



Newsletter 3, Term 2, 2020

Thursday 7th May

FIFTH SUNDAY OF EASTER

"I am the way, and the truth and the life"

John 14:1-12

"Let not your hearts be troubled; believe in God, believe also in me. In my Father's house are many rooms; if it were not so, would I have told you that I go to prepare a place for you? And when I go and prepare a place for you, I will come again and will take you to myself, that where I am you may be also. And you know the way where I am going." Thomas said to him, "Lord, we do not know where you are going; how can we know the way?" Jesus said to him, "I am the way, and the truth, and the life; no one comes to the Father, but by me. If you had known me, you would have known my Father also; henceforth you know him and have seen him."

"Pandemic Prayer"

***God of hope, in this Easter time,
you are with us all in our uncertainty and anxiety.
Give us the strength and patience to respond
courageously
to the various challenges that face
us in our families and society.
Help us to keep longing for and achieving
healing for the world.
May this healing be full of justice,
peace and reconciliation for all people.
Give wisdom and generosity to our leaders as they
journey
with us through this struggle for safety, health and
well-being. Amen***

Dear Families,

Everyone's circumstances are different, but I hope you are all doing well, whether you are confined to home or whether you are still going out each day.

I am aware that many of our families may be struggling in various ways at present – coping with remote learning, working from home or not working at all, being isolated from friends and family, the uncertainty about when things will change and how.

At the same time there may also be families who are enjoying the time to slow down the pace of life, to be able to spend more time with each other, to

appreciate the changing seasons, the role nature plays around us, and perhaps getting in touch with old and recently discovered passions.

The Gospel reading for this weekend begins by asking us to "Let not your hearts be troubled." This may be easier for some than others but, concentrating on the positives of our current situation and giving thanks throughout the day for each other and for the opportunities we do have can be one way of achieving this. Reaching out to others is also a good way of bringing an untroubled heart into being – whether it is extending the hand of help and concern or whether it is reaching out for assistance when needed.

If any of our families do need support at this point, particularly with food supplies and basic needs, please let me or Kathryn Quinn know by calling the school on 8388 5900 or by emailing us – dryan@olbrunswickeast.catholic.edu.au or kquinn@olbrunswickeast.catholic.edu.au – so that we can arrange this support on a confidential basis.

FOUNDATION 2021 ENROLMENTS

Traditionally, Foundation Enrolments officially open the first day of Term 2 each year. Whilst this term has been a little different, we are now placing a call out to all our current families who may have a younger child due to start school next year that you have submitted an Application to the School Office.

First Letters of Offer for Foundation 2021 will be posted to families next week.

To avoid missing out on an offer please ensure you contact our registrar, Cathy Windsor, by email cwindsor@olbrunswickeast.catholic.edu.au

Also, if you know of any new families in our parish who may want to enrol please spread the word.

Kind regards, Cathy Windsor (Registrar)

CAPTAIN AND VICE CAPTAIN COLUMN

Remote learning for me is both challenging and fun. The thing I find difficult is that I have to communicate with my classmates and teachers by email and not being able to see their faces that much, only in virtual class meetings. There are some positive things about remote learning too though. Some of the positive things about remote learning are that I am able to improve my typing and computer skills and I get to do my schoolwork on schedule and take breaks whenever. Plus, I get to wear my PJ's for most of the day. Sometimes I get confused about the school tasks and the amount of emails I get but my teachers have been prompt in giving me clarifications and positive feedback so it works well for me. I remain optimistic that we will all get through this. If we keep on learning like we always do at school, we will all be back at school in no time! For now, we should stay calm and look after ourselves. For me, I draw strength from my loved ones, the front liners, my teachers, and God who watches over us. By reflecting, clearing my mind, and doing productive activities that I enjoy, I can accept what was, what is and what will happen in the future. I hope you all are staying safe and healthy during these uncertain times. - **Samantha (School Captain)**

Remote learning is a new experience for most students and teachers. Maybe it has been quite annoying staying home most of the time. One great thing to do in this time is to have some kind of hobby, like drawing, reading or other hobbies. It is a great time to relax and read a book or do a drawing. Maybe having a small project you can work on with a family member even, just something to keep you calm and occupied for these hard times.

Remote learning annoys me too. Sometimes I forget it's supposed to be like a normal school day because obviously you can't spend 6 hours straight on a laptop or computer. I occupy myself by going on short walks around the block my house is on and reading a new book series. I also love watching movies at this time because we have a lot of time to pass. I hope everyone eventually finds (if they don't have already) a nice hobby to pass the time.

I really enjoyed writing about my time staying at home with my family and I hope you enjoy your time at home too. I and the other school captains can't wait to see everyone in a few months or so, when we get back to school. - **Ryder (School Captain)**

During this time of home learning, it has been fun, awesome, and productive.

It has been a lot different from learning at school, but I'm sure everyone has got along smoothly. One thing that has been the best about remote learning is, if you finish school early you don't have to do any work or read a book because we're not at school! We could go on our iPad or any other electronics. It has been hard to start this term this way, but the overall experience has been good and it's great we can still have education from home during this pandemic. - **Nick (Vice Captain)**

Remote learning is hard and sometimes really trifficult (difficult + tricky = trifficult). I hope when you are reading this, it makes you laugh or puts a nice thought inside your head. During home learning one thing I have found hard is working with distractions. There can be a lot of distractions such as: brothers and sisters (so annoying ;D) fun games around or maybe a pet.

Something super awesome about home learning is having the freedom to have toilet breaks whenever you like and being able to have snack breaks too. We can also take advantage of working at home to have hot soup or pasta instead of having to put it in a thermos and bring it to school. It can be hard, but we can all get through together.

P.S I hope you enjoyed our dance video, we definitely enjoyed making it for you. Cannot wait to see you all back at school. - **Alice (Vice Captain)**

GRADE 6 DANCE VIDEO

A big thank you to all the Grade 6 children who contributed to the dance video shared at the start of the week by Mr Joss. It was fantastic to see you all bringing some joy to the whole school community – not to mention the talented moves that were on display!

WELLBEING CHECKLIST FOR PRIMARY

During this time many of us have experienced a variety of emotions ranging from fear to anxiety. All of these are considered natural responses to any challenging situation that can often result in our minds telling us all kinds of scary stories. In this context, [this article](#), featuring Michael Carr-Greg, may be of interest to some families.

MENTAL HEALTH MATTERS

Congratulations to some of our Grade 6 students who have been reflecting on mental health and have done some writing in response. Thirteen entries have been submitted to the Australian Young Writers' Creative Writing Competition 2020 with the theme Mental Health Matters. Some of their work is included below with more to come next week.

Mental Health Matters by Yacob

Never let anything affect you mentally
It's a bad situation
Worse than constipation
Once I let something affect me
I was sad I left Ethiopia
My country
Not because of Ethiopia
But because I left my family
I love my family
So so much
But they live in Ethiopia
So I go to Ethiopia to see them
When I left to come back to Australia
It affected me mentally
I would want to see my family
So so much
But look at the pros
I can talk to them on the phone
So please take my advice
To not let anything affect you mentally
Because Mental Health Matters

Poem about Mental Health (Stress) by Lisa

Forever
Some things hurts inside,
You look around,
There's grey everywhere,
And you want it to stop.

The stress of not sleeping,
The stress of not working,
The stress of everything,
It hurts.

Every Sunday,
Psychologists,
Trying to help but,
Nothings helping,
Help,
Help.

I'm breathing,
But I am,
Suffocating,
I don't feel alive,

I'm drowning in my own tears,
Every night,
My pillows wet,
Screaming with no noise.

I can't sleep,
It's horrible,
I don't want this,
To continue,

Forever,

Forever.

Better Mental Well Being Poem by Mackenzie

Happiness is the key to having good Mental Well Being!
Being positive and social are good for you too.
So don't worry if you get a BOO!

Better Mental Well Being is what should matter to you!

Breathing and talking with my friends helps me.
What helps you?

Feel good about yourself and others will too.

Different people do different things. Just doing things like exercise, thinking and doing things you enjoy can help you too!

Better Mental Well Being is what should matter to you!

Mental Health Triolet Poem by Jovita

Mental Health can take over your life

That's why you have to keep it healthy,
If you keep it healthy you'll enjoy your little
paradise.
Mental Health can take over your life,
To avoid this you could exercise
Or take up a hobby.
Mental Health can take over your life
That's why you have to keep it healthy.

STUDENT BIRTHDAYS

Happy Birthday to the following students who celebrated their birthday over the past week: Arda, Isabelle and Mae on the weekend, and Madeleine and Alessia through the week. We hope that your birthdays were memorable for all the right reasons.

CATHOLIC EDUCATION TODAY

We usually send home a hard copy of the magazine Catholic Education Today, published by Catholic Education Melbourne but will not be doing so this term. For those who would like to read it and see what is happening in Catholic education across the Archdiocese, [it is available on the CEM website](#).

PARENT ZONE NORTHERN

Parent Zone Northern aim to provide a responsive, innovative, and accessible Regional Parenting Resource Service. They employ a strengths based, culturally-sensitive, gender-appropriate approach for families, carers and professionals with children aged 0 - 18 years of age within the Local Government Areas of Whittlesea, Hume, Moreland, Nillumbik, Banyule, Darebin and Yarra. See the latest offerings under Community News later in this newsletter if you are interested.

ONSITE ATTENDANCE

If you require supervision for your child/ren during school hours next week due to your work requirements, please [remember to fill in the attendance form](#) – this needs to be done each week and must be completed by noon on Friday.

SCHOOL PHOTOS

School photos have arrived at school and we will keep these safe for the time being until we have more direction about schooling arrangements for

the rest of the term. The Grade 6 leadership group photo samples have also arrived and are on display in the office and ordering details are attached to this newsletter.

NCCD INFORMATION SHEET

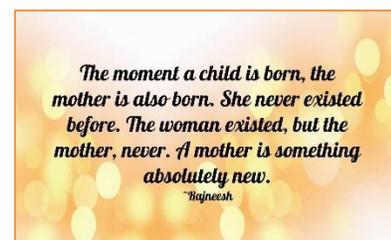
What is the Nationally Consistent Collection of Data? Schools must now complete the Nationally Consistent Collection of Data on School Students with Disability (NCCD) every year. It counts the number of students who receive additional adjustments or “help” at school because of a disability. The NCCD helps governments plan for the needs of students with disability. To read the information sheet [click here](#).

ONGOING PRINCIPAL APPOINTMENT

Hopefully everyone received the email from Fr Joel earlier this week with the excellent news that Ms Maree McIntosh has been appointed as Principal at OLHC from the start of Term 3. I am sure that this is very welcome news for all in the school community. I spoke with Maree earlier this week and she is very excited to be joining the school community and looking forward to meeting and working with everyone.

HAPPY MOTHERS' DAY

In closing this week, I wish all the mums in our community a very Happy Mothers' Day for this Sunday. Unfortunately we were unable to celebrate with you at the annual Mothers' Day Breakfast this year, and the Parents Association were unable to hold their usual stall, but I hope that all of our children are able to make this a well-deserved special day for all of you – enjoy the day!



<https://thechamptree.in/parenting/2015/07/09/motherhood-quotes-of-the-day/>



Until next week, respectfully, *Daniel* 😊

2020 Special Group Photos How to Order

Dear Parents and Students,

Our Lady Help Of Christians Primary School **SPECIAL GROUP PHOTOS** are now available online.

ONLINE ORDERING

Your school's photos are available for secure online ordering. Photos will be delivered to your school office.

4 EASY STEPS TO ONLINE PHOTO ORDERING**

Step 1: Easy Access Link: [Click Here](#) if you are using a supported device.

- OR - Go to www.advancedlife.com.au and enter your school code [YK7 F94 G4C]

Step 2: Click on the Group Photos tab (top of the page)

Step 3: Choose the groups you would like to order from the list
(left side of the page, you can view them at this point)

Step 4: Pay for the photos via the shopping cart (upper right corner of the page)

**Online Orders have a \$1 service fee

Please feel free to contact us via email or phone should you have any queries regarding your child's special group photo order.
info@advancedlifevic.com.au or 03 9852 1133

Advancedlife Team

2020 Moreland Awards.



NOMINATION FORM



The 2020 Moreland Awards are open to any group or individual whose activity or activities have improved the quality of life in Moreland. A nominee may be anyone who lives, works, studies, plays or volunteers in Moreland.

Nominations close Friday 5pm 31 July 2020.

CATEGORIES (Limit of one category nomination perform)

- | | | |
|---|---|---|
| <input type="checkbox"/> Community event of the year | <input type="checkbox"/> Youth contribution | <input type="checkbox"/> Access and inclusion |
| <input type="checkbox"/> Collaborative partnerships | <input type="checkbox"/> Environmental sustainability | <input type="checkbox"/> Lisa Bellear award for contribution to reconciliation activities |
| <input type="checkbox"/> Contribution to arts and culture | <input type="checkbox"/> Volunteer of the year | |
| <input type="checkbox"/> Contribution to sport | <input type="checkbox"/> Honouring Women in Moreland | |

NOMINEE'S DETAILS

(the person you would like to nominate)

First name: _____
Surname: _____ Age: _____
Address: _____
Email: _____
Contact number: _____
Organisation (optional): _____
Position (optional): _____

NOMINATOR'S DETAILS

(the person completing this nomination)

First name: _____
Surname: _____ Age: _____
Address: _____
Email: _____
Contact number: _____
Organisation (optional): _____
Position (optional): _____

CONFIRMATION OF NOMINATION

I have confirmed with the nominee that they are willing to be nominated for a Moreland Award (please tick)
I hereby declare that the information contained in this nomination regarding the nominee is to my knowledge true and accurate.

Signature of nominator: _____

Date: _____

SUBMITTING YOUR NOMINATION



In person:

Moreland Civic Centre
90 Bell Street, Coburg
Brunswick Customer Service Centre
233 Sydney Road, Brunswick
Glenroy Customer Service Centre
769N Pascoe Vale, Glenroy



Post:

Moreland City Council
Locked Bag 10 Moreland, VIC, 3058



Email:

civicevents@moreland.vic.gov.au

Alternatively, apply online at moreland.vic.gov.au/moreland-awards.



SIMONDS CATHOLIC COLLEGE | West Melbourne & Fitzroy North

Situated across two campuses in the inner city of Melbourne, Simonds Catholic College is in a unique position of being the only Catholic school for boys on the doorstep of the CBD.

Our Year 7-9 students start at the St Mary's Campus, West Melbourne which is just two blocks away from the Queen Vic Market. Students move to our Year 10-12 Campus in Fitzroy North for their senior studies.

The College commenced in 1996 following the amalgamation of St Mary's Boys' Regional School, West Melbourne, and Cathedral College, East Melbourne both of which were Year 7-10 schools. The West Melbourne location was chosen for the school because of its accessibility by public transport. Our students come from all areas of Melbourne. We have expanded to become a **Year 7-12 school**, offering a broad range of VCE subjects and now occupy classrooms in what was St Mary's Primary School (closed in 1996) and St Brigid's Primary School (closed in 2009), on the grounds of the two landmark churches after which the campuses are named.

In 2020 we celebrate our 25 year anniversary.

The College motto, '*Known, Supported, Inspired*' conveys the essence of our mission. Our school is a [learning community](#) that promotes student wellbeing, safety and positive relationships so that students can achieve success and reach their full potential.

"Dear Young People ... Do not be afraid to dream of big things" -- Pope Francis

We are a small school and have outstanding teachers. Our point of difference is that we deliberately limit the size of classes and this translates to increased learning opportunities for our students and big opportunities for your son. Simonds' close [proximity](#) to the inner city means we are able to take advantage of the many excellent cultural and sporting facilities to support and enhance our students' learning. We are fortunate that many activities are only minutes away. We indeed are "***the city school for boys***".

We are accepting enrolments for 2021 and 2022 so please join us for a Talk and Tour or contact our Registrar on 9321 9200 and discover the Simonds difference for yourself.



www.sccmelb.catholic.edu.au 9321 9200
St Mary's Campus | 273 Victoria St, West Melbourne
St Brigid's Campus | 20 York St, Fitzroy North

THE CITY SCHOOL FOR GIRLS

2022 Enrolments
Talk to Us
9412 7154



Talk to us today about Academy's
New Application Process

Call our registrar: 9412 7154

Email: registrar@academy.vic.edu.au

academy.vic.edu.au |   



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

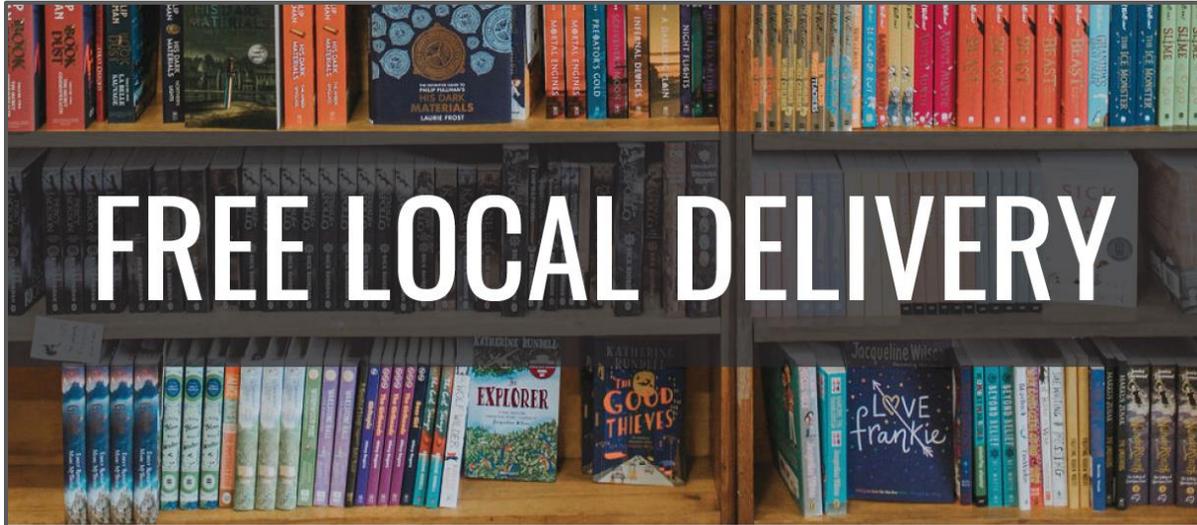
Applications for Year 7 2022 close on Friday 21 August 2020

Limited places available for Year 7 2021



WWW.PARADE.VIC.EDU.AU

COMMUNITY NOTICES SECTION



FREE LOCAL DELIVERY

Book deliveries to your door!

We deliver to:

Brunswick (East and West); Carlton North; Princes Hill;
Fitzroy North; Clifton Hill; Northcote and Thornbury
EVERY DAY (except Sunday).

Other suburbs twice weekly, check our website for details.

Browse and order online :)

Note your school in the comments section when you check out to register the transaction for your school's 15% Community Reading Reward.

Thank you for your support x

www.littlebookroom.com.au

759 Nicholson Street
Carlton North
t & i: @little_bookroom
f: TheLittleBookroom



THE
LITTLE
BOOKROOM

ParentZone Northern May Professional Online Sessions

Play Together, Learn Together - Professionals

This session will help you support your clients to explore what play can look like in their home and current limited environment and help you to think outside the box with your practice. We will reference a playful resource that focuses on building parent/child relationships and understanding of children's learning

Thursday 7th May
10.00am - 11.30am

**FULL _ Spaces available
for 2nd June**



Adolescent Development - Professionals

This session will support professionals working with adolescents to better understand this stage of development and the changes young people are going through. During the session the areas of development will be discussed including social, emotional, intellectual, physical and language.

Thursday 14th May
10.00am - 11.30am

**FULL _ Spaces available
for 11th June**



Autism - Professionals

This session will give professionals the opportunity to discuss some key strategies and practical tips. There will be some interactive activities where you can share experiences and ideas.

Wednesday 20th May
10.00am - 11.30am

**FULL _ Spaces available
for 18th June**



Early Years Development - Professionals

This session will help workers to better understand the developmental needs of young children. We will explore brain development, expectations of ages and stages and managing our responses to their needs.

Tuesday 26th May
10.00am - 11.30am

**FULL _ Spaces available
for 25th June**



Bookings for all sessions are essential. To book call
ParentZone on 03 8641 8900 or 0458 550 071
or email ParentZone.Preston@anglicarevic.org.au

ParentZone Northern May Parent Online Sessions

Raising Resilient Teens

This interactive session focuses on:

- exploring what resilience means
- identifying what influences resilience
- discussing the role you can have in building your teen's resilience

Wednesday 6th May
6.00pm - 7.30pm



Teen's Challenging Behaviours

This interactive session focuses on:

- the feelings and needs that are underneath behaviour
- understanding what happens in the brain when we get overwhelmed
- exploring how to navigate your changing relationship with your teen

Tuesday 12th May
6.00pm - 7.30pm



Dad's Building Solutions - taster

Dads Building Solutions is for fathers or male carers who want to come together to talk about parenting. In this session we will talk about what being a dad means to you, how to build resilience in your children, being a positive role model, and what it takes to raise healthy, happy kids.

Wednesday 13th May
6.00pm - 7.30pm



Bookings for all sessions are essential. To book call ParentZone on
03 8641 8900 or 0458 550 071
or email ParentZone.Preston@anglicarevic.org.au

ParentZone Northern May Parent Online Sessions

Communicating with your Kids

This interactive session focuses on:

- identifying what gets in the way of connecting with your kids
- exploring how to better manage your emotions when communicating with your kids
- share ideas about problem solving with your kids

Tuesday 19th May
1.30pm - 3.00pm

Dealing with Feelings

This interactive session focuses on:

- getting to know our own feelings and triggers
- exploring the feelings underneath our kid's behaviours
- exploring ways to better manage our responses to our kid's emotions

Thursday 21st May
10.00am - 11.30am

Talking with your Teens

This interactive session focuses on:

- identifying what gets in the way of connecting with your teen
- exploring how to better manage your emotions when communicating with your teen
- share ideas about problem solving with your teen

Wednesday 27th May
6.00pm - 7.30pm

Raising Resilient Kids

This interactive session focuses on:

- exploring what resilience means
- identifying what influences resilience
- discussing the role you can have in building your kid's resilience

Thursday 28th May
10.00am - 11.30am



Bookings for all sessions are essential. To book call ParentZone on
03 8641 8900 or 0458 550 071
or email ParentZone.Preston@anglicarevic.org.au

**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.’***