



# St Christopher's Newsletter

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Term 2 Week 2 - 20<sup>th</sup> April 2020

## PRINCIPAL:

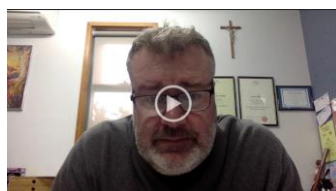
**Adrian Glasby**

## DEPUTY PRINCIPALS:

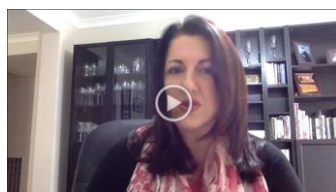
**Colleen Mahoney**  
Faith & Organisation

**Denis Johnstone**  
Students, Staff and Community

## Video link to Principal's message:



## Video link to Naomi Martret, English Leader's message:



Dear Parents and Carers,

This newsletter will be coming out weekly on a Monday. I hope that you are all well. Thank you for all the kind emails checking in on my health and the health of my family. I'm pleased to let you know that the pain from my kidney stones has gone and my dad and pa are on the mend.

We are no doubt in uncertain times and I know that today will be the first full week of Learning At Home Tasks (LAHTs). As outlined in the Hybrid method document I sent you, we are also running the school here, as well as a learning from home version of STC. It's certainly different from anything that we have been involved in before. There are a lot of things going on in the media talking about online learning. I would like to make the point that we are not really involved in an online learning experiment or process. We are involved in an emergency educational response to a pandemic.

The LAHTs that you have been sent home today are long and in some cases there may be too much work to achieve during a week. Please get done what you can, when you can and where you can. There is no doubt that with all the great things we have at St Christopher's we will be able to work really well with your children when they get back to school and get them to the places where they should be. The biggest difficulty over the next term will be ensuring children are stress and anxiety free during the lockdown time. Let them know we all just do the best we can. It will look different, some people are working full time, some people aren't, some people have experience in education, some people don't, some children will find it easy to do the activities, some will find it more difficult. We can only do the best we can do. Teacher check-ins will give the child and the parent a chance to speak to the teacher and to get some help, where needed.

The most important message that I want to get across to people is twofold:

1. This Hybrid method relies on us having small groups of children at school and all of our classroom teachers being at home working with families. Please, only send your child to school if you need to and only if there is no other option. If numbers get too large I will need to take a member of staff away from their LAHTs to staff the school, then it becomes more and more difficult. So please only send your children to school if there is no other option.
2. In terms of the LAHTs, please be calm with your children, they might often tell you that they can't do something but let them experience that. That's ok, we all have times when we can't do something. They can simply give it another go or move onto another activity or wait and do something else so that you can catch up with them.

Please take some time to watch [my video message](#) and one from [Naomi Martret](#) our English Leader. Links to the left.

Regards

**Adrian Glasby**  
Principal

**RE NEWS:**

Dear Parents,

This Easter has been one that we are not likely to forget for many years to come. However, it has been lovely to see how families have been able to celebrate our risen Lord in new ways this year. Online options including the live streaming of mass from Melbourne and in fact around the world have meant that we have been able to still 'go to mass' as a community. The use of online media to share stories and experiences has been a wonderful opportunity for us all.

Some parents have been asking about the Sacramental Program. As you would be aware, Reconciliation is usually celebrated in term two with our Year 3 children. Our Year 4 children usually make their First Communion in term three. Please note that our Year 3 and 4 Sacramental Program is currently completely on hold due to this Pandemic. Schools have been instructed by the Archbishop that "preparation for and celebration of First Confession, First Communion and Confirmation for children should be postponed until the pandemic is over." This means that we are no longer preparing for Sacraments until further notice.

Our staff have been very busy with their preparations for this term. All year levels will be providing information about Religious Education as part of the Learning at Home Tasks. There will be options for family activities, creative ideas and online tasks. Please choose the most appropriate activities for your child and feel free to be involved in their learning. Prayer will be the main theme for Religious Education in our school this term.

The gospel reading attached is that of the Second Sunday of Easter, also known as Divine Mercy. This is the gospel reading that we would have heard in mass for the 19th of April. We can imagine that this gospel is about us. We are not in the same position as Thomas and are unable to reach out and touch Jesus. The message for us, and particularly at this time where we find ourselves in a world that is so different to only a few months ago - 'Happy are those who have not seen and yet believe'.

Wishing you all the best to you and your families,

**Colleen Mahoney**  
Deputy Principal of Organisation and Faith

**GOSPEL: Gospel from the Second Sunday of Easter (Divine Mercy)**

Jn 20:19-31

A reading from the holy Gospel according to John

*After eight days Jesus came in and stood among them.*

In the evening of that same day, the first day of the week, the doors were closed in the room where the disciples were, for fear of the Jews. Jesus came and stood among them. He said to them, 'Peace be with you,' and showed them his hands and his side. The disciples were filled with joy when they saw the Lord, and he said to them again, 'Peace be with you.'

'As the Father sent me, so am I sending you.'

After saying this he breathed on them and said:

'Receive the Holy Spirit.  
For those whose sins you forgive,  
they are forgiven;  
for those whose sins you retain,  
they are retained.'

Thomas, called the Twin, who was one of the Twelve, was not with them when Jesus came. When the disciples said, 'We have seen the Lord', he answered, 'Unless I see the holes that the nails made in his hands and can put my finger into the holes they made, and unless I can put my hand into his side, I refuse to believe.' Eight days later the disciples were in the house again and Thomas was with them. The doors were closed, but Jesus came in and stood among them. 'Peace be with you' he said. Then he spoke to Thomas, 'Put your finger here; look, here are my hands. Give me your hand; put it into my side. Doubt no longer but believe.' Thomas replied, 'My Lord and my God!' Jesus said to him:

'You believe because you can see me.  
Happy are those who have not seen and yet believe.'

There were many other signs that Jesus worked and the disciples saw, but they are not recorded in this book. These are recorded so that you may believe that Jesus is the Christ, the Son of God, and that believing this you may have life through his name.

The Gospel of the Lord.

**PRAYER:**

Lord, We pray that the Holy Spirit can be upon us and strengthen us, particularly in these times of change and uncertainty. We ask you to comfort those in isolation and send your healing touch to those who are unwell. We pray that all people can come to know the love of God our Father.

Amen.

## WELLBEING @ STC TERM2, WEEK 2:

Dear Parents and Carers,

Well, what strange times for us all! I hope you and your families have managed to adjust during these very tricky times. We have seen a lot change in the last couple of months. From the last couple of weeks of school in term 1 where we were wondering whether schools would be closed, to Stage 3 restrictions where we are only allowed to leave our house for a few reasons, to the one I'm sure you are all grappling with now - students Learning from Home for at this stage, all of term 2.

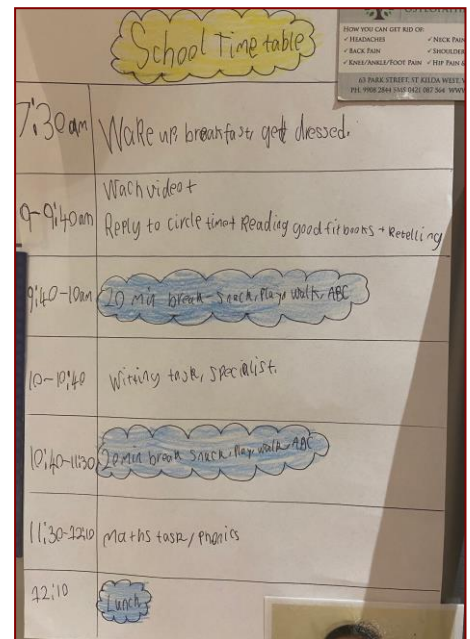
All of these changes can lead to us feeling out of sorts, anxious, worried, uncertain and scared. Anxiety and worry are a natural component of our lives during "normal times" and our current situation with COVID-19 is far from "normal".

We know that anxiety comes from two key sources: worry or repeated contemplation about something that has happened, or worry and repeated contemplation about what might come; all of this underpinned by a key factor **uncertainty**. What will happen next? How will this virus affect us going forward? There are many things that are beyond our control at this point, so we need to apply our energy where it is most helpful.

Here are some of my tips to try and make our time during this crisis as smooth as possible:

### Keep a Routine:

- As tempting as it might be to stay in the PJ's all day (especially with the weather getting cooler), sticking to something resembling a routine is vital to keep our motivation up day to day and week to week (it is imperative for our kids!).
- As humans, we have an innate attraction to routine and predictability (this helps keeps the anxiety at bay) - help your children draw up a schedule or have them draw it up for themselves and display it prominently in the house so everyone is aware of what is going on and what is expected of them for the day:



### Stay Connected:

- Your child's teacher will begin check-ins with them this week. There are also videos being uploaded to Seesaw and Google Classrooms of their teacher explaining tasks and connecting with the class. Make sure you use these opportunities. For children, being able to see and talk to their teacher will be a reminder of how things were and a calming influence.
- Use video chats, Skype, etc .to connect with friends/family members regularly. I think many of us have quickly upped our skills in these technologies over the last month. This is as good as we can get in our current situation and a great way of connecting with our loved ones and friends.
- My friends and I have a daily Skype Dance party at 5 pm; each day a different person is responsible for putting together a playlist on Spotify and whoever is available, dials in for a boogie at 5 pm. My kids love it as they get to see their friends and have a bit of fun, and so do I!

**WELLBEING @ STC TERM2, WEEK 2 (Continued):****Stay Healthy:**

- There is a very strong connection between our mental health and our physical health, so looking after both is vital for us all.
- As tempting as it can be, keeping junk food/takeaway to once or twice a week and getting out for a walk/scooter/bike ride/run every day is a super important part of getting through this lockdown/isolation period. A strong and healthy body can stand up to a considerable amount of stress.
- Use the walks/exercise to break up your children's learning day.
- Practice some daily meditation to help clear your heads and improve your productivity:
  - <https://www.smilingmind.com.au/>
  - You can sign up for free online mindfulness and meditation course (meditation practice is a lifesaver for me)

**Ask for help and be kind (to others, to your child and yourself):**

- These are new and challenging times for all of us, if you are struggling, ask for help!
- Our teachers are undergoing a massive learning curve in developing and rolling out this new model of learning to our community, you as parents are undergoing an extremely steep learning curve in being quasi-teachers, your children are having to learn under very different circumstances than they are used to....
- Give everyone a break (including yourself) and be kind!

In the student's LAHTs this week I have sent home a couple of videos to help you and your families unpack COVID-19 with your children. Unfortunately for our kids, there is no escaping the constant information

about the virus, so hopefully, these resources can help you discuss the current climate with your students. I've also included a couple of other sites that might be helpful to you.

**Playschool Episode on COVID-19 for junior students:**

<https://iview.abc.net.au/show/play-school-hello-friends>

**Video for primary age students on understanding COVID-19:**

<https://www.calmkidcentral.com/covid-19/>

**Talking to kids about the Corona Virus:**

<https://childmind.org/article/talking-to-kids-about-the-coronavirus/>

**How mindfulness can help you navigate the COVID-19 pandemic:**

[https://www.mindful.org/how-mindfulness-can-help-you-navigate-the-coronavirus-panic/?mc\\_cid=9ebbc99dac&mc\\_eid=d94366d73a](https://www.mindful.org/how-mindfulness-can-help-you-navigate-the-coronavirus-panic/?mc_cid=9ebbc99dac&mc_eid=d94366d73a)

Kind Regards

**Denis Johnstone**  
**Deputy Principal - Students, Staff and Community**