

Newsletter

14th May, 2020 Term 2 Week 3



OF CATHOLIC EDUCATION IN THE DIOCESE OF PARRAMATTA

Dear Parents and Caregivers,

This week we commenced the gradual return to school for students, through a roster system according to house colours. Although we have enjoyed the presence of children who have regularly attended school, it was good to see students whom we had not seen for a while and noticed that they really valued each others company after so many weeks away. From our observations the children readily attended to their learning in class, and with their peers, and expressed their happiness to be back at school.

For some children this transition back to school will be easy, but for others this may be an anxious time for them. Children, especially little ones, do not have the life experience or the capacity to see the bigger picture and may worry about aspects we do not anticipate. In an article by Catholic Education Diocese of Parramatta, Wellbeing Counsellors, Karina Greenfield and Jessica Austin, they explain that for some children their worries may include, anxiety around the work they feel they have missed out on when they haven't been at school. They do not realise that most children have not been at school all this time as well. They may also be worried about possible changes in friendship groups or that their friends will not be there on the day they go to school. Very valid concerns for children. They may also be concerned about the world outside their home not being safe due to germs - especially if they have been privy to media reports or adult conversations around COVID-19. Over the next few weeks I will include some useful strategies from the above mentioned counsellors, to assist parents of children who will be transitioning back to school. I will also continue to include some useful strategies for children who will be continuing to learn from home.

RECONNECT AND RE ENGAGE

1. If you suspect your child will struggle with the transition back to school let their teacher know as soon as you can, so that the school can be best prepared to provide consistent support when they arrive at school.
2. Remind your child of who/when/how they are getting home from school.
3. Say goodbye briefly, don't make it longer than it needs to be. Being kind but firm.

If you have concerns about your child's emotional wellbeing, please do not hesitate to contact your child's classroom teacher who will consult the school counsellor for additional support to be provided to your family.

Bernadette Fabri

Principal

UPDATE REGARDING GRADUAL RETURN TO SCHOOL - WEEK 4

Thank you to all the parents and caregivers for your cooperation with regard to social distancing and presence in the school grounds. The staff really appreciate your attention to being swift in your drop offs and pick ups and your consideration of other adults in the school.

Please find below the roster for Weeks 4. These are subject to change due to government guidelines.

Please be mindful that the school is open for children whose parents require them to attend.

As per government guidelines the school is looking at organising staggered pick up times in the afternoons from next week. These times will be for those picking up by car ONLY i.e. Drive Thru. These will be guides only and we ask that parents, who can follow the schedule outlined, to please do so. In this way will enable the adults to better exercise the social distancing that is required.

Tuesday	Wednesday	Thursday	Friday
Wattle (19/5)	Wattle (19/5)		
Boronia (19/5)	Boronia (19/5)		
		Waratah (21/5)	Waratah (21/5)
		Melaleuca (21/5)	Melaleuca (21/5)

Staggered Pickup Week 4

Car Pick Up	Tuesday	Wednesday	Car Pick Up	Thursday	Friday
2:40 - 2:50	Wattle	Wattle	2:40 - 2:50	Waratah	Waratah
2:50 - 3:00	Boronia	Boronia	2:50 - 3:00	Melaleuca	Melaleuca
3:00 - 3:30	Normal Afternoon Pickup - following COVID - 19 Guidelines (for parents of other teams)		3:00 - 3:30	Normal Afternoon Pickup - following COVID - 19 Guidelines (for parents of other teams)	



We wish to extend our deepest sympathy to the Sahyoun Family (Jimmy 2M) on the passing of his great grandmother.

Please keep the family in your prayers.

EXTRA SCHOOL CLEANING BEING UNDERTAKEN IN TERM 2

With more children returning to school, the health and safety of our students and staff remains extremely important. To continue to minimise the risk, the school has organised increased environmental cleaning throughout the school, especially for high touch areas. This takes place during the day and at the end of each day. High touch areas include:

- Student Desks
- Devices
- Door handles
- Light switches
- Taps in the classrooms and bathrooms
- Hand railings
- Water fillers

These accommodations are extra to the following recommended guidelines:

- washing hands with soap and water for 20 seconds ([see video](#)), or using hand sanitiser, when entering school, and at regular intervals throughout the day
 - particularly before and after eating, and after going to the toilet
 - for younger students, this may include having a regular handwashing schedule (a game has been developed for younger students to sing with a 20 second hand-washing song) Currently at St Patrick's Parramatta, Ms Leprechaun regularly reminds children with a new song every day.
- covering coughs and sneezes with ones elbow or a tissue
- placing used tissues straight into the bin
- avoiding touching one's eyes, nose and mouth
- not sharing food or drink, or
- close all communal water fountains/bubble

The community can assist us by continuing to follow the Health and Safety Guidelines below:

Health and Safety Guidelines

Message for Parents

- *if your child is sick, they must not go to school. You must keep them at home and away from others. **If your child has a cough, sore throat, runny nose and sneezing, they should remain at home until they are completely better.***
- *Remember to **maintain physical distancing** from other parents and teachers when attending school, including when dropping off and picking up your children.*
- *Please send a drink bottle with your child to fill at the bubblers as communal bubblers will not be available until further notice.*
- *We also ask that no child brings their mobile phone to school unless absolutely necessary. These will need to be kept in school bags for the day.*

Where possible, we ask all parents to use 'drive and drop off' or 'pick up' and to attend the school only for essential matters, and if so, as brief as possible please.

Parent/ Teacher interviews will not take place at this time. Please contact your classroom teacher through email or phone.

Thank you

Eucharist 2020 Update

Dear Parents and Carers,

Just a quick update to keep everyone in the loop regarding the preparation sessions for Eucharist 2020. Please note that due to the ongoing restrictions in place around the COVID-19 pandemic the Sacraments of Initiation preparation for Eucharist is on hold until further notice.



At this stage the sessions affected by this are as follows:

Eucharist 1: Tuesday 28th April 2020, 7:30 pm - Parent Session

Eucharist 2: Tuesday 12th May 2020, 7:30 pm - Parent Session

Eucharist 3: Saturday 23rd May 2020, 4:30 pm - Parent and Children Session

St Patrick's Cathedral, Parramatta Practice for First Eucharist: Saturday 6th June 2020, 4pm - Parent and Children Session

St Oliver's, Harris Park Practice for First Eucharist: Saturday 13th June 2020, 4:30pm - Parent and Children Session

Please note that **all** of the sessions listed above are **postponed** and that this also includes the First Eucharist celebrations for both St Patrick's Cathedral Parramatta and St Oliver's Harris Park. Unfortunately, at this time we have no timeline for when sessions might resume; we will continue to comply with the parameters of current recommendations and be sure to inform you of any developments. We hope that we will be able to get back on track soon and are certainly looking forward to doing this when it is again safe for us to gather for sessions and formation. In the meantime, we continue our prayers for the speedy resolution of this situation and for the safety of all.

Please be assured that Meg (Sacramental Coordinator) will be in contact as soon as she have information on when sessions can be rescheduled.

Should you have any questions or concerns please do not hesitate to contact Meg at St. Patrick's Cathedral.

Kind regards,

Mrs Tuetue



Happy Birthday to all the children who will celebrate their birthday in the coming week—
William Gebrael, Owen Abraham, Chloe Vella, Olivier Touche, Charlene Wambeek, Jacob Assaf, Mia Golossian

COMING SOON!

St Patrick's Parramatta official Facebook page.

Watch this space for more information.

Winter Uniform Changeover

The children will be changing to winter uniform next **Monday 18th May, (Week 4)**

All School Uniform Items available from

Oz Fashions

115-127 Parramatta Road, Granville NSW 2142

Phone: 9897 3121 www.ozfashions.com.au

Girls' Winter Uniform

Tartan Pinafore

White Long Sleeve Blouse (Peter Pan collar)

Tartan School Tie

Green above ankle socks or Green Tights

Black Shoes

Green Woolen Jumper

Green Jacket with Emblem

Girls' Sports Uniform

Track Suit with School Emblem

Sport Shirt with School Emblem

White Above ankle socks

White Sports Shoes

Boy's Winter Uniform

Grey Long Trousers

Grey Long Sleeve Shirt

Green tie

Grey above ankle socks

Black Shoes

Grey Woolen Jumper

Green Jacket with Emblem

Boy's Sports Uniform

Track Suit with School Emblem

Sport Shirt with School Emblem

White Above ankle socks

White Sports Shoes

All children are required to have a Green School Hat with Emblem and Green School Bag with Emblem

SPORTS DAY FOR TERM 2

Wednesday	KA, 1S, 3L, Year 5
Thursday	1C, 2Y, 3T, Year 4
Friday	KM, 2M, Year 6

Future Staff Development Days

1. 17/12/2020 Gazetted SDD for all schools in CEDP
2. 18/12/2020 Gazetted SDD for all schools in CEDP



Understanding School Talk ???

ES1- Early Stage 1 - Kindergarten

Stage 1 - Year 1 and 2

Stage 2 - Year 3 & 4

Stage 3 - Year 5 & 6

Our St Patrick's Leprechaun has been busy sourcing songs for the children to be reminded to wash their hands. If you have any suggestions please feel free to send a quick email to his friend Mrs Standing at stpatricksparra@parra.catholic.edu.au

No child should be denied an opportunity to attend a Catholic school because of financial hardship.

CATHOLIC EDUCATION DIOCESE OF PARRAMATTA IS COMMITTED TO SUPPORTING FAMILIES AS THE IMPACT OF COVID-19 CONTINUES TO BE FELT IN THE COMMUNITY.

We are aware of the financial strain that COVID-19 is having on some families and its impact on their capacity to pay school fees.

No child should be denied an opportunity to attend a Catholic school because of financial hardship. To assist families who are experiencing difficulties with school fees because of COVID-19, a new process has been developed to make seeking fee relief as simple and fair as possible.

The three ways that parents/carers can apply for fee relief are outlined on the [CEDP website](#). The page also includes a list of 'Frequently Asked Questions'.

Medical Updates



Does your child suffer from any medical conditions such as Anaphylaxis or Asthma?

Please ensure the office is aware of any medical conditions and kept up to date with changes to medications or conditions.

Anaphylaxis and Asthma plans are required to be updated EVERY 12 months.



INFORMATION REGARDING PREMIER'S READING CHALLENGE

message from prc@det.nsw.edu.au

Welcome to Term 2!

How quickly things change! You're probably all working quite differently to how you would have expected this time last term, but some things don't change. Connecting with stories and ideas is still as important as ever, and the Premier's Reading Challenge will continue to provide support for students to be able to discover great stories and experience quality literature.

We recently sent an email about updates to the Challenge Rules for 2020 to help support students as their learning environment is changed during COVID-19. If you missed that, please refer to the following links for more information, including some support articles with suggestions about ways to access books whilst learning from home. If you have any questions about any of this, please feel free to email us.

[What changes have been made to the PRC rules for 2020?](#)

[How do students add their BONUS choice books?](#)

[How can parents/ carers and students find books to read from home?](#)

KEY DATES

Monday March 2: Challenge opens for student entries

Friday August 28: Final date for entry of Student Reading Records by students

SCHOOL WELL-BEING COUNSELLING SERVICE

The wellbeing of children and young people in Catholic Education Diocese of Parramatta schools is of paramount importance. A sense of well-being and connectedness in schools promotes optimal development of the person and contributes to academic success.

Access to counselling services can be made by contacting your child's classroom teacher or Ms Fabri, who will then put forward a referral. Mrs Ricketts will then contact you for further information. Further details can be found in previous newsletters.

LEARNING FROM HOME

Just a reminder that to avoid screen fatigue for those children who are learning online, it is important to vary the tasks with activities that exercise the senses. For the next four weeks some ideas will be included for your interest. We hope you find them helpful.

Sensory activities

Oral motor

(P) - Preschooler

(G) - Grade-schooler

 **Eat crunchy food, like carrot sticks, apples, or pretzels (P, G)**

◆ Blow a whistle or kazoo (P, G)

◆ Blow bubbles (P)

◆ Brush teeth with a vibrating toothbrush (P, G)

◆ Blow bubbles in water with a straw (P, G)

◆ Eat sour or spicy snacks, like hard candy (G) or lemonade (P, G)

◆ Use a straw to drink thick liquid, like a milkshake (P, G)

◆ Apply scented lip balm (G)

◆ Use "chewelry" (P, G)

◆ Chew on gummy snacks or gum (G)

