



St Oliver's Primary School

# Newsletter

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*At St Oliver's we are called to unite in service by living out our Mercy Values and striving to be quality learners who contribute positively to our community.*

Term 3 Week 3

<http://www.stoliversharrispark.catholic.edu.au/home>

29 July 2021

## DATES TO REMEMBER

MULTICULTURAL  
WEEK ACTIVITIES  
29th July-6th Aug

### AUGUST

6th: Multicultural  
Day Activities

18th: Book Week  
Incursion  
postponed

25th: Book Week  
Parade  
postponed



## RELIGIOUS EDUCATION NEWS

### Gospel

*Jesus feeds five thousand.* [Jn 6:1-15](#)

Sunday's Gospel is profound. In the literal sense it is a statement for all of us to show the corporal acts of mercy and almsgiving, 'some of us are full while others are empty'.

It is also a learning moment for us to break through our social emptiness and isolation and reach out to one another.

This week we encourage you to reach out to a friend, whether it be a phone call or a letter. Our well being and nourishment of one's sense of belonging is ever so important during the times that we live in and Jesus' caring for the five thousand demonstrated the **breaking** through.....

*Some scripture scholars suggest that the real miracle of the feeding of the multitude was not so much a multiplication of meagre resources by Jesus but rather a personal response by individuals within the crowd. It is suggested that upon seeing the willingness of Jesus (and the small boy whose food it was) to share the small amount of food available, everyone dug into their pockets and pulled out the small amount of food they also had and shared it with one another. The miracle was a breakthrough from selfishness and isolation to a spirit of sharing and community.*

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### Online Liturgy

Last Thursday as a community over 113 families came together to pray. This was a significant moment where the outpouring of love and community was present.

Thank you to all who continue to pray for each other and continue to embody the works of mercy within our community.

In Christ

Anthony Matthews

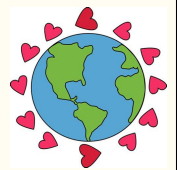
Religious Education Coordinator



## MULTICULTURAL WEEK AT ST OLIVER'S

Next week will be Multicultural Week.

To celebrate our 'Unity in Diversity' students are invited to engage in the following activities commencing this week.



### SHARE A VIDEO MESSAGE, CRAFT OR A RECIPE

Thursday 29th July - Tuesday 4th August

*Students (or their families) are invited to engage in one or more of the following activities which we look forward to sharing at our Liturgy next week. Please note that none of the following is compulsory.*

- Record and share a translated video message reciting the words '**St Oliver Pray for us**' in your first language.
- Write and record a recipe for the 'St Oliver's Recipe CookBook' for future Multicultural food fairs.
- Create and share a traditional craft activity and take a picture of it.

**LOOKING FORWARD TO CELEBRATING EVERYONE'S CULTURAL DIVERSITY!!**

*Please note if you would like to complete the above tasks please send these via the school email attn: Mr Matthews ([stolivers@parra.catholic.edu.au](mailto:stolivers@parra.catholic.edu.au)) by **Tuesday 4th August**.*

### MULTICULTURAL DAY ZOOMS - THURSDAY 6TH AUGUST

Thursday 6th August **ZOOM** Multicultural Day 

**Students are invited to wear traditional dress and/or colours on this day.**

**9:00am- 9:30am** - Whole school welcome to Multicultural Week, Acknowledgement of Country & National Anthem via ZOOM

**9:30am -11:00am** - Designated Class ZOOM celebrations Students will be invited via their Google Classroom or Seesaw platform.

**11:30am- 12:30pm** - Whole School Liturgy via ZOOM



## FEAST OF SAINT MARY OF THE CROSS MACKILLOP - Sunday 8th August

Many wonderful saints share the month of August for their feast days, but it is hard as an Australian to pass up the opportunity to celebrate St Mary of the Cross MacKillop. Sr Monica Cavanagh RSJ, the congregational leader of the Sisters of St Joseph of the Sacred Heart, has said that by all accounts the foundress of the order was "purely human", warm, and faithful.

"Mary really believed that every encounter was an opportunity to see the face of God."

### Prayer to St Mary MacKillop Friend of Children

*St Mary MacKillop,*

*Friend of children*

*Help us get on well with our brothers and sisters*

*Help us listen to our parents*

*Keep us interested in our work*

*Help us make new friends*

*Comfort us when we are sad*

*Help us be sorry when we are cranky*

*Keep us trying to be true*

*Help us to forgive when someone hurts us*

*Help us love ourselves*

*Help us to love God heaps*

*St Mary MacKillop, pray for us!*

*Amen*



## TIPS FOR PARENTS TO SUPPORT LEARNING FROM HOME

While children have to transition from "home mode" to "school mode," parents and caregivers need to transition from "parent mode" to "learning coach mode." This means helping your child develop good learning habits and helping remove any barriers to effective learning. It doesn't mean solving all their problems or doing their work for them.

Much of the school experience for your children will be shaped by your example and attitude. If children hear negative comments about the online learning experience, it may turn a positive learning experience into a negative one.

Here are some tips for being a supportive learning coach:

- Use a visual checklist or stickers to keep kids focused on completing tasks
- Help kids stay on track by having them write down their goals for the day
- Talk to older kids about eliminating distractions like social media during school time
- Urge children to research answers to their own questions
- At the end of the learning day, ask questions like: What did you accomplish today that you hoped to? What did you discover? What do you need to do today so tomorrow will be a success?

Your child's school is available to help if you have questions about the apps and platforms students are using, what to do if you have tech problems, and how you can support classroom routines at home.

Finally, keep in mind that you're part of a team. Don't hesitate to ask for help from school staff, family members, or other parents when you need support.

Richard Culatta - International Society for Technology in Education

# Focus On Learning



Remote learning can be a very stressful time for both adults and children. Next week the students will be looking at ways that they can look after their well being during lockdown as part of PBS4L lessons during PDHPE. Here are some helpful hints for parents that you might try at home to help your family get through these trying times. Don't forget we are here for you and are only a phone call or email away.

## **HELPFUL LOCKDOWN TIPS FOR FAMILIES**

### **ROUTINE IS KEY**

- Stick to normal sleep, work and learning routines. Get dressed each day (no pyjamas). Eat well. Ensure a well-balanced diet and follow usual routines for snacks and meals.
- Encourage students to work from a desk or table/chair. Avoid working from the floor or in bed.

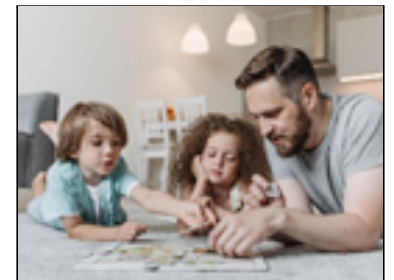


### **BE POSITIVE**

- Practise gratitude and focus on the positives such as more free time to spend with family. Lockdowns keep most people safe. Hospitals have great facilities to manage cases and most people recover. We can use technology to connect with others.
- Encourage a focus on what is going well and what each person in the family is grateful for.

### **STAY ACTIVE**

- Get regular fresh air and encourage at least 30 minutes of exercise daily.
- Try relaxation, meditation and mindfulness (lots of apps available eg Smiling Mind).



### **PLAY WITH YOUR CHILDREN**

Do things with your children that interest them such as joining in games they like to play (e.g. video games, cards, games, watch a **movie**/tv show together, read the same book.

### **MANAGE THE NEGATIVES**

- Manage your own stress and anxiety and model calm and effective problem solving.
- Notice any changes in your child's behaviours and mood. Start a supportive conversation to find out more.
- Be gentle and come from a perspective of curiosity rather than coming across as judgmental or displaying worry or anger.
- Be aware of the worry you may be projecting in the house (e.g. financial or medical concerns) as children look to their parents to assess how safe a situation is.
- A child is likely to feel more stressed if their parents are stressed.

### **DIGITAL DETOX**

- Continue to promote limits to the amount of time you and your children spend on digital devices. Digital detox an hour before bedtime and at other break times.

For some extra tips on coping with home learning click on the following link:

<https://youtu.be/qKP5-08CnmQ>

*Anoushka Houseman (Santa Sophia Catholic College, Schofields Wellbeing Leader)*