



# St Joseph's School, Chelsea

Term 3, Week 5 Thursday 11th August 2022

Our preps have been busy....





Dear Families,

We have our third working bee for 2022 this Saturday from 8-10am. Please confirm your attendance in the Operoo form sent out last week.

We are looking for a handful of volunteers to run the Father's Day stall on Thursday 1st September from 9-11am. If you are available and would like to help please email [info@sjchelsea.catholic.edu.au](mailto:info@sjchelsea.catholic.edu.au)

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

Just a reminder if your child is going to be absent for any reason please notify the office either by calling 8773 1111 or emailing [absences@sjchelsea.catholic.edu.au](mailto:absences@sjchelsea.catholic.edu.au).

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 child: \$15 per child per week, direct debit (\$780 per annum or \$195 per term)
- 2 children: \$23 for the family per week, direct debit (\$1196 per annum, or \$299 per term)

- 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.

Family Trivia Night - Sunday 21st August. Please click on the link below and see the flyer further in the newsletter.

<https://www.trybooking.com/CBMKI>

Gavan



## **Congratulations....**

A big congratulations to one of our former students Xavier Johnson (finished at St Joseph's in 2014).

Xavier has gained a full scholarship to the University of South Alabama. He has had a successful running career and has won medals at state junior races and has been placed in the top 5 at the Nationals.

Well done and congratulations Xavier.



## Leadership activities....

**Tomorrow** there will be a Soccer/Footy day also run by the Yr 5/6s to raise money for new stand alone goal posts.

Dress up in soccer or footy gear and please bring a gold coin. (Please note this is different to our 'normal' footy day later in the term).

Soccer/footy Games will be at lunch time: 1.30-1.50 Prep, Yr 1, Yr 2

1.50 - 2.10

Yr 3/4 & Yr 5/6

**Each Wednesday** for the next 2 weeks the Yr 5/6 students are selling zooper doopers on the hall deck for 50 cents.

**SJGT (St Joseph's Got Talent)** will be on for Prep - Yr 2 next Monday (yr 1/2) and Wednesday (Preps) and finals on Friday. This will be held in the hall from 1.30-2.00pm. Good luck to all our talented Prep - Yr 2's.

**We are holding a coding club for students**, which is held every Monday in the computer lab.

**Chess Club** will be on Wednesdays in weeks 6,7,8 at lunch time in the library.

**On Friday** 19th Aug there will be a 'one on one' basketball comp for the Yr 3/4s at lunch time and a running race on the grass for P-Yr 4's.



## Teeth On Wheels

Dear Families,

Teeth on Wheels has been at our school for a dental visit this week.

They have seen a number of children. The last day is Monday 15th August. If you wish your child to be seen please fill in the form prior to that day.

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 asap.

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

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



### St Joseph's School Fees Concession Policy

Download



### St Joseph's School Fees Concession Application form

Download



# How to change your parenting for the teenage years

by Michael Grose

Parenting teenagers is traditionally seen as the most difficult parenting stage. However, many parents have discovered that raising teenagers is a lot easier than raising younger children. For this to be the case, there are three changes parents make to survive their kids' adolescence.

## **Step up the coaching**

When kids are young it's common for parents to take over many aspects of their lives. They establish bedtimes, cook meals and make doctor's appointments. Parents decide where they will go to school, if they go to camp and where the family will take a holiday. Children are content with this approach and will enjoy having their days organised by loving adults.

Teenagers, on the other hand, need to start managing their own lives, which can put them at odds with over-protective or over-controlling parents. Wise parents will aim for redundancy well before the teenage years so handing over control isn't so foreign.

Psychologists William Stixrud and Ned Johnson, authors of *The self-driven child* believe parents need to hand over a great deal of decision-making to adolescents. Not straight away and not in a way that negates their need to take responsibility for their actions. They advise parents to gradually involve teens in creating rules that govern their own behaviour, keep challenging their choices and provide emotional support when they make poor decisions. A parent gives up being a manager and takes up the role of life coach.

## **Influence teens differently**

Most parents would like to download all their knowledge of the world into their teenage children's brains so that they could always make good decisions. Giving teenagers information doesn't guarantee that you can influence them as you did in childhood. Teenagers are highly attuned to status and hypervigilant to the way they are treated by adults. If you talk down to them, they will turn off as you are talking to the low status or child-like part of the brain. Talk to them as if they are autonomous young adults and they are more likely to listen, as you are talking to the high-status part of their brains. If you wish to discuss topics such as respectful relationships, the use of alcohol or preparing for life after school, avoid talking to them as if they are children. Speak to them as you would to someone with the highest possible status – someone you respect, and they are more likely to engage with you.

### **Have hard chats**

Conversations with preschool and early primary school years are comparatively easy compared to many conversations you have with tweens and teens that revolve around hot topics such as sexuality, school performance and the future. Avoidance of hard chats and the emotional minefields they lead to becomes the easiest option. Teenagers are dealing with some difficult issues, so parents need to create safe opportunities to talk about the hard issues.

Christine Carter, author of *The New Adolescence* believes that parents should think beyond having a "big talk" about difficult topics and bring up these topics using short observations and simple questions. She writes, "Even when we have lots to say, it's more important to give them a chance to speak, and to work out what they are thinking in a low-risk environment." Practise staying calm despite your discomfort. Welcome it if your kids sense your discomfort as it reveals your human side.

### **In closing**

Young children and teenagers have very different needs. Effective parents adapt their parenting style to meet the developmental and emotional needs of their children at each stage of growing up. Teens need greater autonomy, skilled guidance and plenty of chances to talk about the issues that bother them and worry their parents. That may mean that you need to shift your parenting gears a little to meet their needs in the teenage years.

### **Michael Grose presents: Changing parenting gears for the teenage years**

Our school has a membership with Parenting Ideas. As part of this membership, you can attend the upcoming webinar 'Changing parenting gears for the teenage years' at no cost.

#### **About**

In this webinar, Michael Grose discusses the importance of changing parenting gears during the teenage years. He shares the critical shifts parents need to make when raising teenagers.

#### **When**

Wednesday 31 August 2022 8:00pm AEST

#### **To redeem**

1. Click this link: <https://www.parentingideas.com.au/parent-resources/parent-webinars/webinar-changing-parenting-gears-for-the-teenage-years>
2. Click 'Add to cart'
3. Click 'View cart'
4. Enter the coupon code TEENS 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 30 November 2022. If you're unable to make the broadcast time, just register anyway and you will get access to the recording.

[Click here](#) to view a quick tip video by Dr Justin Coulson related to this Insights article

Michael Grose, founder of Parenting Ideas, is one of Australia's leading parenting educators. He's an award-winning speaker and the author of 12 books for parents including *Spoonfed Generation*, and the bestselling *Why First Borns Rule the World* and *Last Borns Want to Change It*. Michael is a former teacher with 15 years experience, and has 30 years experience in parenting education. He also holds a Master of Educational Studies from Monash University specialising in parenting education.

# 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





**Call of Guadalupe 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. Book early!

Bookings are required:

<https://www.trybooking.com/CBMKI>

All funds raised will support  
The Call of Guadalupe Musical  
performances  
at Chelsea Town Hall  
(24-27 November 2022)  
[www.cogtheatre.org](http://www.cogtheatre.org)





# Safe On Social Media Presentation

John Paul College would like to offer parents from our partner parish primary schools the opportunity to attend an informative parent presentation from 'Safe on Social' about child safety on social media. The session delivers real life case studies and strategies to help parents support their children.

**Wednesday 24 August**

**7.00pm**

**Online via Zoom**

**Topics covered but not limited to:**

Online safety and using social media with awareness. Terms and conditions of use and what they mean. Keeping your personal information private. Sexting and image based abuse and the law.

To find out more about Safe on Socials or presenter Kirra, visit the link below.



**JOHN PAUL  
COLLEGE**  
with Him is the fullness of life

# Safe on Social Media - Please click on the link to RSVP

<https://www.jpc.vic.edu.au/home/news-item-mosaic/1084-safe-on-social-parent-presentation>

## 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](mailto:beforeandafterschoolprogram@kingston.vic.gov.au)

Ph: 9581 4867



## PSW upcoming price changes

Dear Families

Thank you for your partnership and loyal support which we value so highly.

Over the recent years we as a business have been determined to absorb and manage the regular cost increases across raw materials, manufacturing, labour, transport and utilities.

Upon our recent pricing review, we wish to advise on this occasion our business will be amending our pricing with a small increase that will affect the majority of our product lines.

The overall impact is 5% over your entire uniform collection.

This will take affect from the 5th October 2022. As we work together in implementing these changes, we remain committed to our partnerships and offering quality products, competitive prices, exceptional customer service and on-time delivery.



## PSW price list (current)

Please find PSW's current price list attached.

[Download](#)



## Canteen Price List

Please find the current Canteen price list. The cantten 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.

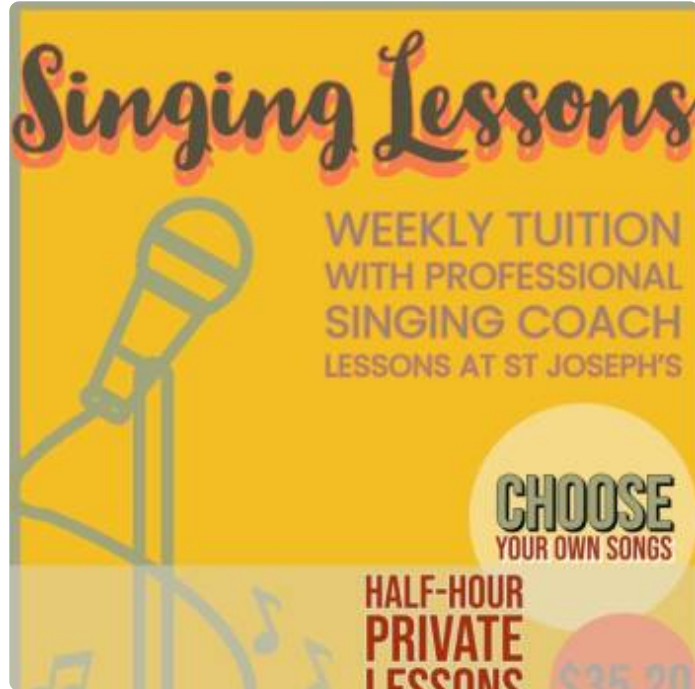
**Please check our website for more details.**

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 5**

Fri 12th Aug Big Green Conference Day 1, Soccer/Footy dress up gold coin, 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 9-11am, Maths whiz 1.45-3.15pm

Fri 2nd Sept District Athletics, No Assembly

Sat 4th Sept Father's Day

### **Week 9**

Tues 6th Sept Yr 6 Confirmation Retreat Day at St Joseph's

### **Week 10**

Tues 13th Sept Marine Ambassadors

Fri 16th Sept Footy Day, End of Term **3.15pm**

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