



St Joseph's School, Chelsea

Term 4, Week 7 Thursday 17th November 2022

Tomorrow is our final working bee for 2022



Dear Families,

Swimming Program 2022

Today parents will receive an Operoo message with the details of the Prep-4 swimming program starting on Wednesday 30th November. Please complete the permission form as soon as possible.

The Year 5-6 Lifesaving program will commence on Monday 3rd December at Chelsea Lifesaving club. Details regarding this will also come home via Operoo. Please complete the permission form as soon as possible.

Working Bee

Tomorrow the 18th November we will have our final working bee for 2022 from 4 - 6pm. An Operoo notification was sent home earlier this week please respond as soon as possible if you are able to come. Please do not forget to sign in upon arrival.

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.

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.

Lost Property

Our lost property basket is overflowing! If your child has an article of clothing missing please encourage them to look through the basket located in the school office.

Kindest Regards,

Gavan

Library news

Thank you to all students and families for your enthusiastic borrowing this year. As the end of Term 4 is rapidly approaching, can all families please have a good look at home (under the bed, in the car!) for any St Joseph's library books that can be returned along with any St Joseph's library bags which may have come home with your children - these are often labelled SJL.

Some children may come home with a printed list of overdue books as a reminder. Please just do your best in locating these, but do not worry if you really can't find them. We do not issue fines!

Ms Morey and Sarah.



Visual Arts

The children doing art for mindfulness have been making airdried birds and placing them in individual nests. Here is the collective with work from some of the middle and senior kids,

they have turned out just beautiful. They have also worked together to make nests using raffia, sticks, twigs and dried leaves.

Caroline Egan

The art of good conversation with young people



by Lucy Snowball

Conversations can be challenging with every age group, young and old, and for so many different reasons. With children and teens, just getting the conversation going can be the biggest challenge. How many times have you said, “How was your day?” only to be told “Good” or asked them what they did today only to be told “Not much”! So where to start?

8 tips for turning chit-chat in to richer conversation

1. Don't wait for young people to ask questions or reach out. Raise discussions yourself.
2. Be open about your own experiences. In doing so, children are more likely to be open and honest.
3. Choose your timing – preferably when you are naturally together anyway in a relaxed setting, rather than setting up a stressful, anxiety provoking meeting. Side by side chats work well (e.g. while driving, walking, doing an activity together like a chore or jigsaw).
4. Be calm, prepared and genuinely ready to give your time and attention.
5. Listen in a non-judgmental and curious way. Ask, don't assume! Remember that this is a chance for the speaker to talk through their feelings, not for you to fix their problems.

6. Acknowledge and validate their feelings. Don't minimize their concerns or fears. Whilst they may seem trivial to you, they are real for your child and part of their current experience. Try to understand the importance of what is going on, and the impact for them. Reassure them that whatever they are feeling is okay.
7. Leading relationship research tells us that 'understanding must precede advice'. Premature problem solving tends to shut people down. Solution finding should only begin once you feel you understand what your teen is going through, and your teen feels understood.
8. Remember that you do not need to have all of the answers. Ask young people questions like 'what do you need?', 'what do you think would help?', 'how can I support you better?', 'what would make this easier for you?'. Then together you can come up with an action plan.

How to be a good listener

Great conversation requires great listening. Listening well reduces misunderstanding, eliminates conflict and allows us to understand the other person's perspective.

Listening is the key to empathy.

- Feeling heard is very validating for young people and it helps to increase their self-esteem, confidence and independence. It also improves relationships and communication skills. So how can we do it well with young people of all ages?
- Be present, make eye contact and remove distractions – don't be half in half out.
- Listen with the opportunity to learn, not respond.
- Play the same role for your child as a trampoline does – to bounce ideas off, amplify, energise and clarify, provide support.

- Be comfortable in silence – you don't need to respond immediately; holding space and silence for someone; share insights.
- Have a beige face – neutral, not reacting, remain calm and listen.
- Remain curious throughout.

Becoming an active listener to further improve conversation

Active listening has 3 steps.

Hearing

What did you think you were told?

Understanding

What does this mean to you?

Assessing

Does the statement make sense to you?

Active listening includes:

- Non-verbal responses – eye contact, nodding, posture
- Encouragers – mmm, yes, right, okay, uh-huh
- Reflection of content and feelings – stating back events or emotions
- Matching young people's language/terms – when appropriate
- Summarising – brief replay of what was said
- Noticing what is missing – gaps, conflicting information, hidden meanings

Finally, here are some effective responses to keep the conversation going while listening actively

- Could you tell me more about that?
- What happened next?
- That must have hurt/felt
- How have you handled things like this before?

- I can see this is really troubling you.
- You feel (emotion) because of (situation)?
- Could you repeat that? I want to really understand.
- I like how you said
- What options might we have in this situation?

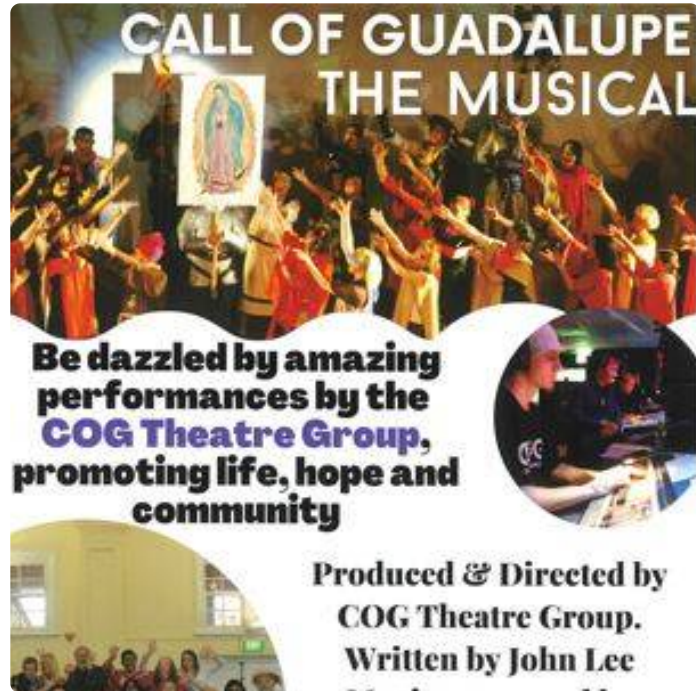
Good conversation with young people comes down to time – creating the time and space and then using that time wisely, perhaps by using the tips above. The art of good conversation teaches us all to build great communication skills, skills that improve our quality of life enabling us to express ourselves clearly and confidently through every aspect of our life.

Lucy Snowball

Lucy Snowball is the Data and Youth Insights Director at Raise Foundation. Raise offers early intervention, evidence-based mentoring for young people in high schools with trained and trusted independent adults. Find out more about Raise at www.raise.org.au.

Scholastic Book Club

Coming home tonight is the final Scholastic book club brochure for the year. Orders may be made online only. To ensure delivery before the end of term your chance to order will close on December 2nd.



2022 Term Dates

Red indicates a change from last week

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

Week 7

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

Tues 13th Dec 9am Meet your Teacher for 2023, 10.30am Preps excursion to Victory Park

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