



# newsletter

14 May 2020

## Term Two Dates to Remember

Tues 26 May –  
National Sorry Day



Wed 27 May –  
National  
Simultaneous  
Storytime



27 May - 3 June  
National  
Reconciliation  
Week



Fri 26 June –  
Last Day of Term

Dear Parents

On Monday morning we warmly welcomed back our Prep and Year 1 students to school! The return of our youngest students certainly created a positive energy around the school, with lots of smiles on the faces of staff and students alike as everyone reconnected! The students have settled back into the routines of school life seamlessly, taking in their stride the changes made to both 'drop-off' and 'pick-up' routines. We thank our Prep and Year 1 parents for supporting the new routines and procedures that promote social distancing for all adults onsite at Emmanuel.

By early next week, we expect to have confirmation from the Premier, regarding the return of students in Years 2 to Year 6 on Monday 25th May. When this announcement is made, the school will provide all parents with information relating to any changes that may need to be made to some school routines. I take this opportunity to once again affirm the continued work of our students in Years 2 to 6 learning from home, their teachers and parents. I continue to be truly amazed at the level of engagement from our students, the support of parents and the excellent learning material being provided by our teachers!

I'd like to share with you an email which I received yesterday from a parent expressing her appreciation for the school's support of parents during these challenging times.

*Hi Geraldine,*

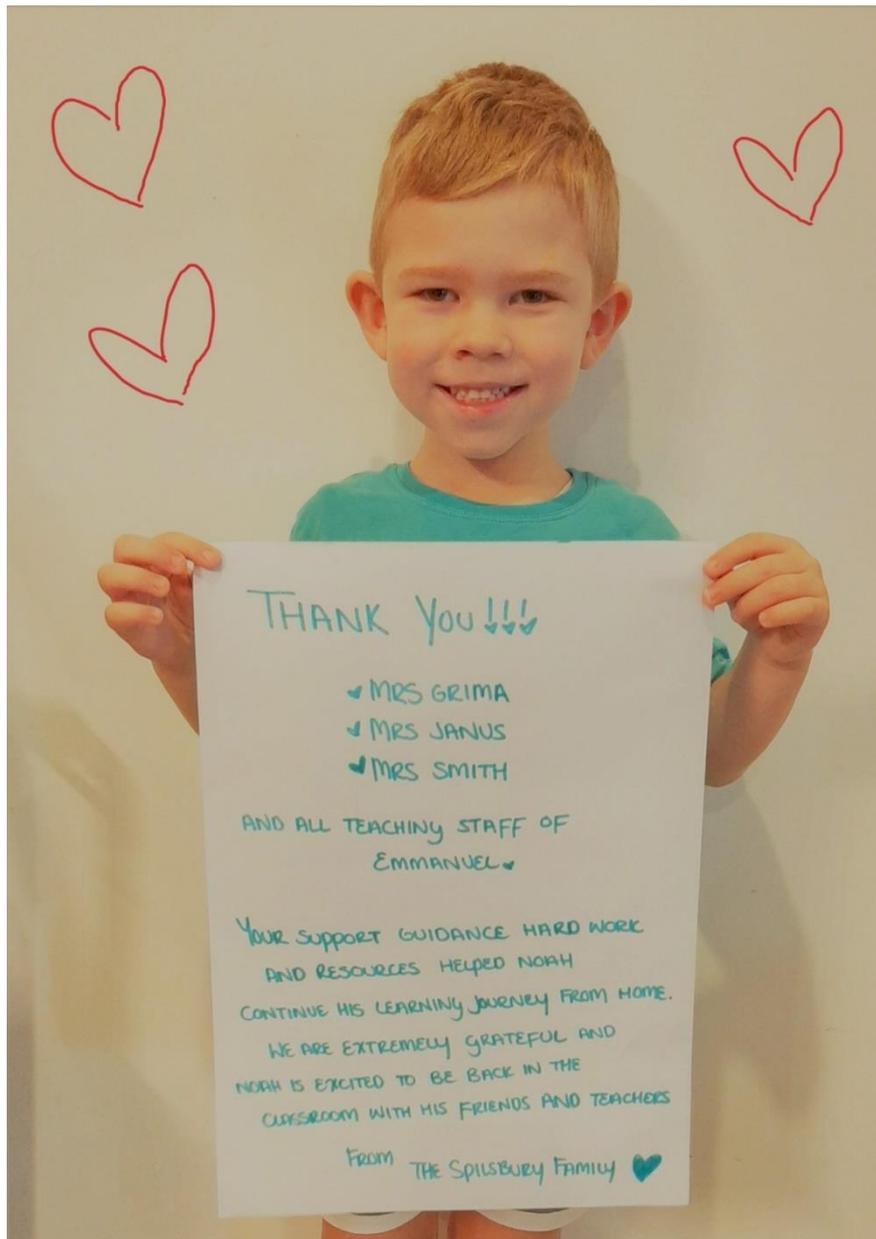
*I just wanted to give you some feedback on Stop Drop and Go in the mornings and afternoons. You and your team are doing such a great job with not only supervising but helping us parents get the kids out of the car (I have a child lock on the side they get out from and Mrs Kliese had already opened the door for my children by the time I got around to them and helped them out) this morning. It is so lovely seeing you all out there together, smiling and welcoming the kids.*

*I can only imagine how hard these times have been for you all but between the support we have been given with home schooling and now drop off and pickups, I just wanted to take this opportunity to say a big Thank-you and well done.*

*Kind Regards,*

*A Grateful Parent*

The following photograph is another expression of thanks from one of our Prep families.



I was recently sent this prayer to share with staff, however I feel that we could all do with a special blessing for not just our own spirit, but the spirits of those around us.

***'During these difficult times we are being challenged by isolation, grief, changed living conditions, uncertainty, anxiety. Life has changed, our world is changing.***

***Since the beginning of time, God has reassured us of God's presence and undying love. May we too be reassured today that God walks with us moment by moment. We are not alone.'***

*Maria Forde is an educator, liturgist, spiritual director, musician and presenter in Catholic schools around Australia.*

Wishing you every blessing for the coming week,

Geraldine Rostirolla  
(Principal)

# Religious Education

## THREE HAIRS – A REFLECTION

There once was a woman who woke up one morning, looked in the mirror, and noticed she had only three hairs on her head. "Well," she said, "I think I'll braid my hair today." So she did and she had a wonderful day.

The next day she woke up, looked in the mirror and saw that she had only two hairs on her head.

"H-M-M," she said, "I think I'll part my hair down the middle today." So she did and she had a fabulous day.

The next day she woke up, looked in the mirror and noticed that she had only one hair on her head.

"Well," she said, "Today I'm going to wear my hair in a ponytail." So she did and she had a great day.

The next day she woke up, looked in the mirror and noticed that there wasn't a single hair on her head.

"YEAH!" she exclaimed, "I don't have to fix my hair today!"

(Unknown)

I read this story to a teenager I know and asked him what he thought it meant. This is what he said.

*It is about being grateful, being happy with what you have and not wishing for more. You have to make the most of what you have, accept the things you cannot change and choose to be positive. It's about life.*

What does it say to you?

## MJR AND CORONAVIRUS

In these uncertain times, it is important to remember that we are all in this together and we need to support and encourage each other. But how do we do that?

Last week we introduced **Teamwork At Home (TAH)** because **T**ogether **E**veryone **A**chieves **M**ore (TEAM). Our focus this week is **ATTITUDE**.

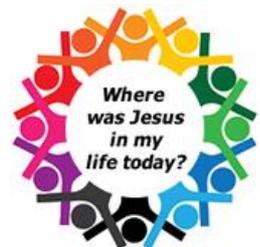
We can't always control what happens to us, but we can control what we think about it and how we respond to it! We can choose to be a Happy Chappie/Happy Chickie who is cooperative, considerate and kind or a Nastie Pastie who sulks, complains and blames others.



**YOU ARE IN CHARGE OF YOUR ATTITUDE!**

To assist with 'Learning at Home', MJR and Garratt Publishing have teamed up to share some of their fabulous resources online. These activities are available for primary and secondary school students, so be sure to check them out @ <https://makejesusreal.com.au/2020/04/06/mjr-home/>

We would love to celebrate with you. If you have any stories about or photos of **Positive Attitudes** or **Teamwork At Home** that you would like to share, please email them to your child's teacher or the school office.



## MAY - MONTH OF MARY



*FROM MARY we learn to surrender to God's will in all things.*

*FROM MARY we learn to trust even when all hope seems gone.*

*FROM MARY we learn to love Christ her Son and the Son of God!*

(Pope Saint John Paul II)

When I was at school we prayed 'The Angelus' every day. The Angelus bell would ring at noon and we would stand for prayer. The Angelus is based on the Annunciation story. It recalls that Mary said 'Yes!' to God, that she agreed to be the mother of Jesus. Mary was scared and unsure, but she trusted God and answered His call.

Traditionally this devotion was repeated three times a day and gave ordinary people the opportunity to sanctify their everyday lives with regular pauses for prayer.

The Angelus (Traditional)

<https://www.youtube.com/watch?v=xPERfvbpVg>

### **LAUDATO SI' WEEK (16-24 MAY)**

2020 marks the fifth anniversary of *Laudato Si'*, which was signed on 24 May 2015.

Pope Francis' encyclical on Care for Our Common Home, *Laudato Si'*, is an inspiration during moments of difficulty. It encourages us to reflect on the values we share and to create a more just and sustainable future.

The theme of *Laudato Si'* Week is "Everything is Connected." During the week, we are invited to come together as one people around the world to prayerfully discern the lessons of this moment. While the world experiences a history-defining crisis, we reflect and prepare to build a better world.

*Laudato Si'* has been welcomed as a document of deep and abiding beauty, and it has prompted people around the world to reflect more intensely on Creator and creation. Its vision of integral ecology, which sees connections between how we treat God, nature, and each other, offers simple but profound truths about the bonds that unite us.

To hear from Pope Francis, for a beautiful prayer and more details of *Laudato Si'* Week go to: <https://laudatosiweek.org/>

To reflect prayerfully on these important Church teachings go to: *A Prayer for the Earth* @ <https://www.youtube.com/watch?v=VJz0ZuxxMI0>

### **A Children's Angelus**

The Angel Gabriel told Mary that God had chosen her to have a very special baby.

Hail Mary.....

Mary agreed to God's plan. She said, 'Let it happen to me as you have said.'

Hail Mary.....

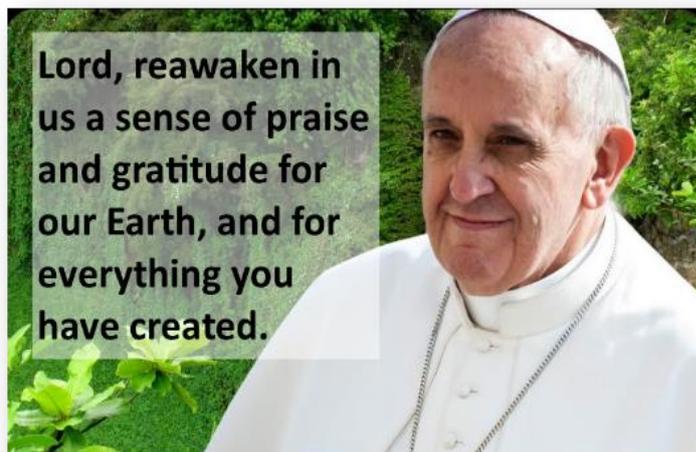
And Jesus was born and lived among us.

Hail Mary.....

Holy Mary, please pray for us,  
that our love for Jesus may grow stronger every day.

Let us pray:

O Lord, fill our hearts with your love,  
warming our hearts and brightening our way.  
May Christ our Saviour bring light and life into this  
world, and to us, as we wait for His coming.  
Amen.



(Pope Francis, World Environment Day, 5 June 2018)



# COMMON PRAYER

for the 5<sup>th</sup> anniversary of

## Laudato Si'

### Loving God,

Creator of heaven and earth and all that is in them,  
You created us in your own image and made us  
stewards of all your creation.

You blessed us with the sun, water and bountiful land  
so that all might be nourished.

Open our minds and touch our hearts,  
so that we may attend to your gift of creation.

Help us to be conscious that our common home  
belongs not only to us, but to all of your creatures and  
to all future generations, and that it is our  
responsibility to preserve it.

May we help each person secure the food and  
resources that they need.

Be present to those in need in these trying times,  
especially the poorest and those most at risk of being  
left behind.

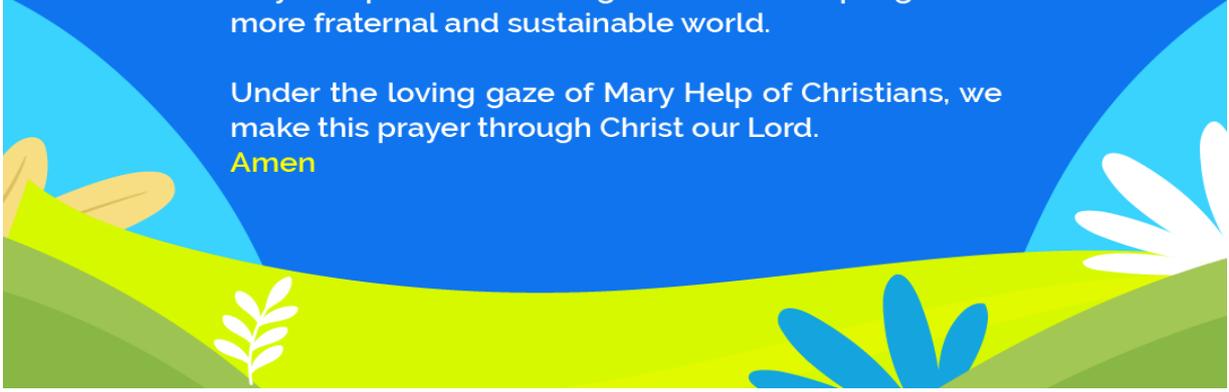
Transform our fear and feelings of isolation into hope  
and fraternity so that we may experience a true  
conversion of the heart.

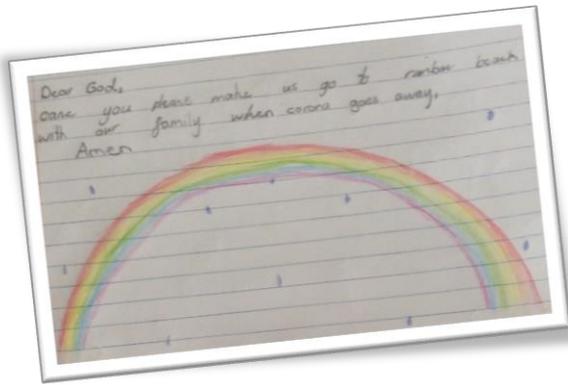
Help us to show creative solidarity in addressing the  
consequences of this global pandemic,  
Make us courageous to embrace the changes that are  
needed in search of the common good,  
Now more than ever may we feel that we are all  
interconnected and interdependent,  
Enable us to listen and respond to the cry of the earth  
and the cry of the poor.

May the present sufferings be the birth pangs of a  
more fraternal and sustainable world.

Under the loving gaze of Mary Help of Christians, we  
make this prayer through Christ our Lord.

**Amen**





Dear God,  
Can you please make us go to Rainbow Beach  
with our family when Corona goes away?  
Amen

### **DIOCESAN RESPONSE TO CORONAVIRUS - MASSES AND LITURGIES**

As previously advertised Bishop Michael McCarthy has suspended ALL PUBLIC MASSES in the Rockhampton Diocese until further notice.

Share in Daily Mass from St Joseph's Cathedral @  
[https://www.youtube.com/channel/UCQeYD6B2cSvFb4zqStn\\_Brg](https://www.youtube.com/channel/UCQeYD6B2cSvFb4zqStn_Brg)

Below is a simple and loving act of Spiritual Communion that we are called to make in times when we are unable to attend Mass and receive the Eucharist:

<p>My Jesus, I believe that You are present in the Most Blessed Sacrament. I love You above all things, and I long for You in my soul. Since I cannot at this moment receive You sacramentally, please come spiritually into my heart. As though You have already come, I embrace You now and unite myself entirely to You. Never permit me to be separated from You. Amen.</p>	 <p>Spiritual Communion</p>
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For weekly Gospel readings, reflections and meditations go to <http://www.prayasyoucan.com.au/>

### **FREE RICE CHALLENGE**

<https://freerice.com/>



This online quiz challenge, that rewards correct answers with donated rice, is an initiative of the United Nations World Food Programme. It is great to think that we can have fun, practise our skills, increase our knowledge and help to feed the hungry in our world at the same time. There are lots of different quiz categories. Please consider sharing this activity with your family.

### **VIRTUE OF THE FORTNIGHT - POSITIVITY**

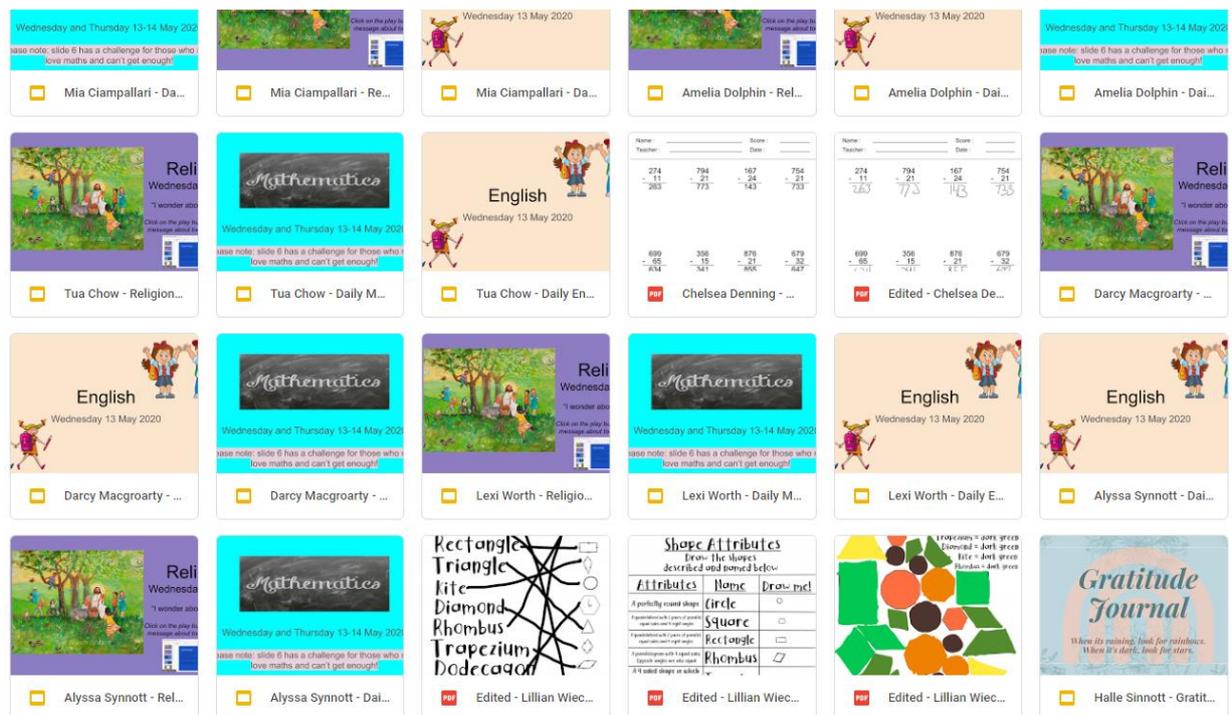
A positive attitude is one of joy, love and inspiration. It is choosing constructive feelings and emotions and acting with purpose and determination. If you have a positive attitude you avoid negative and unhappy feelings and thoughts.

***“No matter what people tell you, words and ideas can change the world.”*** (Robin Williams)

	<p><b>GOD IS WITH US AS WE LIVE LOVE LEARN IN A COMMUNITY OF FAITH</b></p>
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Noeleen Kliese  
Assistant Principal Religious Education





(Snapshots from Mrs Refalo's "Shared with me Google Drive")

Janine Refalo  
Assistant Principal Curriculum



If you have requested paper based copies of the Google Classroom, please pick them up from the STOP DROP GO area between 3:15pm – 4:15pm tomorrow.



## DOMESTIC AND FAMILY VIOLENCE PREVENTION MONTH

May is Domestic and Family Violence (DFV) Prevention Month in Queensland. The theme for this year's Domestic and Family Violence Prevention Month is *Not Now. Not Ever. Together.*

Domestic and Family Violence Prevention Month is an annual event held to raise community awareness of the social and personal impacts of domestic and family violence and the support available to those affected. The key aims of the month are to:

- raise community awareness of domestic and family violence and its impacts;
- promote a clear message of no tolerance of domestic and family violence in Queensland communities;
- ensure those who are experiencing domestic and family violence know how to access help and support;

- encourage people who use abuse and/or violence to take responsibility for their abusive behaviour and seek support to change.

Please click on the image below to see a video message with regards to this initiative.



**DO IT FOR DOLLY DAY**

Thank you to our teachers and parents who have shared the images below in relation to our Do It For Dolly Day activities last Friday. It is wonderful to see the positive messages being reinforced both at home and at school in relation to “Being Kind and Being a Mate.” This is such an important topic, and we are thrilled that so many children were able to participate. Let’s keep the Do It For Dolly message going throughout the year in all that we do!



## NAPCAN ART COMPETITION

Child Protection Week will run from 6 – 12 September this year. The theme is “**Putting Children First.**” Below is a link to the annual children’s art competition, with the deadline for submission 17 May 2020. This is an online competition and all students are able to enter. Good luck everyone!

<https://www.napcan.org.au/>



## SCHOOL FEES

Term 2 School Fee Statements will be emailed to families next week.

School  
F E E S

Amanda McDonald  
Assistant Principal Administration

STOP, DROP, GO  
FOR THE SAFETY OF ALL  
PLEASE ADHERE TO THE  
SPEED LIMIT!

**SPEED  
LIMIT**

**10**

**STOP DROP GO**  
**NO RIGHT TURN**  
**IN OR OUT**



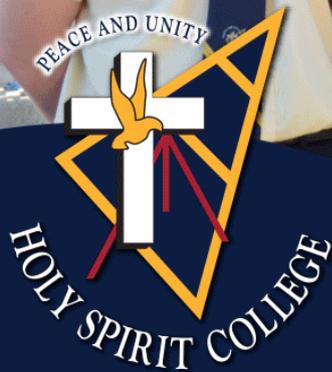
**DROP**

**Please remember to display your family  
name card in the windscreen of the car  
when picking up students.**

## HOLY SPIRIT COLLEGE ENROLMENTS

As of 2020, Enrolment Applications are to be submitted online. If you have trouble accessing the internet or need assistance completing the forms, please contact the Holy Spirit College office staff who are happy to assist you.

*Join us for* **Year 7 in 2021**



**ENROL ONLINE NOW**

[www.hsc.qld.edu.au/enrolments](http://www.hsc.qld.edu.au/enrolments)

Ph: 07 4969 2600 | [enrolments@hsc.qld.edu.au](mailto:enrolments@hsc.qld.edu.au) | Baxter Drive, North Mackay



Sometimes  
**heroes**  
need helping too!

## Feeling the pressures of ISO life?

As a parent, keeping you and your family's **mental wellbeing** in check is **important**. We are here to help you through these challenging times.

- Isolation getting too much
- Kids are bored at home
- Learning from home is a struggle
- Tensions are building at home
- Unrealistic expectations of life
- Feelings of hopelessness
- Feelings of loneliness
- Depression or anxiety
- Missing distant family members
- Relationship troubles

Centacare<sup>CA</sup> offers professional and confidential **counselling** and **psychology** services. Sessions can be conducted over the **phone** or via **video chat**.



To make an appointment, call **1300 523 985**  
or visit: [centacarecq.com/counsellor-booking/](https://centacarecq.com/counsellor-booking/)

\*Psychology appointments can be arranged as Telehealth and Bulk Billed through Medicare.

