



# St Joseph's School, Chelsea

Term 2, Week 5 Thursday 25th May, 2023



## Junior Mayor 2023

Today four of our Year 6 leaders, Alexandra Shewan, Jacinta Vo, Kasia Ferguson and Sophie Michel, represented St Joseph's in the Kingston Junior Mayor Elections.

We competed against 24 schools in the Kingston Ward, presenting on the topic:

"WHAT THREE INITIATIVES WOULD YOU CREATE TO SUPPORT MENTAL HEALTH FOR YOUNG PEOPLE IN KINGSTON?"

We are pleased to announce that St Joseph's was named the winning team for their presentation on this issue and Alex has been named Junior Mayor of Kingston for 2023. Well done on a fantastic team effort, your commitment and hard work paid off.



Please register on the link below for next Wednesday 31st May. Inform & Empower Digital Safety & Wellbeing will focus on social media, online gaming, managing devices etc. We only have 8 people registered at the moment.

[Register Here](#)

Dear Families,

### **100 Year Anniversary of St Josephs School**

**Students will celebrate with activities at school. If you have any ideas or would like to be a part of a group to float ideas please email [info@sjchelsea.catholic.edu.au](mailto:info@sjchelsea.catholic.edu.au)**

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 contact the office.

### **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.

### **2nd hand uniform shop**

We have really good quality summer dresses, now selling for \$2 each. Most sizes are small, but if you are looking for a bargain come in and have a look. The uniform shop is open Friday mornings from 8.50am.

Kindest Regards,

Gavan



## School Interviews 3/4 W

Please click on the DOWNLOAD button below to book an interview time for 3/4 W students. Ms Wise will be on leave the last two weeks of term 2 so Hayley's Semester One Learning Conferences will be held in Week 7 beginning Monday 5th June.

While Hayley is away her class will be covered by Natasha Toussaint will be covering her class along with Jenny Dowsett.

Please see the flyer below. **Bookings open from 7.30am tomorrow morning - Friday 26th May.**

[Download](#)



## Tim Richardson visit

Today the Year 5/6 students were visited by Tim Richardson, our local member of the State Parliament.

Tim spoke about the various responsibilities of the State Government compared to the Federal and Local Governments. He was impressed with the knowledge of our students when he quizzed them, and even more so with the questions he was asked.

Students were curious to find out about the developments of the railway stations, the cost of living, interest rates and what they would need to do to get a Government grant to redevelop the Woodbine playground and garden! It was great to see their enthusiasm and curiosity, and we thank Tim for taking some time out of his busy day to support our school's learning community.



## Raising kids in a Digital

# World

**At this stage we only have 8 people registered. It would be a shame to cancel. If you have thought about attending please register on the link below. This is a great and informative night.**

**Have you registered?** This is a free event. Bring a friend- adults only.

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

# Senior Weekly Sports Report



On Friday 19th May, St Joseph's played sport against Patterson lakes Primary School. Sadly, some of our players were at the Big Green conference and couldn't make it.

We had a great time and although the wind was chilly, we were lucky there was no rain.

The final scores were:

Netball - both teams did a great job and improved as the game progressed.

Yr6 Girls: Patterson Lakes 21 - St Joseph's 11

Yr5 Girls: St Joseph's 15 - Patterson Lakes 2

Thanks to Ms Coletti and Jane J. for umpiring and coaching our teams.

AFL - the team played really well and it was a close game score:

25 - 18 but Patterson Lakes came away with the win.

Thanks to Mr Bayliss for umpiring and Heath D. for coaching.

Soccer - Boys vs B team did a great job. They won 4 - 0

Girls vs A team. They put in a tremendous effort but went down 6 - 0.

Thanks to Mr Fernandez and Angela for coaching.

T-Ball - The team played really well and had another close game. They went down 9 - 6.

Thanks to Miss Wilson for coaching and umpiring.

Written by the Netball Team



## Child Safety and Wellbeing

St Joseph's, Chelsea is committed to providing a safe environment for all students and young people and will take active steps to protect them against abuse. St Joseph's is resolutely committed to promoting the inherent dignity of children and young people and their fundamental right to be respected and nurtured in a safe school environment. This is particularly so for the most vulnerable children, including Aboriginal and Torres Strait Islander children, children from culturally and/or linguistically diverse backgrounds and children with disabilities.

When allegations of abuse concerning children and young people are raised, St Joseph's will take prompt action to have these appropriately referred and investigated. The fundamental issues of understanding effective practises in child safety and identifying and responding to child harm are paramount for our school. We will strive for continual improvement that is responsive to emerging thinking, evidence and practise, so as to emilinate the possibility of abuse occuring in the first place.

Creating a child safe school environment is a dynamic process that involves active participation and responsibility by the school, our families and our community. It is marked by collaboration, vigilance and proactive approaches across policies, procedures, curriculum and practices.

Every person involved at St Joseph's has a responsibility to understand the important and specific role they play individually and collectively to ensure that the wellbeing and safety of all children and young people are at the forefront of all we do and every decision we make.

In accordance with requirements of the Victorian Government's Ministerial Order No 1359, St Joseph's, Chelsea maintains a culture of 'no tolerance' to child abuse.

You will find our policies and procedures related to the eleven standards on our website. We welcome and encourage continued discussion and collaboration from our families to support the young people in our care.



## 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 JAMES' 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 JURE'S CATHOLIC PRIMARY SCHOOL



## Victorian Premier's Reading Challenge

The Victorian Premier's 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:

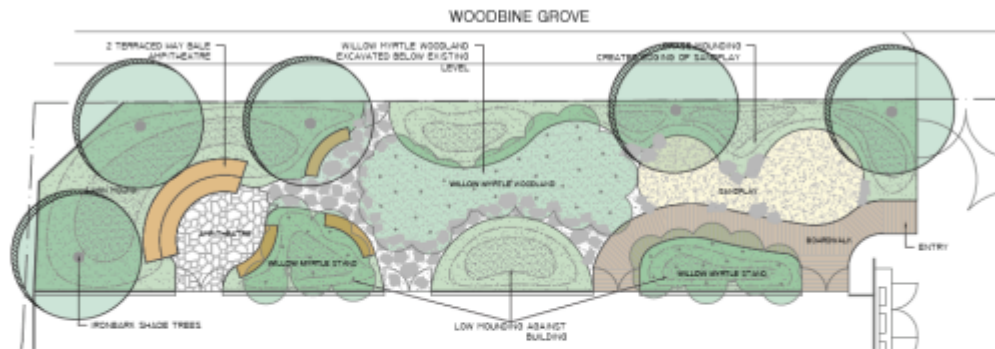
- Our team is committed to develop collaborative working relationships with teachers, families and other members of the school community to promote students' wellbeing
- To develop a common understanding of the curriculum and connect families with staff, encouraging and empowering them to work together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

## ST JOSEPH'S POSITIVE BEHAVIOURS FOR LEARNING

"Always Faithful"



# 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.



## Mindfulness

As a psychiatrist working with young parents, it became clear that one of the most important jobs I had was to find ways to help people connect with each other when emotions were running high. So often in my own

conversations with them, I would see how well a parent could bring wisdom and clarity to challenging situations that were going on in relationships with their partner or children. But I also saw that there were times when, away from our sessions and in the heat of the moment, they would be unable to think clearly or would be triggered into lashing out in anger.

What was also clear was that the more often these painful experiences of disconnection occurred, the more likely it was that they would recur. This is no accident. It relates to a process called neuroplasticity, a term which refers to the way the brain is always reshaping and rewiring itself according to how we think and behave.

We now know that in the first two years of life, before language skills are present, memories of difficult experiences are laid down in what is called implicit memory. These memories are not attached to a logical story line - that can only happen when children have language skills and can make meaning of their experience.

For young babies, tiredness, hunger and physical discomfort are often the reasons they become distressed. But what is less well recognised, is that babies are hardwired to detect emotional disconnection and are powerfully caught up in the emotional reactions of those around them. Decades ago, Ed Tronick, a professor of child psychology, demonstrated this in what is now called the "still face experiment" which you can see here in a short video.

As humans we retain a lifelong sensitivity to the emotions of those around us.

When we are triggered into strong reactions of anger, fear, or shame, emotions are amplified by their connections to parts of the brain that store implicit memories. This is why,

even in relationships with people we know well and trust, from time to time, confusing and distressing disconnections are inevitable.

So, what can be done about this very human vulnerability?

Well, we can take advantage of the process of neuroplasticity and use mindfulness practices to build stronger connections between our more primitive centres of emotion and the more highly developed higher centres of our brain which are capable of clear seeing and flexibility. The way this is done however, is not intuitive. Left to its own devices, when we are feeling out of our comfort zone, our brains usually direct us into either distraction or unhelpful behaviours like over eating.

Mindfulness practices have been shown to powerfully harness the brain's capacity to rewire itself. However, when most people think of mindfulness, they imagine sitting quietly and following a guided meditation, or trying to bring a more focussed awareness to simple activities such as eating a meal. While this can be helpful, it doesn't really tackle the challenge of what happens when the brain gets hijacked by strong emotion.

To bring about this sort of radical change, we need to find ways to expose ourselves to the very situations that trigger us, but in ways that we can actively recruit the parts of our brain which enable us to remain steady and wise.

Imagination is a powerful way to start this process. The way our brains work, is that even imagining a particular situation, activates areas of the brain that are brought into action when the activity is actually happening.

When doing this exercise, it is important to not take on anything too distressing and set yourself a fixed period of time – only a few minutes. Getting overwhelmed with emotion is not the aim.



Let's say that you want to develop the capacity to not react with anger when your children are arguing. Choose a time when you will not be interrupted. Sitting or lying down, bring yourself into the moment by connecting as best you can to sounds around you or to sensations in your body. When you are feeling a sense of calm, bring to mind a recent memory of when the children were fighting and you became angry. You don't need to dwell on the image, just connect with it for as long as it takes for you to feel a bit caught up. Can you feel the reaction in your body? Where is it located? Use this spot as an anchor to gently redirect your attention to, away from the image and any intrusive thoughts.

Gently but firmly, again and again, redirect the focus of your attention in this way. This is a bit like working out in the gym. If you use this way of getting into the driver's seat of your brain and setting small challenges of reconnecting to challenging situations, it won't take long before you begin to feel a greater sense of being grounded when difficult situations arise.

Next time difficult situation arises, with greater awareness of what is happening, slow down the speed at which you talk. Soften your voice tone and talk more quietly. All of these shifts will influence not only your bodily systems, but also those of the people around you.

AUTHOR

Diana Korevaar

Diana has worked as a perinatal psychiatrist for over 20 years. She has specialised in mindfulness training, the management of trauma and teaching methods of building emotional resilience. She wrote a book on how to use mindfulness techniques in parenting and relationships ("Mindfulness for Mums and Dads) and she was recently a

therapist in a Melbourne research trial using psilocybin assisted psychotherapy for treatment resistant depression.



## 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 were emailed on 11th May. 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.

## **Prep 2024 Enrolments**

Do you have a child starting school in 2024? 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](#)

## Bonbeach YCW JFC

Here at Bonbeach YCW JFC, we want more girls who want to give footy a go!

We are looking for girls born between 01/01/16-30/04/16 or 01/01/15-31/12/15 who would be keen to play footy.

The purpose is to provide girls with a fun, safe and positive experience in AFL through a well-structured competition that has a all female pathway from Auskick to Senior footy. Our successful girl's footy program has grown immensely and is not slowing down. So, we encourage all girls to come and give it a try, and I assure you, they will be back.

The Games will be held Friday night 5pm-6pm commencing 26th of May. We do need a Coach and Assistant Coach It will look this: •Zones x 3 (Forward, Mid,





Back)•Smaller Football - Size - 2 (synthetic)•12-minute  
quarters x 4•No tackling•No bumping.

Feel free to message if you have any questions

Registrar\_footy@bonbeachycw.com.au

Link to registration with discount code:BB763FDA

<https://www.playhq.com/afl/register/5115bd-940b92aa>

Saturday 17th June



AUSTRALIAN GIRLS CHOIR



Is this your daughter?

Look no further than the Australian Girls Choir because we encourage, challenge and inspire girls as they learn to sing, dance and perform.

Join us at our  
**JUNE OPEN DAY**



AUSTRALIAN SCHOOL OF PERFORMING ARTS



# 2023 Term Dates

Red indicates a change from last week

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

### **TERM 2**

#### **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

#### **Week 8**

Mon 12th June SCHOOL CLOSURE Kings Birthday public holiday

Tues 13th June Marine Ambassadors Day, Review Day 1

Wed 14th Maths Whizz

Thurs 15th Review Day 2

Fri 16th Yr 5/6 Lightning Premiership, Semester One Reports go home, World of Learning visiting Preps, No Assembly

**Week 9**

Mon 19th Learning Conferences 2pm

Tues 20th Learning Conferences 2pm

Wed 21st Learning Conferences 2pm, Yr 7 2024 St Bedes Parent Evening 7pm

Thur 22nd Votive Mass Sacred Heart 1pm, Learning Conferences 3.30pm

Fri 23rd End of term 2 - 1pm

**Term 3 Monday 10th July - Friday 15th September, 2023**