



# St Margaret Mary's School

*Listen Share Act*

7 Chetwynd Road, Merrylands 2160 Tel (02) 8633 8400 Fax (02) 8633 8499  
Email: [stmargaretmarys@parra.catholic.edu.au](mailto:stmargaretmarys@parra.catholic.edu.au) [www.stmmerrylands.catholic.edu.au](http://www.stmmerrylands.catholic.edu.au)



Newsletter No 9

## Bulletin

Wednesday, 1<sup>st</sup> April, 2020

### Diary Date

#### Thursday, 2<sup>nd</sup> April

- Reading a book

#### Friday, 3<sup>rd</sup> April

- Play a Board Game

#### Sunday, 5<sup>th</sup> April

- Palm Sunday

#### Monday, 6<sup>th</sup> April

#### Holy Week

- Practice your dance moves

#### Tuesday, 7<sup>th</sup> April

- Write a letter to your teacher

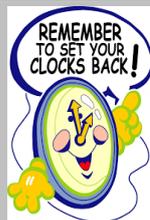
#### Wednesday, 8<sup>th</sup> April

- 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, 5<sup>th</sup> 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](mailto:stmargaretmarys@parra.catholic.edu.au)
- We are planning ways to stay connected to our students and families in the future
- 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/>







# St Margaret Mary's School

*A Dynamic Community of Learners in Action*

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

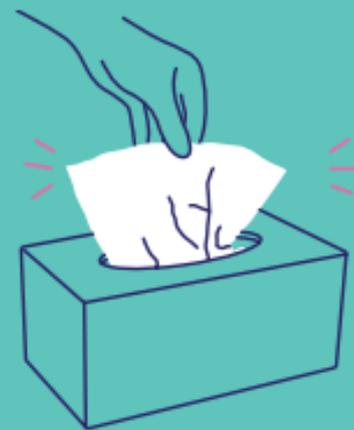
<i>What</i>	<i>Pillars Of Wellbeing</i>	<i>How</i>
<b>Track the Good Stuff</b>	Positive Emotion 	<b>Smile and be grateful!</b>  <b>Something definitely went well today!</b>  <b>Share a happy thought with someone!</b>
<b>Identify Character Strengths</b>	Engagement 	<b>What are you good at?</b>  <b>What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

# SIMPLE STEPS TO HELP STOP THE SPREAD.

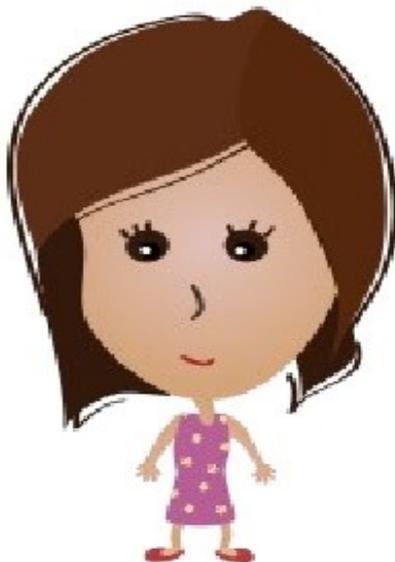
**Cough or sneeze into your arm**



**Use a tissue**



What does social distancing look like?



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