

LEARNING FROM HOME
TILL FRIDAY JULY 30, 2021

Dear Parents and Friends of Our Lady of the Rosary Primary School

Supporting our Children through C19

Here are some tips to support children during the C19 Restrictions:

- Be available to talk and reassure: Children can have big questions, and it's okay to answer them. Take cues from them and offer clear but concise answers in developmentally appropriate language. Keep the focus on what you are doing to prepare and prevention strategies that are within your control like proper handwashing and avoiding large crowds. Reassure when needed but avoid offering too frequently as this can prevent children from developing their own positive self talk.
- Limit news exposure: Even when it seems like they're not listening, children pick up on what they hear on TV and radio. Hearing unfamiliar words like pandemic and outbreak can be fear-inducing. Opt for watching or listening to news reports when your child is in bed or choose to read news articles if possible. This may also include limiting our conversations about what we are hearing on the news.
- Stick to routines and boundaries: Children thrive with routines and boundaries, and predictability can be very comforting in anxious times. When some things feel out of control, routines can give them a sense of security. Write your daily routine on the whiteboard or make a paper schedule together and make sure that you include fun activities in your daily routine!
- Acknowledge the worries: It's completely okay to acknowledge children's worries rather than ignoring them. Acknowledging worries won't solidify them but it will help your child understand that worry is a protective feeling that alerts us to potential danger. The smoke alarm analogy can be helpful when explaining anxiety. Smoke alarms are really helpful for alerting us to danger when there's a fire and we need to get out of the building. But sometimes smoke alarms go off even when there isn't a big danger, like when we burn toast. Anxiety does the same thing, telling us that there is a big danger, even if the situation is not that big.
- Be mindful of your own worries: It is reasonable for everyone to have some level of worry but children do pick up on our feelings and notice our anxieties, and they will take cues from us. We need to manage our own anxiety, including how we might express this in conversations with our child or others.



Celebrating 140 YEARS
1880 - 2020

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Our Lady of the Rosary Parish - Fr Brendan - 9623 1962

Saints Joachim and Anne

On July 26 we celebrate the Feastday of Saint Joachim and Anne who are Saint Mary's parents. They are also recognised as the Patron Saints of GrandParents.



The feast day on July 26 celebrates these humble parents of Mary who are unnamed in Scripture. The first mention of Anne and Joachim in Christian tradition is an apocryphal text from the second century. The Muslim Quran refers to Saint Anne in Arabic as Hannah, says that she conceived in her old age, expecting a male, but was given a daughter and named her Mary.

We honor Saints Anne and Joachim because they reared the perfect child Mary and were grandparents to Jesus, the Son of God.

It is natural for the Church to exalt the earthly origins of Jesus of Nazareth. It communicates something important—that everyone comes from somewhere and someone, even God the Son. The historical Jesus plants a flag in the ground of a certain place, a certain time, and a certain family.

Everyone has one mom, one dad, and four grandparents. There is a powerful modern tendency to spiritualize Jesus of Nazareth. This allows us to think of Mary and Jesus in their human form.

*Let us Pray.
Saints Joachim and Anne,
may your quiet,
hidden roles in the Divine plan
inspire all who do the Church's work behind the scenes
and out of view
to persevere in supporting
the Church's saving mission.
AMEN*

Kindergarten 2022 Enrolments

Kindergarten 2021 enrolments are under way and will continue during term three, after the C19 restrictions conclude. If you have a child who is ready to commence school in 2022, please collect an enrolment form from the office or download one from the school website. You can then book an interview time (Once Covid Restrictions are lifted) to meet with Mrs Regan and myself.



Thought for the Week

*"If my mind can conceive it, and my heart can believe it
– then I can achieve it."
Muhammad Ali*

THE VALUE OF A COMPLIMENT

If someone praises you, do you shuffle your feet, look down at the ground and mumble something like “It’s nothing” and feel embarrassed? You shouldn’t.

Compliments are important. Even as adults, getting credit for your work gives your brain positive feelings and helps you accomplish more. But even if you’re hopeless at taking a compliment you can still enjoy small wins that help you feel terrific. Praise can actually improve your brain’s ability to remember and repeat new skills. Praise can make us want to do better and even help us do better.



We all tend to dwell on failures more than compliments. That’s because our brains are designed to look for problems.

We admire the high achiever who is quiet and humble. What we don’t always realise is that people who are high achievers are very aware of their superior abilities. That is how they know what they need to do to achieve even more.

Compliments can teach us more about ourselves, sometimes even discovering new talents we didn’t know we had.

So compliments can be useful, but how do you actually deal with the awkwardness of accepting them? The best way is to keep it short and sweet, by replying “Thank you for saying that”. Remember to give compliments too. They don’t need to be flowery. A simple, “You did a good job” gives a boost.

Sadly, no matter how hard you work, sometimes you just don’t get the praise you hoped for. That’s okay. You don’t have to wait for someone else to notice before you can celebrate and learn from your successes. For most of us, the most important times are the small moments of progress that give us quiet satisfaction and happiness. Because small setbacks can hit us hard, remembering our achievements can be a reminder of our strengths the next time we go through a rough patch.

Once we know what we are good at and where we are making progress, we are able to look for and learn from constructive criticism. The best way to feel good about progress is to actually make progress. And the best way to make progress is to learn from the praise and compliments we receive – or give ourselves.

Have a Blessed Week
Michael Siciliano
PRINCIPAL







From the Assistant Principal's desk...

Welcome to my desk. In each Newsletter I will provide general information, ideas and tips for parents in all key Learning Areas. If you have a particular question or query or anything you would like more information about, please let me know.

Online Learning

Thank you to the whole community for the way you have worked together in such difficult times.

- * To the teachers...for your hard work in preparing such great online learning for the students.
- * To the parents... for the sacrifices you have had to make to support your children in accessing online learning.
- * To the students... for the way you have embraced the challenges and the great work you are doing for your teachers.

<div>  WHEN LEARNING AT HOME AT OUR LADY OF THE ROSARY WE FOLLOW JESUS AS...  </div>		
Respectful	Safe	Learners
<p>We are respectful when we...</p> <p>Listen and follow instructions from teachers and parents</p> <p>Use manners and kind words when posting comments online</p> <p>Turn our video on and mute our microphones during Zooms</p>	<p>We are safe when we...</p> <p>Learn from home to keep myself and others safe</p> <p>Tell an adult if I see something that makes me feel unsafe</p> <p>Access teacher and parent approved sites only</p> <p>Take breaks from the screen to keep active and healthy</p>	<p>We are learners who are...</p> <p>Engaged - We are present online and complete set tasks</p> <p>Resilient - We keep trying when tasks are difficult or challenging</p> <p>Collaborative - We can help others to learn and be successful</p> <p>Self-Directed - We check in and ask questions when we don't know what to do</p> <p>Reflective - We seek and respond to feedback - We reflect on learning every day</p>

This may guide you in creating some expectations in the Online Learning space.

All we ask is that you try our best.

Please remember: If your child is finding the learning difficult or the Technology is failing you, please don't worry too much. The most important thing is the safety and well being of our community. If you have any questions or concerns please contact your child's teacher or call the school.

Here are your teachers participating in their Zoom meetings.



We miss you and can't wait to see you all back at school when it is safe.

TERM 2 GOLD AWARDS

KV - Evlyne Anna James
 KN - Elizabeth Lykos
 1D - Emmanuel Lagu
 1Z - Esomchi Ogbodo
 2L - Sarina Maile
 2R - Aishwarya Shukla
 3B - Abbigail Zarb
 3M - Marcus Andrews
 4W - Soham Saha
 4P - Ileesha Gurusinghe
 5C - Ashley Fonacier
 5M - Jackson Bingham
 6C - Katherine Nguyen
 6V - Maanya Manocha



HAPPY BIRTHDAY

Happy Birthday to the following children who celebrated their birthday since the last newsletter.

Akon Quot, Gloria Gar, Alessa Estphan, Tehan Gurusinghe,
 Abbigail Zarb, William ung, Troy David, Abuk Acher,
 Dylan Beatty, Ridampreet Kaur, Emilia Jovanovski, Josh Dolores,
 Demilade Aduloju, Krystal Tran, Abuk Quot, Reec Reec,
 Gabrielle Ampomg, Rita Andary, Elena Tsacalos, Deng Makoy,
 Ather Ajou, Joseph Khairallah, Minula Gunasekara, Knox Smith,
 Elsie Alvarez, Winson Yulianto.



SOME FUN THINGS TO DO DURING LOCKDOWN AWAY FROM YOUR SCREEN

Take a walk in your backyard	Draw something using only squares and circles
Plant a veggie garden	Bake some cookies/biscuits
Build a cubby house using pillows and sheets	Do some weeding in the garden
Make art using leaves	Bake a cake
Have a paper airplane competition	Have a picnic in your backyard/living room/ balcony
Make a treasure hunt	Create an obstacle course for your toys
How long a paper chain can you make with one sheet of paper	Record all the triangles you can find in your house
Have a story-telling session. Begin the story and everyone takes turns in adding to it	Play memory using a pack of cards

From the desk of the Religious Education Coordinator at Our Lady of the Rosary Catholic Primary School

2021 FORMATION GOAL:

All students to be self-reflective disciples of Jesus, through deep learning from Mark's gospel and the Draft Religious Education Curriculum 'Living Life to the Full'.

In 2020-2021 we continue to celebrate 140+ years of ongoing commitment to excellence in Catholic Education; at Our Lady of the Rosary, St Marys and 200+ years of excellence in Catholic Education within Australia.

MASS TIMES: You are always invited to participate in Holy Mass, as an intentional faith community at one of the Mass times listed here.

During lockdown, Masses are being livestreamed over Facebook at 6:30am Mon-Fri and 9:00am Sunday. Just follow the Our Lady of the Rosary Parish facebook page.

Our personal experience with the impact of Covid restrictions is significant and different for each of us. The important reality to be aware of is that while they are different, and significant, they are all interconnected. Firstly within our families and neighbourhood, and secondly throughout our country and across the world. This is a time when we are reminded of community - true community. This is a definition taken from Catholic Social Teaching. It is a time to remember that we do affect others for good or not for good.

What is 'true community'?

The common good is reached when we work together to improve the wellbeing of people in our society and the wider world. The rights of the individual must be balanced with the needs of the disadvantaged and dispossessed.

What does Scripture say about how should we be working together?

Colossians 3:12-20 NRSV

2 As God's chosen ones, holy and beloved, clothe yourselves with compassion, kindness, humility, meekness, and patience.

13 Bear with one another and, if anyone has a complaint against another, forgive each other; just as the Lord[a] has forgiven you, so you also must forgive.

14 Above all, clothe yourselves with love, which binds everything together in perfect harmony.

15 And let the peace of Christ rule in your hearts, to which indeed you were called in the one body. And be thankful.

16 Let the word of Christ dwell in you richly; teach and admonish one another in all wisdom; and with gratitude in your hearts sing psalms, hymns, and spiritual songs to God.[c]

17 And whatever you do, in word or deed, do everything in the name of the Lord Jesus, giving thanks to God the Father through him.

Go gently with patience as we learn to walk together in peace and harmony.

THE COMMON GOOD



"Each person is a member of society, and we are all called to further the development of human society as a whole."

Paraphrase from pope Paul VI, *Populorum Progressio*, 1967, #17



We Follow Jesus

Our Lady of the Rosary

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19th July 2021

Dear Our Lady of the Rosary Parents/Carers,

There will be a myriad of family responses to this continued COVID lockdown. For some families, it brings increased time together for connection, for others it has elevated stress and demands on caregivers. I suspect for most households both scenarios are playing out to some degree.

Here are some resources that may help for navigating the impact of COVID lockdown:

Phone Lines

Kids Helpline	1800 55 1800 (5-25 years)
Beyond Blue	1300 22 4636 (All ages)
1800 Respect	1300 737 732
Mental Health Access Line	1800 011 511
Parent Line	1300 1300 52
Family Relationship Advice Line	1800 050 321
Lifeline	131 114
Mensline	1300 789 978
Butterfly Foundation	1800 33 4673 (for eating disorders and body image issues)

Webchat Counselling

Kids Helpline <https://kidshelpline.com.au/get-help/webchat-counselling>

Beyond Blue <https://online.beyondblue.org.au/#/chat/start>

Eheadspace <https://headspace.org.au/eheadspace/> (12-25 years)

Butterfly Foundation <https://butterfly.org.au/get-support/chat-online/>

Websites

<https://raisingchildren.net.au/guides/coronavirus-covid-19-guide>

<https://emergingminds.com.au/resources/supporting-children-during-the-coronavirus-covid-19-outbreak/>

<https://paediatrics.online/covid-19/>

<https://www.smilingmind.com.au/thrive-inside>

<https://www.mindheart.co/descargables>

https://www.maggiedent.com/lockdowncovidhelp/?mc_cid=dab2e5683a&mc_eid=0a36d60c47

Please stay safe during this time. The wellbeing of yourself is just as vital as for your children, so please make sure to fill your own emotional cup too.

Kind Regards,

Monique Beglinger
School Counsellor

A Guide For Family Wellbeing During Lockdown

Monique Beglinger, School Counsellor

Create a Routine

- Set school hours that work for your family
- Incorporate breaks away from the study space if possible
- Take a brain break for 5 minutes every half an hour or when attention is waning
- Write out a timetable for the day and stick it on the wall near the study space



Make Time For Play

The dual relationship of parenting and teaching can create stress on family relationships. Make time to just play and have fun with each other.

Balance is key!



Movement

Moving our bodies is a great way to get our blood pumping and endorphins flowing to elevate our mood. Take a break for some movement to help break the day up. Going for a walk, or doing some yoga (free lessons on Youtube) are great ways to get our bodies moving in a gentle way.



Mindfulness

Practicing daily mindfulness has been linked with lower levels of stress, anxiety and improved mood. Mindfulness requires focus on the present moment. A fun mindful activity is mindful eating: very slowly eat something (ie. a grape, piece of chocolate, raisin, marshmallow etc.) paying attention to how it looks, smells, feels and tastes, savour it. What did you notice eating it this way?



How do I sign in to Google Classroom?

Depending on your learning setting, you can sign in to Classroom with one of the following accounts:

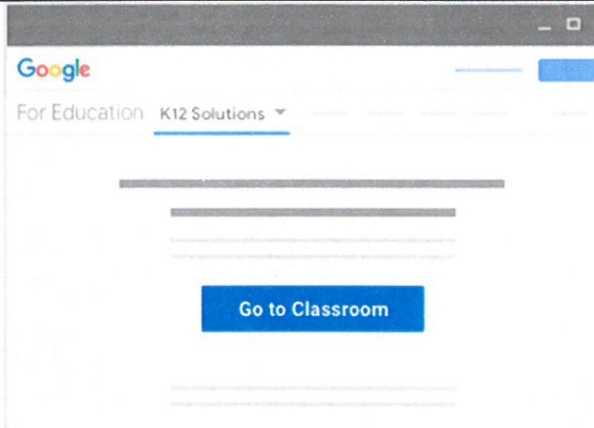
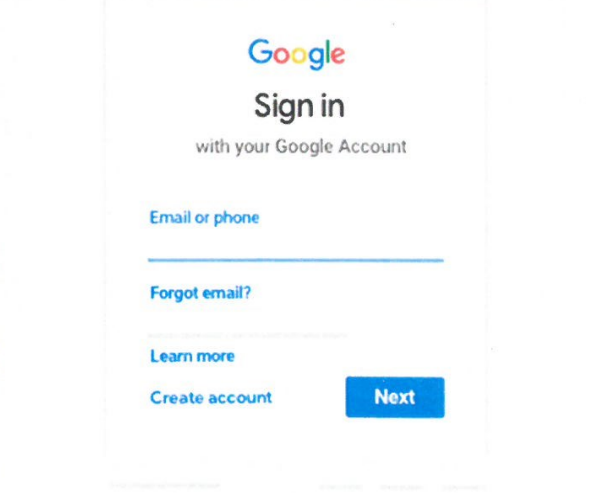
- School account—Also known as a Google Workspace for Education account, this account is set up by an accredited school. It looks like *you@yourschool.edu*. If you don't know your Google Workspace for Education account details, ask your teacher or the school's IT administrator.

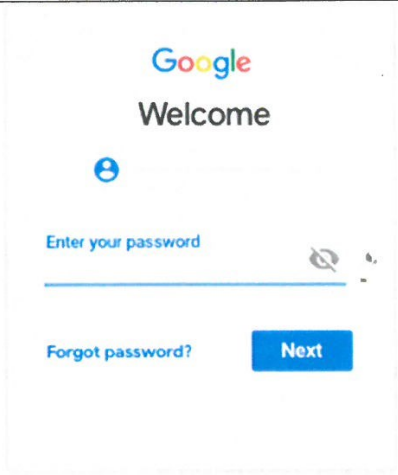

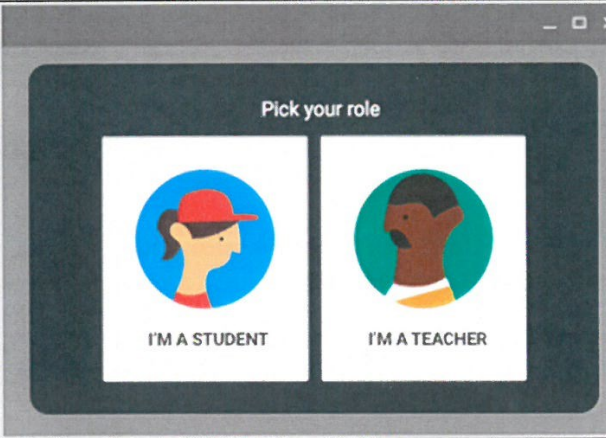

Note: Due to privacy laws, parents and guardians can't access Classroom or student assignments..

Ready to sign in?

You must have an active internet connection to sign in. If you already know how to sign in to Classroom, go to classroom.google.com. Or, follow the detailed steps below.

Computer Android iPhone & iPad

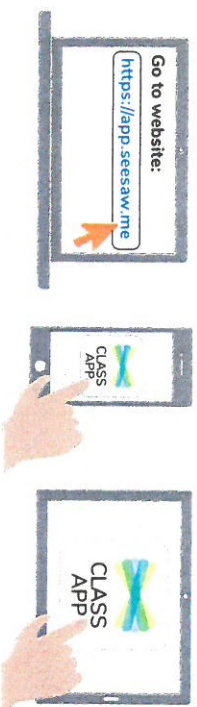
<p>Go to classroom.google.com and click Go to Classroom</p>	
<p>Enter the email address for your Classroom account and click Next.</p> <p>This is your student email account eg. xxxxxxx@parrastu.catholic.edu.au</p>	

<p>Enter your password and click Next</p>	 <p>The image shows the Google 'Welcome' screen. At the top is the Google logo. Below it is the word 'Welcome' in a large, bold font. Underneath is a small blue person icon. Below that is a text input field with the placeholder text 'Enter your password'. To the right of the input field is a small eye icon for toggling password visibility. At the bottom left is a link that says 'Forgot password?'. At the bottom right is a blue button labeled 'Next'.</p>
<p>If there is a welcome message, review it and click Accept.</p>	 <p>The image is a blank white space, representing a screen where a welcome message might have been displayed but is not visible in this specific screenshot.</p>
<p>If you're using an Google Workspace for Education account, click I'm A Student or I'm A Teacher.</p> <p>Tip: Users with personal Google Accounts won't see this option.</p>	 <p>The image shows a 'Pick your role' screen. It has a dark grey background. At the top, the text 'Pick your role' is centered. Below the text are two white rectangular buttons. The left button features a circular icon of a person wearing a red cap and the text 'I'M A STUDENT' below it. The right button features a circular icon of a person with a beard and the text 'I'M A TEACHER' below it.</p>
<p>Click Get Started</p>	 <p>The image shows the Google Classroom 'Get Started' screen. It has a solid green background. At the top center is a yellow square icon containing a white person silhouette. Below the icon is the text 'Google Classroom' in white. Underneath that is a white rectangular button with the text 'GET STARTED' in green. At the bottom of the screen, there are two horizontal white lines.</p>

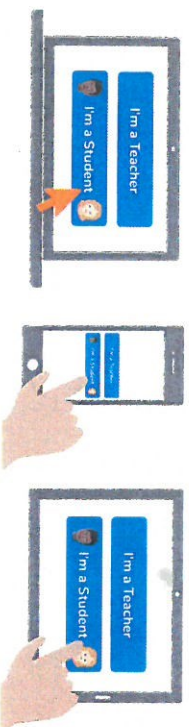


Home Learning Code

1. Go to <https://app.seesaw.me> on a computer. Or install the Seesaw Class App on an iOS or Android device.



2. Choose "I'm a Student".



3. ENTER THE 16 LETTER CODE YOU WERE GIVEN.