



St Joseph's School, Chelsea

Term 2, Week 5 Thursday 26th May 2022

City of Kingston Junior Mayor





On the 26th of May, today, we, the Junior Mayor group (Chloe W, Bella Q, Isla B, Daniel K, Amber T and Amelie P) went to Moorabbin Town Hall to participate in the Junior Mayoral election. We went together on the train with Mr Bayliss to perform our presentation of this year's topic; If you had a time machine and could travel 5 years into the future, what would you like to see in the City of Kingston? We did our act circling around the idea of Mental Health, Environmental problems and the Wellbeing hub. There were 23 schools taking part in the competition. Having only 2 minutes to do your act, we were nervous and excited at the same time. Watching all the other schools was awesome to watch, giving us different perspectives on the future. There was a main speaker in every group, ours was Chloe Ward. After the presentation, we all voted. In the end, Carrum Primary School won junior mayor with their main speaker talking about beach cleanups. We came in the top 10 for our area, so now Chloe is part of the Junior Council. We had so much fun at the competition, all of us are glad that we got to participate in such an amazing opportunity. We'd like to thank Mr B for taking us.

Amber, Amelie, Bella, Chloe, Daniel and Isla

Dear Families,

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



Ukraine Fundraiser

On the MONDAY 6th of June students and teachers will be asked to wear blue, yellow or both coloured clothing to represent Ukraine.

If you have sport on MONDAY'S we ask you to please wear your runners with your outfit.

Please bring coins/coin.

Each classroom will have a plastic bag to put the money in. At the end of the day all the money will be given to Ukraine.

(This is not a day to wear pink or green so please keep in mind this is a day to help Ukraine so we ask you to wear blue and yellow and blue outfits, as said before.

Thank you for taking your time to read this.

Year 5/6 Students



Do's and dont's of discipline

by Dr Justin Coulson

Season one of Parental Guidance, a reality TV program that aired in November 2021 on Channel Nine, brought several parenting controversies to the fore. One of these was a challenging conversation around discipline.

During the show some parents were aghast when a mum and dad from Newcastle, NSW, disclosed that their discipline included smacking. A couple from South Australia's Barossa Valley divulged the occasional washing of their boys' mouths with soap if they lied or swore. Meanwhile, our "attachment" parents from Melbourne were unwilling to countenance any form of punishment when their children had meltdowns or behaved in an oppositional way.

Discipline is one of the most confusing – and challenging – topics that parents grapple with. Unfortunately we have inherited centuries of unhelpful ideas, and they continue to interfere with what science is showing works best.

What is discipline?

The first definition of "discipline" in the dictionary is "punishment". But this is a relatively new way of understanding the word. Until a couple of hundred years ago, to be disciplined meant to be shown a way to follow.

Discipline literally means to teach, guide, and instruct; or to show the right way.

Why traditional discipline doesn't work

Most parents think of traditional discipline as punishments to administer to their children when they misbehave. These punishments can take the form of smacking, time out,

grounding, withdrawal of privileges, and so on. In the lead up to these punishments, many parents try bribing, threatening, and yelling. Eventually they crack.

While there may be, from time to time, a need for these discipline approaches (that is, for punishment), the reality is that science has shown us there are better ways. When we punish, we teach our kids all the wrong lessons:

- Might is right. If you're big, you can make the little people do what you want
- Power gets you what you want
- Other people's reasons don't matter
- Mistakes are bad

Perhaps most important, punishing our kids makes them more selfish. They sit in their room and hate us and their siblings. They blame others rather than taking responsibility. Traditional discipline ruptures the relationship between parent and child.

Traditional discipline lacks compassion, empathy, understanding, and perspective. It leaves our kids feeling unworthy. The real reason for this is simple: punishment is about making someone pay a price; exacting retribution. Punishment is about hurting others.

The secret to perfect discipline

Real discipline is not about hurting. Real discipline is about helping. When we teach, guide, and instruct, we show a better way for a child who is struggling. The following ideas will help you get your discipline aligned with the best outcomes:

Children are people too

Sometimes we forget that children are people. They seem like impediments in our otherwise well-ordered life! But they have feelings, hopes, dreams, and challenges. Seeing them as

people helps us to respond to them with kindness, even when they're being challenging.

Understand Development

We forget that our children are wearing "L" plates while they learn how to do life. They don't quite know how to behave yet. But if it takes 5 years before they can tie a shoelace, it will take even longer before they can regulate emotions and behaviours. Some adults still struggle. Be patient while they develop.

Don't confuse motivation with ability

We sometimes get mad at our children when they're not playing by the rules. But often it's not because they don't want to be good. It's because they don't know how. They're too tired, they're hungry, they're stressed. Or maybe they're all of the above. We discipline best when we recognise their capability in the context.

Get curious, not furious

When a child is being challenging it's tempting to explode. It's better to explore. It's tempting to reprimand. It's better to understand. It's tempting to be furious. Instead, get curious. When we take the time to understand their perspective, problem solving gets easier.

As we focus on teaching and guiding our children, the data points to better outcomes in behaviour, both now and in the long term. Kids with parents who practice childrearing in this way are more likely to do well in school, with peers, and make better choices. It's a hard way to parent, but when we invest for the long-term, the results are worth it.

Dr Justin Coulson presents: Encouraging good behaviour
Our school has a membership with Parenting Ideas. As part of this membership, you can attend the upcoming webinar 'Encouraging good behaviour' at no cost.

About: In this webinar, Dr Justin Coulson explores the concept of discipline and how parents can encourage good behaviour in children.

When: Wednesday 8 June 2022 8:00pm AEST,

To redeem

1. Click this link: <https://www.parentingideas.com.au/parent-resources/parent-webinars/webinar-encouraging-good-behaviour>
2. Click 'Add to cart'
3. Click 'View cart'
4. Enter the coupon code ENCOURAGE 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 8 September 2022. If you're unable to make the broadcast time, just register anyway and you will get access to the recording.



Rapid Antigen Test Changes Letter

Download



Flu Letter to Families

Download

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)*

Positive Behaviour for learning



This week we are learning about our PBL focus has been on our core value
"Responsibility"

We have been learning how to *"take care of equipment, school property and our environment"*

by

- using the sports equipment for its intended purpose
- putting the sports equipment away after using it
- placing the garden equipment in the cupboard after use
- picking up rubbish and place it in the bins provided
- remembering to use the toilet protocol (flush, wash, dry, goodbye)
- being considerate and put the sand pit equipment placed in buns after use
- keeping learning spaces tidy
- turning off taps to save water
- tidying up the sand pit area after you have finished using the equipment
- bringing NUDE food
- respecting our chickens
- turning off taps

This is important because taking care of our school equipment, property and environment:

- creates a positive learning environments and engaging instruction, this will help all students achieve success
- enhances learning and makes a school a pleasant place to be
- provides a safe and healthy environmentally friendly school
- equipment lasts longer
- safer school yard where students feel able to be themselves and not exposed to danger
- encourages a tidy learning space where students can organise and care for their belongings
- increases students' attention and focus, promotes meaningful learning experiences, encourages higher levels of student performance, and motivates students

SUSTAINABILITY AT ST JOSEPH'S



A big thankyou to all our wonderful families who attended this term's working bee. It was great to see everyone take care of our school and environment by tidying up the garden and school area. Once again it is a great opportunity to get together with other members of our St Joseph's community whilst taking part in caring for our school and its environment.

Peaceful Kids

Last week we were fortunate enough to have Georgina Manning visit. She presented lots of practical ideas on how we can help our children manage anxiety, life and gave our parents lots of great tips as well. If you missed out on the handouts please refer back to last week's newsletter for details.



If you were fortunate to attend could you please complete this quick survey about how we can run nights for parents.

What topics would you like to see covered?

How often? Parent Night Feedback



Miss Ashley is getting married!

Congratulations to Kate and her fiance Alex for their upcoming wedding.

At our special assembly on Wednesday the children had the opportunity to congratulate her.



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

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](#)



2022 Term Dates

Red indicates a change from last week

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

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**

Mon 6th June Ukraine Fundraiser-wear yellow and blue

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 Sport-Aspendale Gardens, Yr 3/4 Assembly 2.30pm

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 5/6 Lightning Premiership, No Assembly, 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