



# St Gerard's Primary School

# NEWSLETTER



Term 2 Week 8

[www.sgdandenongnth.catholic.edu.au](http://www.sgdandenongnth.catholic.edu.au)

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11 June 2021

Welcome  
Back  
to  
School!  
We missed you!

**SUBWAY**

**Thursday,  
24th June**

**Please return  
orders by 3:30pm  
Friday, 18th June**

## School Prayer

God, our Father, as members of the Parish Community of St Gerard's we praise you for your love.

May we grow stronger in faith and hope, and may our love for each other, become deeper in our daily lives.

Grant this through your Son, and our brother, Jesus Christ,

*Amen*



## Feast of the Sacred Heart

*We came together today to celebrate the feast of the Sacred Heart of Jesus during assembly. Today's feast reminds us how deep God's love is for each and every one of us. We cannot measure the amount of love God has for us because it is endless and has no boundaries.*

*God loves us deeply and truly.*

*We pray that God's love fills our hearts and minds and helps us to share that love with others.*



*Thank you everyone for bringing in so much food for our St Vincent de Paul Winter Appeal. Our cage is now overflowing with food.*

# MESSAGE FROM THE PRINCIPAL

Dear families,

Welcome back to school!!!

It was wonderful to see all our students again and the smiles on their faces showed that they were glad to be back on-site. Once again a huge **congratulations to our students, families and staff for the way we were able to transition to Remote Learning** in order to continue to educate our students.

As we come out of lockdown and restrictions start to ease it is important that we all continue to keep ourselves and our school community safe. With this in mind, we are trying to limit the number of adults we have on-site. **I am therefore asking that adults do not come on-site unless it is necessary. Where there is a need, adults will be required to sanitise their hands, wear a face mask and sign in using our school QR code.** Please be assured that as restrictions ease I will keep you updated and hopefully we will be able to welcome adults back on-site soon. **I thank you in anticipation for your understanding and cooperation.**

Today (Friday) is the **Feast of The Most Sacred Heart of Jesus** when we have traditionally celebrated Mass and presented St Vincent de Paul with the donations we have collected for those people who are most in need. **Our school community has once again shown how generous it is with a wonderful response.** As we were unable to celebrate Mass we are investigating ways to make sure that we honour this act of charity in the right manner and will inform families once a decision has been made.

A reminder that **Enrolments for Prep in 2022 are now open.** If you have a child who will be starting school next year please contact the School Office. **Existing families are our first category for enrolments,** however we are **getting enquiries from new families** so it is important that we enrol our existing families as soon as possible.

Finally, please stay safe and I hope the long weekend is enjoyable.

God bless.

Paul Cowan  
Principal



Our Give Me Five Bear welcomed our students back after the recent lockdown.



# RELIGIOUS EDUCATION NEWS

## Sacrament Dates, 2021

Planning for all Sacraments is underway. More information will be forthcoming once details are confirmed.

**Please note that arrangements may change based on Federal and State Government health advice.**

### **First Communion: (Grade 4 and 5)**

First Communion Reflection Day:

Monday, 9th August

First Communion:

Saturday 14th August at 5:30pm &

Sunday 15th August at 10:30am

(Parish Mass Times)

First Communion Assembly:

Friday, 20th August at 2:50 pm, parents invited

### **Confirmation: (Grade 6)**

Confirmation Reflection Day:

Wednesday, 28th July

Confirmation:

Friday 30th July at 7pm

(previously announced, Thursday 29th July)

Confirmation Assembly:

Friday 6th August, 2:40, parents invited

## First Communion Mass Postponed

A letter was sent out recently to the Years 3-6 families to announce the postponement of this year's First Communion due to the uncertainty caused by the announcement on Thursday 27 May 2021, by the Victorian Government to help reduce community movement and prevent the spread of COVID-19. The tentative rescheduled date for First Communion is the weekend of, 14th and 15th August, The Feast of the Assumption. Mass times that were originally allocated to First Communicants will be transferred to the 14th and 15th August.

If you have any questions, please don't hesitate to ask Mrs Stack.

## Other Important Dates:

Refugee Week:

Refugee Week 20th to 26th June 2020

Refugee Week Assembly:

Friday, 25th June at 2:30 pm (lead by Social Justice Team)

## Thank You For Your Participation In The St Vincent De Paul Winter Appeal – We Couldn't Have Done It Without You!

St Gerard's School is proud to be partnering with the St Vincent de Paul for its Winter Appeal once again this year. Our cage is now overflowing with food.

Today, on this Feast of the Sacred Heart, we are pleased to announce that 5/6O were the winning class who brought in the most food. They win a casual dress day.

Congratulations and thank you to all of our wonderful families for donating to this very worthwhile cause.

## Seasons - A Program for Grief and Loss

Seasons is a peer support program for children and young people who are experiencing grief and loss in their lives. This loss may be the result of a death, separation or divorce.

This valuable program will become available this term. If you have any questions about the program, please don't hesitate to speak to your classroom teacher or to Mrs. Stack.

# WELLBEING NEWS

## GIVE ME FIVE WEEK

This week the whole school focus was 'Be Positive'. Have a look at some of our student's being positive at home.



Sophia in 1/2 L is being respectful and positive while packing away her toys and pencils.



Chelsea in 1/2FP is being positive at home by sharing her toys and helping her younger brother.

### Look after yourself

Make time to look after yourself so you're in a better position to support those around you. Children and young people's emotions can be affected by how adults are feeling.

Try to maintain your routines, know your limits, debrief with trusted family or friends and try to do things you enjoy to manage your stress levels.



The Be You website provides information on [wellbeing tools](#) and how to practise [mindfulness](#), which can help with stress management. The Beyond Blue website provides more information on how to [look after your mental health during the coronavirus outbreak](#).

### Self Care Tips to Add to Your Routine

#### Get Outside.

Ditching the comfort of your home is a great way to improve mental and physical health. Similar to meditation, spending time outdoors benefits the brain. Other research suggests that being outside in nature also makes us feel more alive. Even living in an area with more green space (i.e. gardens) is associated with greater life satisfaction and less mental distress. However, when getting outdoors in these uncertain times, please follow your local government's guidelines.

#### Eat More Fruits and Veggies.

Adding more fruits and vegetables to our plates is a great way to practice self-care all throughout the day. And in case we needed another reason to load up on nature's goodness, filling up on seven portions of fruits and veggies per day might make us happier.

#### Further Supports

If you or someone you know needs support:



In the event of an emergency, or if someone is at immediate risk of harm



Covid has been a trying time for most families. Here are the contact details of some organisations that may offer assistance if you or someone you know requires support.