



St Joseph's School, Chelsea

Term 3, Week 3 Thursday 27th July, 2023

Yr 5/6's OzHarvest Program



Dear Families,

OzHarvest

This term our Year 5/6's are participating in the OzHarvest program and cooking every Thursday. On Tuesday as part of the program they are doing some theory lessons as part of their sustainability lessons.

Working Bee Saturday 5th August 8-10am

Come along to our 3rd working bee for the year. If you are available please complete the Operoo form that went home last week.

Speech Pathology Student

We have the opportunity to have speech pathology students attend, observe and run sessions during term 3 and early term 4 as part of their professional practice placement experiences. The students are supervised by our speech pathologist, Sarah Gravina (Tuesday) who will oversee the quality of the service in accordance with the school's policies and protocols. Student information will be maintained in confidence and in accordance with the Catholic Education Commission of Victoria Privacy Policy. They are likely to undertake roles such as completing assessments, observing referred students in the classroom, attending PSG meetings, making phone calls to parents and attending teacher consultations. The student name is Viktoria Karkatzoulis from Melbourne University.

If you have any questions, please contact us at the school.

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

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.

Kindest Regards,

Gavan



Sex Ed 4 Schools

Attached is some important information around our upcoming information sessions around Sexuality Education, which will be held in the hall on Monday 7th August. Please select the best session/s for your child. Please reply on Operoo to help support us with numbers, as seating is limited. If required, we will try and book Cath for another evening. Please note the following times/suggestions:

Session #1 - 6:00 pm -7:00 pm (usually for Years 3-6)

Session #2 - 7:15 pm - 8:15 pm (usually for Years 5-6)

Parents/carers know their children best. You are best placed to make a decision where your child may be at, with their development around these concepts.

[Download](#)

Inform and Empower

This week all classes have listened to and participated in the online cybersafety classes. Below are helpful tipsheets for the parents. Please have a read and feel free to discuss with your child.

What did your child learn about at school?

There are some types of information we need to keep private online, such as our name, address, school, passwords and photos.



If someone online asks us for any personal information, we need to tell one of our trusted adults who can help us block & report.

Some conversation starters:

- What are some things about ourselves we should never share with anyone online? Why not?
- What should we do if someone we don't know asks us for personal information, such as names, addresses or photos?
- If you were in a game on the internet with a player called "pinkzebra12", how old do you think this

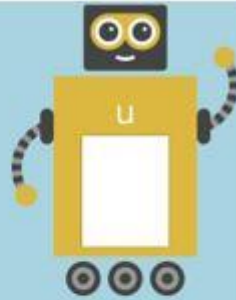
Maths Challenge

Each week in the newsletter we will be giving you and your family a chance to practice your math skills and have some fun too.

Please see below for this week's quiz.

Prep - 2 Maths Puzzle

Prep - 2



CLUES

My value is even.

My value is greater than six.

My value is less than ten.

Yrs 3-6 Maths Puzzle

Years 3 - 6

The Puzzle:

There are 5 Islands in a row. Parker the Paranoid Pirate has a ton of gold hidden on one of them.


During the day you have enough time to sail to just one island to find the gold.

But every night Parker moves all that gold exactly one island over (so if it was on island 4 it gets moved to either island 3 or 5)

What strategy can you use to have the best chance of finding the gold?

Is it possible to be sure of finding the gold?

(Try this puzzle with a friend, one of you can be Parker)



Raising Kids Without Bribes



The Secret to Winning Their Cooperation

There's one type of statement that I try to avoid when I'm talking with my kids.

"If... then" statements.

You know the ones I mean.

If you eat all your vegetables, **then** you can have dessert.

If you are good at the shops, **then** I'll buy you a treat at the checkout.

If you behave when Grandma comes over, **then** we can watch TV when she leaves.

The problem with these statements is that they're essentially bribery. And bribery is just a threat in disguise. You might as well say "If you don't eat your vegetables, then you won't get any dessert".

Bribery, rewards, and punishment are an effective parenting tool... if your only goal is to secure immediate compliance. That is, if you want your child to do what you say when you say it. Which probably sounds like exactly what you want.

However, when you think about it, immediate compliance probably isn't the real goal... at least, not most of the time (but sometimes it is. We all know it!)

What you really want for your child is **moral internalisation**.

That is, you want your child to understand the rules and the reasoning behind them so that they will do what is right **even when adults aren't around to tell them what to do**. Sounds better, right?

Moral internalisation requires a completely different set of tools. We can't rely on bribery, rewards, and punishments if we're aiming for moral internalisation.

However, moving away from the tool of "If... then..." statements isn't easy. This form of fear-based discipline is automatic for so many parents because it's such a simple formula to follow. It doesn't require much effort.

But if you're ready to expand your parenting toolbox, here's a few tools you can try:

Do it with them.

It's time to pack up the toys, but instead of yelling out "If these toys don't get picked up, then I'm throwing them away", try getting down on the ground with them and working as a team. Our kids want to be involved in our

world. So, if we're doing something, and we invite them to join in, chances are that they'll say yes, even for something as routine as tidying up the toys..

Make it fun.

\Kids love to play! In fact, it's been demonstrated that kids learn things much easier and quicker if play is involved. So next time you're at the shops, see if you can make a scavenger hunt. Challenge them to find the biggest capsicum, or maybe you can set the timer and see how quickly you can make it down each aisle. There are so many ways to make even simple tasks fun.

Collaborate to find win/win solutions.

When we talk with our kids and value their input, we can often find compromises that work for everyone. That might go like this: "I really would like you to eat some vegetables at dinner time. What vegetables would you like us to cook today?"

Explain the reason for a rule.

When you let your child know why you would like them to behave a certain way, and set up expectations in advance, they're much more empowered to behave the way you would like them to. By explaining to them, for example, that Grandma doesn't like loud noises, so we need to be a bit quieter when she's visiting, you're setting them up for success. It can also be a good idea to plan contingencies in advance for if expectations aren't being met. For example, "if you're having a hard time being quiet when Grandma is here, you can go outside for a bit to get some of your energy out before you come back in."

Be proactive.

Asking your child to be well behaved at the shops when they're hungry is just not going to happen. Likewise, your child just isn't going to be as helpful when it comes to

packing up the toys if they're tired after a long day. Try shifting the timing for these activities, reducing your expectations, or making it easier to meet your expectations by setting up the environment for success.

Stick firmly to loving limits.

They're getting rowdy in the store. Carry them out calmly, explaining that we can go back when they're ready to use walking feet and quiet voices.

Getting out of the habit of using bribery to control our kids isn't easy. It requires trusting that internalising morals is better, which is hard when we've been conditioned to believe that good children are compliant children. It requires expanding your toolbox. It requires admitting that not every tool will work in every situation. It requires patiently acknowledging that sometimes you won't be able to secure compliance.

However, turning to connection and away from coercion is so much better, both for our children and also for our relationship with them. If you're ready to give it a go, pick a tool, try it out, and see what happens.

AUTHOR Dr Justin Coulson is a dad to 6 daughters. He is the parenting expert and co-host of Channel Nine's Parental Guidance, and he and his wife host Australia's #1 podcast for parents and family: The Happy Families Podcast. He has written 7 books about families and parenting. For further details visit happyfamilies.com.au



Scholastic Book Club

All Scholastic Book Club issue 5 orders must be placed online using your credit card. Orders close tomorrow Friday 28th July.



Canteen News

TOASTIE THURSDAYS

Cheese Toastie plus drink of choice \$5.00 only.

Winter special for Thursdays only

Gluten Free bread available for an extra 50c



NCCD Information Sheet for Parents

Please download this article and have a read of the information for Parents, Carers and Guardians.

[Download](#)



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>

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.



School Fees

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.

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

E: 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](#)

Community News



Discover Kilbreda College

At Kilbreda College, 'Strength and Kindness', together with our values of Compassion, Courage, Hope, Hospitality, Justice and Wonder, underpin every aspect of college life. We celebrate and value the experiences of our students as they establish individual identities within our community and we provide them with a strong sense of self-belief and integrity.

With an innovative curriculum and extensive co-curricular offering, we are committed to ensuring that each student is truly known, challenged and supported socially, academically, emotionally and spiritually.

We encourage you to find out more about our College at an upcoming tour. **Applications for Year 7, 2025 close Friday 18 August** and can be submitted online via kilbreda.vic.edu.au



Saver Plus

Program includes:

- Matched dollar for dollar savings up to \$500
- Money Minded workshops - Financial Education
- Coaching on budgeting and savings



SCAN ME

Eligibility Criteria

- Must be a health/concession card holder;
- Be in receipt of a Centrelink Payment
- Be studying or have a child in school
- Have some regular income from work
- Be 18+ years old



State Schools' Relief

Provides school uniforms and shoes to those that are unable to afford them.



SCAN ME

Eligibility Criteria

- Situations include but not limited to:
- Unemployment
 - Health issues/illness
 - Financial difficulties
 - Independent living and/or homelessness
 - Natural disasters
 - Bereavement
 - Domestic and family violence



Camps, Sports and Education Fund

Funding to attend activities like:

- school camps or trips
- swimming and school-organised sports programs
- outdoor education programs
- excursions and incursions

\$125 per year for eligible primary school students
\$225 per year for eligible secondary school students.



SCAN ME

Eligibility Criteria

- Parent must be a health/concession card holder;
- Or families on protection/bridging visas, or seeking asylum;
- Or children in out of home care



Computerbank

Low cost refurbished computers that include various programs including word processing, Google Chrome and PDF Maker



SCAN ME

Eligibility Criteria

- Concession/Health Care Card holders
- Students
- Asylum seekers

2023 Term Dates

Red indicates a change from last week

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

Week 3

Thur 27th July Prep 100 days (photos in next week's newsletter), Confirmation night 1 7pm- Parent and child

Fri 28th July Yr 5/6 Sport vs Cornish College, 2.30pm Assembly Prep, Yr 3/4 Incursion-Mad about Science

Week 4

Fri 4th Aug Yr 5/6 Sport vs Seaford Nth, No Assembly

Sat 5th Aug Working Bee 8-10am

Week 5

Mon 7th Aug Sex Ed 4 Schools night 6pm & 7.15pm (complete Operoo Form)

Thu 10th Aug 1pm Votive Mass Mary of the Cross

Fri 11th Aug Yr 5/6 Sport vs Patterson Lakes, 2.30pm 3/4 Assembly

Week 6

Fri 18th Aug Yr 5/6 Sport vs Chelsea P.S, National Day of Action against Bullying, 2.30pm Yr 5/6 Assembly

Week 7

Bookweek "Read, Grow, Inspire"

Thu 24th Aug P-Yr 6 Dress up for bookweek, 9am Bookweek Assembly

Fri 25th Aug Yr 5/6 Sport vs Seaford P.S, No Assembly

Week 8

Wed 30th Aug Yr 6 Reconciliation

Thur 31st Aug Yr 6 Reconciliation, 7pm Confirmation night 2

Fri 1st Sep Art Show, No Assembly

Sat 3rd Sept Fathers Day

Week 9

Thur 7th Sep Bishop Ireland visit Yr 6, Yr 6 Confirmation Retreat

Fri 8th Sept District Athletics Sports, No Assembly

Week 10

Sun 10th Sep Confirmation Sacrament 1pm and 3pm

Mon 11th Sep Learning Conferences

Tues 12th Sep Learning Conferences, Marine Ambassadors-Chelsea Yacht Club

Wed 13th Sep Learning Conferences

Thu 14th Sep Learning Conferences

Fri 15th Sep 12.20pm Footy day assembly, End of term - 1pm

Term 4 Monday 2nd October - Friday 15th December 2023