



# St Joseph's School, Chelsea

Term 1, Week 9 Thursday 24th March 2022

## SUSTAINABILITY AT ST JOSEPH'S



Switch off and Shape Our Future this Earth Hour at 8.30 pm local time, Saturday 26 March.

This Earth Hour, we're calling on Australians everywhere to sign up to switch off and join a worldwide community of millions supporting stronger action on climate change.

It's never been more critical to come together to protect our world than at this moment. Climate change is having an impact on our iconic country right now, with floods impacting parts of Queensland and NSW. Our thoughts are with communities impacted by the floods.

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We still have time to make a difference for the planet we call home.  
Whether you're an individual, school, business or community, we all  
have the power to Shape Our Future.  
<https://www.earthhour.org.au/>

Dear Families,

### **Parent Helpers**

Next Tuesday we will have our parent helper in the Visible Learning Classroom training in the library from 2-3pm. This is open to all. Please complete the form below, sign in at the office and show your vaccination certificate before heading to the library:

Parent Helper Form

### **Interschool Sports help**

Tomorrow the year 5 and 6 students will be participating in the Summer Lightning Premiership competition at Springers Leisure Centre and Tatterson Park, Keysborough. The students will participate in many games of the sport they have been chosen in during the day against different schools from the Chelsea District. The students will be leaving school at approximately 9:15 and be leaving Keysborough to return to school at approximately 2:15. The students will need to wear their sport uniform, including their school hat, and have their snack, lunch and drink bottle with them. We would value some more parent helpers to come long and support the students so if you are available for some or all of the day please email Mr Bayliss -[pbayliss@sjchelsea.catholic.edu.au](mailto:pbayliss@sjchelsea.catholic.edu.au) if you have any questions please contact your child's teacher.

**Easter raffle** books have been sent home to each eldest child. Fundraising for this year will be dedicated to raising money for continual improvements in our playground.

Ticket butts must be returned this 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 - Easter 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**

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](mailto:raffymazzeo@gmail.com) 0424 325005

Take Care and Keep Safe

Gavan



# Sacrament of Reconciliation

Congratulations to the following candidates on receiving the Sacrament of Reconciliation

Heidi F, Maya F, Lucia V, Alix M, Harper D, Beau M, Elwood L, Ebony H, Ivy C, Paige B, Lara R, Eloise K, Alexandra H, Tom Q, Christopher V, Beau A, Harrison D, Hannah Mc, Marli W, Braxton H, Luke S, Georgia M, Henry F, Faith M, Grace M, Charlie C, Luke Mc, Airlie D, Lenny I, Casey T, Max R, Tayissa F, Dylan B, Evie K, Klara B, Matthew H, Eloise K, Logan Salcedo, Rafael S, Taylor T, Matilda M, Reggie J, Ferne L, Julia Z, Hugo H, Mason D, Jobe S, James C, Jade S, Tomas C, Darcy T, Jack N, Henry F, Heath B, Louis B, Sabine B, Skylah N, Kiara R, Sienna R, Noah A, Alex N, Sienna R.

## Enhancing Catholic School Identity (ECSI) Survey

Catholic Schools in the Archdiocese of Melbourne aim for continuous school improvement. An essential element of this improvement is understanding how staff, a representative selection of parents and Yr 5/6 students perceive the Catholic identity in our school and what they might like Catholic Identity at St Joseph's Chelsea to look like in the years ahead.

Selected parents will be asked to complete the survey online: it may take up to an hour to do so. Try not to get caught up in the questions, simply respond intuitively.

Keeping a record of your individual user code and password will allow you to complete the survey over two or more sessions. Your responses to this survey are guaranteed to be kept anonymous. The randomly selected parents will receive an email tomorrow.

Students also have an important voice in our planning and so we invite all students in Yrs 5/6 to participate in the Enhancing Catholic School Identity (ECSI) Survey.

In the weeks ahead each student in Yrs 5/6 will be asked to complete an online survey, access to which is only available through individual user codes and passwords. At no time will students be named or identified in the survey: their responses are guaranteed to be anonymous.



## A parenting style for the ages

By Michael Grose

There's been a great deal of conversation lately about the most appropriate parenting style to raise kids effectively. How do you get cooperation from your child without nagging, yelling or using other less pleasant, coercive means? How do you build a strong connection with your child or young person, so that they you can build a lasting and respectful relationship?

The solution to these dilemmas is easier than you may think. It lies in your ability to assess two different communication styles when you interact with your child. These two styles indicate credibility and approachability. The credible or 'cat' style, as many of the behaviours are cat-like, is the style to use when managing or disciplining children. The approachable style, known as a 'dog' style as many of the behaviours come from the canine world, is used when building positive, healthy relationships. Let's explore a little further and find out how to access each side or style.

### **Find your inner cat to guide and manage**

The 'cat' refers to the credible or authoritative side that we all have but may find difficulty accessing. This cat or credible side is expressed through non-verbal communication – your tone of voice, your posture and your head position.

Speaking with a flat, even voice shows credibility. Keep your head still and body upright when you talk, and your credibility increases dramatically. The quickest way to access your inner cat or credible side is to speak with your palms facing the ground. Most people find that when they do so they naturally speak with a clipped voice, still head and body and a serious expression on your face.

When you speak from your cat or credible side people will usually believe what you have to say. Cat body language gives you authority.

Guide like a cat by speaking calmly, quietly and staying still when you speak. 'Cats' will also withdraw eye contact rather than stand and argue, so look away or respectfully move away rather than become involved in a pointless argument with a child.

'Cats' also look for ways to manage visually (with such things as rosters or charts) or by moving close and whispering, rather than repeating themselves. If 'cats' repeat themselves, they are more likely to lower their voice than raise it to get attention. These cat behaviours work well when guiding and managing children and teenagers.

### **Use your inner dog to nurture and build relationships**

We also have a 'dog' side to our nature. This is the approachable, conversational, relationship-building side.

When you access this side, you generally speak with lots of inflection in your voice. Your head will bob up and down. You'll probably lean forward as you speak, and you'll smile a lot. The quickest way to access your dog side or approachable side is to speak with your palms up.

Many of us feel more comfortable with the dog or approachable side than with the cat side of our nature. If you are in a management position at work, you probably spend more time accessing your cat or credible side than your dog or approachable side. Highly effective managers, like highly

effective parents will move seamlessly between the two, accessing their dog when networking and relationship-building, then finding their cat for negotiations or when making decisions.

### **Bring your cat and dog to your parenting**

As a parent you can make subtle adjustments to your communication to increase your effectiveness. Consciously alter your style to suit different situations rather than let your moods dictate your communication style. It takes effort and practice to move between the two styles. Do it often and you'll find switching from cat to dog and back again becomes an ingrained parenting pattern.

Get your cat and dog wrong and you'll be ineffective. Manage or discipline like a dog and you'll do one of three things – whine to get cooperation, become frustrated if children or teenagers ignore you, or do nothing because you don't want to offend your children. Build relationships like a cat and you'll be seen as distant, stiff and unapproachable.

Get the mix right and you'll be able to give your children exactly what they need. That is, the leadership and safety that cats provide and the nurturance and encouragement that comes naturally to dogs.

### **In closing**

The cat-dog approach spans many different parenting styles and importantly, accommodates for the emotional needs of children and teenagers. It also provides tools for parents who view parenting as an individual endeavour and for those who see parenting as a group leadership task. The cat-dog approach offers parents the flexibility needed to parent effectively in our current times.

Michael Grose

Michael Grose, founder of Parenting Ideas, is one of Australia's leading parenting educators. He's an award-winning speaker and the author of 12 books for parents including *Spoonfed Generation*, and the bestselling *Why First Borns Rule the World* and *Last Borns Want to Change It*. Michael is a former teacher with 15 years experience, and has 30 years experience in parenting education. He also holds a Master of Educational Studies from Monash University specialising in parenting education.



*'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)*

## **PEACEFUL KIDS PROGRAM**

At St Joseph's next term we will be facilitating 'Peaceful Kids'. This is a Mindfulness and Positive Psychology based program to lessen anxiety and stress and increase resilience in children. The program has been created to fulfill a need in schools to offer all children a developmentally appropriate program that gives children the skills, practice and support to utilize coping strategies that lessen the symptoms of anxiety and stress. It does involve parental involvement and commitment to supporting the strategies at home.

### **Outcomes of the Peaceful Kids program**

- Lessen symptoms of anxiety and stress in children
- Teaches children to self-calm
- Empowers children to manage their own anxiety and stress symptoms



- Builds emotional resilience
- Develops emotional intelligence skills
- Teaches children life-long skills to manage stress and prevent stress build up
- Supports children so they know that they are not alone with suffering from anxiety

#### **Peaceful Kids is based on evidence based therapies and research**

- Mindfulness Based Stress Reduction program (MBSR)
- Mindfulness-integrated Cognitive Behaviour Therapy (MiCBT)



- Positive Psychology
- Acceptance and Commitment Therapy

#### **Program structure**

- Peaceful Kids is a 8 week program for children
- Sessions are for approximately 1 hour each week. (40-50 minutes for Prep and Year 1's)
- Sessions include learning a range of mindfulness strategies and meditations and positive psychology exercises.
- Children are guided through meditations daily online via the Peaceful Kids website: [peacefulkids.com.au](http://peacefulkids.com.au)

#### **Parental involvement**

Each week the children learn a new mindfulness meditation and positive psychology strategy that they can share with you at home.

#### **Children learn about**

- Basic theory on Mindfulness and how it affects the brain and lessens stress and anxiety
- The different ways to practice Mindfulness and integrate it into their lives
- Their feelings and how this relates to anxiety and stress levels
- Understanding stress and how it relates personally to them
- Understanding triggers for stress and how to calm down when feeling stressed
- Physical symptoms of stress and learning to identify when they need to take time out to

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calm themselves

- Worrying and how it affects their happiness
- Different types of thinking that increase anxiety or lessen anxiety
- Noticing their own self-talk and how this affects worrying and stress levels
- Creating a balanced lifestyle including lots of chill out time and being in the flow



#### Children learn life skills of

- A range of Mindfulness meditations
- Positive psychology exercises
- Techniques to lessen worrying
- A variety of coping strategies
- A variety of problem solving strategies
- Journaling and expressing their worries
- Facing challenges and fears step by step
- Preventative strategies to help prevent stress build up

- Being attuned to their own bodies and minds
- Being in the flow more regularly and enjoying more of the present moment

### Research

If you would like to learn about Mindfulness and Positive Psychology and its benefits, the following links may be useful to outline the science and evidence based research that the program is based on.

<http://au.reachout.com/what-is-mindfulness>

<http://www.umassmed.edu/cfm/research/>

<http://www.mindfulschools.org/about-mindfulness/research>

<http://www.mindful.org/the-science/medicine/the-science-of-mindfulness>

<http://www.sciencedaily.com/releases/2011/01/110121144007.htm>

<http://www.actionforhappiness.org>

<http://www.mindfulness.net.au/what-is-micbt.html>



## LUNCHTIME CLUBS

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

Lunchtime Clubs At St Joseph's			
Day	Activity Prep -Year 6	Where	Leaders
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, World Peace Project	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

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

## 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

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

💻 <http://sjchelsea.catholic.edu.au>

## **Level Crossing Removal Project**

The Level Crossing Removal Project would like to inform you that Station Street road surfacing will take place in sections from Mon 29th March to Sat 1st April, 9am - 5pm.

During these times you will not have vehicle driveway access during these dates. Pedestrian access will be maintained.

Argyle Avenue intersection will be closed for road resurfacing nightworks Fri 8th to Mon 11th April 7pm to 5am. Traffic detours will be in place, pedestrian access will be maintained. During this time you may not have vehicle access to your driveway and should park your car elsewhere.

Please contact us on 1800 105 105 if you have any questions.

Kind regards,

The Project team

## 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:

- 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 11<sup>th</sup> 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](mailto:enquiries@carrumbowlingclub.org.au)

## 2022 Term Dates

Red indicates a change from last week

**TERM 1: 31st January - 8th April 2022**

**Week 9**

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.

Fri 15th Apr Good Friday

**Term 2: Tuesday 26th April-Friday 24th June****Week 1**

Tues 26th Apr Term 2 begins

Fri 29th Apr Open Day

**Week 2**

Fri 6th May School Closure Staff Professional Development Day

**Term 3 Monday 11th July-Friday 16th September****Term 4 Monday 3rd October - Friday 16th December**