



St Gerard's Primary School

NEWSLETTER



Term 4 Week 2

www.sgdandenongnth.catholic.edu.au

03 97917553

22 October 2021

HAPPY BIRTHDAY

Happy birthday to those students and staff who have celebrated their birthday this past week:!

- Marcus - 3/4S

School Closure Days

Monday,
1 November
&
Tuesday,
2 November

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

Covid Poem

When this is over, may we never again take for granted
A handshake with a stranger, full shelves at the store
Conversations with neighbours, a crowded theatre
Friday night out, the taste of communion
A routine checkup, the school rush each morning
Coffee with a friend, the stadium roaring
Each deep breath, a boring Tuesday
Life itself.

When this ends, may we find that we have become
more like the people
we wanted to be
we were called to be
we hoped to be
and may we stay
that way--better
for each other
because of the worst.
- Laura Kelley Fanucci



Year 5/6 students were overjoyed to be back onsite today as they ran freely in the sunshine.

MESSAGE FROM THE PRINCIPAL

Dear families,

It has been fantastic to be able to **welcome back** some of our students over the course of the week.

To have our Preps come in Monday to Wednesday, Year 1/2 's Thursday and Friday and Year 5/6 students today (Friday) was wonderful. The enthusiasm and smiles on their faces (and that of their families) as they came through the gates was such an uplifting experience. **Our school is starting to come alive again!**

The **plan for our students transitioning to Onsite Learning** continues next week with our **Prep students coming in Monday to Wednesday, Year 3/4 returning for the first time on Tuesday and Wednesday** and our **Year 1/2 and Year 5/6 children on Thursday and Friday**. Information has been sent out previously via Seesaw with the schedule for each year level. A copy of all year level schedules is also contained in this newsletter. If you have any questions or concerns please contact me via Seesaw, email: principal@sgdandenongnth.catholic.edu.au or phone 9791 7553.

As mentioned last week, our school is participating in **Melbourne Archdiocese Catholic Schools – School Improvement Surveys (MACSSIS)**. MACSSIS is an annual process whereby schools listen to the thoughts and feelings students, families and staff have about how their school can improve. These surveys help inform the ongoing improvement of schools across the Archdiocese of Melbourne. **An email was sent last week with your family's code for the parent survey**. Students will complete their survey when they return to Onsite Learning. I encourage all families to complete the survey and thank you in anticipation.

While our main focus at the moment is to transition our children back to Onsite Learning, we are also looking **towards 2022**. I am therefore asking families to **contact the school office** if your child(ren) **will not be returning to St Gerard's next year**. Having accurate information helps us to be able to plan 2022 with a level of certainty.

Lastly, **St Gerard's** now has an **Instagram** account which will allow us to share aspects of our school and the learning opportunities we provide for all our students. Please see further information about this exciting addition to our school in this newsletter

Continue to stay safe and God bless.

Paul Cowan
Principal

RELIGIOUS EDUCATION NEWS

Celebration of First Communion and Confirmation

First Communion and Confirmation Mass times have been tentatively rescheduled as follows:

- Confirmation Mass: Friday 5th November, 7pm
- First Communion: Saturday 6th November, 11:30am and 2:30pm

More details regarding how many guests each candidate can bring will emerge closer to the date, subject to government restrictions and regulations. If you have any questions, please don't hesitate to ask.

Important Dates for Term 4

Friday 29th October	Mission Month Assembly (led by the Social Justice team)
Monday, 1st November	All Saints Day
Tuesday, 2nd November	All Souls Day
Thursday, 11th November	Remembrance Day, one minute silence
Thursday, 18th November	Year 6 Reflection Day
Friday, 26th November	Advent Assembly at 2:30 pm
Friday, 10th December	Special Christmas Carols Evening sent via Vimeo
Friday, 10th December	End of Year Mass - TBC
Tuesday, 14th December	Year 6 Final Assembly, 2 pm and Graduation, 7 pm

Mission Walk Around Thailand

Socktober for Mission Month encourages students across Australia to make a difference in the lives of vulnerable children in Thailand and around the world. During term 4 we are encouraging students to learn what life is like for children from Thailand, specifically those from slum areas in Bangkok.

Students are challenged to get fit and raise funds for Catholic Missions by using a map of Thailand to track the distance they have covered when they walk (run, hop, skip, walk backwards, whatever) around the walking track on the oval. Students will be timetabled to walk around the track, 15 minutes a day for the whole term. The Mission Walk Around Thailand will become our main fundraising event for Mission Month.



Carols Evening

Due to the COVID-19 restrictions, our Carols Event will again be held remotely this year. We hope to distribute a Vimeo link to our Christmas event for families on Friday, 10th December.

WELLBEING NEWS



**Fancy Family
Dinner**

This Tuesday all students were invited to organise a special family dinner. Students were encouraged to create a menu, set the table and welcome their family members to their special restaurant. This fancy dinner was a way of saying thank you to our parent for their support during lockdown. Have a look at some of our amazing restaurants!

fish crumble, salad and the grand deluxe cocktail.



Tonight we
are eating
coleslaw
salad and
chicken

Photo
→



Menu

Starter: Lamb Cutlet With
Tomato Sauce.
Main Course: Chicken Roast With
Roasted Potatoes, Vegetables &
Gravy.
Dessert: Cookies & Maltesers.
Drink: Water.



WELLBEING NEWS CONT'D

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.

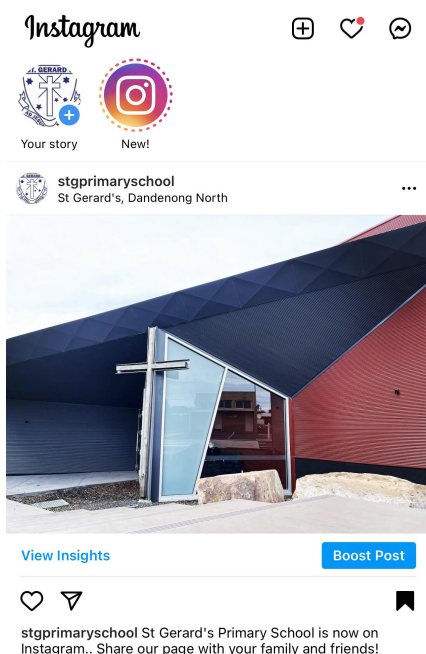
TECHNOLOGY NEWS

St Gerard's Primary School is now on Instagram and Facebook

We are excited to launch our St Gerard's Instagram Page. Please like and follow us to see the special moments captured at our school. Share our page with all your family and friends.



Stgprimarieschool
On Instagram



St Gerard's Primary School on Facebook

Transition to onsite learning

Prep

Day and Date	Onsite Learning	Remote Learning
Monday 25 October	😊	
Tuesday 26 October	😊	
Wednesday 27 October	😊	
Thursday 28 October		😊
Friday 29 October		😊
Monday 1 November	School Closure Day	
Tuesday 2 November	Melbourne Cup Public Holiday	
Wednesday 3 November	😊	
Thursday 4 November		😊
Friday 5 November	😊 Onsite Learning every day from this date 😊	

Year 1/2

Day and Date	Onsite Learning	Remote Learning
Monday 25 October		😊
Tuesday 26 October		😊
Wednesday 27 October		😊
Thursday 28 October	😊	
Friday 29 October	😊	
Monday 1 November	School Closure Day	
Tuesday 2 November	Melbourne Cup Public Holiday	
Wednesday 3 November		😊
Thursday 4 November	😊	
Friday 5 November	😊 Onsite Learning every day from this date 😊	

Year 3/4

Day and Date	Onsite Learning	Remote Learning
Monday 25 October		😊
Tuesday 26 October	😊	
Wednesday 27 October	😊	
Thursday 28 October		😊
Friday 29 October		😊
Monday 1 November	School Closure Day	
Tuesday 2 November	Melbourne Cup Public Holiday	
Wednesday 3 November	😊	
Thursday 4 November		😊
Friday 5 November	😊 Onsite Learning every day from this date 😊	

Year 5/6

Day and Date	Onsite Learning	Remote Learning
Monday 25 October		😊
Tuesday 26 October		😊
Wednesday 27 October		😊
Thursday 28 October	😊	
Friday 29 October	😊	
Monday 1 November	School Closure Day	
Tuesday 2 November	Melbourne Cup Public Holiday	
Wednesday 3 November		😊
Thursday 4 November	😊	
Friday 5 November	😊 Onsite Learning every day from this date 😊	