

## TERM 3

## WEEK 9: Monday 14<sup>th</sup> September, 2020

### DATES TO REMEMBER

|  |   |
|--|---|
| <b>Friday 18<sup>th</sup> September:</b> | <b>End of Term III – 1.00pm – Children onsite can wear plain clothes</b>  |
| <b>Monday 5<sup>th</sup> October:</b>    | <b>Beginning of Term IV - (Remote learning to continue under Stage 4 Restrictions)</b>                          |
| <b>Thursday 8<sup>th</sup> October:</b>  | <b>Professional Practice Day – no work corrected/commented on by staff</b>                                      |
| <b>Friday 9<sup>th</sup> October:</b>    | <b>Applications close for 2022 Year 7 students in Catholic Secondary Colleges – our current Year 5 Students</b> |
| <b>Friday 23<sup>rd</sup> October:</b>   | <b>School Closed – Public Holiday – AFL Grand Final</b>   |
| <b>Monday 2<sup>nd</sup> November:</b>   | <b>School Closed – Cup Eve – Report Writing Day</b>   |
| <b>Tuesday 3<sup>rd</sup> November:</b>  | <b>School Closed – Cup Day</b>  |

Dear Families,

It is hard to believe we are end of Term III. What a term we have had – despite all that is going on in the world and in our lives, we have continued to remain positive in such extraordinary circumstances. I would like to thank all in our community, both staff and families, for the support you have all given our community this term. Even though we have been in lockdown, the children have had positive experiences that you have supported...the online Sports Day, the SMA Virtual Camp, the Prep children making hats, the JMA and MMA children dressing up for their google meets..the list goes on. At this stage, remote learning will continue next term...as soon as we receive any information about Term IV, I will forward it to you.

Ms Vanessa Boulton will commence her Maternity Leave this Wednesday. We wish her and her husband Shaun all the best for the birth of their second child in October. We look forward to meeting the new arrival later in the year.

And just to prove there is something in the water at St. Paul's, I would like to congratulate Mrs Jacqui Kuvanci and Mrs Jennifer Gualtieri who are both pregnant and are due to give birth in February next year. We wish Jacqui and Anton, who are expecting their first child, and Jennifer and Dane, who are expecting their second child, all the best for the future – we look forward to meeting the new arrivals next year. And.....congratulations to Mrs Annamaria Schembri, who is currently on Maternity leave, as she is expecting her third child in October. We wish Annamaria and Jason all the best for the future and look forward to meeting the new arrival later this year.

**NB – The professional practice day on Thursday 8<sup>th</sup> October will no longer be a school closure day. Work will be assigned by teachers however they will not be correcting or commenting on this work. The school will be open for those who have been attending during Stage 4 lockdown. This change has been made as we were advised late last week that the Grand Final Public Holiday would be held on Friday 23<sup>rd</sup> October. We realise having another school closure day would be difficult for families.**

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.

At the end of the newsletter, there is a note to be returned to school advising us if your children will not be returning to St. Paul's in 2021. Please return it to school promptly if your children are not returning next year.

Have a great week and a safe holiday. We look forward to being together soon at some stage next term.

Yours sincerely,

Damian Casamento  
PRINCIPAL


## YEAR 7, 2022 ENROLMENTS IN CATHOLIC SECONDARY SCHOOLS – CLOSES FRIDAY 9<sup>TH</sup> OCTOBER

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 9<sup>th</sup> October, 2020 your child will not be enrolled in your school of choice.

### R U OK?Day – THURSDAY 10<sup>TH</sup> SEPTEMBER

R U OK?Day is our national day of action when we remind Australians that every day is the day to ask, “Are you OK?” if someone in your world is struggling with life’s ups and downs. The message for R U OK?Day 2020 is: ‘**There’s more to say after RU OK?**’ 2020 has been a challenging year for everyone and circumstances have made it even more important for us all to stay connected and, for those who are able, be willing to support those around us. R U OK?Day will help Australians know what to say when someone says they’re not OK and guide them through how they can continue a conversation that could change a life. You don’t have to be an expert to keep the conversation going when someone says they’re not OK. By knowing what to say you can help someone feel supported and access appropriate help long before they’re in crisis, which can make a really positive difference to their life. Visit <https://www.ruok.org.au> for more information.

## Is your family ready to take the online safety challenge?



Don't forget to tag us and use #7dayonlinesafetychallenge

# 7 DAY FAMILY ONLINE SAFETY CHALLENGE

The Family Online Safety Challenge has been created for busy parents, carers or teachers to help protect the children in their care. It is designed to complete a simple task every day. Feel free to adapt it to what best suits your family. Good luck!

For more information and to access tools, resources and advice, reporting and support services, please visit:

[acce.gov.au](http://acce.gov.au)  
[thinkuknow.org.au](http://thinkuknow.org.au)  
[esafety.gov.au](http://esafety.gov.au)

**DAY 1**

**Create a Family Online Safety Contract**


ThinkUKnow and The Carly Ryan Foundation have developed an online family safety contract to help manage the things a family might see, say and do online. Get a copy of the Family Online Safety Contract via [thinkuknow.org.au](http://thinkuknow.org.au).

Completed:

**DAY 2**

**Review location, privacy settings and parental controls**

Review and turn off location settings, such as GPS, where they aren't necessary. Ensure privacy settings are secure, and set to 'Friends only' or 'Private'. Research parental controls to see if they are suitable for your family.




Completed:

**DAY 3**

**Sharing personal information online**

Have a discussion with your child about what information is okay to share, and what isn't. Remind them to never give out personal information online.




Completed:

**DAY 4**

**Find out what apps and games your child uses**

Take an interest in what technology your child uses and how they use it. Remember, not all apps and games are created equally, some have better safety features than others. Consider if the content is appropriate for your child.




Completed:

**DAY 5**

**Check Direct Message or chat functions on apps and games**

Anonymous 'in game' chat can provide a possible platform for online child sex offenders to target young people. Consider disabling these functions or check settings to ensure they can only be contacted by their friends.




Completed:

**DAY 6**

**Suspicious online behaviour and what it looks like**

Have a conversation with your child about suspicious online behaviour. Discuss with them why someone might ask them personal questions or for images. Remind them that not everyone online is who they say they are and to trust their instincts.



Completed:


**DAY 7**

**Help your child identify a support network**

Make sure your child feels comfortable talking to you or another trusted adult about issues they might be experiencing online. Start a conversation to help them identify who they might go to for help and support.

Completed:

Download your own copy here:



### ARE YOU LEAVING ST. PAUL'S AT THE END OF 2020?

We have a waiting list for 2021 and need to know if your family is changing schools. *Trường đang có danh sách học sinh chờ cho niên học 2021 nên cần biết gia đình quý vị có chuyển trường cho con quý vị không.*

**PLEASE RETURN THIS SLIP TO THE OFFICE IF YOU ARE NOT COMING BACK IN 2021.** *Xin vui lòng nộp lại phần giấy này nếu con quý vị không học ở Trường St. Paul trong niên học 2021.*

There is no need for any Grade 6 students to respond to this notice as we know that you will be at secondary school next year. *Học sinh Lớp 6 không cần phải điền vào phần này vì Trường đã biết học sinh sẽ lên học trường trung học vào năm sau.*

**Please print**

My child(ren) will not be returning to St Paul's School next year. *Con/các con tôi sẽ không học ở Trường St. Paul vào năm sau.*

**SCHOOL ATTENDING IN 2021.....**

**Tên Trường sẽ học vào năm 2021**

|                           |                                |
|---------------------------|--------------------------------|
| <b>Child's name</b> _____ | <b>Class (this year)</b> _____ |
| <i>Tên học sinh</i>       | <i>Tên Lớp (niên học này)</i>  |
| <b>Child's name</b> _____ | <b>Class (this year)</b> _____ |
| <i>Tên học sinh</i>       | <i>Tên Lớp (niên học này)</i>  |
| <b>Child's name</b> _____ | <b>Class (this year)</b> _____ |
| <i>Tên học sinh</i>       | <i>Tên Lớp (niên học này)</i>  |

## FAMILY WELLBEING ACTIVITY

### **Self-Care Strategies for Busy Days - taken from Smiling Minds**

As we all move through these challenging times together, parents, carers and teachers have the added responsibility of supporting the young people in their care as they grapple with rapid change and uncertainty. Mindfulness is an active, practical and appropriate response to the sense of overwhelm many of us are currently feeling.

Finding time to meditate, at any point in the day, is a great idea for looking after your own well-being. Many successful meditators find that practising at specific times is a useful way to build mindfulness into their day – mornings and evenings are popular!

In addition to formal meditation practice it's also possible to use mindfulness to help bring awareness, focus and a sense of calm into many areas of your day. Below are some suggested strategies to help you bring more mindful awareness into your day.

#### **Morning**

Kids and young people don't always leap out of bed fully-organised and ready for the day ahead, and despite years of practice, neither do adults! So, mornings can be frenetic. Here are a few strategies for the morning.

**Find time for five** – Finding time in your morning routine for five deep breaths is a quick and simple way to focus your awareness and start the day off on the right foot. Do this at the same point in your routine every morning – straight after brushing your teeth, waiting for the kettle to boil, even in the shower.

**Feel the weather** – When you first step out the door in the morning, take a moment to feel the weather. Notice the transition from inside to outside. Noticing the transitions in our day can help us reset, refocus and refresh.

#### **During the day**

It's common to try to pack as much into our days as possible, so take some time in your day for a bit of self-care.

**Break for lunch** – Skipping lunch, lunch-on-the-run or desk lunches can take their toll on our focus, mood and energy. So, build a proper lunch break into your daily routine. Make time to fully taste and appreciate your food and give your brain a break too!

**Go for a walk** – If possible find a park or some quiet streets to walk around. Wander. Notice what you can see, hear, smell and feel as you walk.

**Connect** – Spend quality time with someone who makes you feel good. Listen deeply, tell stories and laugh often. Spend your lunch break or go for a walk together.

#### **After School and Evenings**

**Reset, ready** – If you have spent time away from the kids for any part of the day – your time apart has no doubt taken you to different places. Maybe you've had a tough day and your child has had a great day. Or, vice versa. So, before you come back together, take a pause, a moment to check-in with yourself, breathe, and then get ready to be fully present for the child or children in your care.

**Me time** – Make some time in the day for an activity that's just for you! Take a long bath, read a book, learn a new skill, craft something fun, tinker in the shed or simply snuggle with your partner or pet. This is your time, enjoy it!

### **How is the pandemic affecting you?**

**Help shape the history of Brimbank by sharing your experiences through images, writing or video.**

**Submissions open: 28 August-30 September**



The Covid-19 pandemic has shaken up the world and turned our lives upside down. It has affected us all, and all in different ways, changing how we live, work and socialise. Home has become work and school life has become remote. Countless people are feeling isolated from family and friends and financial struggles are real for many, while for others it has been a time for learning and growth inspired by creativity and innovation.

Brimbank Libraries are calling on the local community - those who live, work or study in Brimbank - to help shape history by sharing their experiences of the pandemic through images, writing or videos.

We are aiming to capture the voices, stories and experiences of our community at this moment in time. A selection of these submissions will be collated for a virtual exhibition titled ***Riding the Covid-19 Wave in Brimbank***.

Some prompts you may consider for your submission are:

- How has your day-to-day life changed?
- Have you missed a significant life event?
- Are you still able to keep working or studying?
- How are you keeping connected with other people?
- Do you do things now that you never did before the pandemic?
- Have you been learning any new skills?
- What is life like for you right now?

Submissions are now open and can be uploaded through the Brimbank Libraries website at <https://www.brimbanklibraries.vic.gov.au/index.php/what-s-on/512-riding-the-covid-19-wave-in-brimbank>