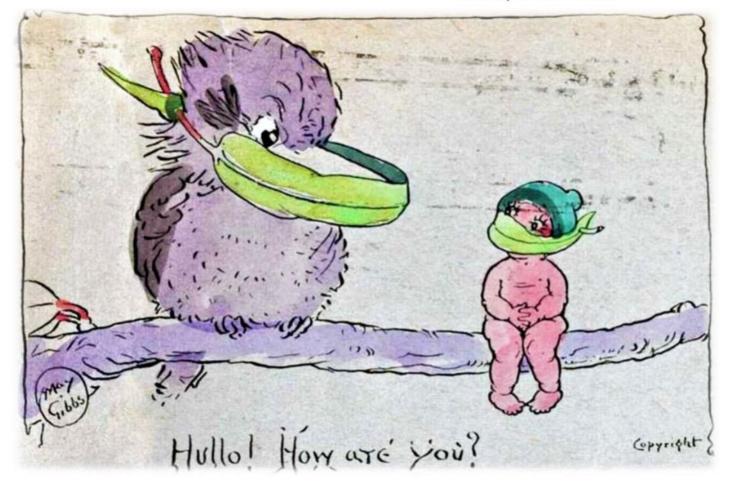


Dear Parents, Caregivers and Children,

I recently saw an interesting article in an online newspaper regarding the Spanish Flu pandemic of 1918. The images looked remarkably similar to our current way of life and I was particularly taken by the two images I've included here. The first shows a family heading off to Mass; each member is appropriately wearing an all-too-familiar face mask. The second is a delightful watercolor drawing by May Gibbs, creator of the Gumnut Babies. May Gibbs found an inventive way of making a truly Australian gum leaf mask. I'm not sure it would be easy to breath through, but it would smell better than some of the masks I've been wearing!



On the Way to Church in Melbourne.



Happy Science Week Everyone!

Year Three students were asked to re-create the Moon landing and Finnegan's effort is amazing!

St Monica's Feast Day—Thursday 27th August



What will the School Captains be announcing? What is the SURPRISE?

St Monica's Feast Day – Thursday 27th August

We would normally celebrate St Monica's Feast Day with a whole-school Mass and then enjoy some fun activities throughout the day. In our present circumstances we've been busily trying to plan some exciting things for the children that will celebrate in a new way! Our School Captains Olivier and Hannah (pictured above) will be on SeeSaw soon to let the children know what's in store for them next week.

Remote Learning Term Three

I have had a number of queries regarding the possible length of our second period of remote learning. All I can predict is that it is likely to be the remainder of Term Three and then we will have to wait and see how the Premier uses up-to-date data to make his decisions from there. As soon as any updates are announced, I will forward them to you.

Thank you to all the Mums, Dads, Grandparents and Carers who are doing an amazing job of supporting home learning.

Regards and best wishes to you all,

Peter Moore

Principal





Rest In Peace—Mrs Pauline Morello

From the Morello Family

At 5am on the 16th of August 2020, the evening of "The Assumption Of Mary…" (The Assumption of Mary into Heaven is the bodily taking up of Mary, the Mother of Jesus, into Heaven at the end of her earthly life) which is fitting for the passing of Pauline Morello wife, mother & grandmother of St Monica's past students and long term contributors to the school and parish Community John Morello Snr, John Morello Jnr, Elizabeth Morello, Andrew Morello, Isabella Morello and Alessia Morello. Pauline was involved heavily in the Mothers

Auxiliary, school library, tuckshop & pastoral duties whilst all 3 generations of Morellos attended both school and church. The Morello family would like to sincerely thank the schools families for their kind thoughts, prayers, generous donations, and acts of kindness.

The family has asked instead of sending flowers that people donate to Dementia Australia on a page set up in honour of Pauline to help beat this dreadful disease that affects so many close to us all. <u>https://fundraising.dementia.org.au/fundraisers/paulinemorello/pauline-morello------mother-to-all</u>

The Funeral Service will be Webcast live on Monday 24 August 2020 with the service commencing at 11.00am. Link can be accessed via the online event web link or by heading to the Tobin Brothers website: <u>www.tobinbrothers.com.au</u> and search for Pauline Dorothy Morello in the Funerals/webcast search bar.

Student Wellbeing

Staying the course in COVID times - by Michael Grose

COVID-19 continues to test us in ways that were unimaginable at the start of 2020. It's becoming the defining event of this generation and a reference point for decades to come. We've had depression kids, war kids and now we have COVID-19 kids.

The impact of COVID-19 is felt differently across the country. Currently, Victoria is in Stage 4 lockdown while other states are on high alert. Not every student is working from home, but most students are COVID conscious, knowing that they're only a corona cough or virus-filled hug away from remote learning.

Encouraging kids to stay the course when they've been denied access to the classroom, peers and community activities is now a common parenting challenge. Denial is generally tolerable in the short term, but the novelty of changed circumstances soon wears off. The following strategies will assist both parents and kids to stay the COVID long course:

Accept difficult emotions

'There's nothing so bad that we can't talk about, but there are behaviours that we won't accept' is a mantra that serves families well. It's okay for children to feel frustrated, annoyed, angry or upset about their change of circumstances due to the pandemic but that doesn't give them permission to behave disrespectfully, miss school requirements or fail to assist at home. It helps if parents validate how their children feel, then encourage them to focus on fulfilling school and family expectations.

Encourage acceptance

Some children and young people will protest the COVID induced changes that have been imposed upon them. In some respects, it may be admirable for children to push for a better deal, but the severity of the COVID-19 pandemic means that the individual needs to bend toward the greater community good. This is simply a case of accepting and making the best of the situation at hand.

Take it one day and week at a time

On family bush walks my young children would rarely complain when the tracks were windy. The complaint levels rose when paths were long and straight as the finish line seemed such a long way off. In a similar vein during our current times it's smart to keep kids focused on getting through each day and week rather than look too far ahead. Six weeks of Stage 4 may seem intolerable, so it's better to focus on getting through each day and week.

Be the hope person

Help children and young people understand that they will get through difficult times. "This too shall pass" is perhaps the most apt meme for our times. If your hope bucket is emptying out, seek out positive friends and relatives who can top it up. Our own resilience needs nurturing if we are to last the distance.

The internal parenting manual that guides us probably doesn't include chapters dealing with remote learning, lack of peer interaction and kids' disappointment. Most of us are treading new parenting ground so it's best to be open to change, accepting of difficulties and forgiving of inevitable parenting stumbles.

