

Pandemic Prayer

By The Most Reverend Mark Coleridge, Archbishop of Brisbane

Almighty and all-merciful God,
lover of the human race, healer of all our wounds,
in whom there is no shadow of death,
save us in this time of crisis;
And grant us wisdom and courage
Watch over all medical people
as they tend the sick and work for a cure;
stir in us a sense of solidarity beyond all isolation;
if our doors are closed, let our hearts be open.

By the power of your love
destroy the virus of fear,
that hope may never die
and the light of Christ,
may shine upon us and the whole world.

Through Jesus Christ, the Lord risen from the dead,
who lives and reigns for ever and ever.
Amen.

Loving God,

Your great love and peace surpasses all human understanding.
Guide us on our way through this pandemic by helping us to
manage any fears or anxieties through the support of those we
trust, through practical vigilance and daily prayer.

Your voice brings calm to our storms O Lord.
Strengthen those working to limit the spread of infection,
especially those who care for the sick
And keep us mindful and supportive of the most vulnerable.

May we continue to protect one another
making sure that our actions and daily habits reflect care and
consideration in this time of dis-ease.

Guide us O Lord
so that all we do is for the greater wellbeing of all in our
community.

In your holy name,
Amen.



Welcome Back

Welcome back everyone and we hope you and your children are feeling happy, recharged and ready for the term ahead!

Yesterday we had an opportunity to meet our new **prac students** at our PL day and we discovered that among other hobbies and talents, three of them have played sport at either a State or National level - impressive! They are all keen to commence the term and we look forward to mentoring them over the next 10 weeks.



As we all know, childhood is an important time for healthy development, learning, and establishing the foundations for future wellbeing. Investing in prevention and early intervention gives children the best opportunity for good mental health and wellbeing. Anxiety and anxiety related disorders are identified as the second most common disorder among all Australian children. Yesterday our PL focused on learning more about **anxiety in children**, with **Vanessa Gunton**, our CEWA School Psychologist, facilitating the morning.

Vanessa shared many useful resources and strategies for staff to use directly in the classroom, with some great 'take home' learning.

Some **Parent Links** you may find useful in relation to anxiety in children include:

[Beyond Blue](#)

[Kids helpline](#)

[Raising children network](#)

[Links for Parents](#)

[Healthdirect](#)

[Brave-online](#)

[Early Childhood Australia](#)

[Smiling Mind App](#)

[Hey Sigmund](#)



In the afternoon we met with James Borjeson from **Educator Impact**. James is currently in lockdown in Melbourne, so he walked us through the **EI portal** and discussed setting our **professional learning goals** via a ZOOM meeting.

Our PL days are a very important part of our professional life, giving us valuable time to meet as a team and to engage with best practice.

St Emilie's House Cross Country



St.Emilie's Cross Country will be held on **Friday 24th July 2020** here on school grounds.

COVID CONSIDERATIONS

While many restrictions have been relaxed within WA, we continue to move ahead cautiously and with a common-sense approach. Parents from each year group are welcome to attend the event, however, as per **Phase Four COVID Guidelines**, any adult visitors into the school are to maintain physical distancing of **one person per 2m²**. You are asked to bring a chair and position yourselves in such a way as to be able to observe these social distancing expectations.

Direct physical contact - ie handshakes and hugs, are to be avoided and **if you are unwell** you are to please remain at home. Older grandparents and anyone who is immune compromised are recommended to avoid events such as this one.

We recommend that you only stay long enough to watch your child/ren participate. 10.30 am is our whole school recess time and parents need to be off school grounds by this time, thank you.

TIMING

We hope to begin the first race at **9:15am** and finish by recess time at **10:30am**. The estimated event times are as follows:

9:15am - Year 3 (500m)

9:30am - Year 4 (1km)

9:50am - Year 5 (1.1km)

10:10 - Year 6 (1.1km)

WEATHER CONSIDERATIONS

If it is raining, we will bring one class out at a time rather than all be out and cheering, so this will be determined on the morning of the carnival and communicated to the community as early as possible, via text message and email.

Friday 24 July



Min **7** Max **20**
Sunny.

Chance of any rain: **5%**



Perth area
Sunny. Light winds.

Thank you for your ongoing cooperation and care throughout the term.

General COVID Matters

St Emillie's school community relies on the efforts of each and every family and individual. I acknowledge and thank all parents once again for your support last term during the COVID period.

While we will try to maintain as 'normal' a term as possible this term and beyond, it is important to appreciate that we are still operating during a pandemic, and as such, parents are expected to continue being vigilant, understanding and cooperative.

A reminder that if you don't really need to be onsite, ie to drop your K-PP child or to attend an event that you have been invited to, then it is preferable that you meet up with friends elsewhere. Social distancing is to be maintained while waiting for your K/PP child and using the drive through is strongly encouraged.

More information will be provided regarding **assemblies, Two Way Meetings, the School Disco and the Open Night** in coming weeks. As you will appreciate, all these opportunities have required 'a re-think' in terms of social distancing requirements, however we continue to do our very best to ensure that you are able to engage with our school, while supporting the safety and wellbeing of all.

We hope you are all travelling ok. Like you, staff are doing their very best to stay positive and buoyant, despite the obvious pressure and stress that COVID presents us all with.

Being kind and gentle with each other is important at all times but particularly during times of stress. Please take good care of yourselves, your family and your staff as the year unfolds. Be slow to judge and quick to encourage - this brings out the best in us all.

Emailing Teachers

Please refer to the following excerpt from our Parent Handbook regarding parent emails.

Every staff member is contactable by email and in catholic schools the email address follows a set pattern - the first name followed by the surname and then @cewa.edu.au
eg firstname.surname@cewa.edu.au

- ❖ Communications of a general nature can be sent to Admin: stemiliesadmin@cewa.edu.au
- ❖ Parents are reminded to use emails only when necessary; to keep them **short and to the point** and most importantly, to maintain a **respectful tone** throughout,
- ❖ Issues of an important or sensitive nature, or matters that require more than a short response, should be discussed face to face in a parent teacher meeting.
- ❖ It is reasonable to expect a 48 hour turnaround time before receiving a reply.
- ❖ Emails should be sent as close to school hours as possible ie between 8am - 4pm.

P&F Fundraiser

Have you got your order form filled out for the P&F fundraiser? Forms are due back by Friday 31st July and we are hoping that you will seek out neighbours and friends who can order some bags of manure from their garden! The order form and details are all in the Weekly Reminders post here:

<http://web.stemiliescps.wa.edu.au/?p=34595> Thank you everyone!

All the best everyone and stay safe,
Kindest regards

Tania Thuijs

Principal