



OUR LADY'S SCHOOL NEWSLETTER

24 April 2020

www.olsunshine.catholic.edu.au

Parish Priest: Fr. Peter-Damien McKinley
Principal: Ms. Patrizia Bertani
Parish Mass Times: Saturday 6:00pm
Sunday 9:00am, 10:30am & 5:30pm
School Phone: 9312 2230
School website: www.olsunshine.catholic.edu.au
Our Lady's is a Child Safe School

Jesus said, 'Let the little children come to me, and do not hinder them, for the kingdom of heaven belongs to such as these.' Matthew 19:13-15

Dear Parent,

This Saturday we will celebrate ANZAC day without the large services that are usually organised throughout our country. However, I think that the essential elements of ANZAC day can still be followed. It is a day to reflect and to show respect and gratitude to those that have served and died for us. We can think of our own unique ways to commemorate this important event in the life of our nation, as a family. I know many people will step outside their homes at 6 o'clock in the morning with their family, bow their heads in silence and pray. I encourage you to pray for peace for all those nations that are currently experiencing war. I encourage you to give thanks that we live in a peaceful country.



As parents you are continuing to play a critical role in supporting the school to provide ongoing learning opportunities for our children. Thank you to all parents who are putting in much time and effort to support their children, to engage daily with the learning opportunities provided by the teachers and staff. I would also like to thank all those Our Lady's school parents who are essential services workers. The work you perform is critical and delivers care and services that our community cannot do without. We are happy to support you in whatever way we can.

Please continue to encourage the children to be proactive and committed to their schoolwork, and to stay connected with the school and with the teachers. I see evidence of this occurring everyday on Seesaw. I am very delighted to see such a high level of engagement from the children and from you their parents.

Our transition to flexible, online learning has had its challenges for staff, students and parents. The school will support you in whatever way we can. We have provided devices to all parents who communicated that they required them to support their child's learning. We as a staff are continually working to adjust and simplify our instructions so that they are easier to follow. We have made individual arrangements where online learning has not been possible and we will continue to work to meet your individual needs as they arise. Please make sure that you communicate to us any concerns you may have.

I would like to share some words from John Hattie a leading educator in Australia and also renowned overseas. He has good news for parents. Professor Hattie looked at other places that have had disruption to schooling such as Christchurch earthquakes and Hurricane Katrina in New Orleans. In these places there was no access to any learning. He found that "students recovered quickly and actually began to see gains in their test scores." Professor Hattie says that Australian students could lose a whole term out of the school year without falling significantly behind international counterparts. I hope that this information reduces your level of concern or feeling that your child might be worse off from an extended gap from their classroom. As I said last week do as much as you can and do not worry if on a particular day you cannot get through all the work assigned by the classroom teacher. Please communicate with your child's teacher and I'm sure they will support you. The staff and I understand and are empathetic to the daily challenges that may crop up. I miss seeing you all and look forward to the day that we can be together at our beloved school. Meanwhile feel proud of our combined achievements thus far and hopefully there will be an end to this health crisis soon.



ANZAC Day



Today I pray for all the soldiers, sailors, air pilots, doctors, nurses and ambulance drivers who have died in wars. I pray for the souls of the brave men and women from Australia and New Zealand, who died at Gallipoli many years ago. I pray for all men and women who travelled far from their country, so that the world could be a more peaceful world. Please, God, give their souls rest. Reward their bravery. Give them peace. Amen



FI

Vincent A - for a fantastic writing piece. I loved your story and your letters are becoming easy to read. Keep practising!
From Ms Cam Tu

Lucas G - for using Stretchy Snake to write words in your story. Keep it up! *From Ms Cam Tu*

FJ

Justin Bawi T For sharing your wonderings about Jesus after reading the story: Jesus is Alive. Great Job! *From Miss Severino*

Damien C For being at 'Maths Wiz' when doing addition sums. Well done! *From Miss Severino*

1K

Lincoln B For being enthusiastic about your Home Learning by creating many wonderful videos and drawings. I love all the thinking you have shown in your learning! *From Ms Karen*

Iris V For being a very focused learner by completing your Daily learning activities each week. Keep up the Great Learning Iris! *From Ms Karen*

1L

Danny B Trying hard in his online learning and giving everything a go. *From Ms Steph*

Jake C Putting in lots of effort in his online-learning and joyfully giving everything a go! *From Ms Steph*

2M

Kayla M: Completing fantastic online learning and being consistent everyday. *From Ms Scarpaci*

Peter D: Completing fantastic online learning, keep up the great work. *From Ms Scarpaci*

2N

Ayce F: Being a great self manager during Home Learning and sharing your Discovery Learning of creating your own musical instruments to perform a song to. I particularly enjoyed your guitar solo! *From Ms Howe*

Ruby L: Ruby you have been a self-motivated learner while learning from home. I have really enjoyed seeing all of your wonderful learning and even seeing you in your school uniform! *From Ms Howe*

3E

Zac W - For trying to be a self manager while working out how to do things online and completing some brilliant learning! *From Miss O'Connell*

Lucia V - trying her best with online learning and emailing me to ask questions when she was unsure! *From Miss O'Connell*

3F

Landen T - For thinking through problems and asking for assistance through email, what a great Self-Manager you are! *From Ms Murphy*

Gabe M - For demonstrating your positive growth mindset while working out this new way of learning online. Awesome work! *From Ms Murphy*

4G

Summer F- For adapting to her new study environment conscientiously and communicating effectively through many different channels. *From Mrs Sales*

Amelia M- For taking exceptional pride in her work and having it acknowledged by the doctors and nurses who received her letter of gratitude. *From Mrs Sales*



4H

Alexander W For being an enthusiastic participant in all home learning activities. *From Mr Wickham*

Bethany L For showing a willingness to go further with her learning by asking questions and seeking clarification. *From Mr Wickham*

5C

Jocelyn B For thinking creatively when responding to online learning tasks. You added relevant effects to your reading video to support the text. Well done! *From Miss Wendy*

Curtis B For being a dedicated online learner and putting a lot of effort into his work. Your book review video was sensational. (Best supporting actor goes to Nina). *From Miss Wendy*

5D

Teague A - For writing two very impressive persuasive pieces this week about playing sport and school uniforms. You used strong examples and evidence in each piece of writing. Keep up the great work!! *From Mrs Mendoza*

Marietta G - For being organised and enthusiastic each day about learning. You always put lots of effort into each activity you complete and have completed all activities I have set. Amazing! *From Mrs Mendoza*

6A

Khoen B for his great organisational skills which has enabled him to work independently and problem solve. Fantastic self-managing Khoen! *From Ms Kaan*

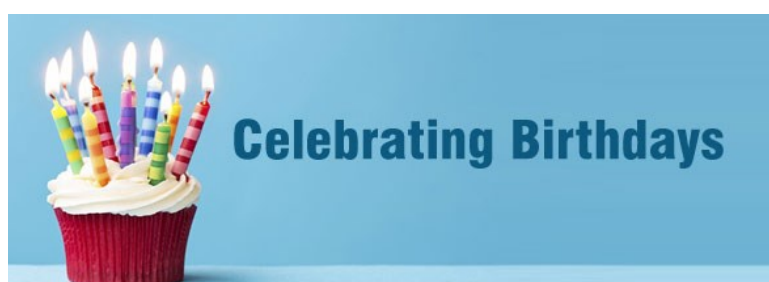
Summer T For having high personal standards for her learning and using the learning asset of self-manger to problem solve, ask clarifying questions and hand her learning in on time. Well done Summer! *From Ms Kaan*

6B

Luca G - For being an excellent self-manager while learning from home and consistently submitting all his work. *From Ms Gurry*

Isla H – For showing persistence and for being an excellent communicator while learning from home by asking questions when she needs help. *From Ms Gurry*

Callum D – For demonstrating deep thinking when unpacking seeds during home learning. *From Ms Gurry*



FI: Annabella, Mila M, Van C, Catherine N
FJ: Dylan T, Catherine M, Makuei M, Hniang Ku C

1K: Jacob T

1L: Xavier S, Tling Za R

2M: Scarlett D

2N: Nina B

3E: Willow F

3F: Sophie D, Gabe M, Christina K

4G: Chloe Dan N,

4H: Alexander W, Nhien N

5C:

5D: Ruby V, Hunter W, Matthew S, Avy K

6A:

6B: Kelly T, Vy T, Ayesha S, Isla H

Staff: Miss Karen, Mrs Gardy

Yours sincerely,

Patrizia Bertani

Ms Patrizia Bertani

Principal

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Managing your mental health at home

Information about working from home during COVID-19



What this fact sheet covers:

- Tips to protect your mental health
- Considerations about the situation
- Useful online resources & tools

Introduction

It may start as a bit of a novelty, but working from home for long periods of time can start to affect your mental health.

Just as it is important to look after your physical health during the changing circumstances around COVID-19, it's important to keep on top of how you are feeling.

Some common feelings are:

- Feeling isolated, lonely, or disconnected from other people – socially and professionally.
- Being unable to 'switch off from work'.
- Having difficulty staying motivated.
- Having difficulty prioritising your workload.
- Feeling uncertain about your progress, and whether you're performing ok.
- Insomnia and sleep problems.

Here are some tips to protect your mental health when working from home:

Set up routine and structure for your workday, and create boundaries between 'work time' and 'home time'.

Set a routine as if you are going into the office, with a regular start time, and finish time, and a structure for your day, with breaks and exercise scheduled in.

This will help you maintain a strong boundary between work and home life, minimise the possibility of work intruding into your family time, and help you switch off from work at the end of the day.

Creating cues, such as getting changed into your work clothes at the start of the day, and out at the end, can help with this.

Create a specific place in your home where you work - avoid your bedroom.

Studies show that working from home can interfere with sleep, especially for people who



find it difficult to switch off from work. Avoid working in your bedroom if possible. It will then become associated with being alert, awake and switched on.

Stay connected with co-workers and your manager by scheduling regular virtual or phone meetings.

Because everyday encounters with colleagues don't spontaneously happen when we're working from home, we need to be proactive in organising meetings and social connection to maintain positive relationships.

Staying connected with others will help to reduce stress levels, help you feel less isolated, and stay productive.

It also helps you communicate with your manager or employees to keep them informed of what you're working on.

Try a digital detox in the evenings.

Technology makes it easier to stay connected 24-7, but the downside is that it can make it difficult to switch off, and separate work and home life.

A digital detox can help you switch off from work, so you can spend quality time with your family, or doing the things you want to do.

Get outside at least once a day.

If you're not stuck in self-isolation, try to get outside at least once a day. Go for a walk, get some fresh air, and sunshine.

If you are in isolation, go out to your garden or walk up and down your driveway or go out onto your balcony and enjoy fresh air.

Focus on the silver linings.

Working from home can have many benefits: it can improve productivity, reduce distractions, reduce stress, improve work satisfaction, lower the time (and cost) you spend commuting, give you greater sense of control over your workday, and can even help to avoid challenging situations.

Don't forget the other helpful actions for maintaining positive mental health.

Exercising, getting a good night's sleep, eating well, doing activities you enjoy, staying connected with social supports, and managing stress through problem solving, relaxation or meditation, and thinking in helpful ways.

It's important to try to think of the positives of your situation as well as the negatives.

- Working from home is incredibly flexible, giving you a greater sense of control over how you work and when you work.
- It allows many to avoid long commutes (and potential exposure to COVID-19).
- It has been linked to improved job satisfaction, lower stress levels, lower conflict between work and home life, improved focus, and greater productivity, and work performance.



If you need more tips, skills and strategies, consider asking for help from your Employee Assistance Provider (EAP) if you have one, do an online program, or seek help from a professional.

There are also range of free or low-cost digital mental health tools that are available in Australia that can help for mental health. The Australian government is also supporting psychologist sessions over the phone or video, allowing some members of the public to access bulk-billed sessions.

Helpful online tools and resources

myCompass

www.mycompass.org.au

Black Dog Institute Online Clinic

onlineclinic.blackdoginstitute.org.au

This Way Up

thiswayup.org.au

MindSpot

mindspot.org.au

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Creating a mentally healthier world



**Black Dog
Institute**



EASTER RAFFLE

657 tickets!!!!

WINNERS:

Lucas G FI

Stephanie D 1K

Zoe N 4G

Mila K 3F

Eliza B 6B

Nha Dan T 5C

Bailey H 2N

Michael C 5C

Miller M 4G

Rose H 4G

Jonah H 2N

