

TERM 3

WEEK 7: Monday 31st August, 2020

DATES TO REMEMBER

Friday 4th September:	St Paul's Online Sports Day – More information to follow.
Friday 18th September:	End of Term III - (Please note this date will be confirmed by the State Government in due course.)
Monday 5th October:	Beginning of Term IV - (Please note this date will be confirmed by the State Government in due course.)
Friday 9th October:	Applications close for 2022 Year 7 students in Catholic Secondary Colleges – our current Year 5 Students
Thursday 22nd October:	School Photos – new date

Dear Families,

Yesterday, the Catholic Church celebrated 'Social Justice Sunday'. The celebration of Social Justice Sunday is a long tradition in the Catholic Church in Australia. For almost every year since 1940, Australian Bishops have joined together to issue a major social justice statement at this time.

The Bishops make statements on matters of social and ecological justice at other times throughout the year too. These are often issued by individual bishops delegated as spokespersons for particular issues, or by commissions of bishops. By contrast, the social justice statement issued in time for Social Justice Sunday is approved by and issued in the name of the whole Bishops' conference. It is hoped that these statements will inspire reflection and action throughout the whole year.

In this year's Social Justice Statement, *'To Live Life to the Full: Mental Health in Australia Today'*, the Catholic Bishops of Australia encourage faith communities, governments and each one of us, to make mental health a priority. The statement encourages faith communities, governments and each one of us, to make mental health a priority. It is a timely message in the context of the COVID-19 pandemic. The pandemic is affecting many members of our parishes, schools and communities.

Understanding mental health will help us to be aware of those who need our support. The Statement encourages us all to reject stigmatisation, to work for the transformation of social determinants of mental ill-health, and to call for policies and service provision that meets the needs of the poorest and most marginalised members of our community.

National Child Protection Week (NCPW) begins on Father's Day each year – this year it takes place from 6 – 12 September. The theme of National Child Protection Week is 'Putting Children First'. The campaign calls on everyone to become involved with National Child Protection Week and play your part in creating safe and nurturing environments for all Australian children. We all have a role to play in protecting children from harm. We are continuing to develop our policies and procedures as part of our commitment to Child Safety and NCPW assists us to achieve this commitment.

We look forward to our Online Sports Day on Friday. Information was posted on SeeSaw today. We hope it is a fun day for families. We hope that we are able to have some form of sports day at school next term.

If you have not enrolled your child in Prep for 2021, please do so immediately. Please complete an enrolment form and return it to the office as soon as possible.

Have a great week.

Yours sincerely,

Damian Casamento
PRINCIPAL

CONDOLENCES

Please keep in your thoughts and prayers to Magro Families (Ethan (SRL), William (JJK), Tyler (JMK) and Ella (SSG), Kira (MMF)) as their Grandmother passed away recently. We extend our deepest sympathies to both families.

IMPORTANT INFO ABOUT VISITING THE OFFICE

Thank you very much for wearing a face mask to ensure the safety of everyone in our community when visiting our school office. Please remember there are no more than three people in the office at any time and make sure you keep social distancing all the time.

We are kindly informing that all visitors now have to sign in the visitor recording register at the front desk when visiting our school. This will help with contact tracing when it is needed.

ST. PAUL'S ONLINE SPORTS DAY THIS FRIDAY

A reminder that this Friday September 4th is our Online Sports Day. Children will participate in a range of activities- some for points and some for fun. A letter will be sent home today explaining how it will work. Keep your eye out for videos demonstrating the events which will be shared on Seesaw today and on Friday. On Friday, children are encouraged to dress in their house colour and submit their best scores and any videos they have made. Class Google meets will go ahead as scheduled but the sports day will replace all other school work on Friday. We hope families get involved and have a great day!



IMPORTANT DATES FOR 2020 - UPDATED

The following dates are very important for **ALL** students who will be attending secondary school in 2022 – our current Year 5 students. If applications for Catholic Secondary School are not in by Friday 9th October, 2020 your child will not be enrolled in your school of choice. We cannot emphasize this enough. Each year there are children who are on waiting lists at their Catholic Secondary School of choice and do not receive an offer to attend this school.

9th October 2020: Applications close for 2022 Year 7 students in Catholic Secondary Colleges – our current Year 5 Students

1st December 2020: Offers posted to prospective 2022 Year 7 applicants

15th December 2020: Final date for families to accept by offers made by the Secondary School

A new way of
EXPLORING HER WORLD

Join us online for
a **Talk & Tour**
of our College.

**Applications
for Year 7 2022
are now open**

Applications close 9 October 2020
Limited places available for Years 8–12 2021



CAROLINE
CHISHOLM
CATHOLIC COLLEGE

ONLINE APPLICATIONS

Applications for year 7 2022 are due by 9th October, however Caroline Chisholm Catholic College is closed to the public and only open to permitted students and workers. Parents are unable to submit an application in person until restrictions ease.

To help families, a video has been created to guide them through the online enrolment process. It will help ease some of the anxieties parents/carers might be having around enrolment during stage 4 restrictions.

Please view the following video if you are interested in applying online. <https://youtu.be/hVcGKcNOYE>



For information and bookings, visit:
www.mariansw.catholic.edu.au

Marian College Sunshine West
A Kildare Education Ministries Catholic school for girls in the Brigidine tradition
196 Glengala Road Sunshine West VIC 3020 | 03 9363 1711



Online Talk & Tour Open mornings coming up on

- **Wednesday 2 September, 9 am**
- **Tuesday 15 September, 9 am**

For further information and to book:

<http://www.mariansw.catholic.edu.au/2210>

FAMILY WELLBEING ACTIVITIES

Laughter Library

Purpose: To boost your mood by changing your brain chemistry.

How does this help your wellbeing? You may not feel you have much to laugh about during COVID-19 times, but if you hunt out things that make you laugh you can recharge your brain with happy chemicals and this fortifies your brain, making you a more effective problem solver, helping you to see the bigger picture and shoring up your ability to cope with challenges. **Laughter really is the best medicine!**

Step 1: Give a fun research assignment to each of your kids to search the internet, YouTube, social media channels and so on for 10 things (memes, songs, clips, jokes etc.) that make them laugh.

Step 2: Create a 'Laughter Library' of things that make your family laugh. Look at one thing from the library each night to have a laugh together as a family. You can also use this library in those moments where you are feeling blue to change your brain chemistry. Parents, this is a really fun thing to sit down and do with your kids. You'll get to laugh along the way and you'll get a window into your child's mind and what it is that makes them chuckle. Later, when you or your kids are having a stressful moment you can pull something from the library that will make you all laugh.

Maintaining kids' mental health during the coronavirus pandemic

(from Parenting ideas by Michael Grose)

During this time of isolation, we want to make sure that we are looking after our own and our children's wellbeing. We know that there are a lot of expectations for remote learning and the impact of physical isolation on families and their children is growing. Each week we will include some tips for maintaining your child's mental health during COVID.

Build the foundations for good health

A healthy diet, plenty of exercise and good sleep patterns are basic to good physical and mental health. Get the foundations right and you establish optimum conditions for your child to flourish even in difficult circumstances.

- **Eat a healthy diet**

A framework for healthy eating includes eating as fresh as you can, fresh fruit and vegetables, good balanced meals or proteins, and complex carbohydrates.

- **Get plenty of exercise**

Exercise not only promotes good mental health. It's also a tool that children can use to manage their mental states.

Exercise and movement send endorphins through their bodies improving mood and relieving tension and stress.

Exercise and movement relaxes the muscles and reduces feelings of anxiety that build up over time. A framework for exercise includes starting the day with some movement, taking regular movement and game breaks, finishing the school day with movement that gets their limbs moving and hearts pumping.

- **Maintain good sleep patterns**

The benefits of good sleep patterns are important and impact children's learning, memory and emotional stability. Sleep restores the brain to optimum conditions and rejuvenates the body, allowing hormone levels elevated during the day to return to normal.

Top 5 online safety tips for kids

1

Set up your device to protect your information.

2

Explore safely & tell an adult if you see anything online that makes you feel yuck.

3

Limit who can contact you when you're playing games.

4

Stop all contact with anyone online who asks you to do anything you don't want to do. Report and block them.

5

Ask for help if anything online is bothering you.



Top 5 online safety tips

1 Think of others' feelings before you post, like or share content.

2 Ask for permission before you share a photo or video with someone else in it. Respectful online relationships start with consent.

3 Be an upstander. Speak up if you see someone cyberbullying or sharing nudes in a group chat – let them know that's not okay. Report and delete it.

4 Use privacy and screen time settings to take control of your digital life and its impact on your mental health.

5 Ask for help. Cyberbullying and sharing intimate images without consent can be distressing, but eSafety can help remove them.

