



St Joseph's School, Chelsea

Term 2, Week 2 Thursday 6th May 2022

*Happy Mother's Day
To all the special people
In our life*



Dear Families,

Don't forget tomorrow is a school closure for all students. The staff will be attending a day with staff from MACS around PBL (Positive Behaviour for Learning) we are currently implementing at St Joseph's.

Happy Mother's Day

It was great to see so many mother's and grandmother's at the afternoon tea today. I hope that all mother's are spoilt over the weekend and have a great day.

NAPLAN

Over the next two weeks our Year 3's and Year 5's will be attending NAPLAN assessments. If you do not wish to have your child sit the assessments please contact me or your child's class teacher before the end of the week.

Next week our **Legion of Mary Group** will start up again for the first time in two years. The Parish Legion of Mary group will take the Yr 3-6 classes for a Rosary session during the rest of the term. Each child will attend a session and then in Term 3 we will have the opportunity for those children who wish to attend a session a week.

Working Bee

On Saturday 21st May we will have our second working bee for the year from 8-10am. Look out for an Operoo invitation next week.

Thursday 12th May repeat session of **Parent Helpers** in the Visible Learning Classroom (Literacy)
2.15pm-3.15pm

We are running a repeat session of the Parent Helpers course. Please feel free to come along. Unfortunately this will not be recorded.

We have a couple of parent nights coming up. Please check and register for the upcoming talk from Georgina Manning (flyer attached). 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.

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. We are now 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.

Take Care and Keep Safe

Gavan



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



A Mother's Day message for Dads

Dr Justin Coulson

Mother's Day is a sensitive topic to write about. While it is a day of joy and delight for many families, it can also be a day of difficulty, and even pain, trauma, or sadness for many others. Many of us have farewelled a mother, experienced a relationship rupture with our mum, or experienced other challenges. And so many mums, this Mother's Day, will be grappling with co-parenting, separation or divorce, or an inability to be with their children in loving and meaningful ways.

There are two other challenges that Mother's Day brings:

First, even on the day when Mum should be feeling loved on by everyone, the overwhelming load of cooking, cleaning, and even thinking about what the kids should "surprise her with" still falls to too many mums. This is not how it ought to be. And second, one day of bliss (if it works out that way at all) is nice, but what about the other 364 days of the year?

So this is a Mother's Day Insights with a difference. This is for the dads, the co-parents, the partners, the ex's, and anyone else who wants to make sure that the Mum of the house gets the love and respect she deserves, not just on Mother's Day, but on all of the days.

Mum, pass this on to your partner and others who matter. This is not for you this time. It's for them to read, memorise, and live.

Help mum develop a sense of time affluence

Have you noticed how often Mum is flustered? How often it seems like there's not enough time? And what time there is floats through the day like confetti, with just a minute here or

there... and then the never ending demand that she get back into the rat race?

Recent research tells us our happiness goes up as our rushing goes down. It's called "time affluence" and it means that we slow our lives down so that it literally feels like we have more time, even if we don't.

How can partners do this? Help Mum build a sense of time affluence (or abundance if you prefer) by going for a walk rather than driving – and not walking for exercise. Create it by having a "yoyo" night (You're On Your Own) where the kids sort themselves out with leftovers or cheese toasties. Create a system where Mum doesn't have to feel obliged to do everything for everyone every time. Step back. Slow down. Or at least, let Mum do that a little more.

Be open to mum's influence

Have you noticed how Mum is always the one who steps back and let's everyone else decide? What would it be like if we were more inclined to look to Mum when decisions are being made and say, "Would you like to decide this one?"

It's true that sometimes Mum is tired of making decisions. Perhaps she doesn't want to. But studies show that even in our modern 2022, Mum is often voiceless. Everyone else gets what they want while Mum serves and does what she's told. If everyone could stop being a bossy boots and let Mum have a clearer, louder voice, not by yelling, but by seeking her counsel and inviting her opinions, it might make life nicer for all, especially Mum.

Ask how you can help

If everyone said, "Mum, how can I help?" or if partners said, "Honey, what do you need?" it might make Mum's day.

You know what's bigger? Help without asking. It shouldn't be up to Mum to have to tell everyone how to help and when to help and hassle them for not helping already. Do it without needing to be asked. This means remembering to empty the

garbage or run the bins to the street, cleaning the kitchen, putting a load of washing on... you know, all that stuff that the cleaning fairy usually does.

Drop your agenda and help her with hers

It's easy to get caught up in our own agenda and forget that the woman we're brushing our teeth next to in the bathroom is a real person with hopes, dreams, and desires. Recognise her perspective and elevate her by treating her so well that your children will know how the most important person in your life ought to be treated. That way, when they're bigger (or even now), your kids have no doubt how they ought to treat their partner when they are old enough – and how they should expect to be treated.

The greatest compliment any dad could ever hear is “You always treated mum like she was the most wonderful woman in the world.”

Bring that approach to every interaction. Make mum's day – every day.

(And a quick bonus tip: Do the leg work to make sure Mum actually has a nice Mother's Day and that she doesn't end up cooking, cleaning, or choosing her own gifts!)

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.



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



WELLBEING

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



Last week we finally were able to facilitate Peaceful Kids' groups. 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. We look forward to continuing to support our students' wellbeing throughout their school journey.

PBL



Our PBL focus has been on our core value *"Responsibility"*

We have been learning about our school's *"Acceptable Use Policy"*. Everytime we use technology at school or use our schools Google accounts we have a responsibility to

- use all digital technology with care at all times
- only access devices and services with permission
- only use my personal school logins when working in the digital space
- always log out of any device when not being used
- follow protocols for Google Meetings, including having my camera switched on and muting my microphone until I need to speak
- report any damage to devices to a teacher
- report any inappropriate images, websites, emails or messages that make me uncomfortable to a trusted adult

It is important that we are responsible when we use technology because it:

- keeps students and our school safe
- allows students to be respectful and look forward to being in an safe environment that promotes social and creative learning
- students access safe and respectful websites
- equipment is respected
- creates an open space for kids to explore, learn and grow
- Students are ready to learn



We also have been learning about a *"Calm Corner"*. A calm corner is a designated space in our classrooms with the sole intent of being a safe space for a child to go to when they feel their emotions are running too high and they need to regain their emotional and physical control.

Each classroom has a calm corner that includes:

- a safe space towards the back of the room
- a bean bag/cushion
- basket of sensory tools
- timer (students should only need to be in this area for 5 minutes)



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.

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



our preferred time or further information

362 Station Street, Chelsea

☎ 8773 1111

✉ info@sjchelsea.catholic.edu.au

🌐 <http://sjchelsea.catholic.edu.au>

Helping your child with anxiety (4th May)

Upcoming Webinar for Parents

Dr Justin Coulson presents: [Helping your child with anxiety](#)

Dr Justin Coulson writes and speaks about parenting and family – because nothing matters more. Justin returned to full time study in his late twenties where he earned first class honours and a subsequent PhD in Psychology so that he could learn how to be a better husband and father. Justin and his wife, Kylie, are the parents of 6 daughters. Now the focus of his life is his family and helping other families flourish – in that order. He is a best-selling parenting author, co-host of Parental Guidance on Nine, co-host of the #1 parenting podcast and a wellbeing and relationships keynote speaker. And he is now the new owner of Parenting Ideas.

We have a membership with Parenting Ideas, one of Australia's most trusted sources of parenting education and support. As part of this membership, all the parents and carers in our community can attend this webinar at no cost.





Watch from any device, any location



See the expert as they speak



Catch up recording available

Valued at \$39 per person

No charge for you

Watch an overview from Dr Justin Coulson
below

parentingideas.com.au

parenting*ideas



About the webinar



Helping your child with anxiety

Anxiety has become one of the leading causes of ill-health in our children. And it's also affecting more parents than ever before. The COVID-19 pandemic has exacerbated what was already an accelerating problem.

Can we stop anxiety? Where is it coming from? Are our kids bubble-wrapped snowflakes that just need to "toughen up" and get over it? Or is there an approach to our children's anxiety that can build them, encourage them, and give them hope?

This webinar will provide the answers every parent needs to help their children and even to help themselves.

Key learning and discussion points include:

- Recognise anxiety in your child and know how best to respond when anxiety flares up
- Become a supportive hope-giver to your child to empower him/her to be courageous in the face of anxious thoughts
- Uncover the research-based #1 strength your child can develop to combat anxiety and develop remarkable resilience
- Identify how your own anxieties could be affecting your child, and know how to manage them
- Learn proven strategies to help both you and your child navigate and manage anxiety when things get stressful

Date and time

This webinar will be held on Wednesday 4 May 2022 at 8:00pm – 9:00pm AEST.

Redeem your webinar - it's easy!

To redeem your webinar please click on the link below and follow steps 1 to 7

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This offer is valid until 4 August 2022. If you're unable to make the broadcast time, just register anyway and you will get access to the recording.

parentingideas.com.au

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Please click here to redeem your webinar

<https://www.parentingideas.com.au/parent-resources/parent-webinars/webinar-helping-your-child-with-anxiety>

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 2

Fri 6th May School Closure Staff Professional Development Day,

District Cross Country

Week 3 Collect a pack of RATs per child (Wk 3&4)

NAPLAN Yr 3 & Yr 5 this week

Thur 12th May Parent Helpers repeat session 2.15pm library

Eucharist parent session 7pm

Fri 13th May Yr 1/2 Assembly 2.30pm

Week 4 NAPLAN Yr 3 & Yr 5 this week

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 8am

Week 5

Thur 26th May Junior Mayor

Fri 27th May No Assembly

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

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

Term 3 Monday 11th July-Friday 16th September

Term 4 Monday 3rd October - Friday 16th December