

Friday 31st July 2020

Dear Parents, Carers and Students,

Next week our preps celebrate 100 days of schooling, and what a different experience they are having ! They will have an unbelievable story to tell their own grandchildren about the year they spent time at home 'being schooled'. So what does it mean for parents this new experience of having school at home ? For Me personally, having my youngest completing VCE at home and now at school, it's only been an issue when he decided to dye his hair in the middle of homeschooling and then realizes that he now needs to return to a school where dyed hair is a hangable offence ! Seriously though my only tip I can give you is to remember that you're not the teacher.

It's important to realize that you are not replacing school. You are your child's parent, not their teacher. They are very different relationships. You can be flexible but firm. By establishing some rules and routines, you are reframing what can be achieved together at home when you set parameters and explain very clearly how things are going to play out.

It might be a good idea to create a 'trigger' for your children so they know when they are operating in 'school time'. Traditionally this trigger happens automatically with the routine around kids getting dropped off at school, but if you're at home you'll need to create it artificially. Perhaps they still get dressed in their school uniform, and even help to pack a 'school lunch'.

One of the best things you can do as a parent is to provide a 'specific learning space', that is, a calm environment that sets up a mindset for your child that this is where they will be doing some structured learning. By doing this, you are 'clearing the space' for learning.



Routines and preparedness are very important as reassurance for your child. There are things you can do to make learning at home more productive and enjoyable for both you and your child, such as:

- Create a chart with a timetable and goals for the week
- Display a clock to keep track of how long different tasks will take
- Ensure they stick to the set break times- no screen time
- Provide healthy snacks and water.

It's a good idea to punctuate academic learning with some physical activity – this can be something aerobic or it could be something like a nature walk to investigate your local area. Your child's teacher will still be sending home age appropriate activities and running through the same curriculum as they would in the classroom, that hopefully they all return to in the near future.



Birthday wishes to all these children who celebrate their birthday this week : Salam 3W, Mia 5H, Noah 5H, Julia Prep C, Jesse 3W, Gavin 3N, Jordan Prep H, Katreen Prep H, Deved 2M, Santiago 5N, Jake 5E, HAPPY BIRTHDAY TO ALL

Thank you for your ongoing support of all of our staff and please do not hesitate to contact me if you have any questions at this time. principal@olps.vic.edu.au

Take Care, and remember Super Heroes wear masks - are you ?

Paul McEntee
Principal



FROM THE PREP DESK:



Dear Prep Students,
You are invited to celebrate...

100 DAYS OF PREP!

You have completed 100 days of Learning and
we are going to celebrate on

Friday the 7th of August

We would love for you to come to your Google
Meet on Friday at 8:50am dressed up like you
are 100! We have planned lots of fun activities
based around the number 100!



CONGRATULATIONS

RELIGIOUS EDUCATION NEWS

A Prayer for Today

"Thank you, God, for knowing our circumstances, our thoughts, and our emotions. Thank you for being involved in both the significant and insignificant moments in our day."

helloHOPE

Sacrament Programs of Eucharist and Reconciliation

We are certainly living from day to day and unable to plan ahead in this current situation.

So rather than wondering what the future is for Sacraments 2020, the Parish has made a decision that First Reconciliation and First Communions be cancelled for this year. We will advise you of any other updates we receive.

We pray that this time passes soon and we have the opportunity to celebrate with our students and families together again.

This Sunday's Gospel

Mt 14:13-21

Jesus feeds five thousand.



16 Jesus replied, "They do not need to go away. You give them something to eat." 17 "We have here only five loaves of bread and two fish," they answered.

18 "Bring them here to me," he said. 19 And he directed the people to sit down on the grass. Taking the five loaves and the two fish and looking up to heaven, he gave thanks and broke the loaves. Then he gave them to the disciples, and the disciples gave them to the people. 20 They all ate and were satisfied, and the disciples picked up twelve basketfuls of broken pieces that were left over. 21 The number of those who ate was about five thousand men, besides women and children.

COMMENTARY

JESUS satisfies the hungry heart; he enlivens the drooping spirit. If we open our eyes, we will be amazed at the bountifulness of the nourishment that is provided for us. We will discover that God is magnanimous, even prodigal in giving, that God's generosity exceeds all of our expectations and also our understanding.

GOSPEL CHALLENGE

THINK ABOUT ONE THING THAT YOU ARE GRATEFUL FOR EACH DAY

WORLD DAY AGAINST HUMAN TRAFFICKING

World Day Against Trafficking of Persons is recognised on July 30. The International Labour Organization (ILO) estimates that there are more than 40 million people in our world today who are victims of human trafficking.

Our prayer reminds us of the situation throughout the world and the needs of others

- Loving God, it's hard to express what our minds can hardly comprehend or our hearts feel when we learn of people like us being trafficked because of human greed. May our prayer and actions cast light on the crime of human trafficking and help bring it to an end.



STUDENT WELLBEING @ OUR LADY'S



Ensuring **good sleep** is vital to our energy levels, productivity and overall wellbeing. This is an excellent article by expert, Michael Grose you may find helpful.

Sleep tips for kids



WELLBEING

by Michael Grose

Regularity and routine are the agents of sleep. It takes discipline to adhere to and commitment to making sleep a high priority. Helping kids understand how their body clock works, assisting them to work out their optimal bedtime and putting lifestyle habits in place can help them get the sleep they need to maximise their learning, wellbeing, development and overall performance. Here are some tips to help:

Understand the body clock

Sleep is regulated by a 24-hour body clock that manages the secretion of melatonin to send us to sleep and cortisol to wake us up. This amazing body clock is reset every day when light first hits our retinas. Sleep in late and the clock goes out of synch. When your child works with the rhythms of their body's 24-hour clock they will give themselves the optimal chance for sleep success.

The sleep-wake cycle for teenagers is delayed by up to two hours. That is, they are sleepy later and awake later than when they were children. Melatonin, which makes them sleepy, is secreted as late as 11.00pm for some young people, which makes the time before bed-time a sleepless zone. Cortisol, the chemical that wakes them up is released at close to 8.00am for many teens. If this is the case, your young person's brain wants to be asleep when they need to be awake for school.

Stick to sleep recommendations

The Raising Children's Network recommends between 11-13 hours sleep per night for young children, 10-11 hours for primary school children and 8-10 hours for secondary school-aged kids. As every child is different, you may notice that your child needs more or less sleep than is recommended.

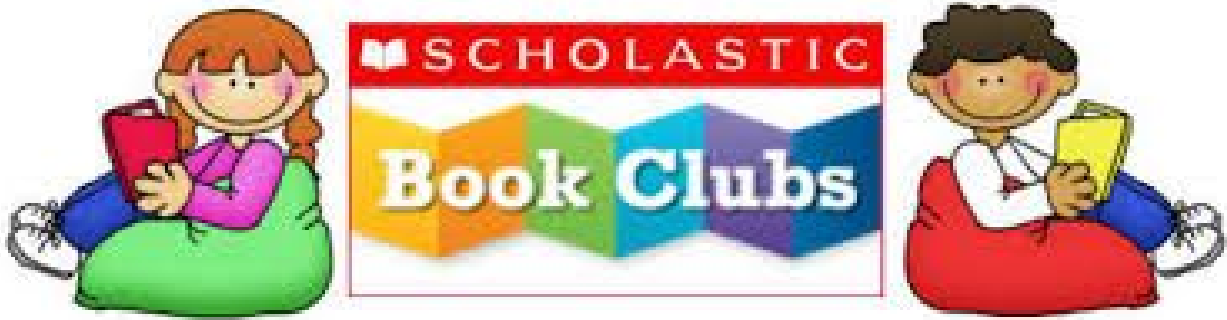
Develop good sleep hygiene habits

- Start a regular bedtime routine at least 45 minutes out from bedtime to help kids get ready for sleep.
- Eat and exercise at the right time. Sleep likes a relaxed body and a calm nervous system, so schedule exercise and active movement before mealtimes.
- Create a sleep sanctuary. Restrict bedrooms to sleep and relaxation quarters and find other places in the house for time out and reflection, school work and active play.
- Keep bedrooms cave-like. A child's bedroom should be cave-like – that is, dark, cool and free from electronic devices. Darkness encourages melatonin, which regulates sleep-wake patterns.
- Get up at a regular time. For optimal sleep, bed and wake up times need to be as regular as possible.

Lifestyle habits that promote sleep

- Teach your child or young person to put away digital devices at least ninety minutes before bed-time
- Minimise weekend sleep-ins and limit them to an hour more than usual, to keep the sleep clock operating on a regular basis
- Encourage your child to go outside every day – take a walk, meet a mate (subject to COVID restrictions) or do an errand
- Keep homework out of bedrooms, or at least out of beds. The brain associates activity with location, so if kids work while on their beds, it will be hard for them to mentally switch off from their schoolwork when the light finally goes out.
- Confine caffeine to mornings. Consuming caffeine in any form close to bedtime is like throwing a wrecking ball through regular sleep patterns. The brain needs to calm down rather than be artificially stimulated if sleep is to occur.

Sleep is a critical component of enhancing a child's wellbeing, learning, development and overall performance. Helping your child to get enough quality sleep will ensure that their brain and body are being used at full capacity.



We're really excited to have **BOOK CLUB** running this term!

But, there are a couple of things we've had to do differently!

For this issue it will be a **digital catalogue** rather than the printed catalogues you're used to receiving.

To find the catalogue, go to:

https://scholastic.com.au/media/5642/bc_520.pdf

Once you've made your selections, you can order through the LOOP page:

<https://mybookclubs.scholastic.com.au/Parent/Login.aspx>

You will still have access to the wide selection that Book Club has to offer.

Go to LOOP to place your order as normal by:

**Orders need to be completed by Monday 3rd
August**

Unfortunately as we are unable to send orders back to your school, you will need to have your order delivered to your home address for a fee of \$5.99.

