



St Gerard's Primary School

NEWSLETTER

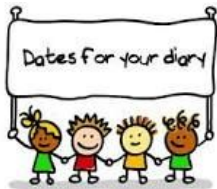


Term 4 Week 8

www.sgdandenongnth.catholic.edu.au

03 97917553

4 September 2020



Link for this week's
assembly: [4 September](#)

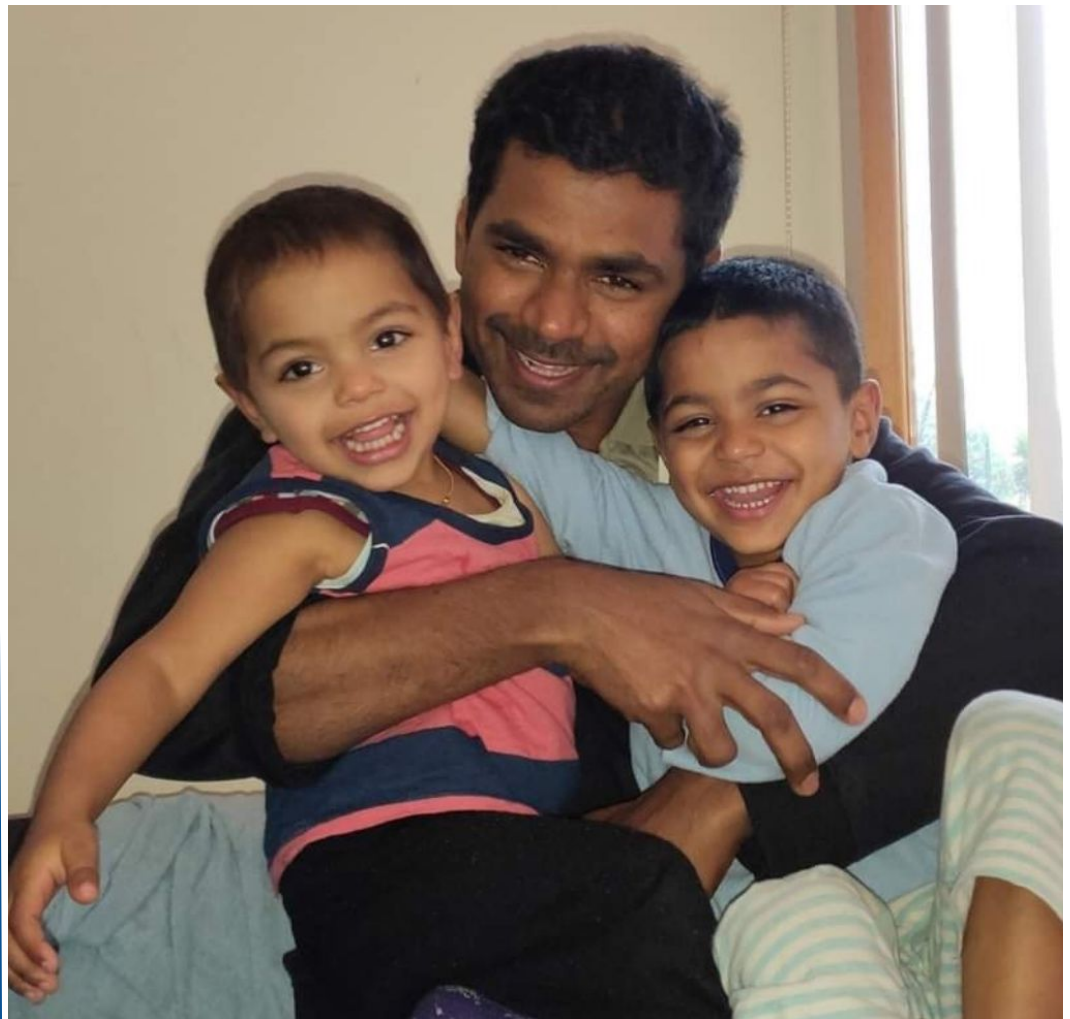
HAPPY BIRTHDAY

Wishing those students
who celebrated birthdays
this week.

- Oscar - Prep C
- Jan - 5/6VT



Congratulations to
Gabriel who has
been blessed with
a new baby
brother, Raphael



HAPPY FATHER'S DAY!

God our Father, through the intercession of St. Joseph,
Foster father of Your Son, Our Lord Jesus Christ,
We give you thanks and praise for all fathers in the world.

We pray for them so that they may find courage
And perseverance to balance work,
Family and faith in joy and sacrifice.

We remember fathers, grandfather, and great
grandfathers
Who are no longer with us but who live forever in
Our memory and nourish us with their love. Amen

Principal - Mr Paul Cowan

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71 Gladstone Road, Dandenong North 3175

MESSAGE FROM THE PRINCIPAL

Dear Families,

Our **Give Me 5 focus** for this week was **Be Your Best**, and looking at the involvement of our students and families this was something that was embraced. On Monday we had families take part in **Light in the Darkness** where our school community was invited to light a candle, stand in their front garden and spend some time in silence and prayer to remember the challenges faced by people this year and to look forward in hope as we move into Spring. Tuesday was our **Fancy Dress** day where students dressed up and went out to their letterbox and we also had our Year 1 and 2's create some wonderful responses to the picture story book **Who Sank The Boat?**

As I mentioned last week, **Father Shanthaiah Marneni MSFS** has been appointed as our new **Parish Priest**. Father is due to start in the parish on **16 September**, which is the last Wednesday of this term. Father Shanthaiah is from Sri Lanka and belongs to the Religious Order of St. Francis de Sales. He was the rector of a seminary in Sri Lanka before coming to Australia. Father was Parish Priest of St. Kevin's Hampton Park, then St. Andrew's Clayton South, and is currently at St. Patrick's Kilmore. I am looking forward to welcoming him to our school community.

Enrolments for Prep in 2021 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.

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.** Our families have **chosen a Catholic education** for their children and in the current economic climate **we all need to support each other.**

A reminder that Mrs Fernandez conducted **Student Wellbeing sessions for parents** a couple of weeks ago. The purpose of these sessions was to help parents monitor the wellbeing of their children. The link to the **video that was presented and the contact details of organisations** that can offer support are contained in this newsletter. **I strongly encourage families to use these resources if they have concerns about any member of their family.**

Next **Tuesday 8 September** we have **3 Way Conversations** occurring during the day. This is an opportunity for students, parents and teachers to celebrate successes and set goals for further learning. To organise a time please **email Mrs Helen Cox** hcox@sgdandenongnth.catholic.edu.au with your preferred time frame (9.00am - 11.00am, 11.45am - 1.45pm or 2.30pm - 4.00pm). **Please note that teachers will not be conducting their usual program on this day.**

Finally, I would like to wish all our fathers and significant males a happy **Father's Day** for Sunday. The love, support and guidance of a father is lifelong and the positive impact they can have should never be underestimated. It is truly a blessing to be a father.

Stay safe and God bless.
Paul Cowan - Principal

RELIGIOUS EDUCATION NEWS

Sacraments, 2020

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

Digital Talent Quest Auditions, 2020

One of the ways we traditionally celebrate St Gerard's Feast Day, 16th October, is by hosting a talent quest. This year, due to restrictions, our talent quest will be held remotely.

We are very proud to announce that we will be offering a new division accommodating family acts.

The divisions will be as follows:

- Prep
- Junior School
- Middle School
- Senior School
- Family Acts

Challenge: film yourself doing one of your special talents; singing, acting/storytelling, dancing (cultural dance is a favourite), gymnastics, magic, slam poetry or stand up comedy. Acts should be 1-3 minutes long. Bonus points when you involve other St Gerard's students, include costumes/props or interesting backdrop. Respond by uploading your video onto the Talent Quest Activity on Seesaw.

Items that pass the auditions will automatically be entered into our Digital Talent Quest to be viewed at 2:30 on Friday 16th October.



Light in the darkness:

Time Out for a Suffering World.

Here are photos of our families who last Monday, 31 August, were invited to stand in their front garden and spend some time in silence and prayer to remember all those who have lost their lives to Covid-19 or to violence this year.





Physical activity and mental health

Regular physical activity is great for children and young people's health development and helps prevent and relieve mental health issues.

How does exercise affect mental health and wellbeing?

Physical activity promotes many aspects of child and adolescent development, including social and emotional skills, as well as physical development of motor skills.

It also supports mental wellbeing. We know that high levels of inactivity can lead to a greater risk of both physical and mental health problems.

Physical activity:

can increase levels of serotonin and endorphins; the neurotransmitters involved in regulating and improving mood

- promotes sleep – which also helps regulate moods, increase energy levels and improve memory and learning
- increases the connections between the brain neurons, which improves memory and learning capacity
- pumps blood to the brain to boost mood, concentration and alertness
- promotes relaxation by reducing skeletal muscle tension
- provides children and young people with an outlet for excess energy and frustration, which relieves tension
- provides an opportunity for children and young to socialise and meet new people, reducing loneliness and isolation
- improves motor and cognitive skills, which boosts self-esteem
- distracts children and young people from negative thoughts.

These benefits also serve to improve classroom behaviour and promote a more positive learning environment.

How much exercise do children and young people need?

The [Australian 24-Hour Movement Guidelines](#) outline the following recommendations for children and young people:

- **Infants** (birth to one year): 30 minutes of supervised interactive floor-based play including tummy time, reaching and grasping, pushing and pulling and crawling.
- **Toddlers** (1-2 years): at least 180 minutes a day, including energetic play such as running and jumping.
- **Pre-schoolers** (3-5 years): at least 180 minutes a day of which 60 minutes is energetic play such as running, jumping and kicking and throwing.
- **Children** (5-12 years) and young people (13-17 years): at least 60 minutes of moderate to vigorous intensity physical activity every day.

The percentage of children meeting current guidelines is:

- 61% of two to five-year-olds
- 26% of five to 12-year-olds
- 7.9% of 13 to 17-year-olds.

Wednesday 9 September

Webinar: Managing the Coronacoaster

In this live webinar for parents, adolescent and child psychologist, [Dr Michael Carr-Gregg](#) shares his tips on managing parent wellbeing and building resilience.

[Use this link to join this live session from 7.00pm](#) (using passcode 607251) or set your reminder [here](#).

WELLBEING NEWS CONTINUED



A big thank you to all of the parents who attended the Student Wellbeing meeting this Thursday.

During this meeting we addressed the **wellbeing of our children** during the pandemic.

Please click [here](#) to access the video by Dr Michael Carr-Gregg which was presented during this meeting.

Please click [here](#) to access the Student Wellbeing Checklist.



FANCY DRESS DAY!!

Fancy Dress Day!

On Tuesday, 1st September we celebrated 'Fancy Dress Day!' Have a look at some of our creative students and their families!

Ministry of Silly Walks

On Tuesday 8th September students and families are invited to participate in the 'Ministry of Silly Walks!'

Take a video of yourself walking past your house with a silly walk. Watch this [video](#) for a few clues on how you could walk.

Send the video to your teacher on Seesaw. Mums, dads, brothers, sisters and grandparents are invited to join in the fun too! We would love to see how creative your family can be!



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.

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



ART NEWS



With Father's Day coming up this Sunday, the Prep - 2 students were set the task of creating a Father's Day handprint or dad picture. Here are some of their wonderful creations.



The Year 3-6 students were asked to create a Father's Day poster. They have done a fabulous job..

