



St Joseph's School, Chelsea

Term 1, Week 7 Thursday 10th March 2022



It is soon time for our Annual Easter Raffle.

Dear Families,

Today we have sent home Easter raffle books and a flyer to each eldest child. Fundraising for this year will be dedicated to raise money for continual improvements in our playground.

Ticket butts must be returned by Monday 28th Mar. More tickets are available at the office. Prizes will be collated on Monday 4th April in the staffroom. If you are free to help put prizes together please pop in at 8.45am.

We ask all families, if they are able, to donate something for the raffle - Eaaster eggs, a basket, soft toy, colouring books etc. The more donations we have, the more prizes for the children we have.

Prizes will be drawn on Thursday 7th April.

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 our second preparation night with Maria Forde in son next Tuesday 15th March at 7pm at school.

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.

Musical at St Joseph's ... NEWS

The Musical "**Call of Guadalupe**" will be performed at St Joseph's Hall at the end of 2022, instead of the previously advertised "John Paul II".

Expressions of interest for stage roles, backstage and volunteers are still welcome. Rehearsals will begin at the end of April .

Contact raffymazzeo@gmail.com 0424 325005

St Joseph's Basketball Club

Our successful Summer season is wrapping up soon. This means we are gearing up to start our Winter season, and are looking for new players to join us!

We are encouraging as many girls to join us as Basketball is not just a boy's sport. As a matter of fact, for girls to play a team sport like basketball the benefits are immense, including building self-confidence and positive body image.

We are also in a unique position to be able to accommodate Prep student teams so we would love to have some new kids join us this year. It is a great way for kids to make new friends. And a great social opportunity for parents too!

If you would like to play basketball this winter season or have already got a team together, get in touch with us today. We can't wait to hear from you.

Elizabeth Ireson - 0424185707

stjosephsbball@gmail.com

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



Explaining scary world events to our children

by Dr Justin Coulson

Almost exactly two years ago our world changed in incomprehensible ways. It was supposed to be a couple of weeks. A month at most. We just had to isolate at home. Flatten the curve. Protect the vulnerable.

It meant working from home unless we were essential workers. It also meant school was at home. But it was an adventure. A reset. A chance to change things up and focus on what matters most; to help make a difference for our communities.

But despite a few bright patches where it really was good and our hope was high, it was also often bad. Our two most populous states endured the world's longest lockdowns. The borders stayed closed keeping loved ones separated.

It was a year of stuttering Zoom calls and classes, quarantine, mask mandates, vaccinations, protests, and for many parents and families, hellish challenges to balance all that family, work, and government restrictions required.

As 2022 commenced, QLD held students back from school for two extra weeks to encourage vaccinations. NSW and VIC required all students to be tested for COVID using at-home testing kits twice per week. It felt like COVID parenting was about to become more overwhelming than we could manage.

Now, barely into March, our lives are bombarded with stories – and for some, the reality – of flood waters inundating homes and lives being lost. And a conflict in Eastern Europe that many fear will become a war has begun.

It's enough to leave parents reeling. Except that many parents are already stressed out, burned out, and tired out. Parents have done all they can to hold things together. The difficulty –

the unfairness of it all – is that we must keep on keeping on. Our children are relying on us.

What our children need right now

Our children need the world to feel safe and secure. The more they feel this, the more they can explore life with confidence, look to the future with hope, and find a meaningful way forward. And whether we are feeling it or not, it's up to us to provide them that safety and security. If not, the unpredictable nature of life can consume them with anxiety, fear, apprehension, and worry.

More Information is NOT Reassuring

Ever notice that getting more information does not reduce your worries and fears? Scrolling your news feeds doesn't offer reassurance. It's the same with your children. They don't need lots of information. They need to feel safe. And what we do makes a difference.

Kids are anxious. Here are 5 ways to helpTune Out Media Social media algorithms are designed to push more and more of what we see in our direction. The more you and your children watch these events occur online, the more they'll appear. Keep bad news away from your children – especially younger children – as much as possible.

Remember that Emotions are Contagious

If you are feeling emotional or overwhelmed, your child will sense it – and catch it. Taking a deep breath, and keeping level and stable will help you respond gently and patiently to your child.

If it's Mentionable, it's Manageable

Rather than asking your child "Are you ok?", say what you see. "Gee, you look pretty worried about things. What's on your mind?" Perhaps you could say, "I noticed you were pretty affected by that horrible news. It's hard to hear isn't it."

Side by Side Conversations

Rather than sitting face-to-face, talk with your children about their questions and concerns while side-by-side. Perhaps it's a car ride, beside their bed at night, or while you're doing an activity together. Side-by-side conversations feel less threatening.

Don't Turn On The Fire Hose

When someone is thirsty, we don't put their face in front of the fire hose. We give them a glass of water. It's the same with our kids. Most of the time they don't want to (or can't) understand the magnitude of the bad news or even why it happened (if there's a reason at all). When you answer their questions, keep it simple, invite more questions, and answer the best you can. Kindness and gentle reassurance that you "get it" is typically enough.

In closing

Most of the time the world is a fabulous, beautiful place, but scary things happen from time to time. When they do, remind your child that this is unusual which is why it's in the news. As Rebecca Solnit eloquently described in her book, *A Paradise Built in Hell*, "Horrible in itself, disaster is sometimes a door back into paradise, the paradise at least in which we are who we hope to be, do the work we desire, and are each our sister's and brother's keeper."

As this latest bad news strikes, let's notice that there are usually more people moving towards the disaster areas to help than there are leaving it due to stress and duress. Let's see the good, be part of it, and give our children hope for a better world.

Dr Justin Coulson

Dr Justin Coulson helps families be happier. His Goalcast and TEDx positive parenting videos have been viewed by more than 80 million people. He is the author of 6 parenting books and the cohost and parenting expert on Channel 9's Parental

Guidance. He hosts Australia's #1 podcast for parents: Dr Justin Coulson's Happy Families. Justin and his wife, Kylie, are the parents of 6 daughters.



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 BEHAVIOURS FOR LEARNING (PBL)



SAFETY

RESPONSIBILITY

RESPECT

We 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 our focus is still on our core value "*Responsibility*". We are learning how to organise ourselves and be responsible for our belongings" in the classroom and also outside in the playground by:

- packing and unpacking our own school bags
- placing our school bags in the lockers provided
- knowing where to put belongings in the classroom eg: drink bottles, diaries, notes
- equipment is tidy and organised, not left outside in the playground or in foyer areas
- checking ourselves in on our zones board each day
- knowing the routines of our classroom
- listening to my teacher's instructions by using whole body listening

WELLBEING AT HOME



Last week we sent home a fridge magnet identifying the ZONES of Regulation and some strategies you can use depending on what zone you may be in. Today we are sending home a fridge magnet showing our schools protocols for “whole body listening”. Whole body listening is a set of behaviors used to organize the information we take in. True listening requires critical thinking, perspective, and feeling. We have an expectation that we should be respectful and use whole body listening when we communicate. Maybe this might be something you could 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



St Joseph's Sustainable Garden

We would like to say a big thankyou to all our families who came along to school last Friday and helped out at the working bee. At our working bee many families join alongside the staff in caring for our school. Jobs that were completed included:

- Weeding our sustainable garden
- Turning the soil
- Placing soil in our wicking beds
- Trimming hedges around the school
- Setting up our new school shed
- Cleaning up our Woodbine area
- Repairing items around the classrooms and school yard
- And more

We hold four Working Bees a year and we rely on the generous support of our parents and community members. The Working Bees are well attended and purely voluntary providing a great opportunity to foster friendships and a strong sense of our school community. Do not forget you get one of Mr O'Donnell's famous BBQ sausages at the end!

We look forward to seeing you at the next term's working bee!

School Clean Up!

Last week it was "Clean Up Australia Day".

Tomorrow we will be having a *whole school School Clean Up*. All the students will participate in picking up rubbish around our school. Rubbish has a huge impact on our local environment , so it is important for us to work together and be responsible by cleaning up our school.

Ways you can help to be responsible for reducing rubbish is by:

- Going NUDE food
- Any rubbish from the Canteen should go straight into the bin, not on the ground
- Compost your food scraps
- Take any rubbish home
- Use reusable drink bottles

This is just a few!

Visual Art

This week in Visual Art we made portraits of St Joseph to celebrate his upcoming Feast Day on March 19. We created these on sandpapers and pieces of wood, then nailed them into displays. We spoke about how St Joseph was Jesus' Dad. We also knew he was a carpenter and worked hard to keep both Baby Jesus and Mary safe as God had asked him to do that." The students produced some really beautiful work, and it is on display in the office foyer area.



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**

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



Catholic Education Guide

To assist your decision making in relation to your child's education for 2023 and beyond, please find below a link to the 136 page 2022 edition of the Catholic Education Guide.

CLICK

HERE: <https://victoriaschoolguides.starcommunity.com.au/catholic-education/>



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 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) at school

Wed16-Fri18 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

Wed 6th Apr P-Yr 6 Athletics Carnival

Thur 7th Apr Paraliturgy Easter 2.30pm, Easter raffle is drawn

Fri 8th Apr 1pm finish end of term.

Good Friday 15th April

Term 2 Tuesday 26th April-Friday 24th June

Week 1

School Closure Friday 6th May Staff Professional Day

Tues 26th Apr Term 2 begins

Fri 29th Apr Open Day

Term 3 Monday 11th July-Friday 16th September

Term 4 Monday 3rd October - Friday 16th December