

HOME LEARNING

EXTENDED TILL AUGUST 27



# Newsletter

Term 3 Week 4 2021

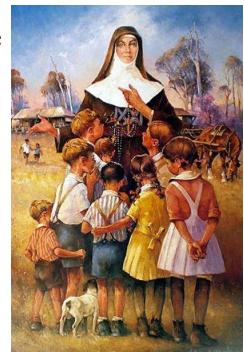
August 3, 2021

Dear Parents and Friends of Our Lady of the Rosary Primary School

## Saint Mary MacKillop Feast Day 8th August.

As we near the feast day of Mary of the Cross MacKillop, we reflect on the significance and the impact of Mary's life on us present at Our Lady of the Rosary Primary School St Marys. As the founder of our school 141 years ago in 1880, the Charism of the Josephite sisters continues to this very day.

Saint Mary MacKillop's Feast Day is celebrated on the anniversary of Saint Mary MacKillop's death on August 8, 1909.



Saint Mary MacKillop (also called Saint Mary of the Cross) was a Catholic nun and the first Australian canonised by the Catholic Church. The church declared her a saint in October 2010.

She was committed to helping the poor and would help those in need whenever she could. Mary was very active throughout Australia in establishing schools and welfare institutions through the founding of the Josephites; Australia's first order of Nuns that were also known as the Sisters of St. Joseph of the Sacred Heart.

As First Mother Superior of the Sisters of St. Joseph, MacKillop was devoted to teaching and charity, providing both secular and religious education in the schools that she founded. She also insisted that the Sisters live a life of moderate poverty and rely on Divine Providence to meet their needs. She is recognised as a key religious figure, educator, and social reformer, and her Feast Day recognises her contributions to these areas.

This year has been quite different for many of us due to the impact of the C19 virus, however we continue to be creative within the current restrictions and guidelines to reach out to those in need.

Mary MacKillop's inspirational quote from 1907 that she wrote to the Sisters is perfectly mirrored to the events of today:

*We must let no obstacles deter us  
from proceeding with courage  
in the path marked out for us.  
It may sometimes be dark  
and full of windings,  
but a beautiful bright light shines  
at the end of this path*



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# LETTING GO - CORONAVIRUS

The causes of stress fit into the acronym NUTS: novelty; unpredictability; threat (or perceived threat); sense of control. Pandemic viruses hit on all of those stressors, more so for the young, for whom the novelty is higher and a sense of control lower.

Neuroscience shows that it is adversity in life, dealing with tolerable challenges, that wires the brain for resilience.

So, while ideally we will be spared the worst of the crisis, there's also an opportunity to use it to help our children.

## **Make a plan ... and a Plan B.**

Visualising how to navigate a situation activates neural pathways in ways similar to actually doing the thing. This is why airlines give the same instructions to passengers time after time. Anticipate difficulties and make multiple plans to navigate them. It can be paralysing to feel you have only one route and that is blocked, so make a Plan B too.



## **Make a list.**

Putting plans, thoughts and concerns on paper can increase a sense of control, lower the power of those concerns and free up cognitive resources.

## **Assign children something to do.**

Parents want to make children feel safe but it's better if we make them feel brave and give them a sense of control.

## **Teach children where to get help.**

Talk about what they should do if they feel ill or afraid. Show them where emergency supplies are kept. Share your plans. That helps engage their prefrontal cortex and its problem-solving faculties, calming their amygdala (the stress response) and strengthening the connections between the two.

## **Teach children what to do.**

When they can see washing hands as something that helps others and not just themselves, it increases their sense of control. Hygiene becomes a super power!



**Spread calm.** When family members are alarmed or panicking, calmly say, "Do I look worried? This is manageable."

**Take the long view.** We can remind ourselves of the difficulties we and our families have weathered in the past. It engages our coping skills, helping us better figure out how we will get through this challenge if it comes our way.

**Talk back against your own fear in front of your children.** "It is scary that so many people are sick but the news doesn't talk about the fact that many are doing fine. We have a good plan and other people are looking out for us."

It is the sense of control that can be the source of future resilience. After this virus has run its course, not only will we have a greater collective immunity to the virus, we may also have greater immunity to the stress. And if we handle it properly, our children will, too.

## Thought for the Week

*"It is good people who make good places."*  
*Anna Sewell, author of 'Black Beauty'*

**Have a Blessed Week**  
**Michael Siciliano**  
**PRINCIPAL**





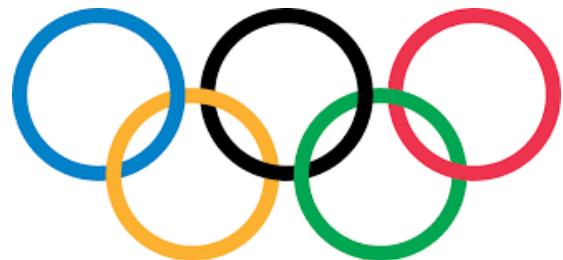
## From the Assistant Principal's desk...

Welcome to my desk. In each Newsletter I will provide general information, ideas and tips for parents in all key Learning Areas. If you have a particular question or query or anything you would like more information about, please let me know.

# What can the Olympics teach us?

## The Olympic Spirit...

*"The important thing in the Olympics is not winning but taking part. The essential thing in life is not conquering but fighting well.", was quoted by Pierre de Coubertin, the founder of the modern Olympic games.*



## Unity

The Olympics is a great opportunity to teach children how the world has positively come together, in unison. Hopefully the positive perspective and understanding that the world is collectively united will stay with them, something we all long for.

Watching the Olympics is also a great opportunity to teach children about Geography. If you have an Atlas, Globe or Google, I'd suggest getting it out and each day pick a couple countries that you can talk about at home.

## Team Spirit

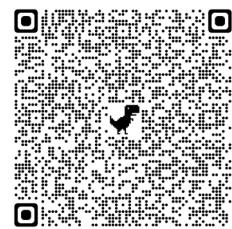
There is nothing quite like witnessing team spirit in its truest form than during the Olympics. The images of pure emotion can resonate and stick with us for life. How else can you teach children what the essence of what teamwork really is other than watching the games? Even for individual medallists they are working towards an overall goal tally. Everyone's doing their bit to help.

## Challenges

Overcoming challenges is another great lesson the games teaches, especially when watching the Paralympics, the Paralympic athletes demonstrate the true strength of human spirit and how perseverance and determination can overcome adversity.



There is an Australian Athlete called Peter Bol competing in the 800m at the Olympics. His story is one of strength and inspiration. I know we have many champions in our community who will achieve great things in the future. Not necessarily in sport but in fulfilling dreams.  
Scan the QR code to read his story. We will be cheering for Peter as he continues his Olympic campaign.



***Above all, I think the games teaches us all the power of self belief and how important it is to always believe in yourself.***

**As we continue to live through this challenging time let us let the Spirit of the Olympics help us to realise that we are doing this to achieve a common goal.**

**We are so proud of our community and how you are all persevering and working hard at home.**

**We can do this... together**

## HAPPY BIRTHDAY

Happy Birthday to the following children who have celebrated their birthday in the last 2 weeks.

Hargun Kaur, Leon Antonio, Shaurya Hardiya, Eunice Padasas, Ryan Hughes, Lucija Dugandzic, Samuel Gai, Aaliyah Zaatini, Charlotte Wright, Michael Wall, Garang Acher, Nathan Moises, Angel Ajou, River Mattys.



**5  
Steps**

## *for Confronting Kid Conflict with **Emotion Coaching***

BY MELISSA BENAROYA, MSW, LICSW

**Step 1: Tune in** to the little cues that let you know something is off before the bigger emotions escalate.

**Step 2: Make a choice** to intentionally respond to, connect, and teach every time your children act out or become emotional.

**Step 3: Listen** by simply letting them tell their story.

**Step 4: Help them label their emotions** and empower them to express themselves in a more positive and effective acceptable way.

**Step 5: Set limits while problem-solving**  
"It's okay to feel/want \_\_\_, but it's not okay to do \_\_\_\_."

The Gottman Institute