



St Joseph's School, Chelsea

Term 1, Week 6 Thursday 3rd March 2022

Our students enjoyed a visit from the police



Dear Families,

Welcome to Autumn! A few warm days until we enter the cooler period. Have you updated your Operoo details lately? Please make sure you check your child's detail's, including medical.

Working Bee

Our first working bee for 2022 will be held 4-6pm tomorrow 4th March. Please read the Operoo form we sent out last week and complete.

Photo catch up day: Tuesday 8th March

A number of children were absent on Monday when photos were taken. As a result the photographer will be back on Tuesday to do individual and family catch up photos only. Please contact the office if you wish your child to have their photo taken. New envelopes are available from the office.

District Swimming

Tomorrow we have a group of children from years 4,5 & 6 representing our school at the district swimming competition. We congratulate them all and wish them all the best for Friday.

QR Codes

We no longer need to QR code at school. However, you will need to show evidence of vaccinations when asked. We are still encouraging all families to limit access to school buildings unless necessary. Thanks to all our families for your support.

Rapid Antigen Tests - to continue

The Government announced the RAT surveillance tests will continue until the end of term 1. This means each week each child will be tested twice.

You can now collect your RATS for weeks 6&7 from the office. Thank you for your cooperation and support.

Enrolments 2023

If you have a child starting Prep in 2023 please complete the enrolment form on our website and hand it into the office. We are currently taking new enrolments for 2023 and welcome new families to book a tour.

Uniform Shop

The uniform shop will be open on Thursday mornings from 8.45-9.10am.

Sacramental Dates 2022

Reconciliation Yr 3's - Wednesday 23rd March at 10am and 6pm. Parent/child preparation night details have been released on Operoo. Please complete the form to let us know which session you want to attend. Don't forget tonight's parent information night is online.

First Eucharist Yr 4's - Friday 17th June at 6pm

- Saturday 18th June at 4pm and 6pm.

Confirmation Yr 6 - Sunday 9th October at 3pm.

Camps, Sports and Excursions Funding

If you hold a valid means-tested concession card or are a temporary foster parent, you may be eligible for CSEF. A special consideration category also exists for asylum seeker and refugee families. The allowance is paid directly to the school and receipted against your account to use towards expenses relating to camps, excursions or sporting activities for the benefit of your child. The annual CSEF amount per student is:

- \$125 for primary school students
- \$225 for secondary school students

If you meet the above criteria, please submit your application to the office as soon as possible. The application form is available by clicking on the link below.

John Paul II the Musical

Expressions of interest are invited for the musical ***John Paul II***

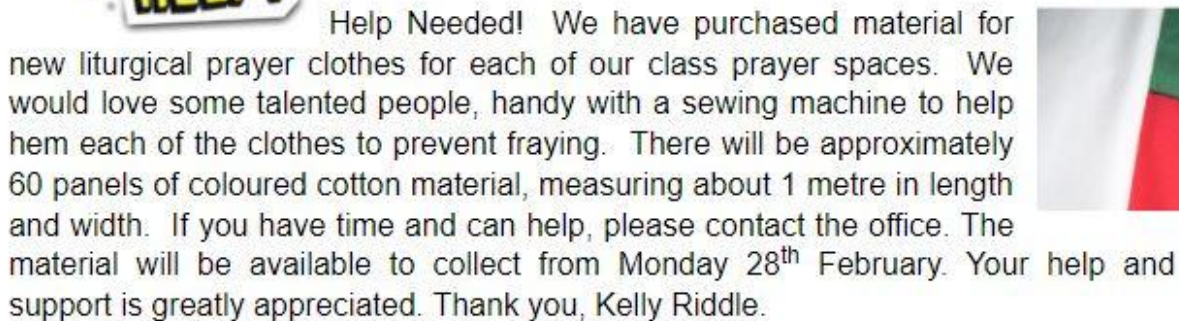
Singers, actors, dancers, backstage technicians ... **Roles available for students in grade 5/6, high school and above**

Please email raffymazzeo@gmail.com if you wish to be involved.

Rehearsals and performances will be held at St Joseph's Hall.

Take Care and Keep Safe

Gavan



Library helpers needed

The library needs helpers every Wednesday and Thursday from 2:45pm and Friday morning from 8:45am. We shelve over 500 books a week so any help is much appreciated. No regular commitment is needed, just pop in if you can. If you have a current working with children card, please bring this with you. Don't forget to sign in at the office.

Thanks,

Sarah and Mandy



A positive sense of wellbeing supports a base for rich learning that enables young people to flourish.'

(Catholic Education Melbourne 2017, Horizons of Hope: Wellbeing in a Catholic School)



POSITIVE BEHAVIOUR FOR LEARNING (PBL)



SAFETY

RESPONSIBILITY

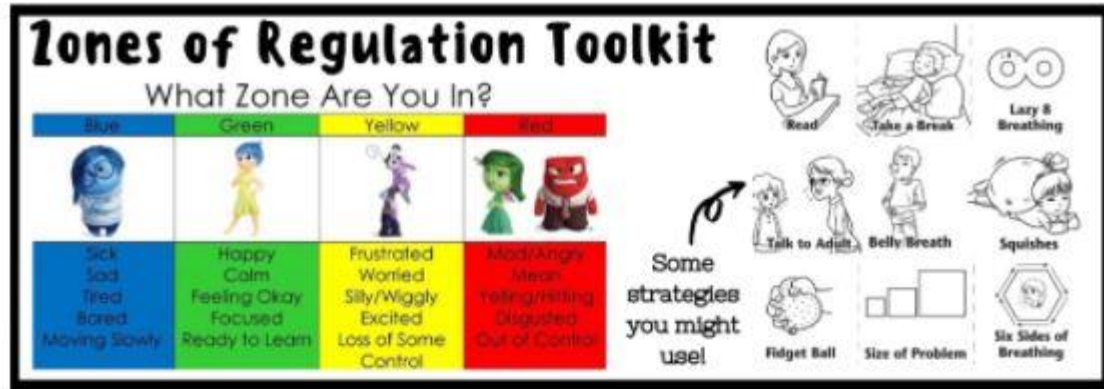
RESPECT

At St Joseph's this week continue to learn and bring together the whole-school to develop a positive, safe and supportive learning culture. Remember we have three core values: *Safety, Respect and Responsibility*

This week we continue our focus on our core value "*Responsibility*". The teachers will explicitly teach the students how to "*organise themselves and be responsible for their belongings*" in the classroom and also outside in the playground by:

- packing and unpacking their own school bags
- know where to put my belongings in the classroom eg: drink bottles, diaries, notes
- knowing the routines of their classroom
- listening to my teacher's instructions by using whole body listening

THE ZONES OF REGULATION



The Zones of Regulation is a systematic and cognitive-behavioral approach used to teach how to regulate our feelings, energy and sensory needs in order to meet the demands of the situation around us and be successful socially. All classes display the four zones in their classrooms so that the students can check in each day to enable students to develop skills to self regulate and gain an increased vocabulary and awareness of emotions, facial expressions and behaviour reactions. This whole school approach supports the wellbeing of all members of our school community. Today we are sending home a Zones fridge magnet displaying each zone and some strategies you might like to use at home.

LUNCHTIME CLUBS

Do not forget our lunchtime clubs that run throughout the week.

Lunchtime Clubs At St Joseph's			
Day	Activity	Where	Who
Monday	Computers	Computer Lab	5/6BC
	Chickens	Sustainable Garden	Garden leaders
Tuesday	LEGO, mindful colouring, card games, reading, drawing	Wellbeing Hub	5/6RW
	Garden/chickens	Sustainable Garden	Garden leaders
Wednesday	Reading, Drawing Club, Script writing group	Library	5/6B
	Garden/chickens	Sustainable Garden	Garden leaders
Thursday	LEGO, mindful colouring, card games, reading, drawing	Wellbeing Hub	5/6RW
	Chickens	Sustainable garden	Garden leaders
Friday	Chickens	Sustainable garden	Garden Leaders
	Computers	Computer Lab	5/6BC



Helping kids build lasting happiness

When asked “what do you want most for your kids in life?” most parents answer “to be happy”. While much of what has influenced kids’ mental health and happiness in recent years is outside the realm of influence, their long-term happiness is something you can cultivate by implementing and teaching happiness habits and practices. Following is an important selection of these represented them by the acronym FLOURISH.

Flow

Flow is the experience where kids lose all sense of time. When in flow they’re beautifully engaged in their activity, an experience often described as being ‘in the zone’. If flow is to be experienced, children and young people need to have an appropriate level of skill to rise to the challenge at hand. When the balance is just right flow feels wonderfully satisfying and produces happiness.

Laughter and play

Laughter makes kids happier while at the same time helps them breathe more deeply, calming their nervous system and reducing stress. Research shows that the number of times kids laugh each day reduces as they get older. The same applies to play. You can change that by creating ample opportunities for both. Games like Pictionary and Pie Face tick both boxes!

Optimism

Optimistic thinking can be taught and has been shown to reduce the likelihood of depression. A great strategy to teach kids relates to 3 Ps- personal, pervasiveness and permanence. When things go wrong help your kids to understand that what happened is not personal, pervasive (a tendency to spread) or permanent.

Unite for family meals

This is a game changer! More family meals together equate to better grades, fewer depressive symptoms, less adolescent smoking and less drinking of alcohol among kids. Family meals also bring families closer, strengthening relationships which are at the heart of lifelong happiness.

Relationships

Having more friends and good relationships is a strong predictor of happiness in childhood and beyond. You can help boost your kids' social networks by opening your home to their friends and encouraging your kids to spend time with friends from a variety of social circles. Connecting in-person and online helps bolster kids' friendships.

Intensive exercise

Kids need at least an hour a day of exercise, preferably outside and including high intensity fun. Exercise promotes the production of 'feel-good' chemicals which boost happiness and helps reduce the stress response. Help your kids make connections between the activity they do and how good they feel during and afterwards to encourage exercise for life.

Self-regulation

Kids' ability to self-regulate is an important piece of the happiness puzzle. Their ability to delay gratification predicts their ability to cope better with frustration and stress. Help your kids build self-regulation skills in a variety of life domains including eating and drinking, sleep, play, screen-time, homework and catching up with friends.

Helping others

Being kind makes kids happy and you can nurture kindness in your kids through what you do. Genuine compliments, handwritten notes of thanks, saying good morning to a stranger or even picking up litter are all acts of kindness you can role model. Kids are said to close their ears to advice but open their eyes to example.

It's comforting to know that there is a lot you can do to promote a sense of happiness in children and young people. The FLOURISH acronym is a reminder of a powerful framework you can use to boost your kids' wellbeing and content over the long-term.

Dr Jodi Richardson presents: Building lasting happiness in children

Our school has a membership with Parenting Ideas. As part of this membership, you can attend the upcoming webinar 'Building lasting happiness in children' at no cost.

About: In this webinar, Dr Jodi Richardson explains how lifelong happiness stems from how we think and what we do, rather than from what we have.

When: Wednesday 23 March 2022 8:00pm AEDT

To redeem 1. Click this link:

<https://www.parentingideas.com.au/parent-resources/parent-webinars/webinar-building-lasting-happiness-in-children>

2. Click 'Add to cart'

3. Click 'View cart'

4. Enter the coupon code HAPPY and click 'Apply Coupon'
Your discount of \$39 will be applied.

5. Click 'Proceed to checkout'

6. Fill in your account details including our school's name to verify your eligibility. These are the details you will use to login to your account and access your webinar and resources

7. Click 'Place Order'

This offer is valid until 23 June 2022. If you're unable to make the broadcast time, just register anyway and you will get access to the recording.

Dr Jodi Richardson

Dr Jodi Richardson helps people to reduce their anxiety, strengthen their wellbeing, live by their personal values and achieve resilience and lasting happiness. Her research-based advice is grounded in a career of extensive university studies, clinical practice, education and endless compassion. Jodi is the co-author of the highly acclaimed book *Anxious Kids*. Her latest release is *Anxious Mums: How mums can turn their anxiety into strength*. For further details visit www.drjodirichardson.com.au

2023 Enrolments

St Joseph's School

Enrolments at St Joseph's Parish School for children entering Prep in 2023 are open.

OPEN DAYS Thursday 3rd March & 29th April

School open for viewing 9-3pm

Open Day Principal Address at 9.30am and 12.30pm



Call 8773 1111 Anytime to book a tour

School Tours run for 45 min by our Year 6s

Tours are run at

9.30 and 12.30pm

9.50 and 12.50pm

Principal is available to talk to after the tour

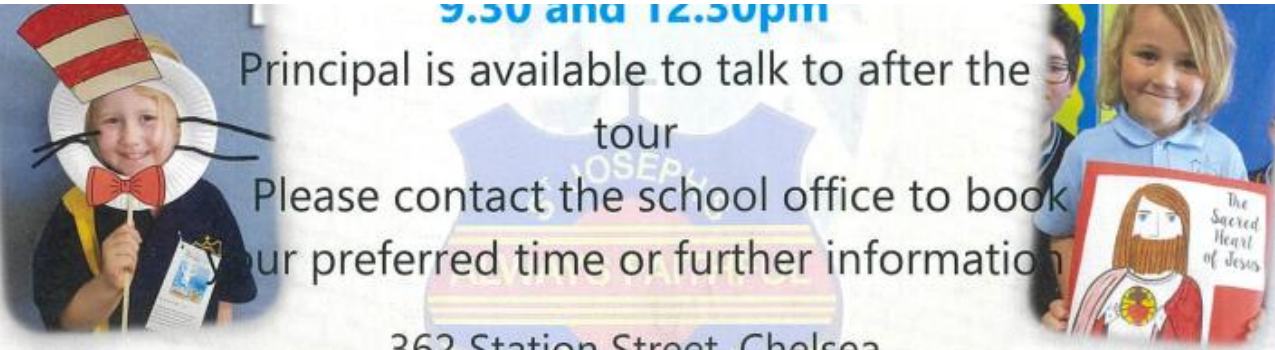
Please contact the school office to book your preferred time or further information

362 Station Street, Chelsea

☎ 8773 1111

✉ info@sjchelsea.catholic.edu.au

💻 http://sjchelsea.catholic.edu.au



St Joseph's OSHC 2022

- Name of Program: St Joseph's Catholic Primary School OSHC
- Enrolments for 2022 please visit <https://www.kingston.vic.gov.au/Services/Family-and-Children/Before-and-After-School-Program> to enrol.
- The Before School Program will remain onsite at Chelsea Primary School unless demand increases. Please complete this form in regard to finding interest for Before School Care onsite at St Joseph's. Before School Care Use in 2022 at St Joseph

St Joseph's Dads Football team

Happy new year and welcome to all parents and friends of the St Joseph's School Community.

My name is Patrick Donnellan, and I am one of the many proud fathers that has helped establish the St Joseph's Dads Football team. Each year (since 2017) the St Joseph's dads, in conjunction with Dads from local schools, embark on an annual match against the Dads from St Louis Primary School.

This yearly match of (AFL code) Football is a modified rules football game with no tackling to suit our experienced bodies. We are a mixed demographic of parents ranging in ages from 30 – 50 years plus and welcome Dads of ANY AGES!!! We have some dads that have played football their whole lives and we also have parents that have never played before which speaks to the welcoming culture of our group where our ethos for everyone is “Who can you bring along”? This ethos has been fully embraced and has seen our group grow from strength to strength.

Our commitment to skills and fitness is almost non-existent however, our focus on comradery and forming new friends is paramount!

So, we especially would like to welcome the new Fathers of St Josephs to the School and invite you to come down to one of light hearted training sessions. The first 4 scheduled training sessions dates (subject to ground availability) for the start of 2022 are:

- 23/2/2022
- 9/3/2022
- 21/3/2022
- 4/4/2022

Training will take place at the Chelsea Football Club, 13 Beardsworth Avenue, Chelsea at 6:00 PM.

Naturally training will be followed by a couple of refreshments that fall under the banner of relationship building.

For those that would like to be involved from a non-playing perspective please reach out to myself as there are many other useful aspects in which others can contribute.

Should you have any question please feel free to contact myself or one of the other listed Dad's as outlined below.

- Patrick Donnellan – 0438 757 850
- Rohan Anstey – 0402 327 511
- Trevor Clancy – 0405 109 321
- Martin O'Donnell – 0407 666 116
- Taylor Irish – 0418 519 878
- Andrew Ferguson – 0415 956 366
- Patrick Campion – 0412 479 185

- David Sheehan – 0435 623 296

Kind Regards

Patrick Donnellan



CSEF Application form

[Download](#)



PSW new price list

Please find PSW's current price list attached.

[Download](#)



Canteen Price List

Please find the current Canteen price list. The canteen has reopened today and is open each Thursday and Friday.

[Download](#)



CARRUM BOWLING CLUB-NEPEAN HIGHWAY, KEAST PARK, CARRUM

Your community gathering place for a most enjoyable lawn bowls experience

BOWLING BY THE BAY-AFTER SCHOOL JUNIOR PROGRAM

The Carrum Bowling has been operating as a sporting and recreational club for over 90 years in a picturesque beach and park setting on Port Phillip Bay.

The Club continues to offer a bowling program for children in the local area with our Fridays @ Five, which includes **skill development** and **fun activities** for children of Primary and Secondary School age. Qualified Coaching and free use of equipment is included in the program.

Students and Parents are most welcome to come along for an hour on Friday evenings

The Club will recommence Fridays @ Five on Friday 11th February at 5pm and continue on Fridays during first term

For further information please contact the club

Club Telephone: 9772 2437, email: enquiries@carrumbowlingclub.org.au

2022 Term Dates

Red indicates a change from last week

TERM 1 - 31st January - 8th April 2022

Week 6

Thurs 3rd Mar	Open Gym4Hire 5, parents welcome see timetable 7pm Parent only Reconciliation session live online
Fri 4th Mar	District Swimming, 2.30pm Assembly online, Working Bee 4-6pm

Week 7

Thur 10th Mar Easter raffle tickets go out

Week 8 Collect fourth pack of RATS per child (twice a week in WK 8&9)

Mon 14th Mar Labour Day Holiday

Tues 15th Mar 7pm Maria Forde Reconciliation (1 parent & Yr 3 Child)

Wed 16-Fri 18 Mar Yr 5/6 Mt Evelyn Camp

Fri 18th Mar No assembly

Week 9

Tues 22nd Mar 12.35pm St Joseph's Feast day Mass

Wed 23rd Mar 10am and 6pm Reconciliation

Friday 25th Mar No assembly

Week 10 Collect fifth pack of RATS per child (twice a week in WK 10&11)

Tues 29th Mar 2pm parent helpers in the P-6 Visible Learning Classroom - library and online

Week 11

Mon 4th Apr 8.45am Wrapping of Easter prizes-volunteers needed
staffroom

Wed 6th Apr P-Yr 6 Athletics Carnival

Thur 7th Apr Paraliturgty Easter 2.30pm, Easter raffle is drawn at 1pm

Fri 8th Apr 1pm finish end of term.

Term 2 Tuesday 26th April-Friday 24th June

Term 3 Monday 11th July-Friday 16th September

Term 4 Monday 3rd October - Friday 16th December