

SCHOOL NEWSLETTER

Term 3 Week 2 2021

Tuesday 20th July

Rosary Park Catholic School
Station Street, Branxton NSW 2335

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Built on Faith, Knowledge, Respect

We acknowledge the Wonnarua people-the first custodians of this land

The Catholic Diocese of Maitland-Newcastle has an abiding commitment to promote the safety, welfare and wellbeing of children and vulnerable adults - particularly those who participate in the life of the Diocese. All employees are required to undergo a National Police Check and, where legislated, hold a Working with Children Check. Diocesan workers are expected to personally adopt and enact the Diocese's Safeguarding Commitment Statement.

IMPORTANT DATES

Weekly Mass Times: 5pm Saturday Branxton; 8am Sunday Greta

AUGUST		SEPTEMBER	
Thurs 12 th	School Photo Day Full Winter uniform	Thurs 9 th	Whole School Concert at Cessnock Performing Arts Centre 2 performances on this day- 4:30pm and 7pm
		Mon 13 th	PUPIL FREE DAY

Principal's Message

Once Jesus was in a certain place praying, and when he had finished, one of his disciples said, 'Lord teach us to pray, just as John taught his disciples.' He said to them, 'Say this when you pray:

"Father, may your name be held holy,

Your kingdom come;

Give us each day our daily bread,

And forgive us our sins,

For we ourselves forgive each one who is in debt to us.

And do not put us to the test"

Luke 11:1-13

Dear Parents/Carers

Welcome back to Term 3. I hope all families had a restful, relaxing holiday. We were certainly treated to lovely weather of cool mornings and some beautiful, sunny winter days.

Administering Medicines in Schools

In February 2021, the Diocese released a revised Administration of Medicines Handbook, which Rosary Park has implemented. The main parts of the handbook that parents need to be aware of are:

The document places medications into the following categories:

Schedule 2- Pharmacy medicines such as cough syrup

Schedule 3- Pharmacy only medicines (example: Ventolin)

Schedule 4- Prescription only medicines (antibiotics)

Schedule 8- These medicines are labelled 'CONTROLLED DRUG'. Examples include Ritalin.

- All temporary medications (that is schedule 2, 4, 5) must be supplied to the school in its original packaging, labelled with the child's name. It is preferred that these medications are dropped to school by the parent.

-For children who are required to be administered long term Schedule 8 medication at school, these must be placed in a Webster Pak by your pharmacy. The Webster Packs are dispensed by a pharmacist and are clearly labelled with the name of the student, name of the prescribing medical practitioner, name of medication and the dosage and frequency to be given.

-Any person delivering a child to the school must *NOT* leave any type of medication in the child's bag. Medication *MUST* be given directly to the school office staff for appropriate storage upon arrival.

-In the event of an excursion parents are required to visit their pharmacy and supply the child's medication for the day in a Webster Pak.

-The administration of any medication at school is to be authorised by a parent/carer in writing.

-Medication has the original label clearly showing the name of the child

-Medication is before the expiry/use by date.

A copy of the entire handbook is available on request.

We thank those families whose children have regular medication and have readily already adopted these new procedures.

School Holiday Maintenance

During the recent holidays, several maintenance jobs were carried out. This includes painting of doors and eaves in the older school buildings, safety cages placed around air conditioning machines near year 5 rooms, pest control as well as the installation of a new security (fob) system in the office foyer at the school.

St Nicholas OOSH Branxton

I am pleased to announce that following discussion with our diocese and OOSH, we will install air conditioning in the hall on Monday 26 July. This will benefit the children attending OOSH particularly on these cold Winter mornings.

Kindergarten 2022

At the end of Term 2, offers of enrolment were sent to the families of children starting Kindergarten in 2022. There are still a LARGE number of existing families who have not sent their enrolment acceptance to us. These were due TODAY. In fairness to the families who are on our waiting list, your prompt attention to this is appreciated.

Traffic Management Plan

Given our recent new COVID restrictions, it is pertinent that I remind you of our Traffic Management plan and general safety reminders:

-Parents are always to abide by traffic laws during drop off and pick up times. No U turns, follow the 40km zone, do not park in or obstruct driveways.

-The school recommends a "Kiss & Go" process at the front of the school in the mornings where students exit the vehicle on the passenger (kerb) side only. The area (gravel) beside St Nicholas Early Learning Centre is out of bounds for unaccompanied students due to the danger of crossing the St Nicholas Early Education Centre Driveway. If it is necessary to park in this area it is the school's expectation that a Parent/Caregiver will accompany the student to the school crossing to ensure their safety.

-As per the Catholic Schools Office and Transport for NSW (TfNSW) Government guidelines, parents must give written permission for their child/ren to ride their bike or walk to/from school, with parents aware that children are under parent's duty of care once they leave school grounds. The School and TfNSW recommends that children under 10yrs DO NOT ride bicycles to or from school unless accompanied by an adult. Children under 12yrs should ride away from busy roads. They may ride bikes on the footpath unless there are signs that specifically prohibit cycling.

-In the afternoons, *Parent Pick up and Go* is at present the *only* method of afternoon pick up

Parents/Caregivers must display their surname on their vehicle's sunshade (NOT dash) so it is easily seen. Name tags are available upon request from the school office. Please contact us if you require any more.

Vehicles queue from ten (10) minute zone to the southern side of the pedestrian crossing (right of the school). They are to wait there until directed by a Staff member (5 cars at a time) to move into the pick-up zone. Staff member will call the family name and students are placed in the vehicle.

Note – A Staff member will place your child/ren in the vehicle on the kerb side (NOT roadside). Parents/Caregivers are to REMAIN IN THEIR VEHICLE. Whilst a Staff member can assist a child with their belt it is appreciated that in order to ensure the swift and smooth running of this procedure, children are able to do this themselves.

All five (5) cars leave this zone at THE SAME TIME before the next five cars are directed to the pick-

If for a **very specific** reason you need to pick up your child early from school, this must be done before 2:45pm.

Please do not call the school office **UNLESS IT'S AN EMERGENCY** after 2:15pm asking for a message to be relayed to your child about a change to pick up arrangements.

We thank you for your cooperation with this plan to ensure the safety of our children & all members of our community.

COVID 19 Guidelines for Term 3

As per communication sent via Compass on 8 July, Catholic Schools NSW outlined the following guidelines:

- We must continue to adhere to strict hygiene protocols for both staff and students. We continue with strict handwashing guidelines, use of hand gel and no drink bubblers etc. Staff distancing practices are to be maintained in all circumstances and masks worn.
- Parents are still not permitted on site- only for essential visits. They can attend school for urgent meetings only. Masks to be worn.
- No community gatherings with adults as such so for now we will not have our scheduled Grandparent's Day on 23 July.
- Inter school and regional sporting events can continue
- No excursions are permitted at this time unless local and outdoors. All of these will be looked at on a case-by-case basis.
- Canteens can continue operating. Our canteen will continue to operate Mondays and Fridays. The relevant hygiene protocols for canteens has been shared with our canteen supervisor. Parent volunteers must wear a mask, will be used at Rosary Park for the two days/week of operation (maximum of 2 per day so that 1.5m social distancing is observed).
- Libraries borrowing continues with COVID observations around cleaning to be observed.
- External providers (e.g., speech therapists, OTs, music tutors.) have re-commenced this week with guidelines of mask wearing and sanitisation protocols. They are working predominately outdoors to ensure adequate ventilation, as per the guidelines.
- School assemblies and school bands are permitted (with no parents in attendance).
- Last week Kinder families received the note asking you to nominate the family member who would come to school and pick up your child in the event of a COVID case at Rosary Park. We are also updating our data base for Year 1-6 children. Parents- please sign (and change if needed) the pick up details for your child on the paper slip coming home today.

Online Games

A reminder to parents to monitor closely your child's online interactions. As I have said many times before, devices should always be used by children in a public place in the home, not in bedrooms. That way, adults can monitor children's online interactions. Also, please remember that most social media and games like Fortnite have a minimum age of 12, which means most of our children in primary school *should not* be playing these. For further information, visit: <https://www.esafety.gov.au/kids>

Contacting Teachers

The best outcomes occur for our children when school and home works together. We look forward to continuing to build the strong links between families and school. Your child's teacher is obviously an integral part of this and there may be times during the year, aside from our scheduled parent interviews in term 1, that you need to contact your child's teacher. If so, contact can be made via the school's administration email: admin@branxton.catholic.edu.au . These emails are will be

forwarded to the relevant teacher by me or Louise Kevin (Assistant Principal). Teachers will respond to your email within 2 business days and during the hours of 8am and 5pm.

You can also contact your child's teacher through our office, by leaving a message for them. They will return your call as soon as possible. As you can appreciate, teachers are very busy during the school day so any 'urgent' messages for your child regarding travel arrangements, medications, lunches etc. should be made by calling the office.

Staffing

Congratulations to Mrs Emily McHugh (1 Blue teacher) and her husband who are expecting their second child at the end of December.

School Attendance

If students miss as little as eight days in a school term, by the end of primary school they will have missed a year of education.

Education in NSW is compulsory. Principals are legally responsible for keeping accurate records of student attendance. The principal has the right to question parents or carers requests for their child to be absent from school. Principals are also responsible for deciding if the reason for absence is justified.

Parents and carers are asked not to withdraw their children from school for family holidays. If your family holiday is in school time, inform the principal in advance and request leave and/or exemption from school. Any absence from school for 10 school days or more requires an application for exemption. Forms are available from the office. These exemptions *cannot* be issued retrospectively.

It is required under the Education and Public Instruction Act 1987 that a written note explaining a child's absence from school be supplied by the parents or carers. Parents may also communicate absence via the Compass App, by a phone call or email to the school. If advice of absence is not forthcoming *within 7 school days*, then the child is marked 'Absent without Leave.' All absences must be recorded and kept by the school for 7 years.

Principals may request a doctor's certificate if leave is for several days OR there are patterns of absence e.g. every second Monday.

If a child arrives at school after 9.00am, please accompany them to the front office and sign them in with the Compass kiosk. If you are collecting your child before 3.00pm, please come to the front office and sign them out via the Compass kiosk and your child will be called from class to meet you there.

Kind regards,

Sallyanne Stanbridge (Principal)



Lateness to school is recorded as a partial absence and must be explained to the school the same way as other forms of absence.

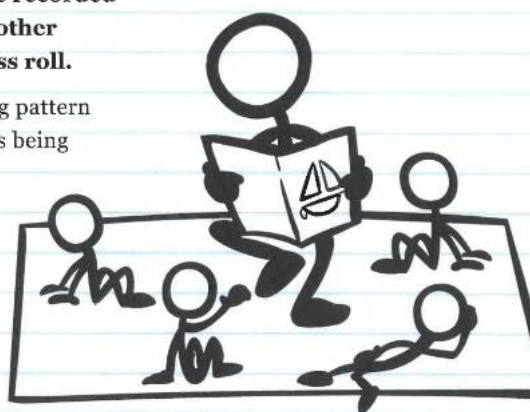
Leaving school early or for part of the day, on a regular basis, is also disruptive to learning.

Partial absences are recorded in the same way as other absences on the class roll.

If there is a continuing pattern of lateness or students being required to leave school early, this can become an issue that the school may look into. The Principal has the right to question parents or

carers requests for their child to be absent from school if they feel the reasons are unsatisfactory.

It is a requirement that students attend school for the full day as per the advertised school hours.



Religious Education Coordinator's Message

Parish Mass Times:

It is always lovely for children to participate in Mass and Liturgical celebrations in our Parish. Currently Mass is celebrated at 5:00pm Vigil (each Saturday) at St. Brigid's Braxton and at St. Catherine's Greta at 8:00am.

Parish News:

Diaconate Ordination of Solomon Okovido

On behalf of Bishop Bill Wright, we regrettably advise of the postponement of the Ordination to the Diaconate of Omeiza Solomon Okovido which was scheduled for Saturday 24 July 2021. This is due to the ill-health of Bishop Wright, the ordaining bishop. Once the bishop's medical situation is clearer a new date for the ordination will be advised. We appreciate how disappointing this is for Solomon, his friends, seminary staff and parishioners who have supported him thus far on his journey to Holy Orders. We look forward to celebrating Solomon's ordination in the not too-distant future.

Stage 2 Liturgy:

Students in Years 3 and 4 attended a Liturgy on Monday 19th July in our school hall. We thank Father Anthony for his time and effort in helping the students to experience the Holy Spirit and learn about some of God's laws. Father Anthony was very impressed with the reverence that students in both classes displayed. Thank you to the stage 2 teachers for the organisation of the Liturgy.

PJ and Hot Chocolate Day:

The last day of Term 2 was a fun-filled day with everyone coming to school in their PJs.

In total, the Rosary Park community raised \$400, which has been forwarded to St Vincent de Paul, so that local people can be supported this winter. Our food donations were impressive and greatly appreciated.

I am very proud to belong to such a compassionate and generous community. Thank you all for your support.



Have a lovely week and may God bless you,

Amber van Duuren

(Acting) Religious Education Coordinator

Green and Gold Day

We're turning Rosary Park green and gold on Friday 30th July, in support of the Australian Olympic Team. This day is about painting our school in our national colours and being proud of Australia's sporting achievements. Students and staff are invited to wear their green and gold clothes on this day in support of our Olympians.



Headspace Mental Health Sessions

Parents/carers and community members are invited to attend mental health online education sessions provided by Headspace. These sessions aim to educate on supporting a young person when they are concerned about their mental health.

Planned locations include Maitland (August 3), Newcastle (August 4) and Cessnock (September 1). Cessnock is an online webinar.

Further details and registration links are on the flyer



parent, carer and community member mental health education sessions

headspace National is hosting free mental health education sessions across identified regions in NSW, on ways to support a young person when they are concerned about their mental health.

The sessions aim to:

- Strengthen your understanding of mental health and the warning signs for suicide and self-harm
- Strengthen understanding and skills in how to cope and where to find help
- Build awareness of local services and various support and referral services available
- Build relationships between local area mental health services, local schools, headspace centres and other community organisations.

How do I register?

Type the below URL in a web browser to locate sessions in your community:

<https://bit.ly/2Nm5cRh>

Need more information? Please email:

headspaceSchools@headspace.org.au

Proudly funded by the NSW Government and delivered by headspace National Youth Mental Health Foundation Ltd.



headspace National Youth Mental Health Foundation is funded by the Australian Government Department of Health

Rosary Park Concert Band

Last term our band entertained us with their end of semester concert. Our band members have individual lessons every Wednesday and perform at assembly every Friday. If your child is in year 3-6 and would like to join, contact Howard Ward our band leader on 0419 663 389.



Positive Behaviour for Learning News:

At the end of last term students were rewarded for the positive behaviour they had shown both in the classroom and on the playground. Students who had not received a red card for Term 2 were rewarded with a small cup of hot chips and didn't they love that! If that wasn't enough then during lunch time, we had student's vs staff sport games for the entire school. Students in Kinder, Year 1 and Year 2 had the opportunity to verse staff in a game of soccer. Students in Year 3 and 4 had the opportunity to verse staff in a game of dodge ball and Years 5 and 6 had the opportunity to verse staff in a game of netball. It was great to see some many staff members and student's participant and cheer on their teammates. It is safe to say that we have many talented staff members, and the staff came away as winners in all 3 games! Thank you to our wonderful PBL team members Claire Jordan and Benji Matt who helped run the activities during lunchtime.



Year 2 News

Last term, Year 2 looked at the artist Van Gogh and the way he uses colour as a technique. Year 2 learnt that certain colours compliment each other and make them bolder in a piece of art. They also focused on the techniques of sculpture and 3D form. The students used both techniques to create Paper Mache hot air balloons which are displayed in our rooms.



Sport News: Regional Athletics Carnival

On the last day of Term 2 Mrs Rooke, Mrs Burgess and Miss Gageler took 36 students to the regional athletics carnival at Maitland. All students did a fantastic job and represented our school with pride and showed great sportsmanship. We congratulate the following students who have made it through to the Diocesan Carnival. Rosary Park wishes you all the best on the 28th of July.

Aubree Carter, Sam Gray, Bridie Richards, Nate Hamson and Charli Cole.

Weekly Awards

Congratulations to those children who have received awards this past fortnight.

Week ending 25th June.

Class	Class Award One	Class Award Two	MJR Award
Kinder Blue	Kade Bishop	Holly Nevin	Aria de Graaf
Kinder White	Ellesse Skowron	Nate Bliss	Campbell Coffey
Year 1 Blue	Leah Wishart	Addison Saxby	Liam Russell
Year 1 White	Max Kummeling	Noah Roessler	Braxton Thomas
Year 2 Blue	Hugh McGrath		Lilly Schneeweiss
Year 2 White	Eyden Grieve	Lincoln Montgomery	Jesse Olson
Year 3 Blue	Aliyah Papacostas	Evie Mathewson	Nevada Adamthwaite
Year 3 White	Elsa Gray	Tyler Standen	Olivia Costa
Year 4 Blue	Emily-Rose Ayton	Lilah Bush	Lacey Norton
Year 4 White	Aurora Lane	Cade Little	Henry Jackson
Year 5 Blue	Tia Killick	Emily Armstrong	Brock Wishart
Year 5 White	Alice Lawler	Sahara Adamthwaite	Gemma McCarthy
Year 6	No awards		

No awards week ending 16 July due to Pupil Free Day.

Principal's Awards

Congratulations to these children who received Principal's Awards – Cooper Clarke, Noah Lunan and Robert Campbell.



Hunter Dental Group

Child Dental Benefits Scheme

\$1013 BULK BILLED

For eligible children aged 2-17

TO CHECK YOUR ELIGIBILITY CALL GRETA OR HUNTLEE DENTAL ON 40888084



Gayaa Dhuwi (Proud Spirit) Australia

Aboriginal and Torres Strait Islander Leadership in Social and Emotional Wellbeing, Mental Health and Suicide Prevention

LOOKING AFTER OURSELVES - OUR WAY

Focus on what makes you strong during the coronavirus outbreak



SPIRITUALITY

Think about our ancestors' strengths and where we have come from. Remember, our ancestors are always with us

COMMUNITY

Check in with Elders and friends. Call them and help each other out - from a distance!



COUNTRY

There are ways of connecting to Country and nature even when we are not able to visit. Google 'Dadirni' for an example

CULTURE

Do what you can to keep culture strong and let culture keep you strong. Connect to Elders, stories, learn language, paint or dance



BODY

Eat well, exercise and cut back on smoking to help protect your lungs



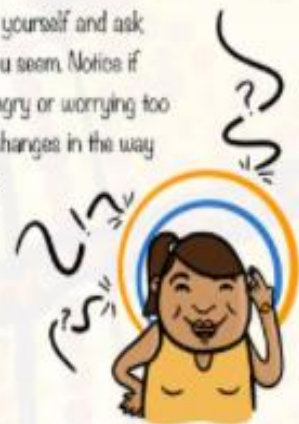
FAMILY

Check in with your household, family and kin. If you can't see them in person, call them and ask 'R U OK?'



MIND

Check in with yourself and ask others how you seem. Notice if you're sad, angry or worrying too much, or for changes in the way you do things



Gayaa Dhuwi (Proud Spirit) Australia is the new Aboriginal and Torres Strait Islander wellbeing and mental health leadership body. For more tips and resources see

gayaadhuwi.org.au

If you need to talk to someone

NACCHO	Online list of Indigenous health services and contact details	Google NACCHO, click Members menu tab
Beyond Blue	Free, confidential - speak to a mental health professional	1800 22 46 36
Lifeline	Free, confidential 24-hour crisis support telephone service	131 131
Kids Helpline	Free, confidential support line for young people ages 5 to 25	1800 551 800
e-headspace	Free, confidential online support for young people	Google eheadspace
1800 - RESPECT	Free, confidential 24/7 support - assault, family violence, abuse	1800 737 732

For more information, visit National Government Helpline in your local territory
24 hours a day, seven days a week - 1800 677 080

This Australian Government has also established a website to support people
to get help from support - Google 'Heal to Health'



July 2021

How to talk to your child about Coronavirus news

Written by Kelly Pavan
Manager - Counselling and Clinical Services

Most adults feel uncertain and anxious about the future as we deal with COVID-19 version 2.0, so it is no surprise that our children might struggle to grapple with the unfolding news too. In a child's mind, the idea of a mutant Delta variant closing down whole cities can be amplified to comic book super villainous proportions and cause a great deal of worry.

How can we protect them from scary events when there are constant reminders all around us?

Pitch it to the age. Toddlers/pre-schoolers don't need a lot of technical information. However, they do need an explanation of why routines have changed and why grown-ups are suddenly wearing masks everywhere. Unspoken fears are easily catastrophised. Keep explanations simple. Children understand that winter brings runny noses and colds, so you can start by relating it to that experience. Explain that coronavirus makes some people sicker than that, so we need to try and keep

them safe by washing our hands and coughing/sneezing into our elbows! This approach also empowers your child with a sense of control.

Older children have more concept of a world outside their immediate sphere and receive messages from the media, peers, and other adults about what's happening. They might ask more questions than little ones and require more information to help them make sense of it.

There is no need to sit your child down for a targeted conversation – follow their lead and try your best to address questions as they arise.

Don't avoid tricky questions. It's tempting to distract or change the subject when faced with difficult questions. Give your child space to talk about their fears and ask you questions. It's ok to be honest and say "I don't know" sometimes.

>>

Be self-aware. Coronavirus is anxiety provoking for adults as well as children. Before you engage in conversations with your children, take your own emotional temperature – if you're feeling heightened or stressed, that is not the moment to talk about it. Children look to your cues to understand how to regulate their emotions, so have these discussions when you are able to remain calm and level.

Filter the news. Limit exposure to news cycles and television coverage. Repetitive headlines about case numbers, death tolls, and bungled vaccine rollouts are harmful. Set the tone at home in everyday interactions, extensive political discussions, and exclamations about pop-up headlines as they roll in can create an environment of hyper-vigilance. Home needs to be a safe space and a refuge from the outside world.

Reassure. You can reassure them that few children are getting sick, so they are unlikely to get sick. Australia has one of the best healthcare systems in the world, and we take an approach of lock-down to keep people safe.

Beyond Blue operates a Coronavirus Support Service, with a mental wellbeing phone line and a wealth of online resources and tip sheets for all ages
www.coronavirus.beyondblue.org.au

To support your child's wellbeing during this time, Beyond Blue recommends:

- Remaining active is very important for your child's mental health and wellbeing. Encourage them to try online exercise programs, like yoga and Zumba.
- Make sure you join in with the fun. It can be hard if you're not feeling well yourself or if you're having to make lots of decisions about changing your routine, but remember your child is looking to you to know how to behave. Show them there is still time for fun.

- Encourage communication with friends using virtual formats when face-to-face isn't an option.
- Develop a plan with your child about their schooling over the coming weeks. This will need to be done in collaboration with their schools, but it will be reassuring for them to know that there is a plan, even if it needs to be adapted later.
- Help your child to get enough sleep. You can do this by limiting the use of screens late in the evening and encourage your child to start a wind-down routine about an hour before they head to bed. This activity helps them prepare their body and mind for sleep.

If your child shows signs of normal childhood anxiety, you can support them in several ways:

- Acknowledge your child's fear – don't dismiss or ignore it.
- Gently encourage your child to do things they're anxious about, but don't push them to face situations they don't want to face.
- Wait until your child actually gets anxious before you step in to help.
- Praise your child for doing something they're anxious about, rather than criticising them for being afraid.
- Avoid labelling your child as 'shy' or 'anxious'.

When to get help. Some signs that your child might benefit from additional support include showing a lot of distress over everyday routine events, behaving in an uncharacteristic way, and when sleep is significantly disrupted by worrying over time. The best place to start is with your family GP, who can provide a referral to a professional who can work with you to develop strategies to address the problem and get back on track.

The Rosewood Centre is also open for appointments, please contact the team on 1800 613 555 or visit www.rosewoodcentre.com.au.

Good for Kids good for life

HEALTHY WINTER WARMERS

Here's a few ideas for healthy meals that are cheap, delicious, full of everyday foods and will keep you warm in winter!

- Soups – try pumpkin, vegetable, lentil, tomato or minestrone
- Toasted sandwiches – fill them with your favourite everyday fillings like baked beans & cheese or ham, cheese and tomato.
- Mini Pizzas – make them with English muffins or wholegrain wraps
- Slow cooker casseroles – pack them full of vegetables like potato, carrot, celery or pumpkin



Nutrition Snippet

HEALTHY SNACKS.



Need some healthy snacks for the lunch box or after school?

Click on our '[Inspiration and ideas](#)' tab for lots of easy recipes.

For this and more visit:
healthylunchbox.com.au

 **Cancer Council**
Healthy Lunch Box

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