



St Andrew's Parish

CORPUS CHRISTI PRIMARY SCHOOL

29 RUSSELL STREET, WERRIBEE VIC. 3030

Telephone: (03) 9741 8440 Facsimile: (03) 9741 8038

To the world
you are a mother, but
to your family you are
the world.



NEWSLETTER 5 Wednesday 6th May 2020 WEEK 3, TERM 2

*Available on our School App, Website, CC Parent Portal. *

Dear Parents/Carers,

At this stage we still have no further updates on timeframes for a return to school.

We will keep you informed as things evolve and change.

It is so heartening to see the children and families doing their best to keep on top of the Home Learning that has been set each week. We know this is a significant challenge for parents as you endeavour to support your children at home. Please keep in mind that you can only do what your family circumstances allow for. Please do not be stressed or concerned if you have not completed everything that is set out. The wellbeing of your child and every member of your family is the most important thing as we journey through this most unusual term. Just do your best and know that Your best is good enough!

As mentioned, we are very pleased with the standard and the amount of work that is being presented to teachers. However, we do ask that if work is submitted later in the day that an immediate response is not expected. Your child's teachers will respond as soon as they are able. As you would appreciate, days are very long online at the moment and teachers will not be able to respond late in the evening. Many thanks for your support.

As a school we are required to maintain Attendance data for your child during this term. For us at Corpus Christi this is evidenced in a number of ways. Teachers have been doing a great job ensuring we are aware of each child's access to learning. Attendance is monitored in a range of ways including: teachers keeping a record of all learning shared with them, of emails or phone conversations with parents communicating that children are engaging in home learning either online or off line and attendance at Zoom meetings (whole class, small group or individual) is monitored.

The Middle and Senior units have requested that their class checks-in first thing every morning via email to indicate that home learning will be accessed. This is more difficult for younger students to do, so the range of options as outlined above are followed to determine attendance. All children and families have been followed up if there has been a need for clarification of accessing home learning for any particular day(s).

If your child is not able to complete any home learning on a particular day due to personal or health reasons, it is important that you inform your child's home group teacher via email or the school office and they will be marked absent.

We are very grateful for the messages of support from families as our staff endeavour to provide solid educational opportunities for all children both at school and at home. Our community has certainly demonstrated a willingness to work together, to be supportive and positive and to do whatever is needed to make the situation as good as it can be for everyone. Everyone is working extremely hard and doing a great job. Thank you.

ANZAC DAY

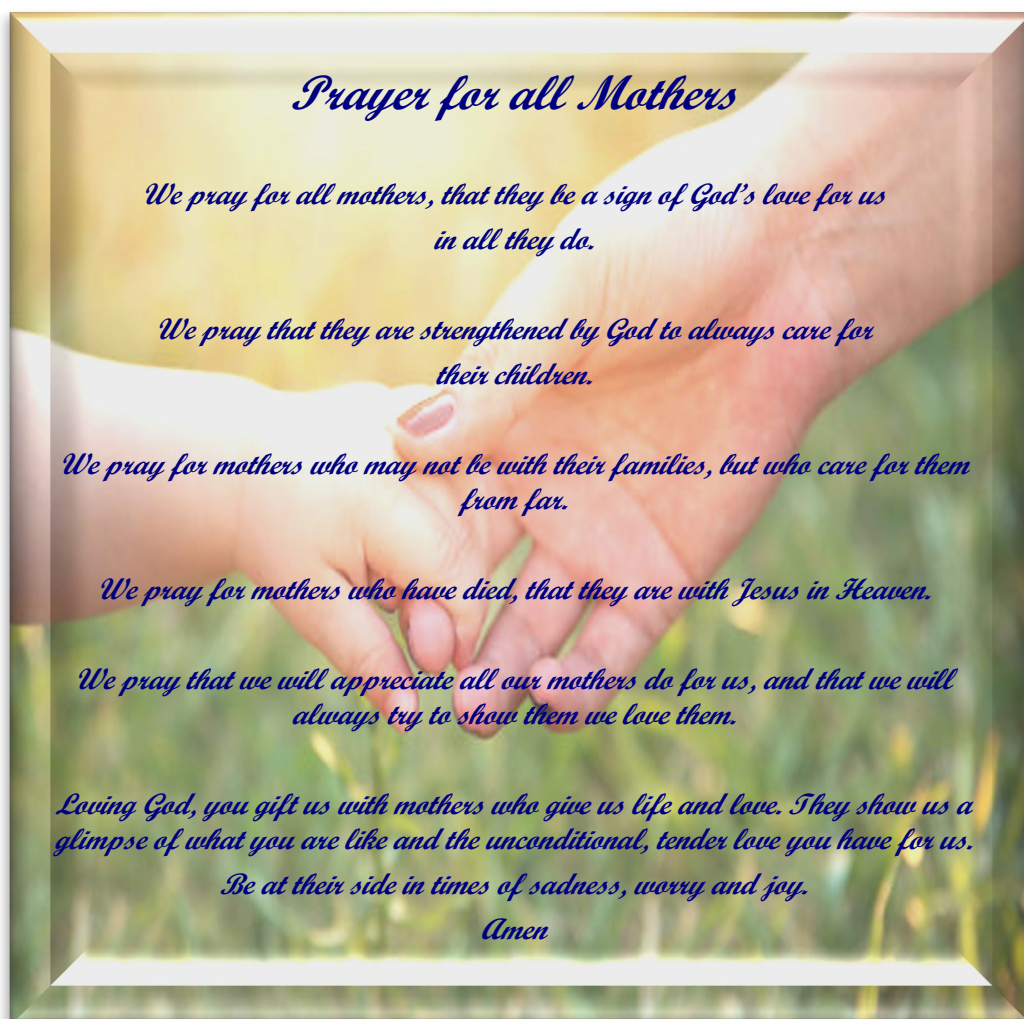
We hope you found the resources on our website useful for ANZAC Day last Saturday. ANZAC Day is an important part of our annual calendar and it is worth taking the time to reflect. We will leave the resources on the website for families to look at if you haven't already.

MOTHER'S DAY REFLECTION

On Sunday 10th May we celebrate all our mothers, grandmothers and special women in our lives. Please find a Mother's Day Reflection that you can access on your child's desktop and you may wish to give thanks to our God as a family for the special gift of these amazing women!!



Hope all our Mothers, Grandmothers and Special Women in the lives of our children and families have a very Special Mother's Day!!



Go safely and stay well!

*With kind regards,
Linda*

Duncans Road Bridge

We have been advised that due to improvement works, Duncans Road Bridge will be closed from the 8th May until the 1st June 2020. Should we receive any further information we will forward to you.



INSIGHTS

Leading the way for children during the Coronavirus pandemic



If you're like me, the news of the Coronavirus (COVID-19) pandemic has your head spinning and your heart pumping. That's only natural as life as we know has taken a seismic shift in recent days.

International travel bans, cancellation of sporting and cultural events, shopping frenzies and talk of school closures continue to dominate the airwaves. Terms such as social distancing, self-isolation and social lockdowns have entered our vocabularies and may soon become part of our daily lives.

Coronavirus is having an unprecedented impact on our daily lives, and will probably do so for some time. While keeping ourselves and children healthy and safe is our main concern, it's also essential to address the anxieties of children and young people during these changing times. Here are some ideas to help inform, reassure and keep children and young people safe.

Build on what your children know

Children and young people have already been exposed to a great deal of information about corona virus through media, digital means and direct social contact. Their understanding will vary depending on their age and also the quality of their information sources so you probably will need to help kids process what they already know.

Casual conversations with teenagers and older children can be useful ways to glean their understanding. You could ask questions like "What are you hearing about Coronavirus? Is there anything you're not sure about?" Younger primary age children may need a more direct approach with parents addressing their specific concerns without giving too much information that can overwhelm them.

Check your own thoughts and feelings

Check your own frame of mind and emotions about COVID-19 before talking to kids. Most children are astute mood detectives and they'll gauge their safety by the way you communicate with them. If you tell a child, "You've got to wash your hands or you'll get infected," you are communicating your own anxieties, making it difficult for them to maintain a healthy state of mind. Have a think about how you can frame your instructions and their importance in a way that doesn't heighten your child's anxieties.

Stay informed

It's difficult to work out fact from fiction, correct from incorrect, information from exaggeration when the news is changing so fast. However you need to educate yourself about the virus itself, including how it's transmitted and how to stay safe. Get information from trustworthy sources such as The Australian Government Health Department website and the current federal government corona virus information media campaign.

Answer questions truthfully

It's important that parents and teachers answer children's questions honestly in age-appropriate ways and within context of what is happening at the given time. If their sport or hobby has been temporarily cancelled empathise with their concerns, while helping them maintain a sense of perspective.

Initiate positive action

One way to reduce anxiety and allay children's fears is to involve them in planning and preparation for their personal and group safety. Positive activities such as maintenance of personal hygiene, greeting people with an elbow tap and getting plenty of sleep can help restore a sense of control, that is so important for their wellbeing.

Find refuge in rituals

Regular rituals such as mealtimes, bedtime stories and regular one-on-one time provide both an anchor to normality and a sense of connection for kids at times of change. Consider reconstituting favoured family rituals at this time if they have lapsed due to lack of time, or lifestyle frenzy.

Look outwards

In difficult times there is a tendency to look inwards, which is a natural protective strategy. The alternative is to establish a sense of connection and community spirit by focusing on generosity and togetherness. Help children see past their own needs and look for ways to assist others whether it's shopping for an elderly neighbour, helping a younger sibling occupy themselves, or planning an indoor movie night for the whole family.

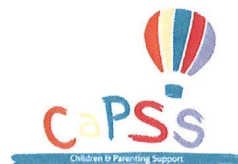
The Coronavirus presents many practical challenges to parents and other important adults in the lives of kids. Staying calm, keeping informed, and adjusting our own habits are just some of the challenges we face. However a significant challenge is one of personal leadership. That is, during these difficult times we need to be civil to each other, look out for each other and be mindful of the common good in everything we do. In this, we can all take a significant lead.



Michael Grose

Michael Grose, founder of Parenting Ideas, is one of Australia's leading parenting educators. He's an award-winning speaker and the author of 12 books for parents including *Spoonfed Generation*, and the bestselling *Why First Borns Rule the World and Last Borns Want to Change It*. Michael is a former teacher with 15 years experience, and has 30 years experience in parenting education. He also holds a Master of Educational Studies from Monash University specialising in parenting education.

Parenting Self-Care Workshop



This Friday 8th of May - Register ASAP so as not miss out!

We understand that parenting can be challenging at times and looking after yourself may not be your top priority. During these difficult times its always important to look after ourselves. Join the CaPSS team on Friday the 8th of May 2020 at 10 am for an online webinar highlighting self-care.

To register contact **Greg on: 0409 608 551**

Tuning Into Kids Parenting Program

The Tuning into Kids parenting program teaches parents how to nurture their children's emotional development. It explores the relationship building technique of 'emotional coaching'. Some main topics of the program are:

- Awareness and regulation of their own emotions
- Awareness of their children's emotions
- To use children's emotional experiences as an opportunity for closeness and teaching
- To guide children's behaviour with appropriate limits



We will be delivering this program online via webex in May-June 2020.

Participants will need internet connection, webcam and microphones.

Dates - Date and times yet to confirmed

To register contact: **Catherine on: 0447 780 519**

CaPPS Helpline

During this difficult times and daily changing circumstances, CaPSS has a **FREE** helpline for parents to get on-call support and reassurance on a variety of topics including managing routines, relationships, behaviours and more. Parents and Carers can call **Neha on: 0475 976 072** or **Shaun on: 0455 521 154** from 8am-8pm on weekdays and 10am-3pm on Saturdays. **See attached flyer.**



Feel free to forward to other parents and carers who may benefit from the phoneline.

Please Stay Safe and Keep in Contact

capss@salvationarmy.org.au

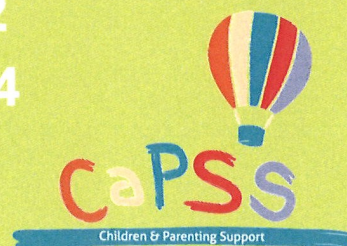
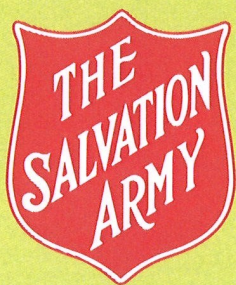
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IF
CHANGING CIRCUMSTANCES HAVE LED
TO INCREASED LEVELS OF STRESS AND
PARENTING HAS BECOME HARDER THAN
YOU CAN MANAGE

CALL

NEHA 0475 976 072
SHAUN 0455 521 154



Mon-Fri 8am-8pm, Sat 10am-3pm

Get in touch with CaPSS practitioners for on call parenting support,
ask for practical strategies to manage the stress and
get help in dealing with changing routines, behaviours, relationships and more

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