



# newsletter

02 April 2020

## CANCELLED

School Mass  
Whole School  
Friday Assemblies  
Choral Festival  
ANZAC Day March  
All Mackay District  
School Sports

## POSTPONED

Swimming Carnival  
And Blue Water  
Lagoon Excursion  
School Disco  
Emmanuel  
Children's Mass  
Stations of the  
Cross

## LAST DAY OF TERM ONE

Friday 3 April

## FIRST DAY OF TERM TWO

Monday 20 April

Dear Parents,

Tomorrow we conclude our first Term of 2020, a term that started in late January for 572 children. For the most part, it has been a great start to the year, unfortunately, these last couple of weeks has left me, and I'm guessing most people, a little shell shocked. Going forward is a bit of an unknown. However, we will do everything we can to keep you as informed as possible.

When I think back over the last 49 school days I challenged myself to consider the 'what' each and every member of our school may have been challenged by.

Did I notice the Prep child as they grappled with their first formal learning experiences or the challenge with being in a big school as a shy four year old? Did I listen to that Staff member who is struggling with the significant number of administrative tasks as well as their ongoing teaching requirements? Did I remember that parents have so many ongoing daily challenges just to organise their children to arrive at school ready for learning?

Each and every member of our school community has many things that they deal with on a daily basis that none of us could possibly begin to realise unless they lived in their shoes. Reflection helps me appreciate what an exceptional community we have at Emmanuel. Not perfect by any means but what I do see is a committed staff and parent group who work hard to provide and support the best possible learning experiences within a well-resourced school. I see children who continue to "aspire not to want more but to be more."

In this season of Easter remember why we have an Easter break. Jesus Christ died in order to give us life, and we are expected to live it to the fullest. Remember to take some time in prayer giving thanks for all that He has given to us.

To each and every member of our school community thanks for your contributions to Emmanuel in Term One of 2020. Enjoy your children over the April break. Notice the little things that they do, enjoy the moments you have with them, for they are special memories that you create together. Have a wonderful holiday and may you be aware of God's blessings in all that you do.

*"Have less, do less, be more" (Anonymous)*

Stay positive, stay well and may God bless each of you in a special way this Easter.

Geraldine Rostirolla  
Principal

# Religious Education

## TALE OF THE THREE TREES – A REFLECTION

Once upon a mountain top, three little trees stood and dreamed of what they wanted to become when they grew up.

The first little tree looked up at the stars and said: "I want to hold treasure. I want to be covered with gold and filled with precious stones. I'll be the most beautiful treasure chest in the world!"

The second little tree looked out at the small stream trickling by on its way to the ocean. "I want to be traveling mighty waters and carrying powerful kings. I'll be the strongest ship in the world!"

The third little tree looked down into the valley below where busy men and women worked in a busy town. "I don't want to leave the mountain top at all. I want to grow so tall that when people stop to look at me, they'll raise their eyes to heaven and think of God. I will be the tallest tree in the world."

Years passed. The rain came, the sun shone, and the little trees grew tall.

One day three woodcutters climbed the mountain .....

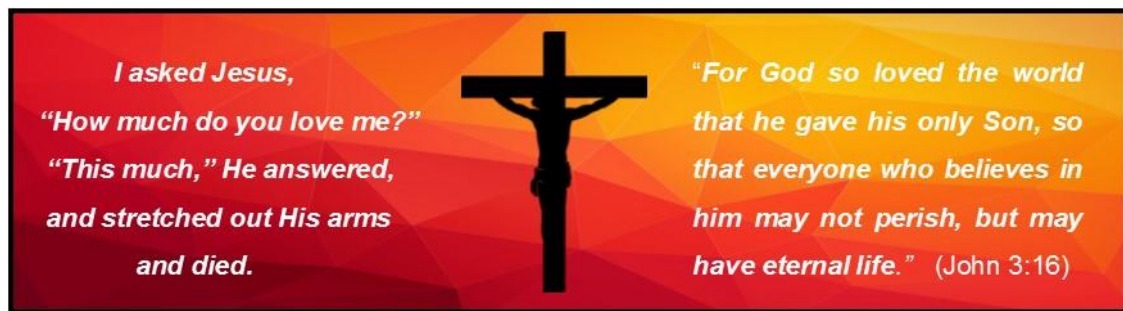
To read what happened to the three little trees go to:

<https://bible.org/illustration/story-three-trees>

To watch the story online go to

<https://www.youtube.com/watch?v=z5qRzTOpOnk>

The Tale of the Three Trees is a story of dreams and aspirations, humility, acceptance and faith. Enjoy!



As a way of asking God to end the suffering caused by COVID-19, POPE Francis has asked Christians worldwide .....



Please join with him and the world tonight at 9:00pm.

*Our Father,  
who art in heaven,  
hallowed be thy name;  
thy kingdom come;  
thy will be done on earth as it is in heaven.  
Give us this day our daily bread;  
and forgive us our trespasses  
as we forgive those who trespass against us;  
and lead us not into temptation,  
but deliver us from evil.*

*Amen*

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

<http://rok.catholic.net.au/news-events/coronavirus-covid-19/>


As previously advertised Bishop Michael McCarthy has suspended ALL PUBLIC MASSES in the Rockhampton Diocese until further notice. This will include all Holy Week ceremonies.

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:

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.



Spiritual Communion

## **EASTER RAFFLE**

Our Easter Raffle has been a great success. We raised more than \$400. Lots of lucky winners took home prizes last Friday. A big thank you to the Emmanuel Staff for donating all the goodies for this multi-draw raffle.



Noeleen Kliese  
*Assistant Principal Religious Education*



**GOD IS WITH US AS WE LIVE LOVE  
LEARN IN A COMMUNITY OF FAITH**



## Curriculum Corner

### LEARNING FROM HOME

#allinthistogether

Over the past week teachers have been busily adding teaching and learning resources and activities to our Google Classrooms. Thank you to all of the families who have been engaging with this platform this week. The expectation this week was for families to ensure they could access the google classroom from home, engaging with the teaching and learning resources to begin, if necessary, in Term Two, unless otherwise directed by your classroom teachers.

Learning from Home obviously will look very different to our current learning environment and it is envisaged that over the first two weeks despite all of our best efforts to plan for all possible scenarios, our plans will continue to evolve and changes will need to be made.

*At this stage, a guide for daily home learning routines for Term Two would be as follows:*

Session	Daily
Morning	Begin the day with 15 mins silent reading (Year 3-6) Share a Story – Picture Book (Prep – Year 2)
	Morning Classroom Check In (Refer to Google Classroom timetable for format)
	Literacy Focus (Refer to Google Classroom for Live/Recorded Zoom session times and activities)
Morning Tea	
Middle Session	15 mins Physical Activity
	Numeracy Focus (Refer to Google Classroom for Live/Recorded Zoom session times and activities)
Lunch	
Afternoon Session	Reading/Meditation/Relaxation
	Religion/HASS/Science/Home Learning Options
	Afternoon Classroom Check In (Refer to Google Classroom timetable for Format)

Although most year levels have aligned their daily routines; times and activities will vary depending on age; ability and number of children in homes and availability of technology. Each day consists of a variety of learning experiences which may include hands on activities; paper-based responses and online work. It is not anticipated that any students will be required to work using their devices all day long. This will allow families to share a device between siblings. Please be mindful of appropriate dress when students are Zooming, consider similar clothing to that worn in the classroom setting (e.g. T-shirt/shorts).

We acknowledge that although we are trying to sustain routines and learning experiences familiar to our students within the classroom setting, the daily routine within homes will look different.

During Week One and Two, our priority is for families to build routines and get settled into the new home learning environment. For this reason, we have planned less work for Week One and Two ensuring that Literacy and Numeracy are our main focus whilst you and your families navigate your use of technology and learning at home. We have provided flexibility within the classroom timetable to allow your family to work around your own commitments. We are aware that changes will need to be made to our Google Classroom timetables in your homes to manage the home learning requirements amidst parents working from home and many other variables you will be managing.

Further information will be provided to all families during Week Two of the holidays outlining latest updates related to school and any information you may need for a smooth transition in Term Two, whether we are learning at home or at school.

Janine Refalo  
*Assistant Principal Curriculum*

## APA News

### **PREP ENROLMENTS 2021**

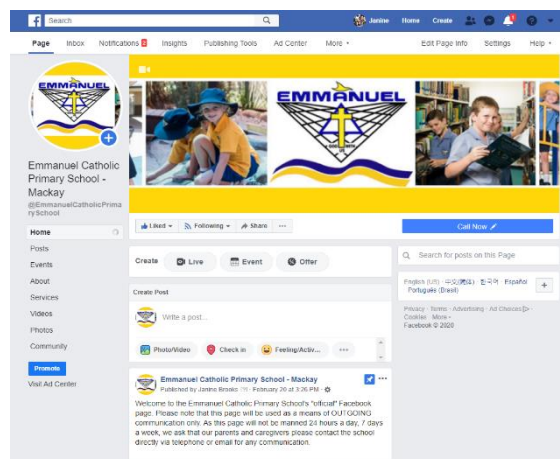
Prep enrolment details for 2021 are NOW required from our existing families. If you have a child due to commence Prep next year born between July 1, 2015 and June 30, 2016 please complete an online enrolment form available from the school website - <https://www.ecps.qld.edu.au/application-for-enrolment.html> as soon as possible. It is essential that we have our current families accounted for so as to determine how many positions may be offered to new families seeking enrolment. If you have any queries or concerns, please contact the office. Interviews will take place at the beginning of Term 3.

### **SCHOOL FACEBOOK PAGE**

As previously advertised, Emmanuel's official Facebook page is now Emmanuel Catholic Primary School – Mackay. We will no longer be using the Emmanuel P&F Facebook page.

There is another unofficial Emmanuel page which has no affiliation with the school and is not manned by Emmanuel staff.

Please look for the logo (pictured) so that you are "liking" the correct page. The link is attached for your convenience.  
<https://www.facebook.com/EmmanuelCatholicPrimarySchool/>



Amanda McDonald  
*Assistant Principal Administration*

## From Our Counsellor

It's true that in some situations, feeling anxious can be a natural response which prompts us to keep safe. It is usually a response to a stressor, but it's important to know that there are 2 types of stress responses 1) Eustress 2) Distress. Eustress is a beneficial stress response which can give us motivation, inspiration, and enhanced performance. It gives us a kick of adrenalin, and keeps us striving during challenges, including the ones that our community is facing. Distress is described as an extreme, unpleasant feeling or emotion, which can impact levels of functioning (usually decreasing it). The cause is usually external and temporary, and increases mental strain.

During current times of uncertainty and change, our community may feel somewhat alarmed, as many community members are still coming to terms with unexpected and significant life changes. However, we can still take individual steps to enhance and guard our mental health and wellbeing- promoting EUSTRESS!

This can be done through supporting our mental health by managing levels of stress and decreasing them where possible through mindfulness activities, positive social interactions and communications, drawing on our faith through the power of prayer, by helping where we can in our community, and accepting help when we require it.

A very helpful resource highlighted the follow ways to take care of yourself and subsequently your family.

- Practice **self-care** in a way that works for you - It might include maintaining a healthy lifestyle by eating well, monitoring alcohol use, and getting enough sleep and exercise.
- **Monitor** your stress - Recognise your own signs of stress and identify situations you find difficult, so you can be pro-active about managing stress during these times.
- Learn how to **manage** your stress in positive ways - Through exercise, relaxation, breathing, playing a game with your children, yoga, and positive self-talk.
- Be aware of your **thinking habits** - Challenge negative or unhelpful thoughts. ('Stuck at home' versus 'Safe at home')
- Schedule **'time out'** for yourself - Pursue your hobbies or interests, or read that good book you've been wanting to.
- **Connect** - Foster and maintain your personal relationships. A sense of belonging and connection is important for your wellbeing. (Phone a friend for Easter).
- **Relax** - Learn and use breathing techniques, progressive relaxation, visualisations or meditation to consciously relax your mind and body. -Practice mindfulness by focusing your awareness on the present moment. Visit the smiling mind app at <https://www.smilingmind.com.au/smiling-mind-app> for some more tips.
- Be **mindful** and self-aware - Focus on how you are feeling and how you act, and the impact that can have on others.
- **Prayer** - Make time for regular prayer and observance of religious beliefs (Celebrate Easter), and maintain our relationships and links with others who share these beliefs. This can be a great source of comfort and strength.

Please follow this helpful "FACECOVID" video link to maintain a mindfulness prospective and to help manage anxiety.

<https://m.youtube.com/watch?v=BmvNCdpHUYM&fbclid=IwAR1jQhq8bwKGPj25RLv0xGde1C4V6dGQ84duimx9JWFBwsQys2wMosZQbps#dialog>

Further, here's a simple little tip sheet focused at supporting family and children, or for further information visit this website: <https://www.beyondblue.org.au/the-facts/looking-after-your-mental-health-during-the-coronavirus-outbreak>

Take care of yourself and each other.

Yours in counselling,

*Kristy Flor*

# MANAGING CORONA VIRUS (COVID-19) ANXIETY

♥ For You

- Avoid excessive exposure to media coverage
- Connect through calls/text/internet
- Add extra time for daily stress relief
- Practice self-care
- Focus on your mental health

BlessingManifesting

For Kids

- Reassure them that they're safe
- Let them talk about their worries
- Share your own coping skills
- Limit their news exposure
- Create a routine & structure

For Quarantine/Isolation

- Keep in contact with your loved ones via social media, texts, and phone calls
- Create a daily self-care routine
- Keep yourself busy: games, books, movies
- Focus on new relaxation techniques

## EMMANUEL OSHC – VACATION CARE PROGRAM

EASTER 6<sup>TH</sup> – 17<sup>TH</sup> APRIL 2020

- \* \$52.50 per day per child
- \* OSHC hours 7am – 6pm
- \* Limited bookings available,
- \* PRIORITY GIVEN TO HEALTH CARE AND EMERGENCY SERVICES WORKERS.
- \* Please provide a healthy packed morning tea, lunch and a large water bottle.
- \* We provide breakfast for early arrivals and afternoon tea.
- \* A wide brimmed hat (NO CAPS) and closed in shoes are necessary for your child to participate in outdoor activities.
- \* If new to the service, remember to update your information onto your MYGOV account, to receive any eligible ccs.
- \* For Hygiene purposes please provide pencils\markers, scissors, glue stick, 2 books to read and a towel all clearly named. Each child will use their own supplies.
- \* For all bookings please txt message 0429311579.
- \* There will be activities and craft each day including an Easter egg hunt.





## CATHOLIC DIOCESE OF ROCKHAMPTON

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31 March 2020

Dear Brothers and Sisters in Christ

### Re: Holy Week and Easter ceremonies

The Easter ceremonies will be live streamed from St Joseph's Cathedral and I invite you, as a Diocese to join with me. While the ceremonies will be in a different form from previous years, I invite all the Diocesan family to celebrate with me via the live stream. Online link [here](#), or search in YouTube for St Joseph's Cathedral, Rockhampton.

The Holy Week and Easter ceremonies will be as follows:

- **Palm Sunday Mass** - Sunday 5 April at 9.30am
- **Holy Week Masses** - Monday 6 April at Midday  
- Tuesday 7 April at Midday  
- Wednesday 8 April at Midday
- **Holy Thursday (Mass of the Last Supper)** - Thursday 9 April at 6.00pm
- **Good Friday (Stations of the Cross)** - Friday 10<sup>th</sup> April at 9.00am
- **Good Friday (Passion of the Lord)** - Friday 10 April at 3.00pm
- **Holy Saturday (Easter vigil)** - Saturday 11 April at 6.00pm
- **Easter Sunday Mass** - Sunday 12 April at 9.30am

I look forward to celebrating with you all via the live stream for the Holy Week and Easter ceremonies.

There were some people who were preparing to be baptised and welcomed into the Church this Easter. All Sacraments of initiation have been postponed until 2021.

With best wishes

Most Rev Michael McCarthy  
Bishop of Rockhampton

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**Bishop Michael McCarthy**

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