that you're always in rush, the chances are that you don't have the opportunity to savour anything. Whether it's the first cup of coffee in the morning, snuggling up to your child at bedtime or reading a favourite book before bed, commit to savouring something and make it a daily habit.

In closing

Taking care of your physical, psychological and social needs helps you be the best parent you can be. Set aside time for self-care even when you feel like you don't have a single second to devote to yourself. Experiment with different self-care activities to figure out which strategies work best for you, your family and your lifestyle.



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 background is filled with bookshelves. The Kilbreda College logo is in the top right corner. 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 written in large white letters on a dark red background. At the bottom, a smaller white text block describes the college's values.

Kilbreda College
A Victorian Catholic Women's School for the Immaculate Conception

*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

Week 8

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 TBC

- 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.