



St Joseph's School, Chelsea

Term 1, Week 2 Thursday 9th February, 2023

Come along tomorrow night....

Come along to St Joseph's annual
welcome BBQ and catch up on all the news
for 2023!!

Welcome BBQ

BYO table, chair, drinks, salad!!

Free snag in bread!!

Friday 10th February

Classrooms open @ 5pm – 5.45pm

At 5.30 the Yr 5/6 teachers will speak in the
library .

Meet the teachers!!!

BBQ from 5pm for
all to enjoy!!!



Dear Families,

Welcome to 2023

The holidays are over. School is back. And routines are recommencing. For many families this means:

- extra stress (some kids don't feel excited about heading to kindy/prep/reception or school),

- extra costs (let's face it, uniforms, shoes, and the rest of it all)
- extra challenges (ADHD, dyslexia, other needs, friendship issues, learning difficulties).

Of course, it's not all bad news. Some families are delighted. Holidays create stress because of babysitting challenges, costs for entertainment, and more.

And fortunately, there are tens of thousands of our kids that actually enjoy school and are glad to be back.

As it happens – so are we! Parenting Ideas has been providing helpful parenting advice to parents in early learning centres, primary schools, and high schools around Australia, New Zealand, and the world for over two decades! This year it's no different.

Starting the year right

If you're like most parents, you really wanted to start things off well, but it's been a little rocky. Getting back into a routine, being on time, sorting out school lunches... it's a bit tricky. Best laid plans haven't quite been as smooth as you might have liked. To dial in your morning and evening routines, I'm going to suggest a few principles to help.

1. Get clear on what 'getting it right' actually means.

You might know what you want the morning to look like. But is it clear to you? Can you write it down? Can you put it on the fridge? Can you explain it to your kids and help them to buy into why it matters? Clearly explaining what you want and why is going to be a critical first step.

2. Set up a system.

Author, James Clear, says that "you do not rise to the level of your goals. You fall to the level of your systems." So what does your system look like for making things happen? Can you create a system that will facilitate a smooth morning for every member of the family?

3. Workshop it.

Setting up a system when you're a parent is pretty easy. But bringing the family along can be trickier. By having a meeting and developing the system with input from your kids, you get to be clear, establish the system, and create buy-in. Ask your children to make suggestions and design the morning based on their ideas. Fashion it with your expert knowledge. And watch the results improve because your children have been part of it. Involvement is a central success pillar when it comes to developing a system that works in any family.

4. Curate competence.

The real secret to successful routines is helping the kids become self-sufficient. It takes time, but teaching them to toast their bread or crumpets, fry or scramble some egg, or organise their cereal or yogurt, or even blend a smoothie means that there is less friction with your routine. They feel good about doing what needs to be done because they know how to do it. And while it's slow at first, it becomes wonderfully efficient over time.

5. Support autonomy.

Kids love to have choices. They appreciate being able to make their own decisions. Support them in that while ensuring they know what the guidelines and boundaries are for making things happen well.

Here are the golden rules of a magic morning (from a dad of six who has talked with thousands of parents about getting this right):

- Your morning begins the night before. Get the prep done for tomorrow at bedtime so uniforms are ready, bags are packed, and library books or sports gear is sorted.

- Create margin by waking up a little early, and getting the kids up (gently) a little early too. Room to breathe makes everything work better.

- Create the structure so everyone knows what needs to be done.

- Keep the kids accountable in a supportive way.

In spite of your best efforts, things will go pear-shaped now and then. When this happens, stay calm (remember: emotions are contagious), don't sweat the small stuff, be flexible for the morning... but get it back on track the next day by having a calm conversation in the evening, reinforcing the system, and working together on making it work.

Whether it's magic mornings or excellent evenings, the process is the same. Work as a team, and watch the magic happen... at least sometimes.

Dr Justin Coulson

Dr Justin Coulson is a dad to 6 daughters. He is the parenting expert and co-host of Channel 9's Parental Guidance, and he and his wife host Australia's #1 podcast for parents and family: The Happy Families podcast. He has written 6 books about families and parenting. For further details visit www.happyfamilies.com.au.

Reconciliation 2023

Is your child in Year 3 and making their First Reconciliation this year. If so please complete the form coming home on Operoo this week. Our Information night is on Wednesday 1st March 2023 at 7pm in the St Joseph's hall. The ceremonies will take place on Wednesday 29th March at 10am and 6pm.

St Joseph's OSHC 2023

Name of Program: St Joseph's Catholic Primary School OSHC

Before and After School Care

If you wish your child to attend please book a place on 9581 4867. The sessions start from 6.45am and conclude at 6.00pm. Entry will be from Woodbine Grove gate each morning and afternoon.

The only children allowed onsite before 8.30am will be those booked into Before School Care.

To enroll please visit before and after school care to enrol

Contact Our School hours Care for further information:

W: kingston.vic.gov.au/beforeandafterschoolprogram

E: beforeandafterschoolprogram@kingston.vic.gov.au

Ph: 9581 4867

PSW Price list

Please See the attached price list.

Working Bee 17th Feb 4-6pm

Our Working Bee note went on Operoo last week. Come along to one of our four Working Bees and receive a \$100 rebate on your school fees. Help clean up our school, meet a few parents and enjoy a sausage and drink after.

Term 1 Friday 17th Feb 4-6pm

Term 2 Saturday 27th May 8-10am

Term 3 Saturday 12th Aug 8-10am

Term 4 Friday 10th Nov 4-6pm

School Fees

Statements were sent out last Thursday via email. If no payment arrangement has been made and you are paying over 3 terms, the first instalment is due by 23rd February, 2023. Electronic transfer of funds (EFT) is the easiest method of paying fees. We accept payment by credit card/eftpos/cash or Bpay (please refer to your statement for details), or we can arrange for your bank to pay the fees on your behalf directly out of your nominated credit card or savings/cheque account. The forms are available to download below.

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

Shrove Tuesday - 21st Feb

Coming home on Operoo will be a Shrove Tuesday pancake permission form. Please fill this in for your child/ren prior to the day. If your child has an allergy you are welcome to bring in your own ready made pancakes.

Below is a list of ingredients. Jam and Maple syrup will be available.

Ingredients

Water, Wheat Flour, Sugar, Canola Oil, Non Fat Milk Solids, Acidity Regulator (575), Wheat Starch, Whole Egg Powder, Raising Agent (500), Salt, Preservatives (202, 234), Natural Flavouring, Emulsifier (471), Natural Colour (161b), Vitamins (Thiamin, Folic Acid)

Allergen

Egg, Milk, Gluten

Prep 2024 Enrolments

Do you have a child starting school in 2024? It is now time to complete an enrolment form and confirm their enrolment. Please read the attached flyer and let the office know as soon as possible.

2024 Enrolments

St Joseph's School

Enrolments at St Joseph's Parish School for children entering
Prep in 2024 are open.

OPEN DAYS Thursday 2nd March & 27th April

School open for viewing 9-3pm

Open Day Principal Address at 9.30am and 12.30pm



Call 8773 1111 Anytime to book a tour

School Tours run for 45 min by our Year 6s

**Tours are run at
9.30 and 12.30pm**

Principal is available to talk to
after the tour

Please contact the school office to
book your preferred time or further
information

362 Station Street, Chelsea

☎ 8773 1111

✉ info@sjchelsea.catholic.edu.au

🌐 <http://sjchelsea.catholic.edu.au>



Always Faithful

SAFETY

RESPONSIBILITY

RESPECT

ST JOSEPH'S POSITIVE BEHAVIOURS FOR LEARNING

"Always Faithful"



SAFETY

RESPONSIBILITY

RESPECT

Positive Behaviour for Learning (PBL)

At St Joseph's we are committed to the Positive Behaviour for Learning (PBL) framework for our school community. We are a community of learners and this year we continue to learn and bring together the whole-school to contribute to developing a positive, safe and supportive learning culture.

What is PBL? Positive Behaviour for Learning (PBL) is a whole-school framework that promotes positive behaviour across a school and helps schools develop safe and supportive learning environments. The PBL framework makes sure all students are explicitly taught the expected behaviours and establish clear and consistent boundaries. Our teachers take a proactive, preventative approach to ensure all students receive the appropriate level of support to help them to be successful at school. Student outcomes are monitored so identified students can receive additional support when needed, and a minority of students can access intensive support to enable them to engage successfully at school. PBL is an international evidence-based whole school process and as a school we are being supported to implement this framework by an external PBL Coach from the Melbourne Archdiocese Catholic Schools (MACS).

What does PBL involve?

To begin, St Joseph's have created clear expectations and rules that use positive language, for example "walk" instead of "don't run". This is done for all areas across the school and all people involved in the school community. Once everyone has agreed to the expectations, a system is designed to acknowledge students for following the expectations.

This clearly defined set of expected behaviours is backed up by teaching procedures and procedures for acknowledging expected behaviours as well as responding to other behaviours. School communities also work together to decide on what happens when things don't go according to plan. PBL uses an educational approach so there is the opportunity for students to get back on track. We support students to learn when they find areas of the curriculum challenging and we also aim to provide similar opportunities for behaviours.

What are the benefits of PBL?

When PBL is implemented well, teachers and students have more time to focus on relationships and classroom instruction. Students and staff benefit from:

- increased time focused on instruction
- improved social-emotional wellbeing
- positive and respectful relationships among students and staff
- reduced inappropriate behaviour
- better support for teachers to teach, model and respond effectively to student needs
- a predictable learning environment where staff and students know what is expected
- a continuum of support that helps students with diverse academic and social needs

What is the evidence base for PBL?

PBL has a longitudinal research base in achieving positive outcomes for students and school (and system) improvement. Specific outcomes are:

- enhanced school climate
- increased student engagement in learning with improved learning outcomes
- lower rates of minor and major inappropriate behaviours
- increased attendance rates
- greater connection with key stakeholders (students, staff and community)

Our teaching focus for this week is introducing our core values: safety, responsibility and respect. We really look forward to sharing our journey with PBL each week in the newsletter.

Learning Diversity at St Joseph's

As a school, St Joseph's seeks to meet the needs of all learners, so that every student experiences success and engages in their learning. This involves care, safety and supporting our students in all ways. Our Learning Diversity Team, in conjunction with the classroom teacher coordinates the following:

- providing care, wellbeing and protection to all students
- assistance in transitioning to school
- additional classroom support for our students and teachers
- coordinate Learning Support Officers to provide support to students and their individual needs
- provide opportunities for regular parent support meetings
- evidence based learning intervention
- personalised learning plans
- wellbeing groups and support
- counselling
- support transitioning into secondary school
- Speech Pathology
- learning Consultations with Melbourne Archdiocese of Catholic Schools (MACS)

Our Learning Diversity team and staff are committed to providing targeted support and early intervention to meet the individual needs and abilities of each student.

If you have further questions please speak to your child's classroom first or email the Learning Diversity team.

Learning Diversity Team (Kate Cronin, Lisa Kniese, Gavan O'Donnell)

learningdiversity@sjchelsea.catholic.edu.au

‘A positive sense of wellbeing supports a base for rich learning that enables young people to flourish.’

(Catholic Education Melbourne 2017, Horizons of Hope: Wellbeing in a Catholic School)



Credit card authority form

Credit card authority form is for the payment of school fees. Please fill in and return to the school office if you wish for us to make the payment arrangement on your behalf

[Download](#)



Direct debit form

Direct debit form is for the electronic transfer of funds from your cheque or savings account for the payment of school fees

[Download](#)



Canteen Price List 2023

Please find our updated Canteen Price List for 2023. Lunch orders are available on Thursdays and Fridays.

As we have new lunch and eating times it is imperative your child's lunch order is put in the blue satchel as soon as your child arrives for the day.

[Download](#)



PSW Uniform Shop Price List

Please find a uniform list attached.

[Download](#)



2023 Term Dates

Red indicates a change from last week

Term 1 Monday 30th January-Thursday 6th April

2023

Week 2

Thurs 9th No Preps (testing)

Fri 10th 2.30pm Assembly, Welcome BBQ 5-5.45pm, Classrooms open

Week 3

Mon 13th Gym4Hire 3

Tues 14th Gym4Hire 3

Wed 15th Gym4Hire 3, Prep Curriculum Night 7pm

Thurs 16th No Preps (testing), Yrs 3-6 Swimming Carnival

Fri 17th 2.30pm Assembly 3/4 performing, Yr 5/6 sport vs Aspendale, Term 1 Working Bee 4pm

Week 4

Mon 20th Gym4Hire4

Tues 21st Gym4Hire4, Shrove Tuesday (pikelets see ingredients)

Wed 22nd Gym4Hire4, Ash Wednesday Mass 9.15am, Yr 5/6 Camp-Sovereign Hill

Thur 23rd No Preps, Yr 5/6 Camp Sovereign Hill

Fri 24th Yr 5/6 Children return from camp

Week 5

Mon 27th Gym4Hire5

Tues 28th Gym4Hire5

Wed 1st Mar Gym4Hire 5, Reconciliation Parent/Child info night 7pm

Thur 2nd Mar Open day

Fri 3rd Mar District Swimming, 2.30pm Assembly Yr 5/6 performing

Sun 5th Mar Biggest Playdate Aspendale Gardens Community Centre