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Wednesday 15 September 2021.

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## ST. MARY MACKILLOP PRIMARY SCHOOL

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### *Staying Connected No. 24. 2021.*

Hello Everyone,

Another term draws to a close... and once again we are left wondering what the future holds.

We only have media reports to provide us with any information. The Premier is reportedly providing a roadmap out of lockdown this Sunday, so we wait with abated breath!

A report in The Age Newspaper yesterday, stated the following,

“Premier Daniel Andrews reiterated yesterday that opening classrooms now would allow the virus to spread in schools and said a plan for the rest of the school year would be made public in about a week. The Department of Education has drawn up several plans and is awaiting the Chief Health Officer’s approval, which will depend on Burnet Institute modelling showing what level of cases the healthcare system can handle.”

Based on this we can only wonder what Term 4 holds. However, whatever it holds, we will do our best to continue providing an education for your children. I am a realist. I know Remote Learning is far from ideal. We can only do so much. In many ways, we rely on you as the parents and carers to be the teachers. We will continue to connect with the children online, provide activities and engage in small group teaching. However, it does become your responsibility to supervise your child and to provide point of need support.

I admire you and I am eternally grateful for your support, positivity and capacity.

**THANK YOU!**

I also have faith our kids will bounce back when they come back to onsite learning. Let's hope it is sooner rather than later. Sunday can't come fast enough!

I also have the greatest admiration and respect for all of our educators who have stepped up and provided continuity of learning online. Our staff have done a marvellous job, whether working online or supervising children of authorised workers or those deemed vulnerable here at school.

There a few words to express my gratitude, besides sincerely, **"Thank you."**

Remember look after yourself over the term break. It is important to take time for yourself. You are no good to your kids if you are totally frazzled. Get outside and my suggestion is go for a long walk on your own. (That's one of my favourite coping strategies.)

Remember, this will end! And as always, we look to St. Mary MacKillop for inspiration.

*During these troubled times, we take comfort in knowing Mary MacKillop drew strength and hope from faith to persevere during her own hardships - just as we will too.*

*We ask Our Lady of Perpetual Help and St. Mary MacKillop to pray for us.*

Go well everyone, keep safe and get vaccinated as soon as you are able.



**Anthony McCluskey**

**Principal**



### **TERM THREE CONCLUDES on FRIDAY 17 SEPTEMBER**

**Remote Learning will be held between 9:00am- 11:00am**, this Friday 17 September. This time will be wind down activities to bring the online learning to an end for this term. There will be no feedback provided that day.

Supervision will continue onsite between 9:00am and 1.00pm.

Our teachers will use the rest of the day to continue planning for next term, whatever, that might look like.

### **TERM 4 COMMENCES on MONDAY 4 OCTOBER.**

**All parents, carers and children are invited to attend an online assembly, where we will celebrate the feast of St. Francis of Assisi with prayer and reflection. If you are at home, please bring your pets along, as there will be a special blessing of animals in the spirit of St. Francis of Assisi.**

**This will take place whether we are onsite or not.**

**The link is: <https://meet.google.com/ras-qdjk-gnr?hs=122&authuser=0>**

**I will communicate with you next week, when we have some idea of what's happening for schools next term.**

### **FIRST HOLY COMMUNION**

Our children in Year 3 were to receive their First Holy Communion on Saturday, 16 October. Even if we were to open up, we understand the number of persons allowed to attend a church service will be limited to 20 people, as it is currently in Regional Victoria.

Therefore, we need to postpone the First Communions. We will let you know a new date, when we know what the future holds.

I apologise for the inconvenience. However, that's life as we know it now!



# Supporting Children's Social and Emotional Wellbeing

COVID-19 continues to shape who we can see and what we can do - at home, school, work and play. No-one really knows yet what the long-term impact, if any, will be on children. What is known though, is that a caring, consistent and open parent or carer, who is coping as positively as they can, is likely important. The evidence shows that this relationship helps support children's resilience and wellbeing when they adapt to big changes, whatever they are.

However, snap lockdowns can put pressure on these relationships when stuck at home together on short notice. Here are some tips ...

## Listen and Involve

Check in regularly with each child. Listen carefully: their concerns might be different to what you expect. Calmly acknowledge and validate their feelings. Then problem solve together as best you can, such as around different ways to stay connected to friends or ideas for a virtual birthday party. Working together supports wellbeing and models positive coping, creative problem-solving and shared decision-making. These are important resilience skills.

## Get Outside, Get Active

Exercise reduces stress and boosts mental health. Get everyone active outside as much as the regulations will allow and, where possible, spend time in parks or nature.

## Make Memories

Ongoing lockdowns and restrictions can be frustrating and tiring but they won't last forever. Try to keep using these times to try out new things you may not usually do together, such as, games nights or virtual meals with grandparents or friends.

## Be Present

Put down your phone, turn off the TV. Put thoughts of the crisis aside. To have quality time together, really be there.

## Do Things Together ... and Apart

Make sure there are times every day when you are each doing your own thing. Try the handy Octopus Tool. It can help kids learn to manage boredom positively and independently.

**Keep in mind:** Home is not a safe place for all children or for some adult/s who care for them. Where this is the case, many of the suggestions above won't likely make it safer. Please seek support from organisations set up to assist families where safety is a concern due to 'stay at home' requirements with ongoing lockdowns.



## **TEETH ON WHEELS**

Each year we have a mobile dental service that comes to the school that provides dental treatment for your children.

They will be onsite from **Monday 18 October to Friday 22 October, 2021.**

If you would like your child/children to see them, please click on the link below and complete the online consent form.

<https://teethonwheels.com.au/consent-forms/consent-eform/>



## Your child maybe eligible for Free dental! *AND FUN*



At Teeth On Wheels, we provide the highest quality dental treatment while making it fun, positive and memorable for children.

We are the **ONLY** Mobile Dentist in Australia that are accredited by the Australian Dental Association (ADA)

We partner with over 200 services across various demographics to provide free educational programs to ensure children have a positive dental experience and encourage ongoing and effective oral hygiene. During the visit, children can watch age-based movies, helping to entertain and set a relaxing atmosphere.

Our dental services include:

- ✓ Check-ups
- ✓ Scale, Clean and Fluoride Treatments
- ✓ Fissure Sealants
- ✓ X-rays
- ✓ Fillings
- ✓ Extractions



**Complete your form today by clicking the link below!**

<https://teethonwheels.com.au/consent-forms/consent-eform/>

Phone: VIC (03) 9338 1191

Email: [info@teethonwheels.com.au](mailto:info@teethonwheels.com.au)

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