



St Catherine of Siena

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NEWSLETTER

Term 4, Week 1 October 9th 2020

Reflection

Tomorrow is World Mental Health Day. This is an important event to highlight each year but particularly this year with what we have experienced so far, the children and staff returning to work next week along with many of you returning to work also. The following has been taken from the World Health Organisation page for World Mental Health Day 2020.

This year's World Mental Health Day, on 10 October, comes at a time when our daily lives have changed considerably as a result of the COVID-19 pandemic. The past months have brought many challenges: for health-care workers, providing care in difficult circumstances, going to work fearful of bringing COVID-19 home with them; for students, adapting to taking classes from home, with little contact with teachers and friends, and anxious about their futures; for workers whose livelihoods are threatened; for the vast number of people caught in poverty or in fragile humanitarian settings with extremely limited protection from COVID-19; and for people with mental health conditions, many experiencing even greater social isolation than before. And this is to say nothing of managing the grief of losing a loved one, sometimes without being able to say goodbye.

The following web address is for a resource page of the WHO with some COVID 19 related mental health resources including a picture story book which can be used with children and is available in various languages

<https://www.who.int/teams/mental-health-and-substance-use/covid-19>



Dear Parents & Guardians,

Welcome back to Term 4 and the reopening of onsite schooling for all children as of next week. We are all looking forward to having the children return to school as I am sure they are. I have said often but always very sincerely that we could never have done this without the tremendous support we have received throughout this time. I know that the juggling of all of your commitments has not been easy throughout this time so a huge thank you to you all.

While many children will be excited to return to school and reconnect with friends it is important to realise that for many this may be coupled with anxiety and worry. They, like us all, have gone and continue to experience a traumatic event and this may be displayed by children in a number of ways. Page 4 and 5 of this newsletter are from a communication shared with me from Catholic Education Melbourne and list ways we can support children in this transition. I have discussed a school version of this with staff this week and enclose the Parent/Carer version for you all. In addition to this I include here a link to Dr Michael Carr Gregg and a video of [The Transition Back](https://schooltv.me/wellbeing_news/special-report-coronavirus-transition-back) (https://schooltv.me/wellbeing_news/special-report-coronavirus-transition-back). These resources may be of assistance to you if your child is concerned about returning to school. Of course if we can assist you with any challenges your child faces on their return to school please do not hesitate to contact us. Lorraine Macdonald our Wellbeing Leader can be contacted on lmacdonald@scmeltonwest.catholic.edu.au All classroom teachers can be contacted through Seesaw or emailed. I have enclosed a list of classroom teachers and their email addresses on the following page for you.

To support the children and make the most of the time we have with them this term we have 3 foci which we will be concentrating on for the remainder of the year.

- 1. Wellbeing** - settling back in, feeling comfortable at school and reconnecting with friends and staff will be at the heart of all we do. Children will be given lots of opportunities to share and process how they feel in appropriate ways and catch up with each other on significant events they have missed.
- 2. Learning** - we know that some children continued to learn during remote learning as they would have at school, others did not have as productive an experience. We will be working hard to concentrate on core elements of Literacy and Numeracy, identifying gaps in their learning and working with you and your children to address these. Religion will continue to be a major part of our curriculum and once we have ways we can celebrate Sacraments with the Year 3, 4 and 6 children we will notify you of these arrangements.
- 3. Transition** - an important part of Term 4 is the transition from kinder to Prep, Year 6 to Year 7 and every other year to the following year. We will have to conduct these transitions in creative ways according to the current restrictions but we will do our best to assist the children with managing and celebrating these milestones.

So that we can maintain a safe environment as well as manage the return to school and support all of the children in settling back into the school routine we have made the following arrangements -

- *the school will be disinfected this weekend prior to all children returning

- *Year Prep - Year 2 will return on Monday, 12th October**

- *Year 3 - Year 6 will return on Tuesday, 13th October**

- *hand sanitiser is available in each space and will be used regularly throughout the day. Antibacterial wipes will be used to disinfect high touch areas throughout the day

- *the cleaners have been engaged to come in during the day and carry out cleaning of the toilets and high touch areas of the school throughout the day

- *from Monday, 12th October ALL children with A-K surnames will be dismissed at 3:05pm; those with L-Z surnames will be dismissed at 3:15pm

- *we will be using the 4 gates as shown on the map enclosed with this newsletter

- *if you are picking up your children from the front of the church please enter through gate 1, follow the yellow footprints to maintain social distancing and exit through gate 2

- *all children should have a key tag on their bag (we gave them this last time) and we ask that you use this to write the number of the gate you wish them to use. In this way we will have them at the correct point in the afternoon ready for pick up

- *parents are not able to access the school unless for essential services or to pick up children from the front of the church in the afternoon

- *ALL children are required to bring a drink bottle as the drink fountains are not available

- *children are not to bring their own sport equipment at this time, we will make ample equipment available for them to use

- *under current restrictions we are unable to hold whole school gatherings and assemblies - we will be trying virtual ways to have these

Take care everyone and God bless



Carmel Marantelli

PRINCIPAL

Class	Teacher	Email Address
Prep A	Mandy May	mmay@scmeltonwest.catholic.edu.au
Prep B	Sarah Terrill	sterrill@scmeltonwest.catholic.edu.au
Prep C	Jodie Russell	jrussell@scmeltonwest.catholic.edu.au
Prep D	Kiara Howard	khoward@scmeltonwest.catholic.edu.au
	Sharni Thomas	sthomas@scmeltonwest.catholic.edu.au
1E	Sarah Prendergast	sprendergast@scmeltonwest.catholic.edu.au
1F	Dee Tuckerman	sprendergast@scmeltonwest.catholic.edu.au
1H	Kathy Ly	kly@scmeltonwest.catholic.edu.au
2G	DeAnna Papadopoulos	dpapadopoulos@scmeltonwest.catholic.edu.au
2I	Caitlin Walker	cwalker@scmeltonwest.catholic.edu.au
2K	Jamien Russell	jarussell@scmeltonwest.catholic.edu.au
3J	Seona Payne	spayne@scmeltonwest.catholic.edu.au
3L	Shanthi Di Falco	sdifalco@scmeltonwest.catholic.edu.au
3M	Alicia Hambleton	ahambleton@scmeltonwest.catholic.edu.au
	Daniella Jovancevski	jovancevski@scmeltonwest.catholic.edu.au
4Q	Ben Donnelly	bdonnelly@scmeltonwest.catholic.edu.au
4S	Vanessa Deluca	vdeluca@scmeltonwest.catholic.edu.au
4U	Catherine Woodhouse	cwoodhouse@scmeltonwest.catholic.edu.au
5R	Justin Cleur	cleur@scmeltonwest.catholic.edu.au
5T	Christine Kean Ong	ckeanong@scmeltonwest.catholic.edu.au
	Eboni Morrell	emorrell@scmeltonwest.catholic.edu.au
5V	Kaye Weaver	kweaver@scmeltonwest.catholic.edu.au
6N	Regita Caruana	rcaruana@scmeltonwest.catholic.edu.au
6O	Mel Anderson	manderson@scmeltonwest.catholic.edu.au
6P	Rachel Simmons	rsimmons@scmeltonwest.catholic.edu.au

FRONT OF SCHOOL GATES

Gate 1 is under the electronic sign and directly in front of the new administration building

Gate 2 is directly in front of the church on the CRC side of the pedestrian crossing

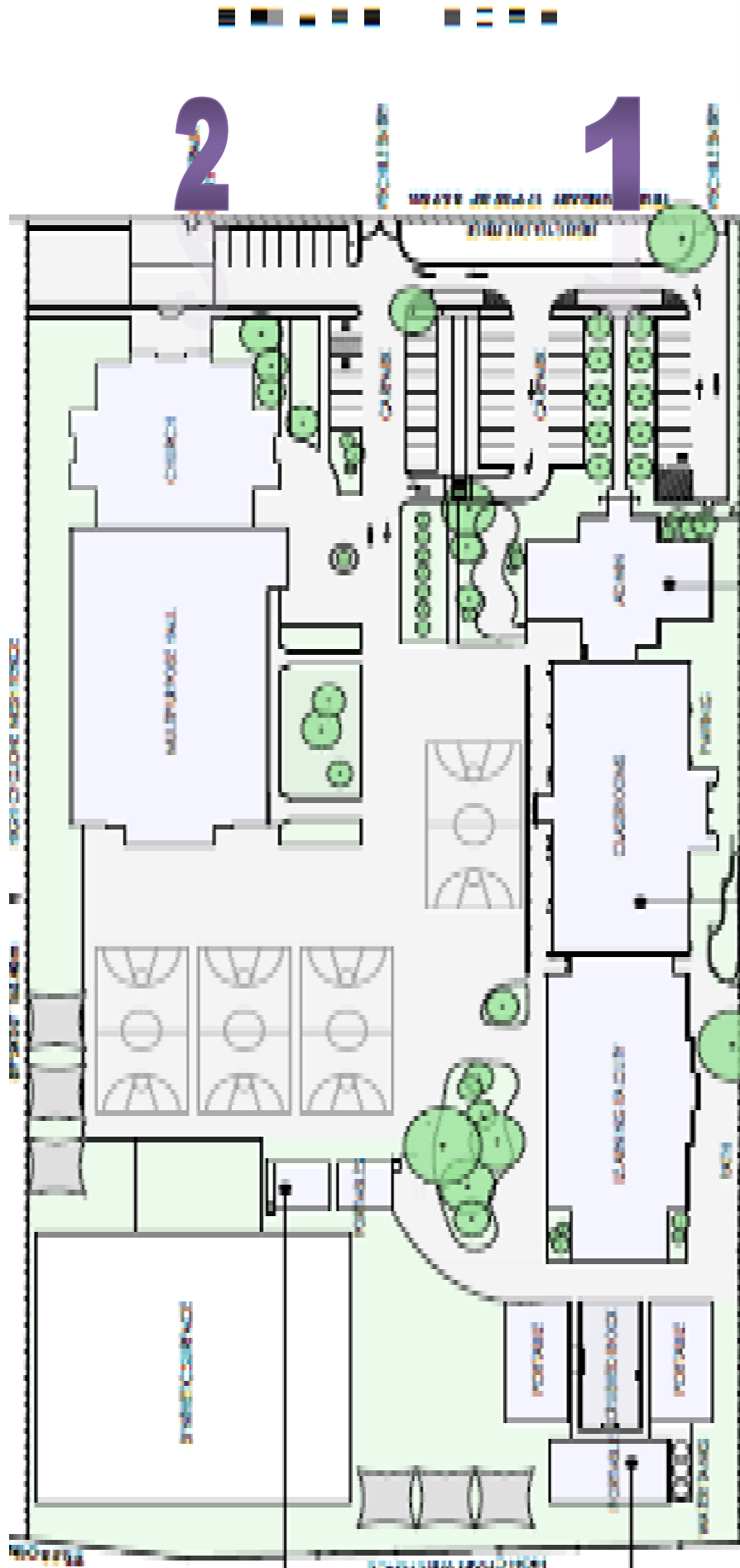
3

SIDE OF SCHOOL GATES

Gate 3 is on the park side of the new administration building

Gate 4 is half way down the length of the school on the park side

4



Returning to school: 7 tips for Parents and Carers to help Primary children cope

(Adapted from: [Parent zone](#))

After months of remote learning and a range of COVID-19 restrictions, children will be returning to school routines, classrooms, classmates, teachers, expectations and, in some cases, even new school settings.

Amid the anticipation and excitement many children are feeling, for some, leaving the home learning routine and environment may create anxiety for a range of reasons including: the ongoing uncertainty of COVID-19; social distancing and hygiene measures in place; family circumstances related to health; grief associated with a recent loss; or economic circumstances.

To prepare and support students' return to onsite learning and the school/classroom environment, 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.
- Bear in mind that your child may be returning to a pre-existing issue from before remote learning – for example, a bullying or relationship issue, or difficulty with school work or staff – or they may be preparing for the transition to secondary school.
- Try to give them a non-judgmental and supportive place to share any worries. Younger children, in particular, may not always have the words to express their feelings, so try to find a way of bringing up the conversation without putting pressure on them – for instance when you're playing with them or going for a walk. This can help them to open up naturally and identify what they're worried about.

2. Pack right, pack light

- Your school will have been in touch to let you know what your child should and shouldn't bring on their return. Eg. bring an individual water bottle.
- Make sure you have checked with your school about what they need in order to make your child's day easier.

3. Support children to understand the school procedures

- Your school will also have been in touch to explain various procedures in place – such as entry points, break times and hand washing routines.
- If you haven't received this information or are unsure you should contact your school office.
- It will be important for your child to understand social distancing and hygiene rules and, importantly, why they are in place.
- Read school communications with your child and make sure they are prepared and know what to expect when they arrive at school.

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.
- If your child travels to/from school independently, including on public transport, you should talk to your child about getting to and from school, including observing the directions of Victoria's Chief Health Officer (i.e. social distancing, group gatherings).
- Your child will be expecting you at the end of the day so make sure you, or whoever is collecting them, are there in the right place at the right time.
- If your child travels home independently, make sure you, or another carer, is there to welcome them home and check-in about their day.

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 / 'rules'.
- Try to stay informed about how they are getting on – but if you are concerned, contact the school office about speaking to the class teacher.

7. Sleep and rest

- Your children may have been getting used to some unusual hours during the remote learning period and that may have extended into the school holidays.
- 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 and the new routines they will be adapting to.

Welcome back to school!!

Year Prep - Year 2 Monday, 12th October

Year 3 - Year 6 Tuesday, 13th October

We are all so excited about returning to school and we have all missed our friends and teachers so much that you might want to give them a big hug!

Unfortunately, that's a **BIG NO-NO**, but here are some other ways that you can say 'Hello' without touching anyone.



Term 4 - Uniform

We have been informed by the new uniform supplier that new uniform items will soon be available to purchase from the Academy Uniform Store in Deer Park. Once we have a confirmed date we will let everyone know. In the interim, while we wait for the new uniform students will be allowed to wear the current Summer Uniform or Sports Uniform.

If you wish to purchase current uniform items from the school please send an email to Annette in the uniform shop uniform@scmiltonwest.catholic.edu.au with a completed order form. When the items have been prepared Annette will contact you to organise payment and collection.

Book Week 2020

This year Book Week will be held from Monday, 26th October until Friday, 30th October.

Students will be immersed in various texts and learning experiences throughout Book Week.

Our Dress Up Day will be held on Wednesday, 28th October so it's time to start thinking about costumes!

CURIOUS CREATURES
WILD MINDS

LITERACY NEWS

Book Week 2020

Welcome to Term 4. How exciting...the countdown to Book Week 2020 is on.

This week, in anticipation of Book Week, the students began engaging with some of the short listed books as we lead up to spending a week celebrating reading. I can't wait for the students to be back on site next week. They will get to see the actual books as teachers have planned to continue sharing and learning about reading using these books.

The shortlisted books were shared in a Newsletter last term. If you would like a list of the books please don't hesitate to email me. *Story box Library* has a number of the books presented/read by famous people. St Catherine's has a subscription to this platform: login details - stcathsmw, password – stcaths1. Alternatively, you can search the title of a book and you may find it online. The Winner and Honour Books announcement will be delivered live this year on Friday, 16th October. Therefore, our students will have the opportunity to watch as all unfolds.

The Primary English Association Australia (PETAA)

Last term, I provided a website link for tips that may assist parents with guiding reading and writing at home. Unfortunately the website was recently updated and the link did not work. This link will take you to the page. It has a number of resources and ideas on how to support at home.
https://petaa.edu.au/w/Teaching_Resources/Parents_guide.aspx/#tips

Reading Eggs

Proudly, I report, that we have 243 students using this platform and collectively they have contributed a staggering 650 plus hours of work on Reading Eggs and Reading Eggspress. An amazing statistic, 3500 sessions completed. Our Prep students again take first place for reading the most books. Our Year 2 students take first place for making the most growth in terms of literacy skills on the platform. Congratulations everyone. It is great to see so many students using this platform to help them read.

For further information or assistance please contact Bernadette Parnis, Literacy Leader,
bparnis@scmeltonwest.catholic.edu.au.

Children who learn to love reading have a pastime that will engage their imaginations and intellects for the rest of their lives.



Congratulations

Congratulations to the following children who all received a class award this week.
These awards will be posted to children who are not onsite.

Keep up the terrific effort!!

Prep A - Emma Williams

Prep B - Caitly Sammut

Prep C - Macy Robbie

Prep D - Matilda Hall

1E - Maya Baglieri

1F - Dor Telar

1H - Nyok Anyar

2G - Diyar Matti

2I - Allison Chandiwana

2K - Brody Cooney

3J - Joshua Gallagher

3L - Madison McGrath

3M - Andi Bhebhe

4Q - Hayden Hausfeld

4S - Emily Kaltner

4U - Kareena Allen

5R - Laila Maurer

5T - Pauline Abela

5V - Faith Abraham

6N - Isabella Zammit

6O - Hayley Wright

6P - Poundak Poundak

Term 4, 2020

Mon	Tue	Wed	Thu	Fri	Sat	Sun
12 Week 2 *Prep - Yr 2 Return to school *Yr 3 - 6 Remote Learning continues	13 *Yr 3 - 6 Return to school	14	15	16	17	18
19 Week 3	20	21	22	23 *Thank You Day	24	25
26 Week 4 *Book Week	27	28 *Book Week Dress Up Day	29	30	31	1 November
2 Week 5 *School Closure Day	3 *Melbourne Cup Day	4	5	6	7	8

Parish Of Melton Office

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Office Open: Tuesday - Friday 9am - 3pm



w: <http://pol.org.au/melton/Home>



PLEASE NOTE:

ALL MASSES (including Sunday services) have been SUSPENDED until further notice due to the COVID-19 direction issued by The Bishops of the Province of Victoria. We will continue to provide updates via the Parish website and Parish Facebook page as they become available.



CATHOLIC REGIONAL COLLEGE MELTON

YEAR 7 2022 ENROLMENTS

Enrolment applications for Year 7 2022 are due on Friday 9 October 2020. To obtain or submit an application form email: enrolments@crcmelton.com.au

Virtual School Tours

We invite you to take a Virtual Tour of the College led by our Year 12 student leaders, which includes a live Q&A session with our Principal, Mrs Marlene Jorgensen.

To reserve your place visit:

www.crcmelton.com.au/join-us/college-tours



A message from the Coordinator

Dear Families,

A big warm welcome to all our OSHC families. It is very nice to see everyone coming back in Term 4 . I would like to introduce myself as a new Coordinator Jaskirat Kaur to the service (St Catherines OSHCLUB). I am looking forward to meet and building positive and respectful relationships with all our Families, Children and School community.

I would just like to let you know that when you arrive to drop your child off or to pick your child up from OSHClub, there is a sign on the gates with our phone number to call or message that you are here and an Educator will come and collect your child/ren or bring them out to you.

Program Coordinator

Jaskirat Kaur

OSHClub News

This term we will be focusing on Sustainable practices, lot of fun with art & craft and science experiences and outdoor play. Also as we now in our SunSmart season all children required to wear a hat when outside. Also please remember that there should be no hat sharing or "service hats" in use, this is not appropriate during Covid -19.

Just a reminder if your child has any medical condition and that needs to be updated, please provide us with a new medication and updated medical management plan.

If parent's have any suggestions of feedback please feel free to Email, Call or message us and we will take your input on board.

Please see below some photos of the experiences had this week.



Foil Painting



Domino Effect



Children love doing Foil painting

Next Week Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Before School Care	Rice bubbles, Wheat Bix, Cheerio's and Cornflakes. Toast with assorted spreads. Yogurt and Oats.	Rice bubbles, Wheat Bix, Cheerio's and Cornflakes. Toast with assorted spreads. Yogurt and Oats.	Rice bubbles, Wheat Bix, Cheerio's and Cornflakes. Toast with assorted spreads. Yogurt and Oats.	Rice bubbles, Wheat Bix, Cheerio's and Cornflakes. Pancakes. Yogurt and Oats.	Rice bubbles, Wheat Bix, Cheerio's and Cornflakes. Toast with assorted spreads. Yogurt and Oats.
After School Care	Avocado and Olive dip with Crackers Fruit Bowl.	Toasted Sandwiches Fruit bowl.	Fried Rice with Veg-gies Fruit bowl.	Salada with assorted Spreads Fruit Bowl.	Red sauce Pasta Fruit bowl.

Fruit and Water are always on offer for the children during attendance at the program.