



OUR LADY HELP OF CHRISTIANS

Primary School Brunswick East

Exceptional Education

Newsletter 1, Term 2, 2020

Thursday 23rd April

THIRD SUNDAY OF EASTER

"The Lord has risen indeed"

Luke 24:13-35

'When he was at the table with them, he took bread, blessed and broke it, and gave it to them. Then their eyes were opened, and they recognized him; and he vanished from their sight. They said to each other, "Were not our hearts burning within us while he was talking to us on the road, while he was opening the scriptures to us?"'

Lord, just as the disciples did, we find ourselves behind locked doors. Our fears are different from theirs but are still based in uncertainty and the threat of known and unknown factors. Just as your disciples did, we too need the breath of the Holy Spirit to take away our fears whether we remain behind our locked doors or whether, because of circumstance, we must venture outside.

Lord we thank you for the blessing you have given us; may we be open to the Holy Spirit moving within and among us; may we, like you, be able to say to others 'Peace be with you' and know that our care makes a difference to others' lives; and may we, like Thomas, cast aside our doubts and know that we are loved and supported in your presence. Amen

Dear Families,

Welcome back to Our Lady's for the second term of the year. I take this opportunity to wish all of you a Happy and Holy Easter season.

This year, Easter, and the second term we have now begun, are unlike any in living memory, but we remain united as a community, aware that connection with others is more important now than ever before. I hope that you have been able to reach out to loved ones and spend some time together in some fashion over the last weeks and days.

Staff at OLHC continue to work at refining the delivery of learning across our online platforms. We have recently signed up to a paid subscription

version of the Seesaw app – Seesaw for Schools – which we hope will make the delivery of learning opportunities more accessible for children and families, as well as enabling the posting of children's work so that teachers are able to respond appropriately.

Some teachers have already begun working on presenting introductory videos and we will be doing some collective learning about this early in the coming week before moving on to exploring what needs to be put in place for hosting a virtual classroom check-in the following week.

I am aware that teachers are working their way through their class lists to check in with families and students either via email or phone contact and this will continue through-out the coming week.

TALKING TO CHILDREN ABOUT COVID-19

I am always struck by the amount that children take in, including when we do not realise it is happening. Our children continue to look to us to stay calm and provide guidance at times such as these. They have probably picked up a good deal of information from a variety of sources, and hopefully one of those sources will have been trusted and well-informed family members. We should not be afraid to speak to our children in age appropriate ways. [This article](#) from Professor Jennie Hudson, Director of Macquarie University's Centre for Emotional Health, has advice that may be of help.

SUNDAY MASSES ON CHANNEL 31

For those who are looking to maintain the tradition of Sunday Mass during church closures and physical isolation, the 11am [Mass from St Patrick's Cathedral](#) is being televised free to air on C31 (often listed as Channel 44 on digital TVs) as well as live streamed on the Catholic Archdiocese of Melbourne website and the [CAM YouTube Channel](#). The CAM website also has access to Holy Week and Easter services for

those who may have missed them. A video of Archbishop Peter Comensoli's Easter Message can also be found [here](#).

FINANCIAL ADVICE

For those families who have been impacted financially due to the COVID-19 restrictions, one of our Registered Financial Planner parents, Dean Agresta, has offered his services on a confidential basis to parents who might need an understanding of:

- The Government's key temporary superannuation and financial assistance measures
- How to set up and apply for Centrelink support online.
- Understanding the pros and cons of withdrawing funds from super

Dean is happy to discuss affordable terms based on family circumstances. His contact details are:

M: 0452 351 800 | T 03 9746 7643

E dean@igwealth.com.au

W <http://www.igwealth.com.au/>

A: Level 1, 6/8 Eddy Street, Moonee Ponds, VIC 3039
or 85 Unitt Street, Melton VIC 3337

There are also details of a webinar that Dean has organised in the Community Notices section of this newsletter.

EASTER REFLECTION

Please follow the link below for an insightful reflection in latest edition of Catholic Religious Australia. The author, Peter Carroll, is a Marist brother and very contemporary in his thinking:

<https://www.catholicreligious.org.au/news/2020/4/13/easter-hope-will-emerge-from-our-extended-holy-saturday>

Jack Rendle (Religious Education Leader)

EASTER RAFFLE WINNERS

A huge thank you to the Parents Association for the Easter Raffle and to all who donated chocolate and sold/purchased tickets. We drew the raffle early, as indicated in the last newsletter, to allow people to collect prizes through the week. Congratulations to:

FB Winners Lia Carbone and Olivia Brumale

FD Winners Robert Grasso (c/o Madeleine) and Erica (c/o Aiden Santos)

1A Winners Eleni Vergis and Zara De Luca

1S Winners Susan O'Leary (c/o Oscar Martini) and Ziad (c/o Nedal KASSAB)

2B Winners Yusef Abou-Eid and Andrew Salvani

2H Winners Naod and Sienna

2R Winners Harrison Rosevear and Gaia Babiano

3S Winners Luca Brohier and David Morrell (c/o Omar) **3V Winners** Tessa Brohier (c/o Matteo) and Alessia Caruso

4J Winners Mikayla Catelli and Amelia Petrucci

4S Winners Elliot Morello and Georgia

5A Winners Oliver Tyrrell and Teresa Ukovic

5T Winners Trish Frost (c/o Mae) and Nickolas Hughes **6H Winners** Gavan Hunter (c/o Thomas) and Cleo Haig (c/o Talia)

6L Winners James (c/o Cormac Mc Crory) and Sangeeta Alex (c/o Nastasia)

Major Prize Winners Maysa Kassab (c/o Nedal 1S), Rita (c/o Thomas 2B), Terry Johnstone (c/o Lucy 1A), Ryder Bickham, and Frances Franco (c/o Allegra 6H)

FROM THE COMMONWEALTH BANK

The health, safety and wellbeing of our communities and our people remains our highest priority. Due to the ongoing uncertainty surrounding coronavirus, the School Banking program will remain on hold. We will continue to monitor the situation and keep you informed with any updates including how we will be managing Dollarmite tokens for students.

In the meantime, here are some handy online resources for parents who wish to maintain momentum with their child's financial education:

- [Start Smart](#): these resources have been created to improve children's money management skills and are aligned to the Australian Curriculum and the National Consumer Financial Literacy Framework.
- [The Beanstalk](#): offers videos and fun activities for children to learn about money.



Until next week, respectfully, *Daniel* ☺



Australian Childhood Anxiety TREATMENT STUDY

Free home-based assessment and treatment for 7 to 12 year old children with fear and anxiety disorders.

Does your child become very afraid of certain situations or objects, worry about a lot of things, get very distressed, or try to avoid things they fear?

About the study

Our team at Griffith University may be able to assist you. We are conducting a nationwide study that includes the following services at no cost to families:

- A thorough assessment of your child's anxiety with a trained psychologist via the telephone;
- Your child receiving one of two kinds of home-based treatments delivered on a PC, laptop or tablet; and
- Two follow-up telephone assessments with a trained psychologist 6- and 12-months after treatment to track your child's progress.

The study aims to find out if these two treatments are as effective as each other, and which children have the best response to each kind of treatment. This will mean that there are more evidence-based treatments available for helping anxious children.

About the treatments

Each treatment involves your child completing treatment sessions at home on a PC, laptop or tablet.

Each treatment involves your child learning practical strategies to better manage anxiety.

- One treatment helps children learn to control the focus of their attention on helpful things around them.
- The other treatment helps children learn to think differently and approach things they fear.

Each treatment includes information, telephone or email support for parents in assisting their child to better manage anxiety.

Prior studies have shown that children who complete each treatment experience significant reductions in anxiety.

Contact us

This study is being funded by the National Health and Medical Research Council and is led by Professor Allison Waters and a team of experts in childhood anxiety disorders.

For more information about our study and our team, or if you would like your child to participate, please contact us:



(07) 3735 3351



cadrp@griffith.edu.au



griffith.edu.au/childhood-anxiety-treatment-study



Australian Government
National Health and
Medical Research Council



GU Ref No: 2019/146

**Garden Street Occasional Childcare is now FREE
For a limited time only - 15th April – 26th June 2020 ***

**Available for children aged from 3 months old
Child/staff ratio: 1 staff for every 4 children**

**A friendly and flexible service offering 4 hr and 5 hr sessions
Monday to Friday; permanent & casual places available**

**Feel free to visit our centre to discuss your needs
Contact 93879901 for further information**

***terms and conditions apply**



Parent testimonies –

***'Staff are amazing! Activities are set up and ready for our kids,
and adjustments are made based on child's interest.'***

***'A huge thank you also to the occasional support teachers
who do a fantastic job in always making us - mums - feel safe
and comfortable leaving our children.'***



PARADE COLLEGE PRESTON CAMPUS

8 CLIFTON GROVE PRESTON

PH: 9468 3300

Nestled between Plenty Rd, Bell St. and High St., our well-resourced and attractive campus provides all that the College has to offer and is a great opportunity for boys to make the transition from Primary School to Secondary at smaller setting.

If you missed our Open Day or would like to see our campus in full operation, tours are available throughout the year on the following dates and may be booked via the website below.

Thursday 26 March, **Thursday 23 April**, Thursday 7 May, **Friday 5 June**, Thursday 18 June, **Thursday 16 July**, Friday 31 July, **Thursday 13 August**, Thursday 10 September, **Friday 23 October**, Thursday 5 November.

Applications for Year 7 2022 close on Friday 21 August 2020



WWW.PARADE.VIC.EDU.AU



PARADE COLLEGE PRESTON CAMPUS
8 CLIFTON GROVE PRESTON
PH: 9468 3300

WHY CONSIDER PARADE COLLEGE - PRESTON?

- Close proximity to public transport and well serviced by our extensive bus system
- It's a Year 7- 12 Campus, depending on the chosen educational pathway
- A smaller campus of 300 students with a maximum intake of 70 boys at Year 7 and therefore smaller class sizes
- Br. Peter Cole scholarships are offered for enrolled students in the Advanced Placement Program
- Instrumental Tuition Scholarships are on offer for high achieving Music students
- Our Sports Institute will begin in 2021 for capable athletes across all sports who have enrolled at Year 7
- Please note, our snapshot@parade program runs each term over 3 weeks for boys and girls in Years 4,5,6 to engage in some exciting activities. Details are on our website

If you would like any more information about our Preston Campus please call:
Mrs Sally Ryan – Campus Director or Mrs Roslyn Tabacco – College Registrar 9468 3300

Applications for Year 7 2022 close on Friday 21 August 2020

Limited places available for Year 7 2021



WWW.PARADE.VIC.EDU.AU

INSIGHTS

Leading the way for children during the Coronavirus pandemic



If you're like me, the news of the Coronavirus (COVID-19) pandemic has your head spinning and your heart pumping. That's only natural as life as we know has taken a seismic shift in recent days.

International travel bans, cancellation of sporting and cultural events, shopping frenzies and talk of school closures continue to dominate the airwaves. Terms such as social distancing, self-isolation and social isolation have entered our vocabularies and may soon become part of our daily lives.

Coronavirus is having an unprecedented impact on our daily lives, and will probably do so for some time. While keeping ourselves and children healthy and safe is our main concern, it's also essential to address the anxieties of children and young people during these changing times. Here are some ideas to help inform, reassure and keep children and young people safe.

Build on what your children know

Children and young people have already been exposed to a great deal of information about corona virus through media, digital means and direct social contact. Their understanding will vary depending on their age and also the quality of their information sources so you probably will need to help kids process what they already know.

Casual conversations with teenagers and older children can be useful ways to glean their understanding. You could ask questions like "What are you hearing about Coronavirus? Is there anything you're not sure about?" Younger primary age children may need a more direct approach with parents addressing their specific concerns without giving too much information that can overwhelm them.

Check your own thoughts and feelings

Check your own frame of mind and emotions about COVID-19 before talking to kids. Most children are astute mood detectives and they'll gauge their safety by the way you communicate with them. If you tell a child, "You've got to wash your hands or you'll get infected," you are communicating your own anxieties, making it difficult for them to maintain a healthy state of mind. Have a think about how you can frame your instructions and their importance in a way that doesn't heighten your child's anxieties.

Stay informed

It's difficult to work out fact from fiction, correct from incorrect, information from exaggeration when the news is changing so fast. However you need to educate yourself about the virus itself, including how it's transmitted and how to stay safe. Get information from trustworthy sources such as The Australian Government Health Department website and the current federal government corona virus information media campaign.

parenting * ideas

Answer questions truthfully

It's important that parents and teachers answer children's questions honestly in age-appropriate ways and within context of what is happening at the given time. If their sport or hobby has been temporarily cancelled empathise with their concerns, while helping them maintain a sense of perspective.

Initiate positive action

One way to reduce anxiety and allay children's fears is to involve them in planning and preparation for their personal and group safety. Positive activities such as maintenance of personal hygiene, greeting people with an elbow tap and getting plenty of sleep can help restore a sense of control, that is so important for their wellbeing.

Find refuge in rituals

Regular rituals such as mealtimes, bedtime stories and regular one-on-one time provide both an anchor to normality and a sense connection for kids at times of change. Consider reconstituting favoured family rituals at this time if they have lapsed due to lack of time, or lifestyle frenzy.

Look outwards

In difficult times there is a tendency to look inwards, which is a natural protective strategy. The alternative is to establish a sense of connection and community spirit by focusing on generosity and togetherness. Help children see past their own needs and look for ways to assist others whether it's shopping for an elderly neighbour, helping a younger sibling occupy themselves, or planning an indoor movie night for the whole family.

The Coronavirus presents many practical challenges to parents and other important adults in the lives of kids. Staying calm, keeping informed, and adjusting our own habits are just some of the challenges we face. However a significant challenge is one of personal leadership. That is, during these difficult times we need to be civil to each other, look out for each other and be mindful of the common good in everything we do. In this, we can all take a significant lead.



Michael Grose

Michael Grose, founder of Parenting Ideas, is one of Australia's leading parenting educators. He's an award-winning speaker and the author of 12 books for parents including *Spoonfed Generation*, and the bestselling *Why First Borns Rule the World and Last Borns Want to Change It*. Michael is a former teacher with 15 years experience, and has 30 years experience in parenting education. He also holds a Master of Educational Studies from Monash University specialising in parenting education.

COMMUNITY NOTICES SECTION



Get FREE online coding resources!

We're opening up our online coding platform to help kids around the world stay engaged and keep learning during these uncertain times.



Sign up for free eLearning content!

We'll send you access to Code Camp World, plus two awesome lesson plans where your children can build their very own games using drag & drop coding. It's so much fun, they won't realise they're learning important skills! No credit card required, there is no catch!

www.codecampworld.com

Dear OLHC Parent and Teachers,

With so much information around about covid-19, it can be difficult to understand what impacts the current uncertainty is having on superannuation and how the Government's new measures can help those in need.

We invite you to join our webinar where our experienced team will take you through them in simple, easy-to-understand terms. Please also feel free to pass this on to any family or friends.

We'll focus on

- Unpacking the Government's key temporary super and stimulus measures.
- Navigating market volatility in uncertain times.
- How to manage your cashflow

Zoom webinar Details - 30 minute session

Date	Time
Thursday 30 th April	2.00pm – 2.30pm AEST
Friday 01 st May	10.00am - 10.30am AEST

Registration details

Please reply to melton@iqwealth.com.au with confirmation that you wish to attend.

The meeting will be run via zoom and an invite will be sent on the day of the meeting with instructions on how to log on.

We are here to help

Please contact Dean Agresta directly on 0452 351 800 if you have any questions.

Kind regards,

IQ Wealth Team

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