



# St Joseph's School, Chelsea

Term 2, Week 3 Thursday 11th May, 2023

# Yr 5/6 Unleashing your Personal Potential



Dear Families,

Our Mother's Day stall went really well this morning. Thank you to Miriam, Sonja, Samantha and Taylor for helping on the stall. The children were excited to shop for their mums and carers. Happy Mother's Day to all our mums, grand mothers and carers. Enjoy the day on Sunday.

Information regarding the Year 4's First Communion was sent out on Operoo. Parents will be able to indicate which service they will be attending over the weekend of Friday 2nd June and Saturday 3rd June. There will be two information nights for the parents and children, to be held

tonight and Thursday 25th May at 7pm. We still have a few families who have not chosen a Mass or indicated which Sacrament night you will be attending. We urge all families to please check on Operoo urgently.

The annual AGM of the School Advisory Committee will be held at 6.15pm on Wednesday 17th May in the library, followed by a 7pm 100th Anniversary meeting.

### **WORKING BEE CHANGE OF DATE 20th May 8-10am**

Next Saturday 20th May we will have our second Working Bee for the Year from 8-10am. See the flyer sent home today on Operoo

On 29th July 2024 St Joseph's will be officially 100 years old. We are looking for ideas and volunteers to help co-ordinate a celebration. If you are an old student of St Joseph's and have any ideas please come along.

### **Covid Tests**

Please come in and collect covid tests if you require some. We have them at the office. Please continue to test your child if they are not feeling well. As always we encourage families to keep their child home if not well.

### **Class Help**

If there are any parents in P-2 who have not done the parent helpers course but would like to help out in class please let the office know. We may run a catch up session if there is interest.

Kindest Regards,

Gavan



## **Raising kids in a Digital World**

Come along to our Parent and Carer night on Wednesday 31st May at 7.00pm for a 90 minute presentation from Martin and Carly. See the flyer attached and click to register.

Inform & Empower Digital Safety & Wellbeing will focus on social media, online gaming, managing devices, cyberbullying, screen time and more. This is a great presentation to be a part of. Please register below and there is also a quick video to watch.

[Register here](#)

[Video link](#)



## Audiri App

We are excited to announce that Audiri, our new communication platform, is now available for all parent communications at St Joseph's Chelsea.

Audiri offers a range of upgraded features that will make it even easier for you to stay informed and connected with the school community.

To upgrade to Audiri, all you need to do is go to the App or Play Store and update your Skoolbag app.

The new Audiri app will replace Skoolbag as your primary communication platform for St Joseph's.

We believe that Audiri will be a valuable tool for improving your communication and collaboration efforts, and we look forward to sharing this new platform with you.



## District Cross Country

On Friday 5th May, 60 students from St Joseph's competed in the district cross country at Cornish College.

The Grade 5 and 6's ran 3 kms and the Grade 3 and 4's ran 2 kms. The course had lots of hills and pot holes but it was a lot of fun to participate.

We feel very privileged to have been able to represent our school and are very proud of our fellow student competitors. Six students have made it through to the next stage and we wish them all the best at the Divisionals on the 30th May.

We give a big thank you to Ms Coletti, Mr Edkins, Miss Spinoso, Grace and all the parents who helped and supported us.

Olivia and Alexis



**Join us on  
Friday May 19 2023**

**Active kids are healthy kids!**





## **WE'RE TAKING IT IN OUR STRIDE ON FRIDAY 19 MAY 2023**

Well it's that time of year again when our school seriously starts talking about walking!

Walk Safely to School Day asks that we all consider our transport habits and try to incorporate more walking as part of a healthy, active way to get around. And although walking all the way to school isn't realistic for many of us, it's quite easy to figure out how you can build a walk into your family's daily routine.

You can teach your child the healthy habit of walking more by:

- Walking with them the whole way to school
- If they get the bus or train, walk past your usual stop and get on at the next stop
- If you have to drive, park the car a few blocks away from the school and walk the rest of the way.

Regular exercise like walking with your child not only helps them (and you!) beat chronic problems like obesity, heart disease, behavioural and mental health issues and diabetes. It also gives you a great opportunity to teach your child safe ways to behave around roads and traffic.

Remember, Active Kids are Healthy Kids so get planning your own Walk Safely to School Day journey for Friday 19 MAY 2023!

For more information, visit [www.walk.com.au](http://www.walk.com.au)



# School Advisory Council Annual General Meeting

Are you interested in finding out more about your child's school?

Are you interested in having input into the future direction of St Joseph's?

Click the link to find out more and come along to the AGM on Wednesday 17th May at 6.15pm in the library.

[Download](#)



## St Joseph's School Chelsea will be 100 years old on 29th July 2024

A Meeting will be held on **Wednesday 17th May 2023 at 7pm in the school Library.**

Do you know any Past Students?  
Do you have any ideas of how we can celebrate the anniversary?

Come along and help brainstorm any ideas.  
Contact the school 8773 1111 or email [info@sjchelsea.catholic.edu.au](mailto:info@sjchelsea.catholic.edu.au)

Spread the word.

Here is a photo from 1956 of the Woodbine Grove classrooms

ST. JOSEPH'S SCHOOL, 1956



*Facing Woodbine Grove*



*Facing school yard*

# Celebrating First Nations

<https://mcclelland.org.au/events/celebrating-first-nations-at-mcclelland>

## FIRE Carrier Update



Please find attached an invitation for ALL St Joseph's families. We would love to see you at this special Mass to acknowledge Reconciliation Week.

Thank you,

Year 5/6 FIRE Carriers and the staff at St Joseph's

**Reconciliation Week Mass** | Sunday 28th May @ 10a.m

The Bunurong Catholic School cluster warmly invite you to participate in our first combined schools mass.

This will be a hope-filled celebration as we pray together for healing and new beginnings in our nation.

Venue: St John's Catholic Church, Coral Street, East Frankston (parking in school grounds via Jayne Street)

**Family School Partnerships**  
Bunurong Schools

JOHN PAUL COLLEGE  
ST ANNE'S CATHOLIC PRIMARY SCHOOL  
ST AUGUSTINE'S CATHOLIC PRIMARY SCHOOL  
ST FRANCIS XAVIER CATHOLIC PRIMARY SCHOOL  
ST JOSEPH'S CATHOLIC PRIMARY SCHOOL  
ST JOSEPH'S CATHOLIC PRIMARY SCHOOL  
ST JOHN'S CATHOLIC PRIMARY SCHOOL  
ST JUBILEE CATHOLIC PRIMARY SCHOOL



## Victorian Premier's

# Reading Challenge

The Victorian Premiers' Reading Challenge is now open and St Joseph's Primary School is excited to be participating. The PRC application offers a range of exciting features including:

- access to a library catalogue (including book images and blurbs)
- a modern user-friendly interface
- rewarding students with badges as challenge milestones are achieved
- the option for students to mark books as a favourite, give them a star rating or complete a book review

The Challenge is open to all Victorian children from birth to Year 10 in recognition of the importance of reading for literacy development. It is not a competition; but a personal challenge for children to read a set number of books by 8 September 2023.

Children from Prep to Year 2 are encouraged to read or 'experience' 30 books with their parents and teachers. Children from Year 3 to Year 10 are challenged to read 15 books.

All children who meet the Challenge will receive a certificate of achievement signed by the Victorian Premier and former Premiers.

To read the Premier's letter to parents, view the booklist and for more information about the Victorian Premiers' Reading Challenge, visit:

<https://www.vic.gov.au/premiers-reading-challenge>

# PEAT (Parent Engagement Action Team)

PEAT meets monthly, all parents are welcome. This gives our families a chance to meet and have a chat with new and old parent friends. You will also hear about what is happening at school or a presentation on a topic. At the last meeting parents heard about PBL (Positive Behaviours for Learning) happening in the school.

Here is a copy of the Vision and Mission of PEAT.

Vision statement:

We aim to:

- Create a culture at St Joseph's that maintains and supports all participants' wellbeing and growth
- Inspire and energise all to be active, inclusive and valued members, providing varied opportunities to encourage and support all members of the community

Develop and sustain wellbeing and growth throughout each child's pathway of life

Mission statement:

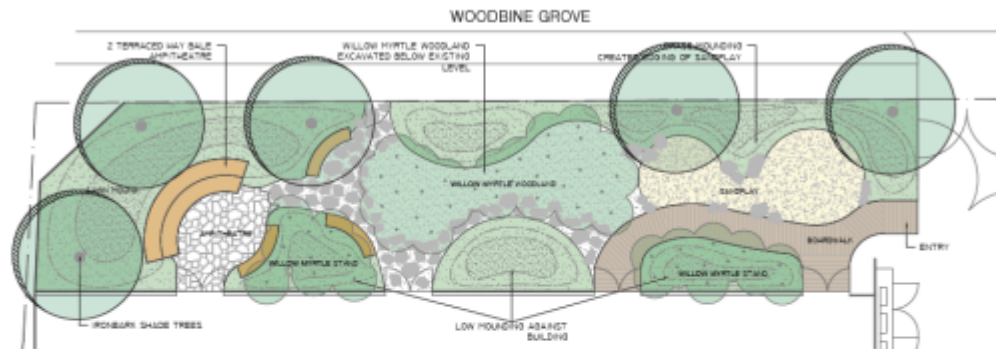
- Our team is committed to develop collaborative working relationships with teachers, families and other members of the school community to promote students' wellbeing
- To develop a common understanding of the curriculum and connect families with staff, encouraging and empowering them to work together to improve learning outcomes.

We are committed to fostering a sense of belonging to our St Joseph's community.

**On May 1st we only had a couple of parents come along but we had a very good discussion around ideas to redevelop the Woodbine playground area. We are looking for ideas and people with an interest in landscaping. If you have any ideas please email [info@sjchelsea.catholic.edu.au](mailto:info@sjchelsea.catholic.edu.au) or come along to the next PEAT meeting on Monday 5th June at 2pm.**

**Ten years ago when we redeveloped the sustainable garden area we did a plan for Woodbine. See below.**

# Woodbine Grove



The **Willow Garden** contains a sandpit, woodland and amphitheatre area. The amphitheatre, made from rendered hay bales, is situated outside the library, providing the opportunity for outdoor reading classes in the warmer months. A lawn mound and Ironbark shade trees cut the space off from the busy surrounding roads. The willow myrtle woodland is a canopy of densely planted Willow Myrtles which provide a forested grove in which to run through and sit under. An organic shaped sand pit creates another opportunity for sand play with a board walk running along one side of its length. The boardwalk delineates the major access path through the site, while also creating a seat for children using the sand pit.

## The Seven Day Sleep Prescription

Article from Happy Schools

Like eating, drinking and breathing, we need to sleep to survive. Sleep is just as important to our health as diet and exercise. It is just as important in supporting life as food, water and oxygen. You can't be at your best if you aren't sleeping well. Unfortunately, many aspects of modern life work against us achieving quality sleep.

Improving our sleep can lead to improvements in many other aspects of our life, including how we feel, what we eat, how we learn and how we react to others. Most of us realise the importance of getting a good night's sleep however, the anxiety that we experience in trying to get to sleep makes the situation worse.

In Dr Aric A Prather's excellent book "The Seven Day Sleep Prescription" he explains that sleep isn't something that we do as much as it is something that happens to us. A lot of improving our sleep is about letting go, getting out of our own way and training our bodies to recognise the

cues at night and throughout the day, that tell it what it should be doing and when. The decisions that you make that shape your sleep don't start when you lie down at night. They start the minute you open your eyes in the morning.

You have two main "drivers" of sleep: your homeostatic sleep drive and your circadian rhythm. Your homeostatic sleep drive is essentially "pressure" for sleep that builds up the longer you are awake. He uses the analogy of a balloon. Hopefully it is flat and empty the moment that you open your eyes in the morning. As you go through your day, it gradually inflates, filling up with sleepiness. When it reaches an optimal amount – picture a perfectly inflated balloon – you feel the need for sleep. Your eyes feel heavy, you climb into bed and drift off to sleep. This homeostatic sleep drive works with your circadian rhythm or your master clock.

Dr Prather recommends starting a sleep diary and recording:

The time you tried to go to sleep?

How long it took you to fall asleep (in minutes)?

Number of times you woke up and tried to return to sleep?

How long you were awake during wake times? (total number of minutes) Time you woke up for the last time this morning?

Rate your sleep quality (0 = worst sleep; 25 = poor; 50 = average; 75 = good; 100 = best sleep)

Sleep opportunity (Minutes from when you started trying to sleep to the time you woke in the morning)

Time asleep (in minutes)

Sleep efficiency (% of time asleep out of sleep opportunity)

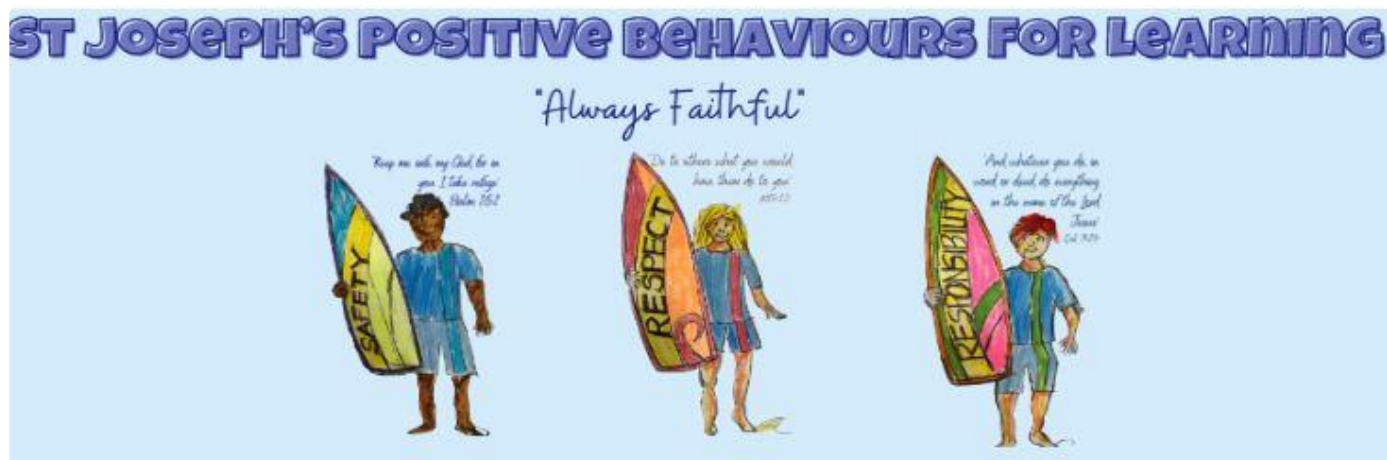
Dr Prather's prescription over 7 days is designed to help establish a healthy sleep routine that works for the individual. The first thing he recommends to patients in his sleep clinic is to pick a wake up time and stick to it – seven days a week. He recommends starting with that because it is the number-one most effective thing that people can do to solve their sleep struggles. Consistency is the key – your body craves it and it can have powerful effects. If you get up at 6 am on most days and then sleep in until 9 am on others, you are throwing off your circadian rhythm.

If sleep is an issue for you, I'd highly recommend buying the book and working through his prescribed process over the 7 days. It is an investment in your well-being.

Steve Francis MScM, BEd, DipT

www.SteveFrancis.net.au

Steve is an expert in school leadership and work-life satisfaction. Steve was a Principal for 20 years and is the author of four books, 'Time Management For Teachers', 'A Gr8 Life...Live it Now!', 'First Semester Can Make or Break You!' and 'Attitude is Everything'. Steve lives in Brisbane with his wife and family but works with school leaders and staff in schools across Australia and internationally.



## Positive Behaviours for Learning

During the recent PEAT meeting, we had a conversation with our families about Positive Behaviours for Learning (PBL) at St Joseph's and the impact it has had on our students' learning and wellbeing. We unpacked our three core expectations: Safety, Respect and Responsibility and the associated behaviours. Parents were keen to know more about the tokens that are distributed across P-6. All staff can distribute these to students in all areas of learning.

PBL Tokens:



- establish a system which helps staff to recognise students for their efforts and achievement
- develop a relationship through an exchange with the staff member and student
- shape or change behaviour
- allow students to know when they are 'getting it right'
- are given to students and specific feedback is provided on the behaviour/expectation that they have demonstrated

Students are now collecting their tokens which may work towards a reward. Please see your child's class teacher if you would like to know more.



## Dad's footy match vs St Louis

Hi everyone,

On behalf of the local communities Dads Football Group, I would like to introduce myself to the St Joseph's community and inform everyone that we are undertaking regular Wednesday (fortnightly) training sessions at the Chelsea Football Club, Beardsworth Avenue, Chelsea 6:00 PM. The training is in preparation for our annual game of football (AFL) where the dads from St Joseph's (Chelsea) play the dads from St Louis (Aspendale) which is generally played around late August (official date is yet to be confirmed). This is the 6th year running since its inception and provides us an opportunity to unite our community by making new friends and strengthening old friendships.

This game has heavily modified rules to suit our experienced bodies such as no tackling, 4 x 12-minute quarters and random penalties for those that take



themselves too seriously. We have various ranges of age groups that participate (from 30-57 years old) and differing fitness levels. There are players that have never played football before to dads that have played their whole lives (everyone is welcome). There are also many other non-playing roles which we need volunteers for, so please join our group if you want to get involved.

All dads are welcome to come and play, all they need to do is reach out to myself (Patrick Donnellan 0438 757 850) and we can get you into the 'WhatsApp' group so that you are up to date with various training sessions and events throughout the year.

This fantastic group of men live and breathe the ethos of Wellbeing and Mental Health and they demonstrate this belief by the welcoming and supportive group they have cultivated. So, if you are looking to improve your mental Health and Wellbeing and are keen to strengthen your local community please reach out and get involved, I promise you will have FUN!!!

Should you have any questions please do not hesitate to contact me.

Look forward to seeing you soon.

## School Fees

**Fee statements have been emailed today. If no arrangements are in place and you are paying the 2nd instalment this will be due on 25th May.**

Fee statements are emailed each month to your nominated email address. If you have not received your statement please contact the office. If you have no other payment arrangements in place and have not made a payment this year your account is now overdue. We ask that a minimum of 3 payments are made throughout the year with all fee accounts to be finalised by

the end of Term 3. If you wish to set up a payment arrangement please download the direct debit (cheque or savings account) or credit authority form (see the links below) and submit to the office.

### **Camps, Sports and Excursions Funding**

CSEF is provided by the Victorian Government to assist eligible families to cover the costs of school trips, camps and sporting activities.

If you hold a valid means-tested concession card or are a temporary foster parent, you may be eligible for CSEF. A special consideration category also exists for asylum seeker and refugee families. The allowance is paid to the school to use towards expenses relating to camps, excursions or sporting activities for the benefit of your child.

The annual CSEF amount per student is:

- \$125 for primary school students
- \$225 for secondary school students

If you meet the above criteria please contact the school office for the application form.

Applications close June 2023.

### **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.

## Knowledge is Power hosted by JPC

<https://www.jpc.vic.edu.au/home/news-item-mosaic/1189-parent-information-session-knowledge-is-power>

Knowledge is Power - Parent Information Session, hosted by Alumni and past College Captain, Alicia Goldsworthy. Held on Tuesday 16th May, 7:00pm - 9:00pm, John Paul College.

This session will focus on the use of social media and associated dangers amongst young people. It will provide education for parents on the importance of maintaining a balance, implementing boundaries, respecting others online, and ensuring you maintain a positive social footprint. This event is for parents and carers only. Please share this event with your school community.

Registration is essential via the link above.

## Prep 2024 Enrolments

Do you have a child starting school in 2024? Please read the attached flyer and let the office know as soon as possible. If you don't have an application form please contact the office and submit your child's enrolment form as soon as possible.

# Before and After School Program

<https://www.kingston.vic.gov.au/services/families-and-children/before-and-after-school-care>

St Joseph's OSHC 2023

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

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 enrol please click on the link above.*

Contact Our School hours Care for further information:

W: [kingston.vic.gov.au/beforeandafterschoolprogram](http://kingston.vic.gov.au/beforeandafterschoolprogram)

E: [beforeandafterschoolprogram@kingston.vic.gov.au](mailto:beforeandafterschoolprogram@kingston.vic.gov.au)

Ph: 9581 4867



## 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 2 Wednesday 26th April - Friday 23rd June, 2023**

### TERM 2

**Week 3** National Families Week

Thur 11th May 9.30am Fire Carriers Ceremony, Mothers Day stall 9-11 Holy Communion 1st meeting 7pm -parent and child

Fri 12th May Yr 5/6 Sport vs. Chelsea Heights, 2.30pm Assembly Marine Ambassadors to speak

Sun 14th May Happy Mother's Day

Week 4

Wed 17th May Maths Whiz Session 3, 6.15pm AGM SACS, 7.00pm 100th Anniversary Meeting

Fri 19th May Big Green Conference, Yr 5/6 sport vs Patterson Lakes, No Assembly, Walk safely to school day - 8am walk from Bicentennial Park to school.

Sat 20th May Working Bee 8-10am

#### Week 5

Thur 25th May Junior Mayor, whole school Mass Feast of Our Lady Help of Christians 1pm,  
Eucharist 2nd meeting 7pm

Fri 26th May Yr 5/6 Sport vs Chelsea, Yr 1/2 Assembly 2.30pm

#### Week 6 National Reconciliation Week

Wed 31st May Yr 5 Transition Day JPC, Yr 4 Reconciliation 9.30am, 1pm Maths Whizz, 7pm  
Raising Kids in a Digital World parent session

Thur 1st June Yr 4 Reconciliation 9.30am

Fri 2nd June Yr 5/6 Sport vs Aspendale Gardens, Yr 3/4 Assembly 2.30pm, Holy Communion  
6pm

Sat 3rd June Holy Communion 4pm & 6pm

#### **Week 7**

Mon 5th June PEAT meeting in Library 2pm

Thurs 8th June Yr 1/2 Museum excursion, Yr 5/6 History Box incursion

Fri 9th June Yr 5/6 Sport vs Aspendale, Prep Assembly 2.30pm