

Thursday 26th June 2020

Dear Parents, Carers and Students,

We end the term much like we commenced the term- in a state of uncertainty. One thing that has been constant is our community's unwavering support of our school and our students' and teachers' abilities to be flexible, supportive and eager to learn in the face of adversity. During the last three weeks we have spent time readjusting the school program and also investigating where our students are in their learning.

Over the last three weeks as the children returned to school, we have assessed all our students as we do at the commencement of the school year and we now intend to make informed projections of what learning loss due to the pandemic might look like. Ultimately, we wanted to know: What sort of learning losses could we expect from the shortened 2019-20 school year? At this stage what I can say is that our younger students certainly missed the face to face teaching component of our school program.

Answering this question is complicated by the unique circumstances of COVID-19. The school closure added to the time that most students already spend at home during the term and without explicit face-to-face instruction from teachers many students have regressed in their learning. Meanwhile, teachers scrambled to adapt content for an online platform and parents are juggling work responsibilities (if not joblessness) with caring for and educating their own children. In so many ways, the current situation is unprecedented for most people alive today.

In light of the uncertainty going forward next term, and the real possibility of reassessing our school program in light of the current escalation of COVID-19, there will be a pupil free day on **Monday 13th July, so school will commence for students on Tuesday 14th July.**

Camp Australia are offering a program on the day. Please refer to flyer.



Birthday wishes to all these children who celebrate their birthday this week: Chloe 6C, Laasya 5E, Gisele 5C, Andre 2A, Zoe 2M, Mitchell 6C, Jayda 5H, Najah 2A, Jurdan Prep H, Gyavire 5H, Isabella 3N, and those who celebrate their birthday during the

holiday break: Aveen Prep H. , Isabella 3N, Alice 4P, Veronika 6A, James 5N, Fabian 2S, Saif 6G, Raad 4M, Emily 2A, Gabriella 1S, Sameer 1G, Charlize 4M, Rose 4P, Jayden 1M, Peter 3T, Edison 4C, Yolanda 5H, Isabella 1S, Aimee 5N, Stuart 5N, Anthony 3T, Mia 5E, Emily 2L **HAPPY BIRTHDAY TO ALL.**

Term 3 Events/Calendar: At this stage, we are planning term three using the current restriction protocols. We have arranged the Sacramental Program dates but at this stage protocols will need to be eased for these celebrations to proceed. The easing of restrictions is communicated by the State Premier then we follow the directives provided by the Catholic Education Commission of Victoria.

Monday 13th July:	No School Pupil free Day
Tuesday 14th July:	Classes Commence - 8.50am
Thursday 30th July	SCHOOL PHOTOS: WINTER UNIFORM
Tuesday 28th July	First Reconciliation Night: 2020 - 6:30, 7:00 and 7:30pm
Sunday 6th September	First Eucharist: r 2020 12:30 and 2:30pm
Friday 18th September:	End of term
Term 4	Confirmation: (No dates set yet)

Student Entry and Exit at School: Thank you to all families who have supported our drop and go procedures. It has been one really positive gain for our school community, and our parents are to be congratulated for their efforts in supporting staff in ensuring safe entry and exit to our school for all our children. **Current School Entry and Exit procedures will continue next term.**

Mr Walsh our teacher of 3W is having a special holiday break as he awaits the birth of his first child. On behalf of the school community, I wish Michael every success as a new ‘father’ and a special helper to Natasha as they prepare for the birth of their first child. Our thoughts and prayers are with them.

Take Care and enjoy a break from the routine of school life and we will see you next term.

Paul McEntee
Principal



FROM THE REPORTER'S DESK:

Letter to Australia

Dear my country Australia...

You have been through a lot, first everyone thought 2020 was going to be a good year but as it started bushfires welcomed themselves in. Some houses got burnt, lots of animals got hurt. We lost a quarter of our trees, but winter came to help.

Suddenly when the fire decided to exit, floods made their way in. Houses got soaked, people drowned but thankfully it got bored and left fast.

Finally when we thought we were safe, Covid-19 occurred, it wasn't a big deal but as people didn't take good care it spread everywhere. The real problem was every time things got better, people kept going out for some freedom. We are now on good terms and are aware of covid-19 but we still need to take responsibility.

We all appreciate all the hard work you do. We all hope you get well soon. The world has changed, so have you but you're so strong and always will be. We love you Australia, forever, we promise. We will be with you from now until forever.

From Mirna (5E)

RELIGIOUS EDUCATION NEWS



We thank you Lord, for this term.
For the challenges, the successes,
and the mistakes from which we have learnt.
Be with us as we spend our time with family and friends.
Give us strength and courage to do what is right:
to be witnesses of our faith.
Help us to be a practical Christian these holidays,
to appreciate what others do for us,
to give time and effort to help others.
To be peacemakers in our family.
Keep us safe in our activities;
give us good rest and good fun.
Bring us back refreshed and ready for a new term.
We thank you for our classmates, teachers, parents
and a community that cares for us.
May we always be conscious of you in our lives.
Amen

This Sunday's Gospel

Matthew 10:40-42

40 "Whoever welcomes you welcomes me, and whoever welcomes me welcomes the one who sent me. 41 Whoever welcomes a prophet in the name of a prophet will receive a prophet's reward; and whoever welcomes a righteous person in the name of a righteous person will receive the reward of the righteous; 42 and whoever gives even a cup of cold water to one of these little ones in the name of a disciple—truly I tell you, none of these will lose their reward."

Commentary: The gospel writer has Jesus reassuring the disciples that anyone who welcomes them welcomes him. There are echoes here of other parts of the Gospel of Matthew: the Beatitudes, with its blessings on the poor and humble of heart; the welcome of children, the 'little ones' of the kingdom; that reminds us that whatever we do for the least in the world we do for Jesus. Jesus even describes the disciples as 'little ones' – a reminder both to them and to those who welcome them.

GOSPEL CHALLENGE

Think of a small act of kindness that you can do for someone in need over the school Holidays...

STUDENT WELLBEING @ OUR LADY'S

...PROVIDING A SAFE AND SUPPORTIVE LEARNING ENVIRONMENT



A Guide To Self-Care and Wellbeing During Times of Uncertainty.

In times of uncertainty, it is normal and natural for children and adults to respond in unique ways. It can be helpful to focus on the aspects of our lives that we can control like caring for our physical health, safety and emotional wellbeing.

*"The only thing in life that is permanent is change.
Change is the one constant in life"*

(Fallin, 2013)



Steps for Self-care

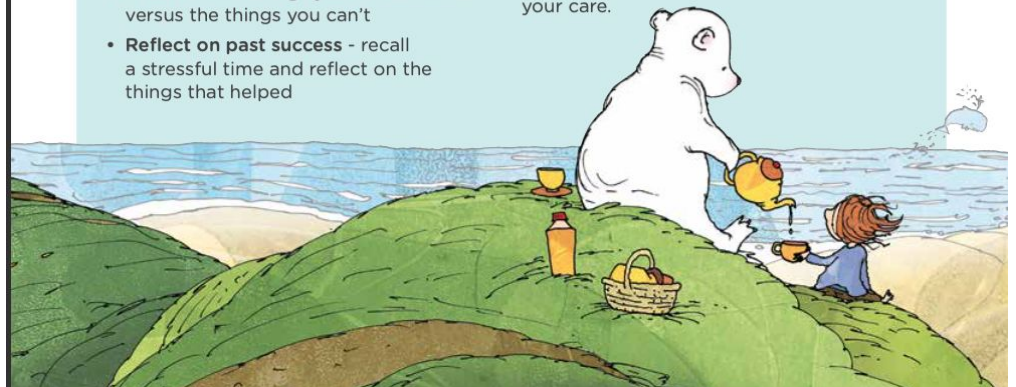
There are things you can do to support yourself, your friends and your family:

- **Listen** - to your needs and your own advice
- **Offer kindness** - for yourself and others
- **Stay connected** - with others by phone and online
- **Keep informed** - just enough information from reliable sources
- **Maintain a healthy routine** - diet, activity and sleep
- **Focus on the things you can control** - versus the things you can't
- **Reflect on past success** - recall a stressful time and reflect on the things that helped
- **Learn a new skill** and make plans for the future
- **Help others** - if and when you can
- **Seek support** - It's okay to ask for help and advice
- **Build hope** - Focus on 3 things you are grateful for.



You can't pour from an empty cup.

Look after yourself so you are better able to help the children and young people in your care.



Ideas to Help the Children and Young People in times of Uncertainty ...

In times of uncertainty and change, it is normal and natural for children and young people to respond in different ways. Adults can play a vital role in supporting children and young people through the experience.

How may Children and Young People Respond?

- Worried, clingy and uncooperative
- Sad and angry one minute, okay the next
- Frightening thoughts and nightmares
- Regression to earlier behaviours
- Stomach aches and headaches



Adolescents may react in similar, but different ways:

- Mood changes
- Tired and distracted
- Retreating from social networks
- Sleep problems and headaches



Helpful Hint – children and young people respond in unique ways and it is helpful to recognise if your child or young person is behaving differently.

Help Your Child or Young Person

- Offer your attention, patience and love
- Calmly listen to your child's story and encourage your child to ask questions
- Acknowledge and affirm your child's feelings and help your child to identify helpful ways to manage the feelings
- Encourage your child to ask for help from trusted adults
- Involve your child in decisions that affect them
- Respond to your child's questions with clear and factual age appropriate information
- Model positive ways to cope and prioritise quality time together

Other Ways to Help

- **Maintain daily routines** as much as possible
- **Stay social** – create ways to connect with special people and loved ones
- **Get active** – go for a walk, listen to music, sing, play with a pet
- **Be curious** – learn a new skill or research an interesting topic together
- **Help others** – encourages social connections and an "I Can" attitude
- **Plan fun activities** to look forward to

Find helpful resources, updates and training dates at goodgrief.org.au



"I think the most significant learning for children in the group was knowing they are not alone and not the only ones that experience change, loss & grief"

Companion, Seasons for Growth Program, 2019



www.speech.edu.au

Importance of Play and how to facilitate play at home

Playing with children is essential to support development as it 'contributes to the cognitive, physical, social, and emotional well-being of children' (Ginsburg, 2007).

Engaging in play at home with your child will help to build their speech, oral language, fine & gross motor skills, and social skills. Play helps to build vocabulary, follow instructions, communicate in sentences, encourage creativity, build relationships and work together as a team.

How can I facilitate play at home?

As parents you play an important role in supporting with play at home. It is important to;

- Create an environment that supports play
 - Play inside or outside
 - Limit distractors such as a TV or iPad
 - Set up a variety of different activities – Lego station, colouring in station, dress ups, Minecraft drawing competition – whatever interests your children!
- Allow enough time for play
 - Busy schedules can be tricky, but allowing enough time to engage in play is important - try to allow anywhere from 30-60 minutes.
- Encourage different types of play
 - **Physical play** – running, jumping, skipping, dancing, cutting, colouring.
 - **Play with objects** – building blocks, Lego, doctors kits, playing with dinosaurs, playing with dolls.
 - **Pretend (Symbolic) play** – having a tea party, playing school, playing doctor.
 - **Games with rules** – board games, card games, family group games (hide and seek, celebrity heads, etc)

Examples of how goals can be targeted during play:

Speech – if your child has a speech error use play to encourage lots of repetition of the sound. For example, for a child that struggles with the 'L' sound use Lego for lots of opportunity to practice. "Here is the Lego man", "Can you find the Lego block?" or "Let's build a Lego tower" → whether you're saying it or they are, it's great practice!

Vocabulary – choose a 1-2 new words and talk about what they mean while playing a game. For example, introduce the names of new shapes while colouring them in together – e.g. hexagon and rhombus. Afterwards you might play a game to see who can find things in your house that are also shaped like a rhombus or a hexagon!

Following instructions – focus on how many instructions you would like to work (1, 2 or 3 instructions) on and try to introduce new concepts words (next to, under, in front, before, after, first/next/last). For example, if you're playing Simon Says → "Simon says touch your head, then touch your toes", "Simon says put the pencil next to the fridge" or "Simon says first touch your nose, next spin around"

Social skills – if your child struggles to take turns at conversation, this can be targeted during play. For example, while 'playing school' you are able to recreate conversations your child might be having in the playground → encourage them to say hello, ask questions, or ask you or their siblings to play.

The opportunities are endless when it comes to targeting goals in play – be creative!

Most importantly – get involved! Play is a fun way to engage with your child. Follow their lead, be silly and work things out together.

Here are some links of ideas to play at home:

- <https://parentingfromtheheartblog.com/facilitate-play-based-learning-at-home/>
- <https://www.todaysparent.com/family/activities/fun-things-to-do-at-home/>

Reference:

Ginsburg, K. (2007) The importance of play in promoting a health child development and maintaining strong parent-child bonds. *Pediatrics*, 119(1), 182-191. Doi: 10.1542/ped.2006-2697

Pupil Free Day

Come and join the fun with the Camp Australia Team at our upcoming Pupil Free Day!



Date: 13-July-2020



Time: 06:30am to 18:30pm



Location: The Before and After School Care Room at Our Lady's Catholic Primary Craigieburn



Fees: \$55.00

To book visit

www.campaustralia.com.au or call our Customer Care Team on 1300 105 343

Are you eligible for the Child Care Subsidy?

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