

St Margaret Mary's School

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www.stmmmerrylands.catholic.edu.au

Newsletter No 9

Bulletin

Wednesday, 1st April, 2020

Diary Date

Thursday, 2nd April

Reading a book

Friday, 3rd April Play a Board Game

Sunday, 5th April

Palm Sunday

Monday, 6th April Holy Week

Practice your dance moves

Tuesday, 7th April

Write a letter to your teacher

Wednesday, 8th April

Play ballgames with your family.

Enrolment

Enrolments for Kindergarten 2021 are now taking place. If your child was born between 1st August, 2015 and 31st July, 2016, please collect an enrolment form from the school office. Interviews will commence in May. Last year we had a waiting list with over 130 applications.

Daylight Savings ends this weekend. Sunday, 5th April



Skoolbag App

All parents are

encouraged to have the Skoolbag App, as this is the main preference for communication to all parents. Our School Name for Skoolbag App is SMMPM.

Principal's Message

Dear Parents,

If you are doing the best you can then you are doing a wonderful job. This is a time when we are all called to step outside our comfort zone and do many things that we have never done before. It is very much the case at school, as I know it is very much the situation at home. When we step outside of our comfort zone, we're taking a risk, and opening ourselves up to the possibility of stress and anxiety; we're not quite sure what will happen and how we'll react. This is why there is so much talk about people's wellbeing. Below are some tips on managing your role as the "go to person"!

What you can do:

- Take care of yourself
- Be with your family and listen to their needs
- Get plenty of exercise and good food
- Develop strong routines and habits
- Make a number of phone calls to family and friends
- Limit overexposure to news and social media
- Plan for a time each day when you do nothing
- Then help with the children's work
- Draw on your faith and reflect on the message of Easter

What we are doing:

- We have very deliberately focussed our communication 3 times a day via the Skoolbag App
- We have encouraged the use of email as our mode of communication StMM's email address: stmargaretmarys@parra.catholic.edu.au
- We are planning ways to stay connected to our students and families in the
- We are adjusting our work every day to ensure we are not planning too little or too much
- We are only using online platforms that we see are safe for students
- Staff are contacting families by telephone to check on their wellbeing
- Our school's Counsellor is available via an email to the school and will endeavour to call you.

Please be aware the staff at St Margaret Mary's are here to support you in whatever you need and in any way we can. Please don't be afraid to ask. Simply email the school.

God's blessing on everyone as we walk a very different path to Easter

Mr Kevin Mills Principal

P.S These websites may be of some help. https://kidshelpline.com.au/get-help/webchat-counselling https://headspace.org.au/



Administration

Term 2 Uniforms

We would like to inform you that students will have the option to wear their summer or winter uniforms for the first 2 weeks of next term. We will check the weekly weather radar and keep you informed.

By Yasmine Abraham Vice Captain.

Skoolbag App

All parents are encouraged to have the Skoolbag App, as this will be the main preference for communication to all parents.

This app also allows parents to notify the school if your child is absent by completing the online Eform Absentee. Our School Name for Skoolbag App is SMMPM.

Update Email Address

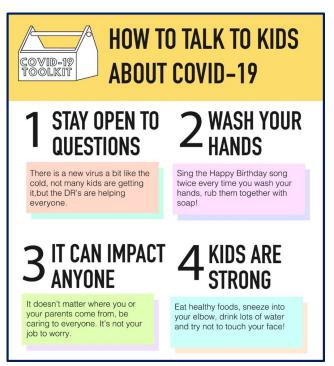
Another way of contacting parents is via email. It is vital that you notify the school if you have changed your email address. If your email address has changed, please notify the school via the Skoolbag App E-form, Change of Details Submission. This will then be updated in your child's file.

School Fees 2020

We understand that the COVID-19 pandemic has affected the financial circumstances of many families. In good faith, CEDP is requesting we take the following actions:

- If your family is experiencing financial difficulties due to COVID-19, we ask that you pay what you can when you can.
- We will be suspending any follow up activity with respect to outstanding fees.
- We will NOT be sending statements for Term 2 until there is greater clarity about the duration of the pandemic.

If you have any further questions, please do not hesitate to send an email to stmargaretmarys@parra.catholic.edu.au or contact the school office on 8633 8400 and speak to Maria Pagano.



Partnership

20 WAYS TO LOOK AFTER YOUR MENTAL HEALTH









St Margaret Mary's School

A Dynamic Community of Learners in Action

Hope you are keeping well! Sharing some Pillars of Wellbeing!

What	Pillars Of Wellbeing	How
Track the Good Stuff	Positive Emotion	Smile and be grateful! Something definitely went well today! Share a happy thought with someone!
Identify Character Strengths	Engagement Comparison Compar	What are you good at? What support can you offer your family?
Share, Collaborate Support	Relationships 1.5m	Share positive feedback! Do random acts of kindness! Say thank you often!
Reflect on Meaning and Purpose	Meaning	What is your new role now? What is important to you? Practice moments of mindfulness; to be present. to be without judgement.
Set Authentic Goals	Accomplishment	Plan for tomorrow Write down 2 tasks you want to do.



SIMPLE STEPS TO HELP STOP THE SPREAD.

Cough or sneeze into your arm

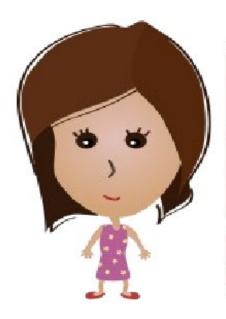


Use a tissue



What does social distancing look like?





- Keep a distance (1 metre) when talking with people, if possible.
- 2. Avoid physical contact.
- Avoid or cancel unnecessary gatherings.
- 4. Minimise sharing of personal items.
- 5. Minimise use of public facilities.