



St Joseph's School, Chelsea

Term 4, Week 3 Thursday 20th October 2022

Prep Art - 'An Imaginary Friend'



Dear Families,

Multicultural Day - Wednesday 26th October

Please see the flyer below with details of our upcoming Multicultural Day next Wednesday 26th October. Last Thursday we commenced the celebration of our multicultural day with a special presentation from Dion Drummond, an Aboriginal man from northern Australia. He shared his story through song and dance. All the children are invited to share their story through an activity their teachers will share with them.

Parents and Grandparents are invited to attend the assembly and visit their child/grand child's class afterwards, including a morning tea in the hall at 10.30am.

2023

We have a busy term ahead with lots on with preparation for 2023 also in full swing. Could I ask families, except for the year 6 children, to let me know if you are moving to another school in 2023 asap as we have a number of families making enquiries to move into St Joseph's. We are starting to make waiting lists.

Also as staff start to look at groupings for 2023 classes could I ask if you have any educational needs that need to be considered and you have not mentioned them to the class teacher please do so asap. I do not do teacher requests but will look at any educational needs required. Staffing has not been finalised for 2023 and when it is I will let you all know.

Term 4 School Closure Days

Last Friday the staff were involved in the initial review process facilitated by MACS staff. We were able to reflect on all the great things we are doing and talk about areas we would like to improve on. The process in 2023 will involve interviews with students, parents and staff.

School closure days for the remainder of the year are:

Monday 31st October (Traditional Melbourne Cup long weekend)

Friday 11th November (Planning 2023)

Unfortunately the OSHC will not run on onday 31st October.

Student Mobile Phone Usage Policy

Today I, once again, have shared the student mobile phone usage policy (find the link below). I have done this as the number of smart watches has increased among the children. This policy covers those devices as well. All devices need to be turned off or put in school mode when they arrive at school and be handed to their class teacher at the commencement of their 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 **as early as possible** either by calling 8773 1111 or emailing absences@sjchelsea.catholic.edu.au.

St Joseph's Concessional Fee Policy

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

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.

Kindest Regards,

Gavan

District Athletics

On Monday the 17th of October 5 students from St Joseph's represented St Joseph's and Chelsea District at the Kingston Division Athletics Carnival.

This is a high level of competition and the students did very well to qualify for this stage. The results were -

Maddix Michel - 10th in the 1500 metres

Lucy Malcomson - 6th in the 80 metre hurdles

Sebastian Malcomson - 10th in the 100 metres

Chloe Myers - 12th in the 200 metres

Dusty Donnellan - 11th in the long jump

Congratulations for these students for achieving so well.



Knights of the Southern Cross (KSC) Bursary Melbourne Cup Sweep

Two weeks ago each family was given a book of 10 tickets in support of KSC Longbeach Branch Melbourne Cup Sweep. A donation of \$1 per ticket enables KSC to fund 10 bursaries for Grade 6 students as part of their Graduation. Please see the letter attached.

All tickets, sold or unsold, were due back last Monday. If you haven't already done so, **please return the tickets urgently**. Please do not throw tickets out.

Should you have any queries please contact Keith on 0417350733 or Les on 0417347592.

[Download](#)

Congratulations Harry

Congratulations to Harry B 1/2 JD!

On the weekend Harry competed in the State Championships for trampolining. He was competing against boys 3-5 years older than him. He came 1st and 4th in his events!! Such a huge achievement to be a Victorian Champion at such a young age. Mum and Dad are very proud of how he handled himself during the competition!



ST JOSEPH'S MULTICULTURAL DAY

Celebrating Our Cultural Diversity

WEDNESDAY 26TH OCTOBER

2022



We are coming together to celebrate our cultural diversity!

We will commence this celebration on Thursday 13th October by listening and learning with Dion Drummond. Dion's Aboriginal name is 'Moogera', meaning storm. He is of Torres Strait Islander descent on his mother's side, and Aboriginal from his father's side. During his visit to our school, Dion will share tales and artifacts from his cultures, teaching us about the different traditions of both Torres Strait Island and Aboriginal storytelling, song and dance.

This new learning around our First Nations culture will culminate in a whole school celebration on **Wednesday 26th October**. Students are invited to complete the learning task that will be shared by their teacher, to create a class display celebrating their cultural diversity

We also invite all students on this day to come along dressed in the costumes, outfits or flag colours that celebrate their culture. We will gather for a whole school assembly at 9:00am. Following this, we invite families including grandparents and extended family members, to stay and move to their child's room to share and celebrate their stories. At the conclusion of this we will invite all adults to the hall for morning tea.



Tricky Friendship Days

by Michelle Mitchell

Relatively small issues, like not being invited to a party, can arouse big, intense feelings in our kids. Because belonging is at stake, friendship challenges will always feel like a life-threatening experience – so be assured that most parents find themselves dealing with powerful tears and shattering disappointments after tricky friendship days.

It is easy for both parents and teachers to fall into the trap of trying to “dial down the drama” when our kids feel overwhelmed. However, minimising or dismissing strong feelings will only tend to ramp them up, because our tween's brains seek to be heard and understood in the process of regulating. I'd also like to suggest that it denies our children

the opportunity to master these big feelings. Our kids need to feel to practise the emotional regulation strategies they need to navigate life well.

I want to share three practical strategies that parents can do to support their tweens during these moments. Friendship challenges are an incredibly rich platform to help kids learn emotional regulation strategies, as well as social skills, and we want to capitalise on both as we coach them forward.

Strategy 1: Let's not fight the intensity

The more I learn about emotions the more I am in awe of our body's way of coming up with solutions to discomfort, anguish and pain we experience. It doesn't make any sense to judge that process but rather appreciate it. That's why we want tweens to know there are no bad or good emotions. There are only healthy emotions, and each one of them is an acceptable and necessary part of being human. Ideally, we want tweens to feel safe to feel, without shame or guilt. This means accepting emotions within our home, in the same way we accept anything else about ourselves (or our experiences) that we cannot change – our age, our height, freckles or ears.

Strategy 2: Ask questions that empower

Although it's tempting (and much quicker) to offer children prescription answers to friendship problems, it won't help them in the long term. The problem with childhood conflict always being followed by adult intervention, is that kids can get into the habit of projecting their wishful thinking onto someone else who they perceive as being more powerful than they are.

If our children focus their energy on recruiting support rather than problem-solving, they miss vital learning opportunities. We are best to ask questions that express a sense of curiosity and empower them to take ownership.

Strategy 3: Find a positive expression

Whereas there are times that we suppress our painful emotions for our own survival, emotions are far better off moving through our kids rather than festering inside them.

One of my dearly loved local psychotherapists wisely tells me that children who have imaginations become their own play therapists. Play is a distraction that pulls kids out of their heads and into their bodies. Any type of play including immersing themselves in craft, participating in drama, dance, or sport, or building forts, slides and adventure courses are all helpful..

In closing

Home really is the hero in kids' lives. It is the emotional shield from all that hurts us, bothers us, and tires us. It's a place where love is tangible, and we are cared for in ways that make it easier for us to move back into the world with a soft heart. It's the Utopia that we all yearn for and strive towards. When they feel disappointed, lost, afraid or disoriented it will be the predictability of home that continues to welcome them with open arms and wise words. As you implement these strategies, know you are offering your tween the home they deserve.

Michelle Mitchell presents: Handling tricky friendship days
Our school has a membership with Parenting Ideas. As part of this membership, you can attend the upcoming webinar 'Handling tricky friendship days' at no cost.

About

In this webinar, Michelle Mitchell offers a set of practical guiding principles to help empower children to handle tricky friendship days.

When

Wednesday 2 November 2022 8:00pm AEDT

To redeem

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Click this link: <https://www.parentingideas.com.au/parent-resources/parent-webinars/webinar-handling-tricky-friendship-days>

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-

Click 'Place Order'

This offer is valid until 31 December 2022. If you're unable to make the broadcast time, just register anyway and you will get access to the recording.

Michelle Mitchell

Michelle Mitchell is an award-winning speaker, and bestselling parenting author. She has been termed 'the teenage expert' by the media and is sought after for her compassionate and grounded advice for parenting tweens and teens. Michelle started her career as a teacher, but soon discovered a special interest in wellbeing. For further details visit www.michellemitchell.org



Upcoming Webinar for Parents

Please download the following link...'Handling tricky friendship days'

Download



Student Mobile Phone Usage Policy 2022

Download

**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 4 Tuesday 4th October-Friday 16th December 1pm

Week 3

Fri 21st Oct 2.30pm assembly Yr 5/6 presenting

Week 4

Wed 26th Oct Multi Cultural assembly 9am and dress up day. ALL PARENTS/GRANDPARENTS ARE WELCOME TO ATTEND ASSEMBLY AND THEN VISIT CLASSROOMS FROM 9.30-10.30AM AND FINISH OFF WITH MORNING TEA IN THE HALL AT 10.30AM

Fri 28th Oct 2.30pm Assembly Performing Arts presenting

Mon 31st Oct School Closure day

Tues 1st Nov Melbourne Cup Public Holiday

Thurs 3rd Nov 7pm Prep Information Night

Fri 4th Nov 2.30pm Assembly Yr 3/4 presenting

Week 6

Mon 7th Nov 9am Small Orientation Groups Prep 2023

Wed 9th Nov Mission Fete Day

Fri 11th Nov School Closure Planning Day, Remembrance Day

Week 7

Mon 14th Nov 9am Small Orientation Groups Prep 2023, Big Green Conference Day 2

Tue 15th Nov 12.30pm Whole School Mass

Fri 18th Nov 2.30pm Assembly Preps presenting, 4pm Working Bee

Week 8

Tues 22nd Nov 2pm Prep 2023 Orientation Session

Wed 23rd Nov Preps Zoo

Thu 24th Nov 7pm The Call of Guadalupe Musical Production Chelsea Town Hall

Fri 25th Nov 7pm The Call of Guadalupe Musical Production Chelsea Town Hall, No assembly

Sat 26th Nov 7pm The Call of Guadalupe Musical Production Chelsea Town Hall

Sun 27th Nov 1pm The Call of Guadalupe Musical Production Chelsea Town Hall, 5pm Christmas Carols & BBQ,

Week 9

Tues 29th Nov 2pm Prep 2023 Orientation Session

Wed 30th Nov Prep - Yr 4 swimming commences daily until 8th Dec

Fri 2nd Dec No Assembly

Week 10

Mon 5th Dec - Yr 5/6 Lifesaving commences until 8th Dec

Wed 7th Dec Reports/class lists distributed

Fri 9th Dec No assembly

Week 11

Mon 12th Dec 9.30am Preps excursion to Victory Park

Tues 13th Dec 9am Meet your Teacher for 2023

Wed 14th Dec 12.30pm end of year Mass, 2.30pm Graduation Assembly

Thurs 15th Dec Graduation Excursion Yr 6, 6pm Graduation Mass, 7.30pm Graduation Presentations

Fri 16th Dec End of school year 1pm finish