



St Patrick's Catholic Primary School

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Enews 5

27 March 2020

FROM OUR PRINCIPAL Mrs Cheryl Walsh.....

Dear Parents,

As we transition into working and learning from home, we need to pause for a minute and work out what's best for us. As we create learning schedules for our children at home we need to remember to keep things balanced. Our children can sense tension and anxiety around them. This is new ground for all of us. Their behaviours may start to change....whether it's anxiety, or anger, or protest that they can't do things normally. Your children are wondering whether they will still be able to see their friends and teachers for the foreseeable future.

What our children need right now is to feel comforted and loved. To feel like it's all going to be ok. Be a parent, don't try to be a teacher. Love your children and let them know they are safe. Learn new things together. At the end of all of this, your child's mental health will be more important than their academic skills. How they felt during this time will stay with them long after the memory of what activities they completed.

At St Patrick's we are currently in the transition to Home Based Learning (HBL) and 'Google Classrooms' is the platform we use. At present the school is still open for those parents who are working or need to send their child to school. We have been adding tasks to google classrooms for those students at home.

Until the end of the term teachers will add the Numeracy and Literacy Tasks daily as they are teaching them face to face with the students at school. Over the next few days students will also be given an RE and Science Task (Years 1-6) and History (Kinder) to be completed over the next two weeks. There maybe other generic activities that the teachers will schedule for students.

We suggest that students start keeping a diary/journal to record their experiences and feelings during this time. This is a great way to, not only practise their writing, but to also gauge their emotional state.

If the situation changes and all schools are instructed to close, we will move completely to Home Based Learning. Home based learning will look very different to our face to face learning. It will involve the students remotely interacting with their teacher and peers and will be based on the curriculum for Term 2.

Please remember that not all learning is school based. There are many activities your child can do at home to enhance their development. The following are just a few of the many activities your child can try:

- Help with cooking; perfect for practising procedures
- Count items in, and organise drawers, shelves etc
- Write letters to family members – particularly useful in this time of isolation
- Learn a new skill eg. knit/crochet/work with wood etc
- Younger children could learn to tie shoelaces
- Do some gardening
- Play board games
- Paint a picture
- Listen to your children read and read to and with your child
- Watch a movie
- Listen to Podcasts or audio books or BTN

Family Mass
Children's Liturgy every 9am Mass
except in school holidays

P & F Meeting
Once a term
Next meeting 28 May 7pm in the LARC
Victoria St Campus
Other dates are:
27 August
12 November

St Patrick's Hall
Enquires and bookings please call the
school office

Outside School Hours Care
E: eastgosford.oshc@dbb.org.au
or phone 0408 165 671
or visit the school website

The Uniform Shop
phone 0412 087 696
opening hours during school terms
Tuesday
8.30am – 10.30am
Also 1st Friday of every month
2.00pm – 4.00pm

The uniform shop can be contacted
outside of business hours by email
stpatrickprimary@alinta.com.au
payments can be made direct to
Alinta Apparel in the form of cash,
credit card, or debit credit card
NO CHEQUES
uniform price list & online shopping
available at
<http://www.alintaapparel.com.au/alinta/>

2nd Hand Uniform Shop
Open during Assembly Friday 2pm fort-
nightly or as advised.
Contact Louise 0407 100 433

Canteen
Infants: Wednesday & Friday
Primary: Wednesday & Friday
Rostered volunteers please give
24 hours' notice if you are unable to
attend

Breaking up their schoolwork with outdoor play is important too. Their minds need a break!
I am most grateful to our wonderful staff for their professionalism and dedication as they manage and face these challenges in such a fast-moving environment. There are many things that we have had to learn very quickly.

In this climate with many families struggling, parents losing their employment or having working hours slashed etc, please contact the school so that we can see how we can help.

Please take care, slow down, be kind to yourself and may God keep you all in the palm of His hand

Cheryl

Thank you to the many emails wishing the staff well and thanking teachers for all their work on creating Google Classrooms, we all really appreciate your kind words and send our good wishes to you all. We are blessed to part of such a supportive community.

And then our staff received cupcakes and coffee from the **P&F THANK YOU VERY MUCH**



REFUND FOR CENTRAL COAST CLUSTER CROSS COUNTRY

All students who were going to compete in the CCC Cross Country on 24 March have been refunded their \$5 entry fee. Please check your bank account.

PLEASE CHECK OUT THE FACTS SHEETS ON HAND WASHING LATER IN THE NEWSLETTER AND TALK THROUGH WITH YOUR CHILDREN

Religious Education News - Ms Fiona Bolton

Walking the way in difficult times

So here we are, "walking the way" with our children and families, amidst a Coronavirus crisis. As public gatherings, even Masses, are suspended, perhaps this Lent and Easter present an opportunity for a collective grassroots effort to re-set the Church's compass to its domestic, familiar heart. As Mike and Alicia Hearn (Messy Parenting Project) put it, "Parents are the spiritual leaders of their home, every day, not just when there is a global pandemic!" Let's keep "walking the way" with courage and hope.

Faith steps at home

Gather

As a family, plan how you will celebrate Holy Week. You may like to download this 'Holy Week at Home' resource as a starting point. You can also access it from here.

Pray

Catholics have often turned to the Rosary as a powerful prayer of intercession in times of crisis. Others find strength and guidance in the daily Awareness Examen. Whatever your style, now is the time to pray - for our families, our church, our nation, and our whole human family - as we face this Coronavirus situation together.

Remember

In every crisis lies an opportunity for growth and transformation. © 'Walking the Way'

Visit Walking the Way website for parent resources that support home-based faith learning.

walkingtheway.dbbco.org

A Prayer from Pope Francis

***Tonight, before falling asleep think about when we will return to the street,
when we hug again, when all the shopping together will seem like a party.***

***Let's think about when the coffees will return to the bar, the small talk,
the photos close to each other.***

We think about when it will all be a memory,

but normality will seem an unexpected and beautiful gift.

We will love everything that has so far seemed futile to us.

Every second will be precious.

Swims at the sea, the sun until late, sunsets, toasts, laughter.

We will go back to laughing together.

Strength and courage.

Many blessings to you and your families. We will be thinking about you and praying for you.

WHAT'S HAPPENING AT ST PATRICK'S PARISH!

YOU HAVE NOT BEEN FORGOTTEN ... WE CAN BE WITH YOU IN YOUR HOME EVERY DAY If you have a computer or a phone you may access as follows: MASS MONDAY TO SATURDAY AT 10.30AM, WITH EXPOSITION FROM 10AM MASS ON SATURDAY FOR THE VIGIL & SUNDAY AT 3PM, WITH EXPOSITION FROM 2.30PM THE ROSARY LEAD BY FR GREG OR DEACON PAUL AT 9PM EACH EVENING We live stream daily via Zoom and the links are: Weekday Masses: <https://zoom.us/j/308833528>

Sunday Masses: <https://zoom.us/j/927573274>

OR, simply like our Facebook page <https://www.facebook.com/StPatricksParishGosford/> and you will automatically be notified when the Mass or prayers are about to start

Remember, if you are watching via Facebook, hit 'share' to allow even more people to access it!

OR we will be advising shortly of our YouTube link.

We are aware that there are other platforms for you to view Mass but it is always good to stay in touch with your own parish and keep abreast of what is happening here, and remain bonded as a parish community.

1. MASS OFFERINGS FOR THE INTENTIONS OR SOULS OF OUR LOVED ONES Please know that you may still have a Mass said for your loved one simply by either dropping the envelope into the parish [via the letterbox under the window] or contacting the parish office where your intention will be recorded, and you may make your donation over the phone. We know that it is very important for some to have these Masses offered and we will do our very best to ensure that this will remain in place for you.

2. AM I ABLE TO STILL RECEIVE THE SACRAMENT OF RECONCILIATION? As you all are aware, the church building has to be closed and as such we cannot offer this sacrament in that environment. However, we do ask you to contact the Parish Office to discuss the opportunity to make an appointment to receive this sacrament within the boundaries of the restrictions placed on all the people of Australia. **SACRAMENT OF 1ST RECONCILIATION FOR THE CHILDREN:** The children completed their third of four lessons but sadly the restrictions came in when they were on the precipice of receiving the sacrament and we have now suspended the programme until restrictions are lifted.

3. AM I ABLE TO RECEIVE THE BLESSING OF THE SICK? This is only available for people who are sick and at the end of their life. Please contact the Parish Office to arrange for Father to give the blessing.

WHAT CAN I DO NOW I AM NOT ABLE TO RECEIVE THE EUCHARIST? We understand how hard this for everyone and encourage you to recite this prayer daily.

5. I HAVE BEEN TAKING HOLY COMMUNION TO MY SICK FRIEND OR LOVED ONE ... AM I STILL ABLE TO DO THIS? If your family or friend is sick or dying and needs this pastoral support, which we would all need, then please contact the Parish Office to arrange the best way to accomplish this. For anyone not sick or dying, we can only receive spiritual Holy Communion. Please see the prayer below: **We must never forget that many are lonely and need help. If you are in this situation, please give us a call.**

6. WHAT WILL HAPPEN ON PALM SUNDAY AND AT EASTER a. Firstly, Fr Greg will bless palms and they will be available from a basket at the Mural garden area outside of the Parish Office. If you would care for one and could collect it when you are out for your walk, then you are welcome to take one. We ask you to please bring your hand sanitiser and clean your hands before and after taking a palm. We may have need of a few more palms, it's hard for us to determine the number required, so if you have a palm tree that could use a little trim, please let us know. b. Our Curia has advised that a decision is yet to be made whether the Mass of the Oils will be live streamed or cancelled until a later time. c. Our Curia has yet to make a decision about the best way to approach the services of the Triduum but you can be certain that if we are given approval our services will be livestreamed and that we will send you resources for your own private prayer.

7. IS THE PARISH OFFICE STILL OPEN? At the moment, the answer to that is 'YES'; however, how long that will continue we can only guess but we certainly will be in touch when we know.

8. TO ALL OUR CHILDREN COLLECTING LENTEN STICKERS: Hold on to them and Fr Greg promises to do something special for you when this is all over.

9. NOTICE TO ANYONE HOLDING A KEY TO THE CHURCH: PLEASE DO NOT USE THE KEY TO ENTER THE CHURCH. WE MAY BE FINED UP TO **\$250,000** IF ANYONE IS FOUND IN THE CHURCH OTHER THAN FOR A FUNERAL, WEDDING OR BAPTISM.

10. CHOCOLATE PASCHAL LAMBS ARE STILL FOR SALE @ ONLY \$8 EACH If you would still like a white or milk Cadbury's chocolate lamb in support of the Michaelite Missions, pop in when you are out on your walk and we'll have them available for you. Distancing and sanitiser will be de-rigueur.

HARMONY DAY VISIT

4 Gold had a visit from Zeke's mum Julie where she talked about her story and where she came from with the class. It was great to have for Harmony Day as the kids began to explore and celebrate where they come from. They identified countries on a world map and spoke about a lot of different cultures and traditions. We want to thank Julie for her time and coming in to speak to the class to celebrate Harmony Day. 4 Gold had a fantastic time.



GIRAFFE'S CAN'T DANCE

Year 1 put on a production for the Infant students, teachers and the office ladies today.

It was an outstanding success!!

From the Library and LARC (Learning and Resource Centre)

Mrs Carmen Hartz

Premiers Reading Challenge

Premiers Reading Challenge is underway. Lots of children have signed up to undertake the challenge at home.

Once you have signed up I will email you a reading log which you can fill in, one for each child in your family doing the challenge.

Once you have completed the challenge you can email the completed sheet to me at carmen.hartz@dbb.catholic.edu.au

and I will enter the details on the Premier's website. We are in the process of joining all children to an online library

where families can access books to read from home. Teachers will use some of the books for Literacy and children can read others for the challenge.

I will send you details about this when we have it up and running.

Happy Reading



you



Uniform Shop is Open for Business

We are pleased to advise that the Uniform Shop is fully stocked with all your Winter requirements. We encourage all families that require uniforms for Term 2 to place your orders via online or phone. Details are below.

Place Orders and ask Questions

Online: www.alintaapparel.com.au
Shop Phone: 0412 087 696
Head Office: (02) 4321 0433
Email: stpatrickprimary@alinta.com.au

When will the shop reopen?

The Uniform Shops will open as normal when school reopens in Term 2. For the latest information please visit the school website.

Can I place a Layby?

Yes, Laybys with a 20% deposit are still available by phone order only.

How can I receive my delivery?

School Pick Up – FREE or Home Delivery (delivery charge apply). Please note, orders will be picked and packed for pick up or home delivery when the Uniform Shop reopens at the school.

What if I don't know my size?

The consistent sizing of our garments across the range ensures you will be able to view your current garment size to assist in determining your size. However, our friendly Customer Service Team will be able to assist if you would like further advice.

What if I order the wrong size?

Don't worry, if you order the wrong size, we will happily exchange for another size when school reopens.

Thank you for your co-operation.

The Infants Garden Club is producing a great crop of Pumpkins
Well done Mrs Ellwood!!



**PUMPKINS GROWING
BEAUTIFULLY**

Cough etiquette

Cover your cough



- When coughing or sneezing, use a tissue to cover your nose and mouth
- Dispose of the tissue afterwards
- If you don't have a tissue, cough or sneeze into your elbow.

Wash your hands



- After coughing, sneezing or blowing your nose, wash your hands with soap and water
- Use alcohol-based hand cleansers if you do not have access to soap and water

Remember hand washing is the single most effective way to reduce the spread of germs that cause respiratory disease.

Anyone with signs and symptoms of a respiratory infection, regardless of the cause, should be instructed to cover their nose/mouth when coughing or sneezing, use tissues to contain respiratory secretions, dispose of tissues in the nearest waste receptacle after use, and wash their hands afterwards.



How to Handrub?

RUB HANDS FOR HAND HYGIENE! WASH HANDS WHEN VISIBLY SOILED

① Duration of the entire procedure: 20-30 seconds

1a Apply the palm of the product in a cupped hand, covering all surfaces;

1b Rub hands palm to palm;

2 Rub hands palm to palm;

3 Right palm over left dorsum with interlaced fingers and vice versa;

4 Palm to palm with fingers interlaced;

5 Backs of fingers to opposing palms with fingers interlocked;

6 Rotational rubbing of left thumb clasped in right palm and vice versa;

7 Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa;

8 Once dry, your hands are safe.



How to Handwash?

WASH HANDS WHEN VISIBLY SOILED! OTHERWISE, USE HANDRUB

① Duration of the handwash (steps 2-7): 15-20 seconds

② Duration of the entire procedure: 40-60 seconds

0 Wet hands with water;

1 Apply enough soap to cover all hand surfaces;

2 Rub hands palm to palm;

3 Right palm over left dorsum with interlaced fingers and vice versa;

4 Palm to palm with fingers interlaced;

5 Backs of fingers to opposing palms with fingers interlocked;

6 Rotational rubbing of left thumb clasped in right palm and vice versa;

7 Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa;

8 Rinse hands with water;

9 Dry hands thoroughly with a single use towel;

10 Use towel to turn off faucet;

11 Your hands are now safe.