



OLA NEWSLETTER NO: 12

31 July 2020

Sharing Faiths



*All of humanity, now and for ever
Glow with the beauty we're favoured to share;
Each race and culture, unknown or familiar,
Brings with it treasures both complex and rare,*

*Peace and equality, freedom and justice,
We would confirm these as values we hold,
Sharing our faiths with discretion and with frankness;
Open to learn so new truth may unfold.*

*We must repudiate all of the conflicts
Caused in the name of some pious intent;
Let us denounce and dismiss hateful edicts;
Let love abound, For the past we repent!*

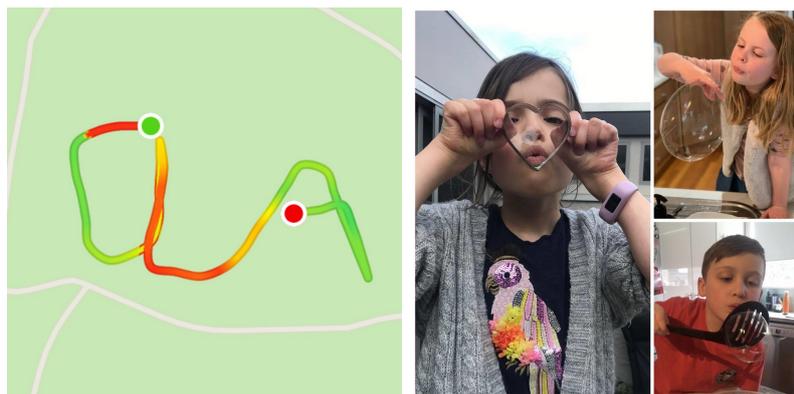
*With deep sincerity, honour all goodness,
Kindness and courage, all mercy and grace,
Patience and loyalty, both love and forgiveness;
Found in each culture and found in each race.*

Text by George Stuart, taken from the book 'Singing a New Song: A New Century Hymnbook



Dear OLA Families,

A big thank you to everyone as we come to the end of our second week of Term 3 Remote Learning. Your support in these challenging times is very much appreciated. It has been terrific to hear the staff talk of the level of student engagement and student 'attendance' over the last couple of weeks. We also love the positive online communications between staff and students. Whilst we would all prefer to be onsite in our 'normal' routine of schooling the children are to be commended, with your support, for their online connection to staff. The IT and digital technology skills we are all learning at a rapid pace is truly amazing.



I am grateful to our staff who are not only working in agile teams, communicating with students, providing feedback regularly, planning and preparing wonderful learning opportunities, but they are also rostered on to help supervise the students who are onsite throughout this Remote Learning period. When staff are not rostered to supervise students onsite they are welcome to work from home.

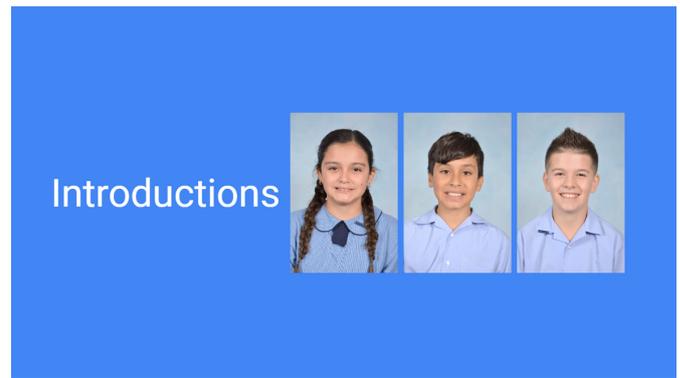
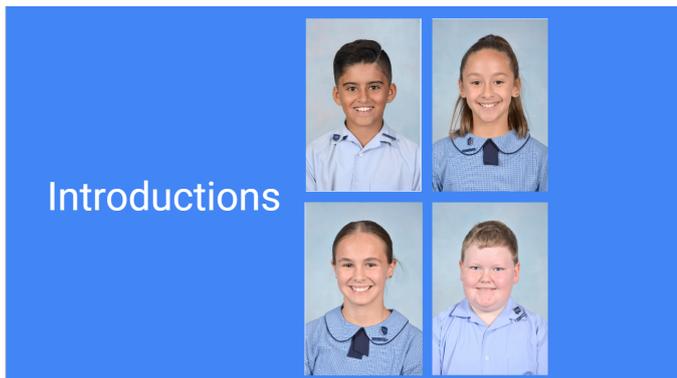
Masks & Temperature Checks

Our staff have embraced the wearing of masks. When onsite, staff must wear these when on yard duty, in the staffroom and going to and from work. Everyone onsite also has their temperature checked. These actions along with adults maintaining 1.5m physical distance and good hygienic practices ensures we are doing all we can to ensure the safest school possible during these challenging times.



Remote Assemblies

Remote assemblies will again be pre-recorded and shared with students in their Google Classroom every second Friday this term. The next assembly will be shared on Friday 14 August. Regardless of working remotely, it is just lovely to see our School Captains maintain their strong commitment and presence within our community. Thanks Ella, Cadence, Finn and Xander. This term the leaders have come up with ways they would like to celebrate student's learning and achievements so please keep an eye out for this. Class awards will continue and we will invite representatives from junior, middle and senior levels to share their work and stories of learning from home.



Enrolments 2021

We are delighted with the new OLA billboards and enrolment flyers that star our beautiful prep and junior students. We will continue to share these flyers with our local kindergartens and child care centres. If you would like to share any with kinders or families in the area please let me know and we will send them out to you. Thank you to one of our Dads, Brian Lewin for donating the three billboards and for having them placed around our school so that we can celebrate our great community.



Prep Information Night

Our first night Prep Information Night for our new and current prep families starting in 2021 will be held on Thursday 27 August at 7.30pm via Zoom. All OLA families are welcome to join us and we will also offer this special session to local kindergarten families too.

Starting School: How your family can THRIVE (not just survive!)

Carley McGauran has over 15 years experience as a psychologist in the community and private sector. She currently works in private practice with both children/adolescents and adults as well as families. Carley's experience also includes providing training/psycho-education to organisations, particularly schools, on a variety of topics. Her busiest role is as Mum to three (primary and secondary school age) children!

Goals of the session for parents:

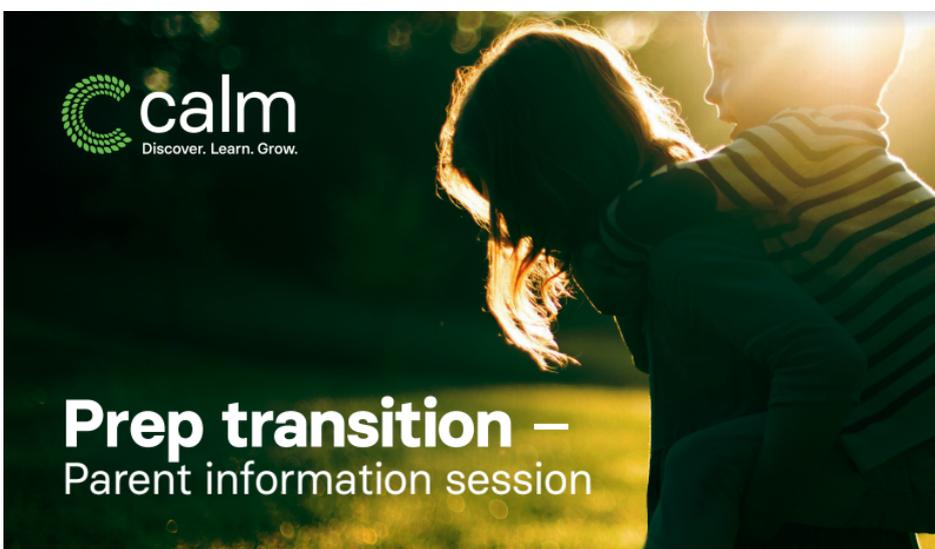
- 1/ Feel more relaxed and confident about the "starting school" journey
- 2/ Know how to best support your child with evidence based strategies
- 3/ Learn some practical skills to help you with all parenting challenges!

Topics include:

**What "school readiness" actually means – Managing yourself through the journey –
Tips in the lead up to starting school – What to expect –
How to deal with common reactions to starting school –
Managing emotions (theirs and yours!) – Improving communication with your child**

Feedback from previous sessions by Carley include:

- "Great messages and advice I can start doing right now"
- "Wish I'd heard this advice when my eldest started school"
- "We feel less anxious after the session and we now have a plan"



CALM Psychology Services
Carley McGauran

E: carley@calm-psychology.com.au

Social Media

A reminder that we would love to share experiences and learning from home on OLA's Social Media. In addition to this children/families/staff are welcome to share creative 'trick shots' while others may wish to share a story about a special grandparent - short 30 second videos work well. These are ways that we can reach out to our friends and loved ones and stay connected during lockdown. The videos and photos help to give us a buzz and warm our hearts during this challenging time - thank you.



Parents & Friends

In 10 years time, what will you look back on and remember about the time you spent in isolation?

To ensure we remember this time we would like each student, and someone special in your life, for example (a parent, grandparent, neighbor or other family member), to complete a coloured heart to contribute to this school wide commemoration.

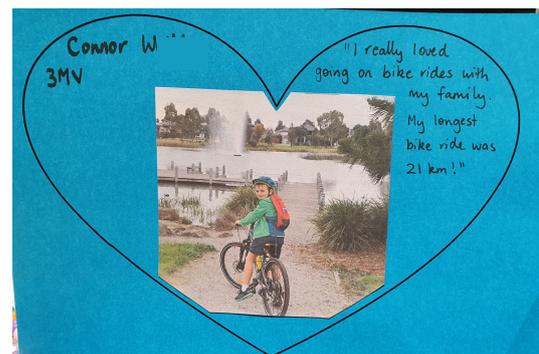
On your heart we encourage you to capture your memories of this time. Some ideas include:

- A list of things you did as a family
- 3 things you loved and 1 challenge you had
- A picture of your favourite time during isolation
- Please include your name and class



We would appreciate it if you could complete your heart during this time and return them to school when you can. These will then be cut out, laminated and made into a bright, whole school display for everyone to enjoy. The hearts were sent home with students at the end of last Term, together with their Semester 1 Student Reflection. We hope to keep them all in a time capsule to look back on in the future.

Kate Morina, P&F

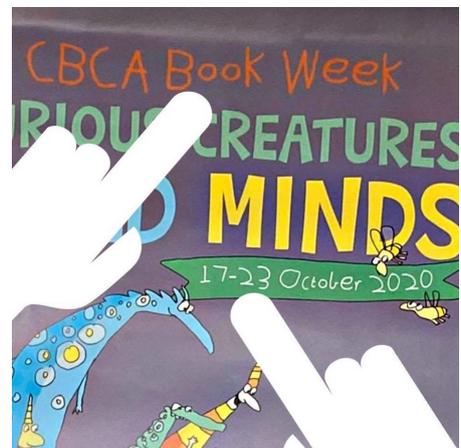


Term 3 Dates

Saturday 8 August	Feast of Mary MacKillop
Friday 14 August	Feast of the Assumption day of activities via Remote Learning
Saturday 15 August	Feast of the Assumption
Tuesday 18 August	AWARE Parenting Workshop at OLA with Lael Stone (Booked out in 2019)
Thursday 27 August	Prep Parent Information Evening via Zoom
Sunday 6 September	Father's Day
Friday 18 September	Last day of Term 3

Please note:

Book Week - Curious Creatures, Wild Minds, has been moved to 16-23 October. A big congratulations to our very own Ashton B who won the CBCA Book Week Campaign where his awesome handwriting was chosen as a font for their advertising materials. Well done Ashton!



The current lockdown due to COVID-19 means we are not able to clarify scheduling of other school events in Term 3 and Term 4. However we unfortunately need to advise that the following events will not take place in 2020:

- Saturday 1 August Term 3 Working Bee
- Saturday 14 November School Fete

A big thank you to the P&F for planning a special celebration for P-2 and 3-6 students on Friday 14 August. There is going to be an online P-2 and 3-6 kids disco party. More to details to follow.

Stay safe, stay well and remember our mantra **be kind**.



Richard Jacques
Principal

All students attending Our Lady of the Assumption Parish Primary School have the right to feel safe and be safe. The highest possible standard of care, safety and wellbeing of children and young people is a fundamental responsibility of all within our school community.



Term 3 RE Curriculum focus: Connection to Others – Interfaith Knowledge

We are very excited this term to be introducing a brand new RE unit that we have not done before. All students are going to be exploring different religions from around the world, with the aim to increase our knowledge and respect for the beliefs of others. The world we live in is so diverse and this has never been more important.

The Enhancing Catholic School Identity Survey states the preferred position on the Victoria Scale is a Dialogue School. The Victoria Scale explores how a Catholic school, within our multicultural and multireligious society, manages its Catholic identity whilst also exercising harmony with the wider community. It considers the links between faith and life.

Dialogue School

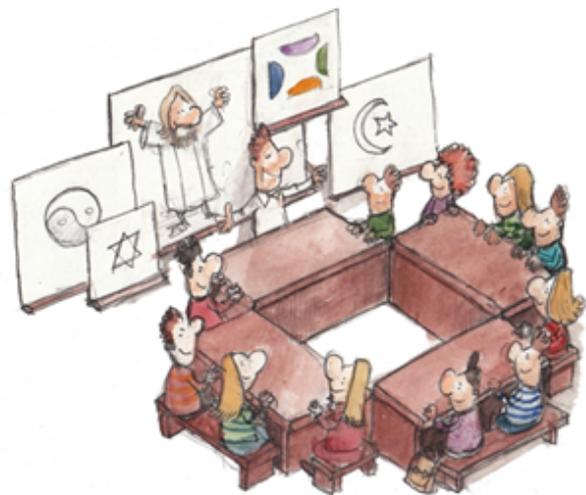
A Dialogue School explicitly chooses to stress Christian inspiration in the midst of our religiously plural, multifaith society.

A multiplicity of voices, views and perspectives are recognized and engaged with, and a preferential option for Christianity is maintained.

The dialogue is with each other, with the tradition, and with God.

The dialogue school searches for what it means to be Christian today, living in the middle of plurality and remaining open to the non-Christian. Being open to diversity, the dialogue school aims for a deep encounter between tradition and context, in which the Catholic tradition is renewed and revitalized for people today.

It is through dialogue and exploration of other faiths that we hope to strengthen not only our beliefs as Catholics, but also increase our knowledge of, and respect for, people of other religions.



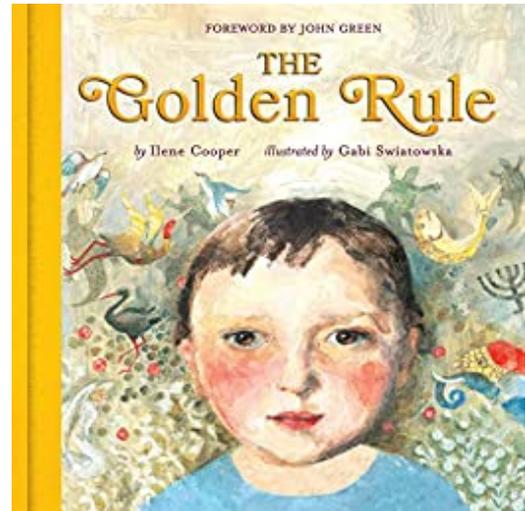
Religious Dimensions

Provocation

Many of the year levels used the book 'The Golden Rule' by Ilene Cooper as a provocation, or a way of tuning in, to the unit. This is a beautiful book that explores the 'golden rule' of treating others as we would like to be treated, and the way this is translated all around the world.

Do unto others as you would have them do unto you - everybody knows the Golden rule. But where does it come from and why is it important? It's easy to say, but what does it mean? Why is it called Golden?

Here, a grandfather explains to his grandson the importance of this simple rule and demonstrates the wonderful effect following it.



Cross-Curriculum Links

There are cross-curriculum links being drawn within this topic also. All levels are exploring either Geography or Earth and Space Science and linking the areas to our interfaith unit where possible. In Japanese, the students are also going to explore common religions in Japan.

Caitlan Taig

Religious Education Leader

From the Office

Bob Stewart Mentone Uniform Shop

Due to stage 3 restrictions Bob Stewart Mentone (the uniform shop) opening days/hours have changed:

Monday - Thursday 10:00AM - 4:00PM

Saturday 9:00AM - 1:00PM



They also offer a click and collect service or postage for a flat rate of \$14.95.

School Fees

School Fee Statements were sent out on Tuesday 28 July as a standard process across the system. We acknowledge the awkward timing of this distribution and remain highly sensitive to the financial situations confronting some of our families during this most challenging period of uncertainty within the workforce. Please check your emails including junk/spam mail, if you didn't receive your statement or have any queries please do not hesitate to contact the office at your earliest convenience on 9584 9488.

If you are having any difficulties please do not hesitate to contact Richard Jacques via email at feesupport@olacheltenham.catholic.edu.au or by phone 9584 9488.

FIRE CARRIER
Fun fact!



Did you know that... Aboriginal Australia uses the darkness between the stars, to tell a story. European astronomy has always used constellations of stars. Dark Emu is a shape in the dark areas between the stars of the Milky Way. It is a different way of seeing.

Baiame, the creator Spirit Emu, left the earth after its creation to reside as a dark shape in the Milky Way. The emu is linked with the wide grasslands of Australia and the landscape managed by Aboriginal people. The fate of the emu, people and grain are locked together because, for Aboriginal people, the economy and the spirit are inseparable.



Maybe we can all look up into the night sky and look at the darkness between the stars. It is the same sky but a different way of seeing. How amazing!

References: "Young Dark Emu", by Bruce Pascoe, 2019, Magabala Books Aboriginal Corporation, page 73."

Keeley W, Fire Carrier

Learning and Teaching



How you can support your child during Remote Learning.

Setting up a learning environment

Every home is different but it's important to provide a quiet and comfortable space in which to learn.

Where possible, extended learning should take place in a space your family shares. For example, a lounge room or dining room. These spaces are preferable over a bedroom, where your child can feel isolated and supervision can be more challenging.

It should be a place:

- that can be quiet at times
- that has a strong internet signal, if possible
- where you or another adult is present as you would normally when your child is online, dependent on age.



Establishing routines and expectations

Start and end each day with a check-in to help your child:

- clarify and understand the instructions they get from their teachers
- help them organise themselves and set priorities for their learning at home.

A healthy daily routine is great for mental and physical health, as well as concentration and learning.

Encourage regular exercise breaks. This might mean going for a walk, using exercise DVDs and apps, dancing, floor exercises or using home exercise equipment.

Encourage healthy eating habits and make sure they drink enough water.

Communicating with your child

We encourage you to start and finish each day with a simple check-in. These check-ins can be a regular part of each day.

Josy Reeder

Learning and Teaching Leader



Wellbeing

at



OLA



GEM TV

GEM TV is an additional wellbeing resource on TRP@HOME designed to support the mental health of students.

Starting Monday the 27th of July, The Resilience Project's Martin Heppell will host daily 20 minute episodes which will put a different evidence-based principle linked to positive mental health in the spotlight.

Come along in Season 1 as Martin explores Gratitude, Empathy, Mindfulness, Emotional Literacy and Connection, and discover the simple and creative ways we can implement these in our day-to-day routines.

The link will be shared in your child's weekly remote planner!

It's totally normal to feel anxious from time to time, but there are lots of things you can do to feel a bit better. Remember: there's a difference between feeling stressed every now and then, and experiencing ongoing anxiety. If the anxiety is starting to take a toll and you're looking for ways to deal with it, consider talking to a mental health professional. Get started and learn how to deal with stress and anxiety.

Quick tips to help with stress and anxiety

These techniques can be really helpful if you experience anxiety every now and then or feel unexpectedly anxious.

Practise breathing techniques

The physical symptoms of anxiety can be triggered by hyperventilation. This is when your breathing quickens and your body takes in too much oxygen, reducing the carbon dioxide in your blood. You need a certain amount of carbon dioxide in your body to regulate your reaction to anxiety and panic.

Wellbeing at OLA

Try doing one of these breathing exercises to help calm you down and slow your breathing whenever you feel anxious:

- The 4–7–8 technique: Breathe in for four seconds. Hold your breath for seven seconds, and exhale for eight seconds.
- Long exhale: Spend a bit longer exhaling than you do inhaling. Exhale fully, and then take a big, deep breath for four seconds. Then exhale for six seconds.
- [Find more exercises here.](#)



Practise muscle relaxation techniques

Also called a 'body scan', this technique helps you to focus on yourself and release tension you're holding in your body.

Breathe in and tense the muscles in your face, squeezing your eyes shut. Clench your jaw and keep your face tensed for five seconds. Gradually relax your muscles over the time it takes to count to ten, then take a deep breath. You can say 'relax' as you relax. Next, move on to your neck and shoulders, and gradually move down your body. Be careful with any injuries or pain that you have. [Get more info on how to practise progressive muscle relaxation here.](#)

Focus on the present

Have you ever noticed that feeling stressed or anxious often coincides with dwelling on the past or worrying about the future? Focusing your mind on the present moment can help you feel a little more relaxed. [Learn how you can do this here.](#)



Take a break

Schedule regular breaks into your day. Excuse yourself for five to ten minutes, go to a different room, or put aside what you're doing to take a walk around, try some breathing exercises, get some fresh air or do some light stretches to help you relax. [Here are some more ideas for relaxation to help anxiety.](#)

Talk to someone you trust about how you're feeling

Just talking to someone about how you're feeling can take a weight off your shoulders. Make sure you trust the person, work out what you want to say to them, and then just go for it. If you're finding it tricky, [we've got four more steps for talking to someone you trust here.](#)



Josy Reeder

Learning Diversity and Wellbeing Leader

ADDITIONAL NOTICES



Due to the current COVID-19 restrictions in place, we will continue to offer virtual visits to prospective families this term. These virtual events include a Principal's address and tour of the college. We have several virtual events scheduled this term as follows:

Wednesday 22 July at 4pm

Wednesday 5 August at 9am

Wednesday 12 August at 4pm

Tuesday 15 September at 9am

Further details about these events can be found on our website at www.kilbreda.vic.edu.au

Applications close Friday 9 October 2020

118 Mentone Parade, Mentone, Victoria, 3194
Phone: 03 9581 7766
Fax: 03 9581 7750
kilbreda@kilbreda.vic.edu.au
www.kilbreda.vic.edu.au

OLSH COLLEGE BENTLEIGH

Year 7 2022
Limited places

Applications close 9 October 2020

Virtual Tour

Register now for 6 August 9:30am

www.olsh.vic.edu.au



St Bede's College - Bentleigh East Campus

Enrolments are now open at our Bentleigh East Campus
(on the current site of St James College)

**Places are available
for Year 7 2021 and 2022**

We invite you to attend one of our upcoming
Virtual Open Tours for Term 3

Wednesday 29 July
Tuesday 4 August
Wednesday 12 August
Tuesday 18 August

Wednesday 26 August
Tuesday 1 September
Wednesday 9 September
Tuesday 15 September

To make a booking, please contact our Bentleigh East Campus on 9575 8100
or visit our website www.sjcbecatholic.edu.au



St Bede's
College

Bentleigh East Campus
156 Bignell Road, Bentleigh East VIC 3165
Telephone 9575 8100



Virtual Meet and Greet with the Principal, Mr John Finn

We invite you and your sons to meet with our Principal, Mr John Finn and some of our College leaders via a Virtual Meet and Greet. This will provide you with an opportunity to experience our College first hand, ask questions and gather information whilst we cannot offer onsite visits.

For bookings: www.stbedes.catholic.edu.au
or phone 9582 5999



St Bede's
College

Mentone Campus
2 Mentone Parade, Mentone Vic 3194 P: 9582 5999