



# OUR LADY HELP OF CHRISTIANS

Primary School Brunswick East

*Exceptional Education*

## Newsletter 7, Term 3, 2020

Friday 4th of September

Dear Parents/Carers,

Spring has well and truly sprung, the sunshine certainly lifts the spirits. Wishing all OLHC fathers a wonderful Father's Day on Sunday, we are sure your families are very appreciative of all you do. Many thanks for supporting everyone during this time.

Over the weekend we look forward to the Victorian Government's announcement in line with advice from the Chief Health Officer, indicating what returning to site will look like for Victorian schools. The Catholic Education Commission of Victoria will also provide further information, this will be communicated to you once this becomes available. This information will frame how we proceed with scheduled events next term.

As we begin to plan for next term we consider the impact remote learning has had on our community. Currently we are considering targeting particular areas of the curriculum in order to ensure fundamental learning is being achieved. Great consideration has also gone into planning for student wellbeing and opportunities for connectedness with fellow peers and teachers. In stating this we also consider the positives in which there are many, children have demonstrated increased rates of learning stamina, perseverance and organisational skills, all in which are highly valued in the world in which we live.



### ART INSTALLATION

While we have been busy learning and teaching remotely, Justine and Mark from Juzpop Creations have been busy painting our mural. It is up and ready to welcome us all back. In the meantime, here is a sneak peak.



### WELLBEING

Article for parents about the importance of their mental health.

<https://theconversation.com/to-safeguard-childrens-mental-health-during-covid-19-parents-must-look-after-their-own-143897>

See further information in the newsletter regarding a parent seminar for those with older children who are exhibiting anxiety.

## ICT NEWS

### WEEKLY VIDEO

We heard some fantastic jokes last week in the weekly video sent out to the school community. Thank you to those students who shared their funniest jokes with us. The video is available [at the following link](#).

This week, students have taken part in a special video project for Digital Technology to celebrate a special day on Sunday. The video will be released this Sunday morning, hopefully while all the Dads and special male figures are enjoying breakfast in bed.

Next week, we celebrate all things crazy as we ask families to send in videos of Crazy Hair! It's time to get creative and have a bit of crazy fun! Parents are also welcome to join in the fun too. Crazy hair photos must be sent to [weekly.question@olbrunswickeast.catholic.edu.au](mailto:weekly.question@olbrunswickeast.catholic.edu.au) no later than midday on Friday 11th September.

## CONVERTING LAPTOPS INTO CHROMEBOOKS

We have converted 50 laptops into Chromebooks currently to great success. 20 of these are currently on loan to families who swapped their Windows laptops for a Chromebook.

At present, our goal is for each year level in Years Three to Six to have at least a class set to share, when they return back to on site learning. Obviously Sunday's announcement from Daniel Andrews and further announcements for Catholic Education will provide us with time frames on when this will occur.

Once further announcements are made regarding the return to on site learning, we will create a process for students to return their borrowed

laptops to school. We will be making this process as quickly as possible to allow these laptops to be cleaned, converted and returned to the classrooms, however devices will not be asked to be returned until students have returned back to school.

## RELIGIOUS EDUCATION NEWS

### Feast of Blessed Frédéric Ozanam

Next Wednesday, 9th September, on the liturgical calendar is the Feast of Blessed Frédéric Ozanam, founder of the Society of St Vincent de Paul. Ozanam's charitable works began when he was a university student, in Paris in the mid nineteenth century. He was born in Milan, Italy in 1813 and died young in 1853. Frédéric Ozanam was beatified (first step to becoming a saint) on 22nd August 1997 at Cathedral of Notre Dame Cathedral, Paris by Pope John Paul II.

### How did the Society of St Vincent de Paul begin and go from strength to strength?

Post industrial and post revolution life in Paris was challenging for many; unemployment and homeless were significant issues along with social upheaval and unrest. Many people from rural areas were moving to Paris seeking work in factories. In 1832 an epidemic of cholera swept through Paris killing up to 1200 people each day. Large slums areas were forming; thousands of people lived without work, food or clothing. Homelessness, disease, and starvation were rampant.

Daily on his way to and from university, Frédéric Ozanam witnessed these conditions. On 23rd April 1833, he met with a few friends to formulate a plan as to what they could do to assist and support the most marginalised and vulnerable in the city. Their work began by taking winter food parcels to widows. The group decided to adopt the name Society of St Vincent de Paul after the patron saint of Christian charity. Within a year, membership of the group had reached one hundred. It was decided to split the group into "conferences" to serve different areas of Paris. A decade later, St Vincent de Paul Society had spread to 48 cities

across France and Italy with a 9000 strong membership. Conferences were formed in other European and North American countries. The first conference was established in Australia on 5 March 1854.

### Frédéric Ozanam Feast Day Prayer

Lord, You made Blessed Frédéric Ozanam a witness of the Gospel, full of wonder at the mystery of the Church. You inspired him to alleviate poverty and injustice and endowed him with untiring generosity in the service of all who were suffering.

In family life, he revealed a most genuine love as a son, brother, husband and father. In secular life, his ardent passion for the truth enlightened his thought, writing and teaching. His vision for our society was a network of charity encircling the world and he instilled St Vincent de Paul's spirit of love, boldness and humility.

His prophetic social vision appears in every aspect of his short life, together with the radiance of his virtues. We thank you Lord, for those many gifts and we ask, if it is your will, the grace of a miracle through the intercession of Blessed Frédéric Ozanam.

May the Church proclaim his holiness, as a saint, a providential light for today's world! We make this prayer through Jesus Christ, our Lord.

### Further Information about Frédéric Ozanam and the St Vincent de Paul Society

Vinnies Australia

<https://www.vinnies.org.au/>

Vinnies Victoria

<https://www.vinnies.org.au/page/Contacts/VIC/>

Society of St Vincent de Paul

<https://www.youtube.com/watch?v=ZeVC8l65wSs>

Supporting Australians in Need – COVID19 Appeal

<https://www.youtube.com/user/VinniesAU>

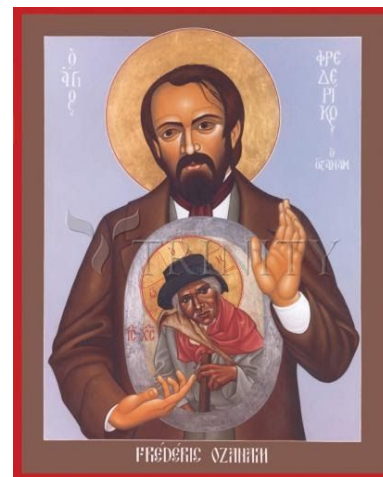
The Legacy of Blessed Frédéric Ozanam

<https://www.youtube.com/watch?v=NVGaKeUSU3A&t=110s>

Wishing you peace and all things good.

JACK RENDLE

RELIGIOUS EDUCATION LEADER



### SCHOOL FEES

A reminder that the final instalment for 2020 school fees, \$785.00 per family, is now due. If you are having difficulty meeting these requirements please contact the office to arrange a payment plan.

### PARISH NEWS

Dear Parishioners

Please find this week's links to the Parish Masses and Children's Liturgy of the Word.

#### Children's Liturgy - Sunday @ 9.40am

Link : <https://zoom.us/j/99355766687>

The Children's Liturgy will run before the 10am virtual Mass on Sundays and will begin at 9.40am, where children and their parents/guardians will be invited to join a "Breakout" room for 10 minutes prior to Mass to read and discuss the Gospel together. Any questions please feel free to contact Francesca Mercuri ( [mercurif070@gmail.com](mailto:mercurif070@gmail.com) ).

Mass at St Ambrose - Sunday @ 10.00am  
Zoom Link: <https://zoom.us/j/99355766687>

Gospel Discussion - Wednesday @ 4.30pm with  
Trish Murray  
Zoom Link: <https://zoom.us/j/99355766687>

Hope you can join us.

## STUDENT BIRTHDAYS



The following students celebrated their birthdays this week. Sending you our best wishes: Violet 2B, Poppy 3V, Thomas 6H.

### UPCOMING DATES TERM 3

Monday 7/9/2020 - Friday 11/9/2020  
2021 Foundation Interviews.

Monday 14/9/2020 - PA Meeting 7.00pm.

Friday 18/9/2020 - Term 3 concludes.

### UPCOMING DATES TERM 4

Monday 5/10/2020 - Term 4 commences.

Monday 19/10/2020 - Friday 23/10/2020 - Book Week (modified event).

Monday 19/10/2020 - Foundation Parent Information Evening (virtual event).

Thursday 22/10/2020 - Foundation Transition #1.

Monday 26/10/2020 - Parent/Teacher Interviews (virtual event).

Thursday 29/10/2020 - Foundation Transition #2.

Monday 2/11/2020 - Report Writing Day - **Student Free Day**.

Tuesday 3/11/2020 - Melbourne Cup - **Public Holiday**.

Thursday 5/11/2020 - Foundation Transition #3.

Monday 9/11/2020 - Friday 13/11/2020 - PSG meetings.

Wednesday 2/12/2021 Planning Day - **Student Free Day**

Friday 11/12/2020 - Year 6 Graduation.

Wednesday 16/12/2020 - Step Up Morning.

Thursday 17/12/2020 - Term 4 concludes.

TBC - Footy Colours Day.

TBC - Camp.

TBC - Swimming.

TBC - Sports Carnival (modified event).

TBC - Christmas Carols.

Art Show - Rescheduled Term 1 2021.

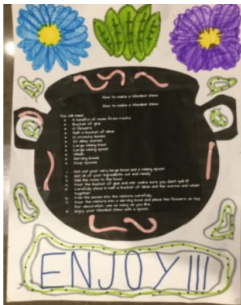
Kind regards,

Maree

## SNAPSHOT YEAR 3

In Year 3 we have been learning about how we can use procedural language to improve our procedural text writing. We know that we need to be very specific when writing steps for someone to follow. We can achieve this by including verbs (actions), adverbs (words to describe the action) and adverbial phrases (telling where, when or how). See if you can spot these language features in our texts inspired by the book Wombat Stew!





Alessia 3 S

## Taco Stew

**Aim:** You will learn how to make Taco Stew

<p><b>Ingredients/Materials:</b></p> <ol style="list-style-type: none"> <li>1. Tender Lamb Cutlets</li> <li>2. Crunchy Pork Chop</li> <li>3. Yummy Bacon</li> <li>4. Crunchy Lettuce</li> <li>5. Chewy Frog Legs</li> <li>6. One Liter of Water</li> <li>7. Spicy Taco Spice Mix</li> <li>8. Chewy Mince Meat</li> <li>9. Soft Tomato</li> <li>10. Crunchy Taco Shells</li> <li>11. Pot</li> <li>12. Frying Pan</li> </ol>	<p><b>Steps:</b></p> <ol style="list-style-type: none"> <li>1. Pour the water into the pot carefully.</li> <li>2. Put the pot on the stove.</li> <li>3. Drop the bacon into the pot.</li> <li>4. Carefully throw in both the lamb cutlets and the pork chops.</li> <li>5. Dice the tomato and lettuce and slide them in.</li> <li>6. Throw in the frog legs.</li> <li>7. Put the frying pan on the stove and stir in the minced meat and the spice mix.</li> <li>8. Carefully slide the mince meat out of the frying pan and into the pot.</li> <li>9. Crush the taco shells and throw them in.</li> <li>10. Stir thoroughly until the meat is cooked.</li> </ol>
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Charlie 3 V

## Waffles with Blueberries & Maple Syrup

**Aim:** You will learn how to make your own delicious waffles!

**Ingredients:** Maple Syrup, Mini Waffles, Vanilla Ice Cream, Icing Sugar, Blueberries, Toaster, Ice Cream Scoop

**Method:**

1. Wash a handful of fresh blueberries.
2. Place your waffles gently into your toaster.
3. Remove your waffles from the toaster and put them onto your plate.
4. Scoop one scoop of Vanilla ice cream onto your toasted waffles.
5. Add a handful of fresh blueberries over the top of your waffles.
6. Drizzle maple syrup carefully over your toasted waffles and ice cream.
7. Sprinkle very generously with icing sugar.
8. Enjoy!



Orlando 3 S



**Aim:** The aim is to make a disgusting yucky stew

### Method:

1. Place a bunch of crunchy cockroaches into a large cauldron.
2. Pour half a cup of water into the cauldron and gently mix with a large wooden spoon.
3. Add six cups of slimy, stinky mud.
4. Sprinkle in some tiny squishy ants into the cauldron.
5. Drop the tea bags in the cauldron until they are all soggy.
6. Stir the stew until all your ingredients are mixed well.
7. Place some rough prickly green plants into the cauldron. Make sure there is enough plants to make the stew bubble!
8. Lightly sprinkle a bunch of hairy, furry weeds into your stew.
9. Simmer slowly for 10 to 12 minutes.
10. Carefully drop in some slimy wriggly worms to the cauldron and make sure that they don't get away.
11. Enjoy your disgusting stew!!!

### Ingredients:

- Rough Prickly Green Plants
- Tiny Squishy Ants
- Hairy, Furry Weeds
- Soggy Tea bags
- Crunchy Cockroaches
- Bubbling, Stinky Mud
- Slimy, Wiggly Worms
- Cauldron
- Water

Claudia 3 V

## How To Make A Wild Stew

**Aim:** You will learn how to make a wild stew

<p><b>Ingredients and Materials:</b></p> <ul style="list-style-type: none"> <li>• 2 worms</li> <li>• 1 mud</li> <li>• 3 slugs</li> <li>• 4 Spiders</li> <li>• 1 Twigs</li> <li>• 2 Rocks</li> <li>• 3 Mushrooms</li> <li>• 5 Leaves</li> <li>• 1 Water</li> <li>• 1 bowl</li> <li>• Wooden spoon</li> <li>• Flat surface</li> <li>• Stove</li> </ul>	<p><b>Steps:</b></p> <ol style="list-style-type: none"> <li>1. Place your bowl on the flat surface and add the clean water.</li> <li>2. Crunch your breakable leaves and sprinkle your leaves in the pot with your clean water.</li> <li>3. Stir your mixture vigorously with your wooden spoon until it is very soggy.</li> <li>4. Collect your creepy crawly spiders and carefully add them to your mixture.</li> <li>5. Slide your sticky slimy slugs into the gooey mixture and stir with your wooden spoon until the mixture is smooth.</li> <li>6. Pop your soft wild mushrooms in the stew with your squishy mud.</li> <li>7. Mix until soft.</li> <li>8. Add your stiff strong twigs into your mushy stew.</li> <li>9. Finally add your slimy wriggly worms to your stew.</li> <li>10. Boil your stew on your stove until it is bubbling.</li> <li>11. Enjoy your stew!</li> </ol>
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Alessia 3 V

## How to Make Apple and Pear Stew

### Ingredients

- Two Apples and two Pears
- 2 tablespoons of brown sugar
- 1/2 water
- Spices

### Method

1. Cut the apples and pears to preferred size
2. Put in a medium pot
3. Pour 1/2 a cup of the water and add 2 tablespoons of brown sugar in a smaller pot
4. Put the pot on a heat and take off when all the sugar has dissolved into the water
5. Put 1 teaspoon of preferred spices together with the apple and pear
6. Pour the mixture of sugar and water in the pot with the fruit
7. Leave on heat for about 30 minutes
8. Serve with your choice of toppings

This stew is great for dessert and goes extremely well with Greek Yogurt or Ice-cream! Enjoy!

Gemma 3 S

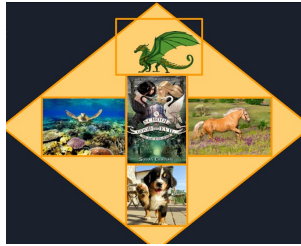
## SNAPSHOT YEAR 5

Students in Yr 5 were asked to reflect on the idea of designing a logo! What makes logos so engaging

and appealing. Students had to think about what is special about them and what images represented them as a person. Here are some logos created by Yr 5 students.

Isla

My logo describes me for numerous reasons. The palomino horse represents my love of horses and in particular my favourite colour marking. The turtle image illustrates my interest and curiosity in marine life and my passion to learn more about it. The book symbolises my passion for reading, especially the 'Wings of Fire' series and the 'School for Good and Evil' series. The dragon in particular shows my favourite character/dragon from the 'Wings of Fire' series, Sundew. The background colour orange depicts my favorite colour. Finally, the Bernese Mountain Dog picture resembles my beautiful dog, Pablo.



Ana Clara

'This would be my logo representing nature that's spread through the world, the watercolor representing different shapes and shades on it. The A as my name.'



Beatriz

I love eggs and adore sloths. The sloth is just rocking that egg T-shirt. It represents me in Lockdown and me being creative.



Luca

This logo is about building, creativity and thinking out of the box, which are all things I have been doing during the lockdown.'



Stephanie

'My logo represents a lot of things: All of the trees depict my love for nature, and the paw prints represent my love for animals. The rabbit is for my pet rabbit, Daisy and the books are for my love of reading. The books are meant to resemble my favourite books which are: the Wings of Fire series and The Land of Stories series. The world globe represents my dream to travel the world. I chose blue because it is my favourite colour. The pencil in the corner is for my love of drawing. The girl in the tree is meant to resemble me.'



Agatha

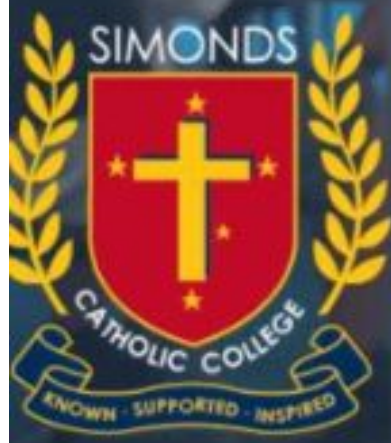
My logo represents most of the things I like and enjoy. I like rabbits, flowers, music and I play the piano. I also like the beach and the nice sound of waves. I also like beautiful paintings of different colours and I like watercolour paintings of flowers.





CONTACT THE REGISTRAR ON 9321 9200 OR  
INFO@SCCMELB.CATHOLIC.EDU.AU  
TO BEGIN THE ENROLMENT PROCESS.

**LIMITED PLACES**  
FOR 2020 & 2021 ENTRY ARE  
CURRENTLY AVAILABLE AT ALL YEAR LEVELS.



**YEAR 7**  
**2022**  
**APPLICATIONS**  
**OPEN**

THE CITY SCHOOL FOR GIRLS

Applications  
Close



2022 Year 7 Enrolments

**Close: 9 October 2020**

Talk to our registrar: 9412 7154

Email: [registrar@academy.vic.edu.au](mailto:registrar@academy.vic.edu.au)

[academy.vic.edu.au](http://academy.vic.edu.au) |   



# STAYING CONNECTED WITH YOUR ANXIOUS TEEN DURING COVID



## Is worry about their future, Covid-19 and the uncertainty of our times affecting your young person's life?

Schooling, home life, relationships with family and friends and a sense of self and emotional wellbeing can all be challenged by the current crisis.

In this webinar and the optional following 4 week group, we explore how to recognise anxiety and emotional or social health issues that might be affecting all family members.

We discuss ways to provide a healthy foundation for our teenagers. We will explore ways to improve communication and understand and manage these challenges together.

The webinar will provide broad and useful strategies and the group will provide the opportunity for more interactive small group discussions.

Webinar:  
**Wednesday  
September 9**

**7:00pm**

Online via Zoom  
Group is 4 weeks starting  
September 16  
@ 7:00pm

Book your place on our website at  
**[www.ds.org.au](http://www.ds.org.au)** and we will send  
you the Zoom link. Call Nicole on  
**9663 6733** for more information.



**FREE event**



We acknowledge the traditional owners of the land where we work and pay respects to elders past, present and future.