



Acting Principals Message

Dear Students, Parents & Carers,

Welcome to Week 4! This week we continue transition to school, with face-to-face teaching for Infants on Monday and Tuesday and Primary on Wednesday and Thursday.

Morning Drop Off

The children have come into school each day with excitement and enthusiasm, there have been a few tears, though these are very short-lived. The teachers have found that the children have engaged in their learning, as well as social interaction with their friends even more effectively as we have begun transitioning back to school this term. This may be that children were **very** ready to return to school, it may also be that being dropped at the gate gives them an increased sense of maturity where the school become "their space". In the past week, the teachers have noticed more independence, with children walking into school carrying their own bags and getting themselves organised to enter their class. These are such important skills to learn right from Kindergarten. Sometimes we as adults, worry that young children may get a bit lost and worried. This does occur, however, children learn very quickly that making mistakes is a great way to learn and so their worries and anxiety around this is reduced.

We will review our morning drop-off procedures when full attendance is recommended by the CSO and NSW Health. Having children dropped at the gate instead of being walked in by parent/carer, has improved the safety of our children. Additionally, the children who are anxious in the mornings are settling much more quickly and are remaining settled throughout the day, with the staff at gate helping the children who may be a bit reluctant. This has resulted in children being distracted before their worries escalate.

Cleaning

As we now have children at school for two full days, we have increased the professional cleaning at St Therese's, to twice per week. This will be reviewed in the event that attendance rates are increased from Week 6. We have also had extra supplies delivered from the CSO including antibacterial wipes, surface disinfectant, hand sanitiser and paper towels. All staff have their temperature checked as they enter the school and we thank parents for checking your own child's temperature each morning. All staff and children are required to wash their hands and sanitise their hands at the following times:

Dates to Remember

18TH/19TH MAY INFANTS

20TH/21ST MAY PRIMARY

22ND MAY **ONLY CHILDREN OF ESSENTIAL WORKERS AND THOSE UNABLE TO ACCESS HOME LEARNING**

25TH/26TH MAY INFANTS

27TH/28TH MAY PRIMARY

29TH MAY **ONLY CHILDREN OF ESSENTIAL WORKERS AND THOSE UNABLE TO ACCESS HOME LEARNING**

1ST/2ND JUNE INFANTS

3RD/4TH JUNE PRIMARY

5TH JUNE **ONLY CHILDREN OF ESSENTIAL WORKERS AND THOSE UNABLE TO ACCESS HOME LEARNING**

To bring Christ and His message, in all its richness, into the hearts and lives of all.



- Before entering their class at the start of the day and after lunch and recess
- Before eating their lunch and recess
- If they have sneezed or used a tissue
- Children also use hand sanitiser after using the play equipment

Additionally, we continue to remind children to sneeze into their elbows. All these procedures are in line with CSO guidelines.

How will COVID change us for the better?

I have had so many conversations with family, friends and parents over the past 8 weeks around the positive aspects to social distancing measures, some of these are:

- Reduction in pollution as working from home has reduced traffic – I read recently that Mt Everest has been visible for the first time in 30 years in parts of India as pollution levels have dropped dramatically
- More family time as extracurricular activities have been limited
- Families are spending more time in the garden – so many parents have told me they have started veggie gardens
- Increased wildlife - over the weekend I saw many rosellas and lorikeets in my garden as well as dozens of butterflies. I remember being a child chasing butterflies, but have not really seen many in the past few years
- Less stress and pressure and a feeling we are always rushing around
- Talking to our neighbours again

So, as restrictions begin to ease, I hope we continue to be more discerning with how we spend our time; Can our children just do one after-school activity a week instead of three or four? Do we need to go to the shops everyday or can we go once a week to get everything we need? Can Friday night be a family night eating take-away and watching a movie or playing a board game? How can we continue to focus on family activities such as long walks, bike rides and spending time with extended family or friends who we may not have been able to see for a long time? Just some thoughts to ponder!

Good News Stories from Around the World

It is expected that greenhouse gas levels will fall to a record-breaking 8% this year, as restriction due to COVID-19 have resulted in a reduction in the number of vehicles on the roads around the world. The World Health Organisation also states that walking and cycling are the safest means of travel to reduce exposure to COVID-19. This has resulted in many countries around the world looking at ways to ensure their major cities have pedestrian and cycle access only. Paris (France) has been leading the way with “car-free streets” with designated days being car free in the centre of Paris. The city has also started construction of 650km of “corona cycle ways” for only pedestrians and bicycles, Milan (Italy) has also planned 32km of cycle ways that will be retained after restrictions have been lifted. When we are all back at school, St Therese’s will begin our own initiative of “**Walk to School Wednesday**”, we challenge all children to walk/ride to and from school each Wednesday. Families that live too far from the school, might like to park as far from the school as possible then walk to final way. This will reduce the traffic around the school each Wednesday and also increase our activity levels each week.

Morning Drop Off

All children are to be dropped off at **Burke Street gates** in the morning. Staff will be available to assist with hand-over of any children feeling anxious.

Afternoon Pickup

ALL EXITS will be open every afternoon – Burke St, Royal St, William St, Victoria St walkers and bus lines.

Kaylene Maretich
Acting Principal



Acting Assistant Principal's Message

Thank you and Welcome back

Many teachers, parents and students have voiced how wonderful it was that we returned to school last week. There were just as many smiling and happy faces on Wednesday and Thursday from the Primary students as we saw in last week's newsletter of our K - 2 students. Our school is alive with laughter and learning. A special mention and thank you to all of our students who are showing great resilience and focus, happiness and a willing to work on their knowledge and skills, either at school or at home.

Lotus

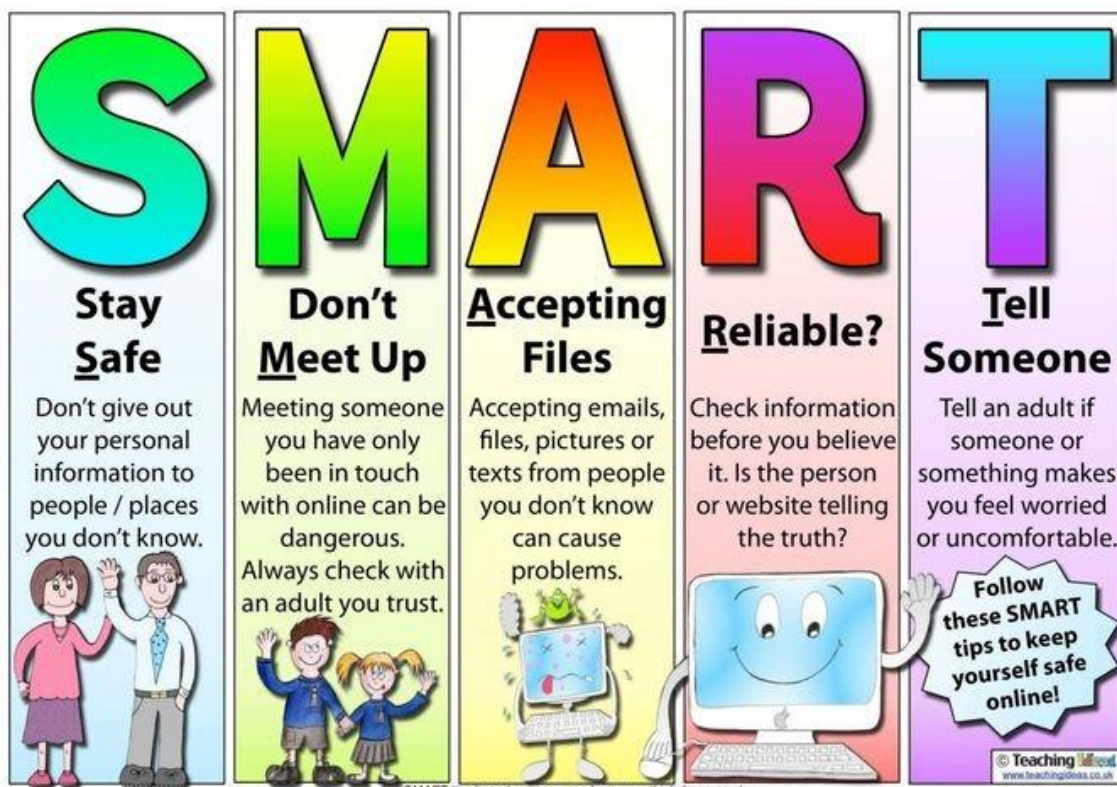
2020 was to be a "Lotus" year but with the current climate we have decided to postpone the Art Show and Auction that Stage 3 organise. This is not to say that as things return to 'normal' that we can't still share the important message of what Lotus represents. Watch this space...

Staying Safe Online

Connecting with family, friends and educators online can be fun and exciting, but it can also come with some risks if we are not careful or aware of potential dangers. Below are some guidelines to consider and worth sharing with your child to ensure a safe environment and experience when working online.

How to Stay Safe on the Internet

1. Don't post any personal information online – like your address, email address or mobile number.
2. Keep your privacy settings as high as possible
3. Never give out your passwords
4. Don't befriend people you don't know.
5. Don't meet up with people you've met online.
6. Remember that not everyone online is who they say they are
7. Think carefully about what you say before you post something online
8. Respect other people's views, even if you don't agree with someone else's views doesn't mean you need to be rude
9. If you see something online that makes you feel uncomfortable, unsafe or worried: leave the website, turn off your computer if you want to and tell a trusted adult immediately.



Deb Petersen
Acting Assistant Principal

To bring Christ and His message, in all its richness, into the hearts and lives of all.



RE News

Laudato Si Week - From 16th May, through until the 'Global Day of Prayer' on 24th May, the world celebrates Laudato Si Week. This year marks the 5th anniversary of Pope Francis' encyclical, Laudato Si (*Latin, meaning: Praise be to You!*), on environmental justice and care for our common home. This Catholic Social Teaching grows in relevance and importance with every passing day. The time for us all to Stop, Think & Act, is now! This is not only a matter of care for the environment but also a matter of justice, as often those most directly and adversely affected by the damage to our global home are the poor and vulnerable of society. May we all strive to heed the wise words of late Archbishop Oscar Romero: **"Aspire not to have more, but to be more."**



The website links below provide further information. The first 4 activities under the 'Featured Resources' heading on the Caritas site offer activities that families can do at home to engage with this important issue:

<https://laudatosiweek.org/>

<https://www.caritas.org.au/learn/for-parishes>

St Therese's Mass Online – The following information is taken from the Holy Trinity Parish, Blackbutt North website:

Due to health restrictions associated with COVID-19 all public Mass at parish venues have been suspended. However, you are very welcome to join us on [Facebook](#) for the live streaming of evening Vigil on Saturdays at 5.00pm, and Sunday Mass at 9.15am and 5.30pm, until we are able to resume our regular schedule of worship.

The parish Facebook link is: www.facebook.com/holytrinityblackbuttnorth

Blessings,
Luke Smith

School Community News

Kindergarten Enrolments - 2021

Enrolments for Kindergarten are able to be sent via email to St Therese's. Please find attached the enrolment form and complete same along with a copy of birth certificate, baptismal certificate and immunisation record to admin@newlambton.catholic.edu.au.

Applications for siblings will be accepted up until Friday 29th May.

Canteen

Welcome back to Term 2. The Canteen is operating as normal with a full menu selection available, however our lovely volunteers are still enjoying a rest from duty. Sushi Tuesday is still available.

School Fees

At this difficult time we understand that people's finances are impacted. If you require a financial concession or support with school fees, there is an online form to complete at the CSO website to apply for these – **see attached letter for links.** <https://www.mn.catholic.edu.au/news-events/covid-19/>

Vicki McSpadden
Bursar

OOSH

Dear Families,

Re: Update regarding increased face-to-face teaching and OOSH attendance

We are a week into greater face-to-face teaching in our schools and we have been delighted to see so many of our children back at OOSH!

Children have been excited and keen to see all of their friends as well as OOSH staff and we have been thrilled that they have settled back into routines as well as adopting new ones. You will recall the enhanced hygiene measures in place across OOSH services and I'd like to thank our families and all of our children for embracing and supporting these new measures at this time.

As a reminder, the Australian Government has confirmed that social distancing does **not** apply for children in the classroom or care locations. However, we have established the following additional measures to help keep our students and staff safe:

- Hand sanitiser is widely available across our service and at sign-in and pick-ups points
- Adults are asked to maintain an appropriate social distance when entering the Service
- Frequent hand washing is encouraged and supervised for younger children
- Additional cleaning of our Service and all high-touch surfaces is in place

We appreciate your continuing support with the above.

As the Term progresses, we will continue to work closely with each school to ensure we are available to support families as attendance increases.

We encourage parents to continue to let us know in advance when their child is likely to return to OOSH or any changes to their bookings.

We know things can be a bit unpredictable but we are working to ensure we have the right staffing and activities to best support and care for all our children.

As noted in communication from supervisors last week, we are not able to make permanent changes to OOSH bookings in Term Two. However, changes to days and times may be accommodated as a casual booking. If you need to make any changes, we ask you to complete and return the form that was recently emailed to you and a member of the team will then be in touch to confirm changes.

Again, I'd like to thank our families and our staff for your continuing support and your flexibility at this time. If you have any questions or concerns, please feel free to contact your OOSH supervisor or myself directly on tracey.sweetman@stnicholasoosh.org.au.

CHRISTINE MORGAN

NOMINATED SUPERVISOR - OOSH | ST NICHOLAS OOSH

Email christine.morgan@stnicholasoosh.org.au Visit us online

www.stnicholasoosh.org.au

Environmental News

How to avoid BPA

Bisphenol A (BPA), a chemical found in plastics used to package food, may be linked to birth defects, reproductive problems, heart disease.

Potentially harmful

- Mimics the hormone estrogen
- Found in the urine of 93 percent of the population over age 6; suggests constant exposure to BPA
- BPA can leach into food or beverage if plastic container is heated

Products, purpose of BPA

Product	Purpose of BPA	Safer alternatives
Baby bottles	Makes bottle transparent	• Use glass bottles or plastic bag inserts • BPA-free bottles available
Handisposable water bottles	Makes bottle shatterproof	• Do not wash in dishwasher • Use stainless steel or BPA-free plastic bottles
Canned food lining	Prevents corrosion, food contamination	• Choose food packaged in cardboard cartons • Eat fresh produce
Dental sealant, composites	Resin contains BPA-based materials	• Amalgam filling, contains 50 percent mercury • Consult dentist to limit risk

• BPA also found in plastic eyeglass lenses, coatings on cash register receipts, CDs, paints, medical equipment, toys

Source: AP, Green Guide, BPA Global Group, U.S. Centers for Disease Control and Prevention, American Dental Association

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What to look for



- Container bottoms marked with 7* or 3 may contain BPA.

*Your bio-based or combination plastic may be marked with natural 7

Good for Kids good for life



Our school is part of the Crunch&Sip® program, also known as 'Fruit break'. Crunch&Sip® is a set time during the day to eat vegetables and fruit and drink water.

Below are some examples of what students are allowed to bring for Crunch&Sip®:

- All fresh vegetables and fruit such as carrot sticks or grapes
- Dried fruit or tinned fruit in juice, but only sometimes
- Plain water



Some tips to increase vegie intake for Crunch&Sip® include:

- Start with vegetables your children are familiar with
- Allow children to choose their Crunch&Sip® vegetables
- Try sweeter vegetables like cherry tomatoes or carrots
- Use a variety of colours to make it more appealing
- Let kids pick out a special Crunch&Sip® container from the supermarket
- Get kids involved in cooking vegetables at home

source: Crunch&Sip® www.crunchandsip.com.au