



# NEWSLETTER

## ST MONICA'S PRIMARY SCHOOL

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PRINCIPAL:

MRS MELISSA BEGGS

(ACTING) ASSISTANT PRINCIPAL:

MRS ANNEMARIE BOND

PARISH ADMINISTRATOR:

FR GAYAN THAMAL

Week 6 Term 3

Tuesday August 17, 2021

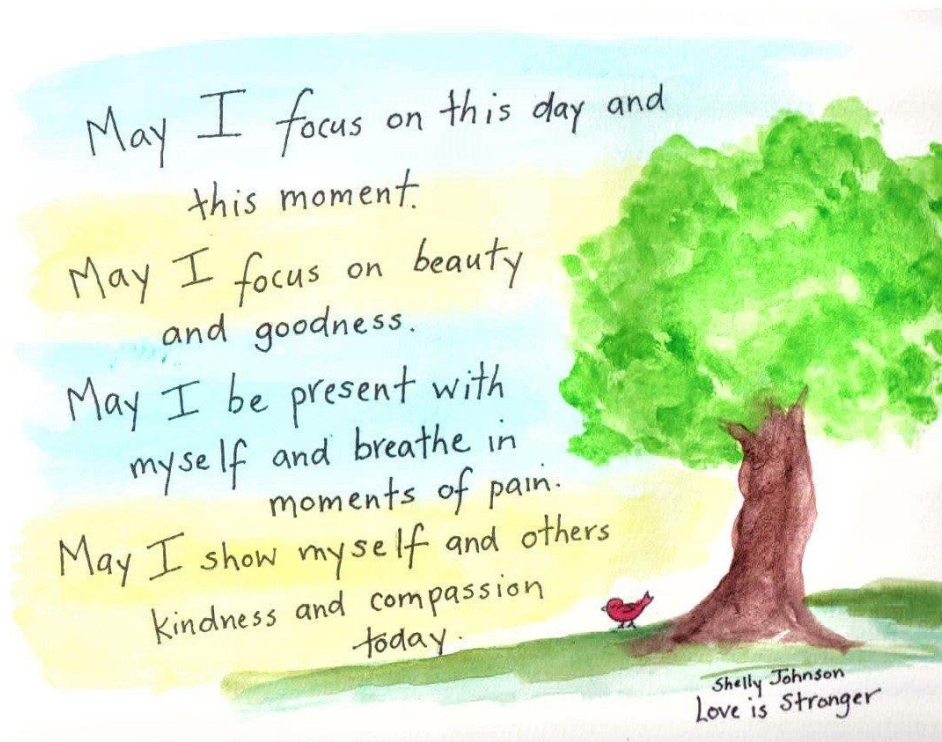
Dear Parents and Carers,

Welcome to Week 6, Term 3 where we continue to be challenged by the events surrounding us as a community.

While the news lately has not given us much to be joyful about, it is our resilience and ability to find the good in our situations however small that will assist us.

Yesterday we sent out some information regarding Wellbeing and how we can best look after ourselves and our families during times such as these and indeed every day. This was compiled by our School counsellor Jordan Gorham and is in our newsletter today in case you missed it on Skoolbag.

I also came across this reflection this week and thought it was worth sharing.



Next week we celebrate Book Week. It will of course be different as we are not at school however the school has been able to organise a show based upon several of the CBCA award winning books for 2021 and it will be livestreamed Tuesday 24th August at 10:15am - so save the date and time! Details on how to log in will be sent through your child's See-saw or Google classroom platforms.

The show is called Bigger, Better, Brighter. We hope everyone is able to tune in and be a part of the show!

Take care and stay safe

Melissa Beggs

Principal

*"There is no better way to pray than to place oneself like Mary in an attitude of openness, with a heart open to God: 'Lord, what you want, when you want, and how you want'."*

*Pope Francis*



*A Thank You to all  
Parents and Carers  
who became Teachers  
in the time of COVID from our children*



On behalf of all of us, we wanted to say a big thank you for all that you have done and are doing for us during the COVID-19 emergency.

- Thank you for taking on yet another role in your life at very short notice.
- Thank you for installing a school in your home.
- Thank you for persisting with online classroom applications and programs.
- Thank you for listening and being encouraging when school work felt too hard.
- Thank you for offering to find out the answers together.
- Thank you for sharing motivation when the days felt so long.
- Thank you for balancing this on top of so much that has changed for you.
- Thank you for the hot meals and the full fridge at lunch time.
- Thank you for bringing some fun to home-school.
- Thank you for reading books together and sharing ideas about them.
- Thank you for the late nights that you are working to fit everything in.
- Thank you for continuing to try.
- Thank you for turning up every day.
- Thank you for not giving up.
- Thank you for being a teacher to us not just now, but throughout our lives.

Years from now, we probably won't remember much of what you said or tried to teach us. But we will remember that you were there, beside us, day after day. We will remember how you looked after us. We will remember the laughs we shared. We will remember that it was so different to what normal school was like. We will remember how much you tried. Most of all, we will remember how much you loved us and cared about our education.







Happy Birthday to the children who will be celebrating over the next 2 weeks .....	
<i>Maddison F – S1B</i>	<i>Marcus G – S3B</i>
<i>Indiana S – S2B</i>	<i>Harrison T – KW</i>
<i>Bastion C – S2B</i>	<i>Marcus B – S3W</i>
<i>William B – S1G</i>	<i>Charlotte H-H - S3W</i>
<i>Addison O – KB</i>	<i>Alexander P – S2W</i>

## ATTENDANCE

Is your child unwell?

If you are learning from home and your child is too sick to participate in online learning please follow normal absence reporting procedures by sending in a skoolbag alert or email to [stmonric@parra.catholic.edu.au](mailto:stmonric@parra.catholic.edu.au). This will allow the office staff to amend their attendance and notify their teachers they are unwell. If your child has been attending school for supervision please follow the above guidelines for a child that is sick. A reminder that if your child is ill with any COVID 19 symptoms they are not to attend school, so as to keep our school community safe. Thank you for your understanding.



## NATIONAL SCIENCE WEEK



This week we are celebrating National Science Week.

Each stage has some extra science activities to explore but you might like to explore some interesting science facts this week as a family through the Sydney Science Trail. Take a look and have some fun while learning. The link is below  
<https://www.sydneysciencetrail.net.au/>  
 You can follow the trail up until the 13th September.

## ENROLMENT APPLICATIONS

St Monica's Primary School are accepting enrolments. Due to the Covid -19 pandemic we are currently accepting enrolments online. Please contact the office or email [akernahan@parra.catholic.edu.au](mailto:akernahan@parra.catholic.edu.au) for any further information.



# 2021 NSW PREMIER'S READING CHALLENGE

Premier's Reading Challenge  
Hello readers!

**The Premier's Reading Challenge final date for 2021  
has been extended to Friday September 3rd!**



This is great news for all our readers!

Don't forget you can access books through the Storybox library and choose books online. Ask your teachers for the username and password if you can't remember it!

Hawkesbury library also has online access for books so jump online and see if you can find some books to keep reading.  
The link is here [Hawkesbury Library E-Reading](#)

Of course, you can always access books through our own online library through our school website. Go to the heading Learning and then to school library.

You can include up to 10 Choice Books on your reading records and include books you read collaboratively as a class, in person or online with your teachers or at home with your parents or carers.

Let's see how many students at St Monica's can complete the challenge!  
We have 48 finished already! How about you are you nearly finished the challenge?  
Keep reading everyone.

Mrs Melissa Beggs  
Enthusiastic Reader!

*St Matthew's Primary School Windsor invites you to join our Book Week@Home*

## BOOK PARADE

CBCA BOOK WEEK

Book lovers everywhere, you are invited to 'dress up' part of your home so that letterboxes, windows and front yards come alive with settings, characters and scenes from your favourite stories.

Make your daily exercise a trip to 'old worlds, new words and other worlds' as you spot book inspired displays around your local area.

When you see a display you like, pop a note in the creators letterbox. Tell them why you liked their display, or give a simple note of congratulations!

OLD WORLDS, NEW WORLDS,  
OTHER WORLDS

21-27 AUGUST 2021

#CBCA2021



## BOOK WEEK

*Book Week is coming and we are excited to take part in St Matthew's Book Parade!*

*The theme for Book Week this year is "Old Worlds, New Worlds and Other Worlds"*

*Cmon St Monica's lets bring Book Week to Richmond and decorate your letterbox, window or front yard in the theme.*



#HAWKESBURYPARADE

#BOOKWEEKATHOME

## SCHOOL DEVICES

A reminder that school devices (Chromebook) are available from us during this time of remote learning. If you feel that you need a device or an extra device with many children at home, please contact the office on 4570 3700 to organise a time to pick one up.



Busways school bus services in Western Sydney have resumed normal operations.

While this is welcomed news for schools and parents, we would like to reiterate that **public transport should only be used by students of essential working parents** in line with current COVID-19 advice. There are currently no physical distancing restrictions on dedicated school bus services, however children over 12 years old are required to wear a face mask on public transport.

No student will be turned away from public transport under any circumstance. We encourage parents to only send their child on the bus if it is absolutely essential.

If you need further advice or would like to seek clarification, please visit the [Transport for NSW website](#).

SCHOLASTIC  **Book Club**



**Issue 6 is now available until 02/09/21. To view the online brochure please click here:**

[Book Club Issue 6](#)

## HEALTHY LOCKDOWN COOKING

Having more time at home is a perfect reason to get cooking in the kitchen. Our top 3 recipes to cook in lockdown use simple ingredients, are easy to make and are packed full of nutrition.



1. [Banana bread](#) – get on that lockdown trend and try our banana bread recipe
2. [Mediterranean scrolls](#) – delicious for lunch or an afternoon snack
3. [Shepherd's pie](#) – tasty and protein-packed meal with 4 serves of vegies per portion!





# POSITIVE WELLBEING

## WELLBEING

### SLEEP

Getting enough sleep is important. You should be getting between 8-10 hours of sleep per night. If you don't get enough sleep your body won't have a chance to recover and our brain will not work as well the next day.

- Turn all electronic devices off 2 hours before bed.
- Do some colouring, puzzles, reading or listening to music to wind down before bed.
- Have a warm shower.



### 2. EATING

Eating regularly is very important to make sure that your body has enough energy to keep you focused.

- Have breakfast and dinner each day with your family.
- Make sure you stop for recess and lunch.
- Tip- pack your lunch in your lunch box like you would if you were going to school.



### 3. ROUTINE

Routine is important to make sure that we have structure and consistency. It helps us be organised.

- Try and maintain the same routine each day.
- Take regular breaks.
- Schedule in time for exercise and time to be with friends and family.
- Schedule in time for your self care.



### 4. TECH TIME

Technology is great, it allows us to study, work and connect with others remotely, BUT technology also needs to be put away each day to give us time to spend time with our family, exercise and unwind.

- Have some tech-free zones in the house (e.g. dinner table).
- Have some tech-free times each day (e.g. before 9am and after 7pm).
- Leave the tech on charge out of our rooms each night.
- Make sure that we are looking at appropriate sites and only talking to people we know. If we are not sure always ask an adult.



### 5. SOCIAL TIME

We need to stay connected with our loved ones.

- Facetime/Zoom/Messenger is great to see our friends and family.
- Have regular times to call our friends and family.
- Use email/Zoom/phone calls to stay connected with our teachers and school.
- Organise group chats to exercise together (e.g. yoga).



### 6. HAVE A DESIGNATED WORK SPACE

This space is somewhere that allows us to focus, get help when we need and is ONLY for school work. We want our brain to associate school work with this place. For example your bed or lounge needs to be a relaxing, calm space and not a place we associate with work, so we should not study there.



### 7. HELP SOMEONE ELSE

Take the time to offer to help someone else.

This might be:

- Checking in on a friend.
- Offer to help your parents unpack the dishwasher.



The wellbeing of children and young people in Catholic Education Diocese of Parramatta schools is of paramount importance. A sense of well-being and connectedness in schools promotes optimal development of the person and contributes to academic success. Access to counselling services can be made by contacting your child's classroom teacher who will then put forward a referral.

Our school counsellor is at St Monica's every Tuesday and Wednesday during the term, and this continues during Remote Learning.

# SELF CARE

## WHAT IS WELLBEING?

Wellbeing is a complex combination of all that encompasses our overall health and sense of self. This means that wellbeing relates to our mental health, social engagement, physical health and personal satisfaction.

During a lockdown such as the one we are currently experiencing, wellbeing can sometimes be forgotten. The focus can be placed on education, employment and the pandemic, whilst forgetting about what keeps us going. Just like a car, that can not run without fuel, we can not continue with our learning/work/family unless we focus on our fuel- WELLBEING.

Education, employment and meeting the demands of our home and families is so important. Focusing on wellbeing

does not mean that it is at the expense of any one of these things. It is about finding a workable work/life balance for ourselves and our kids.

When our work/life balance of off we can feel anxious, low in our mood, have difficulty sleeping and maintaining an appetite and not motivated to keep up with our work or our learning. So how can we help ourselves and our kids?

## SELF CARE

Self care is the deliberate act that we undertake to look after ourselves and refuel of wellbeing. HERE ARE SOME IDEAS for the kids.....

The banner features the Hawkesbury City Council logo on the left, followed by the 'LMG' logo where 'L' is green, 'M' is yellow, and 'G' is red, with 'LIBRARY', 'MUSEUM', and 'GALLERY' written vertically. To the right, the text 'WHAT'S ON' is in large white letters, with '16 - 31 August 2021' below it. A green bar at the bottom contains the word 'LIBRARY' in white. Below this bar, contact information is provided: a globe icon for the website 'hawkesbury.nsw.gov.au/library', an envelope icon for email 'library@hawkesbury.nsw.gov.au', a book icon for 'aurora.hawkesbury.nsw.gov.au/library', a Facebook icon for 'facebook.com/HawkesburyLibrary', an Instagram icon for 'instagram.com/hawkesburylibrary', and a ticket icon for 'hawkesburylibrary.eventbrite.com'.

## WHAT'S ON - ONLINE

Although we are currently closed Hawkesbury Library, Museum & Gallery continue to have a range of online programs and resources available.

We are always planning new and exciting things and will release new What's On documents regularly to keep you up to date.

Check out the latest issue of LMG What's On (16 - 31 August) by clicking the link below.

[https://www.hawkesbury.nsw.gov.au/\\_data/assets/pdf\\_file/0010/188722/Whats-on-Aug-16-31.pdf](https://www.hawkesbury.nsw.gov.au/_data/assets/pdf_file/0010/188722/Whats-on-Aug-16-31.pdf)