

**Friday 19th June 2020**

Dear Parents, Carers and Students,

Driving home along the freeway, the sign indicating traffic congestion now highlights other types of congestion. All Victorians are being asked to **stay** safe by maintaining good hygiene, keeping your distance from others and **if you feel unwell stay home**. It is the same for school. If your child is displaying flu-like symptoms they are not to attend school. At this stage we need to be extra vigilant regarding unwell students attending school, so even if the symptoms are mild, it is recommended they stay home. It is your call on the decision to attend or stay home from school and school staff cannot provide a diagnosis of your child's health status. As the State Medical Officer has said, schools are a safe place if we all do the right thing and whilst there have been some cases at school there has been no evidence of a transmission of the virus in a school setting.

**Progress Reports:** On Monday you will receive a Progress Report, that will take the place of the usual Semester Report, due to COVID-19. The Progress Reports are designed to give you an update on your child's performance in their academic achievement, effort and behaviour. They provide a 'snapshot' about how your child is performing and provide a starting point for parents to have a conversation with their child regarding what has been presented in the Progress report. Due to restrictions currently in place there will be no parent teacher interviews on site, although you do have the option to have a phone meeting with your child's teachers if you wish to do so. Please check *COMPASS* for further details on Monday.



*Birthday wishes to all these children who celebrate their birthday this week: Tala 2S, Emelia 1G, Auluma 4M, Natalia 1T, Parker 2S, Mary 3N, Isabel 1T, Anirudh 2L, Elisha 4P, Rebecca 4C, Younan*

*2A, Jaxon Prep H, Malk 2A, Octavius 3W.      **HAPPY BIRTHDAY TO ALL!***

**Canteen:** The new system which will be the new normal for canteen ordering commenced this week and thank you to families who took the opportunity to order their lunches via the online portal. There will be NO face to face transactions at this stage, so no buying from the Canteen window. If your child requires an item from the Canteen it must happen via *COMPASS*.

**Term 3 Events:** At this stage, we are planning term three using the current restriction protocols. So there will be no camps (YEAR 4) and excursions or gatherings of any sort that involve parents coming onto the school premises next term. Further information regarding payments already made for Camp will be available in the near future. We are liaising with the other Parish Schools and Parish staff in regards to Sacramental celebrations that generally occur in Terms 1-3: Reconciliation, First Eucharist and Confirmation. We hope to have dates and times for these celebrations next week. All other gatherings are cancelled until further notice. The easing of restrictions is communicated by the State Premier then we follow the directives provided by the Catholic Education Commission of Victoria.

**Prep 2021 Enrolments:** Please return forms and documentation ASAP. Interview schedule for next term will be available shortly.

**Student Entry and Exit at School:** Thank you to all families who have supported our drop and go procedures. We are looking at some wet weather coming up so safety and following directions will become ultra important to ensure the safety of all concerned. A recommendation from the 'lollipop teachers': ***It works even better if you do not get out of your car so please ensure children have easy access to their bags and are on the footpath side of the car to exit/enter the car.***

Once again thank you for making our new procedures work so effectively.

***Don't Forget Casual Clothes next Friday - last day of term***

Take Care and looking forward to the shortest day of the year on Sunday

*Paul McEntee*

Paul McEntee  
Principal



**FROM THE SPORTS DESK:**

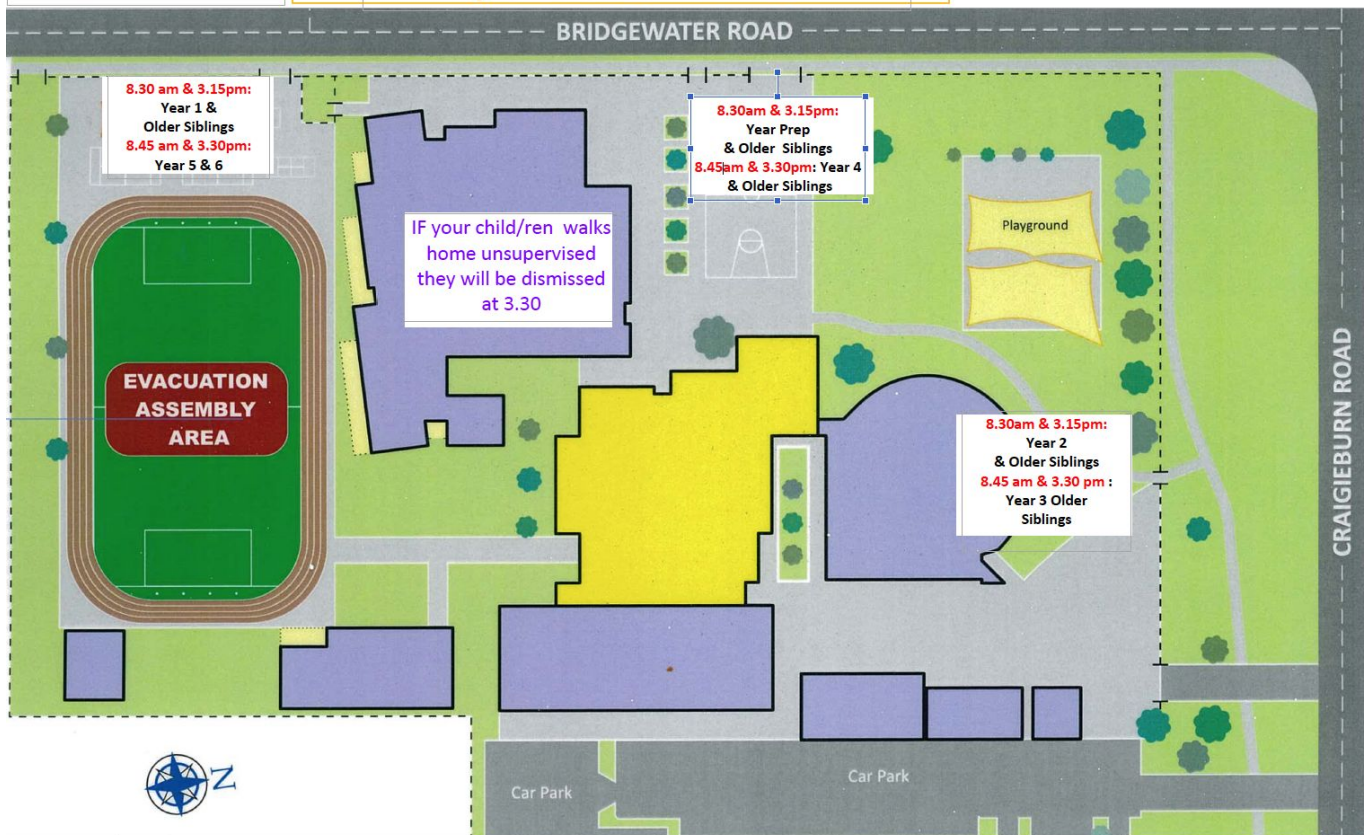
*Daicos loves his new jacket*



*A view of our new office area for student's entrance*

## Student Entry & Exit Points

please observe times



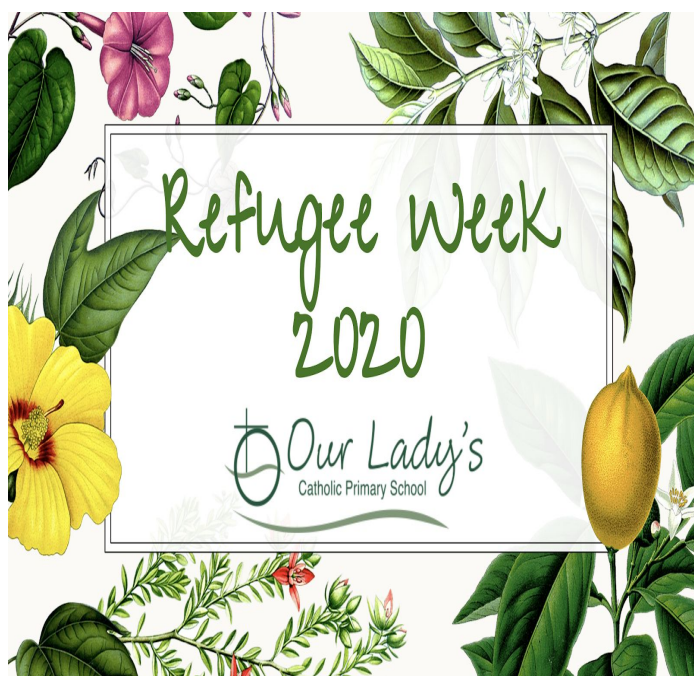
**NO ADULTS ARE PERMITTED TO ENTER THE SCHOOL SITE**

Please note:

- **NO FOOD OR ANY ITEMS ARE TO BE DISTRIBUTED TO STUDENTS . EG BIRTHDAY GIFTS.**
- No adult is to enter the school grounds. Please phone/email the school if you have any queries.
- Please support our drop off and pick up points and time by not coming to pick up children prior to your allotted time.
- ***Please ensure your child has a school raincoat & beanie*** (no umbrellas please) You can bring them an umbrella if you wish to do so.
- Please ensure you adhere to the social distancing requirement of 1.5 m apart at pickup and drop off points at the school. Yellow dots ensure correct spacing at entry/exit points where required.
- If you do not pick up your child and they walk home they will be dismissed at usual time 3.30pm.
- ***In the event of heavy rain students will remain inside until we deem it safe to exit***



# RELIGIOUS EDUCATION NEWS



## Prayer for Refugees

God, no one is a stranger to you and no one is ever far from your loving care.

In your kindness watch over migrants, refugees and asylum seekers, those separated from their loved ones, those who are lost and those who have been exiled from their homes.

Bring them safely to the place where they long to be, and help us always to show your kindness to strangers and those in need.

We ask this through Christ our Lord, who too was a refugee and migrant who travelled to another land searching for a home.

*Amen*

Last Sunday marked the start of Refugee Week 2020. The theme for this year's Refugee Week is 'celebrating the year of welcome'. Our refugee students, parents and staff members play a vital role in creating an opportunity to celebrate the difference and diversity within Catholic schools, helping other students to look beyond their own personal lives in order to reach out to others in the community.

As Jesus was a refugee himself, he knows exactly what refugees go through and struggle with. Today we celebrate the feast of the Sacred Heart of Jesus. The heart that is full of love and feels everyone's pain and suffering.



## Gospel Challenge for the Feast of the Sacred Heart of Jesus

*A reading from the holy Gospel according to Matthew (Mt 11:25-30) - Jesus exclaimed... 'Come to me, all you who labour and are overburdened, and I will give you rest. Shoulder my yoke and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. Yes, my yoke is easy and my burden light.'*

### CHALLENGE

**START YOUR DAY BY RECALLING ONE OF THE HEAVENLY GIFTS YOU HAVE AND THANK JESUS' GENTLE AND LOVING HEART FOR IT.**

# STUDENT WELLBEING @ OUR LADY'S

...PROVIDING A SAFE AND SUPPORTIVE LEARNING ENVIRONMENT



Life has always had a way of throwing out-of-the-blue curve balls. Globally, the year 2020 is one that will not be easily forgotten by us or by history (and, we're not even half way through the year yet!).

For many, life as we knew was suddenly up-ended. We've had to adjust to circumstances.

The insecurity caused by the continued shifting landscape, for many of us is generating new feelings of anxiety or fear, or amplifying existing ones.

Thank goodness for GRATITUDE; as a simple, proven activity to help manage emotions and shift our attitude.

***By feeling gratitude for what we can still do and who we can still connect with, we can start to feel more positive emotions.***

***Research has shown practising gratitude increases our positive emotions and we need to experience positive emotions to develop resilience. And there has never been a more important time to develop resilience than now."***

**– Hugh van Cuylenburg,  
Founder of The Resilience Project**

We can't control what life throws at us, but we can control how we feel about our circumstances.

Practising gratitude is an easy and effective way to help develop positive emotions, feel more hopeful and build more optimistic expectations for the future.

Since our return from 'home learning' our children and staff have been mindful of taking time out to talk about gratitude. This may be something you already do with your children or something you can introduce with your family. It can be part of discussions, prayer, a gratitude jar .....

## *Why gratitude is so important?*

In positive psychology research, **gratitude** is strongly and consistently associated with greater happiness. **Gratitude** helps people feel more positive emotions, relish good experiences, improve their health, deal with adversity, and build strong relationships.

Dr Seligman, psychologist and founder of Positive Psychology, and other leading researchers describe a simple technique :

To write down 3 things they went well each day, every day, along with an explanation for why each good thing happened.

When humans take time to look for and cogitate on the good things that happen to them every day, after 1 month our brains are starting to scan the world for positive rather than negatives.

**For creative ways to practise gratitude, check out TRP@HOME.**



KOLBE CATHOLIC COLLEGE

Lysterfield Drive, Greenvale

# VIRTUAL TOUR

Wednesday **24 June** at **7.00pm**

We are **delighted** to invite you **virtually** into our College.

This is a great **opportunity** for you to meet the **Principal**, and hear from other **staff** and **students**, from the **comfort** of your own **home**.

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