



# St Joseph's School, Chelsea

Term 2, Week 7 Thursday 10th June 2022

## Rotary Club Artshow



This year our 3 / 4's will be submitting their artwork

3/4CS - Off the Rails

3/4W - Boon Wurrung Waters

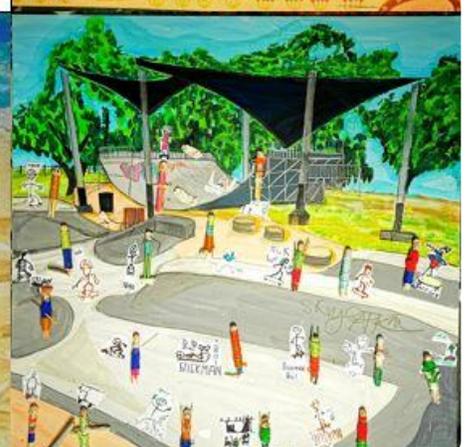
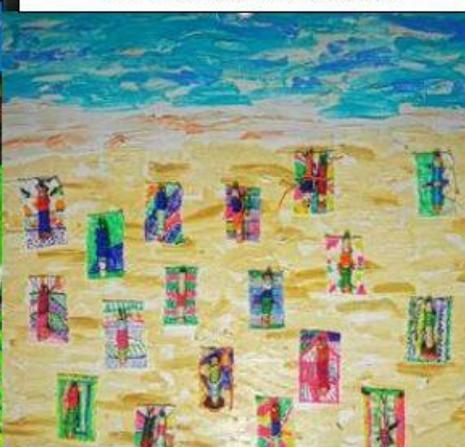
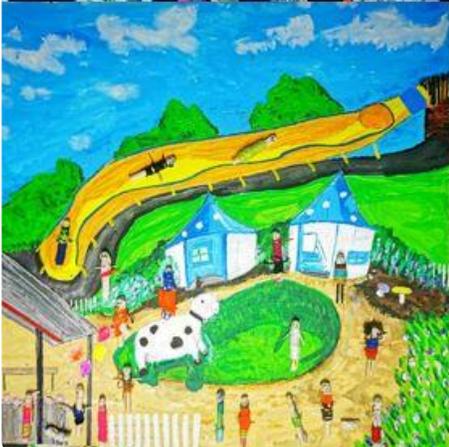
3/4S - Bicentennial BBQ

3/4KG - Sizzle

3/4B - Get on your skates

For further information, please go to:

[www.chelseaartshow.com.au](http://www.chelseaartshow.com.au)



Dear Families,

On Monday we had a fundraiser for the innocent families who have suffered loss during the current conflict in Ukraine. We were able to raise \$630.00 to send to the Red Cross who will use the funds to help support those in difficulty. Thank you for your generous donations.

Thank you to all the families who have kept up to date with Fee and Levy payments. We still have a number of families behind and would appreciate payments being addressed as soon as possible.

**Statements** have been sent home via email today. If you are having difficulty please contact Gavan via email on [principal@sjchelsea.catholic.edu.au](mailto:principal@sjchelsea.catholic.edu.au) or call 8773 1111

**Learning Conferences** will be held in the last week of term. Please book online at [schoolinterviews.com](http://schoolinterviews.com) and use the code 6qy9y. Bookings will open tomorrow at 7.30am. Please check which nights your teacher is available. If none of the times suit please contact your child's class teacher to organise another time. See the attached flyer below.

### **Fundraiser for St Joseph's Woodburn in Lismore**

The children here at St Joseph's Chelsea will be having a free dress day to support St Joseph's Woodburn in Lismore that has been devastated by floods. Please bring a gold coin with free dress on Thursday 16th June.

### **St Vincent de Paul Winter Fundraiser**

Our annual collection for St Vincent de Paul is currently in progress. Each class has a basket for children to donate non perishable food items, blankets etc for the needy at this cold time of the year. The St Vincent de Paul supports over 300 local families each week. Every donation is gratefully accepted. Please bring along items by Wednesday 21st June. Money donations can be put in an envelope and left at the office clearly labelled St Vincent de Paul donation.

### **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.**

### **Sponsors for the Musical The Call of Guadalupe WANTED**

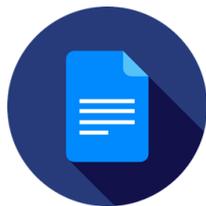
Do you own a business and would like to advertise your activity?

The Musical Call of Guadalupe offers special sponsorship packages to business owners of St Joseph's Parish & School.

The musical will be performed at Chelsea Town Hall in November, aiming at 5 shows and a wide audience from the South-Eastern suburbs.

For more info please contact St Joseph's Parish Office 9772 2211 or [Chelsea@cam.org.au](mailto:Chelsea@cam.org.au)

Gavan



## **Learning Conferences 2022**

Please click on the download link

**Download**



# Season's for Growth - Learning to live with change and loss

***Every family will receive an Operoo notice in the near future with more details about the Seasons for Growth program. If you think your son or daughter would benefit from Seasons for Growth we would encourage you to talk to him/her about participating in the program.***

Change and loss are issues that affect all of us at some stage in our lives. At St Joseph's we recognise that when changes occur in families through death, separation, divorce and related circumstances, young people may benefit from learning how to manage these changes effectively. We are therefore offering a very successful education program called Seasons for Growth which will commence in term 3.

This program is facilitated in small groups and is based on research which highlights the importance of social support and the need to practise new skills to cope effectively with change and loss. The program focuses on issues such as self-esteem, managing feelings, problem-solving, decision-making, effective communication and support networks.

St Joseph's is pleased to be able to offer this important program and we are confident that it will be a valuable learning experience for those who request to be involved.

If you require further information please contact Kate Cronin or Lisa Kniesse.

**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)*



## **Peaceful Kids Program**

At St Joseph's this term we facilitated 'Peaceful Kids' and look forward to continuing this program next term. 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 utilise 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 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

## **Podcast**

Host Jo Stanley and Psychotherapist and Director of Wellbeing for Kids, Georgina Manning discuss what Mindful parenting looks like and the benefits for both the parent and the child.

Podcast Link [Jo Stanley talking to Georgina Manning](#)

# POSITIVE BEHAVIOURS FOR LEARNING (PBL)



This week the students at St Joseph's continue to learn about our core values. This week we have been focusing on:

*"Respect: I speak and act kindly"*

Acts of kindness have the potential to make the world a happier place. An act of kindness can:

- boost feelings of confidence, being in control, happiness and optimism
- encourage others to repeat the good deeds they've experienced themselves - contributing to a more positive community
- enhance positivity
- help children feel good about themselves as it increases serotonin levels. This important chemical affects learning, memory, mood, sleep, health, and digestion.

So remember it is cool to be kind!

IN A  
WORLD  
WHERE YOU CAN BE  
ANYTHING  
BE KIND



# Teaching kids to be kind

by Rachel Tomlinson

Judgement and criticism are the stock in trade for many people in today's fast-paced world. In our playgrounds and parks, children often act cruelly – or are simply uninterested in how other people feel. Little kids, big kids, and even adults can respond reactively and unthinkingly, or sometimes intentionally, with unkindness.

Although being unkind is nothing new (it's happened from the beginning of humanity), technology is enabling cruelty in faster, easier, anonymous ways. Technology is also making it hard for our kids to develop skills to delay gratification. Exercising impulse control – self regulation – is trickier because waiting isn't needed. These things combine to make it increasingly hard to be a compassionate and kind person, someone who considers the needs of others rather than acting out of self-interest. It demands intention and commitment.

## **The helper's high**

Our brains release “feelgood” chemicals (like oxytocin, serotonin, and endorphins) which fight stress and make us feel happy when we engage in, or even witness, acts of kindness. It's called the “helper's high” and it's our brains' way of rewarding us for doing good, making us want to repeat the behaviour to get the same good feeling again. Not only does being kind feel good, but it generally keeps us safe because it makes us more likely to be accepted by social groups. It builds social capital when we are considerate of the needs of others.

## **Create opportunities for kindness**

Even though they are hardwired for kindness we still need to create opportunities for our kids to engage in acts of kindness. We also need them to know what it feels like to

have someone treat them kindly (so they know what behaviours to copy, and why kindness is important). So how can you help them?

### **Model kindness**

Show your children how you treat others kindly. Hold open doors for people, put trolleys back that are in the middle of the car park, drop a meal to a sick family member, donate old towels to an animal shelter, let someone in when traffic is heavy.

They don't have to be grand gestures, just small and gentle ways of considering the needs of others.

### **Use kind language**

Consider how you speak to your child and what you say when you speak. Ask how you speak about others (and yourself). Our kids use our behaviour as templates for how they should act. So let them see your compassion shine through for those around you. Be kind as you listen. Be kind as you talk. Say kind things.

### **Encourage helping**

Is one child great at maths and their younger sibling isn't? Invite them to teach them or guide them through their homework. Ask them to show you how to play their favourite video game. If they are great at cooking, ask them to help you prepare dinner. Having them involved in prosocial ways gives them a helper's high.

### **Build their emotional intelligence**

Kids who struggle to regulate and manage their emotions will find it harder to treat others with compassion. An essential part of teaching kids to be kind centres on teaching them to manage challenging emotions, and giving them coping strategies to navigate their way through.

- Teach them the words for feelings. Without the right words to share how they feel it can leave kids confused, fearful and frustrated...which only serves to make their big feelings more intense. When you see them experiencing a feeling, name it for them: “I can see that made you so mad”, “I wonder if you felt sad when your friend left you out”.
- Help them identify when they are escalating, but don't try and reason with them when they are in the “red zone” – we cannot reason with them at this stage as they are in the emotional part of the brain (mid brain) not the part that lets them be logical (pre-frontal cortex). Discuss strategies and practice when they feel calm. Get them doing things like squeezing play dough, talking about how they feel, going for a run, switching on music that makes them feel good, drawing or writing stuff down.

When you do this, you're being kind, teaching kindness, and helping them be kind to themselves.

### **In closing**

Encouraging kids to be kind is essential in helping them avoid seeking instant gratification, ego-centric solutions, or being cruel. When people are empathic and kind they are more likely to experience better overall wellbeing, this is in part due to the helper's high, but also because they feel fulfilled and tend to have better quality relationships. Kindness is cool!

### **Rachel Tomlinson**

Rachel Tomlinson is a registered psychologist and the author of Teaching Kids to be Kind and A Blue Kind of Day. Rachel has presented at national conferences on mental health topics as well as guest lectured about relationships at colleges and universities. She also serves as a subject matter expert for journalists on topics such as parenting, child development, and relationships. For further details visit [www.towardwellbeing.com](http://www.towardwellbeing.com)

## 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 - 15 or 30 mins, whatever you can spare. 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](mailto:info@sjchelsea.catholic.edu.au)  
💻 <http://sjchelsea.catholic.edu.au>

## UNDERSTANDING THE RULES

Kiss & Go zones are for your child's safety, your convenience and to minimise congestion and confusion.

### Kiss & Go rules

- The Kiss & Go zones operates under the same conditions as 'No Parking' zones. You may stop in this area for up to 2 minutes to drop off or pick up children.
- The driver may not leave the vehicle unattended. This means no more than 3 metres away from the vehicle.
- This zone applies only during the hours of operation as indicated on the sign.

### Remember

- **Do not leave your vehicle**  
To assist with traffic flow, drivers should remain in the car whilst children get in and out.
- **Be timely**  
If your child does not get in or out of the vehicle within 2 minutes you must leave and re-enter the Kiss & Go zone.
- **Child safety**  
Please ensure children get in or out of the vehicle on the kerb side. The back seat is the safest seat for children to travel in. Ensure children have their restraints securely fastened before driving off.
- **Stay in sequence**  
Drop off or pick up your child close to the top of the zone, as far forward as possible. This allows vehicles following you to enter the zone in an orderly manner.
- **Driver duty of care**  
Observe traffic when entering or leaving the zone. Use your indicator to advise when moving into or out of the zone.
- **No U-turns**  
Do not do U-turn in busy school zones. They are dangerous and put children at risk.



## Kiss n Go

We have put this flyer in as a refresher

for the rules of the Kiss n Go area

for before and after school.

Please have a read and keep this in mind

when you are using the Kiss n Go area.

The flow of the Kiss and Go area works well

when we all use it correctly.

**FRIENDSHIPS**  
*and* **FUN!**



**27 JUNE - 8 JULY 2022**

**SCHOOL  
HOLIDAY  
PROGRAM**



**CHELSEA PRIMARY SCHOOL**

**SOUTHMOOR PRIMARY SCHOOL**

**PROGRAM HOURS 7.30AM - 6PM**



**CREATING**  
*connections*



**enrol at** [kingston.vic.gov.au/schoolholidayprogram](http://kingston.vic.gov.au/schoolholidayprogram)

**KEY DATES**  
Enrolments open:  
9am Friday 27 May 2022  
Enrolments close:  
5pm Friday 17 June 2022

# 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.

Thankyou for completing the online form. We are hoping to start operating Before School Care from the beginning of Term 3. More details to follow shortly.



## 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 Community News

Download



## 2022 Term Dates

Red indicates a change from last week

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

Week 7                      **Collect RATS**

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

Free dress day/gold coin for floods St Joseph, Lismore

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**

Mon 20th June Prep - 6 Learning Conferences

Tues 21st June Prep - 6 Learning Conferences

Wed 22nd June Prep - 6 Learning Conferences

Thurs 23rd June Prep - 6 Learning Conferences

Fri 24th June Sacred Heart mass 12.30pm - donations for St Vinnie's due

**End of Term 2 at 3.15pm**

**Term 3 Monday 11th July-Friday 16th September**

**Week 1**

Mon 11th July Students return

**Week 3**

Wed 27th July Preps 100 days celebration

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