



# St Gerard's Primary School

# NEWSLETTER

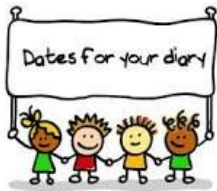


Term 2 Week 2

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

03 97917553

24 April 2020



## School Assembly Link

Link to our assembly for this week:  
<https://vimeo.com/410962782/1da391c8a0>

# HAPPY BIRTHDAY

Wishing the following students a happy birthday for this week;

- Ryan Rughoo

We hope you have a great day!!!

## 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

ANZAC Day is one of Australia's most important national occasions, and this year all members of the service community and the public will stay at home. In response, we have created our own video of an ANZAC ceremony to be shared remotely so that we can come together as a community to mark this important event. It is available on the following link: <https://vimeo.com/411290524/e0f918239f>. Your family might like to watch it at dawn tomorrow morning or later in the day at a time that suits you.



*They shall grow not old,  
As we that are left grow old;  
Age shall not weary them,  
Nor the years condemn.  
At the going down of the sun  
And in the morning  
We will remember them.*

Artwork by St Gerard's students

# MESSAGE FROM THE PRINCIPAL

Dear Families,

I hope this Newsletter finds you all well, safe and healthy.

I am sure you would agree that it has been a big week of learning for everyone! While there has been some inevitable challenges and adjustments with remote learning taking place, **I must say I am so very proud of the efforts of our students, families and staff in working together.** From a staff perspective we have learnt about some different ways we can **stay connected** with our children and their families. **Google Meet** has been effective this week and we are looking at extending this further. I am asking families to make sure that they have their **child's school email address and password** so that Google Meetings can be accessed. Please contact your classroom teacher if you do not have these. **Please do not hesitate to contact us if you require any assistance with regard to your child's learning or family support in general.**

As I have said over the past few Newsletters, our families have **chosen a Catholic education** for their children. 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](mailto:pcowan@sgdandenongnth.catholic.edu.au) **so we can work through this together.** A reminder that if you have a **current Health Care Card** you are **entitled to a reduction.**

This Sunday's Gospel presents the '**Road to Emmaus**'. It is interesting that Jesus followers didn't recognise him until he re-creates the Last Supper by breaking the bread. It can be easy to get caught up in our own concerns, particularly at this time, and then something gives us a new perspective. Another message that may come from this is that Jesus is with us on our journey walking beside us. A reminder that **our parish is providing Mass online.** Please visit the new parish website <https://www.saintgerardparish.com>

**Prep enrolments for 2021** are open. If you have a child who will be starting school next year please contact the office or myself to obtain an enrolment form. **Existing families are our first category for enrolments.** To assist with planning and processing applications it is important that we know how many places are required for existing families.

Lastly, a special **ANZAC Day Reflection will be sent out this evening.** You may want to use this tomorrow (Saturday) to observe this special and significant day. **Meditation on Monday morning** and our **Friday afternoon Assembly will also be sent out via SeeSaw.**

Stay safe and God Bless.

Paul Cowan - Principal

# RELIGIOUS EDUCATION NEWS

## **Meditation and Assemblies during Remote Learning:**

An attempt to replicate meditation that we normally have on a Monday Morning and Assembly we normally have on a Friday afternoon will happen through remote learning. Please look out for the Seesaw messages as they come through.

## **Sacraments**

All sacraments have been postponed due to COVID 19 until further notice.

## **Important Dates:**

Our Lady Help of Christians Assembly:	Friday 22nd May @ 2:30
Our Lady Help of Christians:	Monday 25th May
National Sorry Day:	Tuesday 26th May
National Sorry Day Assembly:	Friday 29th May @ 2:30 (led remotely by Social Justice Team remotely)
Refugee Week Assembly:	Friday 12th June @ 2:30 (Lead remotely by Social Justice team)
Refugee Week:	Refugee Week 14th to 20th June 2020
Sacred Heart of Jesus Assembly:	Friday 19th June @ 2:30 (led remotely by Liturgy Captains)

## **Feast of the Sacred Heart of Jesus Winter Appeal**

I have spoken to James Tudehope, from St Vincent de Paul, St. Gerard's Parish who has informed me that they have replaced the soup van for making hampers to give away due to COVID 19. Several local St Vincent de Paul groups have merged and are working out of our hall to make up these hampers.

James sounded concerned for the vulnerable populations during this pandemic. He said that our families can still help the needy by donating non perishable items. These items can be dropped into our school foyer during school hours throughout term 2.

## **Seasons**

The Seasons program, which offers children a safe space to come together and share their experiences of change and loss will be postponed until further notice.

## **Stay Connected: Mass Online**

During the COVID 19 pandemic, Mass online is available from our new parish website:

<https://www.saintgerardparish.com>.







## 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.



## Kitchen to Garden



# FAMILY COOKING

Dear Mrs Fernandez,

Hope you doing well.

We made pizza for dinner last night. It was fun cooking with my family.

Mum and I made the dough in the morning and we all enjoyed layering our pizzas with our choices, My sister and I made it with chicken, sausages, spinach and cheese. Mum and dad added avocado and onion. Dad helped with the oven and cutting. Our home made pizzas were so delicious.

Looking forward to see you. stay safe!

Thanks,

Kind regards,  
Trevor





# WELLBEING NEWS CONT'D

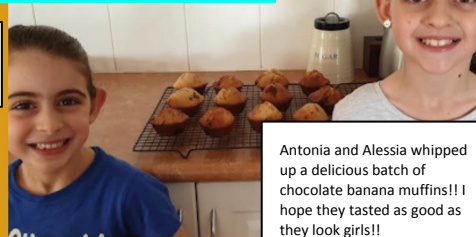


Malakai enjoyed making delicious paella. He wanted to cook paella because his letter of the week was 'P'. 'P' for paella!

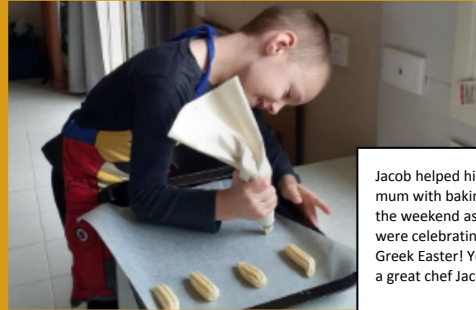
## COOKING AT HOME



Dhanya enjoyed making scrambled eggs and pancakes for breakfast on Sunday. She loves to cook!!



Antonia and Alessia whipped up a delicious batch of chocolate banana muffins!! I hope they tasted as good as they look girls!!



Jacob helped his mum with baking on the weekend as they were celebrating Greek Easter! You're a great chef Jacob!

Last week students were invited to cook a meal with their family, write a short description of what they made and send through photos of themselves and their families cooking together.

Have a look at some of the little master chefs we have at St Gerard's.

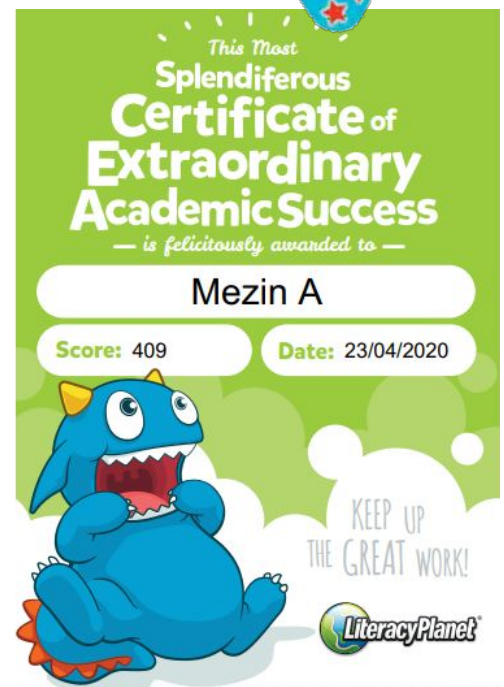
If you would like to send through a photo of your family cooking a meal together or gardening please email your photos to Mrs Fernandez [nfernandez@sgdandenongnth.catholic.edu.au](mailto:nfernandez@sgdandenongnth.catholic.edu.au).



## Colourful Clothes Day



On Tuesday 21<sup>st</sup> April our school joined in the excitement of 'Colourful Clothes Day' by wearing their brightest piece of clothing. Have a look at St Gerard's creativity!



**CONGRATULATIONS MEZIN!!**