

Holy Family School Newsletter

Issue 12 • 03 Sep 2020

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Camp Australia OSHC



From the Principal's Desk Mrs Julie David

Dear Families,

Wishing all the men in our community a wonderful Father's Day on Sunday. Thank you to our students who walked to school to place their 'male superhero' in our Spoonville village - they look amazing!



***GOD OUR FATHER, WE GIVE YOU THANKS AND PRAISE FOR FATHERS YOUNG
AND OLD.***

***WE PRAY FOR YOUNG FATHERS, NEWLY EMBRACING THEIR VOCATION; MAY
THEY FIND COURAGE AND PERSEVERANCE TO BALANCE WORK, FAMILY AND
FAITH IN JOY AND SACRIFICE.***

***WE PRAY FOR OUR OWN FATHERS AROUND THE WORLD WHOSE CHILDREN
ARE LOST OR SUFFERING; MAY THEY KNOW THAT THE GOD OF COMPASSION***

WALKS WITH THEM IN THEIR SORROW.

***WE PRAY FOR MEN WHO ARE NOT FATHERS BUT STILL MENTOR AND GUIDE US
WITH FATHERLY LOVE AND ADVICE.***

***WE REMEMBER FATHERS, GRANDFATHER, AND GREAT GRANDFATHERS WHO
ARE NO LONGER WITH US BUT WHO LIVE FOREVER IN OUR MEMORY AND
NOURISH US WITH THEIR LOVE.***

(The Catholic Telegraph)

WHOLE SCHOOL ASSEMBLY

On behalf of our school community I would like to thank everyone who was able to join our assembly on Monday and congratulate our School Captains - Christopher and Jessica and School Vice-Captains - Harly and Ava for leading our assembly so competently. This was a wonderful example of student leadership at Holy Family as it is quite difficult to speak in front of nearly 300 students online.

Our next assembly will be on Monday 7th September and the google meet code is 'assembly'.

- Years 3-6 (8.50am)
- Prep-Year 2 (9.20am)

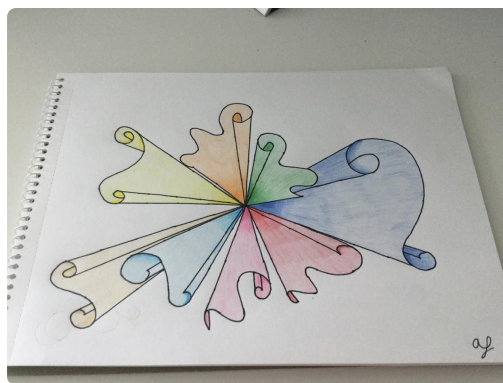
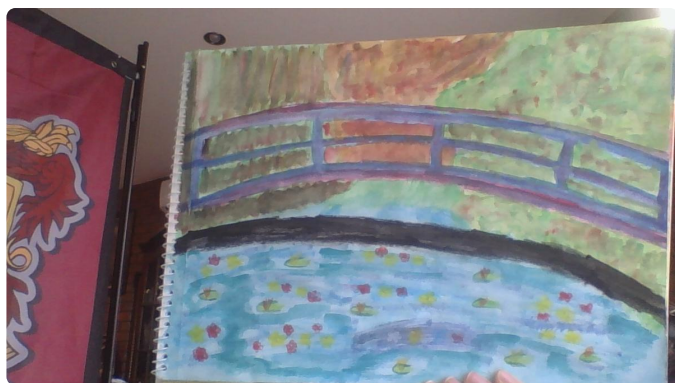
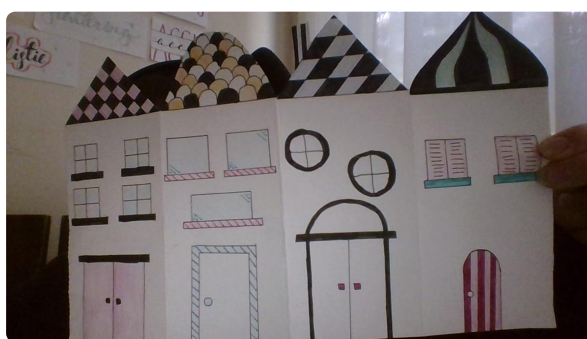
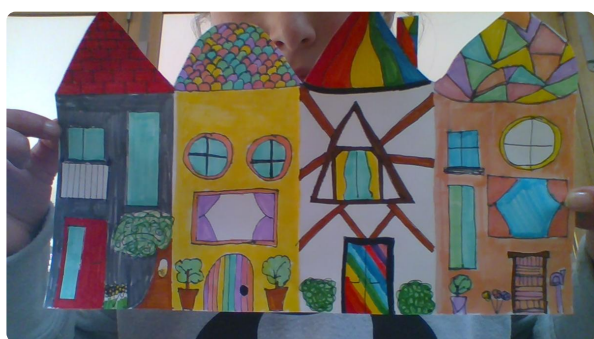
PARENTS AND FRIENDS MEETING

On Tuesday night our Parents and Friends Committee met remotely for the first time in a few months.

It was great to see everyone again and to listen to ways that we can come together as a community after some of our COVID restrictions are lifted.

YEAR 5/6 ARTWORK

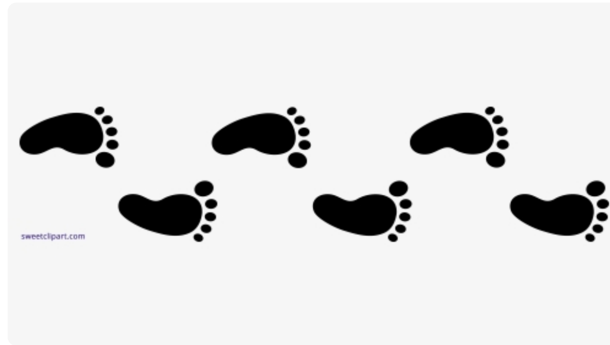
Some of our budding artists in Year 5/6 have shared their 3D Paper Houses, One Point Perspective Swirls and Claude Monet artworks.



National Health and Physical Education Week

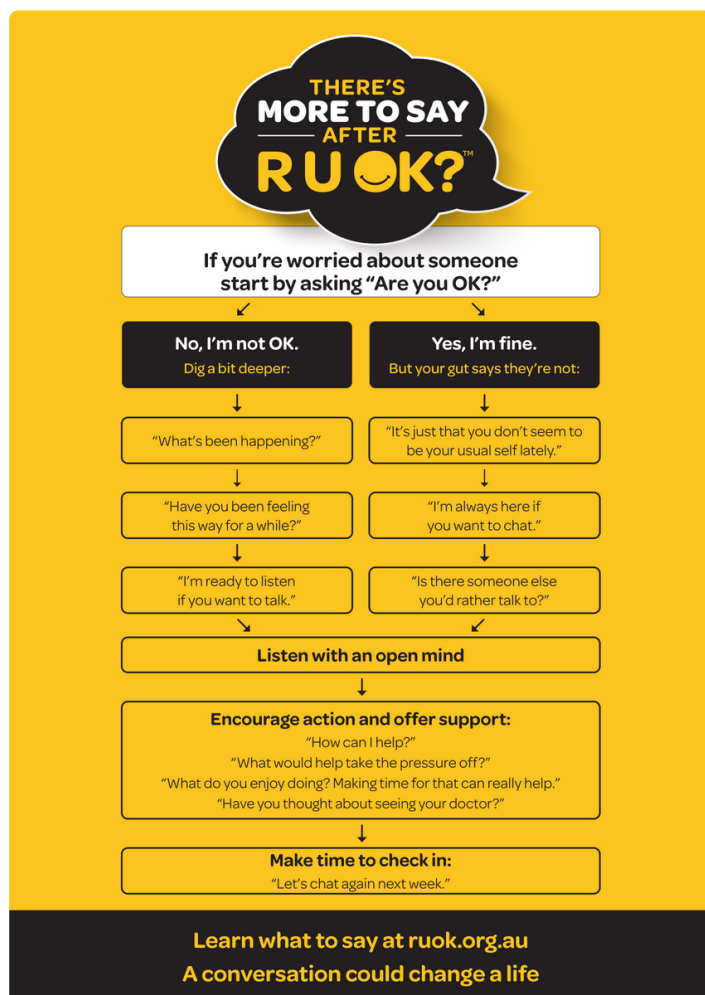
I hope everyone has had the chance to enjoy the sunshine (and wind) this week and get your steps up! Please don't forget to fill out your google form with the amount of steps you have done.

Thank you to our Sports Captains for this healthy initiative and to Mrs Michelsson for supporting this idea.



R U OKAY? DAY

On Thursday 10th September we are acknowledging R U OK? Day. We are encouraging everyone to stop and have a conversation with another person.



How conversations can make a difference

Did you know?

- Life's challenges can leave people feeling helpless, hopeless, afraid, disconnected and at genuine risk

- Early-intervention and open communication can reduce stigma, break down barriers and build trust which in turn promotes long-term, positive behavioural change that saves lives now and into the future
- A simple way to provide support is by genuinely asking “Are you OK?” and being prepared to have regular meaningful conversations to help someone who might be struggling to feel supported when confronted with challenges in life whether at home, work, school or in sport.

2021 PLANNING AND CLASS PLACEMENT

We are beginning to look at class sizes and structures for 2021. Please notify the office if your child will not be returning to Holy Family in 2021.

Please email me principal@hfmw.catholic.edu.au if you have any requests for placement in 2021 and these will be taken into consideration. I ask that you respect the professionalism of all of our teaching staff and do not make specific requests for certain teachers. Teaching staff are yet to be allocated for 2021 and may not be in the same level next year.

Wishing everyone wonderful day on Sunday,

Julie David
(Principal)



Staff reflection of remote learning

Staff Reflections on Teaching during Remote Learning

As we are hopefully nearing the end of remote learning for the second time I thought it would be worthwhile to share some staff reflections with you. Our families have done an amazing job supporting our incredible teachers in this challenging remote environment.

Classroom Teachers -

We have been so proud of our students throughout this Remote Learning experience. They have learnt the invaluable life skills of independence, organisation, problem solving and resilience. Each child has adapted their learning responses to fit their new environment and should be hugely congratulated on their efforts.

Our student teacher relationship has strengthened as we have experienced such a significant change together. It is both challenging and crucial for us to ensure our children stay connected with their teachers and classmates.

- We make sure students know they can email us or join a Google meet if they need anything.
- Each morning we post a running sheet that replicates a class day. This gives our students structure and familiarity during such an unusual time.
- We also are conscious of meeting face to face with our students in a variety of group settings both whole class and small group. These sometimes consist of informal chats, writing conferences, focus teaching sessions and whole class teaching sessions.

As a result we are teaching online for a large amount of the day. The students work conscientiously submitting tasks and attending extra meets when they require assistance.

We spend many hours after school monitoring and assessing tasks the students are submitting as well as evaluating and modifying our teaching to suit the needs of our class. As professionals we have had to learn very quickly new methods of teaching as well as making sure that our students are coping with these new challenges.

Working from home creates new challenges during remote learning as we are both supporting our own families as well as our HOLY FAMILY FAMILY. Being part of a supportive community of parents and students has helped us adapt to this new way of teaching and learning.

We all look forward to our students returning and seeing them in person and sharing our memories of such a different time.

Classroom Teacher -

Yes definitely remote learning has without a doubt been a challenge. The screen time just never disappears. The emails are always flooding in. Emails from children, from parents, from staff, all day every day. Trying to work with children in small groups for an hour and then returning to emails and finding 15 emails to respond to. By the time you respond to these it is time to attempt a task on the daily list such as phone calls to parents, or learning about screen castify, or completing Disability Modules.

If you are lucky to remove one item off the daily list, then it's time for the next Google Meet and heaven forbid how many emails I am going to return to.

The afternoon is spent attempting authentic feedback to as many pieces of work as possible.

Each daily list is written and perhaps one or maybe two items get removed and the list rolls over to the next day when more is added!

Planning!!!! This is a weekend affair!

Back to the emails, and then the day returns again. Same, same!

Having said all this, I feel that I still have managed a relationship with each of the children and especially the parents. The email communication has been extraordinary and I am so pleased that my parents care enough to communicate any concerns or welcomed responses.

I had better get back to the emails

Classroom Teacher -

Constant thoughts about how the students are coping? The parents? Learning on the job new ways to teach and assess online. Updating professional learning via online modules and webinars. Keeping a check on each student. Making sure that they can achieve success in their learning and keeping lessons brief, concise and flexible for all students to enter into a task.

Updating sharing permissions for all- developing google slide presentations, emailing these each night beforehand, entering google classroom activities, monitoring these. Supporting technical issues both at home and school.

Problem solving, counselling, providing support to colleagues, updating and evaluating each lesson and ensuring that there are opportunities are available for extension work, revision and support.

Planning lessons for Learning Support staff to assist students to achieve their goals. Linking and connecting students who feel isolated - jokes, crazy hat days, bring a pet to the meet, share what you are grateful for, ...

Neverending emails that require a prompt response and no time to do that except my breaks or out of school hours. Nights spent planning, evaluation, supporting, creating, listing, assessing, giving feedback, sorting information, moving docs and sharing

Joy to be with the students and families seeing smiles and watching students develop confidence. Missing my students and classroom back at school.

Life on a deserted island- teaching in 2020

This year has been like a holiday gone wrong! We all boarded the ship destined for paradise, which is what we used to know as a normal classroom year. However somewhere at the beginning, our cruise ship capsized on a little island known as 'COVID'. Once safely ashore, we soon realised that life as we knew it wasn't going to be the same. There was no power, so we had no choice over curriculum would be delivered due to lack of resources and materials. There was no music, so creativity within the classroom disappeared. There were no known rules on the island so all classroom culture and expectations literally went down with the ship. There were no houses or privacy and parents and grandparents were welcomed into our classrooms for all sessions without mental preparation. But worse of all, there was no map or guide about how to survive on the island! We literally had no idea how to teach like this- it had never been done before and all we knew about our career disappeared.

In the first few weeks on the island we went through the stages of grief and supported each other as best we could, with no children at school. At least the teachers were all still together. As days passed, we learned to cope with a new routine. We learned how to light fires ignited by new virtual teaching ideas and basked in the warmth of students' smiles through a screen.

Just as we settled in and got comfortable with our new way of life, Rescue came and ensured us that we were going to be safe, heading towards paradise (normality) once again. We were reunited with students, and developed a whole new set of normal again. No shared materials, no hugs, masks, and distance. And while classrooms reunited, teachers were still

isolated from other staff, friends and family. This wasn't ideal but at least our jobs felt a little more normal.

Just as this phase became the new 'normal' we were again told we needed to 'abandon ship' and return to the 'COVID' island only this time we were all dropped off at different locations.

Yet again we were asked to survive. Only this time everyone was tired, more lonely and in need of an old normal. The kids although they tried were less engaged. The parents needed more support to encourage children, yet we were tired and running out of resources.

Supplies and time spent onsite to prepare was less and cracks started to show.

Currently, just like everyone else we are sitting on this island gazing out into the unknown praying for the next ship to come and say it's safe to come home. Safe to see our students, colleagues, friends and families again. We have hope as the season of spring brings sunshine and new life along with lower case numbers. But we are still just hanging in there too!

Please be kind, your teachers have tried to swim to safety many times. They have lost who they were as teachers in the classroom and returned as more capable and resilient. They have changed their whole practise and put your child's learning, engagement and wellbeing first every time they were tired. They have creatively come up with ideas to share and games to play with limited resources. Their kitchens became classrooms and their screens became a mat full of children learning. They learned a whole new way of teaching and held your families hands along the way when they were learning for the first time too. Teaching has been hard this year, but our vocation calls us to be there for the kids and their families no matter what- with hope, faith and love in the future. We have done our best!

Specialist Teachers -

- Researching and planning engaging lessons for offsite learning has been rewarding, though time consuming.
- The students wellbeing and engagement is of utmost importance. A lot of time is given to students who just need that extra 'chat' and the planning required to support them.
- Trying to build a sense of community with students when we have large numbers on google meets can be very challenging. We include every student and allow time for all if and when they need it.
- A lot of time spent on replying and giving feedback to students, both via emails, google meets, google classrooms and Seesaw.
- There have been many positive emails from both students and parents which have been uplifting and encouraging.

- As professionals, we have had to make a lot of adjustments and learn many new skills in a very short time frame - we are still learning and adjusting our programs accordingly each and every day.

Learning Support Staff -

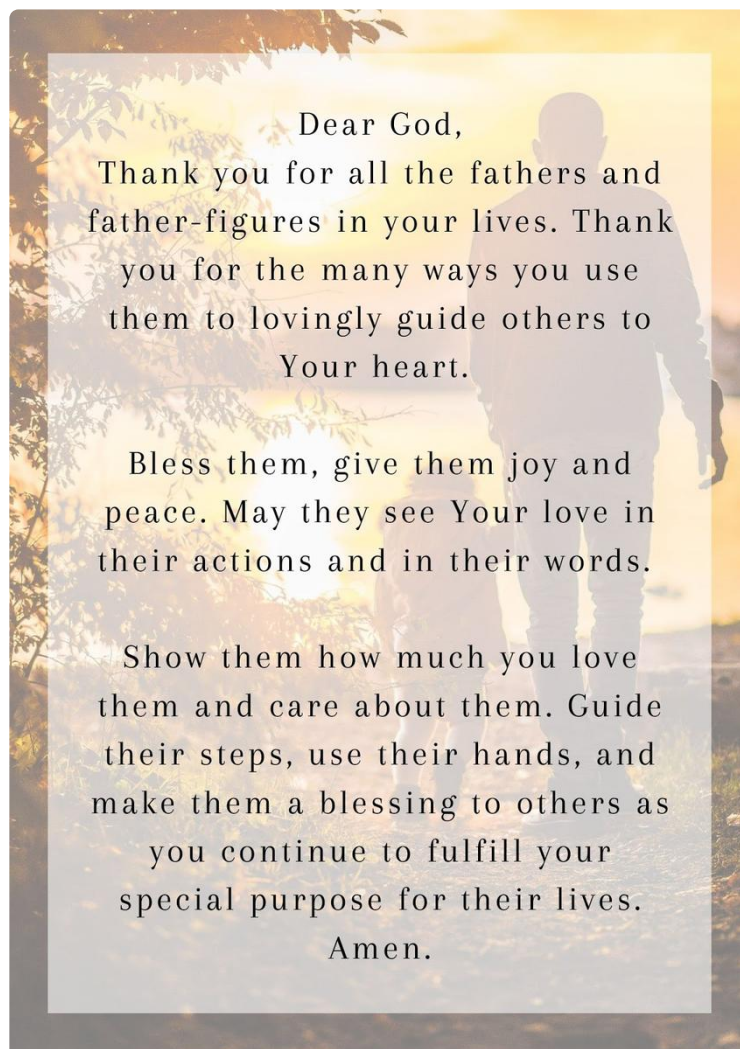
We have been busier than ever.

- communicating with teachers/other Learning Support Officers via emails/phone calls from morning to night and on the weekends
- organising and planning adjusted learning
- professional learning
- daily meetings with HF staff, weekly meetings with LSO's
- providing social and emotional wellbeing for students and sometimes the parents. Listening to parents' concerns and difficulties
- juggling remote learning with my own primary school aged children at home while providing online support (in my bedroom)
- increase in technology use. It can therefore take longer to complete something / explain learning to a student
- with 1:1 learning, many students are unable to integrate with other students, so as an LSO we are their 'best friend'.



From the REC Lauren Considine

Just to say thank you...

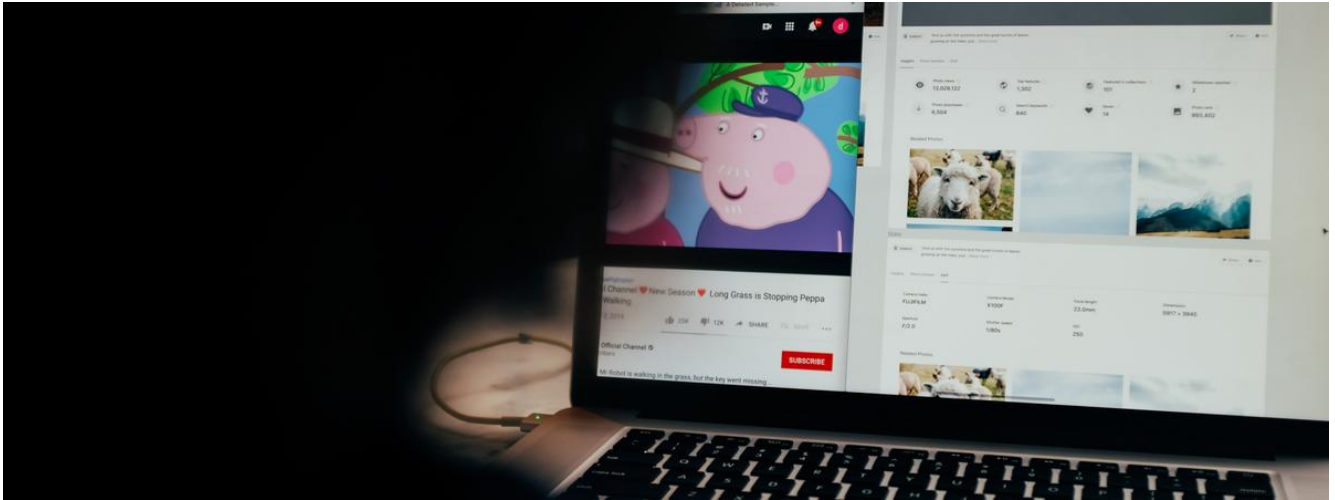


This weekend is one of those rare chances we get to say thank you- not just to dads, but to grandpa's, uncles, brothers and friends who have a place in our hearts and lives. Thank you for all you teach us, the memories we share, the times we have hugged, fished, cooked on the BBQ and ridden bikes with us.

On Father's day I think of all the males who have shaped my life. My dad who taught me to ride a bike and cut a perfect steak in his butchershop, My uncle who goes to the football with me every week and my brother who provides tools for every DIY job I want to complete at home.

I think of St Joseph as a father figure for Jesus and the lessons our fathers can learn from him. Joseph was the man who encouraged Jesus' love for God. He undoubtedly listened to God's call to look after Mary and Jesus. He provided strength and courage when taking Mary to Bethlehem and to Egypt to keep Jesus safe. He taught Jesus how to use his hands as a carpenter and have an honest day's work. He is a great example for all fathers today.

I also about God and what role he has as a Father to us. God's strength and love for us is always there if we remember to look for it. As you sit down on the weekend to celebrate or reminisce, ask your Children why God is like a father to them? Then as you sit down to a meal on Sunday, leave a spare chair at the dinner table and talk about who might sit there, and give thanks to our Father, for all our blessings.



Pandemic Parenting

PANDEMIC PARENTING

It's Okay to do Less (Dr Justin Coulson)

Pandemic parenting. It's intense and surreal (and sometimes claustrophobic). There are so many new expectations on parents at the moment. Many of us are working from home, managing our own stresses in a new environment with more or less technical difficulties.

Many of us are schooling our children at the same time (also with more or less technical difficulties). We're trying to keep our kids mindfully entertained at a time where playgrounds are closed and playdates are banned and without letting them turn into screen zombies. And we're still trying to teach our children manners and kindness.

I hear from parents everyday who feel under prepared, overwhelmed, and out of control. I want to tell those parents... it's OK to do less. Nothing in our lives has prepared us for parenting in a pandemic. Do less, or in some cases, nothing at all.

You don't have to be a full time entertainer.

It's OK for your kids to watch more TV, play more video games, and create more Minecraft worlds.

I've talked a lot about screen time and its downsides, but I'm also a parent. I know how challenging it can be to keep kids off screens when they're stuck at home all the time. Give everyone a break, and loosen the rules a bit. If you can, continue to guide them toward high quality programs and inspirational activities, and try to keep a balance in their day. Focus them on creation and connection more than consumption.

Stop comparing.

We're all consuming more social media – it's natural as we try to keep in touch with friends and family during isolation. But it's also easy to slip down the rabbit hole of comparing ourselves to others.

Other people may look like they've got it all together. They may seem to have happy children who move from online yoga classes, to maths worksheets, to outdoor time while the parents sit back and get all their own work done in their tidy

house. This may make you feel an anxious drive to do more and more each day.

Don't. Instead of doing more things, consume less social media. And when you are on social media, use it for good – to keep in touch with your friends and your family and to read and spread positive messages.

Relax about schoolwork.

I had a mum tell me today that she is doing schoolwork with her kids from 8.30am until 4.30pm and they're still not getting it all done. That is too much. Primary aged children should be doing one or two hours of school work a day when they're home with you – maximum! The rest of the time they should be playing, or exercising or reading or just hanging out. Just because the school sends home that work doesn't mean you have to do it!

Instead of doing everything, focus on a few things:

Get active.

Getting active, especially outside, will change your mental outlook and that of your children. There is much research that shows that exercise helps support children's mental functioning that is central to cognitive development. It helps

relieve stress and develop better mental health.

And it just plain makes us feel good. That's a great thing, especially right now.

Focus on making connections.

You and your children both need to stay connected with friends and family even while practicing physical distancing. This could be in the form of Zoom calls, writing letters and emails or dropping by little gifts, cards or cookies they've helped make. Some teens I know have even been secretly 'heart attacking' each other's cars and houses (covering them with paper hearts).

Strong social connection is associated with increased longevity, a strong immune system, lower rates of anxiety and depression, higher self-esteem and greater empathy. So, while it's OK to do less, perhaps this is the one area where we should be doing more.

Choose a few priorities each day.

Choose just a few priorities each day and make sure you get them done. Life feels better when we can tick a few boxes. I recommend exercise or activity for an hour, learning for an hour and a project around the house for an hour. Doing less, in this case, will actually yield you more because you've created a list and checked the items off.



Parent Webinar Dr Micael Carr-Gregg

SUPPORT FOR PARENTS

On Wednesday 9 September, as part of National eSmart Week, the Alannah & Madeline Foundation is presenting a free webinar for parents and carers by renowned child psychologist Dr Michael Carr-Gregg, on building family resilience during coronavirus (COVID-19). **Dr Carr-Gregg's webinar is aptly named Managing the Coronacoaster – tips for building resilient families in the coronavirus era.**

The first wave of the coronavirus turned our lives upside down and forced us to navigate a new and unwanted reality of remote learning, working from home and financial hardship. The second wave has elicited even more anxiety, disruption and disappointment in both young people and families.

This webinar seeks to give participants the skills, knowledge and strategies to manage family wellbeing and build resilience.

Webinar details

- **When: Wednesday 9 September**
- **Time: 7:00pm**
- **Duration: 30-minute presentation**
- **Format: online via Zoom**
- **Cost: free**

How to join this LIVE webinar:

[Use this link to join this live session from 7.00pm](#) (using passcode 607251)

Please note that this event will be delivered live only and won't be recorded.

About Dr Michael Carr-Gregg

Dr Michael Carr-Gregg is one of Australia's highest profile adolescent and child psychologists. He wrote his PhD at the University of NSW on Adolescents with Cancer and named and founded CanTeen more than 30 years ago with a group of young cancer patients. He has worked as an academic, researcher and political lobbyist. He is also the author of 14 books and sits on the board of both the Australian Children's Television Foundation and the National Centre Against Bullying. He is the resident parenting expert on Channel 7's *Sunrise*, as well as a social commentator on the *Morning Show with Neil Mitchell* on Radio 3AW. He is married with two sons and is a special Patron of the Hawthorn Football Club.





Holy Family Loves to Read

HOLY FAMILY LOVES TO **READ!**



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BE A READING SUPERHERO AND
JOIN IN THE FUN!!
WITH LOTS OF READING, THERE ARE
PRIZES TO BE WON!!



WHAT TO DO -

Record your reading each day for weeks 8 and 9. Recording sheets will be made available from your class teacher.

You can use any books you have at home (hard copy or online/audio books) as well as books from Sunshine Online, Razkids and Epic Books.

One student per class will receive a prize for their awesome reading.

With lots of reading, you could win a prize!



To celebrate you are invited to dress up as our favourite Dahl character.

On September 13th the world celebrates the birthday of the illustrious author of so many unforgettable works of fiction, including The BFG, The Twits, Charlie and the Chocolate Factory, Fantastic Mr Fox, and Matilda.

Famous for his gobblefunk, Roald Dahl's often frothbuggling but no doubt phizz-whizzing squibbling has been delighting human beans (both young and young at heart) since his first book was published in 1942.

(Pssst ... If this paragraph has you crodsquinkled and biffsquiggled, the Dahlisms are translated for you below!)

Dahl taught us that it's okay to be different, appearances can be deceiving, and a person who has good thoughts can never be ugly.

We learned that some of the most exciting things we do in our lives will also scare us, that good things come to those who wait, and nothing is impossible.

But most importantly, we learned that just because you can drink your weight in chocolate, doesn't mean you should!!!!

To celebrate, let's dress up as our favourite Dahl character, delve into the world of Roald Dahl, and have fun with some activities which can be found on the following site:

<https://www.roalddahl.com/things-to-do-indoors>

You may like to read some stories written by Roald Dahl. The site has people reading his stories also. That could be included in your Holy Family Reading Challenge log!!

We look forward to seeing lots of Roald Dahl characters in our google Meets next Friday 11th September.

HAVE FUN!!!

To celebrate you are invited to dress up as our favourite Dahl character.

ROALD DAHL DICTIONARY

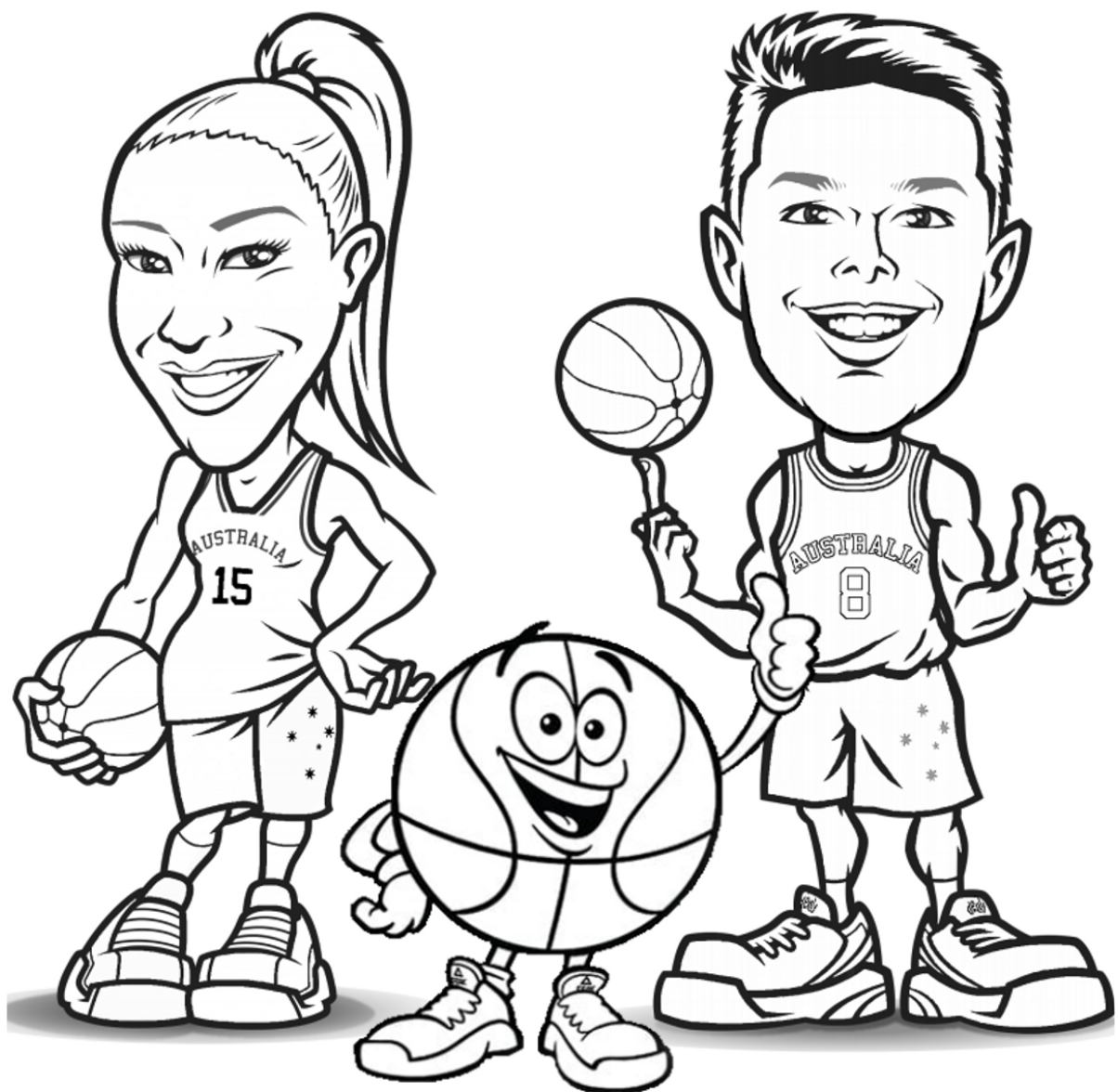
Argy - argument
Biffsquiggled - confused or puzzled
Crodsquinkled - caught out
Darksome - dark and murky
Diddly - individual or distinct
Fizzwiggler - someone mean/cruel
Frothbuggling - silly
Giganticus - grand and spectacular
Gloriumptious - marvellous
Gobblefunk - play around with/invent words
Grunion - mean or grumpy person
Hopscotchy - cheerful

ROALD DAHL DICTIONARY

Human beans - human beings
Phizz-whizzing - excellent or splendid
Pibbling - small and unimportant
Razztwizzler - something exciting
Ringbeller - a splendid dream
Rommytot - nonsense
Scrumdiddlyumptious - delicious
Squibbling - writing
Trogglehumper - nightmare
Telly-telly bunkum box - television
Whiffsy - always moving
Zozimus - what dreams are made of



Let's have some colouring in fun!!





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Camp Australia OSHC

Singapore Style Noodles: *Quick and easy!*

Ingredients: 6x cakes of rice vermicelli noodles
2x cups diced vegetables
1x tin of corn
1x tin of beans (kidney beans or chickpeas)
75g honey
½ teaspoon ground coriander
½ teaspoon ground cumin
½ teaspoon ground cinnamon
1 tin of tomatoes (optional)



Method:

1. Cook vermicelli noodles following the directions on the packet.
2. Cook diced vegetables, beans and corn in a small amount of vegetable oil until soft.
3. Drain water from noodles and add to the vegetables.
4. Add spices and honey, mix it up and eat! Yum!

Get creative in the kitchen with a recipe straight out of the OSHC cookbook!

At Camp Australia's OSHC, our programs are all tailored to the children in our service and one of the activities that children love is cooking. In Outside School Hours Care (OSHC) we make sure that the children who attend our programs eat healthy and delicious snacks that are in line with the Australian Dietary Guidelines. We've developed our own recipe book filled with fun and healthy recipes that children can make in OSHC.

Continue the love of cooking and healthy eating at home by making one of our delicious recipes:

It's FREE to Register. (and if you want to use OSHC, you first need to register).

Register at pp.campaustralia.com.au/account/login. Once registered, it's easy to make and manage your bookings online via our Parent Portal.

Visit our blog for helpful information and fun activities.

New articles are added each week for parents and cover various topics to help families.

Visit the blog here: <https://campaustralia.com.au/blog>