



NEWSLETTER

St Justin's Parish School

Principal: Mr Patrick Torpey

Email: principal@sjwheelershill.catholic.edu.au

Bulletin No 24

Friday 7th August 2020

Dear Families and Friends,

As we enter Stage 4, another adjustment is required, impacting on us all. Certainly a challenging time that we need to face with a positive attitude. Tomorrow we celebrate the Feast Day of Saint Mary of the Cross – an inspirational lady who drew strength from her faith in very challenging times. St Mary of the Cross once said, “Be a gift of love and compassion for one another.” – a powerful message for us all at this time.

Saint Mary MacKillop - Feast Day 8th August

Mary MacKillop was born in Melbourne, Victoria on 15th January 1842. She was the eldest of eight children. Her father Alexander and mother Flora were both in Scotland.

Mary had a very poor and unsettled childhood as her father was often without a steady job. Her family had to move from place to place whilst he looked for work. With all this moving around, Mary had little formal schooling but instead was given homeschooling by her loving father. Alexander MacKillop not only taught his children their school work but also passed on the wonderful lessons of faith. This not only provided the children with a great education but instilled a passion in them to perform the work of Jesus. This passion ultimately drove Mary to become a nun. *(continued overleaf)*

St Mary of the Cross MacKillop Prayer:

Heavenly Father,
Thank you for Mary Mackillop and what she has taught us about loving and helping others.
I pray that you can help me to have a heart of compassion for those in need.
Please show me how to meet the practical needs of others.
Jesus help us.
Amen



Thankful Thursday

Thursday 13th August will be a wellbeing day for our entire school community.

We are mindful that during this time of Continued Online Offsite Learning, it becomes increasingly difficult and challenging for families, students and staff. As a community, we need to take some time to prioritise our personal health. Therefore, as a school community we have decided to make Thursday 13th August a ‘Thankful Thursday’ - hopefully an opportunity to take some time and be thankful.

On this day, students can choose their own activities and you as parents will not have to be concerned with ensuring your children are engaged in the remote learning program. It is intended to be a day free of pressure and routine. Teachers will not post anything out to their classes on this day and there will be no Google Meets. We hope that it will mean that the children release their minds, their bodies and their eyes for the day.



All Children Can Achieve Success

St Justin's Parish School, Wheelers Hill

Saint Mary MacKillop - Feast Day 8th August (cont'd)

When Mary was 14 years old she commenced her first job. Working as a clerk for four years enabled Mary to provide money for her poor family. When she was 18 years old she moved to the South Australian town of Penola and worked as a governess looking after her cousins and teaching both them and other children in the area. Whilst Mary was living in this small town, she became friends with a priest who would later become her spiritual guide -Father Julian Tenison Woods. Like Mary, Father Tenison Woods loved children and wanted to help poor children attend school. In 1866 Mary MacKillop and Father Tenison Woods's inspirational work began when they started the first St Joseph's School in a small stable. All of the children had lessons in reading, writing, maths and singing.

Mary and her sisters also taught the children about God and taught them to trust in Jesus as he would be a friend to them throughout their lives. In 1866 Mary MacKillop and Father Tenison Woods founded the religious order of the Sisters of Saint Joseph of the Sacred Heart (the Josephites) and in 1867 at the age of 24, Mary MacKillop became a nun - Sister Mary of the Cross.

As more young women joined the Sisters of Saint Joseph, more schools were opened. After a short period of time, the Josephite schools, educating thousands of children, were open in most states of Australia.

Mary MacKillop and her Josephite nuns were selfless people who not only gave poor children a free Catholic education, but provided many orphaned children with shelter, clothing and food. They also set up houses for elderly women, young girls and women without jobs. They gave their life to people in need, often providing comfort to the sick and dying and even visiting people in jail to give them whatever help they could.

Since childhood, Mary MacKillop felt that God was calling her to make a difference in the world. Today the Sisters of St. Joseph are still continuing the work that Mary MacKillop started all those years ago. The congregation now totals about 1200 sisters working mainly in Australia and New Zealand, and smaller numbers working in countries such as Ireland, Peru, East Timor, Scotland and Brazil.

Mary MacKillop died on the 8th August, 1909 in North Sydney where her tomb can be visited today. She was a wonderful woman who brought the message of God's love to everyone she met and spent her life caring for and educating people in need. She was made Australia's first Saint on the 17th October 2010.



All Children Can Achieve Success

St Justin's Parish School, Wheelers Hill

Google Meets

Thanks again everyone with your support for our Google Meets (GM). Google Meets are an important part of our online learning and just like on-site learning, we have a number of expectations. Listed below are a few reminders which we ask students to follow:

- *Only enter a Google Meet at the required time, as directed by a staff member. These are usually at 9:30am, however smaller groups will have GMs throughout the day.*
- *Ensure cameras are on, at the commencement of the GM*
- *Microphones are only turned on when directed by the teacher*
- *Use the chat bar appropriately*
- *Students should be ready for their meetings:*
 - *dressed appropriately*
 - *no eating*
 - *device on a stable surface, preferably a desk or table and chair, not the floor*
 - *background noise and interruptions kept to a minimum wherever possible - it's often hard to compete with vacuum cleaners, etc.*

School Crossing Update

The following letter was received from Monash City Council and we share it with you to keep you updated with any changes that affect access to school. If there are any further changes to this, we will keep you informed.

Dear Madam / Sir

Important notifications regarding school crossing supervision

The purpose of this email is to alert you to the State Government's intention to implement COVID-19 'Stage 4' restrictions as of midnight on Wednesday 5 August 2020 and the impacts this has on the servicing of school crossings. As you will be aware, the attendance of students at schools is primarily restricted to onsite learning to those that are most vulnerable and children of essential workers.

Consequently, this will significantly reduce the number of students attending schools and the amount of vehicular and pedestrian traffic within the precincts of schools. It is also understood that some children will be escorted to a from school by a parent or family member in addition to most schools having a system in place whereby children can be dropped off and collected at the school entrance.

The proposed restrictions will impact all members of the community, however a number of services have been identified as critical in maintaining the safety and wellbeing of the community. It is acknowledged the role of school crossing supervisors does contribute to the safety of students. However, in keeping with 'Stage 4' directives from the Chief Health Officer and the substantially reduced level of activity at schools during pick up and drop off times, it has been determined to suspend the coverage of school crossing supervision over the next 6 weeks of these proposed restrictions.

In reaching this position, it was also important to consider the health and safety of the school crossing supervisors. To that end, having regard for current health advice was essential.

Council will continue to provide further information in due course regarding the return of school crossing supervisors to their crossings.



All Children Can Achieve Success

St Justin's Parish School, Wheelers Hill

ONSITE ATTENDANCE

On Sunday, the Victorian Government announced that, on the advice of the Victorian Chief Health Officer, regional and rural Victoria will move to Stage 3 restrictions and metropolitan Melbourne will move to Stage 4 restrictions to slow the spread of coronavirus (COVID-19).

For most of us, this has had huge impact on our places of work, including St Justin's. Despite the fact that staff have been issued with a Permitted Worker Permit, we are still operating with a skeleton staff on-site, with maybe only three to four staff members on-site at any one time.

The criteria for students that can attend on-site has changed as follows:

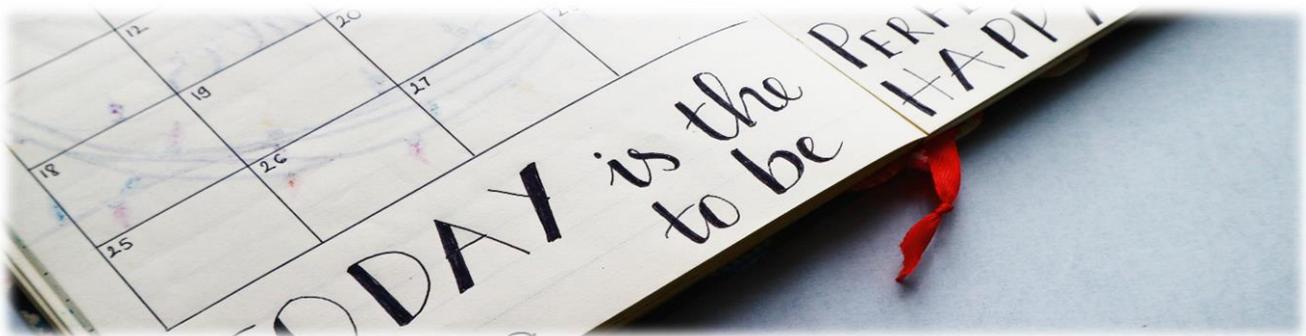
- *children whose parents are permitted workers.*
- *vulnerable children in out of home care, children known to child protection and other agencies and children the school identifies as vulnerable.*
- *children with a disability who also fit one of the above two categories.*

*If you or your child fits the above criteria, please let me know principal@sjwheelershill.catholic.edu.au by **Thursday of the week prior to students needing to be at school.***

Please email EACH Thursday, even if the same days are required for supervision - this will ensure that adequate supervision can be provided.

CAMP Australia

*Those requiring the services of Out of School Hours Care (OSHC – Camp Australia), either Before School Care: 7:00am-8:45am and/or After School Care: 3:30pm-5:30pm (please note new time), are asked to book via Camp Australia the week before or let me know. Whilst **Camp Australia are happy to continue the service, they will operate on a needs basis only.** Any issues please let me know.*

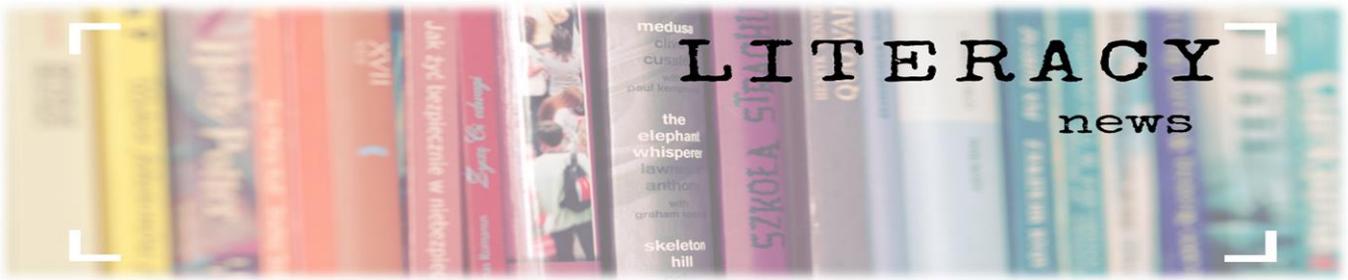


Dates Ahead

*Friday 7th August
Saturday 8th August
Tuesday 11th August
Thursday 13th August
Monday 17th August
Tuesday 18th August
Friday 18th September*

*St Mary's of the Cross (McKillop) Feast Day School Prayer
St Mary's of the Cross (McKillop) Feast Day
PEB Meeting (Zoom Meeting)
Thankful Thursday
100 Days of Prep
Parents & Friends Meeting (Zoom Meeting)
Term 3 finishes*

All Children Can Achieve Success



WRITING CHALLENGE

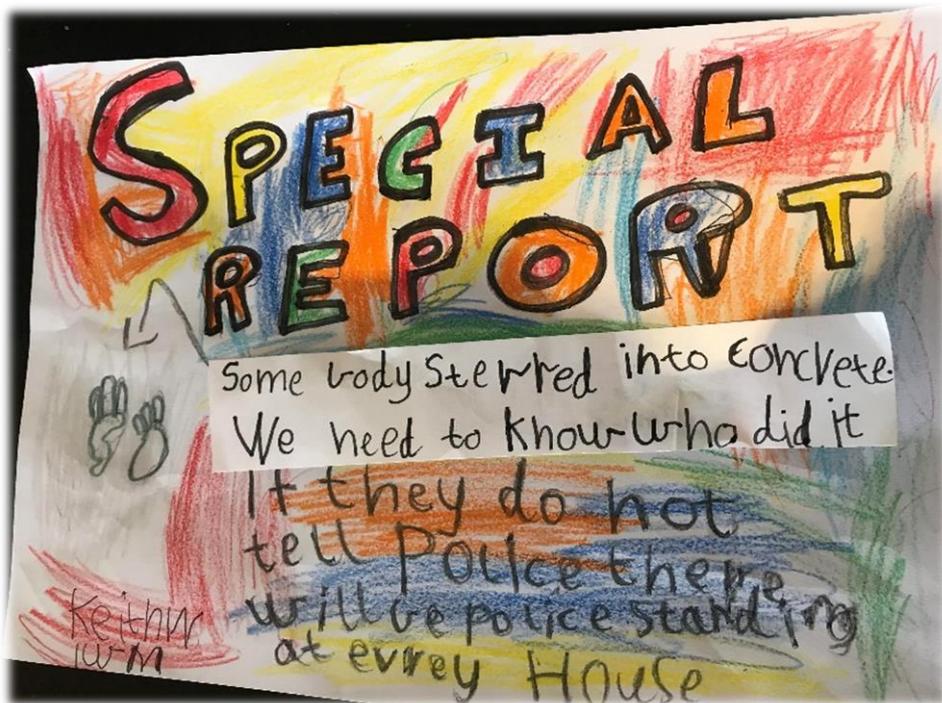
During the school holidays, we had a visitor. The workers left for the day and while the concrete was drying, someone or something left their mark. When Mr Torpey got to school the next morning, he had a mystery to solve.

How did they get there?

Where did they come from?

Who do they belong to?

If you think you can solve this mystery, please email bslonim@sjwheelershill.catholic.edu.au with your story/detective's report/newspaper article/wanted poster etc. We will publish some work samples in next week's newsletter.



Great work Keith M (1WM) for creating a special report about the mystery footprints.

St Justin's Parish School, Wheelers Hill



Kitchen Garden Program

This week the Year Ones had a rest from the Kitchen Garden program due to the pupil free day on Tuesday. It has been a real pleasure seeing the photos and videos of the students being involved in cooking at home. Cooking with children can be messy, but the rewards so outweigh the challenges! Thank you to all the brave parents who continue to encourage these young chefs!!

In the garden bed there is much to look forward to. The broccoli and cauliflower are looking pretty good, enjoying this winter sun. We have some herbs including rocket, parsley, rosemary, and mint. Some carrots have been planted along with radishes, shallots, rhubarb, strawberries, bok choy, and silverbeet. Fingers crossed this week's frost doesn't do too much damage. To help we have tucked the plants in with a blanket of straw, and for some seedlings a blanket of fleece, to keep the soil a little warmer.



The garden is a wonderful place to unwind and relax - I encourage you all to tend to your own gardens, vegie patch, pot plants - whatever it is for you. Take the time to be out in the garden and appreciate all the beauty and bounty the garden provides.



All Children Can Achieve Success

St Justin's Parish School, Wheelers Hill

National Tree Day

Last weekend it was National Tree Day as mentioned in last week's newsletter.

At school we did some planting of native trees donated by Bunnings Scoresby.

The Year Four students had their own way of celebrating this special event by hugging trees in their neighbourhood. Here are some of those images



In our local community in Valley Reserve, Mount Waverley there is a very special tree - the **Scar Tree**. This tree was carved by Aboriginal people who once lived in the area. When Aboriginal people scarred trees, they removed large pieces of its bark and used it for traditional purposes. Some of these might be to make a canoe or a container known as a *coolamon*, a shield, or a temporary shelter. Perhaps put a visit to Valley Reserve in Mount Waverley on your to do list and witness this significant tree in its beautiful surroundings. Meanwhile the image shown above was taken a few weeks ago of the tree.

National Aboriginal and Torres Strait Islander Children's day

This week on Tuesday 4th August we celebrate National Aboriginal and Torres Strait Islander Children's day. There is a great website to visit to learn more about this celebration. I encourage you to view some of the videos featuring Aboriginal and Torres Strait Islander children who share the importance of their country and culture.

<https://aboriginalchildrensday.com.au/what-is-childrens-day/>

Marine Ambassadors

The Dolphin Research Institute has been very busy running weekly zoom meets for Marine Ambassadors to continue their great work on understanding how to care for our marine environment. Our Marine Ambassadors: Leah, Kaitlyn, Marcus and Coirle are very passionate about finding ways we can all support the care of our marine environment. For anyone else interested in

All Children Can Achieve Success

St Justin's Parish School, Wheelers Hill

the work of the Dolphin Research Institute please visit the following website:
<https://www.dolphinresearch.org.au/>



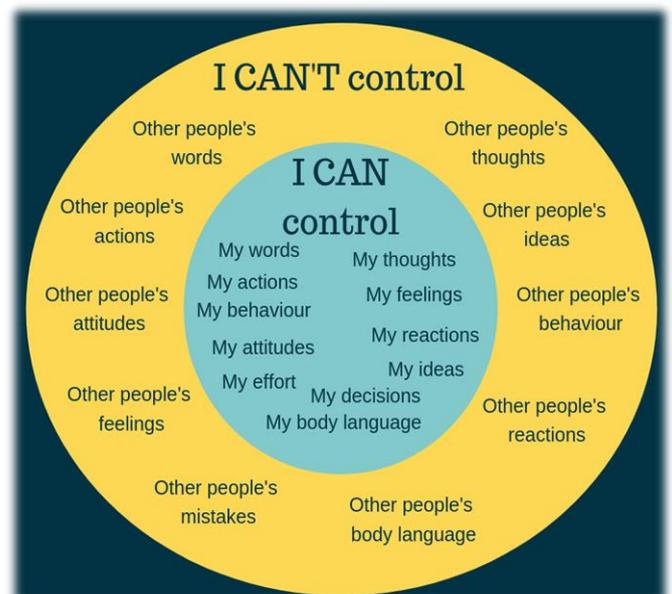
We are well and truly back into the swing of Online Learning - it feels like we never left to be honest! The way students have taken to this challenge for the second time has been outstanding - they are showing grit and resilience beyond their years and should all be very proud of themselves and the amazing effort they have been putting in.

Parents too should be proud of themselves - juggling work, family and schooling is a HUGE ask but you have all stepped up yet again and are doing a wonderful job not only supporting your children but also supporting our school and the incredible work being done by the teachers to make this the best possible learning experience that it can be.

With that being said, the challenges we are facing on a daily basis are enormous and it is easy to let the self-doubt, worry and concern creep into our thoughts. Below are some suggestions about how to move forward through those difficult moments with links to websites and information that might also be helpful, for adults and children alike!



Covid-19 has taken away the control we have over much of our lives and daily decisions and this feeling of loss of control can lead to anxiety and stress. Take a moment to work out what you CAN still control and what you can't at the moment - acknowledging these factors can help bring about a sense of stability and reduce feelings of fear and anxiety



All Children Can Achieve Success

St Justin's Parish School, Wheelers Hill

HOW CAN I DO THIS?

- Make a list of what is worrying you. You can then start to figure out ways to address these problems
- Create 'stability rocks' - little routines you can put in place to wrestle back the feeling of control, for example, wake up at the same time each day, eat regular meals, reach out to a friend each day
- Practise positive self-talk ("Things aren't working out now but they have in the past and they will again in the future," "I am good at this,")



The temptation to leave the computer more often than you usually would during the day when learning or working from home has been a problem for many of us during this time - there is always something else that could be done, something nice to eat in the fridge, a cute dog or cat that needs a pat. Strengthening your self-control can help in keeping those feelings of unrest and uncertainty at bay.

HOW CAN I DO THIS?



- Set mini-goals you can work towards, maybe one for each day, maybe a slightly bigger one for the week. For example, if you are feeling overwhelmed by the news but unable to turn away, set the goal of turning your phone off over lunch for a week. You can increase this time over the week until you feel you have reached a space where you are happy with the amount of news content you are taking in.
- Self-monitor your progress - set limits around how long you might work for and have a little reward for yourself at the end, an example for children might be "If you can show me your concentration on this task for 20 minutes, we can take a break and go for a walk."



SACRED HEART GIRLS' COLLEGE

INTERACTIVE LIVE CHAT



Please register to join us in an online interactive Live Chat with our Principal, Christopher Dalton and members of our leadership team. Gain insight into our College community and have your questions answered.



OUR LIVE CHAT SESSIONS
WILL BE HELD ON:

JULY

Thursday 23 July 11.30am
Monday 27 July 11.00am
Wednesday 29 July 9.30am

AUGUST

Monday 3 August 11.00am
Monday 10 August 2.00pm
Wednesday 19 August 10.30am

Register now by visiting

www.shgc.vic.edu.au

For further queries, please contact Stefanie Perri, College Registrar and Community Relations & Development Manager
registrar@shgc.vic.edu.au or on (03) 9568 5488