



OUR LADY HELP OF CHRISTIANS

Primary School Brunswick East

Exceptional Education

Newsletter 9, Term 1, 2020

Friday 27th March

"I am the resurrection and the life"

John 11:1-45

Jesus began to weep. So the Jews said, "See how he loved him!" But some of them said, "Could not he who opened the eyes of the blind man have kept this man from dying?" Then Jesus, again greatly disturbed, came to the tomb. It was a cave, and a stone was lying against it. Jesus said, "Take away the stone."

Compassionate Lord, thank You for the beautiful example of Martha, who trusted You in the most grievous of life's circumstances.

Thank You that You are, indeed, the resurrection and the life, for all who trust in You. Help me to develop such a confident trust in Your word, that I might remain firmly settled in faith, even when I am surrounded by life's greatest problems and pain. Help me to live my life by faith and not by sight - this I ask in Jesus name, Amen.

Dear Families,

Welcome to the final newsletter for Term 1. This week has certainly not been how any of us would have envisioned it even just a few short weeks ago. I would like to acknowledge all in our community at this time. It has been difficult and uncertain for everyone and continues to be so as we move into the official school holiday period. I have been struck over the last couple of weeks by the dedication of the staff of our school who have continued to care for the children entrusted to their care, whether those children were at school or at home, and I acknowledge and thank them for the outstanding efforts they have made during this time. I have also been struck by the way the parent community has collectively been supportive of each other and of the staff. We have received many encouraging messages for the work that has gone on over the last couple of weeks and we are grateful for this support.

In the next few weeks, we are all unsure what will occur, and we do not know if we will be back at school

in the normal sense after the Easter period. Whether we gather together to resume classes at school or whether schooling will have to be done at home, we will have lessons and learning activities in place to ensure that children remain challenged and that the learning programs can be kept up over Term 2. If our learning does go online, I ask for the continued patience of our families as we navigate new ways of curriculum delivery and engagement with learning. We will also be understanding of the difficulties that are being experienced in families as parents and children compete for space and access to resources while trying to maintain harmony – indeed, those of us with families or other house mates will be in the same boat as we too work from home.

COMMUNICATIONS

This week, in addition to lesson planning, we have really focused on the importance of communication channels that we have in the school, regardless of what happens next term regarding remote learning. I wish to advise you of three areas that have been focused on.

COVID-19 Website A new website has been attached to our school website that focuses on the COVID-19 and the impact it is having at OLHC. The website has announcements for the school community, as well as links and resources for parents and students to use. To access this website, press the CLOSURE tab on our school website or click [here](#).

OLHC Community Email Group Thank you to those parents who have contacted us and requested access to the OLHC Community Email Group. This provides a streamlined way to contact our school community with news and updates when required. If you have not been receiving COVID-19 updates via email, it means you are not currently subscribed to this group. Please email our Digital Technologies teacher Joss Coaley at jcoaley@olbrunswickeast.catholic.edu.au to request access to this group.

Class Email Groups Each class now has an emailing group that will allow us to contact all parents in a particular class if and when required. Joss Coaley sent

out emails on Friday morning to confirm to parents the class groups that they are subscribed to. If you did not receive an email, please contact Joss Coaley at jcoaley@olbrunswickeast.catholic.edu.au with your child/ren's name/s and the name of their class teacher so we can ensure you have access. As with other email groups, we will use the bcc field to send communications to avoid the accidental sending of "reply all" messages.

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 Kessat)

2B Winners Yusef Abou-Eid and Andrew Salvani

2H Winners Naod and Sienna

2R Winners Harrison Rosevear and Gaia Baloiaro

3S Winners Luca Brohier and David Morrell (c/o Omar)

3V Winners Tessa Broheir (c/o Matteo) and Alessia Caruso

4J Winners Mikayla Catelli and Amelia Petrucelli

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 Talic)

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

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

MASSES AND LITURGIES SUSPENDED

Our Confirmation ceremony scheduled for last weekend will now take place at a future date to be advised.

It is also unlikely that First Communion will be taking place in May as originally scheduled – see Jack Rendle's letter included later in this newsletter.

Jack has also advised that the Jesuit community at St Francis Xavier, Lavender Bay NSW, put a daily video of [Mass on YouTube](#) for those interested.

CELEBRATING STUDENT ART

Foundation students have been exploring coiling and have made some "line sculptures" with the results. Please see the *Art Check Out* later in the newsletter for pictures of the work completed by the children.

You will also see an ad following the *Art Check Out* that may be of interest for children who are looking for an extra way to be creative – it's the [ATOM](#) competition.

Amber Boag (Visual Arts Teacher)

PANDEMIC REFLECTION

The following was sent to me recently by Sr Sally Bradley of Mercy Works and I share it with you for your reflection.

'Pandemic'

A reflection by Lyn Ungar

What if you thought of it
as the Jews consider the Sabbath –
the most sacred of times?
Cease from travel.
Cease from buying and selling.
Give up, just for now,
on trying to make the world
different than it is. Sing. Pray. Touch only those
to whom you commit your life.
Centre down.

And when your body has become still,
reach out with your heart.

Know that we are connected
in ways that are terrifying and beautiful.
(You could hardly deny it now.)

Know that our lives
are in one another's hands.
(Surely, that has come clear.)
Do not reach out your hands.

Reach out your heart.
Reach out your words.
Reach out all the tendrils
of compassion that move, invisibly,
where we cannot touch.

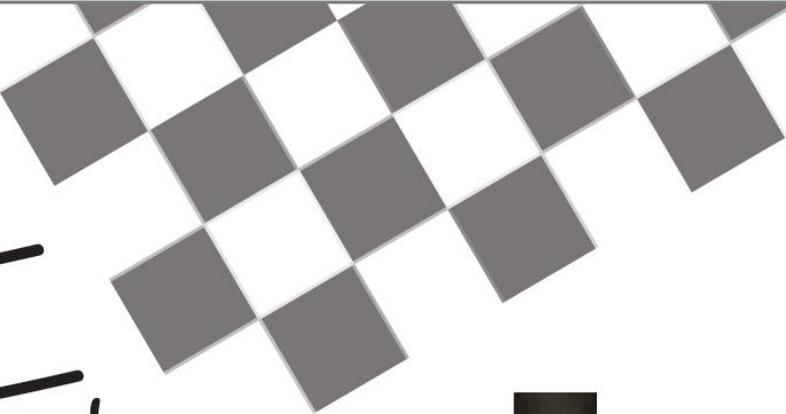
Promise this world your love –
for better or for worse,
in sickness and in health,
so long as we all shall live.



'Compassion' - Mary Southard CSJ



Until next term, respectfully, *Daniel* 😊



check
out

OUR [Lady Help of Christians] ARTISTS

Our Foundation students made 'line sculptures' using the hand building technique of coil construction. They put them together to create class sculptural pieces. Well done (on this artwork... and completing your first term of primary school!)



THE ATOM PHOTO COMP 2020

This year's theme is 'Fragility'

There are five age-group categories:
Lower Primary (Years F-3), **Upper Primary** (4-6), **Lower Secondary** (7-9), **Upper Secondary** (10-12) and **Open**.

Prizes include Ted's Cameras gift vouchers valued at **\$500** for the primary categories, **\$750** for the secondary categories and **\$1000** for Open.

TAKE original photographs that address this year's theme (more info available online)

SUBMIT 3 photos through our online entry system at atomphotocomp.org

WRITE a short statement (up to 300 words) and submit it with your entry

All photographs must be taken specifically for the ATOM Photo Comp 2020. All entries must be submitted online at: atomphotocomp.org.

The ATOM Photo Comp 2020 is free to enter and is open to all Australian and New Zealand residents.

Enter your photographs now!

atomphotocomp.org

Entries close midday AEST, Thursday 9 April 2020

Presented by:



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25th March 2020

Re: Sacrament of First Eucharist 2020

Dear Year 4 Families

I write to you regarding the Sacrament of Eucharist for this year in light of the unprecedented times we face and the changing daily landscape around COVID19.

In consultation with Fr Joel Peart, Parish Administrator, a date for First Eucharist was set and published in the school newsletter early in the new school year.

Given the recent directives from the Archdiocese of Melbourne regarding the suspension of all public celebrations of Masses and Sacraments until further notice, it is almost certain that First Eucharist will not be able to occur on Saturday 30th May as planned.

It is our firm hope that the Sacrament of Eucharist will be able to occur toward the end of the year, however that is a long time into the future and we cannot predict what the circumstances may be.

Our plan is to commence preparing children, from the beginning of Term Two, to receive the Sacrament of Eucharist at a date to be determined. Religious Education activities, like other learning areas, will be planned and available online. Year 4 children will focus on Sacraments of Initiation, the signs and symbols of these Sacraments and complete research tasks such as finding out about their Baptism day.

Further information will be provided to families as it becomes available. In the meantime if you have questions around Religious Education or specifically First Eucharist, please forward to < jrendle@olbrunwickeast.catholic.edu.au >

JACK RENDLE
RELIGIOUS EDUCATION LEADER

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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



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