



St Gerard's Primary School

NEWSLETTER

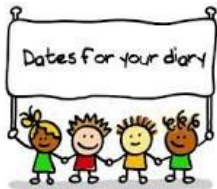


Term 4 Week 4

www.sgdandenongnth.catholic.edu.au

03 97917553

14 August 2020



Link for this week's
assembly: [14 August](#)

HAPPY BIRTHDAY

Wishing those students
who celebrated
birthdays this week.

- Anita - 3/4L



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



A beautiful tribute from the Vinod family to our Living Rosary in honour of Our Lady

The Feast of the Assumption 15th August

Tomorrow, 15th August, we celebrate the feast called the Assumption of Mary into heaven. It celebrates Mary's total sharing in the new life won by her son's death and resurrection.

Let us pray:

Mary our mother,
You sheltered Jesus in your own body,
Raised him with a mother's care,
And followed him in faith.
With you, we celebrate God's saving love

Hail Mary, full of grace,
The Lord is with you!
Blessed are you among women,
And blessed is the fruit
of your womb, Jesus.
Holy Mary, Mother of God,
Pray for us sinners,
now and at the hour of our death. Amen.

Principal - Mr Paul Cowan

principal@sgdandenongnth.catholic.edu.au
71 Gladstone Road, Dandenong North 3175

MESSAGE FROM THE PRINCIPAL

Dear Families,

I hope that you have all had a good, safe and healthy week.

Today marks the midpoint of the term! I would like to once again acknowledge our students, families and staff for their efforts in supporting the learning of our students. With Remote Learning, the partnership between families and school is vital.

This **Saturday** is the **Feast of The Assumption of the Blessed Virgin Mary**. This is a very significant event in the Church year and highlights once again the pivotal role Mary plays in our faith. Normally as a school we would attend Mass as close to this feast day as we can and participate in a '**Living Rosary**' involving students, staff and our parish community.

In light of our current situation, our **2020 Living Rosary is online**. I would like to thank all of the students, families and staff that have contributed to this and offer it to you all to use when you need. The power of prayer is always important, particularly when we are challenged. This also matches up beautifully with our **Give Me 5 focus** for this week of '**Be Spirit Filled**'.

Earlier in the week I received a **letter and cards from St Mary's Primary School, Swan Hill**. They were reaching out to our school to let us know that they were thinking of us as we returned to remote learning. This '**random act of kindness**' was wonderful. It is always comforting to know that others are thinking and praying for us. I have displayed them on a board which we will put in our foyer. Please look out for it as part of next Monday's Meditation.

Our families have **chosen a Catholic education** for their children and in the current economic climate **we all need to support each other**. If your **family is experiencing challenges** with regard to **school fees** please contact the School Office or myself pcowan@sgdandenongnth.catholic.edu.au **so we can work through this together**. If you have a **current Health Care Card** you are entitled to a reduction.

Prep enrolments for 2021 are open and places are filling fast. If you have a child who will be starting school next year please contact the office or myself. **Existing families are our first category for enrolments**, however we are **getting enquiries from new families** so it is important that we know how many places are required.

Finally, **If you do have any concerns about your child(ren)'s learning, please contact their classroom teacher or myself**.

Stay safe and God bless.

Paul Cowan - Principal

RELIGIOUS EDUCATION NEWS

An Invitation for families or individuals to Participate in an online Living Rosary:

St Gerard's Primary School will come together to celebrate the Feast of the Assumption of Mary at our assembly on Friday 14th August (the 15th is a Saturday). Replacing the attendance of Mass due to COVID-19, we will be have an online "Living" Rosary. If you would like to participate, all you need to do is video yourself (family or individual) praying the Hail Mary or the Our Father and email it to Mrs Stack. These prayers will then be collated to create a Living Rosary. If you have any questions, please contact Mrs Stack.

Tips for if you would like to to join in:

- Film in landscape
- Pray slowly
- Prepare a prayer space with a statue of Mary or flowers (optional)
- Email your video to Mrs Stack (dstack@sgdandenongnth.catholic.edu.au)

To Know, Worship and Love (KWL) Digital Text

All students have been given access to the digital version of the, To Know, Worship and Love, (KWL) Religious Education textbooks through their School Email Address. **Access is very easy**

Year 3-6 Students:

All you need to do to access the KWL app for the first time is to click on the following website:

1. <https://app.kwl.com.au>.
2. Then click on the "Sign in with Google" button (giving your email address and password)

Year Prep-2 Students:

All you need to do to access the KWL app for the first time is to click on the following website:

1. <https://app.kwl.com.au>.
2. Use the Username and password provided to your through Seesaw

St Gerard's Talent Quest Auditions:

Early next term, as part of our celebrations for our Feast Day we will be holding our annual Talent Quest. This year our Talent Quest may be presented remotely. Children will need to audition for this event in the last week of term, which is likely to be conducted remotely.

Sacraments, 2020

All Sacraments for 2020 will be rescheduled due to COVID-19 to a date to be advised.

Other important dates:

Feast of the Assumption	15th August
Level Talent Quest Auditions:	Last week of term

WELLBEING NEWS



ANXIETY IS MORE THAN FEELING STRESSED OR WORRIED
Whether a diagnosis is made (by a health professional) will depend on how often, how easily and how intensely a child or young person experiences the symptoms of anxiety and how much it interferes with everyday living.

Common signs and symptoms of anxiety include:

- feeling more anxious than others their age and level
- having anxious feelings are consistently very intense
- feelings that persist well after the stressful event has passed
- feeling so distressed that it interferes with their capacity to learn, socialise and do everyday things.

It's estimated that one in 14 children and young people experience anxiety.

There are a range of effective treatments and supports available, focusing on how to enable them to manage their condition.

What signs should I look out for?

Age is important

There are similarities but also key differences in the way anxiety may manifest throughout development from early childhood to adolescence. For example, if a baby cries when an unfamiliar person wants to hold them, their fear seems perfectly normal for this age. But if a 12-year-old withdraws or refuses to talk to new people and avoids situation where it may be expected, this may be evidence of a more serious anxiety issue. No matter the age, both children and young people can have difficulty finding the words to express what they are feeling – their behaviour may be the best clue.

Primary school years

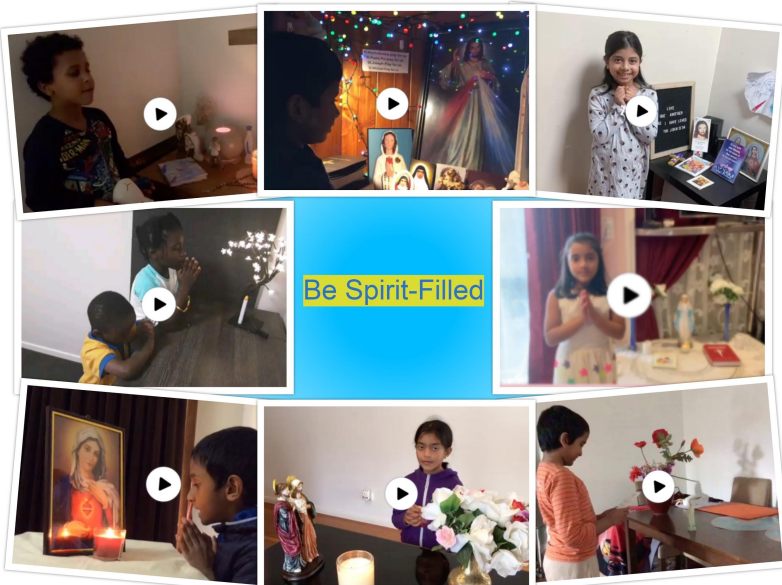
As children's thinking skills expand and become more abstract, they can develop fears of imaginary creatures and monsters. They may also worry about schoolwork, tests and their social relationships. As they grow older, they may have anxiety about family relationships or global issues such as war or famine.

The following behaviours might indicate a primary school-age child is experiencing higher levels of anxiety than average:

- Wanting things to be perfect.
- Reluctance to ask for help.
- Asking for reassurance excessively.
- Difficulty joining in.
- Challenging behaviour



This week the whole school focus was 'Be Spirit-filled'. Have a look at some of our students being spirit-filled while praying the Hail Mary at home.



Garden to Kitchen News



Cook a meal with your family, write a short description of what you made and send photos of yourself and your family cooking together. Email your photos to [Mrs Fernandez](#)

PARENT MEETING



Parents you are invited to a Student Wellbeing meeting next **Thursday 20th August**.

We will be addressing the wellbeing of your child during the pandemic.

Reminders will be sent out through Seesaw next week.

This meeting is for parents only and access to the meeting will be sent out next week through your child's email account.

Meeting times:

Grades Prep to 2 Parent Meeting- 1:00pm- 1:30pm

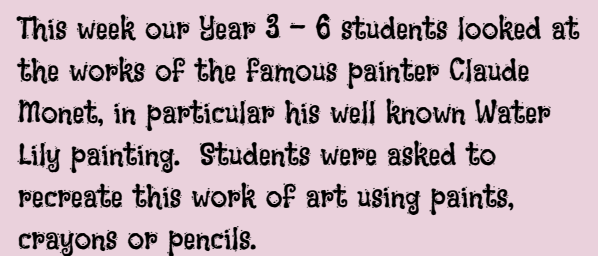
Grades 3 to 6 Parent Meeting- 2:00pm- 2:30pm

WELLBEING NEWS CONTINUED

Your weekend challenge is to design and build your own indoor or outdoor fort! Be as creative as you can and see how many family members you can fit into your fort. Take a photo of your fort and upload it to Seesaw.



ART NEWS



COMMUNITY NEWS

Making a difference in Greater Dandenong

Nomination form

AUSTRALIA DAY AWARDS

The Greater Dandenong Australia Day Awards recognise individuals or groups whose outstanding work has made a positive contribution to the Greater Dandenong community.

Nominate now on:
greaterdandenong.com/australiadayawards
Email: austday@cgd.vic.gov.au
or phone 8571 5090 to find out more.

Closing date: Monday 31 August 2020



AUSTRALIA DAY AWARDS



Citizen of the Year



Volunteer of the Year



Young Leader of the Year



Community Group of the Year



Sustainability Award



Corporate Citizen of the Year



Sportsperson of the Year



Living Treasure Award

Who will you nominate?

Closing date: Monday 31 August 2020



We warmly invite you to attend our

2020

Open Days



St John's
REGIONAL COLLEGE

OPEN MORNINGS

Thursday 10 September - 9am

Thursday 22 October - 9am

OPEN EVENINGS

Tuesday 17 November - 6pm

To book a tour, visit: <https://www.trybooking.com/BALBU>

www.sjrc.vic.edu.au

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