



St Joseph's School, Chelsea

Term 3, Week 3 Thursday 28th July 2022

Year 1/2 Zoo Excursion....



Dear Families,

In the week starting Monday 8th August we have organised a dental van to help check your children's teeth. All details are attached and will also be sent out via Operoo. Register to have your child's teeth checked as soon as you can. This is an optional service available to all children - either free or at limited cost.

We encourage families to continue to monitor your child if unwell. If you require more RAT tests please collect from the office.

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.

Before School Care

Before Schoolcare has been going well this term. If you wish your child to attend please book a place 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



Teeth On Wheels

Dear Families,

We are excited to have Teeth on Wheels Visiting our school for a dental visit on the 8th of August.

Teeth on Wheels are focused on providing a positive dental experience and specialise with working with children. They can provide check-up and clean appointments and more onsite and will be able to advise you if your child is eligible to receive dental care for FREE under the Child Dental Benefit Schedule.

Complete your form today and the Teeth on Wheels team will be in contact to schedule your child's appointment.

Below is a link to their E-form which needs to be completed by 8th of August for your child to participate.

Please click on the link to register your child for Teeth On Wheels

<https://teethonwheels.com.au/consent-forms/consent-eform/>



Supporting a highly sensitive child

by

Rachel Samson

Does your child cry easily? Is she prone to becoming overwhelmed in loud or busy places? Does your child seem sensitive to the moods and emotions of others? Does he tend to “meltdown” or “shutdown” when there is a lot going on? Does your child startle easily? Do you consider your child to be highly sensitive?

Raising a highly sensitive child can come with a unique set of parenting challenges but it also gives you—the parent—more influence to positively shape your child’s development! Yes, that’s right. Parents have even more influence on the development and wellbeing of their highly sensitive child compared to less sensitive kids.

Research shows that highly sensitive children are more strongly affected by their environment, including parenting, than less sensitive children. Let me explain.

Just as we all differ on temperament traits such as extroversion, agreeableness, and conscientiousness, we also differ on another temperament trait: sensitivity. All of us fall somewhere on the sensitivity continuum from low sensitivity to high sensitivity.

Approximately 30% of us—and our kids—are highly sensitive. Highly sensitive kids tend to process information from the environment more deeply, are prone to overstimulation, have greater emotional reactivity (think more crying and more intense emotions) and higher empathy, and have a greater capacity for sensing subtleties in our environment. We can think of highly sensitive kids as living smoke detectors who are capable of detecting subtle changes in the environment that the majority of people may miss. It is thought that a finely tuned, highly reactive nervous system underpins high sensitivity.

Research shows that highly sensitive kids tend to do exceptionally well in nurturing and supportive environments but are at higher risk for developing a range of physical and mental health conditions in harsh and unsupportive environments compared to children who are less sensitive. In other words, highly sensitive children are more sensitive to their environment for better and for worse.

So how do we support our sensitive kids and provide them with the nurturing environment they need?

Understand and accept your child's sensitivity

Our temperament is biologically based, it is not something we can simply switch on and off or turn up and down. Learning more about our child's temperament will help us to understand them better.

By seeing our child's temperament as an important part of who they are, we can practice accepting their sensitivity rather than seeing it as something problematic that needs to be changed or 'fixed'. Your child doesn't need to be less sensitive. They need their sensitivity to be understood.

This can feel like a relief to parents who have been thinking that perhaps they had somehow caused their child to be sensitive. While nature and nurture do interact to shape our

child's development, your child was born with their own unique temperament, including their sensitivity.

Provide your highly sensitive child with the nurturing relationship they need to flourish

Highly sensitive children thrive in nurturing and supportive environments. We know that children don't benefit from harsh or punitive parenting, but this is especially true for our highly sensitive kids who need a more nurturing parenting approach. In healthy parent-child relationships, our kids use us as their "safe haven" to come back to for protection and nurturing when they are tired, sick, stressed, or experiencing big feelings.

Often parents of highly sensitive kids will report that their child is "clingy" and tends to stay close to their parent until they feel comfortable in a situation. This is rarely cause for concern. Clinging is a child's way of signalling that they need their parent to help them feel OK again. Sometimes they simply need our presence, other times they may need our affection and gentle words. We live in a society that has a history of discouraging children from being "too dependent" or "too clinging". Often this view comes from a place of not understanding child development and not understanding children's attachment needs. By trusting our child's needs and responding to those needs with attention and sensitivity, we can provide our kids with the support they need so that they can grow-up feeling secure in their relationship with us (knowing that we have their back), and, in turn, feeling secure in themselves and the world.

Be an emotion coach for your child

Highly sensitive children often have big emotions and lots of them! This means that your highly sensitive child will need your help to understand and manage their emotions. From as early as you can, label your child's emotions to help them develop their own emotional vocabulary so that they can

express their emotions as they get older. You can say things such as, “you look sad” or “I can see you are angry”. Once you’ve labelled your child’s emotion, it’s important to show your child that you accept their emotions—the good, the bad, and the ugly.

It’s important that you validate your child’s emotions and avoid dismissing their emotions, even when your adult brain might judge their emotion as an “over reaction”. Instead of saying, “don’t be so sensitive” or “it wasn’t a big deal, she didn’t mean to hurt your feelings”, you can say things such as, “it’s okay to feel angry, I get it” or “I know you feel sad, that hurt your feelings”. By accepting and validating the full range of our child’s emotion, we not only help to soothe them in the moment, we also teach them healthy ways of responding to their own emotions—this is a lesson they will carry with them throughout their lifetime.

Rachel Samson

Rachel Samson is an Australian-based Clinical Psychologist and Family Consultant with a passion for supporting parents to develop healthy parent-child relationships that promote optimal child development. For further details visit Instagram [@australianpsychologist](#) and Facebook [@sensitivityproject](#).



St Joseph's School Fees Concession Policy

[Download](#)



St Joseph's School Fees Concession Application form

[Download](#)

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

WELBEING

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



THIS WEEK WE ARE FOCUSING ON:



This week the students at St Joseph's continue to learn about our core values. This week our focus is:

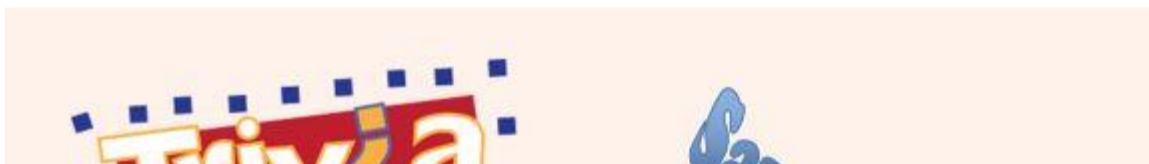
Responsibility

"I represent the school with pride and uphold the school expectations"

It is important for our students to be responsible and proud of our school values when they are out in our community on excursions, in the Church and at inter school sports because:

- It shows students are proud to represent the school and the values it stands for.
- It is a key ingredient for student success.
- Allows students to feel like they belong to something greater than themselves.
- When students have pride in their school it gives them a sense of ownership which sets in motion a range of positive behaviours.
- Students are more likely to develop a confident voice, a capacity to act in the world and a willingness to lead others.
- Student engagement is enhanced when students feel able to exert influence and participate more fully in the classroom, school and community.

St Joseph's Parish Trivia Night



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

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

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](#)



Marriage Encounter Weekend

An opportunity to spend a weekend improving your communication.

This experience gives married couples the tools to keep your passion alive in a gentle, nurturing environment, away from pressures and distractions of daily living.

The weekend we offer is based around Catholic values but couples of all faiths are welcome.

Please check our website for more details.

Next on-line weekend is on **19 – 21 August 2022** in the comfort of your own home.

Next Non-Residential weekend is on **22 – 23 October 2022** in Niddrie

Information/Bookings: Phone **Mercy & James 0409 183 676** or

Email: vicbookings@wwme.org.au Website: wwme.org.au



2022 Term Dates

Red indicates a change from last week

Term 3 Monday 11th July-Friday 16th September

Week 4

Wed 3rd Aug Prep Incursion Wormy World 11.20-1.20pm

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, Teeth on Wheels visit

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

Thur 18th Aug Life Ed 1, Maths Whiz 1.45-3.15pm

Fri 19th Aug Life Ed 2, 5/6 Sport vs St Louis, No Assembly

Sun 21st Aug Parish Trivia Night 5pm

Week 7

Wed 24th Aug Maths whiz 9-11am

Thur 25th Aug Life Ed 3, 7pm Confirmation Information Session

Fri 26th Aug 5/6 Sport vs Edithvale, Assembly Science Week Presentations 2.30pm

Week 8

Wed 31st Aug Life Ed 4

Thur 1st Sept Life Ed 5, Father's Day stall, Maths whi 1.45-3.15pm

Fri 2nd Sept District Athletics, No Assembly

Sat 4th Sept Father's Day

Term 4 Monday 3rd October - Friday 16th December