

# St Gerard's Primary School

# NEWSLETTER



Term 3 Week 2

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

03 97917553

23 July 2021

## HAPPY BIRTHDAY

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

- Rachel - 3/4C
- Devaan - 3/4S
- Denay - 1/2L
- Mila - 1/2L

**Stay at home,  
be safe,  
be healthy.**

**Remote  
Learning  
To continue  
until 27th July**  
Updates on this lockdown  
will be advised via  
Seesaw.

### 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**



## Prayer for the Tokyo Olympics

Dear Lord,

Please bless the athletes, coaches, workers, press teams, and any attendees at the 2021 Olympic Games in Tokyo.

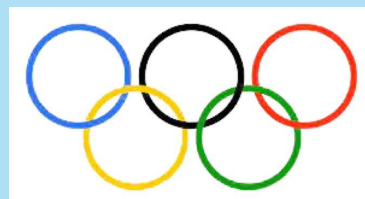
We ask you to look over these people and keep them safe.

We pray for wisdom over the decisions made to keep everyone safe.

We pray for protection for all involved, especially from COVID-19.

Please watch over all involved so that the following weeks and events can be safe and peaceful.

**Amen.**



# MESSAGE FROM THE PRINCIPAL

Dear families,

I hope that this Newsletter finds you all safe, well and good. Lockdowns can be challenging in many ways for families and my thoughts and prayers are with our school community at this time.

Once again I would like to congratulate our students, families and staff for the way we have transitioned to Remote Learning. While learning modes may be different we continue to provide opportunities for our students to develop. **As always, I encourage families to contact the school via Seesaw, email or phone if we can help in any way.** It was great to have so many families participate in our 3 Way Conversations which were held online last Tuesday. If you were unable to attend, please contact your child's classroom teacher to arrange a time.

Due to the current circumstances it has been decided to **postpone** the celebration of the **Sacrament of Confirmation until Friday 6 August**. While this is disappointing for the candidates, their families and the community it allows time for clarity on how we can conduct this important stage in a person's faith journey safely. At this stage there has been **no decision with regard to First Communion**, scheduled for 14 and 15 August.

A message was sent out via Seesaw on Wednesday about a free webinar for families which was conducted by **Andrew Fuller** (Clinical Psychologist, Author and Family Therapist). Andrew's sessions are very popular and get booked out quickly. If you were able to attend I would welcome any feedback. If more sessions are announced we will communicate them to you.

The **Tokyo Olympic Games** Opening Ceremony is tonight (Friday) and while these Olympics may look different, I feel it will still have the ability to unite not only Australia but the World. The Olympics has always had the ability to **inspire** and with the announcement of Brisbane hosting the 2032 Olympics our children could be major contributors.

In this Sunday's Gospel we hear the story of the **Feeding of the 5,000**. There are many connections and aspects that are relevant to us today. People of faith coming together to share a meal and the inclusion of everyone are two that spring to mind.

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.

Lastly, please stay safe and look after each other. I hope to see you all back at school next Wednesday.

God bless.

Paul Cowan  
Principal

# RELIGIOUS EDUCATION NEWS

## Sacrament Dates, Term 3 2021

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

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

First Communion Reflection Day:

First Communion:

Monday, 9th August

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:

Confirmation:

Wednesday, 4th August

Friday, 6th August at 7pm

(previously announced, 29th July & 30th July)

Confirmation Assembly & Living Rosary:

Friday, 15th August - time TBA

## Parish Masses

**Years Prep, 5/6**

**Years 1/2:**

**Years 4/5:**

Thursday, 9th September at 9:15 am

Thursday, 5th August at 9:15 am (restrictions allowing)

Thursday, 12th August at 9:15 am followed by Reconciliation

## Confirmation Postponed

The uncertainty caused by the announcement, by the Victorian Premier, Daniel Andrews, that Victoria's lockdown will be extended by 7 days to help reduce community movement and prevent the spread of COVID-19 has led us to postpone Confirmation (due to take place 30<sup>th</sup> July) for one week.

The tentative rescheduled date for Confirmation is Friday 6<sup>th</sup> August at 7pm. If you have any questions, please don't hesitate to ask Mrs Stack.

## Whole School Living Rosary

The Living Rosary will be celebrated on 13th August to honour Our Lady for the Feast of the Assumption. The senior students will lead the Rosary with student representatives from each class invited to contribute. Families and Parishioners will be invited to attend, COVID restrictions permitting.

## 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

## Kitchen to Garden FAMILY COOKING

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 at [nfernandez@sgdandenongn.th.catholic.edu.au](mailto:nfernandez@sgdandenongn.th.catholic.edu.au).





## GIVE ME FIVE WEEK

Next week we will be focusing on 'Being Your Best at Home and School'. Please take a photo of your family being their best at home and email your photo to Mrs Fernandez at [nfernandez@sgdandenongnth.catholic.edu.au](mailto:nfernandez@sgdandenongnth.catholic.edu.au)



### 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.

## 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.

