

**Friday 8th April 2020**

**Dear Parents, Carers and Students,**

A very special day in our Community and especially here at Our Lady's is Mother's Day. As we prepare to celebrate Mother's Day this Sunday, let us remember and acknowledge the mothers in our lives who are the bedrock of our family life. So on Sunday as we sit around the table and share a meal, albeit many without our mothers this year, let's remember all the times we have sat with family and shared food and drink, and give thanks to not only our God but also our mother.

All Victorians are hoping to see the back end of some lockdown rules after this weekend. There has been no change to schooling arrangements at this time. Premier Daniel Andrews warned Victorians it won't happen in the state until Monday when the state of emergency lifts. We are all hoping how our state can start lifting restrictions, will include how children can return to normal schooling, but I must reiterate that the current situation is in place until the end of term 2. Fingers cross !



*Birthday wishes to all these children who celebrate their birthday this week: Isabel 4M, Levi 1G, Carlos 1T, Ordeel 2L, Ryder 6C, Taline 6A, Mariyah 5E, Jacob 6C, Fadi 1G, Leonil 1M.*

**HAPPY BIRTHDAY TO ALL!**

**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.

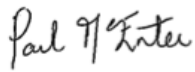
**School Attendance:** The school is still required to monitor and report on attendance levels for all students enrolled at our school. We now utilize Google Classroom to monitor attendance. If your child is unwell and not participating in **HELP** please email their class teacher. The teacher will also know because they have not attended the morning meet.

**Google Classroom:** All classes are now operating via the Googleclassroom platform that provides students the opportunity to meet with their teacher and classmates. It also provides a 'classroom' portal that outlines the daily and weekly program. Thank you to the many families who are up and 'live' on Google classroom. If you have any issues your first contact should be your child's teacher. We will be phasing out the COMPASS portal as the main avenue for student work and Google classroom will be the main platform for student teacher communication.

**Year 6 :Secondary School Transition for 2021:** Thank you for the families who have completed the form indicating their child's school for 2021. Ministry application details are now being made available and we will send you any information we receive. You also need to make contact with your school of choice. If you have any questions please email Linda Gloutsis our transition Coordinator- [lgloufts@olps.vic.edu.au](mailto:lgloufts@olps.vic.edu.au)

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](mailto:principal@olps.vic.edu.au).

Have a great Mothers Day



Paul McEntee  
Principal



### **From the Mother's Day Desk**

*For all your love and kindness*

*For all your tender care.*

*For all the joy that it has brought  
just knowing you are there.*

*For all this and so much more .*

*A wish for every happiness.*

*A thanks for everything.*





## **Re: Nationally Consistent Collection of Data on School Students with Disability (NCCD)**

Every year, all schools in Australia participate in the Nationally Consistent Collection of Data on School Students with Disability (NCCD). The NCCD process requires schools to identify information already available in the school about supports provided to students with disability. These relate to legislative requirements under the *Disability Discrimination Act 1992* and the Disability Standards for Education 2005, in line with the *NCCD guidelines* (2019).

Information provided about students to the Australian Government for the NCCD includes:

- year of schooling
- category of disability: physical, cognitive, sensory or social/emotional
- level of adjustment provided: support provided within quality differentiated teaching practice, supplementary, substantial or extensive.

This information assists schools to:

- formally recognise the supports and adjustments provided to students with disability in schools
- consider how they can strengthen the support of students with disability in schools
- develop shared practices so that they can review their learning programs in order to improve educational outcomes for students with disability.

The NCCD provides state and federal governments with the information they need to plan more broadly for the support of students with disability.

The NCCD will have no direct impact on your child and your child will not be involved in any testing process. The school will provide data to the Australian Government in such a way that no individual student will be able to be identified – the privacy and confidentiality of all students is ensured. All information is protected by privacy laws that regulate the collection, storage and disclosure of personal information. To find out more about these matters, please refer to the [Australian Government's Privacy Policy](https://www.education.gov.au/privacy-policy) (<https://www.education.gov.au/privacy-policy>).

Further information about the NCCD can be found on the [NCCD Portal](https://www.nccd.edu.au) (<https://www.nccd.edu.au>).

If you have any questions about the NCCD, please contact the school.

## **[A MESSAGE FROM MOUNT RIDLEY P – 12 COLLEGE](#)**

Dear Year 6 families,

Due to COVID-19 restrictions we were unable to hold our Year 7 2021 information session. To assist families with making the big decision of choosing a school we have created a short 12 minute presentation. This will provide an insight into Year 7 here at Mount Ridley College.

Please click on this link <https://screencast-o-matic.com/watch/cYhhiGBPop> to view our presentation.

Further information about the College can be found on our website: [www.mountridleycollege.vic.edu.au](http://www.mountridleycollege.vic.edu.au)

If you have any questions regarding Year 7 in 2021 please do not hesitate to contact Mrs Belinda Tirant, Director of Student Engagement Strategies (Junior Years) via email:

[tirant.belinda.b@edumail.vic.gov.au](mailto:tirant.belinda.b@edumail.vic.gov.au)

# RELIGIOUS EDUCATION NEWS

Happy Mother's Day to all the mothers in our community!



## The Month of May: Our Mother's Month

May is the month of motherhood. It is the month in which we celebrate the motherhood of Mary. Mary, who by becoming the Mother of God, assumed a special role in our lives and became a mother to us all. For those outside the Catholic Church this can seem a foreign concept. After all, how can a woman, a mere mortal, who lived 2000 years ago be a mother to us all.

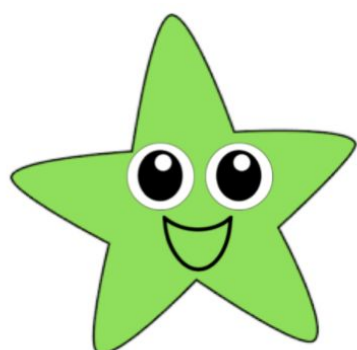
However, through our relationship with Jesus we have become adopted sons and daughters of the Father (Ephesians 1:5) making us the brothers of Christ. Hence, His mother has also become our mother by this adoption. And this adoptive motherhood is true motherhood. Motherhood itself is a sign of the fruitfulness of God's love and expression of fruitful bounty. For each child is the product of a unique act of God's blessing on a husband and a wife.

The Rosary, or Psalter of the Blessed Virgin Mary, is one of the most excellent prayers to the Mother of God. Thus, "the Roman Pontiffs have repeatedly exhorted the faithful to the frequent recitation of this biblically inspired prayer which is centred on contemplation of the salvific events of Christ's life, and their close association with his Virgin Mother."

Try and pray the rosary with your family daily for the month of May for Mary.

## STUDENT WELLBEING @ OUR LADY'S

...PROVIDING A SAFE AND SUPPORTIVE LEARNING ENVIRONMENT



### The pillars of good mental health

Mental health is complex and is impacted by many factors including a child's social and emotional wellbeing. The following four pillars have an insulating effect on your child's mental health, acting as circuit-breakers when life becomes difficult and complex.



#### Maintain social connection

As social beings we long for connection to others and a sense of belonging to groups. While time alone can be restorative, sharing experiences, thoughts and stories with others is absolutely essential to your child's happiness and wellbeing.

A framework for social connection includes one-on-one time with family members and other loved ones, having shared family experiences to confirm a sense of belonging, having shared time and experiences with peers from school and the neighbourhood, and a connection with the broader community through shared experience, cause or goal.



## Stay in the present



The human mind is restless, taking us all over the place. It can make us feel happy recalling memories of loved ones or happy times and it can also drive insecurity connecting us to events in the past or future that fill us with dread, and make us feel

anxious. Kids' wandering minds need to take a rest and settle in the present, stopping their mental chatter, giving them the chance relax. Mindfulness is an essential mental health tool that enables children to keep their minds in the present moment, allowing them to feel safe and secure.

A mindfulness framework includes regular mindfulness exercises, doing one thing at a time, using mindfulness during an anxious moment, practising self-kindness and forgiveness.

## Enjoy yourself at play

The term 'child's play' is demeaning to children and dismissive of the place of play in our lives. Play is absolutely critical to our happiness and wellbeing. Borrowing from the work of Dr. Brene Brown, play is defined as any activity that's fun (therefore highly anticipated), free (that is, self-directed) and involves flow (we don't want it to stop). Play helps kids manage anxiety and depression as it lifts their mood and is therapeutic by nature.



A play framework includes space and time for play, child-initiated activities, a mix of lone play and group activity, some social or physical risk may be involved.

## Spend time in nature



Recent studies highlight what we already knew – that time spent in natural environments benefits our happiness, our sense of wellbeing and reduces stress and tension. The rejuvenating benefits of time spent in the bush or by the sea may be difficult to acquire during times of physical isolation but walks to the park, spending time under a favourite tree or even bringing some green shrubs inside have proven to be just as beneficial to children’s mental health.

A time in nature framework includes management and reduction of screen time, exposure to natural environments in the neighbourhood, bringing the outdoors inside, and spending some time each day outdoors.

(Parenting Ideas, Michael Grose)

A promotional poster for KOLBE Catholic College. The background is a photograph of two students, a girl and a boy, working together on a small robot. The girl is smiling and looking at the robot, while the boy is looking down at it. The poster has a dark blue and maroon color scheme. On the left, the text reads "Ignite your passion for learning" and "Year 7 2022 ENROL NOW". On the right, the KOLBE Catholic College logo is displayed, featuring a stylized 'K' with a cross and the words "FAITH", "COURAGE", and "COMPASSION". Below the logo, the college's name "KOLBE Catholic College" is written, followed by the address "Lysterfield Drive GREENVALE 8339 3060".

**Ignite your passion for learning**

**Year 7 2022 ENROL NOW**

**KOLBE**  
Catholic College

Lysterfield Drive  
GREENVALE  
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