



St Joseph's School, Chelsea

Term 3, Week 2 Thursday 21st July 2022

Year 3/4 Zoo Excursion



Dear Families,

The icy mornings and beautiful winter days help make everything more bearable.

Our year 3/4s had a great day at the zoo yesterday and the 1/2s are off there next Wednesday.

These excursions help enhance the great learning happening in classrooms.

Congratulations to our girls footy team who made it through to the Division finals, but just missed out on advancing to the next level. Well done girls. Good luck to our girls soccer team who are playing in the Division finals next Tuesday.

Please read the new Concessional fact sheet information for those families who qualify and meet the criteria. It offers significant savings to families.

St Joseph's Concessional Fee Policy

Concessional School Fees are available to any family that meets the below eligibility criteria:

- of Aboriginal or Torres Strait Islander heritage
- holding an HCC (Dept of Health Concession Card) and eligible for CSEF
- experiencing severe financial hardship
- holding a DVA Gold Card (Dept of Veterans Affairs Health Card)
- identified as refugees and holding an ImmiCard is strongly encouraged to apply for concessional school fees.

To see St Joseph's School Fees Concession policy please click on the link below.

Students of eligible families are entitled to concessional school fees.

The school fees for eligible students are:

1. 1 child: \$15 per child per week, direct debit (\$780 per annum or \$195 per term)
2. 2 children: \$23 for the family per week, direct debit (\$1196 per annum, or \$299 per term)
3. 3+ children: \$30 for the family per week. direct debit (\$1560 per annum, or \$390 per term)

If your family meets the criteria please click on the application form below and return the completed form to the school office.

RATS

Don't forget to pick up your RAT tests at school. Three packs per student in Terms 3 & 4. Thank you for continuing to follow protocols with keeping children home when sick. This helps to keep us all well.

Before School Care

This week Before Schoolcare started at St Joseph's. We have had a small number, however, it is slowly growing. If you would like to book in please do so on 9581 4867. We hope we can continue to see it grow.

Enrolments 2023

Enrolments remain 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.

SAVE THE DATE – Family trivia night at St. Josephs School Hall, Sunday 21st August 5pm. Tickets on sale soon. Organised through Chelsea Parish.

Gavan



St Joseph's School Fees Concession Policy

[Download](#)



St Joseph's School Fees Concession Application form

[Download](#)

Yr 5/6 Girls Footy



What to do when life feels overwhelming

- by Turia Pitt

A friendly reminder: it's perfectly OK if you're finding things tough right now.

Being a parent is awesome. It's also exhilarating, frustrating, hilarious, exhausting, sun-drenched, rain-soaked, love-soaked, and overwhelming.

All the emotions. The full spectrum of them!

If you're having a hard time at the moment, I'm sending you a very large coffee and an uninterrupted night of sleep (preferably not at the same time).

I also have some tips for getting through a tough time in general.

I hope they help!

Firstly, try to accept it

Your experience in life right now might be better than someone else's ... or it might be worse. But, however you want to spin it, a tough time is a tough time. Accept it.

There's no need to temper it with an "at least"

Say to yourself "Yep, this sucks".

It's amazing what happens when we drop the facade that "Everything's OK".

Secondly, try to practice some mindfulness

About a year ago, my son Hakavai was gifted a secondhand box of Lego from a friend of a friend. And, he frothed on it. Every morning, for like a solid month (a decade in toddler time), he was playing with his Lego. Initially, I found it annoying.

Have you ever stepped, barefoot, on tiny little Lego pieces at 6 am, before coffee? Have you ever tried to vacuum around little Lego pieces?

(Don't kid me, you minx. You sucked 'em straight up into the vacuum, just like I did, didn't you?!).

But the Lego fascination seemed to be a lasting one, so one morning I sat down with him and tried to build something. But I couldn't, cos none of the sets were complete. And also, he

didn't really want me to play with "his" Lego pieces either.

Which suited me fine, cos the next day I drove down to the shops and purchased a shiny new box of Lego. The police station set, not anything cool like the Star Wars ones (that stuff is expensive!!).

And that night, the very minute Hakavai fell asleep, I busted out my new Lego. A glass of wine at the ready, I relaxed into a world of tiny, intricate construction.

There was something soothing about following someone else's instructions and building the pieces block by block. I got to zone out, unwind, and temporarily forget my responsibilities.

That night, I slept not like a baby (they wake up a lot), but like a tiny, plastic policeman – flat on my back, in the same position I dropped down in.

Being mindful doesn't have to involve crystals and chanting and yoga pants. It's really about relaxing into the present moment. And when life is feeling all a bit too much, a little present moment time can feel really good.

Thirdly, ask yourself "What would make today feel just a little bit better?"

And whatever the answer is: making apple crumble, talking to a friend, putting on a comforting TV show, reading your favourite book, playing Monopoly with the kids ... go and do it. Make it happen.

Note: you're not asking "What do I have to get done today?". You're asking yourself "What would make my day feel just a little bit brighter?" (You'll be surprised how doing something hard makes you happy... like you've achieved something.)

This is something I started doing in my first year of being a Mum.

Those first few months were a blur and, with this tiny baby in my arms, my capacity for “doing things” was reduced. I had to drop my expectations for what I could realistically achieve in one day, especially in the first few months.

But on the days I prioritised doing something that made me feel good – even if it was just for 5 minutes – I felt clearer. More like myself again. Life felt like less of a blur.

So, this is your permission to drop the laundry, eat toast for dinner, and go and take a few minutes for yourself.

Heck, maybe you’ll spend that time playing Lego!

I’ll be with you, in spirit. At my own kitchen table, building a police station extension.

In closing

Lastly, my friend, please know that being human means experiencing a full spectrum of emotion.

It’s OK if you feel tired, overwhelmed, sad or angry.

Be kind to yourself and take a moment to appreciate all that you are and all that you do.

With love,

Turia x

Turia Pitt

Turia Pitt is living proof that anything is possible. One of Australia’s most admired and recognised people, Turia is a four-time bestselling author, two-time Ironman and a Mum of two boys. She spends her days teaching Mums to make time for themselves and learn how to run in her program Run with Turia, exploring what we learn from hard times in her podcast Turia Pitt is Hard Work, and running around after her two boys.

St Vincent De Paul Winter Appeal

Dear Principal, Teachers, Parents and Students.

Once again you have supported St.Vincent De Pauls Winter Appeal with a wonderful and generous collection of groceries. Many thanks for this.

Our store looks great and the bags of groceries we take out every day on our visits are really appreciated. Your continued interest and valuable support for our Conference is warmly welcomed and appreciated.

With grateful thanks.

May God Bless you all.

Chelsea Conference

St.Vincent De Paul.

President..... Tim Welsford

Secretary..... Carole Ryan

Scholastic Bookclub

Scholastic Bookclub

Catalogues were sent home with your child last week. Ordering of any items must be done online through the scholastic website by Thursday 1st August. The items will then be sent to school to be distributed through to your child/ren.

This issue (issue 5) Scholastic are running the following promotion:

For parents ordering via LOOP (not cash payments), if they order:

- More than \$30 – they get 1 free book
- More than \$50 – 2 free books
- More than \$70 – 3 free books

WELLBEING

SAFETY

RESPONSIBILITY

RESPECT


'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)

POSITIVE BEHAVIOURS FOR LEARNING

ST JOSEPH'S POSITIVE BEHAVIOURS FOR LEARNING

'Always Faithful'
Keep an adult in mind for us please!
Be safe!
Think 2/2!



LEARNING AREAS/INDOORS

- I follow the instructions of adults by using whole body listening
- I ask an adult for help
- I move safely
- I keep hands, feet and objects to myself

OUTDOOR AREAS

- I follow the instructions of adults by using whole body listening
- I speak and act kindly
- I keep hands, feet and objects to myself
- I ask an adult for help
- I move safely
- I use equipment for its intended purpose

SCHOOL GATHERINGS

- I follow the instructions of adults by using whole body listening
- I ask an adult for help
- I move safely
- I keep hands, feet and objects to myself

TOILETS AREAS


- I move safely
- I flush, wash and dry my hands
- I keep the toilets a play free zone
- I keep hands, feet and objects to myself
- I ask an adult for help

ONLINE

- I follow the instructions of adults by using whole body listening
- I ask a trusted adult for help
- I follow the Acceptable Use Policy

ST JOSEPH'S POSITIVE BEHAVIOURS FOR LEARNING

'Always Faithful'
Do to others what you would have them do to you
2/2/2!



LEARNING AREAS/INDOORS

- I follow the instructions of adults by using whole body listening
- I speak and act kindly
- I include others

OUTDOOR AREAS

- I follow the instructions of adults by using whole body listening
- I speak and act kindly
- I include others
- I use equipment for its intended purpose

SCHOOL GATHERINGS

- I follow the instructions of adults by using whole body listening
- I speak and act kindly

TOILETS AREAS

- I give others personal space and privacy
- I treat the toilet area with care

ONLINE

- I follow the instructions of adults by using whole body listening
- I speak and act kindly

ST JOSEPH'S POSITIVE BEHAVIOURS FOR LEARNING

'Always Faithful'
And whatever you do or want to do, do nothing in the name of the Lord Jesus
2/2/2!



LEARNING AREAS/INDOORS

- I follow the instructions of adults by using whole body listening
- I organise myself and my belongings
- I have a growth mindset
- I stay on task
- I take care of equipment and the school environment

OUTDOOR AREAS

- I am Sunsmart
- I take care of equipment and the school environment
- I follow the rules of the game being played

SCHOOL GATHERINGS

- I take care of equipment and the school environment
- I represent the school with pride and uphold the school expectations

TOILETS AREAS

- I use the toilet for its intended purpose
- I flush, wash and dry my hands

ONLINE

- I follow the Acceptable Use Policy
- I take care of equipment and the school environment

SAFETY

RESPONSIBILITY

RESPECT

THIS WEEK WE ARE FOCUSING ON:



This week the students at St Joseph's continue to learn about our core values. This term we start off by revisiting the following expectations:

Safety and Responsibility

I move to and from classes safely by:

- following the bell routine (when the music starts move calmly to your line, go to the toilet, sitting down when the bell goes in roll order)
- moving safely and quietly
- asking an adult for help
- holding equipment as I move
- keeping hands, feet and objects to myself

I use the toilets for its intended purpose by:

- flushing the toilet
- washing my hands
- drying my hands
- placing the paper towel into the rubbish bin
- leaving the bathrooms tidy (goodbye)

SUSTAINABILITY AT ST JOSEPH'S

YEAR 1/2 WASTE WARRIORS

Our school focus for Sustainability is WASTE.

The Year 1/2 students will become Waste Warriors at school beginning this term and will be cleaning up any waste from our beautiful playgrounds and gardens on Thursday and Friday afternoons, after recess and lunch breaks. We have noticed that on canteen days we need to remind and encourage our students to place wrappers and lunch bags in the bins provided or to take their waste home.



Last week the Year 1/2 Waste Warriors commenced our weekly playground clean up at recess and lunch times, Thursday and Friday.

St Joseph's Parish Trivia Night



Save the date!

**Family Trivia Night
at St Joseph's Hall
Sunday 21st August @ 5pm**

BYO dinner to share with your table
Some drinks/pizza available to purchase on the night

Prizes, give aways and a fun filled night
for all the family!

Limited seats available.

Booking link will be advertised in the newsletter soon!

All funds raised will support
The Call of Guadalupe Musical performances in November





NCCD Information Sheet for Parents

Nationally Consistent Collection of Data (NCCD) On School Students with Disability

What is the Nationally Consistent Collection of Data?

Schools must now complete the Nationally Consistent Collection of Data on School Students with Disability (NCCD) every year. It counts the number of students who receive additional adjustments or “help” at school because of a disability. The NCCD helps governments plan for the needs of students with disability.

Who is counted in the data collection?

To count a student in the NCCD, schools must think through some key questions:

1. Is the student getting help at school so that they can take part in education on the same basis as other students?
2. Is the help given because of a disability? The word ‘disability’ comes from the Disability Discrimination Act 1992 (DDA) and it can include many students.
3. Has the school talked to you or your child about the help that they provide?
4. Has the school kept records about the help they provide, the student needs and the reasons that the student needs this help? The school will need to keep copies of tests, student work, assessments, records of meetings, medical reports or other paperwork and information about how the student’s learning is moving along over time.

Once the school decides that the student should be counted in the NCCD, they then choose a disability group and one of four levels of help that has been given to the student.

What does the word ‘disability’ mean in the NCCD?

In the NCCD the word ‘disability’ comes from the Disability Discrimination Act 1992 (DDA). There are four types of disability that the school can choose from:

sensory, cognitive, social-emotional and physical.

Many students that need help at school can be counted in the NCCD. For example, students with learning problems, e.g. specific learning disability or reading difficulty (sometimes called dyslexia), health problems (e.g. epilepsy or diabetes), physical disability (e.g. cerebral palsy), vision/hearing loss and social-emotional problems (e.g. selective mutism, Autism Spectrum Disorder, anxiety).

Letters from doctors or specialists can be very helpful for schools as they plan how to support students with their learning. Schools do not need to have these letters before they can count a NCCD Information Sheet for Parents, Carers and Guardians CECV NCCD Information Sheet for Parents, Carers and Guardians Page | 2 student in NCCD. Teachers can use all that they know about the student's learning and the records that they have collected over time to decide if a student can be counted in the NCCD.

What sort of help does the school give students?

Students need different types of help at school. Some students need a little help sometimes while other students need a lot of help nearly all the time. The type of help given depends on the needs of the student. The help can include changes to the school buildings or grounds (e.g. ramps or things like special desks or chairs), extra teacher help in classes, special learning programs, changes to the work they give the student or extra adult help.

How will the NCCD be different this year?

All schools have been counting students in the NCCD since 2015. The government will use the NCCD data as part of the funding to schools.

What will the school need to know about my child for the NCCD?

Schools work together with families to understand the needs of each child. It is helpful if families give their child's teacher a copy of any letters or reports they have. The letters or reports will help the school understand the child and the help that they might need. Letters from doctors, psychologists, speech pathologists, doctor, and occupational therapists etc. can be very helpful for schools. These

reports along with information that the teacher has (i.e. school based tests, your child's work and learning plans) helps the school to understand and meet your child's needs.

What happens to the NCCD data?

Who will have the NCCD information? Each school principal must check the NCCD data in August of each year. The school will give the information to the Catholic Education Office. The school will work with the Catholic Education Office to make sure that the NCCD data is OK before they give the data to the government. The government will not be given the names of any students or any letters or records. Please ask your school for their privacy policy if you need to know more.

Does the school need me to agree with them about counting my child in the NCCD?

Amendments were made to the Australian Education Act 2013 and Australian Education Regulation 2013). Schools do not need you to agree to let them count a child in the NCCD. You cannot ask the school not to count your child.

Where can I find out more?

Please contact your child's school if you have further questions about the NCCD and/or refer to the national NCCD Portal.

[Download](#)

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

Before School Care at St Joseph's

Kingston Council Before School Care has commenced from the first day of term 3 onsite in the Hall. The sessions will start from 6.45am and entry will be from Woodbine Grove gate each morning.

The only children allowed onsite before 8.30am will be those booked into Before School Care.

Contact Out School hours Care for further information:

W: [kingston.vic.gov.au/beforeandafterschoolprogram](https://www.kingston.vic.gov.au/beforeandafterschoolprogram)

E: beforeandafterschoolprogram@kingston.vic.gov.au

Ph: 9581 4867



PSW new price list

Please find PSW's current price list attached.

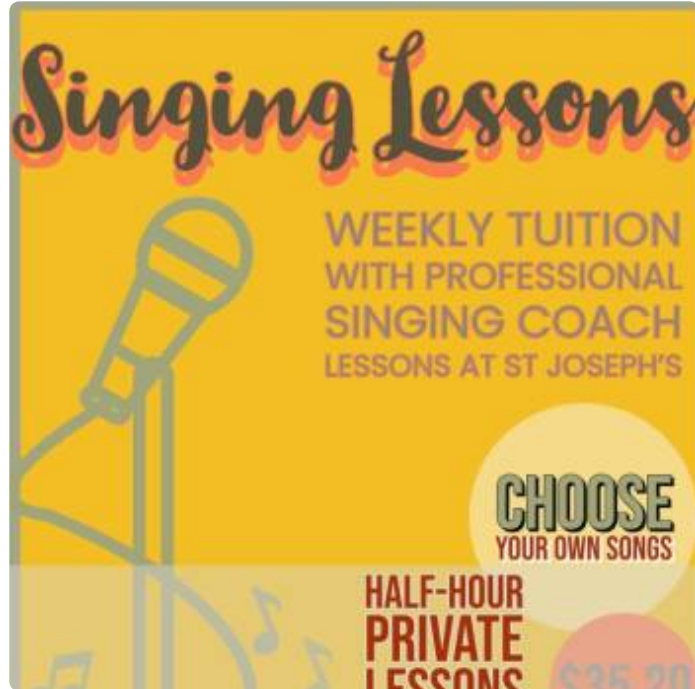
[Download](#)



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 3 Monday 11th July-Friday 16th September

Week 2

Fri 22nd July Yrs 5/6 Sport vs Aspendale Gardens, Yr 5/6 Assembly 2.30pm

Week 3

National Tree Day

Wed 27th July Preps 100 days celebration, Yr 1/2 Excursion Zoo

Thur 28th July Yr 3/4 Science Incursion JPC

Fri 29th July 5/6 Sport vs Cornish, Yr 3/4 Assembly 2.30pm

Week 4

Wed 3rd Aug Prep Incursion Wormy World

Thu 4th Aug Yr 3/4 Science Incursion JPC

Fri 5th Aug 5/6 Sports vs Patterson Lakes, Yr 6 Parliamentary Convention Day 1, Yr 1/2 Assembly
2.30pm

Week 5

Mon 8th Aug Yr 6 Parliamentary Convention Day 2

Tues 9th Aug Yr 6 Parliamentary Convention Day 3

Wed 10th Aug Preps excursion Melbourne Aquarium

Fri 12th Aug Big Green Conference Day 1, Yr 5/6 Sport vs Aspendale, Prep Assembly 2.30pm

Week 6

Fri 19th Aug 5/6 Sport v's St Louis, No Assembly

Sun 21st Aug Parish Trivia Night 5pm

Term 4 Monday 3rd October - Friday 16th December