



Unexpected and Unimagined Possibilities

Upcoming Events

- *CCC Cross Country*
Postponed
Indefinitely
- *Sacrament of Reconciliation*
Postponed
- *Holy Week Liturgy*
Cancelled
- *Holy Thursday*
9 April
- *Last Day of Term 1*
Thursday
9 April
- *Good Friday*
10 April
- *First Day of Term 2*
Monday
27 April

All relevant school notes and letters are posted on our website. Please click on *News and Events* and then *Letters, Notes, Timetables*.

Dear St Mary's Catholic School Community,

Our Acting Assistant Director, Mrs Virginia Ryan, summed it up beautifully in a recent email I received from her. She noted that the current situation, with a move to home-based learning imminent, provides an opportunity for "new and unexpected and unimagined possibilities."

We can take a leaf from her book. Using her approach, let's use these difficult times to model for our children a positive, enabling mindset that helps us flourish and create rather than disempower and wither.

Transition to Home-Based Learning

On Monday we begin our home-based learning. A Grade Pack is available for every child, K-6. It contains tasks, activities and a child's logon for Google Classrooms. You can collect your child's Pack from Monday morning. They will be located on tables outside the Library. If it helps, you are welcome to collect a Grade Pack for another family too. Each Grade Pack will be labelled with the child's name.

Each week in our English (and Maths) Grade Meetings we collectively determine what is the *essential, must-know* learning for your child for the coming week. Such an approach will continue. The activities designed for your child to complete at home will still reflect the 'must-knows' (that absolutely essential learning required to enable them to be successful in future grades).

Help is at Hand

With the rapidly changing environment, I am conscious of the pressures and stresses that it brings to many families.

If, through closures of businesses, loss of employment or reduction of hours, you find yourself in a difficult financial situation, please contact me or the Fees Liaisons Unit on 98470728 or email at schoolfees@dbb.org.au.

I am confident that, as a school, we can help your family through these testing times.

The current pandemic will not affect any child's enrolment at our place. We like your kids and we want to keep them at St Mary's.

Enrolments for Kinder 2021 Open

Applications for enrolment in Kinder 2021 at our school are now open. Please contact our school's administration to access a Kinder enrolment pack.

NAPLAN 2020

Due to the current pandemic, Catholic Schools NSW and NESA have notified us that NAPLAN 2020 for Years 3 and 5 students is cancelled.

Our Church

Please note that all Masses have been postponed indefinitely. We will let you know when Bishop Anthony advises us otherwise.

Compass

Thank you! We appreciate the many parents who have now downloaded the Compass app. As previously mentioned, shortly, the vast majority of our communication with you will be through Compass.

Something We've Noticed

After enjoying 8 weeks of life as a Kindergarten student, we have been very pleased with the progress of the children. Mrs Martin, Mrs Cattabriga and Mrs Hodgson have remarked that our Kinders are very settled and very eager to learn. They also have been tremendous at lining up each morning. Well done Kinders!

Kind regards,

K Williams

Kevin Williams

Parish Details

Ph. 8379 1730
Email. toukleyparish@bbcatholic.org.au

Mass Times

All Masses are currently suspended.

Father Tomy *Parish Priest*
Father Baby *Parish Priest*

Merit Awards

Cooper B
Lola C
Penelope R
Rawson B
Talan C
Indie H
Ruby P
Vincent B
Sienna H
Oliver R
Harlow R
Beau B
Abel N
Addison P
Tahlia T
Oliver K
Willow F
Phoenix W
Ruby K
Milla A
Kyah R
Rylee F
Ava G
James M
Adam Q
Owen W
Ruby H
Shelby M
Indy K
Linsey A
Samuel W
Will S
Kiarra L
Lily T
Jayden S
Malachi P
Tara T
Gabrielle S
Kahlil G

From our Family Liaison Officer

Stress and anxiety are affecting everyone at the moment. Even those who generally take everything in their stride calmly and logically are feeling the effects of the worry and uncertainty around what is happening in our country and right around the world at this moment.

This is also very true for our children. Some children are seeing the news or hearing adults talk and are worried about themselves, their family and what will happen. Even those who may not have a great understanding of the consequences recent changes and restrictions have on their families lives and livelihoods still tend to be very aware of the emotional effect it is having on the adults around them.

It can be difficult to hold our anxiety in check when we as parents are faced with the possibility of job losses, financial insecurity, fear for elderly or vulnerable family members on top of the everyday responsibilities of running a household and raising children. Add to that the possibility of having children at home in isolation for an unknown length of time and emotions can become overwhelming.

It is important that we look after our physical and mental health so we can best support our children. They need us to be the listening ear, the reassuring voice and the security they crave in these challenging times.

The Beyond Blue website has information specific to [“Looking after your mental health during the coronavirus outbreak”](#) Physical activity and mindfulness are important tools in maintaining our mental health and physical wellbeing and these can still be done with many online YouTube tutorials or apps available free of charge. The kids may already know some from school and it’s something the whole family can join in. Eg. Smiling Mind, Insight Timer, etc.

It can be challenging to know what to say to our children about the events of recent days so I have gathered a few online resources for parents to help you support your children. I suggest that you look at these yourself before sharing or discuss-

ing with your children. They are from some of Australia’s leading parenting and mental health authorities and are widely available to everyone in a variety of digital media platforms.

A podcast from leading Australian parenting authority Maggie Dent on [“How to talk to your children about coronavirus”](#) is very down to earth and is a great guide to discussions with your children.

For dealing with anxiety, Australian psychologist Karen Young, from her [“Hey Sigmund”](#), website has a child friendly explanation of [“What happens to your brain and body when you’re anxious”](#) and how you can manage it. Another great article and video about [“How to help children feel calm during a global crisis”](#) is also well worth a look and listen.

Routine is important for children as knowing what to expect gives them a sense of security and normal routines are not happening at the moment. Dr Justin Coulson, has a great article covering, [“My child is struggling because everything is being cancelled”](#).

For those in isolation. Questions to ask each day—for both kids and adults.

*What am I grateful for today?
Who am I checking in with or connecting with today?
How am I getting outside today?
How am I moving my body today?
How am I looking after my body with healthy food today?
How can I encourage laughter in my day?
How can I be creative today?*

Perhaps we can use this as a checklist to tick off each day to remind ourselves of the positives that still exist in our world.

Donna Falzon
Family Liaison Officer



WayAhead Mental Health Association NSW
CELEBRATING 85 YEARS!

Mental Health Line
1800 011 511

WayAhead Mental Health and Anxiety Information Service 1300 794 991

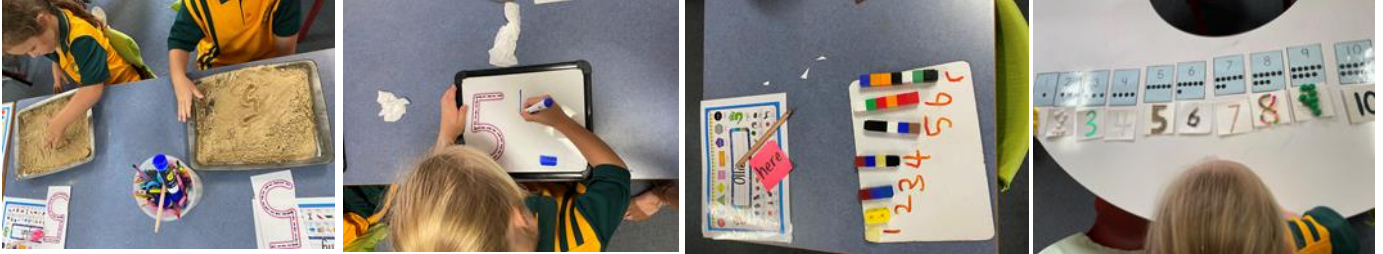
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|-------------|------------------------|--------------|
| 24 hour | beyondblue | 1300 224 636 |
| Counselling | Domestic Violence Line | 1800 656 463 |
| Services | Kids Help Line | 1800 551 800 |
| | Lifeline | 13 11 14 |
| | Mensline Australia | 1300 789 978 |

A Spotlight on Kindergarten

We have had such a great start to school !!!!

Kindergarten have settled in well getting onto our daily routines with big smiles on our faces.

In Maths, we have been exploring numbers 0 to 10. We're learning how to form them correctly and what it means to have that number of things. We've used lots of different ways to explore including sand, beans and we even got our own playdough to create each number.

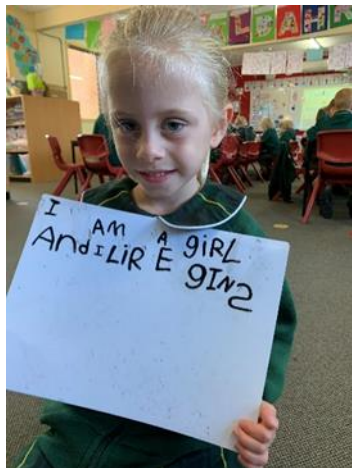
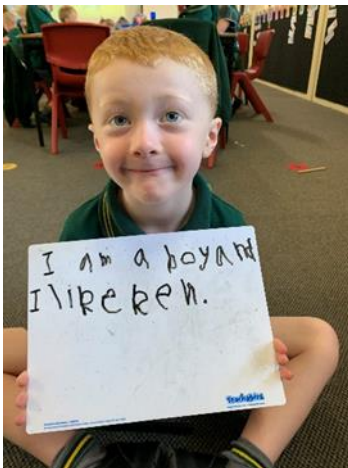


During our Art lessons we have been exploring lots of artworks and how different mediums are used to create art. We are also realising that we can be artists too!



In Kindergarten we have been learning to write sentences.

In Kindergarten we have learning about Lent.



Photos from our Open Classrooms

Canteen News

Canteen will be closed for both lunch orders and over the counter service until further notice.

Thanking you for your understanding during this time.

Donna & Janet



Star Awards

Hayden S
Eadie M
Ella T
Gwyneth M
Ashton M
Matthew G
Nikkita C
Eden L
Louis G
Evie S
Hua Qiang P
Emma C
Ava M
Lily T
Sam W
Alex S
Scarlett O

For all families – those who are in isolation at home, those that have lost work, those under financial stress, those unsure or struggling about what is the best thing for the kids - please take care of yourselves. Below is a short list of local and phone/ online services available to you. An important part of managing these challenging times is maintaining connection with others. While physical contact will be restricted please take the time to check in by phone or online with friends and loved ones to maintain that connection. On page 2 of this newsletter is the WayAhead Mental Health Assistance calling card with phone numbers for organisations for both adults and children to contact if you need extra support.

You are also always welcome to give me a call at school if you would like to “check in” with someone or you would like to discuss something with me. Pastoral support has always been an important part of our St Mary’s community, even more so at this challenging time.

Donna Falzon
Family Liaison Officer
Ph 4396 5100
Email smt@dbb.catholic.edu.au

CatholicCare – Support services, emergency relief, counselling.
Ph 4356 2600 <https://www.catholiccaredbb.org.au/>

Lakes Food Care, 199 Main Rd Toukley is still open, but is now operating by appointment only to comply with the latest government restrictions. If you would like to use their service please call first on 4396 1555 between 9am-3pm.

Parent Line NSW – Parenting support and counselling
Ph. 1300 1300 52 <http://www.parentline.org.au/>

National Coronavirus Helpline — If you are seeking information on Coronavirus. 24 hrs per day, 7 days per week.
Ph. 1800 020 080
<https://www.health.gov.au/contacts/national-coronavirus-helpline>

National Debt Helpline—Free financial counselling
Ph. 1800 007 007 <https://ndh.org.au/>