



St Joseph's School, Chelsea

Term 4, Week 4 Thursday 27th October 2022



Dear Families,

Multi Cultural Day

Yesterday Wednesday 26th October we celebrated the diverse culture within our school. The children came in traditional dress and proudly shared their families stories. What a diverse group of families we have here at St Joseph's. Many parents and grandparents attended and shared their stories as well. It was a wonderful day of activities, including cooking and sharing as levels. Thank you to everyone for your engagement and participation in our day. Special thanks to those involved in our assembly. It was great to hear stories from the children, teachers, parents and grandparents.

Canteen News

Due to a stock shortage there are no dim sims tomorrow.

Yr 5/6 Interschool Sports tomorrow

Due to the heavy rain over this week we have to cancel interschool sport this Friday 28th of October. The playing areas at Aspendale Gardens are currently unable to be used. Please note, The Girl's Division Cricket Finals are still going ahead but at a different venue. The games will now be played at Glen St Reserve, Aspendale NOT Roy Dore Reserve.

2023

As we continue to plan for 2023 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

Next Monday is a school closure day. Enjoy your extra long weekend.

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 Monday 31st October.

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. We also require the reason for the absence.

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

BENEFITS OF MINDFULNESS FOR CHILDREN AND PARENTS

We run a program called Peaceful Kids which many children have been part of over the last two years. The following article is from their website written by Georgina Manning highlighting the benefits of Mindfulness.

Mindfulness has been widely known to improve our overall wellbeing, mental health and our physical health. The benefits of regular Mindfulness practice have been shown to help relieve stress and anxiety, lower blood pressure, improve the immune system, improve sleep, improve digestive issues, lessen emotional reactivity, increase positivity, and increase relaxation.

When we are Mindful, we are more likely to savour the joys in life that are often missed when we are 'mindless'. When we are fully engaged in activities, we switch off our mental chatter, the type of mind wandering where we end up getting caught up in endless worry thoughts. When we are Mindful, we become less pre-occupied with the past and future and more focused on the now. This creates a more relaxed state of mind and body and helps to switch off our stress response. In this state, we are also able to connect with others in a more meaningful way.

Mindfulness is one of the ways parents can reduce the stress of parenting and create calmer households. The calmer our homes, the better everyone can manage and enjoy day to day living.

Formal and Informal Mindfulness

Simply Mindfulness means paying attention to the present moment. It means taking a step back and noticing our outer world through our senses and noticing our inner world by being aware of our thoughts and feelings with an attitude of curiosity and non-judgement. It is also the ability to be fully present without being 'caught up' in our thoughts and by being present to our immediate environment.

Mindfulness can be experienced in a variety of ways including the formal practice of Mindfulness Meditations or in more informal ways such as being fully present in a day-to-day task. The formal practice of Mindfulness requires making time regularly to deliberately focus on the present moment, often by connecting to body through noticing the breath or senses in the body, Mindful movements or noticing with curiosity our feelings and thoughts.

For children, Mindfulness is an excellent way to provide experiences that enhance their emotional intelligence including self-regulation, impulse control, understanding their emotions, controlling their emotions, and generally become more aware of themselves as a whole person. One of the easiest ways children can access the informal experience of Mindfulness is through free play (off screens). Through play, children are often in the present moment only focusing on what is happening now, rather than being anxious about the future or thinking about the past. This gives children the vital rest and rejuvenation they need each day.

Neuroscience of Mindfulness

Practicing Mindfulness literally changes the brain over time. Research shows that Mindfulness has enormous benefits for the brain and in particular, two main areas of the brain – the amygdala and pre-frontal cortex. The amygdala is a primal part of the brain, associated with fear and emotion, and responsible for the first step in a chain of reactions in the body's response to stress. On the other hand, the pre-frontal cortex is the part of the brain that helps with concentration, decision-making and awareness.

By regularly practising Mindfulness, links between the amygdala and pre-frontal cortex are weakened therefore there is less 'reactivity' and more control over emotional responses. Over time there is also a decreased activation in Default Mode Network – the wandering 'Monkey Mind' so we ruminate less.

Mindfulness is a path not a tool

If we are constantly in a rush, take on too much, multitask often, or get stuck in the 'achieving' mode, then we can have our stress response activated often. If we do not give ourselves times to rest, reflect, and participate in nourishing activities then we are not giving ourselves some necessary time to rejuvenate.

When we are focused on the present moment, this usually switches off our Sympathetic nervous system, the 'stress response' and switches on the Parasympathetic nervous system which is our 'rest and digest' system. Both formal and informal Mindfulness practices both reduces our stress levels so embracing both practices are beneficial.

Mindfulness goes beyond 'meditation'. It is a way of living that we are always cultivating and deepening. Mindfulness as a lifelong skill and way of life, we embody throughout our whole lives. This includes regular pauses throughout the day, checking in with yourself and how you are feeling, checking in with your body and body sensations and noticing emotions and feelings.

When we live Mindfully, we can aim to pause before reacting. Taking those few seconds, taking a pause to check in with our bodies, feelings, and thoughts and choose how to respond in any given situation.

Mindful Parenting

Mindfulness can be brought into play at home, where parents are fully present in each moment while playing and interacting with their child. This not only nurtures children's overall wellbeing but can be a great way for parents to practice being informally Mindful. Mindfulness in the family can strengthen

relationships, deepen connections, and increase everyone's well-being, particularly when we deeply listen to our child.

While playing with children, parents can intentionally put themselves in the 'Being Mode' (rather than the 'Doing Mode') and connect with their child with Mindful attention. This creates an environment that not only brings more enjoyment but also a time when parents can find out more about their child.

'Mindful Play' an opportunity to fill our children's 'cups' when a parent gives full undivided attention to the child, noticing when our minds wander off to our 'to do' list or the next task and bring the attention back to the play in the present. Even 10 minutes a day of Mindful Play with our child makes a difference.

Some simple Mindfulness techniques to begin Mindfulness at home

Breathing Buddies

- Lie down on the floor
- Place your 'Breathing Buddy' (a soft toy, wheat pack or meditation stone) on your tummy.
- When you breathe in observe how your breathing buddy moves up
- When you breathe out observe how your breathing buddy moves down.
- Slowly breathe in counting to 3.
- Breathe out slowly counting to 4 or 5.
- Repeat 3 times- close your eyes over after 1 or 2 rounds if this feel comfortable.
- Finish with noticing how your body feels, noticing body sensations.

Finger Breathing

- Hold out your hand and spread your fingers.
- Using the pointer finger of your other hand trace along each finger, starting from the base of the thumb.
- As you rise up each finger take a breath in and then as you go down the other side of the finger breath out.
- Pause between each in and out breath.
- Breathe in through your nose and then out through your mouth. (Children can also explore just breathing in and out through the nose if this is more comfortable)

- Do this for each hand.



Student Leadership

This group of 3/4 students saw a need to serve and have created an art group for our junior students. They organised three rotations to engage others. They spoke with Mr O'Donnell, planned their activities, advertised throughout the school (by using posters), spoke at assembly and reminded everyone with an announcement. They organised the materials for their activities and from the smiles on everyone's faces, we would say it was a tremendous success. Well done team - great initiative and leadership. We love your student voice and agency!



Upcoming Webinar for Parents

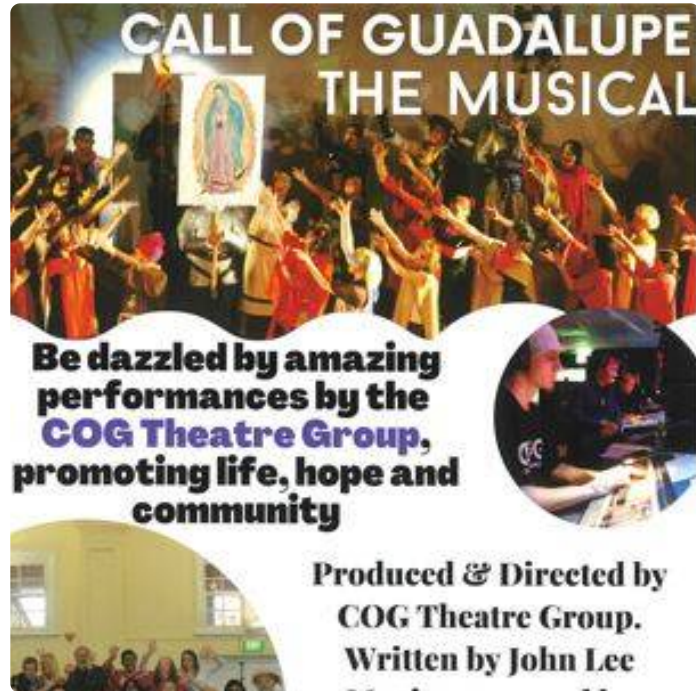
Please download the following link...'Handling tricky friendship days'

[Download](#)



Student Mobile Phone Usage Policy 2022

[Download](#)



2022 Term Dates

Red indicates a change from last week

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

Week 4

Fri 28th Oct 2.30pm Assembly Performing Arts presenting

Week 5

Mon 31st Oct School Closure day

Tues 1st Nov Melbourne Cup Public Holiday

Wed 2nd Nov 6.30pm SACS meeting

Thurs 3rd Nov 7pm Prep 2023 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