



OUR HOLY REDEEMER

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Principal
Frank Dame

Parish Priest
Brendan Reed

Newsletter No 25
20th August 2020

*Life's most persistent and urgent question is,
"What are you doing for others?"*

Martin Luther King Jr.

Dear Parents,

World Humanitarian Day is held each year on **19 August** in recognition of the work humanitarians – including aid and healthcare workers – do to support people in need. This work can involve anything from providing food and safe spaces, to delivering babies and running refugee camps – in addition to caring for those most affected by the pandemic.

In today's world there is constant tension between the needs of the economy and the needs of people. We see it daily in the news, with words like 'economic recovery' and 'post-COVID-19 world' frequently featuring in the headlines. Looking ahead to the possibilities of life post-pandemic, it is going to be extremely challenging for governments, businesses and households alike.

Much of the attention of the media will be directed towards organisations as they grapple to find a balance between potentially unsustainable levels of debt, the need for economic growth and the risk of another financial crisis while our world remains vulnerable. But the vulnerability of the people in these scenarios also needs to be considered.

As we reflect on this year's World Humanitarian Day, we are encouraged to consider and pay tribute to the individuals and organisations who have dedicated their lives to humanitarian service, and to rally support for people affected by crises around the world.

Here and now we see the work of compassion, love and care being lived out and expressed by many in our community. It is heartening to see that despite the many obstacles the COVID-19 pandemic has caused, so many are willing to deliver care and compassion to those in need. They risk a great deal, including developing illness, fatigue and separation from loved ones. For many of us, we see the Holy Spirit at work within healthcare workers who inspire, care for and comfort those in their greatest time of need.

In August 2017, Pope Francis reinforced the need to stand in solidarity. He said, 'Every stranger who knocks at our door is an opportunity for an encounter with Jesus Christ, who identifies with the welcomed and rejected strangers of every age ...'

Adapted from an article written by Loredana Guinane and Prue Vanstan

Prep 100 Days of Learning

Last Friday, our Prep students, along with their teachers and parents, celebrated 100 days of learning. The teachers and students dressed up in clothes resembling what they might look like on their 100th birthday. All the activities planned for the day revolved around the number 100.

We would like to take this opportunity to thank all those parents who supported the program in order to make this a memorable day for their children.

Congratulations to all our Prep students, including:

Zara A, Arabella B, James B, Clementine C, William C, Edward C, Harry C, Phoebe C, Oliver F, Archer G, Connor G, Sebastian G, Emily H, Andrew J, Millicent M, Rosey M, Oliver M, Mikaela M, Emily N, Tristan O, Noah R, Aksel R, Chloe S, Finn S, Lucas T, Alessia V and Sophie W.





Harry's great tower ... must contain at least 100 pieces



Phoebe wore a spectacular hat!



Chloe was all smiles in her lovely costume



Rosey easily passed herself off as a granny



Oliver was all set to party!



Arabella performed some jumping jacks



William celebrated with cup cakes

Celebrating 100 days of learning in Prep



Sophie all dressed up
(Is that a scooter she's holding?)



Alessia was one groovy granny



Zara had some fairy bread and fruit to celebrate



Clementine was all smiles throughout the day



Aksel certainly looked every part of 100!



Very impressive signage behind Edward

Orchard Garden

It has been a well-planned strategy by Mrs Dioguardi, since Term 1, to prepare the grounds along the York St boundary of the school property for the planting of our fruit trees. During a Term 1 working bee, the remaining old bushes along the fence line were removed. With the assistance of students, the ground was carefully prepared. A water drip system was also installed. Some months ago, Mrs Dioguardi ordered a large variety of fruit trees which we have stored in the Reflective Garden space for security.

Our plan was always to plant the fruit trees towards the end of Winter. However, due to COVID restrictions, none of our scheduled working bees have been able to proceed.

Nonetheless, with some of the remaining funds from the Local Schools Grant, last Friday Melissa engaged The Landscape Department to remove clay, dig holes, plant the trees and construct containment edging for the garden beds. The four workers produced Permitted Worker Permits and observed all the protocols of Stage 4 restrictions.

Despite the heavy downpour, all tasks were pretty well completed.



Google Meets

The staff's use of [Google Meets](#), during our time of remote learning, has evolved since our first experience of Learning from Home during Term 2.

Our use of Google Meets has progressed to being a way of:

- Introducing a new concept;
- Reinforcing learning;
- Supporting focus groups; and
- Addressing individual or small group needs and questions.

This week our specialist teachers also commenced Google Meets.

Moving into next week, classes will continue with timetabled instructional Meets, with the addition of further open Google Meets to the daily program where students can drop in and ask clarifying questions or seek teacher support with a concept they are learning. The staff believe that this will resemble classroom learning in that students will be able to interact and ask questions directly of their teacher as opposed to sending emails. The open Google Meets will occur later in the day, prior to lunchtime. Some teachers will also be scheduling additional instructional Meets as the need arises. These Meets may comprise full class or smaller groups. Class teachers will indicate the times of the Meets in their daily program.

Teachers will continue to provide a mix of support mechanisms into the daily program such as instructional videos, which have the benefit of being viewed by the students at a convenient time or even played back multiple times.



Google Meet

The Lure of Byron

At the beginning of the term Stephen and Rebecca Capello took their children up to Bryon Bay for a two week holiday. As Stage 3 Restrictions progressed to Stage 4, they decided to extend their holiday for some additional weeks. They have now decided to stay on until Victoria is once again safe. We hope to welcome the family back during Term 4.

2020 OHR Family Reflections Reminder

The Virtual Assembly from the 10th August contained an interview that I conducted with our two school captains in Bridget N and Meg M. During the interview both girls teased out an idea that Bridget had suggested some weeks ago. Bridget had originally proposed that, as a school community, we have an opportunity of sharing our stories and leaving a memory about the current times we find ourselves in.

Our captains have proposed that each family prepare a page that will go towards a book. The page will need to be **A3** in size and **landscape** orientation. The page should include the **family surname** and be a reflection of these times including: what it was like, how they coped, and how they felt. This may comprise a combination of any of the following:

- Stories
- Drawings
- Artwork
- Photos of the family engaging in activities together
- Poems
- Words
- Recipes
- Song lyrics
- Celebrations shared during COVID-19 time.

When completed, each family will be required to make a PDF copy of their page. The family pages will be called for in approximately three week's time. The school captains will provide details of where to email the family page.

The books will be professionally produced. Two copies will be made for the school and families will be able to explore one of the proofs. At that time we will provide the necessary details, should families choose to purchase a copy.

Year 5's Learning from Home

Next week's Newsletter will feature images of the **Year 5's** learning from home. It would be great if images could reflect hands on learning completed by the children during the day. Images must be received by next Tuesday evening. Simply email to principal@ohrsurreyhills.catholic.edu.au Thank you.

Wishing everyone a great weekend,

Frank Dame

Wellbeing

We can't control what's happening in our world right now but we can control how we are responding to our children. It is now the second half of Term 3 Remote Learning and our school communities wellbeing continues to be our top priority.

We know that stressed brains simply don't learn well.

'Mindfulness opportunities can also really help all children, especially those who are struggling, every single day, to feel safer in their little bodies' Maggie Dent, 2020.

The following article might be helpful in supporting your child as we continue this new journey of learning.

Mary Denning

Online Mental Health Resources

[Kids Helpline](#)

[Parenting Anxious Kids online course](#)

[Smiling Mind app](#)

[ehheadsace](#)



Source: https://www.parentingideas.com.au/blog/help-kids-to-beat-covid-induced-anxiety?goal=0_f488c60967-6f3707ba52-197515678&mc_cid=6f3707ba52&mc_eid=02c05063a9

Since COVID has entered our lives I've had countless conversations with parents and enquiries from schools seeking presentations on how to support kids with COVID induced anxiety. It's wonderful to see how kids' mental health and wellbeing are being prioritised, and importantly, resourced. However, these conversations show we still have some way to go as a community to fully grasp the nature of anxiety. While the current situation we are all living through is extremely difficult, it does present an opportunity to develop sustained growth and vitality in anxious children and young people.

In [Anxious Kids](#), the book I co-authored with Dr. Jodi Richardson we wrote, "Anxiety doesn't have to be the shadow that clouds the days of children and young people. Understanding that anxiety is a well understood and manageable condition brings anxious kids such relief."

We wrote this pre-COVID and nothing since has caused me to change my mind. In fact, experiences of this COVID era have reinforced that the more we know about anxiety the less fearful we are and better equipped to move kids from anxiety to real resilience.

There is no cure for anxiety

Just as there's no cure for the common cold, and it would appear the coronavirus, there is also no cure for anxiety. We know that anxiety runs in families. Children are born with a predisposition for anxiety. There is every likelihood that an anxious child will have at least one parent who experiences anxiety, maybe not clinically, but one who is familiar with a churn in their stomach, the constant overthinking, and the desire to over-prepare when they face new or unfamiliar situations.

The impact of anxiety can be minimised

Anxiety may be a constant companion for many children but it's certainly not their best friend. Often, it's a demon with which they are locked in a long-running, laborious battle where simple activities such as attending school camp or doing at-home learning become something they dread. Alternatively, they can avoid events or situations that make them anxious or bring them discomfort. It's better to give an anxious child or young person tools such as mindfulness, checking in and deep breathing with which they can manage their anxiety, rather than allow them to miss out and be miserable, or tackle discomfort full on and be stressed out.

You can build anxiety resistance

While we can't necessarily tackle anxiety at its source and make the situations that overwhelm a child disappear, we can help them to develop a lifestyle that builds their resistance against the very worst of anxiety. Plenty of sleep, adequate diet, regular exercise and sufficient time in nature are some of the lifestyle factors that build strength against the psychological ravages of anxiety.

You can help kids reduce their ongoing anxiety

While the world waits and prays that we'll come up with a coronavirus vaccine, we don't have to wait to help a child or young person with anxiety. A combination of being nurturing and firm (features of the authoritative parenting style) offers the best protection against ongoing anxiety. A child is best prepared to face difficulties when they have a confident, calm adult in their life who says, "I think you can do this," encouraging them to face their fears. This approach needs to be supported by an empathetic adult who understands the impact of anxiety and makes sure that kids feel safe and secure.

While parenting an anxious child or young person can feel overwhelming and difficult, I encourage you to think about it differently. We can't change what is happening right now, and we can't undo it. Help your anxious child to flourish in this COVID era by building their understanding of anxiety. Give them the tools to help them push anxiety into the background. Promote a lifestyle that will protect them from its affects by ensuring they experience nurturing, firm, brave and hopeful parenting. We hope coronavirus will one day disappear, but your child's ability to be impacted by

difficult events will still be an issue unless you take some preventative action now. The good news is that there is so much you can do to help.

MATHS TALENT QUEST - 2020

The focus of the Maths Talent Quest is on the process of working like a mathematician. Open to all primary and secondary students, the Maths Talent Quest aims to promote interest in mathematics and foster positive attitudes amongst students, teachers and parents, encouraging us all to investigate. The MTQ allows students to investigate Mathematics with the opportunity to have fun exploring mathematics in real life situations. MTQ is run by the Maths Association of Victoria (MAV) and is **usually** judged by independent judges

This year, due to COVID-19 the MAV and OHR altered the way we ran MTQ.

- Entries could only be individual or sibling
- All of the work completed as part of the investigation was completed at home with parent support (Weekly Google Meets were held to discuss the process, check in with students, assist them to organise their thinking, manage their time and present their learning.)
- All entries were required to be presented in a digital format (Google Slides or Google Sites)
- Judging will be school based (Teachers from OHR will judge the entries using a scoring rubric provided by MAV)

Congratulations to the following students who have worked hard to investigate some real life Maths based problems.



Sebastian L - How long would it take me to ride my bike around Australia?



Phoenix B - How long will it take a Beginner vs an Expert to perform five Rubik's Cube algorithms?



Jonah R - How Much Concrete Does It Take to Build a Floor?



Frank Z- Which petrol is more economical: 91, 95, diesel or 98?



Ryco P - What is the fastest way to solve a Rubik's Cube?



Magnus A - Is it cheaper to have chickens or buy eggs from the shops?



Zari D - How much sunscreen will I use for a whole year and how much will it cost?



Meg and Emma Mc - Imagine Racing to the Moon Without a Rocket!



Christina A - What fabric is the best for tie dye?



Alice H - Is Baking Bread at Home Just as Good as Buying It From the Supermarket?



Maggie S - How many of me can fit in my bedroom?

Merit Awards

Class	Name	For ...
Prep HH	Millie M	Your imaginative response to our “ 100 days of Prep ” reflection task.
Prep HT	Connor G	For your sentence writing this week during our Google Meet session
1/2DE	Hamish M	Your hard work in remote learning tasks especially speech writing.
1/2HN	Art T	Your outstanding endeavour to challenge yourself with extension tasks for maths and having a positive and hard working mindset when you approach any task you are given. I applaud you!
3/4CP	Eamon O	Your excellent work in solving money problems in Maths
3/4TK	Harrison K	You’re amazing, impressive artwork during remote learning.
5/6DU	Max W	Your determination to attempt tasks and use a growth mindset. Well done.
5/6MB	Beatrice S	Always giving 100% to all learning tasks. Your hard work and dedication is really paying off.

Social Skills Awards

Class	Name	For ...
ALL PREPS		Congratulations to all preps for a fantastic 100 days of prep. You have really shown resilience in all that you have gone through this year working at home. YOU ARE AMAZING. We are so proud of you all.
Prep HH	Zara A	Entering class Google Meets with exceptional manners. You always greet your teachers and classmates in a polite and friendly manner.
Prep HT	Andy J	For your participation and wonderful ideas during our google meets. What a fantastic attitude you have Andy.
1/2DE	Jacob Y	Your conscientious attitude to all remote learning tasks.
1/2HN	James N	Your enthusiastic approach to our fun games on google meets and writing an exceptional speech about Nonno’s kitchen.
3/4CP	Otto C	Your amazing efforts in our Remote Learning Program and participation in our Google Meets.
3/4TK	Abby J	Your hard work ethic and the perseverance you have demonstrated in remote learning.
5/6DU	Ilia P	You display respect throughout each of the Google Meets.
5/6MB	Brady H	Bringng a growth mindset to learning from home. This attitude is really paying off - well done!

RE News

Sunday Gospel

The liturgy of the Catholic Church provides a framework for reflection which is used by Catholics throughout the world. Each week in the newsletter, you will find the Sunday Gospel as well as some discussion questions to have with your child/ren.

Nick Byrne, Education in Faith Leader

A reading from the holy Gospel according to Matthew

When Jesus came to the region of Caesarea Philippi he put this question to his disciples, 'Who do people say the Son of Man is?' And they said, 'Some say he is John the Baptist, some Elijah, and others Jeremiah or one of the prophets.' 'But you,' he said 'who do you say I am?' Then Simon Peter spoke up, 'You are the Christ,' he said, 'the Son of the living God.' Jesus replied, 'Simon son of Jonah, you are a happy man! Because it was not flesh and blood that revealed this to you but my Father in heaven. So I now say to you: You are Peter and on this rock I will build my Church. And the gates of the underworld can never hold out against it. I will give you the keys of the kingdom of heaven: whatever you bind on earth shall be considered bound in heaven; whatever you loose on earth shall be considered loosed in heaven.' Then he gave the disciples strict orders not to tell anyone that he was the Christ.

The Gospel of the Lord

DISCUSSION QUESTIONS

1. In today's Gospel, what question did Jesus ask his disciples?
2. What did Simon Peter boldly say?
3. How might you answer Jesus' question - who do you say Jesus is?
4. How does believing in Jesus change us?



We pray that Jesus will be with us this week as we live as his disciples.

COMMUNITY NEWS



WHITEFRIARS
CATHOLIC COLLEGE FOR BOYS



Meet the Principal

Register now for our virtual
Question and Answer session with
Principal Mark Murphy at bit.ly/WFCATour

Applications for Year 7 2022 close October 2020.
To apply, please visit bit.ly/WFCApplication

info@whitefriars.vic.edu.au | 9872 8200

LIGHTENING THE LOCKDOWN LOAD

A FREE WEBINAR FOR PARENTS IN VICTORIA

Lockdown is hard. It hurts our kids and it's a drain on parents. The first time was tricky. There were challenges. For some, it was horrible. But most of us managed ok and got through it.

This time it's different. The pressure is higher. The demands are greater. The children are more oppositional. The home learning stretch will be longer. There's work stress, family stress, and stress about being stressed!

While we can't click our fingers and make it magically disappear, there are real strategies that parents and children can rely on to not just survive, but thrive – even in a far-too-long lockdown. They're simple ideas that you can start on right away.

Join Dr Justin Coulson, one of Australia's most trusted parenting specialists, as he shares 4 secrets to make it through the pain of the winter COVID-19 Victorian lockdown. By the end of this FREE webinar, you'll:

- ▶ Feel reassured, with less stress and pressure around your kids, their schooling, and life
- ▶ Have concrete strategies you can start on immediately to make your family happier
- ▶ Know how to be on the same page as your partner
- ▶ Be able to develop habits and practices that will ensure your children – and YOU – can get your daily work done, even while everyone is stuck at home.

WEDNESDAY 20 AUGUST | 8.00PM **REGISTER NOW**

info@happyfamilies.com.au [f/happyfamilies.au](https://www.facebook.com/happyfamilies.au) [@DrJustinCoulson](https://www.instagram.com/DrJustinCoulson)

2020
Tour
Opportunities

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MARCELLIN COLLEGE

Marcellin College is a leading Catholic Secondary School for boys established by the Marist Brothers in 1950.

OPEN FOR ENROLMENT

YEAR 7 2022 APPLICATIONS CLOSE
Friday 09 October 2020

Offers notified 27 November 2020
See website for more details

PARENT INFORMATION EVENING
27/08/2020 | Register Here:
<https://bit.ly/2PGjbPQ>

www.marcellin.vic.edu.au

Enrolment enquiries T + 61 3 9851 1512 W [marcellin.vic.edu.au](https://www.marcellin.vic.edu.au)

Applications for Year 7, 2022, close 9 October, 2020

Friday 11 September
9.30 - 10.30 am

Visit Our Lady of Sion College in a whole new way and discover how your daughter can embrace life at Sion.

Join us for a live-stream virtual tour of our College via Zoom.

Our Virtual Talk and Tour Mornings will feature a live address by our Principal, Mrs Tina Apostolopoulos, an opportunity to meet the Leadership Team and our student leaders as well as a chance to ask questions.

Visit our website to book.

www.sion.catholic.edu.au

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