



St Gerard's Primary School

NEWSLETTER

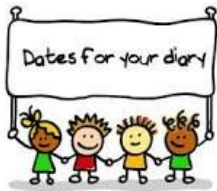


Term 4 Week 1

www.sgdandenongnth.catholic.edu.au

03 97917553

9 October 2020



Link for this week's assembly: [9 October](#)

HAPPY BIRTHDAY

Wishing those students who celebrated birthdays this week.

- Ainsley - 1/2 B
- Indian - 1/2 B
- Jeremiah - 1/2 B
- Anointed - 1/2 FP
- Duane - 3/4 L
- Antonette - 5/6 VT
- Aparanji - 5/6 VT
- Ms Munro
- Mrs Zelic



Aditey and baby sister Aaradhya 🥰

Congratulations to Aditey and his family on the arrival of his beautiful baby sister!!



Welcome to World Mission Month. This year, students across Australia are encouraged to not only learn about Cambodia and the work of the Church there, but to do something extraordinary for the Mission through fundraising, advocacy and prayers. A special thank you to all our leaders who participated in the Mission Month Assembly presented remotely today.



catholic mission

Principal - Mr Paul Cowan

principal@sgdandenongnth.catholic.edu.au
71 Gladstone Road, Dandenong North 3175

MESSAGE FROM THE PRINCIPAL

Dear Families,

Welcome to Term 4 and from Monday, back to school!!!!

We are all prepared and very excited about having **all our students back at school next Monday 12 October**. **The health and safety of our students, families and staff is our first priority at St Gerard's and with this in mind we will have procedures and processes to keep us all safe.** This information was sent out to families yesterday (Thursday 8 October) via Seesaw and email. Please read this carefully in preparation for Monday.

Our main focus for the next few weeks will be to **ensure the wellbeing of our children**. To foster this, we will be providing opportunities to **re-establish relationships and re-set routines**. Children may be feeling a range of emotions in the lead up to Monday. We have sent out some **resources via Seesaw which may help families to prepare their children for the return to school**. If you do have any concerns about your child, please contact their classroom teacher or myself.

I would like to once again **thank our families, students and staff for all their hard work, cooperation, teamwork and support to continue the learning of our students**. While there have been challenges, there have also been positives. I have had numerous comments from families that they are more aware of what and how their children learn.

Our **new Parish Priest Fr Shanthaiah** has visited our school a few times and is keen to meet our school community. I am looking forward to being able to introduce Father to our school community and working with him.

Prep Enrolments for 2021 are continuing to come in. 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**, however we are **getting enquiries from new families** so it is important that we know how many places are required.

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**. If you have a **current Health Care Card you are entitled to a reduction**. Our families have **chosen a Catholic education** for their children and in the current economic climate **we all need to support each other**.

Finally, have a good and safe weekend. We cannot wait to see you all on Monday.

God bless.

Paul Cowan - Principal

RELIGIOUS EDUCATION NEWS

Mission Walk Around Australia

In term 4, students are challenged to get fit and raise funds for Catholic Missions by using a map of Australia to track the distance they have covered when they walk (run, hop, skip, walk backwards, whatever) around the walking track that Rob has made for us on the oval. Students will be timetabled to walk around the track, 15 minutes a day for the whole term. The Mission Walk Around Australia will become our main fundraising event for Mission Month.

St Gerard's Feast Day and Talent Quest

On Friday, 16th October is our feast Day. We will be celebrating by having a digital talent quest in honour of St Gerard Majella which will be distributed via Seesaw and viewed in the classrooms and remotely. Winners of the St Gerard Award will be announced at the Talent Quest. This will replace the normal assembly that we have.

Carols Evening

Due to the COVID-19 restrictions, our Carols Event will be held remotely this year. We hope to distribute a Vimeo link to our Christmas event for families on Friday 11th December. More information will be available soon.

Important Dates for Term 4

Mission Month Assembly
(lead by the Mini Vinnies team)
All Saints Day
All Souls Day
Remembrance Day
Year 6 Reflection Day
Advent Assembly at 2:30
First Sunday of Advent
Recording of Christmas Event (TBC)
Christmas Event (remote)

Friday, 9th October
Sunday, 1st November
Monday, 2nd November
Wednesday, 11th November
Thursday, 19th November
Friday, 27th November
Sunday 29th November
Tuesday, 8th December
Friday, 11th December

WELLBEING NEWS



WHAT IS SEL?

A sense of self, emotional skills and social skills are at the core of SEL.

Sense of self

Ideally, this involves feeling good about themselves and what they can do. As children and young people experience success in their efforts to interact with others and explore their world, they develop self-confidence and see themselves as capable. This motivates them to continue engaging in new experiences and feel optimistic about the future.

Emotional skills

Emotional skills include recognising, expressing, understanding and managing a wide range of feelings. These help children and young people develop the ability to interact successfully with others and the world around them. Children and young people who can understand and manage their feelings are more likely to develop a positive sense of self and be confident and curious learners. Read more about [emotional development](#) in children and young people.

Social skills

These skills are about getting along with others. Through their first relationships, children learn they can trust others to care for them and meet their needs. As they grow, children learn to relate to others by watching, imitating and trying out new behaviours. They begin to understand they can have an impact on others and that other children may have different thoughts and feelings from their own. These skills continue to grow, develop and become refined throughout childhood and adolescence. Read more about [social development](#) in children and young people.

Learn more about the [five areas of social and emotional learning](#).

RETURNING TO SCHOOL



AFTER LOCKDOWN

Returning to school: Tips for parents/carers to help children cope

We are so excited to be welcoming all students back to school on Monday 12th of October.

To prepare and support students' return to onsite learning and the school/classroom environment, please consider the following tips:

1. Talk to your children about how they feel

It is important to encourage children to discuss their feelings about returning to school. If they feel anxious or worried, help them understand this is perfectly normal, and that you and their teachers are there to support them. Although difficult, try not to share any anxiety you may be feeling with your children.

2. Pack right, pack light

Students should return any borrowed devices and hand in any work books that were used throughout remote learning. Students will also need to return to having a packed daily lunch and a water bottle. Drink taps will not be in use when school returns. The No Hat, No Play policy will be used this term.

3. Support children to understand the school procedures

It will be important for your child to understand social distancing and hygiene rules and, importantly, why they are in place. Please make sure they are prepared and know what to expect when they arrive at school, such as entry points, break times and hand washing routines. This information will be similar to our return in Term 2.

4. Familiarise yourself with school procedures

You'll need to know where and when to drop children off and pick them up, as well as what parts of the school you can access. This information will be similar to our return in Term 2.

5. End of day emotions

For younger children in particular, a school day can require a lot of self-regulation or compressed behaviour, which can lead to tired and emotional outbursts later on in the day. Given the length of remote learning and new school safety procedures in place, these emotions may be hard to cope with when they return home. It is a good idea to keep this in mind, and allow some time for 'letting off steam' by encouraging children to unwind and play outdoors.

6. Stay informed

Given the long absence from school, there may be a period of readjustment. Discuss and affirm familiar routines and school expectations regarding uniform, grooming, attendance and participation to help your child reconnect with their school community. There may be fresh challenges for your child, from working with new classmates and teachers, to coping with their work and school expectations. Try to stay informed about how they are getting on – but if you are concerned, contact the school.

7. Sleep and rest

Make sure children are getting a good night's sleep for their return to school. It might mean introducing some earlier bedtimes than they have had recently and limiting screen time. A good night's rest will help them cope with the return to school.

Please click [here](#) to access the video by Dr Michael Carr-Gregg which shares helpful information about transitioning back to school.



Dr Michael Carr-Gregg
SchoolTV - Child and Adolescent Psychologist



CORONAVIRUS THE TRANSITION BACK

Special Report

WELLBEING NEWS CONT'D

Covid has been a trying time for most families. Here are the contact details of some organisations that may offer assistance if you or someone you know requires support.

Further Supports
If you or someone you know needs support:

000 EMERGENCY
In the event of an emergency, or if someone is at immediate risk of harm

Kids Helpline
1800 55 1800

safe steps
Family Violence Response Centre
1800 015 188

No to Violence
Working together to end men's family violence
Men's Referral Service - 1300 766 491

inTouch
Multicultural Centre Against Family Violence
9413 6500

the orange door
1800 319 355

1800RESPECT
NATIONAL SEXUAL ASSAULT, DOMESTIC FAMILY VIOLENCE COUNSELLING SERVICE

THE LOOKOUT
<https://www.thelookout.org.au>



We are going to create a 'St Gerard's Spoonville Family.' Create a character with your family using an old wooden spoon. Decorate your spoon with paint or materials. Bring your special spoonville member to school on the first day of school (Monday 12th October) and place him or her in the garden alongside their new family members.

We can't wait to see how creative you can be and we cannot wait to meet the new member of 'St Gerard's Spoonville Family.'

