

St Gerard's Primary School

NEWSLETTER

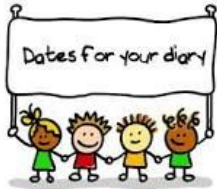


Term 2 Week 4

www.sgdandenongnth.catholic.edu.au

03 97917553

8 May 2020



School Assembly Link

Link to our assembly for this week:
<https://vimeo.com/415941316/a5287c199f>

HAPPY BIRTHDAY

Wishing the following students a happy birthday for this week:

- Ruby Tomaras - Prep
- Catherine Dinh - 3/4S
- Kevan Fernando - 3/4S
- Mary Youseff - 3/4S
- Jaskirat Walia 5/6O

We hope you have a great day!!!



*Today we give thanks for all Mothers,
For the love they give every day.
We pray too for all those Mums
who are no longer with us
And those who are grieving for them.*

On Sunday, 10th May is Mother's Day. While this year's Mother's Day is being celebrated in the challenging circumstances of the coronavirus, we offer a prayer today for all mothers and we give thanks for the love that they give every day of their lives. We think of those mothers no longer with us. We offer a special prayer too for mothers to be and for Godmothers and all who play a maternal role in our lives.

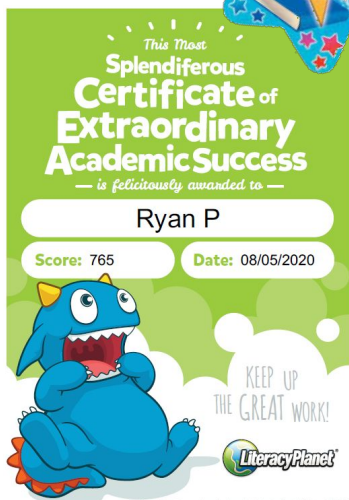
HAIL MARY, FULL OF GRACE

We offer a prayer to Mary, Mother of God:

Hail Mary, Full of Grace, The Lord is with thee. Blessed art thou among women, and blessed is the fruit of thy womb, Jesus. Holy Mary, Mother of God, pray for us sinners now, and at the hour of death.

Amen

CONGRATULATIONS
RYAN



Principal - Mr Paul Cowan
Parish Priest - Father Dean Mathieson
principal@sgdandenongnth.catholic.edu.au
71 Gladstone Road, Dandenong North 3175

MESSAGE FROM THE PRINCIPAL

Dear Families,

Welcome to the end of another week of remote learning opportunities.

The focus set for this week from our **Give Me 5** principles was **Be Your Best**. I hope everyone was able to keep this in mind. Being our best in all that we do not only helps ourselves but those in our family.

I have been **reflecting on what the first 4 weeks of this unique term** have been like. While there have been some obstacles, I am so very proud of the way **families and staff have worked together to support our students**. One thought I have is that **learning occurs in a variety of ways and settings** and is often a **response to our experiences**. While our experiences are different, great learning can still be occurring.

Through this reflection and based on feedback from families and staff, we are going to slightly change the weekly assignment of learning tasks. **From next week (Monday 11 May)**, tasks for Monday and Tuesday will be uploaded on SeeSaw at 8.45am on Monday morning and these will be due on Wednesday morning. **Wednesdays will now be dedicated to Specialist (Italian, The Arts and P.E.) learning**. Tasks for Thursday and Friday will be uploaded on Thursday morning at 8.45am and will be due on Friday afternoon. **We feel this will provide opportunities for a refocus mid week and the possibility of catching up on tasks that may not have been completed**. As always, **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 stated previously, 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 **so we can work through this together**. A reminder that if you have a **current Health Care Card you are entitled to a reduction**.

Thank you to the families that have contacted us about **Prep enrolments for 2021**. 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**. We are **getting enquiries from new families** so it is important that we know how many places are required for current families.

All **Year 6 families** should by now have received **Year 7 Transition Forms** if you have not please contact the office as these forms are a **government requirement**. A reminder that the **Application For Year 7 Placement 2021** form (the last 2 pages) needs to be returned to us **as soon as possible so that we have them all by the due date (next) Friday 15 May, 2020**.

For questions about the forms please contact Mrs O'Brien via email : gobrien@sgdandenongnth.catholic.edu.au

The Season of Easter that we are currently in provides us with many examples of the risen Jesus engaging with his followers. This week there is a shift away from the resurrection to Jesus speaking of departing the earth (The Ascension). In this Sunday's Gospel Jesus says to his disciples: **'I am the Way, the Truth and the Life...'**, words that have great relevance to us currently.

Finally, I would like to **wish all the mothers and those performing motherly duties** in our community a **wonderful Mother's Day** on Sunday. Regardless of their age (and our age) they play a significant role in our lives. I am sure those mums that are no longer with us are watching over and protecting us and are proud of their children.

Stay safe and God Bless.

Paul Cowan - Principal

WELLBEING 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:	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>.





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.



Kitchen to Garden



FAMILY COOKING

Each week students are invited to undertake some gardening or to cook a meal with their family. Have a look at some of the little master chefs we have at St Gerard's.

If your family would like to appear in this section of the newsletter please write a short description of the meal you prepared or the gardening duties you undertook and please send accompanying photos.

Please forward all photos to Mrs Fernandez nfernandez@sgdandenongnth.catholic.edu.au.



Ethan in 1/2FP helped his family make delicious bread rolls



Anita & Marcus together with their mum, making delicious treats with flour and mung bean.



Jacob from 1/2FP helping his mum ice yummy cupcakes.



Victoria, Prep C, making her own sandwich for lunch

WELLBEING NEWS CONT'D



Give Me 5 News!



Next week will be focusing on our Give Me 5 principle **'Be Cooperative'**. Please discuss with your child what **being cooperative** looks like at home. If you have examples of your child being cooperative at home please take a photo and it will be shared in next week's newsletter. Please forward your photos to Mrs Fernandez at nfernandez@sgdandenongnth.catholic.edu.au.

OTHER SCHOOL NEWS

LEARNING TASKS



- Tasks for Monday and Tuesday will be sent out via SeeSaw on Monday at 8.45am and are to be **submitted on Wednesday at 9.00am**.
- Specialists (Italian, P.E. and The Arts) activities will be sent out via SeeSaw on Wednesday at 8.45am.
- Tasks for Thursday and Friday will be sent out via SeeSaw on Thursday at 8.45am and are to be **submitted on Friday by 3.30pm**.

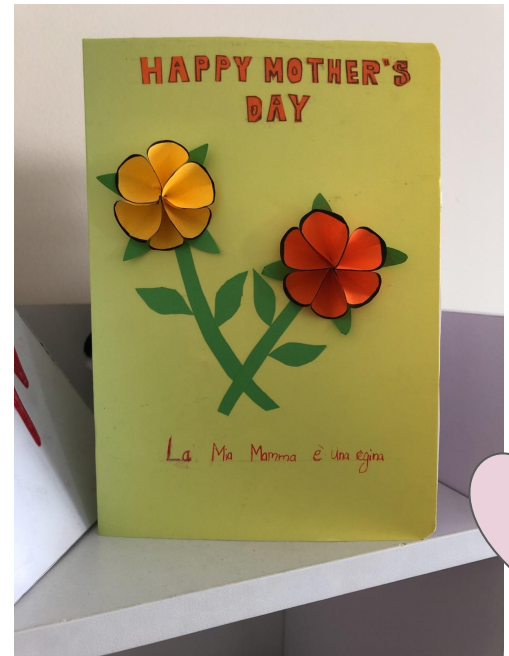
Crazy Hair Day



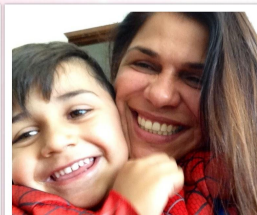
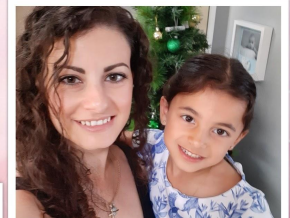
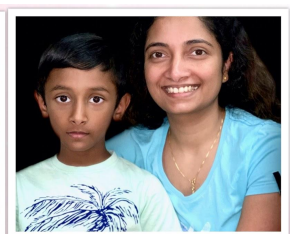
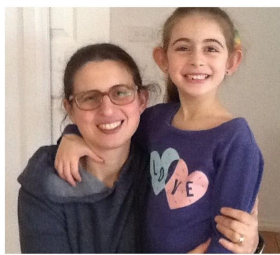
On Tuesday 12th May we will be having 'Crazy Hair Day!' Take a photo of yourself with crazy hair and send it to your teacher on Seesaw. Mums, Dads, brothers, sisters and grandparents are invited to join in the fun too! We would love to see how creative your family can be!



HAPPY MOTHER'S DAY!



Happy Mother's Day



Happy Mother's Day

