



Sacred Heart Catholic Primary School Diamond Creek

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Sacred Heart Newsletter

Newsletter No 6 Term 3
20 August 2020

Dear Sacred Heart Families and Friends,

As we approach the end of Week 6 of Term 3, it is important for all of us to appreciate that we have passed the half-way mark of Term 4, it is 'sort of' getting warmer and staying lighter for longer periods of the day and we have established routines for ourselves and our families. Families of Sacred Heart you are doing a wonderful job, sometimes it might not feel like it but, from our perspective and the perspective of all of the Sacred Heart staff, we appreciate you and your efforts, take a bow!

WOW!!! 100 Days of school for our Preps! And what a different 100 days it has been for them, their families and their teachers. Still they had a special day yesterday - dressing up as 100 year old people and doing different activities all based around the number 100. Congratulations to our Prep families for the fantastic way that they have supported these students throughout this year and to Kerry Neilson, Gemma Greenwood and Gloria Lewis for providing the Prep students with quality and engaging learning materials both when they were physically at school and when they have been participating in Remote Learning. And, of course, congratulations to our Prep students for being so resilient, positive and confident no matter what challenges they have had to face in their first year at primary school.

A psychologist in New York State offered a number of top tips for surviving isolation, many are gold and are about focusing on the necessary and the possible:

- Get out at least once a day. It is amazing how much fresh air can do for your spirits.
- Reach out to others. Try to do FaceTime, Zoom, Skype, phone calls, texting—connect with other people to seek and provide support.
- Develop a self-care toolkit. This will look different for everyone. A lot of successful self-care strategies involve a sensory component (seven senses: touch, taste, sight, hearing, smell, vestibular (movement) and proprioceptive (comforting pressure). An idea for each: a soft blanket or stuffed animal, a hot chocolate, photos of holidays, comforting music, lavender or eucalyptus oil, a small swing or rocking chair, a weighted blanket. A journal, an inspirational book, or a mandala colouring book is wonderful, bubbles to blow or blowing watercolour on paper through a straw are visually appealing as well as work on controlled breath. Mint gum, Listerine strips, ginger ale, frozen Starburst, ice packs, and cold are also good for anxiety regulation.
- Give everyone the benefit of the doubt, and if need be, a wide berth. A lot of cooped up time can bring out the worst in people. Each person will have moments when they will not be at their best. It is important

to move with grace through blow-ups, to not show up to every argument you are invited to, and to not hold grudges and continue disagreements. Everyone is doing the best they can to make it through this.

- Notice the good in the world, the helpers. There is a lot of scary, negative, and overwhelming information to take in regarding this pandemic. There are also a ton of stories of people sacrificing, donating, and supporting one another in miraculous ways. It is important to counterbalance the heavy information with the hopeful information.
- Find lightness and humour in each day. There is a lot to be worried about, and with good reason. Counterbalance this heaviness with something funny each day: cat videos on YouTube, a stand-up show on Netflix, a funny movie - we all need a little comedic relief in our day, every day.
- Find the lesson. This whole crisis can seem sad, senseless, and at times, avoidable. When psychologists work with trauma, a key feature to helping someone work through sad trauma is to help them find their agency, the potential positive outcomes they can affect, the meaning and construction that can come out of destruction. What can each of us learn here, in big and small ways, from this crisis? What needs to change in ourselves, our homes, our communities, our nation, and our world?

Lockdown is hard. It hurts our kids and it's a drain on parents. The first time was tricky. There were challenges. For some, it was horrible. But most of us managed ok and got through it.

This time it's different. The pressure is higher. The demands are greater. The children are more oppositional. The home learning stretch will be longer. There's work stress, family stress, and stress about being stressed!

While we can't click our fingers and make it magically disappear, there are real strategies that parents and children can rely on to not just survive, but thrive – even in a far-too-long lockdown. They're simple ideas that you can start on right away.

Many of our parents and carers may have joined Dr Justin Coulson, one of Australia's most trusted parenting specialists, as he shared four secrets to make it through the pain of the winter COVID-19 Victorian lockdown. By the end of this webinar, you should:

- Have felt reassured, with less stress and pressure around your kids, their schooling, and life
- Have concrete strategies to start on immediately to make your family happier
- Know how to be on the same page as your partner
- Be able to develop habits and practices that will ensure your children – and YOU – can get your daily work done, even while everyone is stuck at home.

We were able to watch this webinar and the main message that Dr Justin Coulson was trying to get across was that if we try to follow the following four things we are then able to support our children right now!

1. They need to be heard

As the adults it is our role to stay calm and regulated, this allows us the chance to make better choices. Our emotional brain overrides our thinking brain, therefore if we are able to stay calm this allows us the ability to make better choices. When our kids have a big emotion this is when we can be triggered. We need to stay calm to enable our kids to mirror our emotions. Dr Justin Coulson provided a simple script which involved; naming the emotion you are seeing, acknowledging the feeling and then asking them what you can do to help. Focus on the emotion rather than the behaviour.

2. They need humour

We need to be able to find fun each day, this can even be a Dad joke but fun is important each day in a child's life.

3. They need to help others

Wellbeing, feeling good happens most when we are thinking of others rather than ourselves. This is hard in isolation but it is important to remember how extraordinary it is for children to help others. This could be writing a letter to a family member, neighbour or friend, it could be a zoom catch up to support someone living alone or baking for neighbours, anything to support others.

4. They need to have hope

Lockdown will finish, we do not know when but we need to provide hope for the children in our lives. This could be discussing what they would like to do when this finishes.

Therefore, the main message from this webinar was:

When our children feel heard,
When our children have laughter,
When our children give to others,
Then our children have hope!

Protocols when on Line:

We have on numerous times shared the online protocols with students and would like to remind all families of these. We have had a few small concerns with Google Meets and Chats that unfortunately are out of our control but we have just been informed that with Remote Learning, Google Platforms have been developing to support the education sector. Attached is a link with more information.

Below are the protocols when on line. It is often a great idea for the students to have headphones to cut out distractions and it is imperative that an adult is in close proximity when students are in Google Meets. This does not require you to be part of the Meet but rather in the vicinity. Please allow the students independence when online and doing activities – just be there as a support for them.

Google Classroom Rules:

1. When you come into our Google Meets, turn your microphone off, unless the teacher has asked you to put yours on!
2. Remember that other people read your comments. - Your teachers, Mr. O'Sullivan, and your parents and friends. Does it make sense? Is it kind? Is it relevant? Is it respectful?
3. Use full sentences and full words, no abbreviations /acronyms/ initials. For example; lol, IDK, ttyl.
4. Only upload videos/photos that your teacher has asked you to and your parents have approved.
5. One emoji per comment (if adding an emoji is appropriate).
6. Comments or questions are always school related.
7. Be sensible and safe online just as you would in the classroom – once something is uploaded it cannot be taken back and holds a digital footprint forever.
8. The only form of communication between peers should be about school topics and classwork. This includes chatting during learning time. If you want to chat with your friends, maybe ask your parents if you can set up a supervised FaceTime or chat after school hours.

Protocols for Remote Learning:

The following protocols are put in place to set the students up for success in Remote Education:

- In accordance with Child Safe Standards students are required to be in an area conducive to learning that still is within range of adult supervision and support.
- A weekly overview will be provided at the beginning of each week to assist with planning and organisation.
- Students must not be on any other device during learning time.

Students are expected to follow appropriate protocols for Meets. These include:

- Being on 'mute' when the teacher asks and following all teacher instructions.
- It is necessary to be on time and prepared for Meets.
- Students are encouraged to be at a desk or table (not in a bed) and dressed appropriately.
- Only discussing school related topics during Meets. It is not appropriate to use Meets to arrange times for social catch ups.
- Students are expected to submit work that is completed to the best of their ability. Work will be assessed in the same manner as it would be looked at when at school.
- We will endeavour to provide meaningful and constructive feedback as appropriate to the task. Students are expected to read the feedback and adjust their work if required.
- When unsure of what is required in a task, we ask that students apply the '3 Before Me' rule:
- Re-read the task instructions and watch any videos that have been provided.
- Ask for clarification from a peer or sibling.
- Ask an adult for clarification if they are available.
- Email the teacher for assistance.
- The best way to ask for support from your teachers is via email. Please be mindful that for the best way to receive a prompt response is to email the appropriate teacher. For example, if the query is for a specialist subject it is necessary to email the specialist teacher directly. This also applies when another teacher works on specific days.

These improvements are coming in the next few months to the google suite!

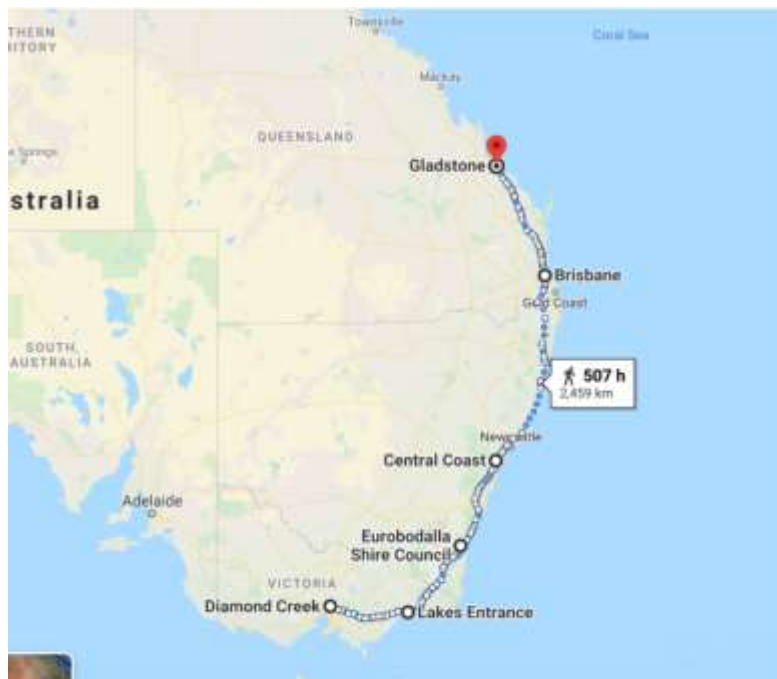
<https://www.blog.google/outreach-initiatives/education/the-anywhere-school-meet-classroom-updates?fbclid=IwAR3regUP8zFkDklozCCKYgZcbB8K-KJiQts-tqidRCZiWSNRT-wPk9JvONU>

A Healthy Challenge:

Thank you to the many families that have embraced this challenge and continue to send kilometres Gina's way. Under the new restrictions you are only allowed to exercise within a 5km radius and only for one hour a day. Therefore, we need more families to get involved to reach our challenge. Thank you to families that have sent through their travel distances this week; Audley, Bruzzaniti, Burns, Campbell, Campbell, Fitzmaurice, Hardy, Jones, Keating, Madden, McIlroy, Mennilli, Molinaro, Motschall, Nardella, Nicholson, Pearce, Perera, Rowley, Topolcsanyi, Vassallo, Waddington, Ward, Neale and Murphy.

We want to try and get everyone in our school community to travel around Australia with us by foot or bike – you can help by letting us know when you walk or go for a run or ride. We will keep a tally of how many kilometres people in our community travel. We need to get to 17,000 km.





If you walk as a family, for example Mum and two children, and you all walk 4 kilometres together, you would let us know that your family has walked 12 kilometres.

Send to:

gmurphy@shdiamondcreek.catholic.edua.au

how many kilometres your family has travelled over the week. We will show you each week how far around Australia we have travelled as a school community.

So, get out there everyone and help us get around Australia. In Week 2 of the challenge we travelled 1376.55 km and have made it to Gladstone in Queensland.

House Points:

At the conclusion of Week 5 the results were as follows:

BUNJIL (Blue)	MACKILLOP (Red)	CORDNER (Green)
1240	1340	1350

Wellbeing Wednesday:

On Wednesday, 26th August, we will have a day where there will be no official Maths, Literacy, Inquiry and Religious Education sessions but rather we will celebrate the great work of the students, parents and staff and we will have a Wellbeing Day. The teachers will share activities through the Google Classroom however students and families can select any activity that makes them happy. You may decide to try a new skill: knitting, making face masks, cooking, or doing anything you love to do. We will provide a selection of activities from mindfulness to art and craft, cooking and games. This will allow parents and students to refocus and celebrate their achievements during the Remote Learning period. The only thing we do encourage all students to do is to watch the Tim Credible Family Magic Show at 10 am. This is an opportunity to give the students (and families) some entertainment and maybe learn a trick or two. Please see flyer below. Instructions of how to join in the fun will be sent out on Operoo later this week.

Thank you for your ongoing support, remember we are all in this together, stay safe and stay active!

Jim & Gina



Student of the Week

Prep NG

1/2 CN

1/2 PA

3/4 JD

3/4 NJ

5/6 CM

5/6 RM

LOTE

Performing Arts

Visual Arts

PE

STEM

Nathaniel Dovile

Annabelle Ross

Finn Gallagher

Amelia Campbell

Sienna Nardella

Honor Christian

Tadhg Keating

Natalia Bruzziniti

Sarah Lyon

Alex Campbell

Zara Campbell

Tyler Stacey & Rupert Berriman

SACRED HEART PRIMARY SCHOOL

Tim Credible



Tim Credible's
FAMILY MAGIC SHOW
Wednesday 26th August - 10.00 am

TimCredible.com.au

Tim Credible is inviting you to a scheduled Zoom meeting.
Topic: Sacred Heart Primary School - Magic Show with Tim Credible the Magician
Time: Aug 26, 2020 10:00 AM
Join Zoom Meeting
[https://zoom.us/j/92955491326?](https://zoom.us/j/92955491326?pwd=Szk3OU4rcmdqK0J3ZXJPQjBTSEIGZz09)
[pwd=Szk3OU4rcmdqK0J3ZXJPQjBTSEIGZz09](https://zoom.us/j/92955491326?pwd=Szk3OU4rcmdqK0J3ZXJPQjBTSEIGZz09)
Meeting ID: 929 5549 1326
Passcode: 853161M

INSIGHTS

Staying the course in COVID times



COVID-19 continues to test us in ways that were unimaginable at the start of 2020. It's becoming the defining event of this generation and a reference point for decades to come. We've had depression kids, war kids and now we have COVID-19 kids.

The impact of COVID-19 is felt differently across the country. Currently, Victoria is in Stage 4 lockdown while other states are on high alert. Not every student is working from home, but most students are COVID conscious, knowing that they're only a corona cough or virus-filled hug away from remote learning.

Encouraging kids to stay the course when they've been denied access to the classroom, peers and community activities is now a common parenting challenge. Denial is generally tolerable in the short term, but the novelty of changed circumstances soon wears off. The following strategies will assist both parents and kids to stay the COVID long course:

Accept difficult emotions

'There's nothing so bad that we can't talk about, but there are behaviours that we won't accept' is a mantra that serves families well. It's okay for children to feel frustrated, annoyed, angry or upset about their change of circumstances due to the pandemic but that doesn't give them permission to behave disrespectfully, miss school requirements or fail to assist at home. It helps if parents validate how their children feel, then encourage them to focus on fulfilling school and family expectations.

Encourage acceptance

Some children and young people will protest the COVID induced changes that have been imposed upon them. In some respects, it may be admirable for children to push for a better deal, but the severity of the COVID-19 pandemic means that the individual needs to bend toward the greater community good. This is simply a case of accepting and making the best of the situation at hand.

Take it one day and week at a time

On family bush walks my young children would rarely complain when the tracks were windy. The complaint levels rose when paths were long and straight as the finish line seemed such a long way off. In a similar vein during our current times it's smart to keep kids focused on getting through each day and week rather than look too far ahead. Six weeks of Stage 4 may seem intolerable, so it's better to focus on getting through each day and week.

Be the hope person

Help children and young people understand that they will get through difficult times. "This too shall pass" is perhaps the most apt meme for our times. If your hope bucket is emptying out, seek out positive friends and relatives who can top it up. Our own resilience needs nurturing if we are to last the distance.

parenting * ideas

The internal parenting manual that guides us probably doesn't include chapters dealing with remote learning, lack of peer interaction and kids' disappointment. Most of us are treading new parenting ground so it's best to be open to change, accepting of difficulties and forgiving of inevitable parenting stumbles.



Michael Grose

Michael Grose, founder of Parenting Ideas, is one of Australia's leading parenting educators. He's an award-winning speaker and the author of 12 books for parents including *Spoonfed Generation*, and the bestselling *Why First Borns Rule the World and Last Borns Want to Change It*. Michael is a former teacher with 15 years experience, and has 30 years experience in parenting education. He also holds a Master of Educational Studies from Monash University specialising in parenting education.



News from the Office

OSHClub News

Many families are looking at fun ways to fill the time. We have brought back our **OSHC at Home** program to help support Victorian families during this second wave and new lockdown restrictions.

OSHC at Home is totally **FREE** and open to all families (even if they are not users of our services).

Families can subscribe to receive all future programs at: <https://www.oshclub.com.au/oshc-at-home/>

The program is really fun and super interactive



SCHOOL PHOTO DAY



school photography & print specialists

Exciting News!

Photo day is coming in Term 4

Date: Friday, 6 November 2020

Dear Parents,

Please rest assured that we have been working hard with your school during remote learning and have provided them with a document detailing COVID-19 safety and social distancing procedures for photography.

It is a privilege to work with your school and we are excited that we will again be able to provide your community with a memory of the 2020 school year.

Kind Regards,

The **advancedlife** team

Phone: (03) 9852 1133 | info@advancedlifevic.com.au | www.advancedlife.com.au



100 Days of Prep



Remote Education 2.0 @ Sacred Heart



Benji



Finn G



Caitlin
BUSH STEW
Heidi



Rachael



Rosie's Bush Stew Recipe



Paddy O'N - #farmlife#farmer#countryliving



Rupert's Recipe



Tess & Shaye



Lani's STEM nest



Jacob's Magical Treehouse



Miller & Krystal - making juice



Xavier - 3d shapes



Alex SCIENCE WEEK experiment



Nate & Nic's Nest



Amelia SCIENCE WEEK experiment

Remote LOTE @ Sacred Heart

On Monday, 17th August, Indonesian people everywhere celebrated their 75th Independence Day. Last year, students celebrated this day by having various competitions in class, but this year it is different due to Covid-19. However, Natalia and Mitali did fantastic job in our Remote Drawing, Labelling, and Colouring competition. These pictures are typical of the images you see everywhere in Indonesia that symbolise the festivity of Independence Day.



Remote Art @ Sacred Heart



Alex



Alex



Rosie



Annabelle



Eva

Jack & Beau



GRADES 1 & 2 INSECT & SPIDER CONSTRUCTION



Jacob



Megan



Eva



Daniel B



Ayendha



Caitlin



Daniel M



Lani



Owen

Miles



Finn G



Xavier

Dragonfly

Grades 3 & 4 treehouses, playgrounds & cubbies – cardboard joining techniques



Oliver



Lachie



Amelia



Georgia



Maia



Miki



Sienna

Kayde



Zara Campbell



Rhylee



Lola



Katiya



Charlie



Zarah Clough



Remote PE @ Sacred Heart



Charlie and family - Healthy Challenge



Dad, Miles & Owen



Daniel B - Cosmic Kids



Caitlin & Claire's
Carport Gym



Annabelle

Remote STEM



Tyler's STEM



Ollie's STEM Robot



Lani's STEM Robot



Eva's STEM Robot



Congratulations to the following students in the 1/2 Level for earning Reading Eggs Certificates over the past month:

Gold Certificate:

Nihal, Heidi, Daniel M and Jack B

Silver Certificate:

Eva, Finn O and Tyler

Bronze:

Finn O

Keep up your fantastic efforts!!!

Community News

Catholic Ladies' College

See yourself here.

Year 7 2022
Applications close
Friday 9th October 2020

Upcoming Virtual Totes

- 27 August 4:30pm
- 3 September 4:30pm
- 9 September 4:30pm
- 14 September 4:30pm
- 19 October 8am

Book your place online
www.clc.vic.edu.au



Meet the Principal

Register now for our virtual
Question and Answer session with
Principal Mark Murphy at bit.ly/WFCTour

Applications for Year 7 2022 close October 2020.
To apply, please visit bit.ly/WFCApplication

info@whitefriars.vic.edu.au | 9872 8200