



# St Joseph's School, Chelsea

Term 4, Week 3 Thursday 19th October, 2023

## PE WEEK



Dear Families,

**We raised** \$375 for cancer research into cervical cancer last Friday. Thank you to all our families.

**On Tuesday** we sent home with the eldest child an envelope containing raffle tickets for a Melbourne Cup Sweep. This is organised by The Knights of the Southern Cross Longbeach Parish Group who sponsor our Yr 6 Leadership Awards (3 local Parish schools) at the end of the Year. In order to help them continue to support these annual awards we would be grateful to families who are able to help out by purchasing a book or offering family and friends a ticket.

Each ticket is \$2 and the book has 5 tickets.

**ALL tickets, sold or unsold, must be returned to the school office by Monday 30th October.**

We thank Keith, Les and the Knights of the Southern Cross for their ongoing support.

### **Planning 2024**

As we are in the swing of planning for 2024 I ask all parents to let me know if there will be any changes to their child/ren's enrolment for 2024.

We are also starting to form classes for 2024. If you have any educational needs that have not already been mentioned to your child's class teacher please do so as soon as possible. I do not take teacher requests. All placements are based on best possible learning environments for your child. Teachers are yet to be placed for 2024.

### **Canteen News**

There is no frozen yoghurt available at the moment.

### **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.

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](mailto:info@sjchelsea.catholic.edu.au)

Kindest Regards,

Gavan

## This term....

# YEAR 5/6 LEADERSHIP ACTIVITIES

These are the activities for week 4

Day	Activity	Where
Monday		
Tuesday	Wk 4,6 Table Tennis P-2 Wk 5.7 Dodgeball 3/4s Wk 4 Movie Yes Day	Hall Hall Library
Wednesday	Wk 4,6,8 Soccer 1/2s Wk 4 Cooking	Grass Discovery Centre
Thursday	Wk 4,6 Table Tennis 3/4	Hall
Friday	Wk 3,4 Sports Day - Wear Green Buy an icy pole for 50 cents	School Event



Did you know that the Wellbeing Hub at St Joseph's is open every **Tuesday** and **Thursday** at lunchtime? Students can use the break time to come in and participate in a variety of activities such as; read a book, create with Lego, draw or play with cars. This is a quieter space for those students who may feel overwhelmed in the school yard and would like a little break. Here are a few photos from this week.



## 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 the 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



## **We Need to Talk About Parent Wellbeing**

Mental Health is on everyone's lips. With 44% of Australian adults having experienced a mental disorder over the course of their lives, and 1 in 5 having

experienced symptoms of a mental disorder over the last 12 months, it's no surprise that Google searches for mental health queries reached an all-time high in 2021.

Additionally, across Australia there are 102 days dedicated every year to raising awareness of important mental health and wellbeing related topics, including Neurodiversity Week in March, World Infant, Child and Adolescent Mental Health Day in May, and R U OK? Day in September. A growing number of Australian states and territories are also promoting Mental Health Month in October.

With all the talk about mental health and wellbeing, it's valuable to understand that mental illness and mental health are actually different things. On the one hand, we have mental illness. Low mental illness means you aren't experiencing symptoms of mental illness (such as depression and anxiety), high mental illness means you are. And on the other hand, we have mental health. If you have high mental health, you have a generally positive mood and outlook on life and are functionally optimally. You are said to be 'flourishing'. If you have low mental health, you may feel hollow or empty, and have a generally low mood. You are said to be 'languishing'.

For most people experiencing mental illness, interventions such as therapy and medications are both valuable and necessary. However, to improve mental health and lead a flourishing life, there are simple changes that anyone can make even if they are struggling with mental illness. Let me ask you a simple question.

### **What makes life most worth living for you?**

The simplest way to experience improved mental health and wellbeing is to identify the answer to that question and then find a way to do a little more of those things each day. Let me outline a few things science points us to that can help:

## **1. Sleep**

This might be the most boring thing I can put on the list of ideas to bolster wellbeing (for you and your kids). But it might also be the most valuable item on the list. Have you noticed what a difference it makes when you feel well rested? Have you noticed how much better you behave (not to mention the kids) when you've had a full night's sleep? It's no surprise that sleep loss is associated with negative moods and impacts emotional regulation. Sleep makes you a better parent. It makes you a better partner, employee... it makes you a better person. Prioritising a solid 8 hours of sleep per night is just about the best thing you can do to be happier.

## **2. Build Connection**

Relationships are at the core of our wellbeing. Find ways that you and your children can connect with one another and with others regularly and in healthy, positive ways. Simple ways to build connection are smiling at each other (even fake smiles can amplify and initiate feelings of happiness), spending quality time together, and telling the people around you that you love them.

## **3. Get Active**

A recent study from the University of South Australia found that exercise is 1.5 times more effective than counselling or the leading medications at improving symptoms of depression, anxiety, and distress. Physical activity also keeps our brains healthy, increases positive mood and increases self-esteem, as well as reducing the risk of heart disease, cancer, and increasing bone health. The World Health Organisation recommends that children and adults aim for about 60 minutes of moderate to vigorous aerobic activity daily, but if you're just starting out, replacing sedentary time with physical activity of any intensity will offer health benefits.

## **4. Slow Down and Smell the Roses**



Nature is fuel for the soul. Spending time interacting with nature has a long list of benefits (including improved academic and task performance, stress reduction, reduced violence, increased inspiration, and improved mood), which can be achieved in as little as 120 minutes a week. You can boost your nature time by shifting the route of your walk to go through your nearest green space, taking your lunch break outside, or planning a weekly family trip to the forest, beach, or botanic gardens.

## **5. Have Fun**

It might seem like a simple thing, but having a once-a-week family adventure can build connection, encourage physical activity, and get us out into nature, plus it is fun! Having fun can be free, take the soccer ball to the park, do a scavenger hunt, or take a bucket and spade to the beach.

## **On the road to flourishing**

Work, school, homework, cleaning the house, finances... these are all important things, but they're not the things that make life worth living. If we want to get on the road to flourishing, we may need to re-prioritise our time, making sure that we build in opportunities for sleep, connection, movement, nature, and fun. Simple swaps are all it takes to bring greater positivity into your life.

Justin Coulson



## Inform and Empower

Parent Fact Sheet Yr 1/2

[Download](#)



Parent Fact Sheet Yr 3/4

[Download](#)



Parent Fact Sheet Yr 5/6

[Download](#)

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

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

Ph: 9581 4867

## Metro Community News

Victoria's Big Build is making the Frankston Line level crossing free by removing all 27 of the dangerous and congested level crossings by 2029. We're building 17 new stations, improving safety, reducing congestion and allowing more trains to run more often.

### Buses replace trains

Buses replace trains on the **Frankston** and **Stony Point** lines between:

- Moorabbin and Frankston **from 11.30pm Saturday 21 October to last service Sunday 22 October**
- Cheltenham and Frankston **from Monday 23 October to last service Wednesday 1 November**
- Moorabbin and Frankston **from Thursday 2 November to last service Friday 3 November**
- Frankston and Stony Point **from 11.30pm Saturday 21 October to last service Friday 3 November**

**Parkdale Station closure** Parkdale Station will close from **11.30pm Saturday 21 October to mid-2024.**

Find everything needed to plan your journey, including; disruption and station closure information, pedestrian access changes and more

at **[ptv.vic.gov.au/frankstondisruptions](https://ptv.vic.gov.au/frankstondisruptions)** **How will this affect you?**

There will be additional travel time added to most people's journey.

A range of buses will operate to help make your journey as direct as possible. Please see the attached brochure for further information.

If you need to discuss alternative travel arrangements prior to travelling, or require assistance with journey planning, service information and up-to-date timetable information, please visit **[ptv.vic.gov.au](https://ptv.vic.gov.au)** or call **1800 800 007**.

For other languages, visit [ptv.gov.au/languages](https://ptv.gov.au/languages) or call **9321 5450**.

For information about the project, visit **[levelcrossings.vic.gov.au](https://levelcrossings.vic.gov.au)**, call **1800 105 105** or email **[contact@levelcrossings.com.au](mailto:contact@levelcrossings.com.au)**.

We thank you for your patience as we work towards delivering an upgraded transport network for Melbourne's growing population.

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Plan your journey at **[ptv.vic.gov.au](https://ptv.vic.gov.au)** or call **1800 800 007**.



## School Uniform Price Update

Please see a new pricelist, effective 01 November 2023.

[Download](#)



## 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 4 Tuesday 3rd October - Friday 15th December 2023**

**Week 3 PE WEEK**

Thu 19th Oct Science 5/6's in hall

Fri 20th Oct Yr 5/6 Interschool sport vs Chelsea Heights, Big Green Conference, Assembly  
2.30pm PE

**Week 4**

Tues 24th Oct Yr 1/2 litter incursion

Wed 25th Oct Yr 5 Reconciliation 9.30am

Thur 26th Oct Yr 5 Reconciliation 9.30am

Fri 27th Oct Yr 5/6 Interschool sport vs Edithvale, World Teachers Day

### **Week 5**

Tues 31st Oct All Souls Day, Yr 7 2024 Kilbreda Testing

Wed 1st Nov All Saints day Mass 1pm

Thur 2nd Nov Preps excursion-Werribee Zoo, Yr 3/4 Excursion-Scienceworks

**Fri 3rd Nov School Closure-2024 Planning**

### **Week 6**

Mon 6th Nov School Closure

Tues 7th Nov School Closure-Melbourne Cup day

Thurs 9th Nov Marine Ambassadors excursion to Ricketts Point, Prep 2024 Parent info night 7pm

Fri 10th Nov Prep incursion-Responsible Pet Ownership, Term 4 working bee 4-6pm

Sat 11th Nov Remembrance Day