



Holy Eucharist School - St Albans South

1A Oleander Drive St Albans VIC 3021. Phone: 8312 0900

www.hestalbanssth.catholic.edu.au

Principal:

Mr. Michael Bonnici

principal@hestalbanssth.catholic.edu.au

Deputy Principal:

Ms. Anne-Marie Conte

Parish Priest

Fr. Vincent Long Pham CSsR

Community Leader:

Fr Peter Ly Trong Danh CSsR

Assistant Priest:

Fr Vincensius Lolo CSsR

Fr Patrick Corbett CSsR

Fr Christoforus Matutina CSsR

(P) 9366 1310

Mass Times

Saturday: 6pm

Sunday: 9am, 10.30am, 6pm

Vietnamese Mass at 12pm

Prep: Mary James, Shalini Dos Santos

Bianca Gomez & Mikaela Borg.

Grade 1: Tania Gatt, Jo Dragovic, Angela

Lopez-Dee & Elise Ring.

Grade 2: Julie Murnane, Jessica Kerlin,

& Thy Tran.

Grade 3: Thilini Nanayakkara,

Stephani Oggenovski, Carla Lolicato &

Dion Xuereb

Grade 4: Jennifer Khong, Kathryn Barrie

& Hania Borowik/Rose Barnes.

Grade 5: Bruno Pellaschiar, Adam Nicholl,

Vanessa Shaw/Tamara Patel.

Grade 6: Wally Antonowicz, Jacelle Cabla

& Helen Kennedy.

Education in Faith: Vanessa Shaw

Learning & Teaching/Literacy Leader:

Bernadette Parnis

Learning Diversity/Staff Wellbeing:

Julie Semcesen

Student Wellbeing: Anne-Marie Conte

Literacy Intervention: Charise Gibbs,

Jackie Dabal, Kristine Lorenc.

Reading Recovery: Karen Colman &

Cassie Renfrew

Maths Leader/Tutoring P-6: Erin McNally

Maths Intervention: Maryanne Camilleri

Family and Community Engagement

/Wellbeing: Clare Christie

School Counsellor: Edward Faraci

Digital Technology/ICT: Vivian Faraj

Visual Arts: Shobha Hickey

Performing Arts-Music: Damian O'Bree

Physical Education: Harry Herrera

LOTE (Mandarin): Mily Sun

EAL/New Arrival: Irene Jurista

EAL: Gabrielle Bright

Education Support: Joe Sirianni, Anita Bison

Library: Jenny Bistricki

Business Manager: Sue Smart

Administration Staff: Connie La Macchia,

Mandy Huong

Community Hub Leader: Adella Howard

Cleaner: June Balatbat & Maria Attard

Maintenance: Barry Lynch



Mary of the Cross - Feast Day 8th August

Mary Helen MacKillop (Religious Sister of St Joseph [RSJ]), was an Australian nun who has been declared a saint by the Catholic Church as Saint Mary of the Cross. She was canonised on 17th October, 2010 and is Australia's first Saint.

Patron Saint of Australia, Abuse Victims, Trauma & the Poor

Dear God,

Thank you for the life of St Mary of the Cross MacKillop.

She showed us that in the struggles and hard times of her life you were there, loving and helping her.

Please be with me when times are hard or when I am afraid.

Please help me to love you just as she loved you. Amen.

"Never see a need without doing something about it" Mary MacKillop

Principal's Message:

Dear Families and Friends,

As you are aware by now, the State Government announced late yesterday afternoon that the entire state of Victoria will go into a "Snap Lockdown". As a result, Holy Eucharist School will not be open Friday 6th August, Monday 9th August, Tuesday 10th August, Wednesday 11th August and Thursday 12th August 2021. However, we will provide on-site supervision from 8:55am to 3:15pm for students who meet the criteria listed by the government (please see the following pages). It is unfortunate that we have had to postpone/cancel so many events again, however we must adhere to the restrictions imposed by the Government in order to keep everyone in the community safe. I will continue to keep you informed of any changes that may occur in the future.

On a more positive note, we have lots of exciting news to share with you! During lockdown 5.0 Ms Allison Borg gave birth to a baby boy. Mum, dad and baby Alex are doing well. On behalf of everyone at Holy Eucharist I would like to wish Allison and her partner Joe all the very best.

Last week we welcomed back Ms Tamara Patel to our school. She has been appointed to work for 3 days per week in Grade 5 C/S. Ms Patel will be sharing the class with Mrs Shaw for the remainder of this year. At the beginning of this year Miss Christie was appointed as Family and Community Engagement Leader. Due to the growing demand of this role particularly during lockdown, Miss Christie is now released fulltime from the classroom. Miss Christie will also be assisting with Grade Prep and Grade 6 transition.

A big thank you again to all parents and carers who participated in Parent Support Group (PSG) discussions over the last few weeks. At Holy Eucharist we recognise the importance of working in collaboration with our families. For students with diverse needs, these partnerships between family and school are crucial in supporting our student. As parents/carers, "you have a depth of knowledge and can make valuable contributions about additional practices and processes that will support your child at school" (CECV, 2021). During the PSGs it was pleasing to see our parents/carers and staff working together in partnership to support our students with diverse needs. Our National Consistency Collection of Data (NCCD) for funding for children with additional needs will be submitted on 6th August 2021.

Finally, it is with great sadness that we announce the passing of Mrs Beverly Kennedy. Beverly was the mother of Ms Helen Kennedy (Grade 6 Teacher), Mr Peter Kennedy (ICT Technician) and Mrs Caroline Parker (wife of former principal Mr Jeffrey Parker). Please remember Beverly's family in your prayers during this time of loss. May she Rest In Peace.

Mr Michael Bonnici

Principal

principal@hestalbanssth.catholic.edu.au

COVID-19 UPDATE – SNAP LOCKDOWN

The State Government announced late yesterday afternoon that we will go into a SNAP LOCK DOWN until Thursday 12th August 2021. These restrictions have been put in place to prevent the spread of the COVID-19 Delta strain.

As a result, Holy Eucharist School will not be open on Friday 6th August, Monday 9th August, Tuesday 10th August, Wednesday 11th August and Thursday 12th August 2021. However, we will provide on-site supervision from 8:55am to 3:15pm ONLY for students in the following categories:

- Children whose parents are considered authorised workers as listed by the Victorian Government ([Please visit https://www.coronavirus.vic.gov.au/authorised-provider-and-authorised-worker-list](https://www.coronavirus.vic.gov.au/authorised-provider-and-authorised-worker-list)), children whose parents cannot work from home and where no other supervision arrangements can be made.
- Vulnerable children, including children in out-of-home care, children deemed by Child Protection and/or Family Services to be at risk of harm and children identified by the school as vulnerable (including via referral from a family violence agency, homelessness or youth justice service or mental health or other health service).

(NB: These students will need to enter/leave the school via the Administration Gate only).

If your circumstances fit the above categories and you require your children to be at school on any day from Friday 6th August to Thursday 12th August 2021, please send a message to Mr Bonnici via ClassDojo or an email to principal@hestalbanssth.catholic.edu.au. Please include your phone number so that we can call you to make the arrangements for school supervision. Alternatively, you can call the school office during business hours on 83120900.

Please re-assure your children that they are safe and that we will soon be back at school doing all the things we love. I will continue to communicate further details with you via ClassDojo and the School Website. Please keep checking these for any updates.

THANK YOU!

A big 'thank you' to everyone for your patience and care during the current restrictions, particularly during drop-off and pick-up times. It is great to see that everyone is wearing their mask at the gate and that parents/carers are maintaining their distance. Your efforts are greatly appreciated and ensures that everyone in our school community is safe.

CATHOLIC EDUCATION COMMISSION OF VICTORIA (CECV): SCHOOL OPERATIONS GUIDE

The CECV provide all Catholic Schools in Victoria with a 'School Operations Guide'. This guide is regularly updated so that schools know what they can and cannot do to remain safe. Since the pandemic, the 'School Operations Guide' has been updated weekly and sometimes daily, depending on the advice given by the government. Some practices that we have introduced at the school may not be ideal, but they are there for a reason, that is, to keep everyone in our school and wider community safe.

I have attached a page which was published in the latest 'School Operations Guide' to demonstrate why some of things we love to do at school, such as Sacraments, camps, swimming, excursions, incursions, interschool sports, etc, have had to be cancelled/rescheduled. I am sure you can appreciate the predicament we are in at the moment! We are currently trying our best to re-book camp venues, swimming lessons and excursions for our students. Hopefully there will be an availability at these venues before the end of this year.

COVIDSafe behaviours

Key actions for schools	All Victorian Catholic schools
Temperature checks	NO
Face masks	YES – INDOORS AND OUTDOORS
Working across multiple sites	NO

Create COVIDSafe spaces

Key actions for schools	All Victorian Catholic schools
COVIDSafe routine cleaning	YES
Enhanced hand hygiene facilities	YES
Community use of school playground	YES
Community use of school facilities (indoors and outdoors)	NO
Libraries (for borrowing and as a learning space)	NO

Promote COVIDSafe activities

Key actions for schools	All Victorian Catholic schools
Non-essential visitors	NO
Preservice teachers	YES
Health, wellbeing and inclusion visits	ESSENTIAL VISITS ONLY
School tours	NO
Excursions	NO
Swimming and all other pool use	NO
Incursions	NO
School photos	NO
Camps and overnight stays	NO
Except camps that commenced prior to 8pm 5 August	
Assemblies and liturgies	NO
Kinder transition program (small group)	NO
Year 7 transition programs	NO
All sporting activities (indoor, outdoor, contact and non-contact)	NO
All interschool activities (such as debating)	NO
Singing, brass and woodwind classes and groups	NO

Key actions for schools	All Victorian Catholic schools
Professional development and staff meetings	NO

Respond to COVID-19 risk

Key actions for schools	All Victorian Catholic schools
Keep visitor, staff and student records	YES
Maintain adequate PPE supply	YES

Please note:

This information was released on 05.08.2021 and is subject to change

POTENTIAL TRANSMISSION LOCATIONS

The Government has listed sites identified as potential transmission locations. Any staff or student who have been at one of the sites at the identified times must follow COVID testing procedures. Any person who has any symptoms of cold or flu must not attend school. Stay home, get tested and if the test result is negative then returning to school is possible.

QR CODES

The use of Service Victoria QR codes for electronic record keeping is mandatory for all schools to enable the effective contact tracing of any COVID-19 cases. The public health intent of including schools in the QR code check-in system for workplaces is to capture those visitors accessing school buildings or indoor facilities, but not those entering the school grounds for reasons such as school pick-up.

QR codes will be required to be used by:

- all visitors, including contractors, Melbourne Archdiocese Catholic Schools (MACS) and other external staff, and building and maintenance staff
- all parents who enter buildings when on the school site. QR code check-ins will not be required for staff or students, or parents who come onto school grounds for drop-off or pick-up, but do not enter buildings.

Schools can permit parents to enter buildings on site for student pick-up and drop-off, provided that parents/carers use the QR codes provided (**Please note that this all depends on the restrictions**)

QR Codes can be found:

- On the window next to the door of each classroom
- On all site entry and exit points
- On all building entrances.

Our school already has in place a signing-in and signing-out process at the office. We will continue to use this process to record all visitor attendance onsite.

We must all play our part in limiting the spread of COVID-19 in the community now that it has returned. If we work together and follow all of the safety precautions we can once again manage the Coronavirus.

NAPLAN ONLINE

At the end of last term, I received notification that our school will be doing NAPLAN online next year. In order to prepare for this, students in Year 3 and Year 5 will be participating in the School Readiness Test (SRT). The SRT will be held from 23rd August to 1st November 2021. The SRT contains two tests: a writing test and an omnibus test with questions from the reading, conventions of language and numeracy test domains. More information about this will be sent home soon.

MACS POLICIES

In 2021, Melbourne Archdiocese Catholic Schools (MACS) became the new governor and operator of Catholic schools in the Archdiocese of Melbourne. MACS is now responsible for developing and formulating policies that ensure schools are aligned with the vision, mission and strategic direction of Catholic education. Policies that apply to all MACS-governed schools such as Holy Eucharist, are now updated and are available on our school website. Visit <https://www.hestalbanssth.catholic.edu.au/enrolment-information/new-he-school-macs-policies/>

M Bonnici –Principal

SCHOOL ADVISORY COMMITTEE

A School Advisory Council "is a living expression of the principle of subsidiarity in action and is informed by the theology and vision articulated in the Statement of Mission and Working Together in Mission charter. In this light, School Advisory Councils play such a crucial role in the governance framework of MACS that, by the end of 2021, every MACS school in the Archdiocese will need to have a functioning council.

The parish priest and school principal hold distinctive roles of leadership in their parish and school communities, and therefore it is essential that they work collaboratively to ensure that the relationship between parish and school is central to providing the religious leadership necessary for the success of the mission (Working Together in Mission, p. 1).

At the request of the Melbourne Archdiocese Catholic Schools Ltd (MACS) board, our governing body, Holy Eucharist School is establishing a School Advisory Council to support the Principal, Parish Priest and leadership team of the school. No particular expertise is required except a desire to represent and give voice to the parent body in advising the principal about important matters particularly related to the school's ongoing desire to provide the best possible education for our children.

Therefore, we are calling on you to express your interest in being part of the School Advisory Council. If you are a member of the parish and/or have children in the school and wish to be part of this exciting development in our school, we welcome your application in writing to Mr Michael Bonnici (Principal@hestalbanssth.catholic.edu.au) by Friday 27th August 2021.

MELBOURNE ARCHDIOCESE CATHOLIC SCHOOLS – SCHOOL IMPROVEMENT SURVEYS (MACSSIS)

Throughout each year, we pause to listen to our students, families and staff to gauge how our learning community is travelling. This feedback is invaluable to our progress as effective school communities and is backed by evidence-based research and best practices.

A significant and formal way in which we engage and gather data is through MACSSIS, the Melbourne Archdiocese Catholic Schools – School Improvement Surveys. One of the main goals of the MACSSIS survey is to identify the strengths and areas for improvement within our school. We believe it is important that you have a voice in order to contribute to shaping the ongoing improvement of Holy Eucharist School.

The survey will be accessible online, from Monday 30th August and will need to be completed by Friday 17th September 2021. The survey will be available in English and in various other languages and dialects. All participation is invited, welcomed and 100% voluntary. The surveys are not a test; they are an inclusive way to inform the work we are already doing to improve our school. Everyone has the right to refuse to participate, or withdraw from the survey at any point before, during, or after completion of the survey. Please notify the school if your child (Years 4-6) does not wish to participate. If you would like more information, please free to contact Michael or Anne-Marie at the office.

NEW LECTERN AND PASCHAL CANDLE

We have a new lectern and paschal candle in the foyer of our Administration building. We usually find a lectern in a church where the readings, Gospel and the homily are read from. The lectern in our office also has the lectionary where the readings and the gospel (God's Word) can be found. The Paschal candle (which is also usually found inside a church) is a symbol of Jesus Christ, who is "the light of the world" (John 8:12). We will also have a new cross and new linen for the lectern in the liturgical colours (arriving soon). These were made especially for our school.



SCHOOL WEBSITE - UPDATED

We have recently updated our school website and have added some new features to make navigating much easier. Some of the new features include:

- ❖ Translations in 18 different languages
- ❖ An 'Enrol' tab which now has all the current Holy Eucharist School/MACS enrolment forms
- ❖ A new drop-down menu to assist in locating all the new policies mandated by MACS



New HE/MACS Policies

Select language

New Enrolment Forms

New drop-down menu to locate policies

NEW HE School/MACS Policies

Care, Safety and Welfare of Students	▼
Child Safety	▼
Complaints Handling	▼
Curriculum	▼
Employment	▼
Enrolment	▼
Infrastructure	▼

ENROLMENTS 2022 Enrolments are now open for 2022

We have already had a number of enquiries at the office from new families who wish to enrol their child for Grade Prep in 2022. It is really important that our current parents register their child/ren at the office if they wish to enrol them Grade Prep in 2022.

If you have a child attending kindergarten this year and will be attending school next year, it is important that you enrol your child now to avoid missing out on a placement as we are running out of room.

We are currently interviewing all our new families and preparing for next year.

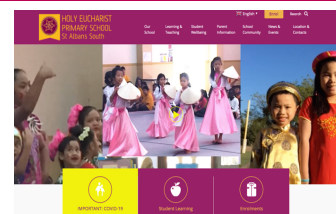
VIRTUAL TOUR OF HOLY EUCHARIST SCHOOL

Unfortunately, due to the new restrictions we are unable to have small group tours for families to see our amazing school. However, in the meantime, we invite you to take a brief tour of our school by visiting our school website or by clicking on the following link;

<https://www.hestalbanssth.catholic.edu.au/#home-video>

We hope that this presentation will provide you with some insight into this vibrant school. If you would like further information, please call our school office on 8312 0900 or please email

principal@hestalbanssth.catholic.edu.au



SUNDAY MASS

Holy Eucharist Parish will continue to live stream Sunday Mass via Facebook. Please visit <https://www.facebook.com/HolyEuchristChurch>
Mass times are as follows:

- 10.30am in English
- 12pm in Vietnamese

St Patrick's Cathedral will continue to broadcast Mass via online streaming on:

- Monday – Friday 1.00pm.
- Saturday – 8.00am.
- Sunday – 11.00am
- Sunday Mass (live) also on C31 (digital channel 44)

Please visit <http://melbournecatholic.org.au/Mass>

Fr Rob Galea also celebrates Mass via live streaming each Sunday morning at 10am. Please visit <https://www.frgministry.com/churchonline>



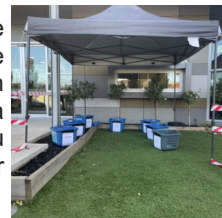
Mr Michael Bonnici

Principal principal@hestalbanssth.catholic.edu.au

REMOTE LEARNING PACKS:

The teaching staff will provide work for your child online via Google Classroom and Class Dojo during remote learning. The teachers have also put together a remote learning pack for those students who cannot access the work online. These remote learning packs will be placed in tubs under the marquee outside the school office on Monday 9th August at 9am. Before entering the Administration gate, please ensure that you are wearing a facemask and that you sanitise your hands before picking up the packs from the tubs. Please remember that you can also access the remote learning packs online via the school website and on Class Dojo. Please remember that you child can also do the following:

- Practise their reading,
- Work on a piece of writing,
- Draw about an experience and write about it
- Exercise outdoors and play family games.



LITERACY/LEARNING AND TEACHING – BOOK WEEK 2021

Each year since 1945 the Children's Book Council of Australia (CBCA) has brought children and books together across Australia through CBCA Book Week. During this time schools and public libraries spend one week celebrating books and Australian children's authors and illustrators. Teachers and librarians create colourful displays, develop activities, run competitions and tell stories relating to a theme to highlight the importance of reading.



CBCA book Week 2021 will be held in August: Week, 21-27th August. This year's theme is **Old Worlds, New Worlds, Other Worlds**. We will have a dress up day sometime during Week 7. You can begin preparing a costume to wear. STAY TUNED for more news about Book Week.

Short listed Books - Categories:

Book of the Year: *Young Readers*

"Entries in this category may be fiction, drama or poetry and should be appropriate in style and content for readers from the middle to upper primary years. Ages 7-12 years."

- *Aster's Good, Right Things* by Kate Gordon
- *The Stolen Prince of Cloudburst* by Jaclyn Moriarty
- *Worse Things* by Sally Murphy
- *We Are Wolves* by Katrina Nannestad
- *Bindi* by Kirli Saunders
- *The Book of Chance* by Sue Whiting

Book of the Year: *Early Childhood*

"Entries in this category may be fiction, drama or poetry and should be appropriate in style and content for children who are at pre-reading or early stages of reading. Ages 0-6 years."

- *Busy Beaks* by Sarah Allen
- *Who's Your Real Mum?* by David Metzenthen
- *No! Never!* by Libby Hathorn and Lisa Hathorn-Jarman
- *Anemone is not the Enemy* by Anna McGregor
- *There's No Such Thing* by Heidi McKinnon
- *We Love You, Magoo* by Briony Stewart

Picture Book of the Year

"Entries in this category should be outstanding books of the Picture Book genre in which the author and Illustrator achieve artistic and literary unity or, in wordless picture books, where the story, theme or concept is unified through Illustrations. Ages 0-18 years (NB. Some of these books may be for mature readers)."

- *The Unwilling Twin* by Freya Blackwood
- *Not Cute* by Philip Bunting
- *Norton and the Bear* by Gabriel Evans
- *Ellie's Dragon* by Bob Graham
- *How to Make a Bird* by Meg McKinlay
- *Your Birthday Was the Best!* by Maggie Hutchings

Eve Pownall Award

"Entries in this category should be books which have the prime intention of documenting factual material with consideration given to imaginative presentation, interpretation and variation of style. Ages 0-18 years."

- *The Illustrated Encyclopaedia of Dangerous Animals* by Sami Bayly
- *Azaria: A True History* by Maree Coote
- *Dry to Dry* by Pamela Freeman
- *Strangers on Country* by David Hartley & Kirsty Murray
- *Hold On! Saving the Spotted Handfish* by Gina M Newton
- *Matthew flinders – Adventures on Leaky Ships* by Carole Wilkinson

CBCA Award for New Illustrator

"This Award aims to recognise and encourage new talent in the field of Australian children's book Illustration. Ages 0-18 years."

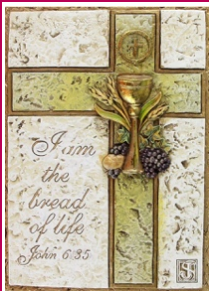
- *Ribbit Rabbit Robot* by Sofya Karmazina
- *No! Never!* by Mel Pearce
- *Seven Seas of Fleas* by Dave Petzold
- *Shirley Purdie: my Story, Ngaginybe Jarragbe* by Shirley Purdie
- *The Small Blue Dot* by Zero Sworder
- *Go Away, Worry Monster* by Robin Tatlow-Lord

Mrs Bernadette Parnis

Learning and Teaching/Literacy Leader

bernadette.parnis@hestalbanssth.catholic.edu.au





THE BLESSED SACRAMENT OF FIRST HOLY COMMUNION FOR YEARS 4 AND 5 CANDIDATES

Unfortunately, due to the 'Snap Lockdown', First Communion has been postponed until further notice.

We ask that our school community continue to pray for our Year 4 and 5 candidates.

A Prayer for our Blessed Sacrament of First Holy Communion candidates:

May Jesus come to bless you on your First Communion Day.

May you feel his loving presence in a very special way. And as you strive to follow in His footsteps, may He bless your life with many graces and lasting happiness. Amen.

Mrs Vanessa Shaw

Education in Faith Leader

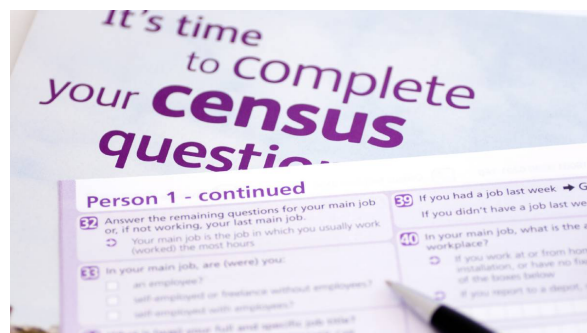
vanessa.shaw@hestalbanssth.catholic.edu.au

CENSUS NIGHT – TUESDAY 10th AUGUST

Census night is on Tuesday 10 August 2021. Every five years, the Australian Bureau of Statistics counts every person and household in Australia. We call this the Census of Population and Housing. The Census is a snapshot of who we are and tells the story of how we are changing. It takes the guesswork out of preparing for the future.

Information from the Census helps governments, businesses and not for profit organisations across the country make decisions. It informs planning for schools, healthcare, transport and infrastructure. It is also used by community groups to help plan local services for individuals, families and communities.

If you want to learn more about the Census, you can visit www.census.abs.gov.au.



ADMINISTRATION NEWS - CAMP, SPORT, EXCURSION FUND – 2ND ROUND APPLICATIONS FOR TERM 2

If you have a **new** Health Care Card or Pension Card issued between **28th January and 12th July, 2021**, you may be entitled to apply for CSEF (Camp, Sport, Excursion Fund) from the Government.

Please bring your card/new card to the school office as soon as possible and see Mrs Mandy Huong. Mrs Huong will then process your application for this fund. Applications close 13th August 2021.

Mrs Sue Smart

Business Manager

suzanne.smart@hestalbanssth.catholic.edu.au



CAMP AUSTRALIA

Dear Families,

Here, at Camp Australia, we would love to be of great service to all the parish and school community.

We are offering a personalised service to any family who needs helps with registering and bookings for your child. This service will be held monthly, bookings need to be made in advance via the school office.

The first session will be on MONDAY 16th AUGUST 2021 at 9:00am.

Looking forward to be of service to all of Holy Eucharist.

Karen Chircop-Bonello -Coordinator
Mobile - 0402 390 969

Thân chào phụ huynh,
Chúng tôi rất tự hào đã có những dịch vụ rất tốt để được phục vụ cho nhà thờ và cộng đồng trường học.

Chúng tôi sẽ mở dịch vụ giúp đỡ mới dành cho những gia đình cần giúp đỡ trong việc mở tài khoản mới và đặt chỗ cho con của mình tại Camp Australia.

Dịch vụ giúp đỡ này sẽ được tổ chức hàng tháng, phụ huynh cần đặt trước thông qua văn phòng trường.

Thứ Hai ngày 16/08/2021 lúc 9 sáng sẽ là buổi đầu tiên.

Rất mong được phục vụ quý phụ huynh tại trường Holy Eucharist.

Điều phối viên:
Karen Chircop-Bonello
Điện thoại: 0402 390 969

Your OSHC.
www.campaustalia.com.au

Activities coming up

Healthy Bodies

Winter outdoor observations

Felt creations

What's on the menu

Fresh fruit

Fresh vegetables

Noddle salad

It's free to register

To attend our program, you must register your child. You can register an account with us at pp.campaustalia.com.au or by downloading our Camp Australia smartphone app from the Apple App Store or on Google Play. Once registered, it's easy to make bookings and manage your account.

MATHS TUTORING

MATHS TUTORING - 30% DISCOUNT FOR HOLY EUCHARIST STUDENTS

MPiR Tuition is a maths tuition centre located in Cairnlea that offers tutoring to students from Years 3 to 12. Our classes are conducted in small groups with specially designed classwork and homework books. Our weekly 80 minute sessions are run by VIT registered teachers. For more information please visit www.mpirtuition.com.au or contact 0481 333 678.

DAY KÈM TOÁN - GIẢM 30% HỌC PHÍ CHO SINH VIÊN TẠI TRƯỜNG HOLY EUCHARIST

MPiR Tuition là một trung tâm dạy kèm tại Cairnlea cung cấp dịch vụ dạy kèm toán cho học sinh từ Lớp 3 đến Lớp 12. Các lớp học được tiến hành theo nhóm nhỏ với các bài tập soạn riêng cho mỗi học sinh. Các buổi học được dạy bởi giáo viên có bằng cấp. Để biết thêm chi tiết, vui lòng truy cập www.mpirtuition.com.au hoặc liên lạc 0481 333 678.



SAFETY OF CHILDREN AND ALL VULNERABLE PEOPLE

We hold the care, safety and wellbeing of children and all vulnerable people as a central and fundamental responsibility for our community. The Holy Eucharist Commitment to Child Safety and Reporting Process are on display in the Administration foyer of the School and School Policies are available on the website at www.hestalbanssth.catholic.edu.au

Feelings and Emotions

Emotional skills include being able to recognise, express, understand and manage a wide range of feelings. These skills are important for a child's ability to learn to interact successfully with others and the world around them.

Children who can understand and manage their feelings, stay calm and enjoy their experiences, are more likely to develop a positive sense of self and be better equipped to learn at school.

Children develop emotional skills through their relationships with the important people in their lives. They learn to manage their emotions and feelings by observing how others respond and how those important people react and respond to them.

Here are some ways to help your child manage his or her emotions:

- Soothe your child when they are upset. Be warm, caring and responsive to your child.
- Model effective ways to manage feelings e.g. "I'm feeling upset, I just need some time to calm down." Show your child that having difficult feelings is part of everyday life
- Encourage your child to talk about their feelings and to help them to explain why they are feeling that way. Problem solve ways to become calm and move on to more pleasant activities.
- Talk about feelings in every day conversations. Name feelings in yourself and others, not just focusing on feelings of sadness and anger, but also happiness, surprise and being excited. Link emotions to behaviours that occur during every day experiences e.g. ask your child how they felt when a particular thing happened.
- Try to understand the meaning of your child's behaviour and respond accordingly
- Teach children to consider the feelings of others e.g. show them how to comfort a child who has fallen over.

Shared book reading is also a great way to teach your child about feelings and emotions. Here are some tips for reading together:

- Encourage your child to think about how a character in the story might be feeling and why.
- Ask your child open ended questions to encourage him or her to connect with the story on a deeper level e.g. "Why does the boy feel sad?"
- Discuss with your child what the character could do calm down or feel better.
- Study the facial expressions of the characters and describe how they might be feeling by the way they look e.g. down turned lips indicate sad or upset; furrowed brow indicates confused or angry. Both you and your child could copy these facial expressions in the mirror.
- Link characters' emotions to your child's previous experiences e.g. "Remember the time when you fell over, you felt sad. What did we do to make you feel better? Do you think that would help the character in the story to feel better too?"
- Re-enact the story! Children gain a more sophisticated understanding of a story by acting it out.



HOLY EUCHARIST SCHOOL

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August 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Eighteenth Sunday of Ordinary Time</p>	2	3	4	5	6	7
<p>St. Mary of the Cross MacKillop Nineteenth Sunday of Ordinary Time Tokyo Olympics Closing Ceremony VICTORIA IN LOCKDOWN</p>	9	10	11	12	13	14
<p>The Assumption of the Blessed Virgin Mary Twentieth Sunday of Ordinary Time</p>	16	17	18	19	20	21
<p>St. Rose of Lima Guest Author visit: Years 3-6 Storytelling by St Albans Library staff Winter Sports Divisional Gala Day</p>	23	24	25	26	27	28
<p>Twenty-First Sunday of Ordinary Time</p>	30	31	1 September	2	3	4
<p>Twenty-Second Sunday of Ordinary Time</p>	Grade 5 Camp-Gundiwindi Lodge	Grade 5 Camp-Gundiwindi Lodge Divisional Athletics	1 September Grade 5 Camp-Gundiwindi Lodge Prep Excursion Werribee Zoo	Liturgy of the Word St Albans Secondary Yr 6 Taster Day Father's Day stall	St. Gregory the Great Father's Day stall	St. John Vianney