

**RETURN TO FACE TO FACE TEACHING**  
**KINDERGATTEN & YEAR 1 — MONDAY OCTOBER 18**  
**YEARS 2, 3, 4, 5 & 6 — MONDAY OCTOBER 25**

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

## **WHY VACCINES?**

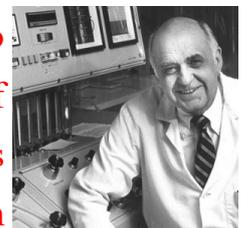
One night in 1963, a little girl named Jeryl Lynn cried out for her father. She felt very sick with a sore throat. Her father felt her neck and discovered she had swollen glands. He took her temperature which showed she had a fever. What was wrong with her?



Some of you may have guessed. Jeryl Lynn had mumps. Some of you might have had mumps. You can get a mild dose and not suffer very much but some children get very sick. They can go deaf. Or their brain is damaged. Sometimes children have died from mumps.

Fortunately Jeryl Lynn's father was a scientist and he took swabs so that he could preserve the virus. Those swabs became the Jeryl Lynn strain of the mumps vaccine, still used today. Many of you will have had the MMR vaccine to protect you against mumps and measles.

Jeryl Lynn's father was Maurice Hilleman. He and his team developed over 40 vaccines that are estimated to save nearly 8 million lives every year. He is one of the greatest vaccinologists of all time. Some of his vaccines you may know about and have been inoculated with – measles, mumps, hepatitis A, hepatitis B, chicken-pox, meningitis, pneumonia and even the flu.



Celebrating 140 YEARS  
1880 - 2020

A: 32B Saddington Street St Marys 2760 PH: 8856 8301

E: [olorstmarys@parra.catholic.edu.au](mailto:olorstmarys@parra.catholic.edu.au) W: [www.olorstmarys.catholic.edu.au](http://www.olorstmarys.catholic.edu.au)

Our Lady of the Rosary Parish - Fr Brendan - 9623 1962

In 1957 there was an outbreak of influenza in Hong Kong that threatened to become a huge pandemic. Maurice found that it was a new strain of flu that could kill millions and created a vaccine. In 1968, there was another serious Hong Kong flu pandemic. Again Maurice and his team helped develop a vaccine. Every year new strains of flu appear and every year a new vaccine is produced to protect us. It is because of scientists like Maurice Hilleman that you probably have never heard of diseases like polio, smallpox, diphtheria, tetanus and scarlet fever. In some parts of the world, millions of children die every year from diseases like these but now, because every year many more millions of children are vaccinated, some of those diseases have almost disappeared from countries like ours. Mothers and fathers no longer have to watch their children die from terrible diseases that can be prevented by vaccines. Children no longer suffer all their lives from the dreadful lasting effects of a childhood illness.

If you have never had mumps, it is thanks to Jeryl Lynn Hilleman, her father Maurice and a wonderful team of scientists. He truly was the father of modern vaccines. And there are many, many scientists still working hard today, developing vaccines for diseases like Covid-19. We all live safer, healthier, longer lives because of the lifesaving vaccines they have made for us.

## WASH YOUR HANDS

Teachers in a school were tired of nagging their students to wash their hands. Surely the number of sick days people took were a direct result of the germs being spread around the classroom.

The teachers decided to make it into a science project. They put five different pieces of white bread in zip lock bags after having each one handled in a different way:

- Touched by students with unwashed hands.
- Touched by students whose hands were cleaned by a hand sanitiser.
- Touched by students' hands just rubbed on a classroom Chromebook.
- Touched by students' hands just washed with soap and warm water.
- Touched by a teacher's gloved hands.



The zip lock bags were sealed (so classroom air wouldn't get in) and tacked to a pin board. A month later, the results were dramatic.

- The Chromebook-touched bread was almost completely black with mould and disintegrating.
- The bread touched by dirty hands was almost as bad.
- The bread touched by hand-sanitised hands wasn't much better.
- The bread touched by washed hands was white.
- So was the one touched by gloved hands.



Students' reactions: Ewwwwww, gross!

Hand washing improved dramatically, and students and their families realised that the most effective way to stop the spread of germs was to:

**WASH YOUR HANDS.**

# *I'm looking forward to going back to school!*

## **We're Going Back To School**



These comments may be from American school students but we have heard enough from our own children to know the feelings are probably universal.

“Life without school is much more boring than I thought it would be.”

“It’s really easy to get distracted at home.”

“ I like going to school and using the time effectively at school to do schoolwork.”

“It’s harder to ask questions because I don’t have the teachers available from 9 to 3”

“Learning at school definitely helps motivate me to get my work done, because I’m in the environment to do work. At home I have the liberty to literally do anything other than schoolwork.”

“Every day I take a walk around my neighbourhood with my parents and when I see my friends, I’m told I have to stay 1.5 metres away. I get really sad I can’t be with them.”

“I’m hoping that things will be back to normal someday.”

“My little brother asks every morning if the germs went away yet – he really misses school like me.”

“When I walked out of school, I didn’t expect that to be the last time I would see my friends in person for over three months.”

“I’m looking forward to going back to school”

### **Thought for the Week**

*We may feel our crosses hard at times,  
but our courage should rise with them.*

*-St Mary MacKillop 1882*

Have a Blessed Week  
Michael Siciliano  
PRINCIPAL





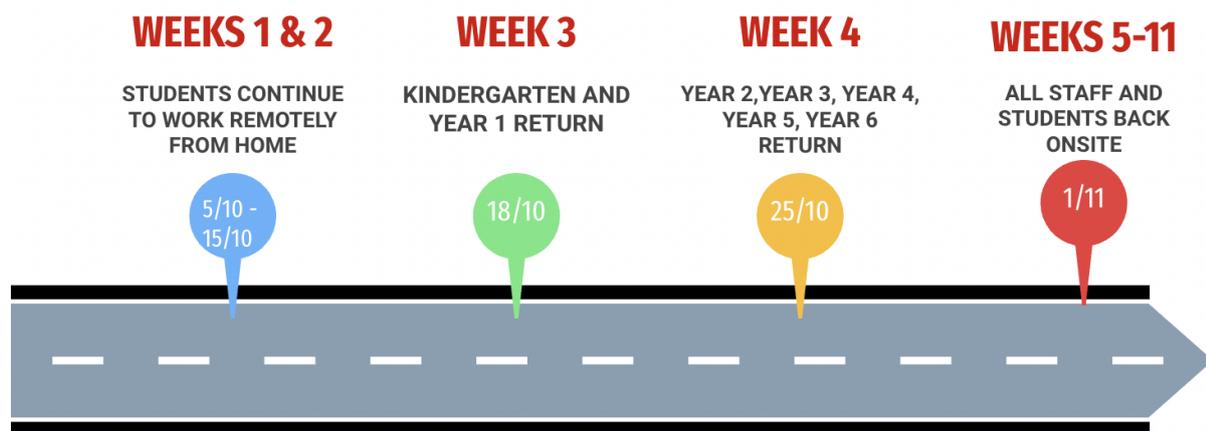
*From the Assistant Principal's desk...*



The teachers are extremely excited about welcoming the students back to school in the coming weeks. We have a school COVID Plan ready to ensure everyone is safe. We will be following the Public Health orders and all information shared with us by CEDP. The staggered return is very important for the safety of the students as well as for their wellbeing.

We understand that it will be difficult for some students to transition back after being at home for such a long time but be assured that the teachers will be doing all they can to make them feel happy and safe.

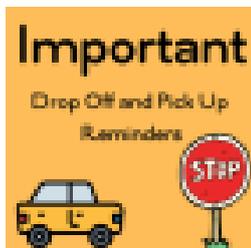
## Roadmap Back to school



*It is very important that we follow the staggered return advice. Therefore, we ask parents to support this by keeping their children at home until their scheduled return date, even if they have siblings in Year 1 or Kindergarten.*

**Below is an outline of some of the considerations and precautions that will be in place as the students return to school.**

|   |   |
|---|---|
|    | <p><b>Masks</b> will continue to be worn by all staff and any authorised person onsite. Mask wearing for primary school children is recommended. We appreciate that some children may find this difficult</p>   |
|    | <p>Within each cohort, students will be maintaining <b>physical distancing</b> wherever possible.</p>   |
|    | <p>Within each cohort, students will maintain strict personal hygiene. Teachers will be encouraging hand washing and spot cleaning will be taking place.</p>  |
|    | <p><b>Ventilation</b> conditions will be strictly adhered to. All windows and doors in classrooms will remain open to allow for air flow</p>  |
|  | <p><b>School-based activities</b></p> <ul style="list-style-type: none"> <li>• Dance and/or drama are permitted in line with COVID-safe practices within classes in outdoor spaces.</li> <li>• Sport may continue within existing personal development, health and physical education (PDHPE) classes, in accordance with physical distancing guidelines.</li> <li>• Library activities are permitted in line with the Infection control requirement for libraries</li> </ul>   |
|  | <p><b>ACTIVITIES THAT ARE NOT PERMITTED OR ON HOLD...</b></p> <ul style="list-style-type: none"> <li>• Emergency drills</li> <li>• Inter School activities and events including interschool sport, gala days, trials, knock outs and carnivals</li> <li>• Assemblies</li> <li>• School performances, productions, concerts, speech nights and award presentations</li> <li>• Excursions and camps.</li> <li>• Community events (fetes, grandparents' days etc.)</li> <li>• Parents' and Friends' (P&amp;F) activities, including meetings (unless held online)</li> </ul> |
|  | <p><b>TRAVEL AND PUBLIC TRANSPORT</b></p> <ul style="list-style-type: none"> <li>• Masks are mandatory on public transport. This applies to students aged 13 years and over.</li> <li>• All staff operating vehicles are required to wear a mask. (after school care)</li> <li>• Children aged 12 years and under should be encouraged to wear a face mask whilst using public transport in line with school operational levels.</li> </ul>   |



**We have made some changes to the Drop off and Pick up procedures starting next week.** These procedures are in line with the Public Health order recommendations.

We ask for your patience and support as we trial these new procedures.

## **NO PARENTS WILL BE ALLOWED ONSITE AT ALL**

*As soon as restrictions are lifted we will make adjustments, as we want to welcome you back as soon as possible.*

### **MORNING PROCEDURE**

**The mornings** will be **drop off only** and we will have teachers at the gate to support children coming in independently.

- ◆ Parents/carers may use the **Drive through** to drop the children off. The child/children will alight from the vehicle and be directed to the gate where there will be teacher waiting.
- ◆ You may **walk your child to the gate**. You must say goodbye there. A teacher will be at the gate to lead them into the playground. (there will be no exceptions, so if your child is upset the teacher can support them)
- ◆ The Edgar St gate will be closed in the morning so please use the Drive through option. Children will only enter the school grounds via the Drive through gate or the Undercroft gate.

### **AFTERNOON PROCEDURE**

**The Drive through** will be the preferred option.

- ◆ You will display your child/children's name on your dashboard and the teachers will load the children into the car. The driver **MUST NOT** get out of the vehicle for any reason.

#### **Park and walk in.**

- ◆ The students will be seated outside the canteen and Basketball court on the inside of the fence.
- ◆ From 2:55 - 3:00 p.m. they will be spread out... **Gate 1** -K/1, **Gate 2** - Years 2 and 3, **Gate 3** - Years 4,5,6 (We will display signage so you will know where to go).
- ◆ After 3:00p.m all children will be moved to **Gate 1** near the canteen.
- ◆ You will walk to the gate and the teacher will collect the child and bring them to you. It is recommended that you make a sign with your family name that you can show as you are approaching, so that we can collect the child promptly.
- ◆ Please hold your child's hand or have them walk safely alongside you as you move through the carpark. There is a path alongside the gate so please use that wherever possible.

#### **NO CHILD WILL BE ALLOWED TO EXIT THE GATE WITHOUT AN ADULT**

*Please note: The Edgar St gate will only be for children catching Buses and After school care. All children getting picked up will be in the new waiting area. If you can't get out of your car then you will need to use the Drive through option.*

## **Transition back to school**

The wellbeing of our students is extremely important and we know that for some of them the transition back to school may be difficult. Below are some resources that parents and carers can use to assist your children in 'getting ready'. The teachers are well equipped to support you and your child so please reach out if you feel you will need additional support.

# TRANSITION BACK TO SCHOOL

## THE WEEK BEFORE

By Monique Beglinger, School Counsellor



### Monday

- Try on your school uniform
- Look at photos of your school and classroom
- Watch the virtual tour of your school on the school website
- Start going to bed at school term bed time

#### Caregivers:

- Talk to your child about what may be the same and different when they go back to school i.e. (grades will be transitioning, not whole school straight away etc.)
- If you have a child who is very anxious about going back to school, a social story may help. Please ask your teacher for a copy of one.



### Tuesday

- Talk to an adult about any worries you have about going back to school
- Start getting up at school wake up time
- Start having breakfast at your usual time for when you have school

#### Caregivers:

- It can help to re-introduce the school routine prior to going back to school and utilising the week before going back to school can assist with making the transition smoother. It may take time for your child to adjust to the routine of being back at school.
- This plan is just a guideline, amend it to suit your schedule and child's needs.

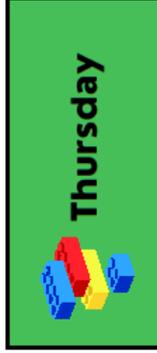


### Wednesday

- Pack recess and a school lunch like you would for school
- Start having recess and lunch at school times
- Check you have all your school supplies ready for next week

#### Caregivers:

- Younger siblings may be disappointed about going back before older siblings, schedule an activity with them and their siblings for when they come home. Make sure not to schedule any fun family activities whilst they are at school where they will miss out.



### Thursday

- Practice social skills: playing and talking like you would with a friend. Ask a sibling or adult to help you practice

#### Caregivers:

- Your child might be anxious about playing with their peers. Role play and helping them practice their play skills is a great way to boost their confidence with this skillset.



### Friday

- Write/draw a list of all your favourite things about school
- Draw a picture of what you are most excited about for term 4
- Know your school morning routine ready for Monday morning

#### Caregivers:

- if you usually walk in to the school with your child, prepare them that this will look different as you will have to say goodbye at the gate. Role play this at home for practice. They may want to take an item from home that is going to help them feel 'brave' i.e. button in their pocket, small soft toy etc.

# TRANSITION BACK TO SCHOOL

## THE NIGHT BEFORE

By Monique Beglinger, School Counsellor



## Sunday

- Pack your school bag
- Have your uniform and school shoes ready
- Go to bed early
- Limit technology use one hour before bed
- Get a good night's sleep
- Set an alarm for when you need to wake up tomorrow morning
- Think about what you are looking forward to about going back to school
- Talk to an adult about any worries you have about going back to school tomorrow

### Caregivers:

- Ask your child how they feel about going back to school tomorrow.
- Make time to explore these feelings and emotion coach them through these ie. "it's ok to feel nervous/worried about going back to school, many children are feeling this way. Explore their emotions. What helps you when you feel worried? (brainstorm coping skills). Let's practice one right now, for eg. "let's take 3 deep breaths". Practice coping skills with them, they learn when they can see it in action, you modelling it for them is helping them to learn this skill.
- Watch: The Invisible String by Patrice Karst <https://www.youtube.com/watch?v=2rZNTff35Aw> or The Kissing Hand by Audrey Penn <https://www.youtube.com/watch?v=dPUW1t9Gu4s>

# TRANSITION BACK TO SCHOOL

## FIRST DAY BACK

By Monique Beglinger, School Counsellor



## Monday

- Start your school morning routine
- Talk to an adult if you feel worried about going to school
- You might like to take a family/pet photo or small item to keep in your pocket to remind you that you are brave
- Focus on what you are looking forward to about being back at school and take some deep breaths
- Talk to a teacher if you are feeling sad/worried at school
- Find a friend when you get to school and tell them why you are happy to see them or tell them about your weekend

### Caregivers:

- Allow more time than usual for your child to get ready
- Keep goodbyes quick: kiss and a hug goodbye
- For anxious students:
- Remind them that they will see you at the end of the day.
- Emotion coaching: I know you feel sad/anxious/nervous, it's ok to feel \_\_\_\_\_. Suggest coping skill.
- Provide a transitional item from home that will help them to feel comforted ie. button in pocket, small soft toy they can hug, photo of family to look at etc.
- Walk your child to a school staff member at the gate who can walk with them in to the school and escort them where they need to go
- Have your child walk in to school with a friend, this may help to distract them and feel socially connected

## TERM 3 ASSEMBLIES

Due to *Gymnastics* being run on Monday mornings in Term 3 our assemblies will be held on Tuesday mornings.



## WHATS HAPPENING AT SCHOOL

Monday 18th October ⇒ *Kindergarten & Year 1 return to face to face teaching*

Wednesday 20th October ⇒ *Kindy Farm visiting Kindergarten*

Monday 25th October ⇒ *Whole school returns to face to face teaching*

## TERM 3 STAR AWARD RECIPIENTS

|           |                   |           |                  |
|-----------|-------------------|-----------|------------------|
| <b>KV</b> | Noah Lima         | <b>KN</b> | Manueli Misiwata |
| <b>1D</b> | Penelope Misiwata | <b>1Z</b> | Luigia Poblete   |
| <b>2L</b> | Diyo Kelei        | <b>2R</b> | Kapish Panchal   |
| <b>3B</b> | Chiagoziem Ogbodo | <b>3M</b> | Charbel Andary   |
| <b>4W</b> | Giorgio Salmas    | <b>4P</b> | Rizul Dabur      |
| <b>5C</b> | Austin Kyle       | <b>5M</b> | Kye Bijoux       |
| <b>6C</b> | Avika Kumar       | <b>6V</b> | Kai Satchell     |



## TERM 3 GOLD AWARD RECIPIENTS

|           |                      |           |                   |
|-----------|----------------------|-----------|-------------------|
| <b>KV</b> | Grace Gautum         | <b>KN</b> | Shreya Gomes      |
| <b>1D</b> | Finnegan Blackwell   | <b>1Z</b> | Amelia El Khatib  |
| <b>2L</b> | Mia Kennedy          | <b>2R</b> | Renee Filoialii   |
| <b>3B</b> | Rochelle Chandrapala | <b>3M</b> | Tanisha Sharma    |
| <b>4W</b> | Felix Jasim          | <b>4P</b> | Janssen Landas    |
| <b>5C</b> | Rohit Duranjan       | <b>5M</b> | Christian Berrier |
| <b>6C</b> | Tristan Pierre       | <b>6V</b> | River Mattys      |



## HAPPY BIRTHDAY

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

*Abriel Anoop, Ilesha Gurusinghe, Baylea Parker,*

*Marvellous Aduloju, Elijah Cahill, Samantha Cazar-Mungcal.*





## Month of the Rosary



Each year in the Catholic Church, the month of October is dedicated to the Rosary. During this month we remember to pray the Rosary, as we continue to learn the importance of prayer to build our relationship with God. Praying a decade of the Rosary with your children is a great way to introduce the Rosary to them. The teachers have put together a video so that we can pray a decade of the Rosary with the students at home too.

Please visit <https://www.youtube.com/watch?v=EbkBik28KLO&t=17s> to view the video.

## Mass Times

During the time of the pandemic, Our Lady of the Rosary Parish is livestreaming masses via their Facebook page at the following times:

Monday - Friday 6:30am  
Saturday 8:00am & 6:00pm  
Sunday 9:00am

Please follow the OLR Parish Facebook page to watch the livestreamed mass.



With thanks and God's Blessing,

**Miss Beckhaus**

## STUDENT PICK-UP SIGNS

As Mrs Regan mentioned we are asking all parents to have a sign for either using the Kiss'n'Drop or collecting their child in person.

If you would like the office to make this sign for you, please click on the link that will be sent out via Skoolbag for you to complete a google form with your details .



Signs will be made and handed to your eldest child on their first day back to face-to-face teaching.

Regards,  
Debbie Smith  
School Administration Officer

## SCHOOL CANTEEN

Attached to this newsletter is the Term 4 School Canteen menu.

Please note that the canteen will not be open until Monday October 25.

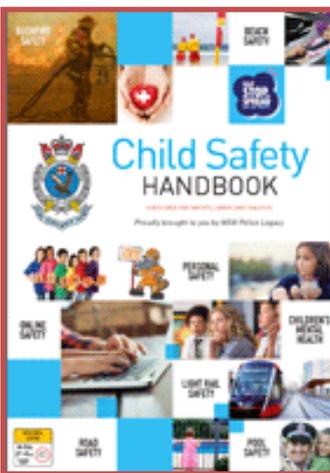
All students onsite will need to bring their lunch & recess with them next week (Oct 18-22)



## CHILD SAFETY HANDBOOK

The "NSW Police Legacy Child Safety Handbook" is a comprehensive resource to assist parents, carers as well as teachers on a range of topics essential to child safety. A much needed and vital guide to assist children, parents and teachers, the *Handbook* covers the entire extent of potential hazards that young children face. The *Handbook* offers advice and facts on everyday activities, cyber safety, bullying, crossing roads etc. to the more unusual incidents such as floods and fires and even goes into details on the effects of smoking, caffeine and drugs.

To download the handbook, please visit <http://nsw.childsafetyhub.com.au/>.



3 days only, 14<sup>th</sup> - 16<sup>th</sup> October, for Zero & Rewards Members || Shop online & instore



MENS | BIG MENS | WORKWEAR | NEW ARRIVALS | SALE

# 3 DAY EVENT 14<sup>TH</sup> - 16<sup>TH</sup> OCTOBER

## ZERO & REWARDS CARD HOLDERS



# 20% OFF\*

## SCHOOLWEAR & EVERYTHING ELSE!

DON'T HAVE A CARD? APPLY IN-STORE OR ONLINE & START ENJOYING THE BENEFITS

\*T&C'S APPLY, SAVINGS OFF ORIGINAL PRICES. INSTORE & ONLINE



SHOP SCHOOLS ONLINE



SHOP SCHOOLWEAR

**LOWES PRACTISES COVID SAFE MEASURES.**

## PAY-AS-YOU-WEAR!

Flatten your expense curve by paying off your LOWES purchases over 12-months with your Zero Card.

**PLUS take an EXTRA 5% OFF your purchases.**



CLICK TO FIND OUT MORE ABOUT LOWES ZERO CARD >

FREE DELIVERY over \$100AUD

# CANTEEN MENU

## Hot Food

|                  |       |        |
|------------------|-------|--------|
| Chicken Nuggets  | 4 for | \$3.20 |
|                  | 6 for | \$4.80 |
| Corn on the Cob  |       | \$1.20 |
| Hot Cheese Roll  |       | \$3.00 |
| Hot Dog w/ Sauce |       | \$3.50 |
| Sausage Roll     |       | \$3.60 |
| Hot Chicken Roll |       | \$4.00 |
| Traveller Pie    |       | \$4.20 |

## Burgers

|                          |        |
|--------------------------|--------|
| Chicken Burger           | \$4.60 |
| Lettuce & Mayo           |        |
| Veggie Burger            | \$4.80 |
| Lettuce & Mayo           |        |
| Cheese Burger            | \$5.00 |
| Meat, Cheese & BBQ Sauce |        |

## Pasta & Rice

|                   |        |
|-------------------|--------|
| Macaroni & Cheese | \$4.60 |
| Beef Lasagne      | \$4.60 |
| Vegetable Lasagne | \$4.60 |

## Hot Wraps

|                                  |        |
|----------------------------------|--------|
| Chicken Tender w/ Lettuce & Mayo | \$5.00 |
| Toasted Ham/Cheese               | \$5.00 |
| Chicken Caesar                   | \$5.00 |

Bento Box \$5.00

Chicken Breast Slice,  
1/2 Sandwich, Mini Muffins,  
Sliced Fruit, Popcorn

## Sandwiches, Rolls & Wraps

All sandwiches made on wholemeal bread

|   |        |
|---|--------|
| Upgrade to Roll or Wrap                         | \$0.50 |
| Vegemite or Jam                                 | \$2.00 |
| Tomato or Cheese                                | \$2.50 |
| Tuna or Egg                                     | \$3.20 |
| Ham, Chicken or Salmon                          | \$3.60 |
| Salad Sandwich                                  | \$3.50 |
| Lettuce, Tomato, Cucumber,<br>Beetroot & Carrot |        |
| Salad w/ Cheese                                 | \$4.00 |
| Salad w/ Tuna or Ham                            | \$4.20 |
| Salad w/ Chicken or Salmon                      | \$4.50 |
| Extras (including Toasting)                     | \$0.60 |
| Cheese, Avocado, Sprouts                        |        |

## Salads

|   |        |
|---|--------|
| Garden Salad                                    | \$4.20 |
| Lettuce, Tomato, Cucumber,<br>Beetroot & Carrot |        |
| w/ Ham or Tuna                                  | \$4.80 |
| w/ Salmon or Chicken                            | \$5.00 |
| Extras  | \$0.60 |
| Cheese, Avocado, Sprouts,<br>Egg or Capsicum    |        |

## Drinks

|                                   |        |
|-----------------------------------|--------|
| Bottled Water 600ml               | \$2.00 |
| Plain Milk 300ml                  | \$2.00 |
| Juice Popper                      | \$2.20 |
| Flavoured Milk 300ml (3 Flavours) | \$2.50 |
| Juice Bomb Sparkling Juice        | \$2.60 |
| Up 'n' Go                         | \$2.70 |

Gluten Free and Halal menus are available  
online (see details below)

## Cold Treats

|                         |        |
|-------------------------|--------|
| Frozen Lite Cordial Cup | \$0.50 |
| Quelch Fruit Stick      | \$1.00 |
| Frozen Juice Cup        | \$1.30 |
| Snap Stix Ice Block     | \$1.30 |
| Icy Mony                | \$1.30 |
| Moose Pouch             | \$1.30 |
| Juicee Tube             | \$1.50 |

All cold treats are to be collected from  
the canteen by returning brown lunch bag

## Snacks

|                     |                              |
|---------------------|------------------------------|
| Laughing Cow Cheese | \$1.00                       |
| Carrot Sticks       | \$1.00                       |
| Piece of Fruit      | \$1.20                       |
| Boiled Egg          | \$1.00                       |
| Popcorn             | \$1.50                       |
| Fruit Salad         | Small \$2.50<br>Large \$4.00 |
| Banana Bread Slice  | \$2.50                       |
| Red Rock Crisps     | \$1.60                       |
| Grainwaves          | \$1.60                       |

Classroom Catering is fully compliant  
with the NSW Healthy School  
Canteen food & drink benchmarks



Classroom Catering supports a  
focus on everyday healthy  
food & drink options

Lunch order cut off is 9am  
For a more detailed menu and to order  
online, please visit [spriggyschools.com.au](http://spriggyschools.com.au)

