



St Joseph's School, Chelsea

Term 2, Week 4 Thursday 19th May 2022

Prep Afternoon Tea



Dear Families,

As the chill in the air reminds us of Winter it is important we make sure our hygiene practises remain in place,

I have attached a letter regarding considering for yourselves the flu shot this year and the changes to the RATS only when you have systems. This will continue until the end of term and you will still need to collect RATS from school each fortnight.

Don't forget tomorrow is Walk Safely to School and we will meet at the Bicentennial netball courts and walk up to school from 8.10am. We thank Woolworth's Chelsea for their generous donation of fruit to be handed out at school.

Working Bee

On Saturday 21st May we will have our second working bee for the year from 8-10am. If you are available please register your response on Operoo

TONIGHT - Free Parent Night tonight 7pm

Please check and register for tonight's talk from Georgina Manning on "**Understanding and Supporting children with Anxiety**". This is a free event for parents. If you have a friend who might like to attend please get them to register or register for them. (see the attached flyer)

Enrolments 2023

Enrolments are officially open! If you have a child starting Prep in 2023 please complete the enrolment form on our website and hand it into the office as soon as possible.

Uniform Shop

The second hand uniform shop is open Thursday mornings from 8.45-9.10am. Thank you to Wendy and Nidal their help in the running of the shop.

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

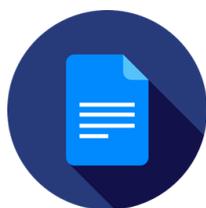
If you hold a valid means-tested concession card or are a temporary foster parent, you may be eligible for CSEF. A special consideration category also exists for asylum seeker and refugee families. The allowance is paid directly to the school and receipted against your account to use towards expenses 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. **Applications close at the end of term 2.**

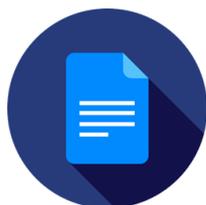
Take Care and Keep Safe

Gavan



Rapid Antigen Test Changes Letter

Download



Flu Letter to Families

Download



Connecting with your kids

by Dr Justin Coulson

Most of us get a bit “judgey” when we see a parent staring at their screen rather than engaging with their kids at the park or the shops – or worse, in a restaurant. And if a parent publicly berates their child, it often sends shivers down our spine.

Even though we are almost all guilty of it from time to time, it’s like there’s some intrinsic mechanism inside us that loads up on guilt each time we see a parent do something that impacts

or severs the connection that they share with their child. We know it's a concern and we draw back from it – and then we remember we do it sometimes too, and the parent guilt sets in.

I think it's because connection is not a luxury item. It's an essential: for your relationship, for your child's wellbeing, and for their future.

What does a positive connection between parent and child look like?

Life Education Learning Manager, Lisa Woodward, says that positive connections are all about love, caring, nurturing, and safety. "In a positive parent-child relationship, family members feel safe and connected to one another."

"It's also about being in the moment with your child", adds Derek McCormack, Director of the Raising Children Network. "It's in a day-to-day setting, having quality time with your child whenever you can. Spotting the opportunities and making the time is really important."

And from my perspective? We run our economy on dollars, and we run our relationships on connection. If there's no dollars in the bank, we're financially kaput. If there's no connection in the relationship, we're relationally broke.

There are great benefits

The benefits of positive connections between parent and child are significant and wide ranging says Woodward.

"Children learn and thrive when they have strong, loving and positive relationships with their parents and carers, and it's the foundation for a child's development physically, emotionally, and socially."

Connection also helps develop important skills needed for a child's future. "Strong relationships set the child up for success in their lives, they are more confident and resilient,

better able to regulate their emotions, make friends and connections with others, and do better at school.”

Connections will change over time

As your child develops, your relationship with them will too. This is normal. “For example, your pre-teen might no longer want you around at the park with their friends, even though your child used to love playing there with you. This doesn’t mean that the connection is not still healthy and positive,” explains Woodward.

McCormack says one of the key principles of a positive connection is communication.

When your child is younger the opportunities for communication are really there any time you want but as a child grows you will need to look out for them more actively and make time for them.

“As your child becomes a teen, communication can be more of a one-way street and involve tuning into feelings and being a support for them,” he explains.

How to achieve positive connections

“Positive connections are based on time together, being present, and building trust and respect”, says Woodward. For example:

Make moments together matter

Booking in “quality time” doesn’t guarantee positive, bonding time. We may have the best intentions but sometimes these special times will not work out the way we had intended.

Often the best conversations happen in the car, at bedtime, or when doing things side by side, like washing up or walking the dog. These moments give you the chance to communicate positive messages with smiles, laughter, eye contact, hugs and gentle touches.

Tune in to your child

Tuning in to your child and thinking about what's going on for them shows them that you care about the things that matter to them, which is the basis for a strong relationship. This could be noticing what your child is doing and commenting or encouraging them. For example, with younger children it might be talking about the Lego creation they are building, or the picture they are drawing.

Nurture trust and respect in your relationships

Be available when your child needs support, care, or help. For example: giving them a hug when they fall over. Stick to your promises. If you've agreed to help them with a school assignment, make sure you follow through.

Value your child and their opinions. This could be showing interest in the things that interest them. Or listening without judgement when they express an opinion different to yours.

Label emotions and listen

Let's say you notice your child seems upset, instead of saying – "Are you ok?", try something like "I notice you seem a bit down – do you want to talk? Or maybe we could just hang out for a while and watch a show together."

In closing

To a child, love is spelled t-i-m-e. That connection helps on a personal level but also by teaching key skills such as communication and resilience.

It's important to remember that the connection will change and evolve as children do. But at the heart of it all is communication and that your child feels safe, secure and respected.

Dr Justin Coulson

Dr Justin Coulson is a dad to 6 daughters. He is the parenting expert and co-host of Channel 9's Parental Guidance, and he and his wife host Australia's #1 podcast for parents and

family: The Happy Families podcast. He has written 6 books about families and parenting. For further details visit www.happyfamilies.com.au.



St Joseph's School Beanie

Our popular beanie is now available from the school office for \$10 each.

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



WE'RE TAKING IT IN OUR STRIDE ON FRIDAY 20 MAY 2022

Well it's that time of year again when our school seriously starts talking about walking!

Walk Safely to School Day asks that we all consider our transport habits and try to incorporate more walking as part of a healthy, active way to get around. And although walking all the way to school isn't realistic for many of us, it's quite easy to figure out how you can build a walk into your family's daily routine.

You can teach your child the healthy habit of walking more by:

- Walking with them the whole way to school
- If they get the bus or train, walk past your usual stop and get on at the next stop
- If you have to drive, park the car a few blocks away from the school and walk the rest of the way.

Regular exercise like walking with your child not only helps them (and you!) beat chronic problems like obesity, heart disease, behavioural and mental health issues and diabetes. It also gives you a great opportunity to teach your child safe ways to behave around roads and traffic.

Remember, Active Kids are Healthy Kids so get planning your own Walk Safely to School Day journey for Friday 20 May 2022!

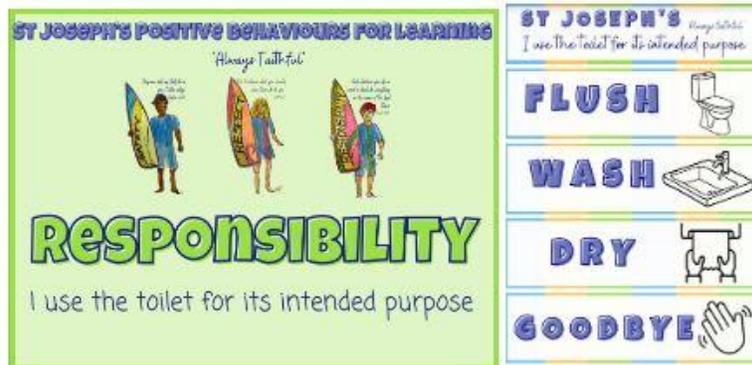
For more information, visit www.walk.com.au

SAFETY **RESPONSIBILITY** **RESPECT**



A positive sense of wellbeing supports a base for rich learning that enables young people to flourish. This holistic view recognises that the sacredness, dignity and giftedness of each person is grounded in the belief that each person is made in the image and likeness of God
(Genesis 1:27)

PBL



This week our PBL focus has been on our core value *“Responsibility”*
We have been learning how to *“use our schools toilets for their intended purpose.”*
by explicitly teaching the students to:

- flush the toilet
- wash their hands
- dry their hands
- place the paper towel into the rubbish bin
- leave the bathrooms tidy (goodbye)



Understanding & Supporting children with Anxiety

Parent Seminar



7pm Thursday 19th May

St. Joseph's Chelsea

(families from neighbouring schools welcome to attend)



Presented by
Georgina Manning
Wellbeing For Kids
peacefulkids.com.au

**Click the link
below to book**

Parents learn:

- The foundations that help to prevent anxiety
- Parenting strategies to develop resilience in children
- How to recognise the signs of anxiety
- Practical strategies to support anxious children

Parent are supported to teach their child how to:

- Lessen anxiety
- Use practical strategies to cope with anxiety
- Simple self-regulation strategies
- Cope with life's ups and downs
- Support their child through anxious feelings
- Become more resilient & face fears



**Click here to book for the Parent Seminar on
19th May 2022**

2023 Enrolments

St Joseph's School

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



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

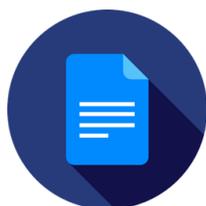
362 Station Street, Chelsea
☎ 8773 1111



✉ info@sjchelsea.catholic.edu.au
🌐 <http://sjchelsea.catholic.edu.au>

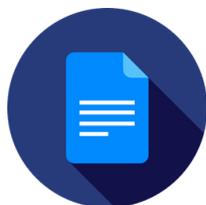
St Joseph's OSHC 2022

- 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



CSEF Application form

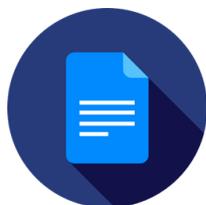
Download



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



Longbeach Place AGM

Dear Members, Friends and Supporters of Longbeach PLACE, We would like to invite you to our AGM on Thursday 23 May, 6.45pm-8.30pm at Longbeach PLACE, 15 Chelsea Rd, Chelsea. There will be information, entertainment and delicious snacks in a warm and inviting environment.

Please register

here: <https://www.trybooking.com/events/landing?eid=898593&>

We hope to see you there.

Level Crossing Removal

Buses replace trains on the Frankston Line between Caulfield and Mordialloc from **Wednesday 1 June to last service Thursday 2 June**, while Level Crossing Removal works take place.

A range of buses will operate to help make your journey as direct as possible. Please see attached brochure for further information.

Plan ahead at ptv.vic.gov.au

Traveling on a replacement bus

Availability
Most train services will be replaced by replacement buses between 1 June to 2 June. For more information, visit www.ptv.vic.gov.au.

Bus routes
Replacement buses will operate between Caulfield and Mordialloc. For more information, visit www.ptv.vic.gov.au.

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Table of bus routes:

Route	Start	End
1	Caulfield	Mordialloc
2	Caulfield	Mordialloc
3	Caulfield	Mordialloc
4	Caulfield	Mordialloc
5	Caulfield	Mordialloc
6	Caulfield	Mordialloc
7	Caulfield	Mordialloc
8	Caulfield	Mordialloc
9	Caulfield	Mordialloc
10	Caulfield	Mordialloc

Buses replace trains on the Frankston Line

Wednesday 1 June to Thursday 2 June

Allow extra time

PT



2022 Term Dates

Red indicates a change from last week

Term 2: Tuesday 26th April-Friday 24th June

Week 4

Thur 19th May Parent Helpers repeat session 2.15pm library

SACS AGM in the library 6.15pm

7pm Parent night with Georgina Manning

Fri 20th May Prep Assembly 2.30pm, Walk safely to School Day

Meet at 8.10 at Bicentennial Netball Courts and walk to school

Sat 21st May Working Bee 8-10am

Week 5 Collect RATS

Thur 26th May Junior Mayor

Fri 27th May Yr 1/2 Assembly 2.30pm

Week 6 Prep A covered by Luisa Campitelli

Tues 31st May Division Cross Country

Wed 1st June Yr 5 JPC Transition Day

Thurs 2nd June Kate Ashley (Prep A) will be married in Queensland

Fri 3rd June Yr 5/6 Assembly 2.30pm

Week 7 Collect RATS

Tues 7th June Yr 4 Reconciliation 9.30am

Wed 8th June Yr 4 Reconciliation 9.30am

Thur 9th June 7pm 1st Eucharist-Maria Forde

Fri 10th June Yr 5/6 Lightning Premiership, No Assembly

Week 8

Mon 13th June School Closure-Queens birthday

Tues 14th June Marine Ambassadors day

Thur 16th June Reports go home

Fri 17th June Yr 3/4 Assembly 2.30pm, 1st Communion 6pm

Sat 18th June 1st Communion 4pm and 6pm

Week 9 Collect RATS

Tues 21st June Prep - 6 Learning Conferences

Wed 22nd June Prep - 6 Learning Conferences

Fri 24th June Sacred Heart mass 12.30pm, End of Term 2 at 3.15pm

Term 3 Monday 11th July-Friday 16th September

Term 4 Monday 3rd October - Friday 16th December