



# St Joseph's School, Chelsea

Term 4, Week 8 Thursday 24th November 2022

**Yr 5/6 and their buddies preparing for this Sunday's get together**





Dear Families,

### **Christmas Carols and BBQ this Sunday 27th November**

Looking forward to seeing you all on Sunday at 5pm for Carols in the Church followed by a free BBQ. BYO chairs and drinks. This is a great way to gather as a community and begin the season of Advent.

### **Pregnancies**

I would like to announce and congratulate both Bethany Jewson of 1/2JD and Jade Flanagan of 3/4S who are both expecting their second child in April/May 2023. This is an exciting time for them both and we wish them good health through their pregnancies.

### **Swimming Program 2022**

The details of the Prep-4 swimming program was sent out last week via Operoo. The program is starting on Wednesday 30th November. If you haven't already done so, please complete the permission form as soon as possible.

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

Please note there will be **no lunch orders available** during the Prep - 4 swimming and 5/6 lifesaving program. The canteen will only be open for snacks during this period.

### **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](mailto: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



## Head Lice

We have had a couple of cases of head lice across all levels of the school. Please have a read on the best prevention and treatment of head lice.

If possible please keep your child's hair tied back at all times whilst at school.

Thank you for your support

[Download](#)

## 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.

## Scholastic Book Club

Issue 8 was sent out last week through your child's class. This is the last issue for 2022. All orders must be **finalised by 2nd December** to allow time for the books to be delivered before the end of the school year. If you wish for your order to be held at the office please email [info@sjchelsea.catholic.edu.au](mailto:info@sjchelsea.catholic.edu.au).



## How to recognise Autism in girls

by Dr Michelle Garnett

Autism is significantly more common in boys than in girls. This skewed sex ratio has been recognised since the first cases of autism were described in the 1940s. But we're not sure why autism appears in more males than females. It may be rooted in biological differences between the sexes. Or, some experts say, it may be an artifact of the way autism is defined and diagnosed.

But we also know that many autistic girls remain undiagnosed because many of the social signs of autism are less obvious in girls than they are in boys. One way that girls are “flying under the radar” of a diagnosis is the use of camouflaging as a coping mechanism.

Camouflaging means to pretend to know how to socialise by using observation, imitation, and adopting a persona or wearing a mask to meet social demands. An autistic girl – like an autistic boy – does not intuitively know what to do or say in a social situation. Social challenges are a hallmark of being on the autism spectrum. Compared with most boys, however, from a very young age an autistic girl will often closely observe and analyse her peers before making the first step. She will use imitation and acting to be able to conceal her confusion when socialising with peers.

### **What to Know about Autistic Girls**

Unlike most autistic boys, girls are more likely to be able to accurately interpret and answer questions about social interactions, social situations, and friendship. However, they rely on intellect rather than intuition, so their responses will be slower, making it difficult for them to keep up in a group setting or with typically-developing and more socially skilled girls. Consequently, autistic girls tend to choose single close friendships rather than being part of a group. They often find males more appealing as friends because male friendship dynamics may be perceived as being easier to understand.

Autistic girls often show a willingness to follow the rules, a natural tendency to shyness, and social naivety. Such qualities can mean that they are easily missed in a classroom where louder children gain the teacher's attention. Autistic girls are usually very hesitant to ask for help. They may fear drawing attention and are often self-directed and perfectionistic, so do not wish to be seen as stupid or making a mistake.

Autistic girls can focus much of their intellectual energy on learning about their social world, hence special interest topics may have more of a social focus, such as mental health, self, friendships, animals, celebrities, literature, and fantasy. Sometimes it is not the topic that differentiates them from their peers so much as the intensity of their hyper-focus on it.

Despite their frequently better coping mechanisms and ability to camouflage their social difficulties, their social difficulties are very real, on a par with those of autistic boys, and cause enormous stress, confusion, and exhaustion. In addition, autistic girls experience sensory processing challenges at the same level or more than autistic boys. These challenges generally lead to high levels of anxiety in the classroom and playground. When this occurs, you may observe an autistic girl:

- become overwhelmed in social situations
- be reluctant to participate in class activities
- be unable to communicate verbally (situational (selective) mutism)
- feel judged negatively by their peers
- withdraw from social interaction

During primary school autistic girls can appear to have no social difficulties, successfully 'keeping it together' at school. In fact, an autistic girl may be able to do such a great job at "wearing a mask" and fitting in that nobody would believe she

has autism. However, the toll on their energy levels and emotions can be high. Girls will often come home feeling exhausted, irritable, and overly emotional, following a day processing both the academic and social curriculum. Over time secondary mental health concerns often develop including anxiety and depressive disorders, self-harm, eating disorders, and suicidality. The average age of diagnosis for autistic girls around the world is 12-13 years old, coinciding with the first year of high school, when the social world suddenly becomes far more complex, and hormonal changes that increase anxiety exacerbate autistic features.

### **What Next?**

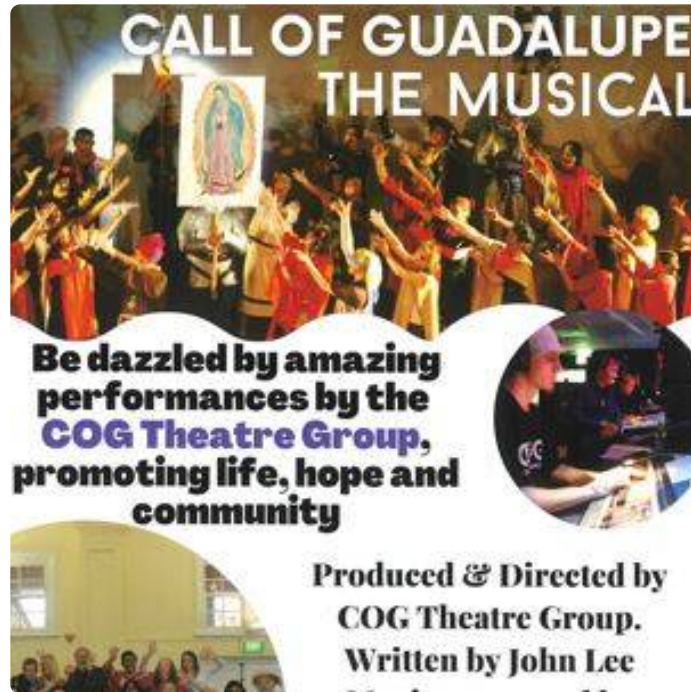
So now you know the signs, what do you do if you think you could have an autistic daughter? If you are a parent, approach your daughter's teacher. Share this article and discuss what they have observed. If you are a teacher, you may approach the parents and ask them how their daughter is going at home. Mention the signs that concern you and share this article with them. Acknowledge that you are not a diagnostician, and you may be wrong, but that you are concerned and wish to do all that you can to assist their daughter.

To take the next step to obtain a formal diagnosis (or at least to investigate), carefully consider the level of experience of the Clinical Psychologist, Paediatrician or Psychiatrist you choose. The field of understanding the female presentation of autism is an emerging one and many health professionals did not receive training as part of their degree. Approach your local autism association for names of diagnosticians who are experienced in signs of autism in girls and women.

Dr Michelle Garnett

Dr Michelle Garnett is a clinical psychologist who has specialised in autism for nearly three decades. She has written six highly regarded books on autism for parents and

professionals, including a seminal text on autistic women. For further information visit [www.attwoodandgarnettevents.com](http://www.attwoodandgarnettevents.com) or via Facebook.



## 2022 Term Dates

Red indicates a change from last week

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

### **Week 8**

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 9th Dec, 2023 Prepaid Levies due

Fri 2nd Dec No Assembly

### **Week 10**

Mon 5th Dec - Yr 5/6 Lifesaving commences until 9th Dec (not Tuesday 6th 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