



# St Christopher's Newsletter

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Term 2 Week 4 4<sup>th</sup> May, 2020

## PRINCIPAL:

**Adrian Glasby**

## DEPUTY PRINCIPALS:

**Colleen Mahoney**  
Faith & Organisation

**Denis Johnstone**  
Students, Staff & Community

Dear families,

I hope this newsletter finds you well and you are all settling into a routine. Like you, I often reflect on where we are with education and life in general, we are certainly in uncharted waters. I have been lucky enough to be in contact through check-ins with a number of students who are giving the LAHTs their best effort and coping quite well in this different educational setting.

This week's video from me is a message to the students, so please play it to them. I really want to let them know how proud I am of the efforts they are putting in and how much their school misses them. I also want to let them know that, even though things are different, they still have a great opportunity to learn and to become better learners. Finally, and most importantly to be good to their mums and dads.

To the mums and all the carers in our lives and our children's lives, a very big "Happy Mother's Day". Whether we get to see you, or it is a face time or a zoom meeting (as it is my case), we hope you have a special day and look forward to an even bigger celebration when we can all see each other again.

Best wishes and stay healthy

**Adrian Glasby**

**Principal**

**Link to Video Message from Adrian Glasby to Students of STC:**



**Link to Video Message from STC Student Leadership:**



## ***An Ode To Mums***

*When you're a child she walks before you*

*To set an example*

*When you're a teenager she walks behind you*

*To be there should you need her.*

*When you're an adult she walks beside you*

*So that as two friends you enjoy life together.*

## Religious Education Newsletter

Dear Parents,

This coming Sunday the 10th of May is Mother's Day and it is going to look very different for all of us this year. I always look forward to gathering with my family as we visit my Mother in Law for lunch and then my own mum for dinner. Those catch ups are special to me both as a daughter and as a mum of an adult daughter. Like everyone else, we will try to celebrate Mother's Day in a meaningful way with online platforms. I hope that this Mother's Day is very special for all of you. Mother's Day can also be a challenging and sad time for some. We especially pray for those people and pray that they can find comfort and strength from God and from those around them.

In our Religious Education Learning at Home Tasks for the week, much of the focus is on our Mother Mary. We remember the stories about Mary from the bible and we pray our special prayer to her, Hail Mary.

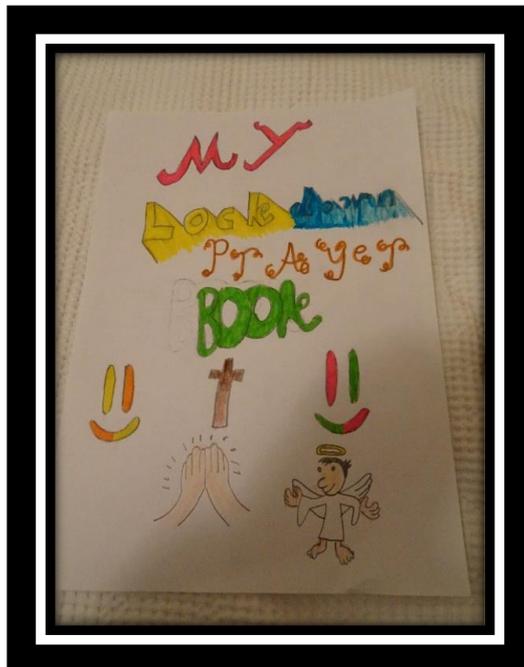


*Hail Mary full of Grace, the Lord is with thee.  
Blessed are thou amongst women and  
blessed is the fruit of thy womb Jesus.  
Holy Mary Mother of God,  
pray for us sinners now  
and at the hour of our death  
Amen.*

Thank you to the parents who have forwarded some prayers and work that the children have been doing as part of the RE Learning at Home Tasks to me. I have spoken to a number of children who have talked about the RE LAHTs being a special family time, particularly in the junior classes. It has been lovely to receive that feedback.

*All the best to you and your families for the week, especially Sunday,*

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



*Andre has made a special prayer book.*



*Luella wrote a beautiful prayer last week.*

## WELLBEING @ STC TERM 2, WEEK 4

Dear Parents and Carers,

Congratulations on approaching completion of your first month as part-time teachers! Truly, we do not underestimate the challenge that our school community and parents have taken on and you are to be commended for your wonderful efforts in taking on the task of educating your children at home. I have spoken to many of my friends who are doing the same thing and there have been numerous (hilarious) stories of trying to work the Learning from home thing out, well done to you all!

### Student use of STC Devices and Emails:

Please remind your child(ren) that STC devices and emails are to be used for school purposes only. We are still getting numerous email alerts of students discussing non-school related things.

### Routines for Learning at Home:

In my previous newsletter entry, I have discussed the importance of building in routine at home, ensuring that we are providing a sense of familiarity and structure for children and ourselves. Structure and reliability are strong factors in keeping anxiety away. Below I have included a great video that gives tips on setting up routines at home:

<https://emergingminds.com.au/resources/supporting-children-during-the-coronavirus-covid-19-outbreak/>



### Gratitude:

When we first had to lock down and isolate ourselves, everything seemed really hard and a bit scary. Now that you have had time to adjust, I'm sure you have been able to find pockets of experiences and activities that you highly value, that you might not have in the normal business of your lives. For me, I have loved the opportunity to slow down, focus more on my health and spend lots of time with my family. I've found the change in pace to be refreshing.

Practising gratitude has many research-backed benefits (Brief article on benefits of gratitude [shorturl.at/alALV](https://www.psychologytoday.com/au/healthcare/shorturl.at/alALV)) and practising during these challenging times is a brilliant way to spread positivity and focus our minds and thoughts on the great things going on, rather than the negatives of our current situation.

So I encourage you to build gratitude into yours and your children's daily routines:

- Start and keep a gratitude journal where you record 3 things that you are grateful for each day
- Start/End the Learning at Home Day by sharing something that you and your child are grateful for
- Or my favourite one, build gratitude into your dinner table conversation where each family member gets the opportunity to share something that they are grateful for that happened over the course of the day

Stay safe, stay healthy, stay connected,

**Denis Johnstone**  
**Deputy Principal of Students, Staff & Community**