



newsletter

21 May 2020

Term Two Dates to Remember

Mon 25 May -
Year 2-6 return
to school



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

We at Emmanuel are certainly looking forward to the return of our Year 2 – Year 6 students for face-to-face teaching next week. School is a lonely place without the children. I am pleased to see that the Learning from Home has been successful and quality teaching and learning has continued over these weeks of staying at home. One of the great pluses of this online learning experience is that our students have taken a much greater responsibility and to some extent become more self-directed in their learning.

I am also aware of how much the children are craving the social interaction with their friends and how the teachers are missing having their students in the classrooms. But a return to school is far from a return to how school life was 8 weeks ago before COVID 19 came upon us. We want our school to be as safe as it possibly can be for our students and of course for all our staff. As per all our decisions, we continue to be informed by relevant health authorities in response to circumstances that may exist at that particular time.

It is important to remember that the COVID-19 pandemic is by no means over. It is essential that all members of the Emmanuel community are fully committed to ensuring that they are adhering to the guidelines and practices which have been put in place within our school, so that the return of students to school can be undertaken as safely as possible for all those involved.

This is not the time to relax our vigilance. In fact, quite the opposite. Our children must normalise new ways of practising healthy and safe personal hygiene methods and ensure that at all times they follow our instructions and guidelines that are designed to keep our children, teachers and the broader community healthy and safe, as they continue to undertake their education and maximise their learning opportunities.

Thank you to our parents and carers who have been so accommodating in these times of Learning from Home. You've done a wonderful job! The staff and I have been deeply appreciative of all the positive feedback from parents during this extraordinary time. Although being socially distanced from you these past months, I feel that the relationships we have fostered with you could not be stronger. We want to ensure that this continues as we traverse the next chapter of 2020. Let's hope it's a positive one.

Please remember to take care of your own wellbeing.

Wishing you every blessing for the coming week.

Geraldine Rostirolla

Principal

Religious Education



THE ASCENSION OF THE LORD

(Acts 1:1-11; Matthew 28:16-20)

On the fortieth day after His resurrection on Easter Sunday, Jesus led his disciples to the Mount of Olives. There, after blessing them and asking them to wait for the fulfilment of the promise of the Holy Spirit, He ascended into Heaven.

The Ascension - The Catechism of the Catholic Church

<http://www.catholic.org/clife/lent/ascension.php>

For weekly Gospel readings, reflections and meditations go to <http://www.prayasyoucan.com.au/>

[For Parish News and updates check out the](#) **Catholic Parishes of North Mackay and Farleigh** Facebook page.

PATRONESS OF AUSTRALIA

The Feast day of Mary Help of Christians is celebrated on 24 May each year. Here are some quick facts about Australia's special relationship with Mary.

- It is recorded that when there were no priests in colonial Australia, Catholics prayed to Mary to nurture their faith.
- One of the first priests, Father Therry, dedicated the Australian Church to Mary under the title "Help of Christians".
- Australia was the first nation to have Mary, Help of Christians as its patroness and to observe the feast on a national scale.
- In 1815, the feast (24 May) and special title (Our Lady Help of Christians) were introduced by Pope Pius VII in thanksgiving for being liberated from prison. It is also a special day of significance in Australia, because in 1844 the bishops nominated Mary as a special patron of our country under this title.



*Almighty God, deepen in our hearts
our love of Mary Help of Christians.
Through her prayers and under her protection,
may the light of Christ shine over our land.
May Australia be granted harmony, justice and peace.
Grant wisdom to our leaders and integrity to our citizens.
Bless especially the men and women
of the Australian Defence Force and their families.
We ask this through Christ Our Lord.*

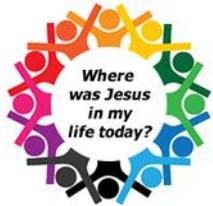
Amen.

Mary Help of Christians, pray for us.

MJR AND CORONAVIRUS

In recent weeks we have introduced the MJR messages of TAH (**T**eamwork **A**t **H**ome) and TEAM (**T**ogether **E**veryone **A**chieves **M**ore) and focused on having a **POSITIVE 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.



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.

MJR and Garratt Publishing have teamed up to share some of their fabulous resources online. Their 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/>

LAUDATO SI' WEEK (16-24 MAY)

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.

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

FREE RICE CHALLENGE

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. A great family activity.

<https://freerice.com/>



It has been great to hear about all the rice that our families have donated through this challenge. Well done and thank you everyone! Keep up the great work!

VIRTUE OF THE FORTNIGHT - UNDERSTANDING

Understanding is sympathetic and sensitive. It is being aware of other people's needs and feelings. When you understand you are tolerant, accepting and forgiving of yourself and others. Understanding gives us the power to care, to show compassion and to learn.

"I am thankful for the gift of understanding. It enlightens my viewpoint." (Unknown)



Noeleen Kliese
Assistant Principal Religious Education

NATIONAL RECONCILIATION WEEK 2020: 27 MAY – 3 JUNE

#NRW2020 #InThisTogether2020

What is National Reconciliation Week?

National Reconciliation Week (NRW) is a time for all Australians to learn about our shared histories, cultures, and achievements, and to explore how each of us can contribute to achieving reconciliation in Australia.

The dates for NRW remain the same each year; 27 May to 3 June. These dates commemorate two significant milestones in the reconciliation journey— the successful 1967 referendum, and the High Court Mabo decision respectively.

Reconciliation must live in the hearts, minds and actions of all Australians as we move forward, creating a nation strengthened by respectful relationships between the wider Australian community, and Aboriginal and Torres Strait Islander peoples.

<https://www.reconciliation.org.au/national-reconciliation-week/>

SCHOOL FEES

Term 2 School Fee Statements were issued on Monday, 18 May. We have extended the normal collection term to 28 days, with payment due by 15 June.

As the economic impacts of the COVID-19 response are being increasingly felt by our school communities, Catholic Education - Diocese of Rockhampton is offering a range of concessions to our families.

If you have an eligible government health concession card, including all Carer, Disability and Mobility card holders, Job Seeker (JS) or Farm Household Allowance (FH), you are eligible for a 100% discount on the tuition levy component of the School Fees.

Families without a concession card, but who are experiencing financial stress are encouraged to contact the Principal, Geraldine Rostirolla as fee concessions are available. A simplified concession application form is available. To access this, please click [here](#).

Please contact the finance office to discuss any of the above matters further, or if you have any other queries relating to this.

FARM SAFETY CALENDAR COMPETITION

Queensland primary school students are encouraged to draw and colour a picture to illustrate a farm safety message. Drawing is a great distraction for children during these trying times. Whether students are at school or home, they can enter the competition. Click on the picture on the next page for more information.

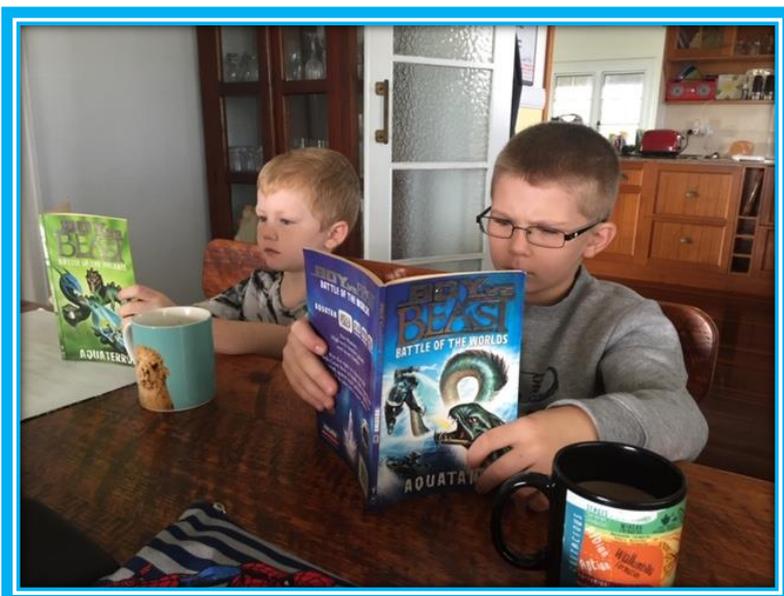




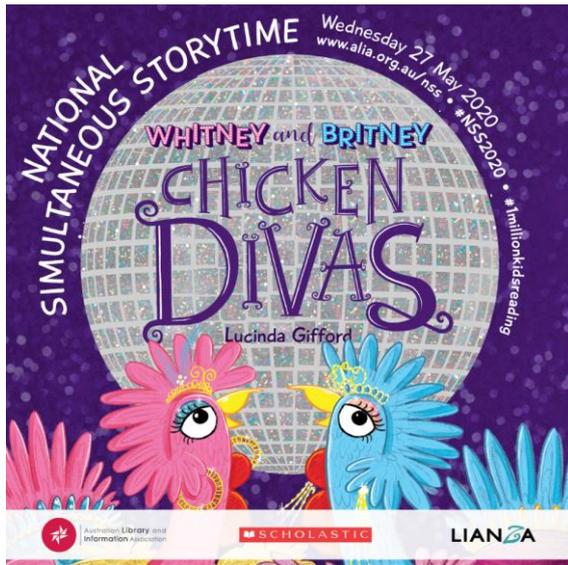
Title: Convince me - Hair Donations

The charity that I would like people to donate to is the children's variety charity, hair with heart. This is a good charity to donate to because the money goes towards making wigs to help children with Alopecia or cancer. Another reason to donate to this charity is because the wigs will help them feel special and take their mind off having no hair from their alopecia or cancer.

Another way to donate to this charity is to grow your hair and if you are able to cut off over 30cm you can donate it to make the wigs. I have been growing my hair my whole life and yesterday I was able to cut off 35cm! I feel very proud that I was able to do this and I hope it helps the children feel happy and special. I also hope this helps to encourage other people to donate their money or cut hair to this charity as I feel this is a great act of kindness.



NATIONAL SIMULTANEOUS STORYTIME



Come dressed as
Disco Divas
and Dudes
Wednesday 27 May
for our
National Simultaneous
Storytime celebrations

Amanda McDonald
Assistant Principal Administration

From Our Counsellor

TOP TIPS: RETURNING TO SCHOOL AFTER LEARNING FROM HOME

Before going back to school, be sure to plan ahead. There are lots of details in your life that can make going back to school stressful, especially after a long break. Getting those in order can smooth the way for you to transition back to school.

BEFORE RETURNING TO SCHOOL

Set goals for yourself. A few days before you go back to school, take a pen and paper and write a list of personal goals that you'd like to accomplish during the term. These goals might be social, intellectual, or physical, but by having something to work toward, you can relieve some anxiety about starting up again.

Some goals you might consider:

- Making new friends
- Getting better grades
- Listening more effectively and showing Self control
- Getting my brain ready



A tip for readying your brain... SPIDEY SENSES is a fun mindfulness exercise.

Ask children to switch their senses up to a superpower level, just like Spiderman. In this moment explore,

- What can they hear?
- What can they see?
- What can they taste?
- What can they smell?
- What can they feel?

- Guide students as they stay in this Spidey state for 2-3 minutes. SOURCE By Karen Young from Hey Sigmund

Readjust your sleep schedule, if necessary. Over the course of the learning from home period, you might have enjoyed sleeping in or staying up late. This might make it difficult getting back into your school routine. To reset your sleep schedule you should:

- Return to your routine several days to a week ahead of time.
- Open blinds to get natural light in the mornings.
- Skip late night meals.
- Turn off electronic devices 1 hour before bed. This gives your the blue screen lights (which can hinder your sleep).



brain a break from

Make a family schedule. Even if you don't have any brothers and sisters, it can be difficult for your parents to keep track of all the things they need to do *and* your schedule. Help your parents out by creating a family schedule on a calendar. You may want to include:

- Meet days for sports
- Extracurricular activities
- Important test days
- Upcoming school events like show and tells



Talk with your parent or carer. Keep your parents up to date not only with your school activities, but also with your feelings. Your parents might have some good advice for beating the back-to-school blues or might have an idea to cheer you up if you have any challenges.

Pre-pack your books and make sure your uniforms are washed and ready. Pre-packing your school supplies and preparing your uniform the night before can save you time and stress. Grogginess in the morning can cause you to take more time than you need to do these simple tasks, so ready your stuff before to make your first morning back as easy as possible.



- You might also want to help pack your lunch the night before.
- You might benefit from making a back-to-school checklist. Write down all necessary supplies, like books, a calculator, pencils, notebooks, and so on.

List things you can look forward to. Maybe your class has a cool activity planned, or maybe you are just excited you will get to see your friends every day - whatever it might be, chances are you have something to look forward to when you return to school. By making a list of these things, you can replace any fear you have of going back with excitement to return.

THE NIGHT BEFORE AND MORNING OF RETURNING

Get a full night's rest the night before school resumes. Sleep deprivation is terrible for your body, and can result in difficulty concentrating, and irritability. Protect your health and make the first day back to school easier by getting the sleep you need. Most children require between 9 and 11 hours, but this might be different for you.



Start your day earlier than normal. On your first day back to school, you'll be out of practice doing your normal routine, which will likely add more time than you expect. Try to wake up a little earlier than normal so that you have extra time to make sure you have everything you need to succeed.

Eat a healthy breakfast. A lean protein, high fibre breakfast could put you on the fast track to feeling better about your school day. Foods like whole grain toast, eggs, yogurt, and cottage cheese can give you an emotional boost and keep you going throughout the day.

- Regular healthy breakfasts might also improve your memory, daily energy levels, your sense of calmness, and even your mood!

Exercise moderately if you have time. A little bit of exercise before you head to school can put some pep in your step and make you feel better about the day. Light exercise will also help you wake up, and will get your blood flowing. This will provide more oxygen to your brain and give you more mental sharpness.



BE YOUR OWN COACH: Take your time getting back into the rhythm of things.

There's no getting around it, you'll need some time before it feels normal going to school again. Don't be hard on yourself. This process can take a week or two, but coach yourself through your negative thoughts by saying things like:

- "It's normal to be a little nervous returning to something after a long break. Everything's going to be alright!"
- "I got used to being home with my parents and I might miss them, but at least I'll be able to see my friends. I can't wait to tell them about my adventures."
- "Well that was unexpected, but I know I can do this."

Some Weekly Gratitude Practice TIPS (5-10 minutes)

- Students use a notebook or a folder and paper to make a Gratitude Journal.
- Practise gratitude journaling at a regular time, perhaps first thing in the morning, or just before the end of the day.
- Take five minutes to think of something that you feel grateful for today. Here are some topics or ideas you can use to guide your children:
 - Something that someone else did for you that day.
 - A person in your life that you appreciate.
 - An activity or hobby you are grateful to be able to do.
 - A positive quality of someone that can sometimes be hard to get along with.
 - A skill or ability you have.
 - A part of your body you are grateful for and why.
 - An item that you love.
 - Something that made you laugh.
 - What you have learnt from something that was hard.



Ingrain your routine through consistency. Consistency, as they say, is key, and by staying true to your routine it will become easier and less stressful with each passing day. A consistent routine will also help you readjust your sleep schedule, and can help you maintain discipline studying. If something unexpected occurs, tweak your routine until it fits your life well, and before you know it, returning to school after a break will be a cinch.

We can't wait to see you next week.

Yours in Counselling

Kristy Flor
School Counsellor

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.

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

**SPEED
LIMIT**

10

SAFETY ALERT

If you are accessing the carparks along Baxter Drive opposite our bus stop, you **MUST** use the Pedestrian Crossing. This is a very busy roadway at pick-up time.

We are looking forward to the return of all of our students next week.

EMAIL ALERT

An important email with details of drop off and pickup procedures will be sent tomorrow morning.

Tuckshop News

We are very excited to be welcoming back all students next week. Tuckshop will be operating as normal and we will be calling for volunteers once again. We understand if anyone on our roster would rather not attend at this time, please notify us. It is imperative that you **do not** attend tuckshop if you are unwell, have anyone at home unwell and of course if you have been in contact with anyone who has COVID-19 (awaiting test results), or recently returned from overseas.

Extra strict sanitising procedures will be explained on arrival. Thank you to those who are currently on our roster, however we are still in need of several more volunteers. Please consider this if you have a few hours to spare just one day a month, it would be greatly appreciated.

Angie McGowan/Carly Nicholas

TUCKSHOP ROSTER – WEEK 6

Mon 25 May – HELP WANTED

Tues 26 May – Monica Slater

Wed 27 May – Asinate Waqa

Thur 28 May – Paul Johnson

Fri 29 May – Peta Drury

Meggs Weissman

Emmanuel Catholic Primary School

TUCKSHOP



HOLY SPIRIT COLLEGE ENROLMENTS

As of 2020, Enrolment Applications are to be submitted online at www.hsc.qld.edu.au/enrolments. 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.

Round 1 Enrolments Close this Friday

A photograph of four students in school uniforms standing outdoors. From left to right: a boy in a white shirt and dark tie, a boy in a brown shirt and dark tie, a girl in a brown shirt and dark tie, and a girl in a white shirt and dark tie. They are all smiling. The background shows some greenery and a blue fence.

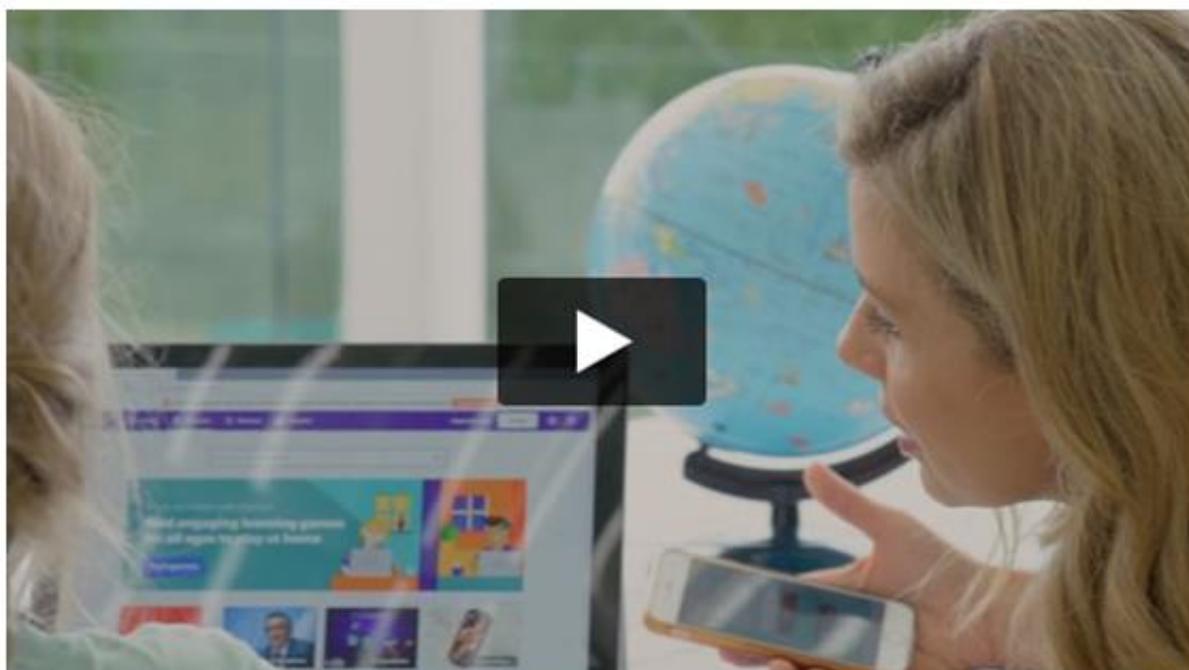
HOLY SPIRIT COLLEGE

Year 7 in 2021

ENROL ONLINE

www.hsc.qld.edu.au/enrolments

Online safety advice during COVID-19



As we all work to adapt to the challenges of COVID-19, there has never been a more important time to think about online safety, whether for our community, family or friends.

To support you and your community at this time we're providing resources you can share with those working from home and for families who may be supporting their children through remote learning.

We encourage you to visit our [COVID-19](#) page on our website, which was recently awarded a Webby Honoree, for the latest advice for staying safe online. Our most recent release includes guidance on [how to manage your wellbeing](#) during COVID-19.



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 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/

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

