



Diary Date

Thursday, 23rd July

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Friday, 24th July

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Monday, 27th July

- 8:40am Whole School Assembly and Prayer Service. (Students Only)

Tuesday, 28th July

Wednesday, 29th July

Students Unwell

If your child/ren are unwell, please keep them at home until they are better.

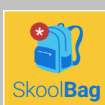
Drink Bottles

We have made adjustments to our bubblers, so children are able to refill their bottles when needed. It is wonderful to see so many children using their new drink bottles with their names clearly marked.

Lunch Orders & Canteen

The school canteen is open to students during the day. All lunch orders MUST be ordered through the Flexischools online ordering and must be ordered by 9am.

Skoolbag App



Our School Name for Skoolbag App is **SMMPM**. The Skoolbag App is our main source of communication to our families. If you do not have this App on your phone you are missing out on a lot of information.

Principal's Message

Dear Parents, Carers, Boys and Girls,

As we welcome all students and their families for Term 3. I would like you to take a few minutes to read this information :

Tips For Coping With COVID-19 (Rewritten from Mindspot.org.au)

We are susceptible to many different infectious diseases, including coronavirus (COVID-19). Worrying about diseases is a normal reaction. But, excessive worrying about infectious diseases can affect both our physical and our mental health. The following is a list of actions that may help you and your family during this time

1. Get informed with the right information

Consider only accessing trusted sources of information (e.g., ABC Radio, Australian Government Department of Health website, World Health Organisation website, etc). Relying on news from mainstream media or social media, which may sensationalise or exaggerate issues, can further increase our stress and anxiety.

2. Get organised

A good antidote to stress and worry is to get active and organised. If you are worried about something, then do something. Make plans and write your list of what you need to buy, organise, or set-up, and get on with doing it. Tick off each item and turn your 'To Do' list into a 'Ta-Da' list.

3. Balance your thoughts

Remember, our thoughts are not always true or helpful. Challenge your negative thoughts by asking yourself what a friend would say in the same situation, or ask yourself what evidence do you have that you 'won't cope or can't cope'? Whenever you recognise a negative thought balance it with a realistic thought.

4. Shut down the noise

Stress is infectious, and often unhelpful. People tend to talk about things they are worried about; this create lots of 'noise', which can create even more stress. Give yourself permission to switch off the 'noise' such as social media, news, or even radio for most of each day. Also give yourself permission to excuse yourself from people who are creating stress. Keep checking in to reliable news sources once or twice a day, but otherwise, turn down the 'noise'.

5. Keep healthy routines

We all have routines in our daily lives. For example, we tend to get up at a certain time, brush our teeth in a certain way, get ready for the day's activities, and follow many other routines until we go to sleep at night. Major events naturally create changes in routines, particularly if we can't do some of our usual activities.

6. Stay engaged

You might have to modify how you stay connected, for example, using Skype or Facetime instead of face-to-face visits. Examples of how to stay engaged include speaking to family and loved ones, using online forums and chat groups, or calling people. Remember to be gentle, kind, and respectful to yourself and to others; other people are probably as stressed and worried as you are. By reaching out and supporting others you will not only be helping them, but also doing something that will help you to feel good about yourself. Remember that people really appreciate engaging with others, even if this hasn't been planned

7. Do the things that you enjoy and that are good for you

It is essential that we make time and effort to do things that we find valuable and meaningful and fun. If possible, try and do these with others; many activities are more fun to do with company. Making a plan to do fun things regularly will give you something to look forward to, which is another key strategy for staying mentally healthy.

Kevin Mills
Principal

Administration

Important Dates for Term 3

Thursday, 30 th July	Kindy 100 Days Celebration
Wednesday, 5 th August	School Photos
Saturday, 8 th August	St Mary of the Cross MacKillop Feast Day
Saturday, 15 th August	Feast of the Assumption
Monday, 31 st August– Friday, 4 th September	Literacy & Numeracy Week
Sunday, 6 th September	Father's Day
Tuesday, 8 th September	Birthday of Blessed Virgin Mary
Friday, 11 th September	Staff Professional Learning Day (Student Free Day)
Friday, 25 th September	School Closes for Term 3
Monday, 12 th October	School Resumes for Term 4 Students return in full Summer Uniform

Winter Uniform

All uniforms must be worn neatly and correctly. All hairstyles should be appropriate to the students age and the schools expectations. Long hair must be tied back. Our Sun Safe program requires students to wear our school cap or hat when outside: **No Hat No Play**. These hats and caps are available at the school office. Sleeper earrings and stud earrings may be worn. Simple signet rings may also be worn. No expensive jewellery is to be worn at school.

Hats and Caps

We have received our order of caps and they can be purchased from the school office for \$15.00ea. The round hats will now be \$10.00 until all sold. When the new stock is ordered and ready for sale they will go back to \$15.00.

2020 Student/Parent/Teacher Interviews

Parent Teacher Interviews will take place towards the end of Term Three due to:

- Our hope of having face-to-face interviews occurring, based on updated Government Health Guidelines
- Teachers and Staff working with students in the classroom to further determine the student's learning strengths and their areas of improvements

These interviews may still need to occur through Zoom meetings or phone conversations, depending on COVID-19 restrictions at the end of Term 3.

StMM's staff are always available and welcome conversations about your child's learning and wellbeing. Please ring the office to make contact if you feel the need. Thank you for your understanding during this process.

School Photos



SCHOOL PHOTOGRAPHS WILL BE TAKEN ON:

Wednesday 5th August.

Photo envelopes will be sent home with students shortly. Parents will be able to order online once they have received their package.

Entering and Exiting the School for Students

There are now two ways for students to enter and exit the school in the mornings and afternoons from now on.

Morning Arrivals

1. Top Church Gate
2. Car Drop off

Afternoon Dismissal

1. Top Church Gate
2. Car Pick-up

Please note the Year 2 Gates will not be open for general traffic as a matter of safety.

Changing Practices for Afternoon Car Pick-Up

We have been informed by Police & the Parking Patrol Officers of the Holroyd Area that we only have control of StMM's school block on Henson Street.

This means the following:

- We will aim to start Car Pick-Up at 3.00pm (We will stagger this for the next 3 weeks)
- The only dedicated Car Pick-Up queue is the length of the school block in Henson Street
- Joining this queue must be done following all road and traffic rules including signage
- Parents/Carers are now able to join the Car Pick-Up queue via Davies Street & Henson St
- Parents/Carers are to ensure they give way correctly taking into account all signs & road rules
- Cars that are lined up across from the school block in Henson Street will be booked. The police view this as double parking.

Aspects to follow for Car Pick -Up

- **Stagger your arrival between 3.00pm and 3.30pm**
- Have your number visible for the teacher to call
- **Remain calm and patient at all times**
- Adults to remain in cars
- **Follow all road rules**

COVID-19

At St Margaret Mary's School we follow the Catholic Education Department Parramatta guidelines in conjunction with the NSW Health Department of health. If you have any concerns please contact the school office via the school email stmargaretmarys@parra.catholic.edu.au

Faith Community

Religious Education - Draft New Curriculum Trial Stage 3, Term 3 2020

Religious Education in the Diocese of Parramatta has undergone much change in the last two years. Term 3 2020 marks the next step towards a new curriculum that will replace 'Sharing Our Story', the current curriculum that has been in place for over 20 years.

The process of developing a new approach, currently known as the Draft New Curriculum, has been a collaboration with students, parents, teachers, clergy and system leaders. This innovative and ambitious project has led to the development of Learning Cycles (one per term), that apply scripture and tradition in a meaningful way to the contemporary life of young people. This endeavour supports our students to grow in faith and understanding through prayer, reason and action in daily life.

In Term 3, students in Stage 3 (Year 5 and Year 6) will engage with one Learning Cycle (unit of work) from the Draft New Curriculum. In preparation for the 2021 implementation, teachers are continuing to participate in extensive theological formation and professional learning.

This is an exciting opportunity for our faith community of St Margaret Mary's to further exclaim our commitment to empowering all our young people to discover a meaningful and flourishing life.

We look forward to sharing this journey with you throughout the term and will keep you updated about opportunities that will extend the learning experience further for students and their families. If you have any questions regarding the Term 3 trial or the Draft New Curriculum, please forward them to Mr. Yearsley.

Sacrament of Reconciliation

Congratulations to all the students in Year 3 who received their Sacrament of Reconciliation this week at St Margaret Mary's Church. In reconciliation we say sorry to Jesus and we receive God's forgiveness.



Thank you to the four priests involved in the Sacrament of Reconciliation including Father Janusz and Father Joseph. We said some prayers like the Act of Contrition and at the end the students received a Certificate from the Parish.

The students should be proud of themselves for receiving the Sacrament of Reconciliation because Jesus is proud of you, along with your families and friends. Shortly, Year 3 will start preparing to receive the Sacrament of Eucharist.

By Kayla Mifsud and Jacinta Pickering, Year 3



Year 5 Pentecost Artworks

At the end of Term 2 in Religious Education, Year 5 were studying the Holy Spirit's impact at Pentecost and the events of the early church that contributed to the church today. We had to design and create a symbol to reflect what we had learnt. Have a read of our explanations and what our symbols represent to us.

Alexander Azar: In my symbol, the dove flying around the world represents peace and the Holy Spirit. It is also flying around the two Earths to represent that the Holy Spirit is working within all of us in the world. The Holy Spirit is really important, a good example of the Holy Spirit working within someone is Caroline Chisholm, she started to build shelters for people who were in need. The cross and the bread and wine represent the church. The shining light and the gateway with clouds represent heaven. Heaven reminds us that God is always looking over us.



Sienna Tamer: My symbol represents a group of people together as a community. I chose to draw this because in my research task I found out that the passage says that the early church wasn't a building it was the community and groups of people spreading the Good News. My symbol reflects on the Holy Spirit because on Pentecost the tongues of fire came to the apostles so they could speak other languages and tell everyone about the Good News. That is why 4 people have tongues of fire above their heads and some have globes to represent all the different languages that the apostles could speak. My symbol represents the early church because of the people gathering together as a community talking about Jesus. I have used black and white to represent the different colours of people because the church is open to everyone. I also have also used red, yellow, orange and a bit of blue to represent the colours of Pentecost.



Zahara Ibrahim: I have drawn the apostles with the tongues of fire over their heads, I have also drawn the globe, a dove and a cross. The apostles and tongues of fire represent when the Holy Spirit gave them the ability to speak different languages. The globe represents the apostles walking all around the world spreading the Good News. The dove represents peace and how Jesus showed love to others. The cross represents how Jesus sacrificed himself and died on the cross to save our sins. My symbol reflects upon the Holy Spirit because the Holy Spirit gave the power to the apostles to speak different languages and the globe is where we are and the Holy Spirit is always within us. My symbol reflects the early church because Christians visit the church to pray or go to masses and the globe is full of Christians. The red, orange and yellow represents the tongues of fire that appeared above the Apostles' heads.



Partnership

Canteen

Canteen Breakfast Notice.

Our school canteen is offering limited breakfast items from 8:15 - 8:30am, this time frame allows for supervision by teachers on the playground. Children must have money to purchase any breakfast items and MUST sit and eat quietly. Please note there will be NO accepting of lunch orders over the counter at this time. All lunch orders MUST be placed online via the Flexischools system before 9am.

Breakfast Menu

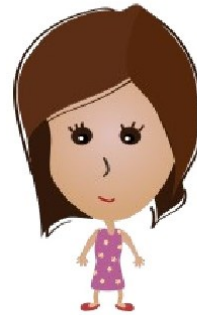
Yoghurt & Muesli	\$3.50
Fruit Salad	\$4.00
Raisin Toast	\$2.50
Toast with Spread	\$2.50
Fresh Fruit Pieces	\$1.00
Seasonal Fruit Salad	\$4.00
Low Fat Banana Bread	\$3.50
Baked Hash Brown	\$1.00

COVID-19 Information

Reminder: Our Lady of Lebanon Co-Cathedral Harris Park

On Saturday 18 July, NSW Health made a public notification that a parishioner from Our Lady of Lebanon Co-Cathedral Harris Park had tested positive for COVID-19. The parishioner attended the Co-Cathedral on Wednesday 15 July at 5.30pm, Thursday 16 July at 6.00pm and Friday 17 July at 1.00pm and 6.00pm. NSW Health issued a Public Health Alert which directs anyone (including students) who attended Our Lady of Lebanon Co-Cathedral in Harris Park on the dates above to immediately self-isolate for 14 days and come forward for testing even if they are not experiencing symptoms.

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.

Help us

stop the spread

- Clean your hands thoroughly** for at least 20 seconds with soap and water, or an alcohol-based hand rub.
- Cover your nose and mouth** when coughing and sneezing with a tissue or a flexed elbow. Put the tissues in the bin.
- Avoid close contact** with anyone with cold or flu-like symptoms.
- Stay home** if you are sick.

health.nsw.gov.au/coronavirus

COVID-19

Look after your mental health during the COVID-19 (coronavirus) pandemic

- 1. Stay active**
Exercise is good for your mind and body. You can leave home to exercise outdoors but remember to stay 1.5 metres away from others. Exercise regularly and choose activities you enjoy. This could be walking, tai-chi, jogging, yoga or an indoor workout.
- 2. Eat healthy**
Eating healthy food is good for our mental and physical health. Eat a lots of different fruits and vegetables and other foods high in fibre such as brown rice, oats, wholemeal breads, lentils and beans.
Limit unhealthy snacks and drinks which are high in sugar, unhealthy fats and salt. Unhealthy snacks leave less space for the healthy foods you need to boost your mood, energy levels, digestion, and sleep.
- 3. Stay Connected**
Social connection is important for our mental health. Stay in touch with family and friends over the phone or online. Share your feelings with loved ones and trusted people from your community and invite them to share with you. Limit your visits with your family and friends. If you do visit, practice physical distancing and keep 1.5 metres apart, and maintain good personal hygiene. Don't visit if you're unwell.
- 4. Take a break from the news and social media**
Social media can help you stay connected, but too much time can make us feel stressed. It's good to stay informed, but choose trusted sources of information, like the government.
- 5. Stick to a routine**
Have a regular bedtime and meal times. Plan your day so you have time for household chores, connecting with others, activities you enjoy, and rest.
- 6. Monitor your mental health and wellbeing**
It's really important to monitor your mental health and wellbeing. It is also good to be aware of family, friends and neighbours who may be worried or stressed. Things to look out for include difficulty concentrating, poor sleep, and feeling distressed or overwhelmed. These are signs that it's time to reach out.
- 7. Seek support**
Don't be afraid to talk to someone if you are feeling stressed or anxious. Talk to friends and family about how you're feeling. You're not being a burden.
If you're feeling overwhelmed, you can talk to a trained counsellor any time, any day by calling the Coronavirus Mental Wellbeing Line: **1800 512 348**. For a free telephone interpreter call **131 450** and say the language you need. You can then ask the interpreter to connect you to the Coronavirus Mental Wellbeing Support Service.
If what you're going through is making it hard to get on with your daily life, contact your local General Practitioner (GP).

Adapted from Look after your Mental Health Australia, Mental Health Australia, March 2020