

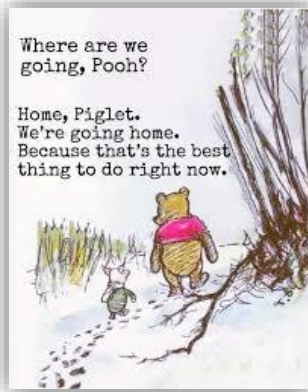


Thursday 26th March 2020

Dear Parents and Guardians,

Re: COVID-19 Update No 5.

(COVID-19 Update No. 6 will be emailed during the Easter Break).



We are at the present moment living in very challenging times. We are in this together and our society and community realise that COVID-19 is very serious and that social distancing and sensible hygiene practices are imperative. Facebook is full of keyboard warriors who are quick to criticize anyone and everything, yet people forget that Australia is now in uncharted waters and those who work in health care and both the State and National governments are doing everything they can to be ready for when the peak begins. So our world is out of kilter amidst the turmoil; the unknowns; the questions that linger and the amount of information flowing. We ask and pray to Mary the Mother of Jesus and Patroness of Australia to protect our country...*and thanks for the advice Winnie!*

The past weeks have tested our resolve and there are hard days ahead. Our Great Southern Land will stand up and fight the good fight! As a Catholic College we are a holistic community and daily our students pray the 2020 St Mary's College prayer. Our staff pray the same prayer together at 8.25am every Monday and Wednesday briefings, followed by a moment of silence to pray for those doing it tough. Our wonderful staff who are working so professionally and beyond, welcome families to join us at 8.25am when Term 2 officially (at St. Mary's) or unofficially (at home)

begins in a College daily recital of the prayer. In the words of Catherine McAuley:



*Gracious God,
Give us ears to hear;
Eyes to see;
Hearts to love;
And hands to act;
So that 'we are shining lamps, giving light to all around us.'
Amen*



St Mary MacKillop

-Important-

Much of what is included in this COVID-19 5 Update is planned for (if needed) after Wednesday 15th April. It is holiday time for students, not school work time. School time begins on 15th April.

Home learning is not like the normal College day. Have a healthy MIX of different activities.

Learning Overview Weeks 1 & 2 of Term Two (Years F-6)

In the event that students do not return to St Mary's on the 15th April there will be a system of work implemented and sent home electronically for students. This will consist of the following tasks for Years F-6 for Week 1 & 2 of Term Two. Work will be reviewed in Week 2 and parents updated. If any student was absent on Monday 23rd March, books, logins, passwords etc. have been bundled and are ready for collection at the Office. These items will be required at the commencement of Term Two. In addition, families who require hard copies of work have been notified that bundles are available for collection at the Office.

(Mrs Robinson F-2 & Mr Krammer 3-6 Curriculum Leaders).

Learning Core Areas	Foundation	Yr 1-2	Yr 3-4	Yr 5-6 <i>Work set in Google Classroom</i>
Mathletics	<u>10-15m three times weekly</u> Set activities completed at least three times weekly.	<u>15-20m three times weekly</u> Complete tasks assigned. Set activities completed at least three times.	<u>20m three times weekly</u> Complete tasks as per topics set for students.	<u>30m – 60m three times weekly</u> Mathletics as per topics set for students. <i>Students must complete the activity at least twice or until they get 100% on the activity.</i>
SMART Spelling & Word Work	Revision of My Weekly Words in Take Home Reading Folder.	Revision - 1 sound weekly; 2 activities from the grid twice weekly; SMART Spelling - Revision. Teachers will email word lists; Suggested activities to do with the words will be included.	Use SMART spelling lists from Term 1; Complete tasks from the Wordwork task grid at the back of their book. Three tasks per week from the same list.	SMART Spelling: word lists will be linked to Google Classroom each week. Students write their words every day. If no access to a printer create a spelling list in Spelling book. Students will have access to the weekly slide presentation going through the words for the week. Students will complete: Two word work activities one from the SMART spelling grid and one other activity of their choice.
English Sunshine Classic	<u>10m reading four times weekly</u> Books read more than once; After 15 th April class teacher will add two books per week to the list.	<u>15m four times weekly</u> Complete reading followed by activities; Books read more than once; After 15 th April class teacher will add two books per week to the list.	<u>15m four times weekly</u> Complete reading followed by activities; Books read more than once; After 15 th April class teacher will add two books per week to the list.	<u>Two books twice weekly</u> Complete reading followed by activities; Books read more than once; After 15 th April class teacher will add two books per week to the list.
Sunshine Classic Address	F-6 https://bookshelf.sunshineclassics.com.au/students/login Their username is: firstname.lastname and the password is Bluefr0g (0 = a zero).			
Home Reading	Read and listen to books for enjoyment.	Read and listen to books for enjoyment.	Regularly read for enjoyment 15 minutes four times a week.	Regularly read for enjoyment 20 minutes four times a week. If you have a personal subscription to Get Epic you can choose to read books from this website https://www.getepic.com/sign-in

Writing prompt	<u>10m writing once weekly</u> Writing prompt will be emailed to parents; Parent emails a photograph or a typed example to the class teacher.	<u>15m writing once weekly</u> Writing prompt will be emailed to parents; Parent emails a photograph or a typed example to the class teacher.	<u>20m writing twice weekly</u> Writing prompt will be emailed to parents; Parent emails a photograph or a typed example to the class teacher.	<u>30m writing three times weekly</u> Refer to google classroom for instructions.
Optional	Some additional activities which families might like to do will be emailed to families by Mrs Williams on the 15 th April.	Some additional activities which families might like to do will be emailed by Mrs Robinson on the 15 th April.	Some additional activities which families might like to do will be emailed by Mr Krammer on the 15 th April.	<u>Additional Tasks Year 5-6</u> Refer to google classroom for instructions. 30m weekly of Indonesian 30m weekly of Performing Arts Yearbook: Tasks to be completely as creatively as they can be and will be due at the end of the month

Foundation to Year 6 - Mathletics and Sunshine Classics usernames passwords have already been sent home with students. If misplaced please contact your classroom teacher via email. Teachers will track and review what students have completed from the Teacher Access area in Mathletics and Sunshine Classics.

Years 5/6 - Accessing Google Classroom from home.

- Type in classroom.google.com and click on sign in.
- Sign in Username: firstname.lastname@smseymour.catholic.edu.au and password.
- Select or open the class to see the communication from the teacher.

IT Contacts

If there are issues logging on to ClickView (5-10); Mathletics (F-10); Oxford Online & SIMON (7-10) please email ictsupport@smseymour.catholic.edu.au

Server Interruption

Friday 3rd April there will be an interruption for a period of time during the day to College IT connectivity.

Staff Email Addresses

Please refer to page 7 of Covis-19 Update 5.

Years 7-10 Remote Learning from Home

Secondary staff have been working hard to ensure that the learning journey continues for our students. It is essential for students to keep developing skills, obtain knowledge and understanding across all domains of their education to ensure that there is a limited opportunity for a gap to hinder individual progress.

Secondary teachers have ensured that a meaningful education that aligns with the Victorian Curriculum and Capabilities Curriculum is delivered using our SIMON Learning platform. We understand that if there is a change to Term Two learning, it will not be like the normality of the daily College classroom environment. Teachers have set work to be completed (remotely) at 50% of students timetabled classes. This means that if your child receives 8 contact hours per fortnightly timetable of teaching and learning instruction, the subject teacher has set meaningful work for 4 hours per fortnight. Please understand that the work set by teachers is work that would normally be completed within the units delivered through the regular school curriculum. These learning activities are not 'fillers' or 'busy' work and will need to be submitted as per teacher instruction via SIMON.

To support students and parents/guardians, teachers are available via email during normal school hours. Staff will reply to emails during their working hours and respond within a reasonable time frame. Remote learning is a developing method of education and with many staff teaching up to 6 classes, it will take staff time to adjust to this new platform, but as always we will do our best.

The following is an expectation guide for Year 7-10 SIMON Remote Learning:

- *Teachers will* provide meaningful work to be completed for each subject area. This work will be communicated under the ‘Class Notes’ section of SIMON.
- *Students will* complete the work provided and submit any work by the due dates indicated on SIMON Learning Areas. Students will communicate with the relevant teacher if assistance is required.
- *Parents will* monitor the progress of their child’s work (as best they can) and remind students to contact the subject teacher if assistance is required. Parents are also asked to keep up-to-date with any communication from St Mary’s via email and COVID-19 Updates.

Thank you in advance for your support and understanding.

(Mrs Rowland 7-10 Curriculum Leader).

VCE General Mathematics Unit 1

The immediate focus with VCE as advised by the Victorian Curriculum Assessment Authority is to ensure continuity of learning. Course work for Unit 1 General Mathematics will be offered through SIMON and online lessons through Google Meet. Students have been shown how to use Google Meet and expectations regarding appropriate use will be posted on the VCE SIMON Class Notes and emailed to parents at the beginning of Term 2.

Online classes will run when Term 2 commences at 10.30am on the days VCE classes are normally timetabled. Attendance expectations remain applicable as students are still required to meet the expected 50 hours of scheduled classroom instruction. Any changes to these arrangements will be communicated on SIMON Class Notes and emailed to students and parents.

(Mrs Gordon VCE Coordinator)

VET

Parents and students are asked to ensure that they are up-to-date with the communication from the VET providers. Please email Mrs Oakley if there are any queries.

Mrs Oakley (Communications and Careers)



College Counselling Services in Term Two

I would like to take this opportunity to thank you for your generous and heart filled support for me during my transition to St Mary's. As we move into uncharted waters and given the current state of COVID-19, please be assured that *counselling services from the College will be available during Term 2.* After the Easter break, should we continue to work remotely, I will be offering email and video link counselling and if needed phone counselling options.

These are unprecedented times, with flexibility, kindness and concern for the common good for all being paramount, as is our ability to continue to move forward. I am working on resources that can be used to support psychosocial behaviours at home during this time and should you have any questions or concerns regarding support resources, please do not hesitate to contact me via email. Remote learning is a new situation and requires us to think openly about trying new approaches..... a new adventure for children to explore different creative thinking ideas.

It is normal to feel stressed or anxious during times of uncertainty and importantly to remember that as adults, it is our job to ‘bring the calm’ and not join in on the chaos for our children and teenagers. This can look different for families and coping mechanisms and strategies to support your family can also be very different. *Below are some suggestions which can help parents to support their families during these unprecedented times:*

- Keep a normal routine where possible (routines help to ensure safe boundaries at home)
- Maintain a nutritious and balanced diet for yourself and your family
- Be sure to get enough sleep (you can’t pour from an empty cup)
- Talk openly with your children and teens about online safe and safe online behaviours (due to periods of isolation, higher than usual online behaviour is expected, so maintain an open discussion supports safety)
- Monitor the time spent online to ensure a balance between online/offline activities
- Screen time at bed time can interrupt sleep patterns due to neurological stimulation

- Encourage active play and creative play
- Talk with your family about how they are feeling (open conversations about emotions will help your family normalise their emotions through this time)
- Spend time listening to your child(ren) about their concerns and worries. They are still growing and even our teens need support in processing changes within society
- Practice Self-Care (Remember that empty cup thing.... You need time for you too!)

Seek support services where and if required:

- College Counselling during school terms will continue to be available
- Kids helpline 1800 55 1800 or website/chat service
- Lifeline 13 11 14
- Beyond Blue 1300 224 636 or website/chat service
- Reach Out website

Adolescent tips from Headspace during this time:

1. Be mindful of exposure to information through stories, traditional and through social media. It can be helpful to take a 24-hour break from the news cycle
2. Do things that make you feel physically and emotionally safe and stay connected to those who are helpful to your wellbeing (i.e.: friends and family members)
3. Engage in activities that help you feel calm and grounded
4. Keep making healthy choices
5. It can help to talk with a trusted adult if it all feels a bit much

Reducing Stress Techniques

Practice mindfulness (check out some ideas at <https://www.headspace.com/mindfulness>
Breathe (we all know how to breathe, but do we know how to breathe to reduce stress and anxiety?) Try the 4-7-8 technique below:

- Empty your lungs of air
- Breathe in through your nose for 4 seconds
- Hold your breath and push it deep down into your lungs for 7 seconds
- Exhale through your mouth making a ‘whoosh’ sound for 8 seconds
- Repeat the cycle 4 times
- Talk to a friend
- Create a playlist of music which lifts your mood and listen to it
- Watch a funny movie
- Try a guided mediation video on YouTube or check out the below:
 - <https://www.youtube.com/watch?v=agdCs8nS64o>
 - <https://www.youtube.com/watch?v=g5sXaLzAhGQ>

Healthy Choices

Making healthy choices is not only about the kinds of foods we choose to eat. When we speak of healthy choices, we speak of healthy body choices and healthy mind choices. As our mind and body are connected our thoughts, feelings and behaviours are interlocked and we discover that some activities support the bridge between the two. Below are some healthy choice options to support healthy body and mind:

- Get enough sleep (teenagers need about 9 plus hours sleep per day)
- Eat nutritious meals (this doesn’t mean no treats or snacks, just find a balance)
- Be sure to exercise (Body Weight exercises, Cardio workouts, Yoga and Pilates are great options and plenty of YouTube video options are available)
- Avoid caffeine. Caffeine can increase your stress and anxiety levels
- Track your screen time – do not spend too much time on your technology (excessive screen time can interfere with your sleep patterns as the blue light background can continue to activate sections of your brain that require rest)

(Melinda Nuttall College Counsellor)

WELLBEING – BE WELL 😊

This is a time of uncertainty for all of us, but if we keep a balance of school work and time to refresh, we will all keep our mental and physical health positive. The following are some suggestions to keep you and your family balanced. It's a great way to learn a few new games and activities, while filling in those "I'm bored!" moments.

Read a Book Together; Play a Board Game/Card games- Family Games Night; Write stories together/Paint or draw together; Play soccer/cricket out backyard; Create a fort in your living room out of blankets or cardboard boxes; Have a Costume/Dress Up Night.

*Have a Christmas Party (*In the Summer); Have an Indoor/Outdoor Scavenger Hunt Egg race, Sack race; Family Talent Show / Fashion show/PJ party; Obstacle Course and or Scavenger Hunt; 3-legged races; Wash the dog, walk the dog; Wash the car; Paint outdoors/finger painting; Camp in the backyard; Make your own Play-doh; Make a necklace out of beads or pasta; Write an autobiography; Rearrange your bedroom*

Create a movie or play/shadow puppets; Hide and Seek in backyard; Line up dominoes and watch them drop; Play with Shaving Cream & food colouring; Create a musical instrument out of recyclables; Make a box town out of old boxes; Watch old home movies or look at old pictures; Fly a Kite; Learn sign language; Bake some treats for your neighbours; Play chess or checkers or charades; Have a bubble-blowing contest; Do blind taste tests with various drinks and food; Solve a crossword or word search puzzle; Dance to 50s music (or any era); Make a Diet Coke and Mentos Eruption

Make a time capsule; Make homemade pizza; Give each other crazy or fancy hair dos Color "Easter Eggs" any time; Make your own pet rock; MOST IMPORTANTLYTry to make each other laugh and SMILE 😊

(Ms Dovara Deputy Principal Wellbeing).

Excursions Term Two

Until further notice all Term Two excursions and incursions are cancelled.

Thank you again to our staff for all that has been done to prepare for the likelihood of remote learning to begin Term Two. To all our families - stay well; stay together and stay home. May the risen Christ bring calm to all hearts at Easter time and blessings on those parents who are working in critical services!



Best wishes

Wayne Smith

**Wayne Smith
Principal**

*DipEd(ACU) DipRed(ACU) BEd(ACU) GradCertEdAdmin(Edith Cowan)
GradDipRed(ACU) MEdAdmin(Charles Sturt) MTheoSudies(BBITAITE)*

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