

## Good afternoon families

### Lockdown and Remote Learning

Thank you to all the families who have collected packs this week. We are hoping, and praying, that we will all be back to school on Wednesday. Please be aware that some rules do not change for schools immediately when lockdown is finished. Schools have specific restrictions beyond the general public - so for example there are rules about when visitors can return, when excursions can occur and when parents are allowed back into the school. We will let you know as soon as we have further information.

### Jets Gym

Even if we are out of lockdown on Wednesday - we will have to see if we are allowed to have excursions once the new rules come out - but hopefully we will be able to start this week. The students from Prep to Yr 4 will be participating in the Jetts Gym program on Fridays for the next few 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

The School Photos have been rescheduled once again to **Thursday the 5th of August** - if allowed. We do not have new dates for the Dental Van yet. We will let you know as soon as we have new dates.



### Learning conversations

**\*\* The Learning Conversations will take place over the Phone. Teachers will call at the time you had your appointment booked in. Please answer if it is either a Private Number or the School Number.**

These calls will be made over two nights - Thursday the 29th of July and Tuesday the 3rd of August. Please make a time to get a call from your child's teacher by using the SIMON Everywhere App, seeing the class teacher, or calling the office.

### Yr 6 Passions and Pathways

It is with much regret that we announce that the Passions and Pathways program has been cancelled for this year due to the interruptions and uncertainty caused by the Covid lockdowns. The teachers had put in so many hours of work organising and preparing, they are very sad that the program can not go ahead. All the Yr 5/6 students will now all participate in a Cafe program together.

### 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 contact Kristy here at St Peter's and have a chat with her about your concerns either by email [wellbeing@spbendigo.catholic.edu.au](mailto:wellbeing@spbendigo.catholic.edu.au) or call the school and ask for her. 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

Jesus our Friend,  
Help us to see you in those around us,  
Help us to be kind,  
Help us to be friendly,  
Help us to love you more each day.

## God bless, Jen & Mick

## AWARDS

to everyone!  
Students, Parents/Carers  
and Teachers for their great  
efforts during remote learning!  
Well done everyone!



## Harmony Bailey & Dave Nacva

Who celebrated their birthdays during remote learning.



## 17th Sunday in Ordinary Time

### Something to Think About

Who has fed me throughout my life? My body needs food and my spirit needs food too. How do I provide for my spirit's hunger?



## The Story

Jesus withdraws to the mountain by himself - John's way of telling us that he was going to pray. Stay with him as he prays, noticing his choice not to be king of the people, but to be alone with God; see how he chooses relationship over influence, how he puts his identity before his popularity.

## The Scriptures

### A Reading from the Holy Gospel according to John 6:1-15

After this Jesus went to the other side of the Sea of Galilee, also called the Sea of Tiberias. A large crowd kept following him, because they saw the signs that he was doing for the sick. Jesus went up the mountain and sat down there with his disciples. Now the Passover, the festival of the Jews, was near. When he looked up and saw a large crowd coming towards him, Jesus said to Philip, 'Where are we to buy bread for these people to eat?' He said this to test him, for he himself knew what he was going to do. Philip answered him, 'Six months' wages would not buy enough bread for each of them to get a little.' One of his disciples, Andrew, Simon Peter's brother, said to him, 'There is a boy here who has five barley loaves and two fish. But what are they

among so many people?' Jesus said, 'Make the people sit down.' Now there was a great deal of grass in the place; so they sat down, about five thousand in all. Then Jesus took the loaves, and when he had given thanks, he distributed them to those who were seated; so also the fish, as much as they wanted. When they were satisfied, he told his disciples, 'Gather up the fragments left over, so that nothing may be lost.' So they gathered them up, and from the fragments of the five barley loaves, left by those who had eaten, they filled twelve baskets. When the people saw the sign that he had done, they began to say, 'This is indeed the prophet who is to come into the world.'

When Jesus realized that they were about to come and take him by force to make him king, he withdrew again to the mountain by himself.



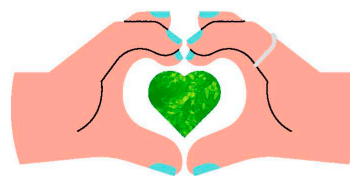
### PRAYER FOR UNCERTAIN TIMES

Lord Jesus Christ, light of this world, thank you for the hope you have given us. Help us to give our worries to you and, above all, to trust in your unfailing love. For you have promised us "Never will I leave you, never will I forsake you."

Almighty God, our protector, let us trust in you to carry us through this time of uncertainty.

Jesus, hear our cries as we mourn those who've left us. Whatever tomorrow may bring, we will praise your name.

Amen.



 **headspace**  
National Youth Mental Health Foundation

### Lockdown is hard.

We are all experiencing up and downs with our mental health, but if you are struggling, **don't wait to get help.**

headspace centres in Victoria are still open and able to offer appointments to young people via phone and online services.

**headspace.org.au**

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

# St. Peter's Primary School Ecological STEWARDSHIP PROJECT



Mrs. Lauren White - Eco-Stewardship Coordinator



"Each year sees the disappearance of thousands of plant and animal species, which we will never know, which our children will never see, because they have been lost forever. The great majority become extinct for reasons related to human activity. Because of us, thousands of species will no longer give glory to God by their very existence, nor convey their message to us. We have no such right."

[Pope Francis, Laudato Si', n.33]

## What is it?

In 2021, Schools Tree Day is Friday 30th July and National Tree Day is Sunday 1st August.

It is a day where people get together to plant much needed trees, shrubs and grasses.

Unfortunately, due to the COVID-19 outbreaks, some of the planned events for planting sessions may not be able to go ahead however it is still important to raise awareness and acknowledge this important environmental day.

## Why is it important?

Planting indigenous or native plants is very important to help provide food and habitat for native animals. This helps other environmental issues such as climate change, soils, loss of species and biodiversity.

Trees are important because they are used to make furniture, housing frames, paper etc. They are significant to First Australian peoples who use the bark to make canoes and water/food carrying vessels and particular plant species also have medicinal, food and fibre uses. Trees also help clean our air by absorbing the carbon and older trees store more carbon than younger trees.

## What happens if we destroy trees?

When bushfires or deliberate clearing destroys trees, it releases carbon back into the air making climate change worse. Soils and animals that live in the soil can also be left exposed and dry out. Animals from minibeasts to koalas can use the crevices, leaves, branches and hollows of trees for both food and shelter. So if trees are destroyed, then so too are their food and shelter supplies, drastically reducing their chances of survival.



## What can we do?

You can help make a difference by getting involved in Tree Planting Day activities, planting trees/shrubs/grasses or helping to raise awareness of these important issues. Taking care of trees around your home and neighbourhood will also help.

RESOURCE: [www.catholicearthcare.org.au](http://www.catholicearthcare.org.au)

## DID YOU KNOW?:

More than half of the world's timber and 72% of paper is consumed by 22% of the world's population! 1.6 billion people rely on forests for their livelihoods.

SOURCE: <https://onetreepanted.org/pages/tree-facts>

# NATIVE TREE WORDSEARCH



A	T	R	S	E	E	F	H	R	A	B	S	D	D	P	A	P	E
M	U	G	T	S	O	H	G	G	U	S	T	O	S	H	R	B	R
P	A	P	E	R	B	A	R	K	H	S	O	B	E	S	I	N	B
A	B	E	R	R	Y	S	Y	E	T	W	B	U	T	A	V	S	U
R	E	O	R	E	B	S	O	E	G	L	O	O	D	N	E	R	R
A	L	L	A	P	A	A	R	O	B	U	R	R	A	I	R	S	R
I	T	T	E	B	K	J	D	E	T	A	I	N	A	A	R	R	A
S	A	W	E	S	A	E	A	J	R	A	P	N	A	T	E	T	W
K	T	O	B	A	R	K	E	R	O	R	R	I	S	N	D	I	A
N	R	L	T	E	A	A	K	O	R	S	E	L	H	U	G	N	N
A	E	L	C	Y	P	R	E	S	S	A	S	N	K	O	U	G	G
B	E	E	C	H	L	R	G	I	N	I	H	E	R	M	M	S	K
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A	R	I	K	M	T	E	B	L	A	C	K	B	U	T	T	M	R
R	E	P	C	U	A	M	O	U	N	T	A	S	H	R	K	L	R
H	T	I	A	B	S	L	K	N	K	U	R	R	A	J	O	N	G
E	R	N	L	U	D	A	F	R	A	R	R	A	D	F	E	R	M
A	E	E	B	N	K	R	A	B	Y	G	N	I	R	T	S	A	U



Look for these Australian native trees in the wordsearch - have you heard of all of them?

cypress	jarrah	wollemi pine	burrwang
ghost gum	karri	dogwood	kurrjong
river red gum	banksia	boab	paperbark
blackbutt	flame	mountain ash	sheoak



# Supporting Children's Social and Emotional Wellbeing

COVID-19 continues to shape who we can see and what we can do - at home, school, work and play. No-one really knows yet what the long-term impact, if any, will be on children. What is known though, is that a caring, consistent and open parent or carer, who is coping as positively as they can, is likely important. The evidence shows that this relationship helps support children's resilience and wellbeing when they adapt to big changes, whatever they are.

However, snap lockdowns can put pressure on these relationships when stuck at home together on short notice. Here are some tips ...

## Listen and Involve

Check in regularly with each child. Listen carefully: their concerns might be different to what you expect. Calmly acknowledge and validate their feelings. Then problem solve together as best you can, such as around different ways to stay connected to friends or ideas for a virtual birthday party. Working together supports wellbeing and models positive coping, creative problem-solving and shared decision-making. These are important resilience skills.

## Get Outside, Get Active

Exercise reduces stress and boosts mental health. Get everyone active outside as much as the regulations will allow and, where possible, spend time in parks or nature.

## Make Memories

Ongoing lockdowns and restrictions can be frustrating and tiring but they won't last forever. Try to keep using these times to try out new things you may not usually do together, such as, games nights or virtual meals with grandparents or friends.

## Be Present

Put down your phone, turn off the TV. Put thoughts of the crisis aside. To have quality time together, really be there.

## Do Things Together ... and Apart

Make sure there are times every day when you are each doing your own thing. Try the handy Octopus Tool. It can help kids learn to manage boredom positively and independently.

**Keep in mind:** Home is not a safe place for all children or for some adult/s who care for them. Where this is the case, many of the suggestions above won't likely make it safer. Please seek support from organisations set up to assist families where safety is a concern due to 'stay at home' requirements with ongoing lockdowns.





# Managing Big Feelings

Worried? Upset? Bored? Frustrated? It's normal. Feelings like these are important. They let us know when something doesn't feel right and can help remind us to do important things, like wash our hands or call Grandma to cheer her up. Sometimes though, feelings take over our behaviour. Other times, we can get stuck in our thoughts and feelings and it stops us having fun or making the best of the situation. This handy Octopus Tool provides some steps for managing feelings in a positive way. It can be helpful for parents, carers and kids stuck at home. And, for learning emotional literacy.



## Handy Octopus Tool

1. Draw an octopus shape and choose an emotion that's bothering you.
2. Think of 8 things you like to do and that you can do by yourself. The more unusual and creative the better! Draw or write them on the tentacles.
3. Stick your octopus somewhere you can find it easily.
4. Now the tricky part ... notice when you are feeling the emotion. Don't try to stop or ignore it, just spot it. Then choose one or more of the activities from your octopus instead.
5. Make a new octopus as often as you want. Try different designs if you prefer - spider, jellyfish, flower, stack of cards ...



### Top Tip:

It's not always easy to know how you feel, but often your body or behaviour is showing you. For example, if you are whining, feeling grumpy, looking for a snack or bugging others you might be feeling bored. That is a good time to look for your octopus.



### Keep Talking and Listening

Check in regularly with how each other is feeling about the situation. If you are concerned that you really aren't coping it is important to seek professional advice (many services are available on-line or by phone).



### Top Tip for Parent/Carers:

Make sure you lay out the resources so children can find these themselves when they need to.





after the  
**BELL**  
GROWING CURIOUS MINDS

# St Peter's OSHC Newsletter

## EXCITING PROGRAM AHEAD TERM 3 - WEEK 4

Monday- Let's get creative and design a treasure chest

Tuesday- Can you walk the plank

Wednesday- Pirate hat and sword making

Thursday- Come and design a pirate mask or a fairy jar

Friday- Join in the fun of wand making or Captain Hooks - Hook.



### COOKING CLUB:

Apple Pancakes

### JUNIOR LEADER

Seth is this weeks Junior Leader  
He has worked hard with his drawings and the drawing app and has created some amazing pieces of work.  
Well Done!

### JOKE OF THE WEEK

Q: WHY DID THE ZOO STOP THE TESTS

A: THERE WERE TOO MANY CHEETAHS

### JOIN THE FUN OF OSHC

Registration is FREE all you need to do is  
visit our website at

[www.afterthebell.com.au](http://www.afterthebell.com.au)

and complete the online Registration Form.

Please feel free to contact our head office  
as we are happy to help you out with the  
process.

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### HIGHLIGHTS

