



St Joseph's School, Chelsea

Celebrating 100 years of Catholic Education in Chelsea 1924-2024

Term 1, Week 9 Thursday 28th March

Happy Easter and a safe holiday to all..



Dear Families,

At last week's 100th Anniversary meeting we discussed lots. We are looking for stories to be shared by past and present students.

We are wanting to create some video snippets from our past and present students. If you would like to create a video of 30 seconds and send it to events@sjchelsea.catholic.edu.au we will put together a slide show to run throughout the day. If you have any queries please email the school.

Memories from the past – A short 30 second video – favourite teacher, favourite memory, favourite subject, a funny story and the year you attended are just some things to talk about. Please share this information with other past members of our school.

Next meeting is on Wednesday 17th April at 6.00pm in the staffroom

When: Sunday 28th July 2024

Where: St Joseph's Primary School

Time: 11am Mass followed at 12 noon by activities and whole school open 12-4pm.

Regards

Gavan.

Anzac Day Service and March

The Longbeach RSL Sub Branch Inc will be conducting a service on Thursday 25th April 2024.

Two students are invited to the ceremony to lay a wreath at the Dawn Service at 6am.

At 9.30am a March will commence from the corner of Station Street and Sherwood Ave Chelsea and proceed to the Cenotaph outside the Chelsea City Hall on Station Street. Two students are invited to lay floral tributes on behalf of St Joseph's School. The wreath will be provided by the RSL and the wreath laying will take place immediately after the march.

At the conclusion of the wreath laying ceremony at 9.30am the Service will continue inside the City Hall.

Please email info@sjchelsea.catholic.edu.au if you will be attending and interested in laying a wreath at either the 6am or 9.30am ceremony.



Congratulations....

Ferne and Estelle competed in the Macca's City Cup soccer tournament at Casey Fields at the weekend. Her team, the U11 Thistles (all girls team) won 4 out of 5 games over the weekend to win the Plate Final! It was an outstanding weekend of soccer!

Congratulations to Lenny I. (5/6M) on his successful cricket career this season.

Well done to Ferne, Estelle and Lenny.

A few snaps from Yr 5/6 Lightning Premership last week



FINAL REMINDER.....Teeth on Wheels is visiting

Your child's dental health is important to us, that's why Teeth on Wheels will be visiting our school starting on the **19/04/2024**.

Scan the QR code below.

Teeth on Wheels are focused on providing **a positive dental experience** and specialise with 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.

Please complete your form today and the Teeth on Wheels team will be in contact to confirm and schedule your child's appointment. - Forms must be completed by 12/04/2024 for your child to participate. If you are unable to access the E-form, please visit the school reception for a paper form.



LAST CHANCE
To complete your form

Complete your E-form today and a Teeth on Wheels team member will contact you if your child is eligible for **FREE DENTAL CARE!**

CLICK OR SCAN THE QR CODE TO COMPLETE YOUR FORM

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



TeethOnWheels
a positive dental experience

Current Families with children in Foundation 2025....

For current families with children starting in Foundation in 2025 please log on to our website and under Enrolments please fill in the online enrolment form. We require this as soon as possible please.



2025 Enrolments
St Joseph's School

Enrolments at St Joseph's Parish School for children entering Foundation in 2025 are now open.

OPEN DAYS
Thursday 18th April
School open for viewing 9am-3pm
Open Day Principal Address at 9.30am and 12.30pm

Call 8773 1111 Anytime to book a tour
School Tours run for 45 minutes by our Year 6s
Tours are run at 9.30 and 12.30pm

362 Station Street, Chelsea
☎ 8773 1111
✉ info@sjchelsea.catholic.edu.au
🌐 <http://sjchelsea.catholic.edu.au>

CELEBRATING 100 YEARS of CATHOLIC EDUCATION IN CHELSEA 1924-2024

Always Faithful

SAFETY RESPONSIBILITY RESPECT

The poster features a background image of St. Joseph's School building. It includes four inset photographs: a boy at a desk, a girl in a hat, two girls with alphabet blocks, and children in a classroom. A central logo for St. Joseph's School is also visible.

Expectation - Responsibility: I organise myself and my belongings

We continue to learn and bring together the whole-school to develop a positive, safe and supportive learning culture. Remember we have three core values:

Safety, Respect and Responsibility

Over the next fortnight, our focus is still on our core value **"Responsibility"**. We are learning how to organise ourselves and be responsible for our belongings" in the classroom and also outside in the playground by:

- packing and unpacking our own school bags
- placing our school bags in the lockers provided
- knowing where to put belongings in the classroom eg: drink bottles, diaries, notes
- equipment is tidy and organised, not left outside in the playground or in foyer areas
- checking ourselves in on our zones
- knowing the routines of our classroom
- listening to my teacher's instructions by using whole body listening



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 Update - PROTECT

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 promotes 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.

LUNCH TIME CLUBS

Do not forget our lunchtime clubs that run throughout the week.

Lunchtime Clubs At St Joseph's		
Day	Activity Prep -Year 6	Where
Monday	Drawing	Discovery Centre
	Choir	Performing Arts Room
Tuesday	LEGO, mindful colouring, card games, reading, drawing	Wellbeing Hub
	Garden/chickens	Sustainable Garden
Wednesday	Reading, Drawing Club, Script writing group	Library
	Garden/chickens	Sustainable Garden
Thursday	LEGO, mindful colouring, card games, reading, drawing	Wellbeing Hub



Perfectionism is the new black.....

It's in. It's hot. Everyone has it.

And it's not good. But what is it?

Perfection is not merely about striving for excellence.

Perfectionism is the belief that we fall short in some way and that, by falling short, we are not enough.

Perfectionistic Strivings describe our best efforts as excellent. These strivings can be helpful to the extent that high expectations drive improved performance, but coupled with Perfectionistic Concerns, those strivings can become highly counter-productive. Concerns centre on the belief that self worth is tied up in perfect performance and since this is impossible to achieve, the perfectionist is perpetually unworthy.

The Perfection Paradox is that effort and mistakes are required for mastery (and something close to perfection), but any effort or mistake is an indication of failure. Thus, the perfectionist never makes an effort (or mistakes) and so cannot actually obtain perfection.

Mastery is built on the development of competence, with small steps of progress along the way. The perfectionist rarely accepts this, believing that performance must be complete and unblemished or they are not enough. And in some cases, even unlovable.

There are 3 types of perfectionism:

Self orientated perfectionism

A person holds themselves to the absolute highest of high standards. Anything less is an unacceptable failure and an indication that they are worthless.

Other orientated perfectionism

A person holds others to the absolute highest of high standards. Anything less is an unacceptable failure and an indication that they are worthless.

Socially prescribed perfectionism

A person believes that others hold them to the absolute highest of standards.

These dimensions intertwine, reinforcing each other and shaping world views.

Perfectionism is rare in early childhood but typically crystallises in adolescence. Genetic predispositions manifest in meticulousness or a strong need for order, but it is during adolescence that these tendencies may evolve into defining aspects of one's personality.

Perfectionism's absence from formal mental health classifications belies its profound impact. It fuels a relentless cycle of seeking external validation, setting unattainable goals, encountering setbacks and spiralling

into anxiety and low self esteem. Its implications extend beyond obsessive tendencies, permeating various mental health challenges.

Socially prescribed perfectionism is soaring - it's an exponential curve, escalating by approximately 40 percent from its lowest points a couple of decades ago.

The rise in perfectionism is not an isolated issue. It intertwines with escalating rates of anxiety and depression, notably among teenagers. It's a concerning correlation that warrants our attention.

Why?

We are witnessing a complex convergence of factors - from economic shifts and increased competition for opportunities to the overwhelming influence of social media portraying an idealised version of life and rampant individualism and consumer culture that sit alongside "just world" beliefs that argue that you get what you deserve in life.

Parents who witness their children grappling with self inflicted perfectionism should remember: this burden isn't solely their doing. External influences shape a child's belief and values. but it may be at least somewhat related to some things parents may be doing.

There are things parents can do to reduce perfectionistic tendencies in their children.

First, move away from constantly coaching kids to be better. However, well intentioned, being told to do 'better', 'achieve your potential' and 'increase your effort' often doesn't sound like its helpful. It sounds like the adult in your life doesn't believe you are enough.

Instead, balance your hopes and expectations with the assurance that you love your child. The three words that say this best are: No, Matter, What.

Second, move from a judgement and expectation approach to a need-supportive approach. This looks like the following:

Parent: What is important to you here?

Child: I want to do x well, but I don't really care about y so much.

Parent: What support can I give you to help you do well at x?

Child: Shrugs - perhaps make a suggestion.

The two of you then develop workable solutions (this can even be done with a 6 year old if needed, but I prefer to just let them play at this age. Start the process from about 10 years).

Parent: What about y? You don't really care too much, huh? Tell me more.

The two of you explore whats going on and develop a solution:

a. We are going to try really hard for a while and see if developing some competence around this makes you feel different.

b. There are things worth working on. They are things we are passionate about. There are things we don't have to be brilliant at. So long as you are passing, that is good.

c. Whatever else you can come up with that is acceptable to you both. perhaps some tutoring or coaching. Maybe an alternative activity or subject.

Give your kids permission to not be perfect at everything (or better yet, at anything).

Third, explicitly teach your child that perfectionism doesn't necessarily correlate with high performance. In fact, it often leads to burnout and self sabotage.

Acknowledging and embracing imperfections, failures and vulnerabilities is integral to the human experience.

Fourth, model imperfection and acceptance in your own life. Talk about your mistakes, learnings and progress. Let them see that striving for perfection is futile. Talk about doing things to a satisfactory standard and how it compares to a highly distinctive standard and point out how neither of those are focused on perfection, but both are focused on competence.

The myth that relentless striving for flawlessness equals success needs debunking.

The false belief that a person becomes more worthy, more valued or more loved because they have more or look better must be discarded.

Let go of perfection in your own standards - of beauty, of holidays, of home cleanliness and of your children - and they will be more likely to let it go themselves...and ironically achieve greater things as a result.

2024 School Fees

Fee statements are emailed each month to your nominated email address. Payments may be made weekly, fortnightly, monthly or over 3 terms. We accept cash, credit card (office or over phone), Bpay and direct deposit. 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:

- \$150 for primary school students
- \$250 for secondary school students

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

Applications close June 2024.

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 (The card must be issued in the name of the fee payer and list the students for whom the concession is to be applied).
- 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



Canteen 2024

Please click on the download button for the Canteen lunch order price list for this year. The canteen will commence next Thursday 8th February.

[Download](#)



School Uniform Price Update

Please see a new pricelist, effective 01 November 2023.

[Download](#)



2024 Fee Schedule

Please click on the link for the 2024 Fee Schedule

[Download](#)



St Joseph's Concessional Fee Policy

[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](#)

HOLY WEEK

ST JOSEPH'S CHELSEA

PALM SUNDAY 23-24 MARCH
 6:00pm Saturday Vigil
 Mass 9:00am Mass with Procession
 11:00pm Mass

HOLY THURSDAY 28 MARCH
 7:30pm Mass of the Lord's Supper
 10:00pm Night Prayer

GOOD FRIDAY 29 MARCH
 10:00am Way of the Cross
 3:00pm The Lord's Passion

HOLY SATURDAY 30 MARCH
 8:00pm The Vigil of Easter

EASTER SUNDAY 31 MARCH
 9:00am Mass
 11:00 am Mass

RECONCILIATIONS
 Tuesday 26 March
 8:30am and 7:00pm
 Wednesday 27 March
 8:30am and 7:00pm
 Thursday 28 March
 8:30am
 Friday 29 March
 8:30am
 Saturday 30 March
 10:00am

Community News

Register to attend a John Paul College

Discovery Morning

Term 1 - Thursday 7 March
 Term 2 - Thursday 20 June
 Term 3 - Thursday 1 August
 9:00am - 11:00am

2024 Term Dates

Red indicates a change from last week

2024

Week 9

Thur 28th Mar Holy Thursday, F-6 Athletics Sports Carnival, **End of term 2pm finish**

Term 2

Week 1

Thur 18th Apr Open Day

Fri 19th Apr Cross Country Trials, School Dental van

Week 2

Tues 23rd Apr 6.15pm AGM (Annual General Meeting) Advisory Council in the school library

Thur 25th Apr Anzac Day

Fri 26th Apr School Closure

Week 3

Thur 2nd May 6.30pm Eucharist meeting-Parent and child (1st Communion Fri 31st May or Sat 1st June)

Fri 3rd May Yr 5/6 Sport,

Sat 4th May Eucharist Mass 6pm

Sun 5th May Eucharist Mass 9 & 11 am

Week 4

Thur 9th May Mothers Day stall

Fri 10th May District Cross Country

Sun 12th May Mothers Day

2024 TERM DATES

Term 1 - Tues 30th January - Thur 28th March

Term 2 - Mon 15th April - Fri 28th June

Term 3 - Mon 15th July - Fri 20th September

Term 4 - Mon 7th October - Tues 17th December

