



NEWSLETTER

ST MONICA'S PRIMARY SCHOOL

PO BOX 274 -32 FRANCIS STREET, RICHMOND 2753 P: (02) 4570 3700
E: stmonric@parra.catholic.edu.au

WEBSITE: WWW.STMONICASRICHMOND.CATHOLIC.EDU.AU

PRINCIPAL: MRS MELISSA BEGGS
ASSISTANT PRINCIPAL: MRS ANNEMARIE BOND
PARISH ADMINISTRATOR: FR GAYAN THAMAL

Week 4 Term 4 Tuesday October 26, 2021

Dear Parents and Carers,

Welcome to Week 4 Term 4.

It has been fantastic to welcome back all our students to school. There is a buzz in the air as they reconnect with their friends and teachers in person - sharing stories and catching up on news missed. You certainly realise the length of the time away as we notice how much the students have grown in stature since we last saw many of them. I am sure that many of you had to 'let down' uniforms to be summer uniform ready!



Thank you again to our wonderful school community for the way you have embraced our new procedures for drop off and pick up. The children are adapting to the changes brilliantly and we are able to have everyone in and out of school safely following current health guidelines. In addition to the drop off and pick up procedures we have also adjusted our recess and lunch times to allow better use of the play areas as we keep cohorts together as per the guidelines for safety returning to school. The new times are:

	Kinder & Stage 1	Stage 2 & 3
Recess	10:30 eating 10:40-11:10 am play	10.50am eating 11.00- 11:30am play
Lunch	1:00 eating 1:10pm - 1:40pm play	1:30 eating 1:40- 2:10pm play



Building News

In our last newsletter I shared about the toilet refurbishments to begin in term 4. I met with the builders yesterday and work is now beginning this week. Firstly, they will make the site ready for the students by installing two ablution blocks on the senior playground for the students to use and then the site will be fenced off ready to demolish our old toilets and install the new block. This work will continue through the term and should be finished by week 11 (mid December) Whilst this means some short-term inconvenience when the work is completed it will be a great addition to the school.

Take care and stay safe

Melissa Beggs
Principal

"Christian prayer instils an invincible hope in the human heart: whatever experience may touch us on our journey, God's love can turn it into good."
Pope Francis @ Pontifex



Happy Birthday to the children who celebrated last week and will be celebrating over the next 2 weeks

<i>Lily-Rose B – S2W</i>	<i>Christina R – KW</i>
<i>Aiden B – S3W</i>	<i>Lily D – KW</i>
<i>Austin D – S2W</i>	<i>Luke W – S2B</i>
<i>Anthony A – K6G</i>	<i>Olivia W – S3G</i>
<i>Zachary W – S3B</i>	<i>Leo B – S3W</i>
<i>Samuel F – S1W</i>	<i>Nickson M – S3G</i>

CONDOLENCES

We wish to extend our deepest sympathy to the Kaur family (Gatleen, Stage 1) on the recent passing of their grandmother.

We know you join with the St Monica's community in sending them our love and support at this sad time.

Please keep Gatleen and her family in your prayers.



YEAR 6 FOODIE FRIDAY FUNDRAISING

Year 6 will be holding three Foodie Friday Fundraising days this term.

These fundraising events will contribute towards an end of year gift purchased by the year 6 students for our school.

Please use the QKR code on the school App to purchase the coupon. **Payments must be made by Monday 8th November 2021.**

THE FOODIE FRIDAY FUNDRAISING COUPON - \$10.00 (covers all three Foodie Fridays.) or purchase individually via the school App.

Friday 12th November 2021 - HOT DOG DAY - \$6.00

The Hot Dog Lunch Pack will consist of:

- a hot dog
- a juice popper/water



Friday 19th November 2021 - ZOOPER DOOPER FRIDAY - \$2.00

Friday 26th November 2021- ICE-CREAM SPIDERS - \$2.00



A note will be going home this week. Please return it to school before Monday 8th November.

We will be following all current health regulations regarding Covid-19 to ensure the safety of all students.

Thank you for your continued support.

Stage 3 Teachers and Year 6 Students

BIRTHDAY TREATS (COVID SAFE)

Students who wish to celebrate their birthday with others are permitted to bring pre-packaged snacks to the school such as a small chocolate or lolly. Staff will ensure these are shared with students safely. Please note, the school remains "allergy aware" and food products containing nuts should not be brought to the school.

UNIFORMS

As we move into Term 4 and the warmer months **all children** should now be in summer uniform.

At St Monica's we foster in students a strong sense of community and pride and the adherence to our uniform code helps in this practice. Below are our summer uniform requirements for girls and boys and our guidelines regarding hair and jewellery. Thank you for your support of our uniform.

Girls - Summer	Boys - Summer
<ul style="list-style-type: none">• Check dress• Blue socks• Royal blue hair ribbon or school uniform material band• Black leather polishable shoes (with low heels)• School hat or cap	<ul style="list-style-type: none">• Grey gabardine school shorts (no corduroy, no surf style short)• Short sleeve Midford vic blue shirt• Grey socks• Black leather polishable shoes• School hat

Students are to be neatly and cleanly dressed and presented at all times. Shoes should be clean and well presented.

Boys hair is to be neat and tidy, off the collar, of consistent natural colour, of gradual even grade and all extremes of fashion are to be avoided. Hair of shoulder length is to be tied back from the face. Fringes and other lengths of hair are to be off the face and out of the eyes.

Girl's hair that is longer than shoulder length, is to be tied back from the face. Fringes and other lengths of hair are to be off the face and out of the eyes. The colour should be a consistent natural colour and extremes of fashions are to be avoided.

Jewellery & Accessories

Apart from one pair of sleepers or small plain studs and a wrist watch, jewellery is not permitted for safety reasons. A chain with cross or religious medallion may be worn under the uniform.

- No rings
- No nail polish
- No make-up
- Ribbons, hair slides, scrunchies - if worn should be royal blue and/or school material.

CANTEEN

Due to ongoing concerns around COVID, the canteen will remain closed until further notice. Sorry for any inconvenience.

Rainbow Day at St Monica's



Traditionally, at St Monica's, Year 5 students organise our school fund raiser for Missions. We have been supporting a school in East Timor and have raised several thousand dollars over the years.

Obviously, living with Covid has changed the way this functions. Previously, Year 5 would have food stalls, games and novelties.

This year, we will celebrate Rainbow Day on November 5th. Students are asked to wear the colour assigned to their grade. We will have a liturgy of the Word in class and parents are asked to use the QKR application to donate \$2 per student or \$5 per family. This will be sent to East Timor.

Kindergarten – RED

Year 3 - GREEN

Year 1 – ORANGE

Year 4 - BLUE

Year 2 – YELLOW

Year 5 – INDIGO

Year 6 - VIOLET

DIGITAL CHILD SAFETY HANDBOOK

NEW
EDITION
AVAILABLE
NOW

We are pleased to advise that a new edition of this valuable safety resource is now valuable online with updated safety content.

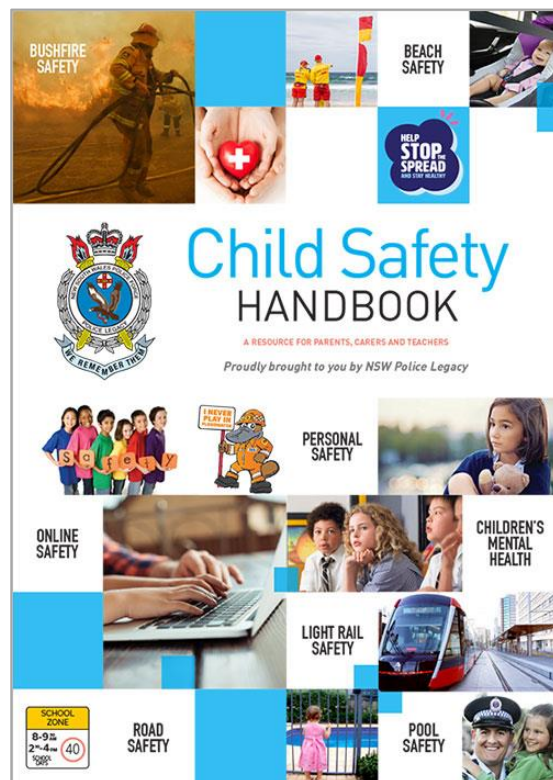
We urge all parents and carers to download this latest edition and discuss the safety content with your children.

Child Safety Handbook App available for download:



[Visit the Child Safety Hub](#)

[Read the Child Safety Handbook](#)



St Monica's is transitioning to the Parent Portal

We'd like to welcome you to our Compass Parent Portal, a new way to engage with our school community. Compass will be our primary communication tool that will facilitate effective communication between home and school. A letter will soon be sent via email to all enrolled families with your login details for Compass. It is most important to keep your Username and Password secure, just like your bank account details, they should not be shared with anyone, including your children. Using the Compass Parent Portal you will be able to:

- Be informed of important updates, events and reminders
- View your child's timetable
- Review your child's attendance
- Provide explanations for periods of absence
- Update your contact details
- Book Parent/Student/Teacher Conferences

Accessing Compass

Compass is a web based application that is accessible on any modern web browser (Internet Explorer, Firefox, Chrome, Safari) or by downloading the App called 'Compass School Manager' available through Apple Store or Google Play store for Android users. Parents can also access the Parent Portal on your computer via the website: <https://www.stmonicasrichmond.catholic.edu.au/> from Monday 1st November 2021.



FOR IPHONE AND IPAD USERS

Click on the "Download on the App Store" button above, or go to the Apple App Store, search for "Compass School Manager" and download the free Compass app. Search for *[enter school name]* and you're ready to go!

FOR GOOGLE ANDROID USERS

Click on the "Get it on Google play" button above, or go to the Google Play Store, search for "Compass School Manager" and download the free Compass app. Search for *[enter school name]* you're ready to go!

Saying goodbye to School Banking

Sadly, our School Banking program will not be returning to schools in 2022.

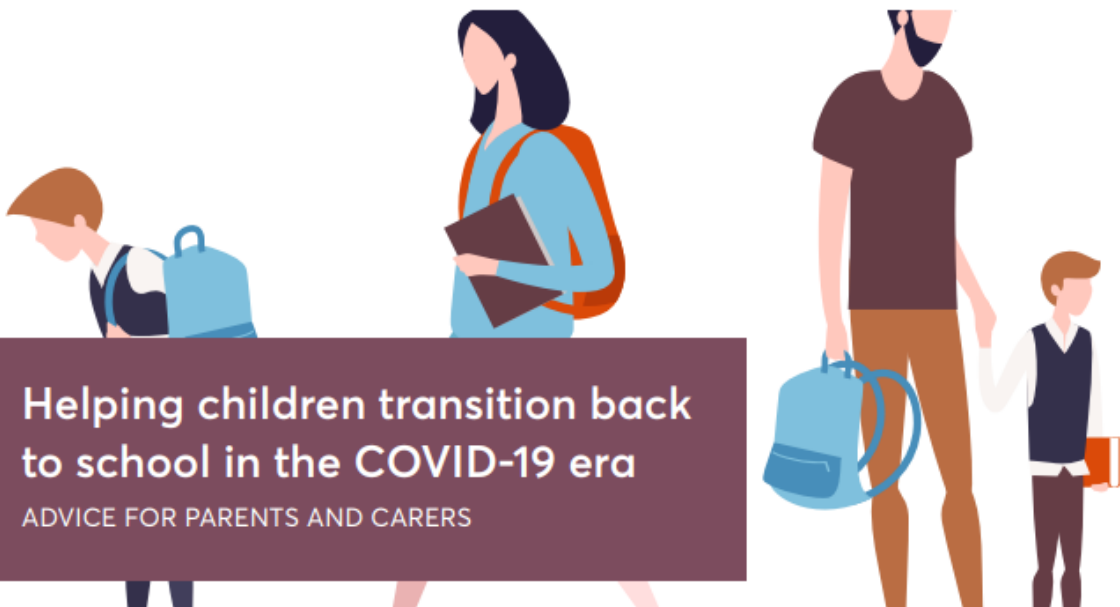


School Banking is closing nationally

We're sad to announce that the CommBank School Banking program will not be returning to schools in 2022.

For 90 years, our School Banking program has helped children learn about money, reinforced the importance of regular savings and provided structure for parents to support their children to save.

We've had strong support from thousands of schools, parents and teachers across the country who choose to run our program. We're disappointed with the position taken by the Australian Securities and Investments Commission (ASIC) and subsequent decisions by some state and territory governments to take that choice away from individual schools and parents. Because of the ASIC review and these government decisions, we're unable to continue providing programs in schools, and we've had to make a difficult decision to close our School Banking program nationally for all schools, both government and non-government, across the country.



Helping children transition back to school in the COVID-19 era

ADVICE FOR PARENTS AND CARERS

Transitioning back to school in the COVID-19 era can present many challenges for parents and children. Many parents have reported that learning from home has given their child the opportunity to work at their own pace. Many children have also benefitted from the 1:1 support which has helped with learning.

The shorter school day and flexibility for rest breaks has also meant that fatigue has been less of an issue. In addition, anxiety has improved for some children as a result of these factors. Given this, it is no wonder that returning to school comes with a mix of relief and excitement along with a new set of stresses for children and parents.

Reassure your child that it is safe to go to school

Many parents had conversations with their children about the importance of learning from home to keep them healthy and safe. Some children may now worry about the safety of returning to school.

To help your child feel safe, have a conversation with them explaining that:

- the decision to return to school is based on medical advice
- children do not usually get sick from COVID-19
- everyone at school is working hard to make sure that children are safe
- anyone who is unwell will stay at home
- the government is keeping an eye on things – if it starts to be unsafe, decisions about what to do will be made
- reassure your child that it is normal to have mixed emotions such as excitement, relief, worry and anger
- discuss what they are looking forward to and what they are worrying about
- reinforce good hygiene practices.

After school, it will be important to:

- talk to your child about their day, including what they enjoyed, what they felt worried about and what they are looking forward to tomorrow
- schedule extra family time as your child is likely to have missed being at home with you
- your child may feel more fatigued and will benefit from quiet activities to recharge.

Prepare your child for changes to usual school processes

Your school may have made changes to their normal processes. Your school will communicate these changes with you – these may vary across schools. To help prepare your child:

- talk to your child about upcoming changes - the more they understand the changes, the more comfortable they are likely to feel about them
- write social stories with your child about changes to routine
- ask to have an extra online 1:1 session between the teacher and/or learning support worker and your child before going back to school
- see if there are any strategies that home learning enabled that you might be able to take to the classroom
- ask your child what will make their transition back to school easier and see if this can be accommodated by your child's teacher, for example, knowing the class seating plan or the first activity of the day may help.

Re-establish normal routines in the lead up to school

- **The week before:** Return children to their usual wake up and bedtime routines, as well as breakfast and morning snack/lunch.
- **The day before:** Involve your child in packing their bag and preparing their uniform - this leaves you plenty of time to notice if anything is forgotten.
- **The morning of:** Allow more time than usual to get ready.

Some schools may not allow parents to walk children to their classroom. This may make it harder for some children to separate from parents. Prepare your child for this by:

- discussing what might be different about the drop off and pick up procedures and how you will manage it as a family
- talk through the new procedure and role play or write social stories
- reassure your child that there will be plenty of staff to help take them to their classrooms
- ask your child if there is anything that will make this easier for them, such as arriving to school with a buddy or taking a special item that helps them feel 'brave'.

Returning to school before siblings

Younger children returning to school earlier than other family members may feel disappointed that their siblings are continuing with home learning or may feel disconnected from the family. You can help your child by:

- reassuring them that it is ok to feel disappointed
- explaining that all children will be returning to school soon
- allowing your child to pick a fun activity to complete when they get home from school so that they have something to look forward to
- avoid scheduling any 'fun' activities with other family members or friends whilst your child is at school.

Tips for children with cognitive and behavioural challenges

As children adjust to the new routine, cognitive and/or behavioural difficulties may seem more challenging. The following strategies can help children with an acquired brain injury (ABI) or other neurodevelopmental difficulties to avoid these issues as they transition back to school

- Fatigue may be more problematic for these children either as a direct consequence of their difficulties or due to the extra effort it takes for them to readjust to change. Consider slowly increasing your child's attendance at school to help combat fatigue – you may consider shorter days or rest days.
- Speak to the school about incorporating more rest breaks throughout the day for your child.
- Speak to your school about reducing or eliminating homework until your child has settled back into a routine.

- Ensure that your child is linked in with the learning support and wellbeing team.
- Educate staff who are either new or unfamiliar with your child about their brain injury or neurodevelopmental disorder – For example, ABI is often the ‘invisible’ injury and those working with your child should be made aware of their needs, as well as strengths and weaknesses.
- As children readjust to the pleasures and challenges associated with school, they may show greater difficulties with emotional regulation and challenging behaviour – remember, this is likely to be part of the readjustment phase and should improve with time.
- Your child may need your help to regulate. You may find it helpful to create a calm corner with a ‘tool box’ of calming and distracting items, as well as adding some relaxation strategies into the daily routine. Exercise can also assist.

Finding extra support

If you need extra support or clarity in regards to your child’s needs and learning challenges, referral to an appropriate psychologist for a detailed assessment and advice may be warranted. For example, a paediatric neuropsychologist can provide a differential diagnosis and strategies, and direct you to an appropriate special education tutor or any other healthcare specialist that may be required.

There are number of ways to access a psychologist. You can:

- use the Australia-wide Find a Psychologist™ service. Go to findapsychologist.org.au or call 1800 333 497
- ask your GP or another health professional to refer you.

Acknowledgments

This resource was prepared by the:



A clinical neuropsychologist is a psychologist who is trained to understand brain-behaviour relationships (across the lifespan):

- To assess thinking/brain abilities and difficulties to clarify diagnosis and identify the client’s care needs and priorities
- To provide targeted intervention or rehabilitation for people with thinking/brain-related difficulties or disorders
- To adapt or modify treatments to take into account the effects of thinking/brain difficulties

The APS has other information sheets in this series to support children and teens with learning difficulties and disabilities. To access, visit: psychology.org.au for more.

The Australian Psychological Society Limited
PO Box 38, Flinders Lane, VIC, 8009

Telephone: (03) 8662 3300 or 1800 333 497

Fax: (03) 9663 6177

Email: membership@psychology.org.au

Web: psychology.org.au

Find us on social media   

ABN 23 000 543 788 © 2020

Reconciliation – Sacrament of Penance – Year 3+

Thank you to those families who have enrolled their children for the sacrament of Penance/Reconciliation. As the NSW Government has recently published its pathway out of the pandemic and lockdowns and in line with the Diocese of Parramatta advice and directions, the following changes will be made accordingly. **Thursday, October 21** Parent night – **CANCELLED** (All information will be emailed to families)

Sunday, October 24 Sacramental Groups begin for a 4 week period FACE TO FACE CLASSES CANCELLED. Instead, the following two options will be offered to families: Parent/Child work from Home program. Zoom Classes – limited available Monday, November 22 Rehearsal for sacrament of Penance/Reconciliation 4.00pm & 7.00pm at St Monica's Church – only for Candidates Reconciliation Ceremonies scheduled to go ahead as planned with no vaccination status applicable - Covid Safe Practices will be followed.

Wednesday, November 24 and Thursday, November 25: Reconciliation Ceremonies at St Monica's 3.30pm (First Rite) & 7.00pm (Second Rite) Enquires:

Contact Irene Galea at sacraments@parishofrichmond.org.au

COMMUNITY NEWS



Hawkesbury City Council **Hawkesbury EVENTS**

Hawkesbury City Council presents

LIGHT UP WINDSOR Festival

Street Festival SATURDAY 11 DECEMBER | 5-9PM
WINDSOR MALL & GEORGE STREET, WINDSOR

Light Projections 7 MAGICAL NIGHTS | 8-10PM
DEERUBBIN CENTRE & OLD HAWKESBURY HOSPITAL
LIGHT DISPLAY NIGHTS: 11, 12, 17, 18, 19, 23, 24 DECEMBER

in partnership with **National Bushfire Recovery Agency** **Destination Sydney Surrounds North** **wbg** Windsor Business Group