



St Gerard's Primary School

NEWSLETTER



Term 3 Week 6

www.sgdandenongnth.catholic.edu.au

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20 August 2021

HAPPY BIRTHDAY

Wishing the following students who celebrated their birthday this week a very happy birthday!

- Minh-Dang, 5/60

Book Week Activities Next Week

Stay at home,
be safe,
be healthy.

Current restrictions see the students back at school on Thursday, 2 September

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

Our Give Me 5 Principle for these two weeks is to Be Positive

As parents, we bring our children into the faith. The Gospel reading this Sunday asks them to consider the reasons why they would choose to be followers of Jesus. Monday's meditation will discuss some of the difficult things that we are called to do as Christians, but we know that we will live forever with Jesus.

Forgiving and acting kindly towards others can be very difficult, so when your child does those things, remind them they are not only being positive, but acting like a follower of Jesus.

Anjanna having fun and being positive on Crazy Hair Day



MESSAGE FROM THE PRINCIPAL

Dear families,

I trust that this newsletter finds you all well and safe.

With the announcement of the **extension of the lockdown until Thursday 2 September** our current processes and procedures will continue. Our **Remote Learning** arrangements are **enabling our students to continue their learning and stay connected to their classmates, teachers and school**. At this time it is important to stay in communication with those people we usually encounter daily and I would encourage everyone in your family to do this.

Our **Give Me 5 focus** for this week was to **Be Positive**. While having a positive mindset is important for the individual, it also has a significant impact on those we come into contact with. The message from our Monday Meditation was to look at the example of Mary who remained positive throughout the challenges she faced and by extension the impact she had on those that she encountered. While we are facing challenges at the moment we have a wonderful role model to follow.

Looking to **next week**, we will be celebrating **Book Week** in a variety of ways. One of the highlights of this celebration of reading and literature is our **dress-up day**. This is going to be **next Tuesday** and we are looking forward to seeing a variety of book characters at our *Google Meets* and through photos on *Seesaw*. I encourage/ challenge **all** family members to get involved! There will be other items posted on *Seesaw* throughout the week so please be on the lookout for them.

While talking about reading and good quality literature, a big **congratulations to Dominique, Hope, Antonette and Joe** from our Year 5/6 classes who will have their writing **published** in the **Early Harvest Book** this year. This is a wonderful achievement and reward for their hard work. We may have some future 'great Australian authors' among us!

As always, I encourage families to contact the school via Seesaw, email or phone if we can help in any way. Please stay connected with us. I appreciate that this can be a challenging time in many ways for families and my thoughts and prayers are with our school community.

Please stay safe and God bless.

Paul Cowan
Principal

RELIGIOUS EDUCATION NEWS

First Communion and Confirmation Dates Rescheduled

Due to the extension to the current lockdown, we have rescheduled the dates for First Communion and Confirmation. The new date for Confirmation will now be **Friday 3rd September, 7pm**. The two First Communion Masses will be on **Saturday 4th September at 11:30am and 2pm**.

Again, this is dependent on the current restrictions being lifted. If you have any questions, please don't hesitate to contact Mrs Stack.

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. Children will need to audition for this event in the last week of term.

WELLBEING NEWS



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.

OTHER SCHOOL NEWS

BOOK WEEK 2021



This year Book Week is celebrated from 21st – 27th August. The theme for Book Week 2021 is 'Old Worlds, New Worlds, Other Worlds'. We have a very exciting Book Week planned this year! More details will be sent home with students next week. In the meantime, here are some costume suggestions to help with your dress up ideas.

