



St Joseph's School, Chelsea

Term 3, Week 9 Thursday 7th September, 2023



Dear Families,

Halo (Spanish for Hello) from Spain!!

The above photo includes myself and 12 other travelers preparing to walk the Camino in Spain. The photo is taken in Madrid, the capital of Spain.

Today I write to you all from Sarria about 4 hours from Madrid preparing to walk the first 23km of my spiritual pilgrimage to Santiago (a total of about 120km). I will be heading off about 10am (6pm Melbourne time).

In preparation for this journey we have met each morning and evening as a group to reflect on our lives and our own personal Faith.

Why am I walking the Camino?

It is something I have always wanted to experience. I have never done a pilgrimage and am looking forward to completing the walk and exploring my own spirituality.

What is the Camino about?

The Camino de Santiago has existed for over 1000 years, and it dates back to the 9th Century (the time of King Alfonso II of Asturias) when the remains of St James the Apostle were first discovered in Northern Spain. It is believed that St James preached the Gospel in present day Galicia and on return to Jerusalem he was beheaded by King Herod Agrippa in 44AD. His followers are said to have transported his remains to Northern Galicia where they lay undiscovered until 813. The discovery of his remains in the 9th Century led to the creation of a religious shrine which marks the beginning of Santiago de Compostela and the Camino de Santiago.

I look forward to sharing my journey with you all.

Confirmation

We pray for our students who are receiving the Sacrament of Confirmation this Sunday at 1:00pm and 3:00pm Bishop Tony Ireland will confirm our Confirmation candidates. The Bishop spoke with the children today in preparation for Sunday. All families are most welcome to attend the ceremony. We congratulate the following children: Jackson A, Erin B, Lucas B, Isabella B, Zanna B, Seth B, Aoife C, Cierra C, Ruby C, Saxon C, Camille D, Julian D, Dusty D, Jay E, Kasia F, Stanley F, Olivia F, Leonardo G, Cormac H, Alexis H, Marley I, Luke J, Zoe J, Gypsy K, Lulu K, Heath L, Bowie L, Amelia M, Daniella M, Sophie M, Patrick M, Jamie M, Annabelle M, Sam M, Scarlett P, Gabrijela R, Maya S, Alexandra S, Eve S, Ryder S, Eamon S, Finnegan S, Monique S, Andras S, Sebastian S, Jacinta V, Averia M, Kirah M

We also thank the families, sponsors, teachers and our Religious Education Leader, Kelly Riddle who have assisted the children in preparation for this Sacrament.

Art Show

Last Friday and Sunday, our school and parish community proudly came together to celebrate the Arts at St Joseph's. The choir performed beautifully at our opening. Students across all levels produced such creative 2D and 3D artworks. It was such a wonderful opportunity to showcase our students' talents. A big thank you to Caroline Egan, our Visual Arts teacher who spent many hours setting up the hall to create a space that was so inviting, Millie Hutchings and Madeleine Earl our choir teachers and all of the staff who supported the students with their 3D pieces.

Chickens

We are looking for families to look after our chickens during the holidays. If you are available to help for a couple of days, please contact the office either by phone or email info@sjchelsea.catholic.edu.au.

Bomber Jackets Yr 6 2024

An order form went home last week to all current Year 5 children to order a bomber jacket for next year. All orders must be completed by tomorrow 8th September in order for us to receive them in time.

MACSSIS 2023 Family Survey

If you received a letter this week requesting your participation in the MACSSIS Survey, could you please complete by the end of term. The survey is currently taking place for students, families and staff and helps us stop and reflect on where we are as a 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.

At the last meeting we have decided on Saturday 27th July and Sunday 28th July 2024 we will be holding Open school days and events. Please save these dates. If you have any ideas, memorabilia or you are happy to help please email info@sjchelsea.catholic.edu.au

Canteen

Just a friendly reminder that we encourage students to bring no more than \$5.00 to spend at the canteen for over the counter purchases at the break. We also ask that parents and carers talk to your children about not giving money or food to other students. Thanks so much for your support.

Learning Conferences

In the final week of term staff will be available for Learning Conferences with your child. Conference bookings via school interviews are now open. If you haven't already done so, please book a time with your child's teacher. Please click on the link below.

www.schoolinterviews.com.au and use the code hxzuj

School Hats

School hats are now compulsory and must be worn to and from school and during any outside activities. Hats are available to purchase at the school office.

OSHC Program Survey

We are seeking feedback from all parents regarding the use of our Before and After school care program. Please complete the google form OHS Form

Kindest Regards,

Gavan



Footy Day REMINDER....

On Friday 15th September, last day of term, we will have our annual footy dress up day, assembly and lunch. Come to school dressed in your favourite footy colours and join in our assembly after lunch.

Parents/Caregivers are welcome to attend the 12.20pm assembly as always. **School will finish at 1.00pm on this day.**

The canteen are organising a sausage sizzle for the children (gluten free bread will be available on request).

Forms went home with children on Friday 25th August. If your child would like a sausage in bread please fill in the form and hand it to the office by tomorrow.

Please click on the file to download a copy of the form.

The canteen will run as normal on Thursday 14th September and will be open for snacks only on Friday 15th September (**NO LUNCH ORDERS on this day**).

[Download](#)



R U OK?

I'm not really supposed to say this, but R U OK Day has always sat a little uncomfortably with me. I know we need to show we care – and I'm all for that. I know we need to be willing to have the tough conversations – and I'm all for that.

The trouble for me is twofold: first, asking “are you ok?” doesn't tend to feel authentic in most casual conversations. This, we can change, by having more meaningful conversations. But second – and importantly – in the unlikely event that someone says “No, I'm actually not doing so well” we tend to be a little unsure of how to respond. This is the case whether we're talking to a friend or one of our kids.

Our Insights articles are typically about parenting. This article can still apply to parenting, but really, this one's for everyone who has ever wondered how to ask if someone is ok, or who has felt unsure about how to respond when things aren't ok.

Think about how we typically ask someone how things are for them. Common questions might be:

- How are you? (Common responses are “not bad”, “fine thanks”, or a sigh followed by “I'm ok”.)
- How was your day? (Common responses are “meh”, “mmmm hmm”, or “fine”.)
- What's wrong? (Common responses are “nothing” or a big gush of emotions.)

Let's consider a couple of important factors:

1. What have they already told you?

Perhaps their body language is slumped. Maybe they seem to have been crying or are jittery, upset, or even antagonistic.

2. How's your timing?

Asking a question about emotions when someone is emotional or tired can trigger responses that aren't helpful. Sometimes we might even become irritated when we get a one-word answer like "fine". Timing matters.

3. Is there an audience?

If others are around, a person will want to "maintain face". Face needs describe the way we try to look like we have it together so no one judges us. An audience reduces the likelihood that someone will be honest with us.

4. How have you asked?

We often ask if people are ok because we've seen that they're looking like they're struggling, but we ask at the wrong time or in front of a crowd... or perhaps we ask the wrong way. A quick "what's wrong?", or "how are you" can sometimes give the impression that we're not interested in the answer.

5. How is your relationship?

A lesson I've learned the hard way is that if I don't share a strong enough relationship with someone, my questions about how they're doing won't go very far. (Face needs play a role here again.) A person has to know – deep in their bones – that you've got their back if they're going to open up.

How to ask the question. There are many ways to find out how someone is.

Here are three suggestions:

First, when you see that someone isn't doing so well, you are away from others, the timing is right, and the relationship is strong, ask "Are you ok?" The question should be asked with eye contact (and a gentle touch – perhaps on the shoulder – if appropriate), compassion, and a clear desire to know more.

Second, you might follow the suggestion above but instead ask “How are you feeling?”. This question opens a dialogue that can also be productive.

Third, say what you see. (This is my preferred option, although it may not always be right.) In this instance, you might say, “It looks like you’re having a really rough time at the moment.” Or you could say, “I might be reading this wrong, but lately I feel like it’s been a struggle for you.” This leads to a more natural “are you ok?”

When they say they’re fine

People often hide how they’re really feeling. They don’t want to look weak or incompetent. Or perhaps they don’t want to be honest – with you or themselves.

A friend recently shared the following with me:

I was on a walk with a few mates. We walk regularly together – at least twice a week. After a walk, Shane came up to me and said, “No one cares about what I’m going through. But I’m falling apart. I just don’t think I can keep doing this. And no one is checking in.

My friend had checked in with Shane that day (and every other day they met) with a standard “how are things, mate?” and Shane had met that question with a smile, a nod, a handshake, and a “yeah, great mate. You?”

Now and then, it’s good to pause and say something like, “Ok, that’s the standard answer. But how are things... really? Are you ok?”

Often it’s the second question that makes the difference.

Where to from here?

When someone gives you an indication that they’re struggling – that they’re not really “ok” – you might sometimes get stuck. What do you say?

Clumsy statements like “you’ll be ok” often spill from our lips. We mean well. But this rarely helps. Well-intentioned advice might be our natural response. It’s rare that someone who is not ok actually wants our advice though. This is better saved for later.

Instead, try the following:

1. Say thanks. “I really appreciate you letting me know.”

2. Validate. “Things can be really rough sometimes.”

3. Listen. “I’m here and I’m listening.”

4. Offer support. “If there were anything at all that I could do, what would it be?” or better yet, “I think I can help. Are you open to...? (and make an offer of support like a meal or a regular catch up)“.

And if someone is in real danger, call Lifeline on 13 11 14

Dr Justin Coulson is a dad to six 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 families: The Happy Families Podcast. He has written none books about families and parenting. For further information visit happyfamilies.com.au

Teeth on Wheels

Your child’s dental health is important to us, that’s why Teeth on Wheels will be visiting our school for 6 monthly reviews and oral health education starting on the **09/10/2023**.

Below is a link to their E-form which needs to be completed by the **08/10/2023** for your child to participate.

Click the link below to sign your child up - IT MIGHT BE FREE!

<https://teethonwheels.com.au/consent-forms/consent-eform/>

Please note: if you have already completed a form for 2023 this does not need to be done again, unless your contact information or child’s medical history has changed.

Teeth on Wheels are focused on providing **a positive dental experience** and specialise in working with children. They can provide check-up and clean appointments, as well as treatment onsite and will be able to advise you if your child is eligible to receive dental care for **FREE** under the Child Dental Benefit Schedule.

Teeth on Wheels

DONT MISS OUT
Complete your Teeth on Wheels E-form



Great News! Our school is pleased to announce that the Teeth On Wheels team will be coming back out to our school. If you haven't already completed your form for 2023, please do this now!

Our dental services include:

- ✓ Check-ups
- ✓ Scale, Clean and Fluoride Treatments
- ✓ Fissure Sealants
- ✓ X-rays
- ✓ Fillings
- ✓ Extractions

CLICK OR SCAN THE QR CODE TO COMPLETE YOUR FORM



It might be FREE!

TeethOnWheelsAustralia #teethonwheels Phone: (03) 9338 1191 Email: info@teethonwheels.com.au





School Interview Family Conferences - BOOKINGS NOW OPEN

Family Conferences will be held in the last week of term, beginning Monday 11th September. Please click on the download link to see the flyer for full information.

[Download](#)

Looking for volunteering opportunities?

What regions do we cover?

Victoria

- Melbourne Metro Gippsland
- Mornington Peninsula
- Loddon-Mallee Region

New South Wales

- A region of Sydney North metro

Contact us

Multiple Sclerosis Limited Community Visitors Scheme

The Nerve Centre
54 Railway Rd
Blackburn VIC 3130
Postal Address:
Locked Bag 900
Blackburn VIC 3130
P: 03 9845 2729
E: cvsadmin@ms.org.au
W: www.ms.org.au

The MS Community Visitors Scheme.



About MS

Multiple Sclerosis Limited (MS) is part of a national network of not-for-profit state based organisations which provide support to people affected by multiple sclerosis. From first contact at diagnosis, we provide free of charge information service, peer support and personalised planning to ensure that customers have access to the best advice and support.

For further information or support please call MS Connect on 1800 042 138

Contact MS at cvsadmin@ms.org.au

03 9845 2729

MS CVS Recipient Referral form at www.ms.org.au



What is the Community Visitors Scheme?

The Community Visitors Scheme (CVS) is funded by the Australian government and plays a vital role in providing companionship for older people living in Aged Care Homes or living in their own homes and receiving or waitlisted for a home care package. Multiple Sclerosis (MS) is one of several community organisations funded to deliver this service.

A number of reasons give rise to isolation and may include:

- Lack of regular and frequent contact with friends or relatives
- An Indigenous, culturally or linguistically diverse background that results in isolation from culture and heritage
- Frailty or impairment that prevents involvement or participation in social or leisure activities
- Visits that do not enhance the quality of life of the recipient

How do I refer?

- Complete the Online Referral Form at www.ms.org.au or,
- Email cvsadmin@ms.org.au or,
- Call (03) 9845 2729

Who can refer?

- A recipient can refer themselves
- A lifestyle co-ordinator
- A family member or friend



What happens next?

Once we receive your referral we will start looking for a suitable volunteer immediately. A volunteer will be recruited based on shared interests. You will be kept up to date with the progress. Once a volunteer has been recruited, completed the screening and training, they will be ready to be matched. The Program Co-ordinator will attend the first meeting between the recipient and volunteer and will keep in regular contact with the volunteer to ensure everything is going well.

What does a community visitor do?

- Share stories
- Read or listen to a book
- Share a hobby, interest or activity
- Cuppa and chat
- Take a walk or go on an outing
- Enjoy a TV show together
- Take family pet or children to visit

How do we support our volunteers?

Our volunteers are the backbone of this program. We value our volunteers and provide induction training and ongoing support, information and opportunities for optional training.



One hour of your time per week volunteering could make a huge difference in someone's life.

The Aged Care Volunteer Visitors Scheme is funded by the Australian government and plays a vital role in providing companionship for older people living in Aged Care Homes or living in their own homes and receiving or waitlisted for a home care package.

MS Plus is one of several community organisations funded to deliver this service.

A volunteer visitor and their recipient usually share stories, share a hobby, interests or an activity, have a cuppa and chat, take a walk or go on an outing, enjoy a TV show together, take family pet or children to visit.

Volunteers are the backbone of this program and beautiful friendships flourish.

Information & applications: ACWSadmin@msplus.org.au

Or call 0429 003 524



St Josephs after school tennis **Program Thursday 3:30 - 4:30pm, On** **school grounds**

James @ Set4success tennis coaching is pleased to inform you that we will be delivering an after school tennis program at St Joseph's catholic primary School. The program will be conducted on Thursdays at St Joseph's on the basketball courts. The program will commence Term 4, 2023. James has also been co-running PE lessons with Ms Coletti this term with great response from the kids.

Tennis Australia Club Professional Coach James Reid and his team will be running the program. With over 7 years of coaching experience and a strong playing background James and his team have programmed and run many development programs at primary schools in the south eastern suburbs of melbourne. James also operates Set4Success tennis coaching in Carrum Downs, if you are interested in programs at a club.

Classes will run for one hour and will be run the same way as we run our lessons at our club. Class will start at 3:30pm and finish at 4:30pm. The cost per class is \$20inc GST x 10 classes for term 4. It is recommended your child brings their own racquet however we have several available should your child not have one.

Coach to student ratio will be kept at 1:6 and the program will be split up by grades and/or playing ability with different equipment for each group to ensure that kids are engaged, learning and having fun.

If you're interested in this afterschool program please text or call James on 0474 971 928 or for any questions you may have.

Kind Regards,
James Reid @ Set4success Tennis Coaching

PROTECT

Everyone has the right to be safe and be protected from abuse. No one should behave in a way that makes you feel unsafe or afraid, including anyone in your family, anyone at school or anywhere else in the community. Tell a teacher or any adult at your school if you feel unsafe.



It's everyone's responsibility. Adults at school must listen and respond to concerns about child abuse. If you suspect abuse of any child or young person, you have a responsibility to report it, even if you are not sure.

Further information & resources
www.education.vic.gov.au/protect



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 practices 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 practice, so as to eliminate the possibility of abuse occurring in the first place.

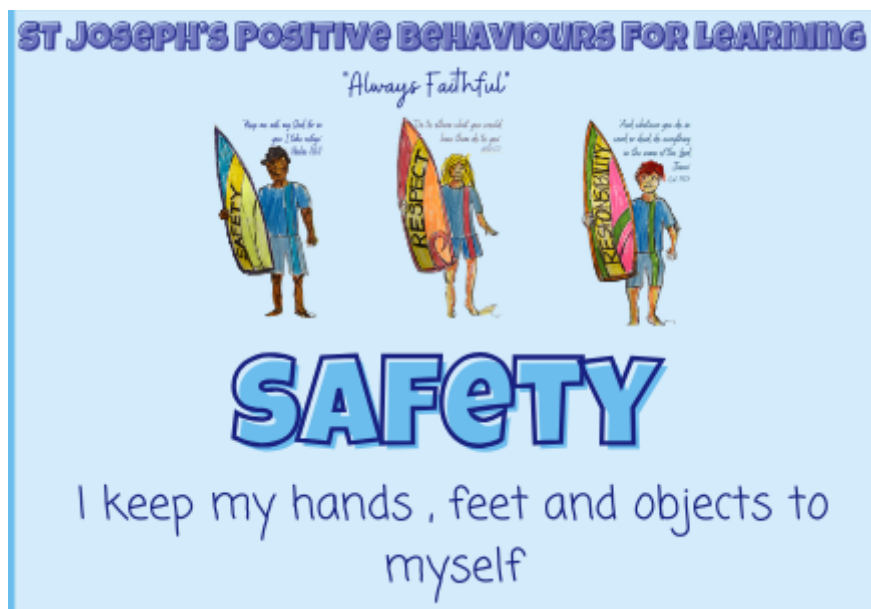
Creating a child-safe school environment is a dynamic process that involves active participation and responsibility by the school, our families and our community. It is marked by collaboration, vigilance and proactive approaches across policies, procedures, curriculum, and practices.

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.

Our School Expectations: Safety, Responsibility and Respect



At St Joseph's, we continue to learn and bring together the whole school to develop a positive, safe and supportive learning culture.

This week our focus has been on our expectation: "Safety: I keep my hands, feet and objects to myself."

WALT: keep my hands, feet and objects to ourselves

Success Criteria: I can:

- use safe hands
- use safe feet
- use objects for their intended purpose

- keep hands and feet to myself
- stay out of other people's personal space (do not be a space invader)
- stop and take a deep breath if I am having big feelings
- walk away
- ask a trusted adult for help
- do not hit or make contact with a person using my hands or another object

WHY IS THIS IMPORTANT?

- To keep everyone safe
- Students need to demonstrate understanding of personal space
- For students to be able to use their words to express their feelings
- For students to demonstrate respect for their teachers and classmates
- So that students learn to manage emotions, empathy and establish and maintain positive relationships



Victorian Premier's Reading Challenge

....Finishes this Friday 8th September

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>

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



2023 Term Dates

Red indicates a change from last week

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

Week 9

Fri 8th Sept No Assembly

Week 10

Sun 10th Sep Confirmation Sacrament 1pm and 3pm

Mon 11th Sep Learning Conferences

Tues 12th Sep Learning Conferences, District Athletics Sports at Ballam Park

Wed 13th Sep Learning Conferences

Thu 14th Sep Learning Conferences

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

Term 4 Tuesday 3rd October - Friday 15th December 2023

Week 1

Mon 2nd Oct School Closure-Staff Professional Learning

Tues 3rd Oct First day of term 4 for students

Fri 6th Oct 2.30pm Assembly Yr 5/6 performing

Week 2

Mon 9th Oct Teeth on Wheels visiting

Tues 10th Oct Yr 5/6 Lightning Premiership-JPC

Fri 13th Oct Assembly 2.30pm