



3 September 2020

Newsletter No.24

Dear Parents,

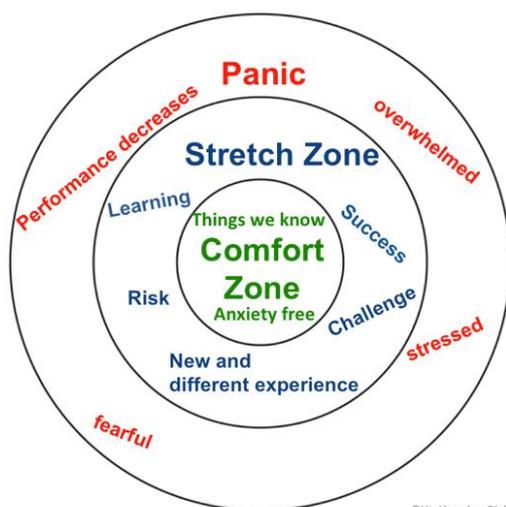
I hope that you are all well and keeping healthy. This week, what has come through as a recurring theme, is the need for your children to come back to school to socialise with others once again. While I hope that this is sooner rather than later, I had a conversation with our Psychologist Lauren Byrne, who recommended the following site: <https://www.triplep-parenting.net.au/vic-uken/get-started/online-parenting-course-toddlers-to-tweens/>

This is a free evidence-based program that gives parents tips on how to manage behaviours, particularly during this stressful period.

Another useful resource is also provided as the children turn their attention to returning back to school.

<https://biglifejournal.com/blogs/blog/back-to-school-free-printable-care-package>

I have had conversations with parents who are finding it difficult to get their children to complete the set tasks. While it is part of our nature to want to help our children through a challenge, it is important to talk to our children about learning and the different stages of learning.



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When we are in a comfortable zone and are only completing things we know or feel comfortable with, our anxieties are low, but not much learning is happening. Alternatively, when we are in panic mode and we are stressed or in fear, our anxieties are high and again not much learning happens. When we are in the stretch zone, we are taking a risk with our learning and are feeling challenged. This is the optimal zone to be in, as this is where most learning happens. In this zone, I might ask an adult for guidance, but the work should not be done for me.

This is the same as being in the learning pit.

Once I have taken the risk and jumped in, it is not a comfortable feeling, and as a learner I will feel negative emotions and feelings of inadequacies. It is at this point however, that I must find strategies to get myself out of the pit. One such strategy is asking for guidance. This means someone pointing me in the right direction, not supplying me with the answer. The wonderful sense of achievement and success that then comes from this (when I as the learner have put in the hard yards), is amazing and confidence building. If we want our children to grow up to become resilient students, then it is ok to allow them to be challenged and only provide guidance.

Yoga and Restoration Sessions

Last night, I had the great privilege of joining Rachael in her Yoga Session. I wish to thank Rachael for her time and energy. Not ever having done Yoga before, I found this to be really enjoyable as I am sure others in the session did. Being at home in my own bedroom with the camera off, meant that I could relax and just listen to Rachael's very soothing instructions. I had a wonderful experience and highly recommend this for anyone wishing to restore some equilibrium in their world. Please join Rachael and other members of our community next week for session 2. These sessions are **free**, but you must book in to receive the code <https://www.trybooking.com/BLIRK>

When: Wednesday 9th September

Time: 7pm - 7:30pm

You need: Yoga or exercise mat, blanket, cushion/pillow, a quiet space in your home. Upon booking, the attendees will receive a confirmation email which will include the link to ZOOM for the class. The classes are limited to 30 participants.

National Teacher Aide Week

This week marks National Teacher Aide week. At Holy Name, we refer to these wonderful members of staff as Learning Support Officers. As a staff, we wish to publicly recognise these wonderful members for the amazing work that they do with our students. Since our lockdowns, you may have even come across one or two that normally work very quietly in the background and often go without the recognition that they deserve.

Once again, on behalf of the Holy Name family, thank you for all that you do.



PS Thanks to Ms Lontos for putting the 'photo board' together; she knows my deficiencies in technology!

Operoo

Please remember to update your contact and address details on OPEROO. This will ensure any postal information reaches its destination.



We wish all our Fathers, Grandfathers & special men, a fantastic Father's Day on Sunday!

We hope that however you spend your special day, your children make it fabulous for you.

Caroline Galea
Principal

LITERACY NEWS - MS MARIA LONTOS, LITERACY LEADER

VICTORIAN PREMIERS' READING CHALLENGE

GOOD NEWS!

The Reading Challenge finish date has been extended....

The Challenge now finishes on Friday 18th September (the last day of Term 3).

Congratulations to this week's Challenge Champions:



*Isaac M
1B*

*Gabrielle D
6L*

Our tally of books read is - **997** - we're nearly at **1,000** books read!

There are a number of students who have *almost* completed their Challenge, so keep going and don't stop reading!

Ms Maria Lontos & Mrs Leanne Fraser (Challenge Co-Ordinators)

P.E. & SPORT NEWS - MR DERRYNG LING, P.E. LEADER

GOOD SPORTSMANSHIP AWARD

Anthony R - Grade PM
Alejandro N - Grade 1B
Cristiano R - Grade 2F
Freddy D - Grade 6Z

eSMART NEWS - MRS GERALDINE SLOAN & eSMART CAPTAINS

Dear Parents,

The internet is an amazing tool which we are utilizing during this challenging time. As we are using technology more during this time of remote learning, it is important to remember to keep our children safe online.

This can range from regularly checking screens to make sure they are viewing appropriate material, to checking the amount of screen time they are using.

Next week, 6th – 12th September is **National eSmart Week**, which gives us the opportunity to encourage our children to follow safe practices in the online and offline world.

The eSafety Commission is a great resource to help parents manage their children's online safety. Their website www.esafety.gov.au/parents has a wide variety of resources to help parents in this area.

I recommend you check out the [eSafety guide](#) which has helpful information on online safety regarding social media, apps and games. It lists many of the apps, games and social media platforms available today. It has a description of each, key safety links, hints on how to protect personal information and how to report online abuse or prevent offensive language.

It's important that we all work as a team to keep our children safe.

Take care and go gently,
Mrs Geraldine Sloan
eSmart Leader

On the 6th September to 12th September it is eSmart Week. eSmart Week is a celebration where schools, public libraries, workplaces and community groups come together to promote the smart, safe and responsible use of digital technology.

eSmart is designed to effect change in that specific environment. Based on documented evidence, it was created to address cyber risks, bullying and cyberbullying to help schools meet their duty of care.

Some handy tips for students and parents is: make sure you're always being secure online and cyberbullying affects anyone and everyone, so think before you post, because once you post you can't take it back.

Alessio C & Ben S
e-Smart Captains

ADMINISTRATION NEWS

FROM THE OFFICE OF THE BURSAR

At this stage, we don't know if the programs booked for Term 4 will go ahead. This is an unusual situation, so we recommend families hold off paying the P-2 Swim levy \$180, Inc/Exc \$75 and Gr3&4 gymnastics \$60.

We accept payment by cash, Bpay, eftpos, credit card (over the phone or in person). Or contact us to set up a direct debit to spread your payments over a period of time. If you have any queries, please contact the Bursar, Mrs Vivien Costa (bursar@hnpe.catholic.edu.au) or Leanne (office@hnpe.catholic.edu.au).



CAMP AUSTRALIA

Life Skills
Creative Time
New Experiences
Construction & Manipulative Play
Outdoor Play Time
Homework & Quiet Time

To book, visit:
www.campaustralia.com.au
or call 1300 105 343

OUR PROGRAM OPERATES IN THE SCHOOL'S ILC

What we've been up to this last week.....

Spring is finally here, we are super excited about the sunny, but windy weather.

We have been going outside every day playing soccer and downball.

This week's theme is Father's day. The children designed a poster titled "What I love about my dad", children were able to share some of the fun things their dad does with them. Suri wrote that "she loves when my dad plays with me", Ally acknowledges that "my dad cares for me", Lachlan wrote: "I like my dad because he plays footy with me." Oliver and Lachlan also made a fridge magnet for their dad. We hope all fathers and grandfathers have a special day on Sunday, and although some of you might not be able to visit your grandparents, you can always ring them to wish them a happy day.

Reminder

To enrol your child/ren in our program, or to view fees, go to www.campaustralia.com.au and search for our school OR ring 1300 105 343.

If you need to contact me, the **OSHC mobile number is 0418 576 410.**

I am happy to assist you with information about our before and after school program.

Helen, Co-Ordinator

COMMUNITY NEWS

PARADE COLLEGE - PRESTON - BR. PETER COLE SCHOLARSHIP

The Br. Peter Cole Scholarship was created to honour a great man and to acknowledge his connection to the Preston area. Through the generosity of the College Foundation, Parade College is pleased to offer a limited number of academic scholarships into the Altior (gifted & talented) Program at our Preston Campus, a reward and acknowledgement of the boys who have achieved exceptional academic outcomes in their Primary years. Applications close for current Year 5 boys on Friday 2nd October. Testing will be conducted on Thursday 29th October. Further information and applications for the two-year scholarship can be found on our College website (www.parade.vic.edu.au)



Calendar of Known Dates for 2020

Reminder – some dates may need to change

SEPTEMBER

Premiers' Reading Challenge finishes	Fri 18 (new extended date)
eSmart Week	6 – 12th
School finishes for Term 3	Fri 18

OCTOBER

School Photo Day	Fri 16
Gr3 & 4 Gymnastics program	Fri 16
Book Week @Holy Name	17th - 23rd
Book Week Special Performance	Tues 20 (incursion)
Book Week Dress Up Parade	Wed 21 (9am)
Gr3 & 4 Gymnastics program	Fri 23
Gr3 & 4 Gymnastics program	Fri 30

NOVEMBER

Gr3 & 4 Gymnastics program	Fri 6
P&F Car Show & Market	Sat 7 (2 to 7pm)
Gr3 & 4 Gymnastics program	Fri 13

TERM DATES FOR 2020 (VICTORIAN TERM DATES)

Term 3 – 13 July to 18 September

Term 4 – 5 October to 18 December