

NEWSLETTER No. 14

Friday, 28th August 2020



DIARY DATES

TERM 3

SEPTEMBER

Friday 4th

Fathers' Day gifts in packs

Book Club Orders due

Sunday 6th

Fathers' Day

Friday 18th

School Closure Day - Staff PD

REMINDER TO ALL PARENTS: Whilst coronavirus restrictions apply, please remain outside the school gates unless it is essential that you come in. If you need to come inside, only go to the office and wait there until someone attends to you.

PRINCIPAL'S MESSAGE

There may be a lot of things that are a challenge during the lockdown but I have noticed that everyone seems to be getting on top of all those jobs that kept piling up at home. When you can't go anywhere or see anyone, all the little things that you tend to overlook because you have better things to do on a weekend, now seem to be a 'project'. I know this weekend, my husband Pete and I are cleaning out the shed (I may need to have urgent school work to do that takes priority though). I did clean my office at school the other day just in case we end up having to do a 'deep clean'. It feels so good walking into it now, without having all the piles of paper and books clogging up every surface, that I have vowed to keep it like that. Mind you, I'm not sure how long that will last for. I have a friend who said that she would get her teenagers to tidy their rooms and then take a photo of the clean room. She'd then stick the photo on the door to remind herself of what it can look like and then not stress about it again until the next clean up. Maybe I should be taking a photo of my office! I hope



TERM 3 - 13 July - 18 September

TERM 4 - 5 October - 18 December

you are all getting your jobs done and feeling that sense of achievement that comes from a job well done.

STAYING CONNECTED

All the students were given a postcard buddy to write to this week. We have been receiving these postcards and will let them 'sit' for a few days then they will be posted out on Tuesday so check your mail. Each postcard will be addressed to your child as we thought it might be a bit exciting for your children to receive 'snail mail'. We checked with the post office and all local mail remains in Heyfield so there shouldn't be any delays in receiving the letters. If your child hasn't written their postcard, please get them to do this and send us a photo of it. We can copy it to post out. It would be a bit disappointing if someone didn't get one.



STAYING CONNECTED DURING COVID-19



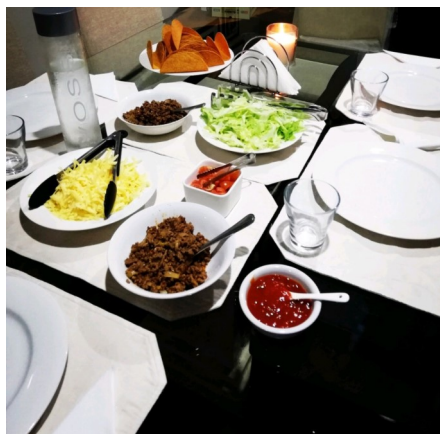
St Michael's Primary School acknowledge and pay our respects to the Gunaikurnai people, traditional custodians of the land on which the school is built. As a school community, we commit to walk alongside our First Nations people for reconciliation, truth and justice.



INTERNATIONAL FOOD

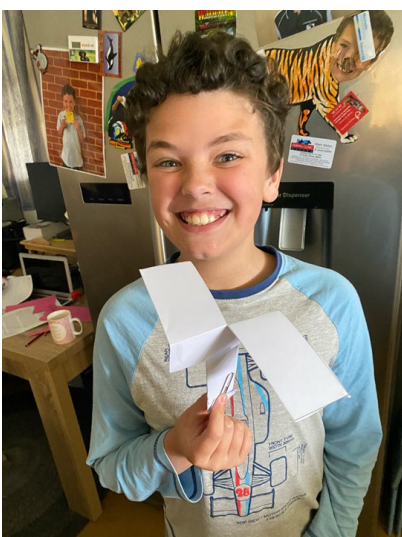
As part of their diversity unit, students in the junior classes were asked to cook food from another country. We loved the effort Poppy went to in setting the scene for her Japanese meal and Lilly's Mexican meal

looked delicious.



SCIENCE WEEK

Lots of families got into the Science Week activities and shared their experiments. It was great to see such a high level of participation. We hope you also accessed some of the excellent resources on TV for science week as well – the ABC put on a lot of great programs. As you can see by the photos, we have some budding scientists out there.



Ben—Making helicopters

Mia's density column



Emily & Stella testing their boats



Cooper and Ruby's surface tension experiments



Miriama's grass head 'Setting up stage'

SCIENCE WEEK (continued)



Cooper's and Mia's grass heads



Max H's grass head after a couple of weeks



ON TRACK WITH MARY MAC!

Congratulations to Molly for receiving the Mary MacKillop Award for this week. Molly has demonstrated the qualities of Mary MacKillop through her attitude and actions and is a terrific role model for everyone.

Her award was for being a kind, caring and encouraging person who treats everyone with respect and makes sure she includes people.



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

"Never see a need without doing something about it"



DNA Models





Truth

MYSTERY PERSON

Did you guess that the last mystery person was Michael? See if you can guess who our Mystery Person is for this week.

MYSTERY PERSON

HOBBIES & SPORTS:



Horse riding

YUMMIEST FOOD EVER:



Thai food

FAVOURITE MOVIE:



OTHER INTERESTING THINGS

ABOUT ME: I love to read and I read every night before bed.

HOLIDAY PLACE



Hamilton Island

COLOUR BLUE

TV SHOW



Ladybug and Cat Noir

BEST GAME TO PLAY:



FATHERS' DAY

We would just like to acknowledge all the wonderful fathers and male role models out there who show every day what it means to be loving, patient and caring people in their children's lives. What you do matters! Next Friday a wrapped fathers' day present will be included in the Student Learning Packs – this gift is from your child to their dad or other important male in their lives (eg. Grandfather, uncle, cousin, friend). I am sure that in next week's learning packs there are Fathers' Day activities that your child will be doing, including making cards. We hope all the dads and other men in our students' lives feel very special

BIRTHDAYS

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

Miriama	17th August
Kerry Ashlin	25th August



SCHOLASTIC



Every Child Deserves a Good Book

Scholastic Book Club catalogues were sent home in this week's student packs.

Orders can be placed through the LOOP facility or return your order to school on Friday, 4th September when you collect your child's pack.

2020 ENROLMENTS

Enrolments are being taken for next year and enrolment packs are available at the office. Should you know of anyone who is still undecided as to where to send their child next year please ask them to call into the school or, if preferred, telephone the office and we can arrange to have an enrolment pack sent out in the mail. School tours will be conducted after hours.

Please return enrolment forms to the office by Monday, 31st August.

on Sunday 6th September. A big thank you to P & F for providing the presents.



FORTNIGHTLY CHALLENGE

Are you up for a challenge now that we are in isolation again?

LAST FORTNIGHT'S CHALLENGE WINNER

Congratulations to Lottie for winning our ball challenge. She produced a very innovative and creative obstacle course for the golf ball to travel along and sent in her video. From what I hear, it took a lot of persistence and problem solving to get it just right (maybe a few tears along the way) but she got there in the end. You can see Lottie's entry on the school website.

CHALLENGE FOR THIS FORTNIGHT

Can you build a house of cards? There are no limits to what you create but it has to be made only of cards (no tape, glue, blutack) and stand of its own accord. Send in your photos with you standing/sitting beside it and we will publish them in the newsletter. There will be a prize for the most creative and a prize for the tallest. Everyone should have a pack of cards at home as after our magician incursion students got to keep their cards. Good luck and remember not to build it where a gust of wind or a door opening will blow it all down!



NEW ADDITION TO THE TOHARA FAMILY

We had a very cute and fluffy visitor to school today – Miriama's new puppy, Luna. She is a St Bernard and is a cuddly bundle at the moment but not sure how long that will last. Sharon said that she has put on 5kg in the last week and, judging by the size of her feet, she is going to be a big dog. Sharon said that St Bernard's are renowned for

being good natured and friendly and make an ideal pet. We'll be looking forward to seeing Luna as she grows.



'THINKING OF OTHERS' PROJECT

We always want to encourage our children to be kind and considerate to others and do what they can to be a good citizen. We thought it would be a good idea to try and spread some good cheer to the residents of Laurina Lodge by sending them messages and drawings.

Although we can't do this in person or through the transfer of paper, due to the risk of spreading germs, we did think that the students could send their messages and drawings to school (electronic or hard copy) and we would scan them and put them into a powerpoint for the residents to watch. Their messages might be students sharing stories about their grandparents or drawings of people or things that are special to them. It could even be a poem or short story.



Please get on board with this and encourage your child to brighten up someone else's day by sharing a little bit of themselves with others.

ENCOURAGE KIDS TO OCCUPY THEMSELVES

Article from Michael Grose, Parenting Ideas

A child's ability to fill in their own time and cope with moments of boredom are important independence skills to develop. Children have less practise at keeping themselves occupied than those of past generations. You have many jobs as a parent, but constantly entertaining your child, should not be one of them. These ideas will help:

Invite them to keep themselves busy

When your child tells you that he or she is bored they are bringing you a problem to solve. Boredom is your child's problem, not yours. If this happens, encourage your child to keep themselves busy by asking questions such as "How can you keep yourself amused?"

Make a list

If your child is stuck for ideas make a list of activities that they can refer to when they're bored. Include a variety of activities such as creative tasks, performance tasks, crafts, sports, indoor and outdoor games, music activities, reading

and helping. Place the list in a convenient place with easy access and visibility.

Make a boredom buster jar

Cut up a list of boredom busting activities and place them in a jar. When your child is stuck for an idea to keep him or herself amused invite them to select an activity from the boredom buster jar. Ask your child to add enjoyable activities to the jar over time.

Encourage plenty of green-time

Today's children spend more time in front of screens, and less time outdoors than those of previous generations. Not only is time spent in natural environments refreshing, relaxing and rejuvenating, but it's also a wonderful way for kids to relieve boredom. Encourage your child to spend some of their free time outside in natural environments to promote good mental health and develop their confidence.

Help find their interests

If your child struggles to keep him or herself occupied, consider helping them identify a hobby or interest that they enjoy. Often finding that one activity a child loves or excels in makes a huge difference to their self-esteem and wellbeing, and can become the driver for future career choice.

Build in downtime

A trait common among healthy families is the propensity for everyone to enjoy spending downtime or unstructured time together. It's during downtime that parents and children share activities together, which promotes better relationships and helps children's informal learning.

Most children when given unstructured time will rise to the occasion (even after some complaining) and will find interesting things to do. By encouraging them to find something "to do", other than filling their time with screen-based activities, you are promoting a fabulous life-skill in your kids.

WELLBEING SUPPORT FOR PARENTS/ CAREGIVERS

The Victorian Government is helping parents, guardians and carers manage Remote Schooling and to stay resilient during the coronavirus pandemic by providing a range of free online webinars.

These webinars are aimed at providing parents, guardians and carers with practical skills, knowledge and strategies for managing the lockdown period and Remote Schooling, and will focus on strategies and tools to help families manage their wellbeing, including establishing a supportive parental role and dealing with uncertainty and disappointment.

Places are still available for Managing the Coronacoaster – Tips for building resilient families webinar on Tuesday 15 September at 7:30 pm. For more information and to register, visit the Eventbrite website.

The government has also partnered with Raising Children Network and funded a 10-episode podcast called Raising Learners featuring parenting experts from organisations including the Murdoch Children's Research Institute, Career Education Association Victoria and the eSafety Commissioner, Julie Inman-Grant.

Raising Learners will provide parents with practical advice, tips and ideas for supporting children's health, wellbeing and engagement at school. Topics will include connecting with your child's school community, how to best support your child's learning, what to expect for VCE and VCAL students and how to keep your child safe online.

These themes were drawn from common parent questions received by the Department of Education and Training's coronavirus hotline and parentline. The first three episodes will be launched on Tuesday 1 September 2020 with the remaining episodes available throughout Terms 3 and 4, 2020. Raising Learners will be available via the Raising Children Network and podcast Apps.



BISHOPS' SOCIAL JUSTICE

The Bishops of Australia have just released their Social Justice Statement 2020-21. An introduction has been included below. It highlights the importance of the need to address mental health provision in today's society. Too often, politicians don't direct real and meaningful support in this area.

To Live Life to the Full: Mental health in Australia today

The COVID-19 pandemic is impacting the mental health of many members of our parishes, schools and communities. In fact, most of us will experience a mental health problem at some point over the course of our lives. Understanding mental health will help us to be aware of those who need our support. Our parishes, organisations and communities can be places of acceptance care and healing, not places of rejection, judgment or stigma.

In the Social Justice Statement *To Live Life to the Full: Mental health in Australia today*, the Bishops welcome the deinstitutionalisation of mental health care in Australia. However, without adequately funded community mental health services, there is a gap in the system through which people continue to fall. Social determinants including poverty, living conditions, and personal security are significant contributors to mental ill-health. The Statement highlights the experience of First Nations people and communities, asylum seekers and refugees, people who are homeless and those who are in prison.

The Bishops observe that "our society tends to draw away from, or to push away, those who confront us with our frailties and limitations" which is "completely at odds with the story of Jesus" who "takes on the frailty of the human condition" and "draws near to those who are sick or who have disabilities, those who are marginalized or despised". People living with mental ill-health are part of the Body of Christ – 'us' and not 'them' – and share equally in Jesus' promise of the fullness of life (Jn 10:10).

The Bishops invite us all to reject stigmatisation, to work for the transformation of social determinants of mental ill-health, and to call for policies and service provision that meets the needs of the poorest and most marginalised members of our community.

Staying the course in COVID times

Article from Michael Grose, Parenting Ideas

COVID-19 continues to test us in ways that were unimaginable at the start of 2020. It's becoming the defining event of this generation and a reference point for decades to come. We've had depression kids, war kids and now we have COVID-19 kids.

The impact of COVID-19 is felt differently across the country. Currently, Victoria is in Stage 4 lockdown while other states are on high alert. Not every student is working from home, but most students are COVID conscious, knowing that they're only a corona cough or virus-filled hug away from remote learning.

Encouraging kids to stay the course when they've been denied access to the classroom, peers and community activities is now a common parenting challenge. Denial is generally tolerable in the short term, but the novelty of changed circumstances soon wears off. The following strategies will assist both parents and kids to stay the COVID long course:

Accept difficult emotions

'There's nothing so bad that we can't talk about, but there are behaviours that we won't accept' is a mantra that serves families well. It's okay for children to feel frustrated, annoyed, angry or upset about their change of circumstances due to the pandemic but that doesn't give them permission to behave disrespectfully, miss school requirements or fail to assist at home. It helps if parents validate how their children feel, then encourage them to focus on fulfilling school and family expectations.

Encourage acceptance

Some children and young people will protest the COVID induced changes that have been imposed upon them. In some respects, it may be admirable for children to push for a better deal, but the severity of the COVID-19 pandemic means that the individual needs to bend toward the greater community good. This is simply a case of accepting and making the best of the situation at hand.

Take it one day and week at a time

On family bush walks my young children would rarely complain when the tracks were windy. The complaint levels rose when paths were long and straight as the finish line seemed such a long way off. In a similar vein during our current times it's smart to keep kids focused on getting through each day and week rather than look too far ahead. Six weeks of Stage 4 may seem intolerable, so it's better to focus on getting through each day and week.

Be the hope person

Help children and young people understand that they will get through difficult times. "This too shall pass" is perhaps the most apt meme for our times. If your hope bucket is emptying out, seek out positive friends and relatives who can top it up. Our own resilience needs nurturing if we are to last the distance.

The internal parenting manual that guides us probably doesn't include chapters dealing with remote learning, lack of peer interaction and kids' disappointment. Most of us are treading new parenting ground so it's best to be open to change, accepting of difficulties and forgiving of inevitable parenting stumbles.



Hang in there.

