

Good afternoon families

Lockdown and Remote Learning

Wow! That happened quickly didn't it! We thank you all so much for the way you have been able to adjust so quickly. We know it is difficult to switch to learning from home (especially for those also working!) and appreciate all the effort you have gone to ensuring your children are doing as much as they can. We await the Premiers announcement tomorrow and will be in touch with everyone as soon we know more.

During Remote Learning time it is very important that families respond to the morning emails from classroom teachers. This is how we mark the roll. If you can't access your email - please call the office each morning so your child is not marked absent.

Jets Gym

Hopefully starting this week - The students from Prep to Yr 4 will be participating in the Jets Gym program on Fridays for the next 4 weeks:

Foundation: Bus pick up 11:10 return to school 12:40

Grade 1-2: Bus pick up 12:00 return to school 1:30

Grade 3-4: Bus Pick up 12:50 return to school 2:20

School Photos & Dental Van Rescheduling

We are hoping these events can also take place next week:

The School Photos have been rescheduled for Tuesday 27th of July.

The Dental Van will now visit during Week 3 of Term 3 - starting Monday the 26th of July. Please make sure you have your permission forms filled in and returned to the school. Don't miss this amazing opportunity for free dental check ups and dental work!



Learning conversations

The Learning Conversations will take place over two nights - Thursday the 29th of July and Tuesday the 3rd of August. Please make a time to see your child's teacher by using the SiMON Everywhere App, seeing the class teacher, or calling the office.

Yr 6 Passions and Pathways

Our Yr 6 students have the amazing opportunity to participate in the Passions and Pathways program starting this week - if we are not interrupted further by Covid. We wish them all the best for the program and hope that they enjoy the amazing learning opportunities the program provides. We look forward to hearing all about it in the coming weeks.



Passions & Pathways
Primary Schools & Workplaces in Partnership

Child Mental Health

We have been having many conversations with parents and teachers about the mental health of young people - especially at this time of uncertainty brought about by Covid. If you have any concerns about the mental wellbeing of the young people in your family there are several things you can do - before it gets too serious. Firstly, you can call Kristy here at St Peter's and have a chat with her about your concerns. You can also get a Mental Health Plan from your GP to access psychological assistance, from the age of 12 you can also access Headspace and of course, if you are extremely worried by a behaviour or event you can present your child at the Emergency department of Bendigo Health. Please discuss any concerns with your child's teacher or one of the Co-Principals.

A moment in Prayer

Loving God,
Please bless all members of our community as we work through another lockdown.
Bless all those who are ill at this time.
Help us all to be kind and patient with each other and in our community at this time.

Hail Mary
Full of Grace
The Lord is with You
Blessed are you amongst women
And blessed is the fruit of your womb, Jesus
Holy Mary
Mother of God
Pray for us sinner now,
And at the hour of our death.
Amen

Stay safe, Jen & Mick

AWARDS

Term 3, Week 1

Balam Balam

Mur Murra

Duan

Mummumburra

Barrangal

Yulawil

Wirrap

Guwak

Njana Nganity

Music

Kacee Borserio

Liberty Taw

Kaylee Hanks

George Trimble

Peter Bosco & Kaylan Pickett

Emily Wybar

Oscar Mathers-Jones

Sam GK & Imogen-Rose Trimble

Tyson Wiles & Bob Hopley

Co-Principals Award

Tiah-Lani shows all 4 School Values every day especially - Care for Self by attending school every day and always working hard and Care for Others by being friendly towards everyone. What a great role model. Congratulations and thanks Tiah-Lani.



INDIVIDUAL & FAMILY PHOTOS CAN BE ORDERED WITH THE SAME ACCESS KEY



LEADING
IMAGE School Photos

IF YOU DO NOT ORDER BEFORE THIS TIME YOU WILL NOT BE ABLE TO HAVE A FAMILY PHOTO TAKEN.

A student who reads	A student who reads	A student who reads
20:00	5:00	1:00
minutes per day	minutes per day	minute per day
will be exposed to 1.8 MILLION words per year and scores in 90th PERCENTILE on standardized tests	will be exposed to 282,000 words per year and scores in 50th PERCENTILE on standardized tests	will be exposed to 8,000 words per year and scores in 10th PERCENTILE on standardized tests

headspace National Youth Mental Health Foundation is funded by the Australian Government Department of Health



A Guide To Self-Care and Wellbeing During Times of Uncertainty.

In times of uncertainty, it is normal and natural for children and adults to respond in unique ways. It can be helpful to focus on the aspects of our lives that we can control like caring for our physical health, safety and emotional wellbeing.

“The only thing in life that is permanent is change.
Change is the one constant in life”

(Fallin, 2013)



Steps for Self-care

There are things you can do to support yourself, your friends and your family:

- **Listen** - to your needs and your own advice
- **Offer kindness** - for yourself and others
- **Stay connected** - with others by phone and online
- **Keep informed** - just enough information from reliable sources
- **Maintain a healthy routine** - diet, activity and sleep
- **Focus on the things you can control** - versus the things you can't
- **Reflect on past success** - recall a stressful time and reflect on the things that helped
- **Learn a new skill** and make plans for the future
- **Help others** - if and when you can
- **Seek support** - It's okay to ask for help and advice
- **Build hope** - Focus on 3 things you are grateful for.



You can't pour from an empty cup.

Look after yourself so you are better able to help the children and young people in your care.



Ideas to Help the Children and Young People in times of Uncertainty ...

In times of uncertainty and change, it is normal and natural for children and young people to respond in different ways. Adults can play a vital role in supporting children and young people through the experience.

How may Children and Young People Respond?

- Worried, clingy and uncooperative
- Sad and angry one minute, okay the next
- Frightening thoughts and nightmares
- Regression to earlier behaviours
- Stomach aches and headaches



Adolescents may react in similar, but different ways:

- Mood changes
- Tired and distracted
- Retreating from social networks
- Sleep problems and headaches



Helpful Hint – children and young people respond in unique ways and it is helpful to recognise if your child or young person is behaving differently.

Help Your Child or Young Person

- Offer your attention, patience and love
- Calmly listen to your child's story and encourage your child to ask questions
- Acknowledge and affirm your child's feelings and help your child to identify helpful ways to manage the feelings
- Encourage your child to ask for help from trusted adults
- Involve your child in decisions that affect them
- Respond to your child's questions with clear and factual age appropriate information
- Model positive ways to cope and prioritise quality time together

Other Ways to Help

- **Maintain daily routines** as much as possible
- **Stay social** – create ways to connect with special people and loved ones
- **Get active** – go for a walk, listen to music, sing, play with a pet
- **Be curious** – learn a new skill or research an interesting topic together
- **Help others** – encourages social connections and an "I Can" attitude
- **Plan fun activities** to look forward to

Find helpful resources, updates and training dates at **goodgrief.org.au**



"I think the most significant learning for children in the group was knowing they are not alone and not the only ones that experience change, loss & grief"

Companion, Seasons for Growth Program, 2019