

Friday 1st April 2020

Dear Parents, Carers and Students,

As a teacher with over 40 years experience, I have never witnessed such a profound impact on schools as has been the case recently. To be part of and observe the upheaval to the daily life of teaching and learning and the routines of school has been life changing. To see the commitment of my teachers in making sure they do everything possible to provide the best learning experiences for their students is humbling. I also commend you as parents in dealing with the upheaval to daily life as we knew it.

The politicians are now in the act and we have a war of words between our state and federal politicians as they debate when students should go back to school. As I have stated from day one, our school follows Catholic Education (CECV) and State Education directives and when there is a change to our current situation, you will be the first to know. **If you are home your children are expected to learn from home. We are open for families where both parents are essential workers.**

Our school's online portal: HELP (Home Education Learning Program) has been ramped up and all students at our school now have access to a device to provide stronger links to **HELP**. I also implore parents to ensure their details are up to date on **COMPASS** and they have an email address for communication via **COMPASS**. An up to date email address is crucial for our school communication process and for students to have full access to **HELP**



Birthday wishes to all these children who celebrate their birthday this week: Alyssa 6G, Teresa 6A, Phillip 2A, Carys Prep B, Rhylonn 4P, Maryana 6G, Decibell 2L, Faith 5C, Gabriel 2M, Noah Prep B.

HAPPY BIRTHDAY TO ALL!

STAFF NEWS: We have a number of staff :mainly women, who are enjoying various stages of pregnancy during this term and beyond. Mrs Narduzzo has her bags packed and ready for the dash to hospital in the next few days. We also farewell Mrs Cerra (Performing Arts) today as she also prepares for the arrival of her first. Last count there were seven pregnant staff and one expectant Dad. You can work it out !

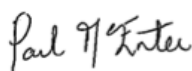
School Fees : Our Lady's already has existing policies that provides fee relief for low-income families who attend our school. I want to reassure families impacted financially by the coronavirus (COVID-19) pandemic that we want to assist you in every way possible. If you have concerns about your financial situation, please contact Mrs Fraser at school so that we can explore confidential financial support arrangements during this time.

School Attendance: The school is still required to monitor and report on attendance levels for all students enrolled at our school. Monitoring attendance via the COMPASS form was problematic and next week we will be utilizing Google Classroom to monitor attendance. If your child is unwell and not participating in **HELP** please email their class teacher.

Stationery Needs: Teachers have had inquiries from parents regarding scrap/exercise books for students. We ask that parents purchase these when they go shopping, as Coles and Woolworths have these items. Thank you for your support on this matter.

We are absolutely committed to working with our families as we get through these challenging times. If you have any questions or concerns regarding current arrangements, please do not hesitate to contact myself via email : principal@olps.vic.edu.au.

Enjoy a chilly weekend,



Paul McEntee
Principal

From the Enrolment Desk



Forms are being mailed
today
Please return ALL required
documents.

 <p>Prep Enrolments 2021</p>  <p><i>God's Love and Care for All</i></p>	<p>Due to COVID-19 enrolments for 2021 will be accepted and processed remotely until the school is fully operational.</p> <p>Please email the school at office@olps.vic.edu.au</p> <p>and an enrolment booklet will be mailed to you..</p> <p>In the email please indicate current address , name and phone number.</p> <p>Our thoughts and prayers are with all families during these difficult times.</p> <p>Take care</p> <p>Paul McEntee School Principal</p> 
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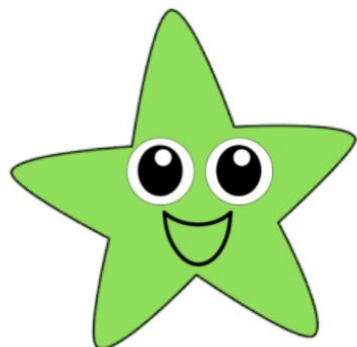
Hope you all enjoyed your Gospel challenge this week.

Sacramental Dates FOR 2020

We are still waiting on Advice about how the sacramental programs will run this year due to the unforeseen circumstances of the Covid-19. We will keep you informed as soon as we have more information.

STUDENT WELLBEING @ OUR LADY'S

...PROVIDING A SAFE AND SUPPORTIVE LEARNING ENVIRONMENT



Parents and carers: be kind to yourself

This is an unpredictable and uncertain time for everyone. With schools closing many parents and carers are wondering how they are going to cope for long periods at home with the children and young people in their care.

It's the same as what they tell you on planes. You need to put on your own oxygen mask before you can help others. It's a huge struggle to care for children if we neglect to look after ourselves. While you may think: 'easier said than done' – it really does make a difference.

Here are 4 steps you can follow to help you be kind to yourself.

1. Regulate : Stay calm when you are feeling emotionally out-of-sorts.

Think about what helps you to be calm and healthy. Can you build some of these things into your day? They might be quick things like sitting down for breakfast each morning, or longer things like watching a show you like after the kids are in bed. A regular household routine helps.

Some examples of things that are known to make us feel better are: getting outside and taking a walk or doing some other exercise, having a regular cuppa and snack break, watering pot plants, doing a crossword puzzle, ringing a friend, listening to music (and singing along), cooking, day dreaming, playing with a pet or sharing some silly messages and other fun things on social media.

If you build these activities into your day in a planned way, it gives you a break from monotonous tasks and provides something to look forward to. Even a few minutes of something pleasurable, a few times a day, can help build your tolerance for the challenging situation you're in.

2. Relate : Connect with another person to feel better.

One of the most effective ways to look after ourselves is to connect with other adults. So, reach out to others however you can – by phone, social media or video calls (FaceTime, WhatsApp, Skype etc.).

Share your ideas and questions about how you can support and manage the kids in these new circumstances. Talk about how you can look after yourself and each other. If you have a worker who supports your family, don't be afraid to let them know when you're struggling – just talking it through can be reassuring. No-one expects you to breeze through this situation without some tough times.

3. Reason : Use logical thinking.

It's helpful to limit the time you expose yourself to news and current events. We need to stay informed, but it is important to avoid becoming overloaded and overwhelmed by negative news.

Acknowledge your feelings and adjust your expectations, it's OK to not have all the answers. If you are feeling particularly worried or anxious try and stop what you're doing. Go to another room (even to the bathroom) and take some deep breaths. If possible, now is the time do something to regulate yourself.

Understand that the kids living with you will be looking to you to see how you're coping. If you show them that you're staying calm, they will be more likely to mirror that approach.

If your kids normally go to school, you can't recreate school and be a perfect teacher. But you can do fun activities with your kids that will help them learn. Contact your kids' school for guidance and reassurance if needed. ABC Education has a [great website](#) with resources for primary and secondary school children.

4. Remember : Looking after yourself is not a luxury – it's essential.

By looking after yourself you're staying healthy and well – so you can have a better time with the kids. Be kind to yourself and do the best you can.

You might need to take it hour-by-hour, but this period of isolation is only temporary and will end. And every day is a new day.

You can do this.

You can also call [beyondblue](#) on 1300 22 4636 or [Lifeline](#) on 13 11 14 at any time.

(Take Two is a Victoria-wide outreach service provided by Berry Street)

**BOOK CLUB IS HERE—Virtual Catalogue
while Students Learn from Home**

In these unprecedented times we're all being asked to change the way we work and live. Our tradition of putting books into the hands of kids isn't going to change, but for Term 2, we're doing things a little differently.

**Doing things differently does not change
our goal, that goal is more important than ever!**

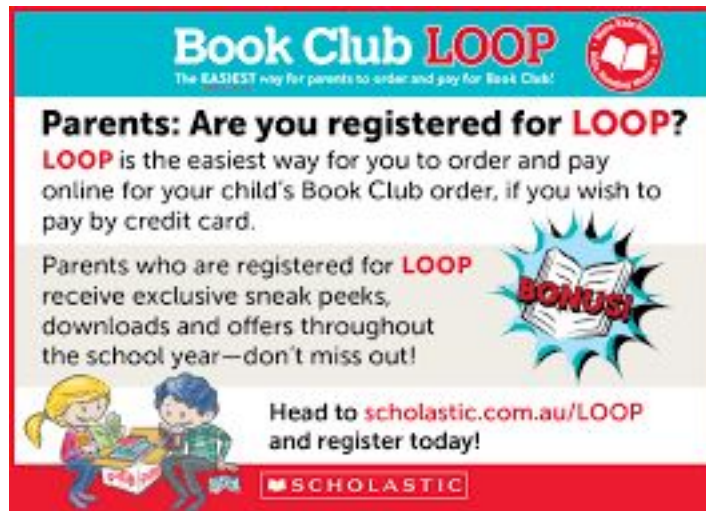
**For the first time in the history of Scholastic—
we will have a **Virtual Book Club for Term 2****

Every child will still have the opportunity to access their Book Club catalogue.

The same carefully selected, best-value books will still be available, so the enjoyment Book Club is known for will not change!

[Scholastic Book Club Catalogue Issue 3](#)

**Orders can only be placed till the 8th May
on-line via the parent LOOP ordering platform
All orders will be mailed directly to your home address
from Scholastic at a cost of \$5.99 postage**



Please check services provided by our local Library

Hume Library Express delivery service

Hume Libraries is providing a contactless delivery service. Please request your items online or call your library branch to make arrangements. Limit of 20 items in 1 box of 5-7kg per household. Maximum of one delivery per household per month. Deliveries to addresses within Hume only. New memberships can be made online or by phone and your new library card will be included with the delivery. StarTrack couriers will make a contactless delivery to your front door.

Programs Online [facebook.com/humelibraries](https://www.facebook.com/humelibraries)

Hume Libraries Facebook page is the new home for programs including:

10am Storytime
2pm STEAM@home
Rhymetime
Baby Bounce
Bilingual storytimes

Other special programs including:

- manga drawing workshop
- digital photography workshop
- cartooning
- magic show and lessons
- more literacy & learning programs to come

Book Club @ Home

Junior bookclub (7+ years)
Middle Years bookclub (10-14 years)
Youth bookclub (14+)

Discussion notes provided

Digital Resources

Even if students don't currently have a library card, they can sign up online to access our digital content:

Borrowbox for ebooks and eaudiobooks

Storybox Library for videos of picture books read by celebrities

Brittanica Online for information, photos, video and more

BusyThings for games to educate and entertain for 3-7 year olds

Kanopy including Kanopy kids for free streaming of films and documentaries

Again keep safe and well.

Josie Mitzi