

St Monica's Newsletter

Parish Priest: Fr Philip Le

2 Wingfield Street Footscray

Principal: Mrs Karen Colla

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21 AUGUST 2020

*Dear St. Monica,
wife and mother,
many sorrows pierced your
heart during your lifetime.
Yet, you never despaired or
lost faith.
With confidence, persistence,
and profound faith,
you prayed daily for
your beloved husband, and
your beloved son, Augustine;
your prayers were answered.
Grant me that same fortitude,
patience,
and trust in the Lord.
Amen*



Here are the birthdays for next week –

Thao	Emily
Niamh	Minh
Peter	John
Kurubel	Yosef

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

SCHOOL BOARD CONTACT

If you would like to contact the School Board, to ask a question or share a thought about improving the way we do things at St Monica's, you can contact them at parents@smfootscray.catholic.edu.au.

WHAT HAPPENED THIS WEEK

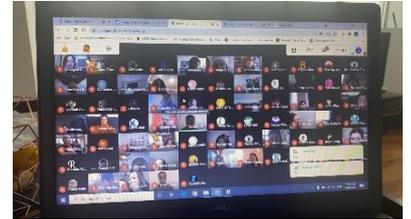


The theme this Friday (today) is 'Scientists.' Get dressed up and show us your costume at...

• **Assembly – Friday 12.45.** We will have a little catch up to see how everyone is going. The link is

<https://meet.google.com/gci-nanh-rgt>

Last week we had 109 participants at the meet. I wonder if we can hit the 110 mark this week?



• Paper Packs for the weeks of August 24 and 31 were posted out on Monday – we hope they get to you by the following Monday. If you don't have your pack by Monday 24 please SeeSaw Karen or your child's teacher.

• After 18 months of tender care; watering, feeding and picking off large & hairy caterpillars, we have a crop of mandarins! Hopefully you will all be back on site before they are all eaten by hungry teachers! And there were lots of flowers on the blueberries, which means lots of blueberries!!!

ST MONICA'S FEAST DAY

Thursday is St Monica's Feast Day. St Monica is our patron saint – we look to her for guidance in how to live our lives. The one learning power that St Monica was good at was 'Persistence.' She never gave up! Check out the puzzles sent on SeeSaw to learn more about this amazing woman.

ON-SITE SUPERVISION

On-site supervision for the children of Permitted Workers has resumed. In line with Stage 4 restrictions, we are being more stringent about who can come on site. If children can learn at home, they should learn at home. Parents who wish their children to be part of the on-site supervision group are welcome to email me principal@smfootscray.catholic.edu.au or call the school office 9689 4548 next week. Parents will have to provide their Permitted Worker Permits.

WELCOME TO JET

Miss Paula has a new family member – Jet; very cute. Welcome to St Monica's Jet!



PARENT CATCH UP - MONDAY



Want to see a face that doesn't live in your house? Want to learn how other parents are surviving? We are hosting a little get together – online – each Monday afternoon 3.30 – 4.00 pm. You don't have to talk if you don't want to; just soak up the adult presence. Bring a cuppa, sweet (and/or healthy) treat and we'll see you at <https://meet.google.com/yvh-kkxh-hpn?hs=122&authuser=0>

ONSITE HOURS AND CONTACT OPTIONS

In line with Stage 4 restrictions we are moving as many operations away from the school as possible. On days when no children are being supervised and operations permit, no office staff will be onsite.

If you ring school and get the answering machine it will direct you to the school mobile number or the office email address. **These will be monitored Monday - Friday 8.30 – 4.00 pm.**

School mobile number: 0460 632 657

Office email; office@smfootscray.catholic.edu.au

You can also email me – principal@smfootscray.catholic.edu.au and I will get back as soon as practicable.

We really appreciate you taking the time to contact us to share your thoughts and concerns. Please keep doing this. Staff will reply to communications between 8.30 am and 5.00 pm Please contact me if you would like to chat about this.

INSIGHTS

Staying the course in COVID times



COVID-19 continues to test us in ways that were unimaginable at the start of 2020. It's becoming the defining event of this generation and a reference point for decades to come. We've had depression kids, war kids and now we have COVID-19 kids.

The impact of COVID-19 is felt differently across the country. Currently, Victoria is in Stage 4 lockdown while other states are on high alert. Not every student is working from home, but most students are COVID conscious, knowing that they're only a corona cough or virus-filled hug away from remote learning.

Encouraging kids to stay the course when they've been denied access to the classroom, peers and community activities is now a common parenting challenge. Denial is generally tolerable in the short term, but the novelty of changed circumstances soon wears off. The following strategies will assist both parents and kids to stay the COVID long course:

Accept difficult emotions

'There's nothing so bad that we can't talk about, but there are behaviours that we won't accept' is a mantra that serves families well. It's okay for children to feel frustrated, annoyed, angry or upset about their change of circumstances due to the pandemic but that doesn't give them permission to behave disrespectfully, miss school requirements or fail to assist at home. It helps if parents validate how their children feel, then encourage them to focus on fulfilling school and family expectations.

Encourage acceptance

Some children and young people will protest the COVID induced changes that have been imposed upon them. In some respects, it may be admirable for children to push for a better deal, but the severity of the COVID-19 pandemic means that the individual needs to bend toward the greater community good. This is simply a case of accepting and making the best of the situation at hand.

Take it one day and week at a time

On family bush walks my young children would rarely complain when the tracks were windy. The complaint levels rose when paths were long and straight as the finish line seemed such a long way off. In a similar vein during our current times it's smart to keep kids focused on getting through each day and week rather than look too far ahead. Six weeks of Stage 4 may seem intolerable, so it's better to focus on getting through each day and week.

Be the hope person

Help children and young people understand that they will get through difficult times. "This too shall pass" is perhaps the most apt meme for our times. If your hope bucket is emptying out, seek out positive friends and relatives who can top it up. Our own resilience needs nurturing if we are to last the distance.

parenting * ideas

The internal parenting manual that guides us probably doesn't include chapters dealing with remote learning, lack of peer interaction and kids' disappointment. Most of us are treading new parenting ground so it's best to be open to change, accepting of difficulties and forgiving of inevitable parenting stumbles.



Michael Grose

Michael Grose, founder of Parenting Ideas, is one of Australia's leading parenting educators. He's an award-winning speaker and the author of 12 books for parents including *Spoonfed Generation*, and the bestselling *Why First Borns Rule the World and Last Borns Want to Change It*. Michael is a former teacher with 15 years experience, and has 30 years experience in parenting education. He also holds a Master of Educational Studies from Monash University specialising in parenting education.