



# MOTHER TERESA CATHOLIC PRIMARY SCHOOL

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## NEWSLETTER

August 17<sup>th</sup> 2020

*"Love is the fruit in season at all times, and within the reach of every hand".*

*Mother Teresa*

**T**o All In Our Learning Community,

*Last week I considered the notion that while we remain socially distanced from each other we remain connected through our membership of the Mother Teresa PS community and practically through the technologies available to us.*

*The lack of connection to others is extremely challenging. Today I am struck by the sadness of so many lives lost particularly those in aged care facilities. The inability for family members to say farewell during this time is heartbreaking. It is at times such as these that our prayers and thoughts can provide comfort. As a learning community when we gather in prayer we often talk about gathering in stillness and silence. This stillness and silence is not about getting people to be quiet, it is about recognising the presence of God within us and among us.*

*At this time we seek the gentleness and comfort of our God. We seek connectedness and we seek moments of solitude to feel and know God is with us. While socially distanced we can remain connected through prayer. This prayer captures the petitions of many. I invite you to take a moment to pray it...*

### *God is Close*

*God of silence and stillness, we trust you are with us in this time of noise and chaos.*

*We pray for an end to isolation, restrictions and this world wide pandemic.*

*Whisper your words of comfort,  
encouragement and hope to all who need them in these days of fear.*

*Draw close to those in nursing homes, those who are in hot spots,  
those who are sick and all those who risk illness,  
caring for them, protecting and uplifting them.*

*In Your name, we pray. Amen*

*From: Catholic Health Association of the United States*

*Stay at home – Stay well*

*Kind regards*

*Chris*

## ***This Week's Happenings***

***Monday 17<sup>th</sup> August***

*Remote learning for Foundation to Year 6*

*Professional learning – Mathematics Year 3 – 6*

***Tuesday 18<sup>th</sup> August***

*Foundation 2021 Interviews continue*

***Wednesday 19<sup>th</sup> August***

*Cultural Aides meeting*

*Professional Learning – English as an Additional Language*

***Thursday 20<sup>th</sup> August***

***Friday 21<sup>st</sup> August***

## ***Mental Health and Wellbeing***

Please find below a number of resources that maybe helpful in supporting the mental health and wellbeing of children and adults.

### ***Psychological Care ~ Increased support for Victorians***

We are all responding to this Crisis differently. The amount of sessions that are now available to Victorians to receive Psychological care has increased to 20. You can access this care through contacting your local GP. Your GP will then provide a referral which can be used to access 20 sessions of psychological care through Medicare. Support for access to Multicultural mental health services can be accessed through <https://embracementalhealth.org.au/translated-content>

Embrace

<https://vtmh.org.au/>

Victorian transcultural Mental Health

### ***Wellbeing resources***

A number of resources have been placed in our webpage that may support families. Please time a moment to check this out. Thank you to Vicki our school counsellor and Margaret Canny our Diversity leader for preparing these.

<https://www.moherteresa.catholic.edu.au/mental-health-resource-for-children-and-parents/>

### ***Lightening the lockdown load a free webinar for parents in Victoria ~ Wednesday 19<sup>th</sup> August, 8pm***

Lockdown is hard. It huts kids and it's a drain on parents. The first time was tricky. There were challenges. For some, it was horrible. But most of us managed ok and got through it.

This time it's difficult. The pressure is higher. The demands are greater. The children are more oppositional. The home learning stretch will be longer. There's work stress, family stress and stress about being stressed!

While we can't click our fingers and make it magically disappear, there are real strategies that parents and children can rely on to not just survive, but thrive – even in a far-too-long lockdown. They're simple ideas that you ca start on right away.

Join Dr Justin Coulson, one of Australia's most trusted parenting specialists, as he shares 4 secrets to make it through the pain of the winter COVID-19 Victorian lockdown. By the end of this FREE webinar, you'll:

- Feel reassured, with less stress and pressure around your kids, their schooling and life
- Have concrete strategies you can start on immediately to make your family happier
- Know how to be on the same page as your partner
- Be able to develop habits and practices that will ensure your children – and YOU – can get daily work done, while everyone is stuck at home.

[CLICK HERE TO REGISTER](#)

### ***Re-enrolment 2021 ~ Now due***

Thank you to those who promptly returned their re-enrolment details.

The re-enrolment form was sent out via Skoolbag App for families to fill out and submit. If you have not done so we ask please to do this as soon as possible, families are asked to download the Skoolbag App and complete and submit the re-enrolment form. The re enrolment process is an important one as it assists in preparation for learning spaces particularly given the growth our school has experienced in the last 12 months.

### **Term Three**

Monday 7<sup>th</sup> September

Mother Teresa Feast Day

Friday 18<sup>th</sup> September

Term 3 concludes