



# St Joseph's School, Chelsea

Term 3, Week 8 Thursday 1st September, 2022



St Joseph's Chelsea will be celebrating beautiful books, outstanding authors and the creative talents of illustrators on **Wednesday 7th of September** with some fabulous Book Week activities.

As you can see our theme is "**Dreaming with eyes open**" which inspires creativity.

We invite our students and teachers, parents and preschoolers, to embrace the moment and **dress up** for the occasion, the possibilities are endless!

### Costume ideas

**You could dress up as .....**

favourite story book characters, travellers to different worlds - past, present and future, outer space explorers, underwater creatures, days of old when knights were bold, scientists, inventors, witches, pirates, fairies, super heroes, all creative ideas are welcome!

Pyjamas and your favourite bedtime story, or casual clothes-all perfectly acceptable!

The whole school will gather for a whole school assembly at approximately 9am in the Hall. We would love you to join us. Students will then participate in different activities prepared by classroom teachers based on the CBCA Book Week theme and shortlisted books. We will also have a visit from author and illustrator, Nicky Johnston. Nicky illustrated one of the shortlisted books for 2022 'Arminda's Suitcase'

Thank you also to our teachers and senior leadership team for planning and preparing our day of fun.



*Happy Father's Day  
To all the special men  
In our children's lives*

Dear Families,

The Father's day stall went really well this morning and the children loved picking out their gifts for their special person.

We have left over gifts which can be purchased tomorrow at the office for \$5. We hope all the dads and special persons have a wonderful day on Sunday. Special thanks to Peta, Andrea, Meagan and Jacqui who volunteered to run the stall.

### **Learning Conferences**

Attached to today's newsletter are the details regarding the Learning Conferences to be held in the last week of term.

They will open for bookings on Monday 5th September at 7.30am using the code ztfsd. We would prefer you to attend the conference with your child in person if possible. We also are offering the online option for those who cannot attend in person.

### **MACSSIS Surveys**

Attached to the newsletter is a letter explaining the MACSSIS Surveys that are currently taking place for students, families and staff. This helps us stop and reflect where we are as a school. If you receive an email next Monday with the survey details please complete before the end of term.

## **Footy Day**

On the last day of term, Friday 16th September we will have our annual footy day. Students can dress in their favourite footy team or wear their sports uniform. The canteen will be organising a sausage sizzle for \$2 each. The canteen will not be open for hot food on this day, but will sell drinks and snacks as usual.

## **School Hats**

From today hats will be compulsory for the students. Hats must be worn to/from school and during play, lunch and outdoor activities. Students who don't have a hat will be asked to play in Woodbine Grove play area.

## **Fruit**

There has been an increase in the number of children asking the office for fruit. Could you please ensure your child has enough food especially fruit in their lunch box each day.

## **Absent students**

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.

Kindest Regards,

Gavan

# Learning Conferences

<https://www.schoolinterviews.com.au/code?z=8yQKce>

Please click on the link to book your conference

## Term 3 Learning Conferences



Book School Interviews Online



Dear Parents

Term 3 Learning Conferences 2022 for St Joseph's Primary School Chelsea will be available for Prep to Year 6 in Week 10 on **Monday 12<sup>th</sup> September, Tuesday 13<sup>th</sup> September, Wednesday 14<sup>th</sup> September and Thursday 15<sup>th</sup> September starting at 3.30pm**

The Learning Conferences will preferably be in person but if this is not possible you can login via the link received at the time of the booking. When booking online you will be able to select online or in person. If you are unable to find a suitable time please contact your child's class teacher to organise another time.

You can book a time that suits **YOUR FAMILY BEST**.

Go to [www.schoolinterviews.com.au](http://www.schoolinterviews.com.au) and follow these simple instructions.

**BOOKINGS OPEN** at 7.30am on **Monday 5<sup>th</sup> September**

**BOOKINGS CLOSE** at 10am on **13<sup>th</sup> September**

School event code

ztfds

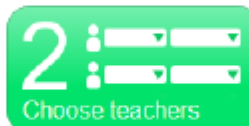
Go

Go To:

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

Enter **THIS** school event code.

Then follow the 3 simple steps.



When you click **finish**, your interview timetable will be emailed to you automatically - **check your junk mail folder** if you do not receive your email immediately. You can return to [www.schoolinterviews.com.au](http://www.schoolinterviews.com.au) at any time, and change your interviews - until bookings close.

For parents may also call the school on 8773 1111. Interviews are strictly 10mins and spaces are limited. If you require more time, please contact your teacher directly to make alternative arrangements.

Parents can change their interview bookings, any time prior to the closing date, by re-visiting the [www.schoolinterviews.com.au](http://www.schoolinterviews.com.au) website, and using the event code. Remember to use the same name and email address, you used when you made your original booking. Parents wishing to change their interview times after the closing date, should contact their teacher via email or call: 8773 1111

We would love to hear what you think about online booking. If you get time, click on the "contact us" button on the [www.schoolinterviews.com.au](http://www.schoolinterviews.com.au) website. and leave

some feedback - anonymously if you wish, but please include the school's name and suburb.

# Why dads matter

by Shona Hendley

Father's Day can be a tricky occasion for some families, especially for those who don't have a father who is present in their life because of family breakdown, or a geographical distance which may not allow them to be close by. There are also those of us who have lost a father, or who are being raised by single mums who are both mum and dad to their kids. This too can impact how our kids view 'dad' and what he means to them. Other family structures exist where dad is not present either, and this can complicate Father's Day further.

The reality is that dads, when present and safe, take different shapes and forms. And research shows that kids thrive when dad is that positive, safe presence in their lives.

Over the past few decades, research has shown us that dads (and other male role models like teachers, coaches, church leaders, uncles, grandpas, and more) matter. Enormously. Their positive impact cannot be understated or waved away. And research also tells us that dads (and those other male role models) are stepping up and presenting that positive and active presence in their children's lives.

## **Why do dads matter?**

Having involved fathers, however they might look to you and your family, has a lasting effect on their children's lives, for the better.



Firstly, dads engagement can help kids achieve better results at school, help increase their self-esteem and even reduce the risk of delinquency, substance abuse and other high-risk behaviours in kids. Known as the 'father effect' – this umbrella term describes these and the many other benefits of a paternal presence, a presence who values and prioritises quality time.

Secondly, these dads matter because their influence, attention, nurturing, and affection help promote children's social and emotional development. They set up a healthy relationship with their children, allow for emotional growth and help develop positive health and wellbeing. And they provide a model of healthy masculinity for their kids; the kind of masculinity that helps those around them feel safer and stronger.

Third, there is a sense of acceptance and security that fathers can help provide which not only help our kids in the short term but continues as they move into adulthood as well. This protective presence can come from both parents but seems particularly present with actively and positively engaged fathers.

Fourth, engaged fathers matter because they can also help our kids develop important life skills including respect, problem solving, empathy and social skills. They teach them about limits, consent, and responsibility. Researchers aren't quite sure why or how, but these things seem to develop differently when dads are present versus when they're not.

### **What does an engaged dad look like?**

In TV talk, an engaged dad looks like everyone's favourite blue heeler dad, Bandit from Bluey.

If you've watched the show, you'll have seen that Bandit isn't perfect. He can be dismissive now and then. He can say things that are challenging. But despite his imperfections (which we all have), Bandit listens to his children – their



thoughts, their concerns, their dreams and their ideas. He encourages them, he challenges them, he shows an interest in them.

And Bandit talks to his children – he makes jokes, he reads books, he tells them about his day, he involves them in other parts of his life. He is verbally expressive with clear communication but without being controlling or belittling.

Bandit plays with his children – he kicks the footy in the backyard, or feeds the baby doll a bottle; he helps put together Lego or find the missing piece of a puzzle. He supports their interests, imagination, and growth. He helps set limits and boundaries and regulate emotions.

Bandit also supports his children – emotionally he helps navigate their problems or worries with them, he doesn't dismiss them. Rather he guides them to solve problems or cope with disappointment themselves. He supports them physically– he watches their sports matches, or dancing recitals; he is their biggest supporter.

Bandit is a positive role model – he demonstrates values that he wishes to instil within his own child/ren. He is honest and shows integrity. But he's not perfect. He makes mistakes – because he is human and when he does, he will own them and will say sorry.

He grows alongside his kids – as his children get older and mature, his relationship with them evolves with it. They learn about each other and grow and feel confident and secure in their relationship together. He values self-care – he has time for himself and ensures his own wellbeing and health is prioritised too because without this, he can't be his best self.

### **All dads are different but equally important**

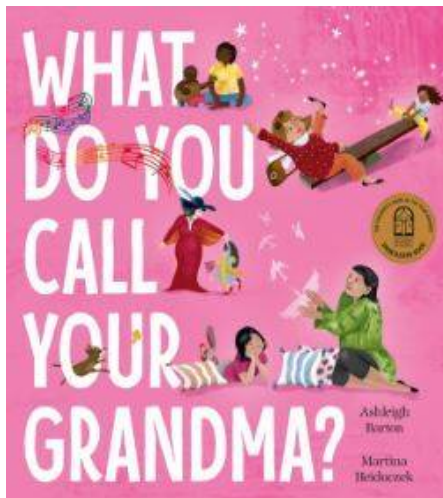
These qualities of an engaged dad aren't a checklist that dads need to tick off. Every dad will be different and that is okay.

What's important is that dads are there for their kids and want

to grow with them. That's what life is. Growth. That is what our kids will notice the most and how they will know you matter... because you do!

Shona Hendley

Shona Hendley is a freelance writer and a former secondary school teacher. Her work appears in Kidspot, ABC Everyday, The Guardian, Body + Soul, and News.com.au amongst others. Shona currently lives in regional Victoria with her family, including husband, two daughters, two cats, and three super cheeky goats. You can follow her on Instagram.



## Prep - 2 Library sessions

We would like to invite Grandparents/Special People to our Library session, Friday 9th September.

We have been reading the CBCA Shortlisted books for 2022. We would like to share the book 'What do you call your Grandma?' with you. We will also be sharing a slideshow, followed by some time to borrow with your child.

Please take note of the timetable below, indicating the time to attend the Library session. We have coffee and tea available in the Parent Room before and after each session.

If parents are available to help with the serving of tea and coffee please contact the office at [info@sjchelsea.catholic.edu.au](mailto:info@sjchelsea.catholic.edu.au)

We look forward to seeing you!

Ms Morey & Sarah

8:55-9:35am - 1/2 JD

9:35- 10:15am - 1/2M

10:15-10:50am - 1/2 OF

11:20-12pm - 1/2LC

12:00-12:40pm - PREP A

12:40- 1:15pm - PREP CG



## Calling all St Joey's dads....

The St Joeys Football team are pleased to announce that the dad' group of St Joseph's is yet again coming together to play in our annual football match, where we take on the Dads of St Louis -Aspendale.

This is the 5 th year running since its inception and due to the recent implications of Covid 19 we have not been able to play for the previous two years (despite the regular training sessions). We are thoroughly excited to have the opportunity to reunite our community and come together with new friends and old friends once again.

The game will take place at Chelsea Football Club, Beardsworth Avenue at **2:00 PM on Saturday 10th of September 2022.**

All Dad's are welcome to come and play on the day and all they need to do is reach out to myself (0438 757 850, Patty) and we can put your name on the team sheet. The rules for the day are modified to suit our matured bodies such as: no tackling, 12-minute quarters and those that take the game too seriously will be sent from the field.

We encourage as many families and friends to get to the game and enjoy watching your loved ones wind back the clock and relive moments of past glory.

At the end of the game, we will have a mini football game where the children who are in attendance can take part in a mini game of football. Prizes and awards will be handed out upstairs after the game where we can all come together and enjoy a few drinks to finish off what will undoubtedly be a fantastic community day.

Should you have any questions please do not hesitate to contact me.

Look forward to seeing you there!



## Leadership activities....

**Mon 5th Sept** Coding in the Lab

**Wed 7th Sept** Lego-Wellbeing Hub



## St Joseph's School Fees Concession Policy

[Download](#)



## St Joseph's School Fees Concession Application form

[Download](#)



## Parenting Gently

In the past decade, the concept of “gentle” or “respectful” parenting has continued to emerge. The foundation of the idea is being a parent who is emotionally attuned to their child and tries to understand the reasons behind their behaviour.

Gentle parenting suggests that when a parent shows understanding of the child’s emotional state, it will help the child to calm down. Only after doing this should the parent decide what to do. The idea is that as children grow older, they will learn to identify their own emotions more thoughtfully and act more appropriately helping to promote emotional intelligence.

It would follow that how the parent responds to their child is crucial. After listening and clarifying what the child is feeling, the parent then needs to build on this to help the child think calmly and positively about the problem and find a good solution.

### **Gentle Parenting can be Learned**

In a recent study, parents were encouraged to get down on the floor to play with the children in a particular way where they make positive comments on the child’s play activity and keep up a positive tone. They also avoided asking questions, which interrupts the child’s imaginative play and imposes the adult’s agenda. This led to an improvement in sensitively responding from parents.

### **There Still Needs to be Boundaries**

Children need to be able to live in the world with other people and get on with other children and adults. They need to learn how to fit in with externally imposed rules and that there are consequences if they do not. Children need both love and limits.

The trick is to set limits calmly and not be angry or explosive as a parent. If parents pay lots of attention when children are misbehaving, they are more likely to continue the bad

behaviour. The solution is to briefly withdraw attention when children are misbehaving, followed by engaging with them warmly when they are behaving better. At this point, emotions can be aired, and an appropriate response set.

If children are encouraged and paid warm attention when they are behaving well, they are much more likely to do more of it.

Acknowledgement: Stephen Scott in "The Conversation". July 2022



**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)*

### **PEACEFUL KIDS PROGRAM AND SEASONS FOR GROWTH**



At St Joseph's this term we facilitated 'Peaceful Kids' groups again. This Mindfulness and positive psychology based program is designed to lessen anxiety and stress in our students and increase resilience. The program has made a positive impact on our students and we thank all our students who participated. We look forward to continuing more groups next term.

We also ran the "Seasons for Growth" program. This is an evidence-based change, loss and grief education program that draws on the metaphor of the seasons to understand the experience of grief. It builds the knowledge and skills necessary to strengthen social and emotional wellbeing

following significant loss by:

- Exploring the impact of change and loss
- Learning about effective ways to respond and adapt

Our students learn that they are not alone in their experience of change, loss and grief, and are able to build their communication, decision making and problem solving skills within the context of a safe and supportive peer group learning environment.

If you would like any further information on these programs please contact

Mel Lynch, Lisa Kniese or Kate Cronin



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.

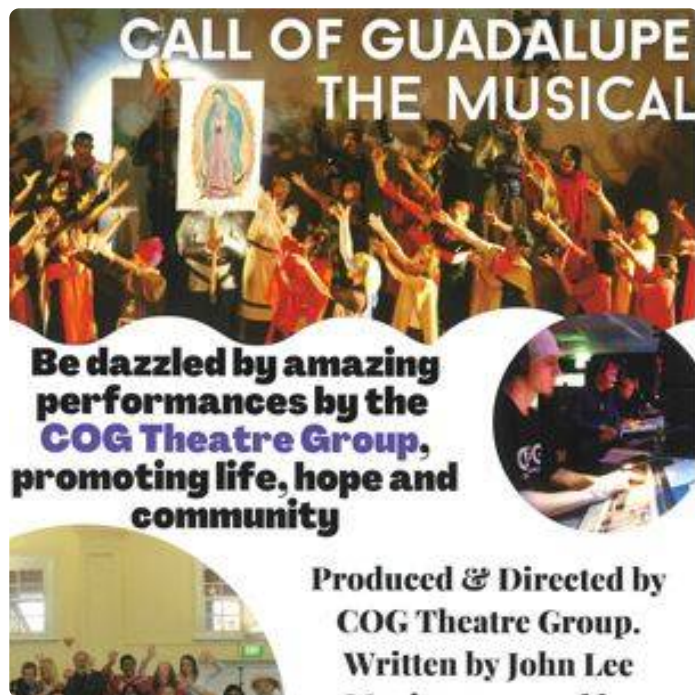
The only children allowed onsite before 8.30am will be those booked into Before School Care.

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



**CALL OF GUADALUPE  
THE MUSICAL**

**Be dazzled by amazing performances by the COG Theatre Group, promoting life, hope and community**

**Produced & Directed by  
COG Theatre Group.  
Written by John Lee**

**2022 Term Dates**



Red indicates a change from last week

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

#### **Week 8**

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

Wed 7th Sept Bookweek Dress-up Day

Thur 8th Sept Whole school Mass 12.30 pm

Fri 9th Sept Prep-2 Grandparents/Special People Library sessions

#### **Week 10**

Tues 13th Sept Marine Ambassadors

Fri 16th Sept Harold Live at 1.05pm, Footy Day assembly 2.30pm, **End of Term 3.15pm**

### **Term 4 Tues 4th October - Friday 16th December**

#### **Week 1**

Tues 4th Oct Start of Term 4-Students return, Yr 6 Reconciliation 9.30am

Wed 5th Oct Yr 6 Reconciliation 9.30am

Fri 7th Oct Division Athletics, Bishop Ireland visit Yr 6 12.15pm

#### **Week 2**

Sun 9th Oct Yr 6 Confirmation 3pm

Tues 11th Oct Yr 5 Reconciliation 9.30am

Wed 12th Oct Yr 5 Reconciliation 9.30am

Fri 14th Oct School Closure Day

