



St Joseph's School, Chelsea

Term 4, Week 5 Thursday 3rd November 2022

MISSION ACTION DAY

- LUCKY DUCK
- SOFT DRINKS
- SALADRY SNACKS
- BEAN BAG TOSS
- B'BALL SHOOT OUT
- PING PONG TOSS
- LOLLIES
- POPCORN
- FACE PAINTING
- TRASH + TREASURE MYSTERY
- BOXES OF CRAZY HAIR

WEDNESDAY 03RD NOVEMBER



Dear Families,

Remembrance Day

We have poppies for the children to wear for Remembrance Day on Friday. This Monday 7th November the children can wear casual clothes and bring \$2 for their poppy which will be given to them during the morning.

Next Friday 11th November is Remembrance Day and we have a school closure day. Each year the Longbeach RSL ask us to send along a couple of Representatives to lay flowers at the Town Hall which is holding a service from 10.30am-11.00am. If any family would like to attend please email info@sjchelsea.catholic.edu.au by 3pm tomorrow so we can confirm who will be laying the flowers. Preference is given to the older classes. We will contact you by Monday 7th November to let you know. Please note parents must take the child/ren chosen as the school has a closure day (Planning 2023) next Friday.

Canteen News

Please note there are no dim sims to order this week or next week.

Mission Action Day

Yr 5/6 students are organising the annual Mission Action Day. Students can bring money along (\$10 maximum) and all money raised will go towards our local and global communities.

Trash and Treasure are looking for any pre loved children's books in good condition. These books can be left at the office. We don't need too many, just enough for a 20 minute stall.

If students are having crazy hair a form will come home on Monday through Operoo. Permission is required for crazy hair.

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.

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.

2023 School Fees

The 2023 Fee pack was sent home with your eldest child today. Included in the pack is the 2023 fee schedule, 2023 Prepaid levy invoice, direct debit/credit forms, 2023 Parish Development Levy, CSEF information and application form, St Joseph's Concessional Fee policy and Centrepay application form. If you did not receive this pack please contact the office.

If you have an outstanding balance from this year's fees and no payment arrangements are in place your account is now overdue. If you are experiencing difficulty in paying your account please email Gavan principal@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

Mission Action Day

BAKE Sale

BY

SWEET Sale

Slices

- Lemon slice

Other

- Shortbread
- Chocolate & Caramel

- Jelly slice
- Caramel slice

Cookies

- honeyjoy cookies
- choc chip
- gluten free cookies available

Brownies

- Gingerbread men
- Chocolate Muffins
- Vanilla Cake
- Blueberry Muffins

NOTHING OVER
2\$!

Our Mission action day stall will be located in front of the discovery center!

Yrs 5/6 Girls Cricket Team

Congratulations to the Girl's Cricket team that competed in the Kingston Division Finals last Friday 28th of October. Despite the trying conditions the girls ALL put in an amazing effort and really did St Joseph's proud. The girls finished 3rd after narrowly losing the preliminary final.

Well done girls! The members of the team were-Bella Quill, Ava Campion, Phoebe, Finocchiaro, Chloe Ward, Shaina Abliss, Gabrijela Rako, Maya Sheehan, Daniella Mestrov, Marley Irish and Lucy Malcomson

Coach - Mr Bayliss



Knights of the Southern Cross Melbourne Cup Sweep....

Saddle Cloth No.	Horse Names	Drawn By	Ticket No.	Major Placings
1	Gold Trip	Corine Bonnefin	36426	1st Place
2	Duais	Rafael Saggin	38042	
3	Knights Order	Shane Adams	36247	
4	Montefilla	P Ballantyre	36338	
5	Numerian	Sam Waddell	38377	
6	Without a Fight	Lucas Bienaime	36403	
7	Mcamorra	Makin Family	37479	
8	Deauville Legend	McCarthy Family	37230	
9	Stockman	Rosanna Rudolph	38035	
10	Vow and Declare	M'Decruz	36726	
11	Young Werther	Bree Myers	37764	
12	Hoo Ya Mal	J Sheeran	38108	
13	Serpentine	James Family	37222	
14	Deqiansweet Jr	Jeevan Jithin	37231	
15	Grand Promenade	Hogan Family	37148	
16	Arapaho	Layla Gutierrez	37033	
17	Emissary	Kayleen Drew	36828	2nd Place
18	Luna Flare	C/- St Joseph's School	38166	
19	Smokin' Romans	Didus Family	36767	
20	Tralee Rose	Suzie Mestrov	37614	
21	Point Nepean	Angus McKinstry	37575	
22	High Emocean	Collen Young	38464	3rd Place
23	Interpretation	Jack Neighbour	37789	
24	Realm of Flowers	Beau Spalding	38149	

Thank you to all the families who participated in the Sweep. Profits will go towards bursaries for our Graduating Year 6 students.



International Youth Silent Film Festival - Victoria

Dear St Joseph's Chelsea IYSFF filmmakers (Yr 5/6)

Thank you for your creative efforts and film submissions to the 2022 International Youth Silent Film Festival!

We have made a montage of all the films submitted by St Joseph's to honour your creative endeavours!

We really appreciate the time and effort that has gone into your films, and we would love you to see them showcased on the big screen from **1:30pm at The Astor Theatre on Chapel Street in St Kilda on Sunday 13th November, 2022.**

We would also like to congratulate your teacher - Liz Bolch on her hard work with guiding you through the process.

We hope that you will consider participating in our festival again in future and we look forward to seeing what you will produce next!

The Victorian Regionals Team.



Helping your young perfectionist

by Dr Kaylene Henderson

There's a perception in our society that perfectionism is a good thing, akin to 'being perfect..' That it's something we should strive for or drop into conversation in job interviews... Yet the reality is quite different.

Perfectionism leads us to place unreasonably and often unrealistically high expectations on ourselves. Essentially, it causes us to raise the bar so high, that we frequently wind up feeling like failures, consumed by frustration and self-blame.

Of course, this can be very unsettling to witness in our kids and it can be hard for us to know how best to help. It can start when our children are very young and grow with them in intensity and impact. Perhaps you have a young child who refuses to draw because her drawings don't look exactly like

those of an adult artist. Or maybe your little guy becomes so distressed by a small mistake in his homework, that he insists on starting all over again in his unhealthy quest for perfection.

If you have older kids, perhaps they refuse to submit an assignment because it's not perfect, or they won't run the cross country because they know they won't win.

While it's great for our kids to hold high expectations of themselves, aiming for perfection actually sets them up to fail. Their habitual 'all or nothing' thinking leads to the unhelpful belief that if they don't achieve 100%, they've as good as flunked. Their focus on their mistakes rather than on their successes often affects their self esteem, fuelling a vicious cycle that can lead to stress, depression and anxiety if left unchecked.

The sooner we help our kids break this unhealthy habit, the better. So let's look at a few tips for doing just that.

Reduce your praise

There are two ways in which we tend to praise children. 'Content praise' often draws attention to the end product, for example, "What a fantastic drawing!", or to a fixed quality in a child, such as "You're so clever". In contrast, 'process praise' focuses on how your child got there. When we use process praise, we draw attention to their good ideas, problem solving approaches, effort, persistence, concentration and enthusiasm.

While it's helpful for all children to experience more process praise than content praise, this is particularly true for children with perfectionistic traits. This allows us to draw the focus away from how impressive the end result might (or should) be and instead highlight the importance of having a go, trying their best and learning along the way.

For example, rather than saying, 'What a fantastic drawing! You're an amazing artist – what were you worried about?', it's more helpful to say something like, 'It's great to see you

having a go at drawing. I love watching you try new things'; or, 'I love seeing the ideas you come up with when you draw'.

Of course, most of the time we needn't praise children at all. Saying simply, 'Drawing is fun isn't it?', is often enough to provide children with that all important sense of connection.

Model making mistakes

At my children's school, they're taught to embrace 'flearning' – learning through failure. Admittedly, my children witness me 'flearning' all the time at home, but in the eyes of your child, you might seem perfect. It's helpful for your kids to see that you make mistakes too, and importantly to learn through your modelling how mistakes can be managed.

Look for (or create!) opportunities to do this. When you're planning on bringing some spoons to the dining table, you could bring knives over instead and say, 'Oops, my mistake. Not to worry. I'll just go back and swap these over.' Or, perhaps you could draw alongside your toddler and deliberately keep from drawing inside the lines, commenting to your little one as you go, 'I love drawing with you'. By doing so, you model for your child that mistakes are okay, that they needn't hamper their enjoyment of a task and importantly, that the end result isn't all that matters.

Teach your child to speak to themselves as a friend

How does your child talk to themselves?

Would they speak to a friend in the same way?

No? Then what might they say instead?

We all know how much our inner voice can affect how we feel.

Teach your child to be kind to themselves. To be supportive, forgiving and encouraging, even when they make mistakes.

Consider how you react when your child behaves in an 'imperfect' way

Do you respond calmly when your child accidentally spills cereal all over the kitchen bench or do you tend to overreact? It's important when we're teaching our children that they needn't be perfect, that our responses back this up.

By accepting our children as they are – wonderful, 'good enough' young learners – we teach them to do the same. And that's so much better than perfect.

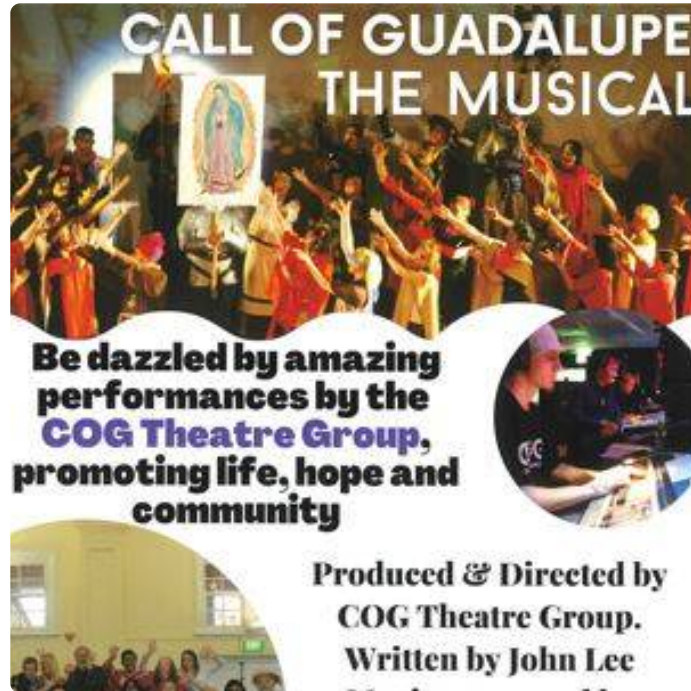
Dr Kaylene Henderson is a trusted Child & Adolescent Psychiatrist and one of Australia's leading parenting experts. She's also a grateful mother of three. Find her online 'advice packs', free website resources, social media channels and popular seminars at www.drkaylenehenderson.com. You can also watch Dr Kaylene Henderson's free video tip for tackling perfectionism here: <https://adoseofawesomeness.com/free-video-tip-series/>



Upcoming Webinar for Parents

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

[Download](#)



2022 Term Dates

Red indicates a change from last week

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

Week 5

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

Casual clothes day \$2 donation for a Poppy Remembrance Day

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, 2023 Prepaid Levies due

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