



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 Ognenovski, 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): Miya Sun

EAL/New Arrival: Irene Jurista

EAL: Gabrielle Bright

Education Support: Joe Sirianni, Anita Bison

Library: Jenny Bistrick

Business Manager: Sue Smart

Administration Staff: Connie La Macchia,

Mandy Huang

Community Hub Leader: Adella Howard

Cleaner: June Balatbat & Maria Attard

Maintenance: Barry Lynch



Newsletter 13 - 20th August 2021

Holy Eucharist School - St Albans South

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

www.hestalbanssth.catholic.edu.au

Feast Day of the Assumption of the Blessed Virgin Mary.

(Sunday, 15th August)



Pope Francis tells us that we are celebrating something great when we commemorate the Feast of the Assumption of the Blessed Virgin Mary. It is the time that we remember when Mary goes into heaven: small and humble, she is the first human to receive the highest glory. Mary is called the 'Gateway to Heaven', as she is there to welcome the people we love when it is their time to go to heaven. The Feast of the Assumption of Mary is a call to each of us to turn to Mary through prayer.

Let us pray.

Almighty, ever-living God,

you have taken the mother of your Son,

the immaculate Virgin Mary,

body and soul into the glory where you dwell.

Keep our hearts set on heaven

so that, with her, we may share in your glory.

Through our Lord Jesus Christ, your Son,

who lives and reigns with you and the Holy Spirit,

one God, for ever and ever. Amen

Dear Families and Friends,

This term has been very challenging for us all. I am sure that the latest restrictions have been very stressful. The reality is that COVID is still around, which means that we will need to continue doing things differently. The lockdown and curfew may be inconvenient, but we need to remember that these regulations imposed by the government are there to keep everyone in our community safe and I seek your full cooperation.

The work that you have been doing to assist your children has been amazing and is very much appreciated. It is important that we continue working in partnership and to keep all lines of communication open so that we can provide the best education possible for our children. I encourage everyone to remain positive and to keep up the good work that you are doing!

On a more exciting note, I am pleased to announce that our school will receive \$2 Million in funding which will go towards Stage 1 of our School Master Plan. Due to the increase in enrolments at our school, I applied for the grant to build 8 new learning spaces next to the MacKillop Building. The building will need to be a 2-storey building in order to fit onto the site and will cost \$3.9 Million. The school will need to fund half of this project, which means that the school will need to apply for a loan. If we are successful, the build should commence early in 2022.

Last Sunday was the feast of the Assumption. We celebrated this feast as a school during our Liturgy of the Word on Thursday. It was great to see so many of you gathering together on-line as a school to participate in this celebration. I would like to thank Father Vincent and Father Lovink for leading us in prayer each week and to the students for proclaiming the Word. A big thank you also to Mrs. Shaw for planning the liturgies each week and to Mr. O'Bree for the music.

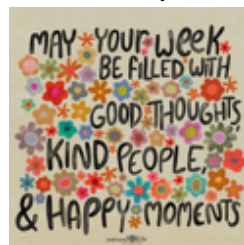
Over the past few weeks, the Leadership Team have interviewed a number of parents/carers who have enrolled their children for Prep 2022. If you have a child attending kinder and is ready to start Prep next year, you will need to enrol them. Enrolment packs are available from the office and are also accessible on the school website. Please, do not delay as prep classes are almost full.

Please stay safe and God Bless,

Mr. Michael Bonnici

Principal

principal@hestalbanssth.catholic.edu.au



COVID-19 – LATEST UPDATE

The Victorian government announced on Monday that there are new Coronavirus restrictions as of 11.59pm on Tuesday 17th August until 11.59pm on Thursday 2nd September 2021.

This includes a curfew which will be enforced from 9pm to 5am every night. The government released in a statement that the curfew will operate as it did last year, with “very limited reasons to leave the home during this time”.

As a result, permits are again required for anyone to leave the house for authorised work, (in line with the arrangements that were in place during last year’s lockdown. Permits will need to be carried with you when working).

Primary and secondary schools will continue with remote learning except for vulnerable children or children of authorised workers. If you are an authorised worker and your child needs to attend school, then a copy of your permit must be given to the school. Holy Eucharist School 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. These parents/carers must provide the school with a copy of their work permit.
- 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, please send a message to Mr Bonnici via ClassDojo or an email to principal@hstalbanssth.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. I will continue to communicate further details with you via ClassDojo and the School Website. Please keep checking these for any updates.

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.

Appendix 1 – Quick reference of permitted school activities

Key actions for schools	Metro Melbourne	Regional Victoria
COVIDSafe behaviours		
Temperature checks	NO	NO
Face masks	YES – INDOORS AND OUTDOORS	YES – INDOORS AND OUTDOORS
Working across multiple sites	NO	MINIMISE
Create COVIDSafe spaces		
COVIDSafe routine cleaning	YES	YES
Enhanced hand hygiene facilities	YES	YES
Enhanced ventilation	YES	YES
Community use of school playground	YES <i>For school use only. Community use not allowed.</i>	YES <i>For school use only. Community use not allowed.</i>
Community use of school facilities (indoors and outdoors)	NO	YES <i>See guidance page 11</i>
Libraries (for borrowing and as a learning space)	NO	YES
Promote COVIDSafe activities		
Key actions for schools	Metro Melbourne	Regional Victoria
Visitors to schools	ESSENTIAL VISITS ONLY <i>Visitors to school premises should be limited to essential school services and operations.</i>	ESSENTIAL VISITS ONLY <i>Visitors to school premises should be limited to essential school services and operations.</i>
Students placements	YES <i>Only for final year pre-service teacher placements</i>	YES <i>All student placements (permitted at discretion of school)</i>
Health, wellbeing, inclusion visits	ESSENTIAL VISITS ONLY	YES

School tours	NO	NO
Excursions	NO	YES <i>See guidance page 11</i>
Swimming and all other pool use	NO	YES <i>See guidance page 24</i>
Incursions	NOT RECOMMENDED	NOT RECOMMENDED
School photos	NO	YES
Camps and overnight stays	NO	YES <i>Except camps that commenced prior to 8 April 2021. See guidance page 11</i>
Assemblies (whole school and year level), forums, graduations	NO	NO
Kindergarten programs	NO	NO
Year 7 transition programs	NO	NO
All sporting activities (indoor, outdoor, contact and non-contact)	NO	YES <i>See guidance page 12</i>
All interschool activities (such as debating)	NO	YES
Singing, brass and woodwind classes and groups	NO	YES <i>Following recommended health advice</i>
Professional development and staff meetings (face to face)	NO	NO <i>Should be conducted online or deferred</i>

Key actions for schools	Metro Melbourne	Regional Victoria
Keep visitor, staff and student records	YES	YES
Maintain adequate PPE supply	YES	YES

Please note: This information was released on 17.08.2021 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.

REMOTE LEARNING PACKS:

The teaching staff will provide work for your child online via Google Classroom and Class Dojo during remote learning. Each week during remote learning, the teachers will 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 usually on Fridays after 12pm.

Please remember, before entering the Administration gate, to ensure that you are wearing a facemask and that you sanitise your hands before picking up the packs from the tubs.

Don't forget, you can also access the remote learning packs online via the school website and on Class Dojo. During remote learning your 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.



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/>

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.

Due to the significant interruptions posed to schools by the current COVID lockdown, and after careful consideration of several factors including extensive feedback from school communities, MACSSIS will be postponed to the period from Thursday 7 October to Thursday 28 October 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.

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 contains two tests: a writing test and an omnibus test with questions from the reading, conventions of language and numeracy test domains.

Originally the SRT was going to be held at our school in August. However, due to the extended lockdowns the SRT has been postponed until further notice. I will be providing more information about this as soon as it becomes available.

GREAT NEWS FOR HOLY EUCHARIST SCHOOL

Last Wednesday I was delighted to receive a phone call from Natalie Suleyman (MP for St Albans) to tell me that our school was successful in our application to receive \$2 Million from the Schools Capital Grant. This money, together with a contribution from our school (as well as a loan), will be put towards a new building comprising of 8 classrooms. However, this is still subject to approval by MACS and the Brimbank Council.

I would like to thank Natalie Suleyman MP for her ongoing support in our application and to Hon James Merlino MP for granting our application. This news brought a much-needed smile to everyone in the Holy Eucharist community.

\$2 MILLION FUNDING FOR HOLY EUCHARIST PRIMARY SCHOOL

AUGUST 11, 2021

The St Albans community will soon benefit from a massive school infrastructure boost, with the Andrews Labor Government delivering upgrades across the Catholic and independent education sectors.

Member for St Albans, Natalie Suleyman MP, today announced Holy Eucharist Primary School was part of 34 projects across Victoria that will share in \$70 million under Round 3 of the *Non-Government Schools Capital Fund*, which is delivering new schools, increasing capacity and providing modern facilities, as well as supporting the removal of asbestos and cladding.

Holy Eucharist Primary School will receive \$2 million to upgrade facilities.

In the past seven years, the Labor Government has invested more than \$10.9 billion in building new schools across the state and more than 1,700 school upgrades, creating 13,500 jobs in construction and through the supply chain.

Quotes attributable to Member for St Albans, Natalie Suleyman MP

"Every Victorian student deserves the best opportunity to thrive when it comes to their education – and we're proud to support better facilities for every school, whether it's government, independent or Catholic."

"Thank you to Principal Michael Bonnici for working with me to achieve a fantastic result for the school community."

"This fund will get vital projects off the ground to improve kids' learning and expand facilities in growing areas – giving all Victorian schools access to facilities and classrooms that will lead them to bright futures."

NATALIE SULEYMAN MP
STATE MEMBER FOR ST ALBANS

Pre Covid 19

\$2 MILLION

HOLY EUCHARIST PRIMARY SCHOOL



Natalie Suleyman MP is at Holy Eucharist Primary School.

3 d · Melbourne, VIC ·

\$2 MILLION FUNDING FOR HOLY EUCHARIST PRIMARY SCHOOL

I just got off the phone to a very happy Principal Michael Bonnici to announce that [Holy Eucharist Primary School](#) will receive \$2 Million from the Andrews Labor Government.

It's one of 34 projects across Victoria sharing in \$70 million from the third round of the Non-Government Schools Capital Fund.

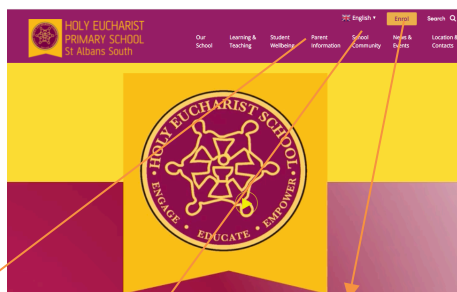
Thank you to the school community for working with me to achieve this fantastic outcome and also to our Minister for Education [James Merlino](#)!

M Bonnici –Principal

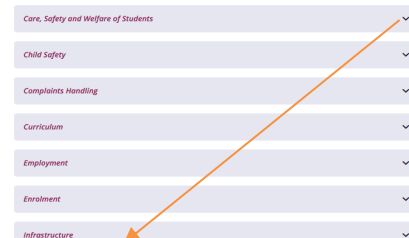
SCHOOL WEBSITE – UPDATED

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 School/MACS Policies



New HE/MACS Policies

Select language

New Enrolment Forms

New drop-down menu to locate policies

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.

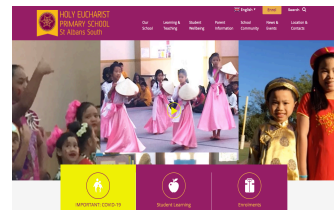
We are currently interviewing all our new families and preparing for next year.

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

LITERACY/LEARNING AND TEACHING – LITERACY NEWS

Reading is the key to learning. It is important because it develops the mind. It is how we discover new things. It helps to develop the imagination.

In order to support students at Holy Eucharist and keep them reading and learning at home, we have provided them with a range of digital reading platforms that cater for all levels.

Shortly, Prep and Year 1 students will have access to the PM eCollection, an online library that allows teachers and students to use PM for independent and guided reading. Students will be given their unique login and password details in order for them to access this platform from home, in fact anywhere.

Epic, an online book service offering over 40,000 high quality illustrated books and chapter books, has been made available for Year 2, Year 3, Year 4, Year 5 and Year 6 students. Students can read books that interest them. They can build their own collections, rate what they've read, and then report back to the teacher offline with a summary or a reflection on what they learned or liked about the book. Teachers can assign a theme and let students find and read material on that theme. Or teachers can assign specific books based on reading level or by topic to get students investigating a particular subject or literature theme. Teachers can check on each student's progress through the dashboard.

We have a subscription with Sunshine Online, levelled books as well as other sections that work on alphabet, spelling etc. Our login details are: username heps3021 password heps3021. I am currently organising individual logins for students in Prep, Year 1 and Year 2. In addition, we have a subscription to Story Box Library, a digital online opportunity for children to listen to the best stories being read aloud by storytellers. Our login details are: username – heps3021 Password – heps3021.

And, we have two more reading platforms coming shortly available through **Lioncrest** – *Collins Big Cat* and *Engage Literacy*. I will inform you when these become available. I will create a bookmark with all the platform website details, logins and passwords and share on Class Dojo once I have all the information and have completed. Stay tuned. Happy reading everyone!

BOOK WEEK

It's **Book Week** next week.

Book Week is a time to celebrate favourite characters from classic stories through to contemporary books. Children usually engage in a range of fun activities throughout the week. I shared a list of the short listed books in the previous newsletter. Everyone will have the opportunity to enjoy these books simply by logging into Story Box (details above).

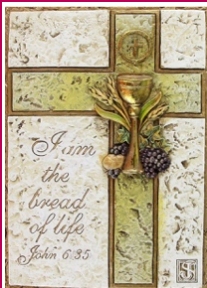
For further information or assistance please contact Bernadette Parnis, or your child's teacher.

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

CYBERSAFETY

With most of our students accessing technology more frequently at home whilst engaging with remote learning, it is important for us to consider online safety. Unfortunately, in our technology rich world today, our children have more knowledge about technology than we do, and it is sometimes difficult to monitor what they are accessing. While Cybersafety is continually addressed at school, it is essential that parents are aware of how their children are using the Internet at home. The Federal Government's Cybersmart website (www.esafety.gov.au) is a fantastic resource for parents and children regarding appropriate use of technology and staying safe online.

Below are some tips that may assist in keeping your children safe online:

- Get devices out of your child's bedroom!
- Always supervise children when they are using devices that connect to the internet. Parents need to be proactive in ensuring that their children are not exposed to unfiltered and inappropriate content that can be freely accessed over the internet. Investigate protection that can be downloaded onto personal computers and devices. Some features of these protection programs include the ability to block certain websites and they can also be used to set time restrictions on web browsing.



Encourage communication with your children!

Parents need to be approachable about technology use, as your children need to be able to tell you what they are doing while online. Frequently monitor their use and the apps they may be using while using devices and talk to them about the things that you notice. Please be aware that if things go wrong, banning them from using devices or banning certain apps rarely works, as children will find other ways to get online. Instead, talk to them about the issue and your concerns.

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 13th September 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 13/9/2021 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	What's on the menu
Dry erase	Fresh fruit
Making Bubbles	Fresh vegetables
Growing plants from seeds and cuttings.	Noodle salad
Mindfulness	

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

how to cope with stress related to COVID-19

It can feel stressful and overwhelming during an event like the outbreak of the Novel Coronavirus (COVID-19) and we can all be affected differently.

You might feel overwhelmed by the information, conversations and the increased levels of stress in your community. It can be hard to know what information to trust especially in a situation where things are changing so quickly. It can be helpful to keep up-to-date but it's also okay to switch off from the 24 hour media cycle if this is getting too much.

During this time some things in your life may be affected by attempts to contain the spread of the virus. You may have been looking forward to a gig or a trip that's been cancelled. You may be affected by school, uni or your workplace temporarily closing. Or you may have a loved one who is directly affected by the virus.

It's important to find the right level or type of support for you. And keep in mind that the type of support you may need can change as time passes. For many people staying connected to family and friends/loved ones is important.

Tips to maintain a healthy headspace during this time

- 1** Be mindful of exposure to information through stories, traditional and social media. It can be helpful to take a break from the 24-hour news cycle
- 2** Do things that make you feel safe and connected, and be with those who are helpful to your wellbeing
- 3** Engage in activities that promote a sense of calm and feeling grounded (use of alcohol and other drugs can be counterproductive with this)
- 4** Our [7 tips for a healthy headspace](#) demonstrate simple and effective things that can help people to create and maintain a healthy headspace, irrespective of whether they have been affected by COVID-19 or not
- 5** It can help to talk with a trusted adult if it all feels a bit much.

Please note

The latest medical information is changing on a daily basis. If you suspect you are at risk, or would simply like to understand COVID-19 more, please visit the Department of Health's website.

health.gov.au

Common reactions

Fear and anxiety

At this time you might experience feelings of fear or anxiety. You might be worried about the virus and how it might affect you, your loved ones or your life.

Anger, frustration and confusion

It can be difficult to understand what to do in these situations because of the volume of different information available. This might feel confusing and frustrating, this is normal. Events like these can reduce the things we normally do in our days and that can seem unfair. This might make you feel frustrated or angry.

Sadness

If you've been asked to stay at home or stop your normal activities you might feel disconnected from important people or things in your life. This might make you feel sad or bored.

Denial

When bad things are happening, some people might prefer not to think about them at all. This might be helpful to start with, but our feelings can catch us by surprise later on. It's OK to distract yourself, but also find some time to think about what is happening and how you're going.

If you start to notice that you are experiencing these things, it is important to remember that these are normal reactions to a not normal time. During this time it is important as best as possible to keep engaged with the activities that support your wellbeing. You might need to get creative in how you continue to do them.

Additional youth support services

- **headspace:** visit headspace.org.au for eheadspace or more information
- **Kids Helpline:** 1800 55 1800 or kidshelpline.com.au
- **ReachOut:** reachout.com
- **SANE Australia:** 1800 187 263 or sane.org

Talk with a trusted adult, such as a parent, teacher, school counsellor or find out if there is a headspace centre near you.

Speak to your local doctor or General Practitioner (GP) and help make a plan for your recovery. Or you can search for a health service and GP on healthdirect.