

Dear Children,

Over the past few weeks I have been wondering how you are all going with the Stage Four restrictions? I don't think that the 8:00pm curfew will make much of a difference to students, but it might to parents. The thing that is the most challenging is the isolation at home.

Even though we all live in lovely houses, it is hard to remain at home for long periods of time. We like to see friends and other family members. At the moment, however, we need to live with those members of our family that we see everyday. Most of the time, that's great, but it can also be challenging too!

I have been thinking about the millions of people across the world who live with isolation for long periods of time. Can you imagine what it would like to be an astronaut?

NASA is based in the United States of America and one of its current projects is a planned return to the moon. The *Artemis Program* plans to send the first woman and next man to the surface of the moon by 2024. The NASA agency will use what we learn on the moon to prepare for humanity's next giant leap – sending astronauts to Mars.

The Artemis program is planning to establish a permanent human presence on the moon within the next decade to uncover new scientific discoveries and lay the foundation for private companies to build a lunar economy. After establishing an Artemis Base Camp on the lunar South Pole, NASA will conduct a dress rehearsal for sending the first human to Mars. This includes sending a crew of four astronauts to the moon where they will split up for a multi-month mission to simulate a Mars operation. For this practice run, two crew members will live and work aboard the orbiting outpost while the other two head to the lunar surface in a reusable human landing system. Eventually they will reunite back in space to continue working together aboard a space station before returning home.

NASA anticipates its first humans to land on Mars will spend about 30 days on the surface. Because Earth and Mars orbit the Sun at different speeds, Mars-bound spacecraft must chase Mars around the Sun. Once our spacecraft reach Mars, Earth is no longer where they left it, so the spacecraft will need to chase Earth back around the Sun to return home.

Going into space is challenging for astronauts, but going to Mars is even harder. Small crews of astronauts will travel together in tiny living conditions, much smaller than our homes. Behavioral issues among groups of people crammed in a small space over a long period of time, no matter how well trained they are, are inevitable. Crews will be carefully chosen, trained and supported to ensure they can work effectively as a team for months or years in space. It is a huge challenge for astronauts to consider living in these conditions.

NASA has a list of five hazards for space travel and interestingly, isolation is listed as number two, after the hazard of space radiation.

On Earth we have the luxury of picking up our phones and instantly being connected with nearly everything and everyone around us. On a trip to Mars, astronauts will be more isolated and confined than we can imagine.

HAZARD TWO Isolation

NASA is now studying how astronauts can be kept healthy, both physically and mentally for

years-long travel into space. Do you think you'd like to be an astronaut for a future Mars mission? What have you learned during 'learning at home' about keeping yourself healthy? How could you overcome challenges to work for long periods of time with a small number of people? There's lots to consider if you'd like to travel to Mars!



## Stay in Touch!

The Parish Pastoral Team have been working hard to provide a variety of 'Networks of Support' for you to tap into. Why not consider giving one of these Zoom Meetings a go? It's a great way for the members of our community to stay in touch in a variety of ways.

One of my friends recently commented that the Rosary is a very calming and almost-meditative prayer. In these challenging times, why not give it a go?



A virtual cuppa (or wine) hosted by Abygaile. Come and say hi and let's keep each other company.

## Friday 14th August @ 5-6 pm.

Zoom Meeting ID: 972 8426 5842 (or) please click the link to join: <u>https://zoom.us/j/97284265842</u>



Scripture Reflection and Discussion hosted by our Parish Priest, Fr Tony Feeney. Friday 14th Aug (a) 7 pm.

Zoom Meeting ID: 945 4215 6344 (or) please click the link to join: <u>https://zoom.us/j/94542156344</u>



Pray the Rosary with Fr Andrew. A nice activity to include our children. Saturday 15th Aug @ 7 pm.

Zoom Meeting ID: 970 3609 4484 (or) please click the link to join: <u>https://zoom.us/j/97036094484</u>

If you have any questions or would like to register to receive updates please email the Parish Pastoral Team at: <a href="mailto:stmonicaspastoralteam@gmail.com">stmonicaspastoralteam@gmail.com</a>.

Regards and best wishes,

Peter Moore

Principal

