



NEWSLETTER No. 4

Friday, 13th March 2020



DIARY DATES

TERM 1

MARCH

Tuesday 17th	St Patrick's Day Celebrations Parent/Child Workshop for Reconciliation - 7pm
Friday 20th	Halogen Young Leaders Day - Year 6 Cancelled Bullying No Way National Day St Joseph's Feast Day Mass 12 noon
Sunday 22nd	Duck Cup
Monday 23rd	ALPHA Award
Tuesday 24th	Whole School Mass and First Reconciliation Mary MacKillop Award Winners lunch
Thursday 26th	Last Day for Students - 3pm dismissal
Friday 27th	School Closure Day - Staff Professional Learning

PRINCIPAL'S MESSAGE

At the moment we are inundated with messages of doom and gloom. We started with the bushfires and the impact of climate change and now we are experiencing the chaos and uncertainty of a global pandemic with the Corona Virus. Our children pick up on all of this and can experience anxiety through not knowing what is happening or through hearing and seeing the hysteria that sometimes goes along with this. The toilet paper debacle is along these lines. I would strongly encourage parents to talk with their child or children and find out what they know or think they know. In the classrooms, some of the children have shared some over the top misconceptions so it's a good time to make sure they have the facts. I have attached an information page to the newsletter to help parents and carers with talking about COVID 19 with their children. It's also helpful to go onto the Department of Health website for updated information.

TERM DATES 2020:

TERM 1 - 30 January - 27 March

TERM 2 - 14 April - 26 June

*Please note 13 April is Easter Monday public holiday

TERM 3 - 13 July - 18 September

TERM 4 - 5 October - 18 December

PUBLIC HOLIDAYS:

Term 1 - Monday 9 March (Labour Day)

We will be notifying parents of any changes that occur because of the pandemic. At the moment we expect an update on Tuesday. It is likely that events may be cancelled or postponed in the interests of health and safety.

SCHOOL CAPTAIN'S MESSAGE

In the 40 days of Lent we show respect and consideration to others. We can show that by standing up for others, being inclusive, offering to do things and helping out. This is not just at school but at home too. Kids can do things like extra jobs at home and helping out their parents without being asked. We like the way that SRC is working together and getting things done. They have been very organised and committed to the role.



Dear God, please keep my family, friends, and loved ones safe. Please watch over them always, and let good health, happiness, and blessings befall them. Amen!



St Michael's Primary School acknowledge and pay our respects to the Gunaikurnai people, traditional custodians of the land on which the school is built. As a school community, we commit to walk alongside our First Nations people for reconciliation, truth and justice.





Truth

ON TRACK WITH MARY MAC!

Congratulations to Oscar for receiving the Mary MacKillop Award for last week and to Mia for receiving the award this week. Both students have demonstrated the qualities of Mary MacKillop through their attitude and actions and are terrific role models for everyone.



This year we want to be on track with Mary Mac and...

"Never see a need without doing something about it"



MX MOTOCROSS SUCCESS

On the 29th February and 1st March, I raced motocross at Wonthaggi in the MXMasters. I came third overall. It was a good day. In each race I hole shot—this means I was first into the corner and made a really good start. The track was sandy which means you have to be on the throttle at all times and go fast or you crash. I was happy with where I placed in third. Next weekend I will be racing at Wonthaggi again for the GippyMX. I hope to come in the top 5 again. In the same event, Xavier also came 3rd but he was racing 85. In the fun events, Xavier came 2nd in the Dash for Cash. This weekend Xavier is at Portland for the Victorian Junior Titles.

Written by Archer



FIRST RECONCILIATION CELEBRATION

After Mass on Tuesday 24th March three of our students will be celebrating their Sacrament of Reconciliation. Once Mass has ended we will be having a morning tea and a celebration cake that everyone is invited to share with us. We will have an Easter celebration when students return to school in term 2. P & F will be running their usual Easter raffle—they will be providing the chocolate eggs. All the children love this Easter activity and there is much anticipation leading up to the raffle (especially when they see all the eggs lined up on the tables).



SRC REPORT

PROJECT COMPASSION

During Lent we are asked to think of others and what we can do for them.

Being at a Catholic school, we are asked to take action to make the world a better and fairer place. Any money we raise this term will go towards Project Compassion.

ST PATRICK'S DAY

Don't forget everyone, Tuesday is St Patrick's Day. Everyone can come dressed in green and bring a gold coin donation for Project Compassion.

SRC have organised some fun activities for everyone to do. We will be decorating green cupcakes and making green fairy bread. We will also be making leprechaun beards, doing a St Patrick's Day treasure hunt and bingo. It should be good fun!



BULLYING NO WAY

On March 20th it is the Bullying No Way National Day. Bullying behaviour is never okay and we need to make sure that we stand up and let everyone know this. We have been discussing what bullying is and isn't in our classes and then SRC will come up with a pledge, which is an agreement about how we should act. Today at assembly we watched a video about what bullying is. During the year, we will put reminders in the newsletter about bullying and standing up for others. On the Friday, 20th March, SRC will be organising activities to help get the message across that bullying is never okay.



WE ARE ON AIR AGAIN!

Our radio station, 3STM, is up and running again and we have had an excellent start. Our three year 6 girls kicked us off last week and were naturals, despite a few broadcasting issues to begin with. This week we had Sam, Stella and Henry broadcasting and they were great; they were very flexible and ad libbed throughout. We hope everyone is enjoying the radio.



ALPHA REWARD

We have had to make a change to our reward for the students who have earned the highest ALPHA points. We were intending to take them to the Morwell Cinema to watch Peter Rabbit 2 but as this is not being released now until October, we have decided to take them to Parky's for Mini Golf and the jumping pillow. A note will be coming home early next week if your child has earned this reward.



Coronavirus (COVID-19): How to Talk to Your Child

Your kids are hearing about coronavirus (COVID-19). You want to make sure they get reliable information — and you want them to hear it from you. Here's how to talk about it.

Find Out What Your Child Already Knows

Ask questions geared to your child's age level. For older kids, you might ask, "Are people in school talking about coronavirus? What are they saying?" For younger children, you could say, "Have you heard grownups talking about a new sickness that's going around?" This gives you a chance to learn how much kids know — and to find out if they're hearing the wrong information.

Follow your child's lead. Some kids may want to spend time talking. But if your kids don't seem interested or don't ask a lot of questions, that's OK.

Offer Comfort — and Honesty

Focus on helping your child feel safe, but be truthful. Don't offer more detail than your child is interested in. For example, if kids ask about school closings, address their questions. But if the topic doesn't come up, there's no need to raise it unless it happens.

If your child asks about something and you don't know the answer, say so. Use the question as a chance to find out together. Check the Centers for Disease Control and Prevention (CDC) website for up-to-date, reliable information about coronavirus (COVID-19). That way, you have the facts and kids don't see headlines about deaths and other scary information.

Speak calmly and reassuringly. Explain that most people who get sick feel like they have a cold or the flu. Kids pick up on it when parents worry. So when you talk about coronavirus and the news, use a calm voice and try not to seem upset.

Give kids space to share their fears. It's natural for kids to worry, "Could I be next? Could that happen to me?" Let your child know that kids don't seem to get as sick as adults. Let them know they can always come to you for answers or to talk about what scares them.

Know when they need guidance. Be aware of how your kids get news and information, especially older kids who go online. Point them to age-appropriate content so they don't end up finding news shows or outlets that scare them or have incorrect information.

Help Kids Feel in Control

Give your child specific things they can do to feel in control. Teach kids that getting lots of sleep and washing their hands well and often can help them stay strong and well. Explain that regular hand washing also helps stop viruses from spreading to others. Be a good role model and let your kids see you washing your hands often!

Talk about all the things that are happening to keep people safe and healthy. Young kids might be reassured to know that hospitals and doctors are prepared to treat people who get sick. Older kids might be comforted to know that scientists are working to develop a vaccine. These talks also prepare kids for changes in their normal routine if schools or childcare centers close in the future.

Put news stories in context. If they ask, explain that death from the virus is still rare, despite what they might hear. Watch the news with your kids so you can filter what they hear.

Kids and teens often worry more about family and friends than themselves. For example, if kids hear that older people are more likely to be seriously ill, they might worry about their grandparents. Letting them call or Skype with older relatives can help them feel reassured about loved ones.

Let your kids know that it's normal to feel stressed out at times. Everyone does. Recognizing these feelings and knowing that stressful times pass and life gets back to normal can help children build resilience.

Keep the Conversation Going

Keep checking in with your child. Use talking about coronavirus as a way to help kids learn about their bodies, like how the immune system fights off disease.

Talk about current events with your kids often. It's important to help them think through stories they hear about. Ask questions: What do you think about these events? How do you think these things happen? Such questions also encourage conversation about non-news topics.

Reviewed by: Jennifer Shroff Pendley, PhD

Date reviewed: March 2020

Accessed at: <https://kidshealth.org/en/parents/coronavirus-how-talk-child.html>

NB The Australian Government Department of Health has up to date information for anyone in Australia



Truth



6th March

Max– for maintaining high standards in spelling and Mathematics.

Emily T- for bouncing back when things got hard.

Thomas- for an improved effort with writing your letters.

13th March

Mia– for striving to do her best in all key learning areas.

Poppy– for her excellent approach to her work and always striving for her best.

Luther– for his friendly approach and happy nature when working in groups.

Lily– for being a kind and friendly class member.

Cooper W-Y for showing improvement in your classroom learning.

SCHOOL SUPERVISION

Just a reminder that no staff are on duty until 8.25am in the mornings. Staff are unable to supervise students as they need to get ready for the school day.

MASS TIMES



MAFFRA:	Sunday	9.00am
HEYFIELD:	Tuesday	9.30am
	Saturday	6.00pm
COWWARR: 1 st & 3 rd	Sunday	11.00am
NEWRY: 2 nd & 4 th	Sunday	11.00am
DARGO: 5 th	Sunday	12 noon

BIRTHDAYS

Happy Birthday to the following people who celebrated their birthday over the last fortnight.

Cooper Hole	3rd March
Wally	5th March
Phoenix	11th March



ST MICHAEL'S HEYFIELD 2020 DUCK CUP

22nd MARCH 2pm to 5pm



Proudly sponsored by



**Come along and join in the festival fun
@ Heyfield Wetlands**

Kids activities and Food & Drinks available for purchase ~ Lots of Family Fun
Dart Balloons ~ Spinning Wheel ~ Handball Comp ~ Jumping Castles ~ and much more!