



# St Theresa's School Albion



Be Safe,  
Be Happy,  
Be Caring,  
Be Ready To  
Learn.

**Newsletter, July 30th 2021** (Term 3 Week 3)

*It's been a very strange start to Term 3 to say the least! It has definitely been on again, off again school! But for now, it's on again and everyone is very happy to be back at school and seeing their friends and teachers again.*

*I think Rob has already acknowledged everyone's efforts, but once again we'd like to say thank you for the support you gave to the teachers and children as we battled our way through another round of remote learning.*

*Everyone worked very hard to maintain a high standard of teaching and learning.*

*We're in the midst of Olympic fever here and it's not unusual to be walking past a classroom that suddenly erupts into loud cheering as the children watch the athletes compete for an Olympic medal. Everyone here is feeling very proud of the Australian Team and the wonderful way they are representing our country!*



## INVITATION TO ALL OUR PARENTS TO JOIN US IN AN ON-LINE CHAT

**When :** Next Wednesday Night from 7pm-8pm

**Where :** <http://meet.google.com/wvc-jusb-cpv>

**Why :** To reconnect with our families after the recent school closures, share ideas on ways to manage times in lockdown and hear how we could improve your experiences during times of remote learning.

Greg and Marie look forward to "seeing" you on Wednesday night. We hope you can all make it.

Greg has kindly put together the following list of great resources that might be useful for parents to enhance home learning.

## USEFUL ACTIVITIES AND LINKS FOR HOME

If you want the children to have a break from the screens or some different online viewing and interactive activities-see below

These links maybe useful to share with the children or look at yourselves

### Storybox Resources-Brimbank Council

Book Week resources you can access with your library membership.

Storybox Library has prepared some resources themed around all the shortlisted Book Week titles that you can access by signing into Storybox Library with your Brimbank Library card

See here for more info: <https://storyboxlibrary.com.au/blog/get-excited-for-cbca-book-week-2021>

If you're not a member of Brimbank Libraries already, you can join or free [here](#)

## ONLINE RESOURCES

**Caine's Arcade**-The story of a 9 yr old boy in LA at his dads auto parts store-(great for parents and kids-with some top ideas for making your own arcade games from cardboard, scissors and tape at home )

<https://www.youtube.com/watch?v=falFNkdq96U>

**ABC Kids** is home to trusted and loved preschool programs. Learn, play and explore with our games, apps, songs, clips, print and colour, craft and more

<https://www.abc.net.au/abckids/>

<https://www.abc.net.au/abckids/games/>

**Dances you should know**-this entertaining learn to dance activity is great for kids/ parents-click on the watchable link within the link below and complete the activity sheet

<https://www.artslive.com/wp-content/uploads/2020/05/Shake-Your-Tail-Feather-Dance-activity.pdf>

**ABC Home School With Mr Dad** | Sammy J S3 (ep14)

<https://www.youtube.com/watch?v=yhUtGEL-iqc>

**Adventure Reels TV**-rentable films of stuff that you might dream of or do (The ocean films are great)

<https://www.adventurereelstv.com/>

**Ted Talks-10 Ways to have Better Conversations** (Particularly for upper primary/ secondary/ adults)

[https://www.ted.com/talks/celeste\\_headlee\\_10\\_ways\\_to\\_have\\_a\\_better\\_conversation](https://www.ted.com/talks/celeste_headlee_10_ways_to_have_a_better_conversation)

**Ted Talks-17 Talks for kids from Tracey Kennedy**

<https://www.lifehack.org/785441/inspiring-ted-talks-for-kids>

**Live Theatre from the National Theatre** in London-rentable theatre

[ntathome.com/products](https://www.nationaltheatre.org.uk/products)

All the above are ok for use with children but the Live Theatre link is more suited for adults,  
Feel free to share them with anyone who may be interested

If you have any questions about the above, email Greg

*Greg Woolford*

Western Cluster Engagement Leader

Mother of God School

St Theresa's School

Our Lady's School

## SACRAMENT OF HOLY COMMUNION

Some of our Grade Three students will be making their First Holy Communion at 12 o'clock on Sunday. Unfortunately, the COVID restrictions will make it a small affair but it will still be lovely for these children to receive the Sacrament.

We would ask you to keep these children in your prayers and thoughts as they take this next important step in their faith development.

*Ziggi Bacon, Audrey Bulanan, Beau Carroll, Aluk Deng, Macey Donnellon, Lucas Everett, Annabella Folino, Anthony Huynh, Lennon Mobbs, Noah Monaghan, Indiana Neal, Georgia Rep, James Rudd and Christian Yang*



## A Few COVID Reminders

- Students are to be dropped off at school by 8.30am. Parents are not allowed to enter the school except through the front office.
- We are not allowed to hold school assemblies until restrictions are lifted.
- If you have to enter the school building, you must check in with your QR code.
- Masks, sanitizing and social distancing must be observed whenever possible.
- To prevent the congregation of parents at school gates at the end of the day and allow safe exit, we are enforcing staggered finish times, and separate exits. Dismissal times are 3pm and 3.15pm and we are using 4 different exit points according to the child's surname. (The details have already been sent out as a separate email)



Our wonderful crossing supervisor Leon hasn't been at school this week, so some of our children decided to pay him a visit to make sure that he and Nina were OK after Lockdown. I am pleased to report that Leon is fine and will be back at work next week!



Worth A Look!

## CYBERSAFETY EDUCATION

The eSafety Commissioner is an organisation that helps us to have safer and more positive experiences online. This term they are providing free webinars for parents to learn the latest strategies for helping children stay safer online.

**Parent/carers webinars :** eSafety's parent guide to popular apps - [flyer with registration details below](#)

Taking a look at TikTok, Instagram, Snapchat, and YouTube

Join the **eSafety Commissioner's** expert education and training team for a FREE live webinar. It is designed for parents and carers of young people aged 8 - 13.

It will cover:

- popular apps used by young people
- include case studies, research, and targeted advice
- how you can support the young people in your life to have safe, enjoyable online experiences.

# Guide to popular apps

Free webinar



## Taking a look at TikTok, Instagram, Snapchat and YouTube

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It is designed for parents and carers of young people aged 8 - 13.

This webinar focuses on popular apps used by young people. It will include case studies, research, and targeted advice so you can support the young people in your life to have safe, enjoyable online experiences.

### Register now

**Monday 16 August 12:30 pm – 1:30 pm**

**Tuesday 31 August 7:30 pm – 8:30 pm**

[Register](#) or for more information please visit [esafety.gov.au/parents/webinars](https://esafety.gov.au/parents/webinars)



**Dear Parents, this is a very good, short article by Michael Grose, containing some excellent advice about coping with COVID. Please take some time to have a read.**



#### INSIGHTS

## Riding the COVID waves



The disruption caused by the coronavirus pandemic continues, with the scale of its impact dependent on geography. Families in the nation's two most populated states are no strangers to lockdowns and the disturbance they bring to normal life. Regardless of where you live, the sense of the pandemic is always present, ready to disrupt daily life at short notice.

### We crave connect and certainty

Human beings crave certainty and human connection, both of which are severely impacted by the current pandemic. Just when life appears to return to normal, coronavirus case numbers can flare, sparking changes to our daily lives. As demonstrated by the massive increase in people seeking psychological support services over the last 18 months, these are difficult times for us all.

Every family has its own coronavirus story consisting of loss, disappointment, hardship, frustration or overwhelm of some kind. While there is no magic bullet that will make living through these uncertain times easy, here are some strategies to help you and your family stay upright while you ride the COVID waves of uncertainty and change.

### Model a coping mindset

Let's start with a coping mindset, the hardest and most important strategy. The leader in any group is the person who remains calm in a crisis, so as parents we need to do all we can to keep our acts together, or at least look like we are in control. Kids of all ages, but especially primary-aged students, take their cues from parents, the most important people in their lives, about how to view events. If catastrophising, anxiety and anger are modelled, then inevitably younger family members will mimic these behaviours. More significantly, these behaviours contribute to their feelings of lack of control. Alternatively, when acceptance, perspective and optimism are on display, kids learn how they can cope with uncertainty and change. This is not to suggest that parents aren't struggling, and that we shouldn't show our vulnerability to children. However, children and young people feel safer and more secure when their parents radiate a sense of calm and composure in the face of difficulty. Challenging, but essential.

### Act like a middle born

Despite the negative press that middle-borns receive including 'middle child syndrome' and 'middle-child complex', this cohort is generally very resilient. Their flexibility as a result of fitting into a life pattern set by an elder sibling enables them to more easily adapt to change. Often considered less ambitious and driven than first-borns, middle children generally expect less of themselves, and are more inclined to bide their time, letting the big waves pass before riding the more accessible, easier waves to achieve success. Birth order research reveals that middle children tend to have broader social circles than children born in other positions enabling them to form social connections in many different settings. Their adaptability, lowering of expectations and wonderful approachability are examples of how to survive challenging times.

## Embed wellbeing strategies into family-life

If ever there was a time to make wellbeing come alive in a family, it's now. If you have previously believed kids' wellbeing is less important than homework, music or sports lessons and chores then it's time for a priority rethink. Mental health practices are most successful when they are embedded into family life, rather than being focused on when life gets hard. While no means limited to these, the most significant wellbeing practices include sticking to daily routines (to maintain feelings of control), taking regular exercise (to get rid of built-up stress and promote feel-good endorphins) and prioritising sleep (to maximise the brain's capacity to manage stress).

## Only sweat the big stuff

If you find that you're arguing with your child over minor issues such as leaving clothes around the house, then it's time to let the small stuff go and focus on the bigger issues. You may need to set the parenting bar a little lower, focus less on academics, even relax screen time limits for a time if they are a source of conflict. Expect behaviour blow outs from children who have lost their own bearings – in some cases access to friends, school, and schedule. Give kids space if they regress, rather than reward tantrums with plenty of your attention, which will reward and keep the behaviour going.

## Connect with your village

Are you an introvert or an extrovert? What about your kids? It matters because each group reacts differently during lockdowns. Those on the introvert end of the spectrum can feel a little too comfortable being home and away from work or school. Scheduling regular digital catch-ups with friends and family can overcome reluctance to connect. Extroverts, on the other hand, can really struggle being away from friends and need little encouragement to stay in touch, which is vital during times of uncertainty.

There are no hard and fast rules about living through this pandemic. COVID didn't come with a 'how to' manual, so most of us are writing our own rules as we go. Embrace any ideas that work for you and your family and let go of those that aren't right for you. Be mindful, that the tide will eventually turn, the waves more predictable and our capacity to deal with hardship will have been enhanced by this experience.

## 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.