



St John Bosco's School NEWSLETTER



St John Bosco's School is committed to the safety and wellbeing of all students and young people
www.sjbniddrie.catholic.edu.au E: principal@sjbniddrie.catholic.edu.au T: 9337 2314

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7 May

Without confidence and love, there can be no true education. If you want to be loved, you must love yourselves, and make your children feel that you love them" St John Bosco

PRINCIPAL NEWS

4 weeks down but how many more to come is anybody's guess.

Today we started releasing teachers for half days to further plan for our unknown future. While the numbers of Covid positive cases keep going up I wonder if the Premier will stay his course. As frustrating as it is for teachers, students and certainly parents, if it saves the life of one of our loved ones it is certainly worth it.

The teachers are looking ahead to what our reporting and assessment will look like if we remain with online/home learning. From next week the teachers will allocate specific Literacy and Numeracy tasks to be independently completed for assessment purposes. We ask for all parents to follow these directions for assessment validity.

Thank you to all those parents who have sent positive emails to the teachers. I can assure you that their workload has not reduced and that they are doing their best in these trying times.

A suggestion that before sending off negative emails I ask you to consider these two questions...

This difficulty that I am experiencing has it been brought about by a lack of effort on the teacher's behalf?

Is the concern realistic or is it related to how I am feeling at this particular point in time?

Emails sometimes need to sit in the draft folder for a day before they are revisited and sent, revised and sent or revisited and binned.

The written word can be harsh at times and can be misconstrued depending on the mood of the writer and the mood of the reader.

At this point in time we need to be united more than ever because we are all intrinsically involved in the success or failure of this unexpected adventure.

Thank you all once again for your ongoing support.

Wishing all mothers and special women in our lives a very Happy Mother's Day. I hope you are all spoilt on Sunday.



Happy birthday to the following children who celebrated their birthdays this week.

Adam D'AGROSA
Kostan KARAVIAS
Ned RAMSAY
Logan PHEE



IMPORTANT DATES 2020

Fri 26 June	Last Day Term 2, 1pm dismissal
Mon 13 July	First Day Term 3
Mon 10 Aug	School photos (revised date)
Fri 19 Sept	Last Day Term 3, 1pm dismissal
Mon 5 Oct	First Day Term 4
Mon 5/Tues 6 Oct	Year 3 Urban Camp
Mon 19 Oct	Whole School Photo
Tues 15 Dec	Last day 2020, 12.30pm Dismissal

RE NEWS

Liturgical Calendar

Fifth Sunday of Easter - Year A - Jn 14:1- 12

The gospel readings for this week and next week shift the focus away from the resurrection and begin to set us up for the departure of Jesus from the earth – the Ascension – and the sending of the Holy Spirit – the Pentecost event.

Learning moments

'Jesus said to his disciples: "Do not let your hearts be troubled. Trust in God still, and trust in me.'"

Construct a collage of media words and images that represent things that cause our 'hearts to be troubled'. Construct a second collage of words and images that illustrate examples of people responding to the instruction, 'Trust in God still, and trust in me.'

Conduct an online image search on 'the Way, the Truth and the Life'. Identify three images that you find helpful or appealing in expressing this message and then three images that you find unhelpful or unappealing.

Identify an image or metaphor that you would find helpful in capturing the message of 'I am the Way, the Truth and the Life'.

Family Week 2020

"Building Connections in Spirit and Hope"

We celebrate Family Week in 2020 from May 15th – 21st. Whether you are a parent, student, teacher or part of a parish community, we encourage you to join **CatholicCare** in celebrating Family Week! It's a little bit different this year due to Covid 19 and socially isolating, however there are still plenty of activities we can do within our own families. Participating in Family Week activities is a great way to strengthen relationships and celebrate the importance of family in our lives.

Here are some resources for families to use at home: Use these resources with your children at home to reflect on the role of family (and do some fun activities together!)

<https://www.ccam.org.au/page/123/family-week-2020>

SCHOOL PARENT LIAISON

I hope that the increased expectations during academic time have been well received by both students and parents. The teachers are working extremely hard to make sure that all lessons are easy to follow and engaging for the students.

We hope that the Google Meet sessions are also working well and providing the children with extra assistance and connection to their classmates, teachers and LSO. The Google Meets may look differently from grade to grade. Some teachers may do a whole class Google Meet every day, while others may focus on a different small group each day. Your child's teacher will notify you of how the google meet will look.

Week 5 brings about the same structure.

Suggested Daily Routine for Home Learning **Week 5**

TIME	ACTIVITY	DESCRIPTION
8:00 - 9:00 AM	BREAKFAST	
9:00 - 9.40 AM	Academic Time	Children choose task
10:00 - 10.40 AM	<i>Brain food</i> Academic time	Children choose task
11:00 - 12:00 PM	Creative Time / Play Time (this time can also be accompanied with snack/brainfood)	lego, drawing, block building, crafts, dancing, music, cooking or baking
12:00 - 1:00 PM	LUNCH	
1:00 - 1.40PM	Academic Time	Children choose task
2:00 - 2.40PM	Academic Time	Children choose task

REMINDER: As you can see we have kept the task at a 40min session within that hour. So if it takes your child the whole hour to complete the task, that is great. Or if your child has completed the task within the 40min then they have 20 or so minutes of some free time of their choice.

Helpful hints

Be flexible with the timetable. If the timetable does not suit your home situation with parents having to work from home, taking care of babies or toddlers, children feeling anxious about the task, parents feeling anxious about the task and many other reasons, then be flexible. If you want to swap your creative time at 11am with an academic time, then change it for whatever time suits your arrangements, to alleviate any anxieties or stresses from your day.

Have hourly breaks with a snack, dance or play.

Sit with your child / children the night before and organise what tomorrow's learning will look like. As a family you might want to decide what tasks the children will be doing and give an explanation on how to achieve their task.

So hopefully in the morning the children will know what is expected from them and hopefully give them some independence and structure.

Make sure you have turned on notifications on the SJB school APP so that you don't miss out on any important reminders or messages shared throughout the week.

If you need any help, advice or any questions please contact me on mguzzardi@sjbniddrie.catholic.edu.au or your child's teacher or any one of us on leadership.

We are in this together, and let's continue to support each other, be patient with each other, be patient with the kids, be flexible, have time to laugh, sing and dance with your child at home and be kind. Cheers, Marc Guzzardi

WELLBEING NEWS

Well done to everyone who is managing to juggle all the demands of life at the moment! Parents are working from home, supporting their children, managing usual home demands and trying to stay positive for their kids while doing it. This is why we have chosen the Parenting Ideas article, **'Expect more from kids in these difficult times'** for this week because it talks about how we can support each other as a family unit and what is fair enough to be expecting of our kids at this time.

As there were issues with viewing the article referenced in last week's newsletter, **'Successful Close Quarter Living'**, it is included again today.

Both articles can be read at the at the end of this newsletter.

The other fantastic resource that we would love to draw your attention to is the little [resource pack put together by the Australian Childhood Foundation for kids](#). It includes a beautiful story about Matilda & Theo who care for the lost and found things during the pandemic, such as hugs. There is also a gorgeous activity which goes with the story where you can make your own hug. The pack has a social story explaining Covid-19 to kids and a poster for parents with helpful hints on how to keep a positive and strong connection with kids at the moment too. (Please follow the link above to view the pack).

Looking after our wellbeing has never been more important and we are keen to help in any way we can. Please reach out if you need further resources or just some support.

Enjoy your weekend,

Sommer Azzopardi & Naomi Scott, Student Wellbeing Team

SCHOLASTIC BOOK CLUB

Scholastic Book Club looks a bit different this term. Books can only be ordered online through a Scholastic Loop account. Follow the link below to view the digital catalogue and make a purchase directly from Scholastic Books. Orders must be made by TOMORROW May 8th Delivery is \$5.99. Please ensure your order is delivered to your home address.

<https://scholastic.com.au/book-club/virtual-catalogue-1/>

INFORMATION TECHNOLOGY – ONLINE LEARNING NEWS

Family Zone will be monitoring student accounts at home as of Week 5.

During 'Online/Home Learning' St. John Bosco's is committed to creating a safe online learning environment. Student school accounts are now being closely monitored using Family Zone. This initiative provides protection to students while they are learning from home on devices loaned from the school. Parents also have the option to use the solution on the students' personal devices at no cost. It is part of its response to the challenges presented by COVID-19 for Term 2. More information will be attached and sent out next week.

Family Zone's mission is to support collaboration between schools, parents and cyber safety educators for the ultimate benefit of our children and future generations.

[Learn More](#)



[BullyStoppers](#): supports principals, teachers, students and parents in working together to address cybersafety and cyberbullying.

[I'm a STUDENT](#)

[I'm a PARENT](#)



[Student Wellbeing Hub](#): links to online classroom activities, videos, interactive learning modules, advice sheets and other useful resources to promote the safe and responsible use of digital technology.

[I'm a STUDENT](#)

[I'm a PARENT](#)



[eSafety Commissioner](#): provides a range of tips and resources to help school leaders create safe online learning environments. eSafety has also released an online safety toolkit, which includes evidence-based suggestions and trustworthy links to support parents and carers to stay informed and keep their children safe online

[I'm a PARENT](#)

Online Safety Announcement - Parents - School Owned Devices

Dear Parents and Caregivers,

This is clearly a difficult time for everyone, and across all facets of life. For schools, we are entering into uncharted territory with mass closures and remote learning becoming the new normal for the indefinite future.

We understand that having students learning from home places increasing concern on you as a parent/carer, particularly when it comes to helping students recognise when it is time for study.

As a school, we want to help relieve some of this pressure by ensuring students are safe online and can focus on their learning when using school-issued devices. For this reason, we have implemented a cyber safety program on school-provided devices.

[Family Zone](#) provides us with a much more secure filtering system and allows the school to see what students are searching for in great depth.

What does this mean for me and my child?

All school-provided devices will be managed by the school during the closure, with filtering controls ensuring no harmful or inappropriate content can be accessed.

These filtering rules are the same as the policies that would be in place if the student were at school using the normal school wifi network.

It is our belief that providing this consistency in their experience on school-provided devices will help students differentiate between when it is time for study, and when it is free personal time.

What do I need to do?

You do not need to do anything. The school will manage these devices while students are learning from home.

What if my child isn't using a school device?

So long as your child is using the **Chrome** Web browser, we can still monitor their internet searches via a Google Extension.

*If your child is unable to sign into a **Chrome** Web browser I will provide details next week on how you can get it on your device.

Where can I get help and support?

If you need help, we please contact servicedesk@sourcecentral.com.au or jserratore@sbniddrie.catholic.edu.au

You can also visit the Family Zone website for full details. <https://www.familyzone.com/anz/families>

Thank you for your ongoing support.

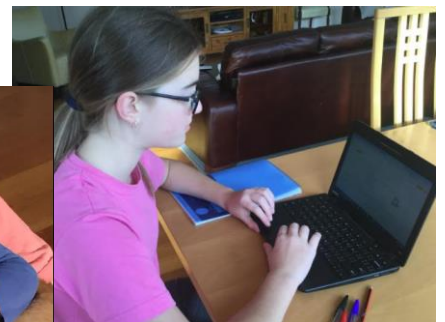


Mr Monaghan has found lots of new jobs to do at school during the past few weeks. His office has recently become a bike repair shop. Thanks for keep us on the right track Mr Monaghan!



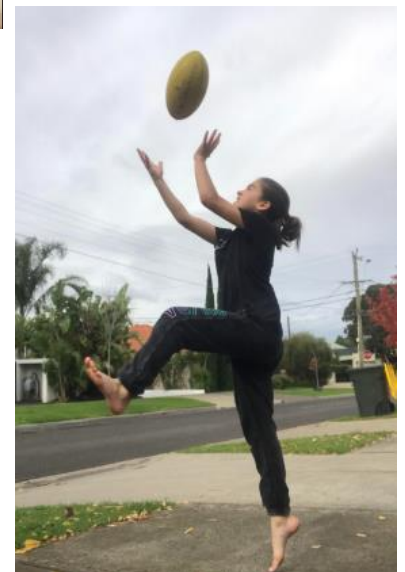
G'DAY FROM OUR STUDENT LEADERS

*Hi SJB community,
It's your Vice Captain Gemma here.
As you have probably seen the pictures,
that is my dog Ruby and I.
(Thank goodness we don't have to social
distance with our pets) 😊
Hope you all are staying safe and healthy.
Here is a riddle for you to brighten up your
day,
Question: What travels all around the world
but stays in the corner?
Answer: A Stamp on an envelope
Hope to see you all soon. Gemma 😊*



**Hi, it's Lily Frangoulis,
your Salesian Captain**

***I work as hard as I can
for school but I still
get out to kick the
footy and practise my
sport every day.
Stay fit and keep up
the great work with a
growth mindset.***



**'WE'RE ALL IN THIS
TOGETHER'
LUCAS GERACE
SAVIO CAPTAIN**

**Hi everyone,
"You can still be doing fun things at home like
cooking, drawing, exercising etc. Just like me,
I made strawberries dipped in
chocolate...YUM!"
Summer Sequenzia, Mackillop House Captain**



G'DAY FROM HOME

Hi all,
I've learnt that my cat Coco loves to follow me and sit with me all the time when I'm on the computer. This is her getting a cuddle after I finished a Google Meet with 4 WK. I think she will miss me when we get back to SJB! - Rose



*I have had to help take over feeding the animals at my dad's farm because he is 82 and must stay indoors at the moment. So Farmer Michelle needs to take over.
At home I am trying to make our bird, Blu and our dog Lola make friends. - Mrs Stivala*



PARENTS & FRIENDS NEWS

To all of our wonderful SJB mums and care givers,

We wish you a very special Mother's Day! Regretfully, we couldn't spoil you this year with our annual Mother's Day breakfast and gift stall, but we hope you get spoiled at home. As a Mum, you deserve to be celebrated every day, especially in this particular time in 2020, when you are working so hard to keep your children safe, happy and educated. Awesome job mamas!

We look forward to the day that we can all be together again and hope it will be soon.
Parents and Friends Committee

As mothers and daughters, we are connected with one another. My mother is the bones of my spine, keeping me straight and true. She is my blood, making sure it runs rich and strong.

KRISTIN HANNAH

SJB BUSINESS DIRECTORY

The SJB Business Directory is pleased to introduce you to the new businesses who registered to support our school this week. Please keep them in mind, together with our other registered businesses, particularly during this difficult time. We are here to support them and they are ready to support us.

KT Hair Design

<https://www.facebook.com/KTHairDesigns/>



Hairdressing services including ladies cut & style, colour foils, hair ups, mens and kids cut and style

BlueRock

<http://www.bluerock.com.au>



BlueRock is an entrepreneurial advisory firm that exists to help business owners run and grow successful businesses.

Rothmans Coatings
Theo - 0414 013 315



<https://www.mistermagnets.com.au/>



<http://schembrilawyers.com.au/>



Management Group

<http://www.gmwealth.com.au/>

SNDTek

<http://sndtek.com/>

TONY'S PIES



<http://www.tonyspies.com/>



<http://westwoodaccidentrepairs.com.au/>



<https://kepropertystyling.com.au/>



<https://sassifit.com.au/>



<https://reedplumbingsolutions.com.au/>



<https://collinsfp.com.au/>

Thanking you

Peter Monaghan

Peter Monaghan
Principal

INSIGHTS

Successful close quarter living



The current physical distancing measures due to the COVID-19 pandemic will be with us for some time. This cocooned existence is a test of parental patience, children's willingness to cooperate and a family's ability to pull together.

So, if you're about to enter the family cocoon, or even if you've been living in close family quarters for some time, the following tips will help ensure your children not only survive each other, but emerge from the cocoon with a strong sense of camaraderie, a greater appreciation for their siblings and knowledge that they belong to a rock solid family who can pull together in a crisis.

Get kids on board

Start your period inside the family cocoon by getting everyone on board. Give kids a voice in how they'd like their social isolation time to flow. Listen to their fears and worries. Empathise with any concerns about missing regular activities and contact with friends but point to the positives of having more free time than normal. Consider providing kids with family organisation roles – the music girl, games guy, food planner and so on – and swapping these regularly to maintain interest. At Parenting Ideas, we believe that it's reasonable to expect kids to help at home and there are many resources at our website that help with this.

Establish structure

Many kids struggle with anxiety when routines break down, so ensure that you have a regular structure that brings predictability to each day. Parents and kids need their own routines starting with get up times, work times and in the event of at home learning, times for schoolwork. Break the day into different time zones that mirror their school days. A regular structure will make the days more workable, feel shorter and be more manageable. It's important to keep daily foundation behaviours in place such as waking up at the same time, dressing for school and preparing for class as they trigger your child's readiness for learning. Similarly, relaxing your routine on the weekend gives everyone a break from the structure of the school and working week. A regular family meeting provides an ideal way to give kids some input into their own routines and also a say in how family-life looks in the cocoon. If formal meetings are not for you, then ask for opinions and gain feedback in more conversational ways.

Set up activity zones

The Nordic countries with their long, dark winters lead the way in successful close quarter living. One of their major strategies for success is the establishment of living zones within homes and apartments. These zones differ from the usual sleeping, cooking and communal living areas that you may be used to. They incorporate areas for individual activities including learning, playing, chilling out and exercise. With consistency children soon associate a specific activity with a particular zone making concentration and focus a great deal easier. Avoid having multiple activities in one space as this may lead to conflict, while diluting the impact of this whole zoning strategy.

parenting * ideas

Get moving, grooving and having fun

Maintaining children's healthy exercise levels when organised sports and informal group play are prohibited is a major challenge for parents. Some organisation and creativity will help. Establish mini movement breaks during each day involving dancing, shooting hoops and exercise to movement. Remember that any activity that gets kids arms and legs moving is beneficial to their physical and mental health. Amp up the fun factor by incorporating music, dancing to online videos and playing simple indoor games.

Instil good mental health habits

As the old saying goes 'prevention is better than a cure', which is pertinent if your child is prone to anxiety and depression. With routine preventative measures such as playing and talking face to face with friends on hold, consider introducing regular mindfulness and breathing into your daily routine. At Parenting Ideas we recommend the resources at smilingminds.com.au as they cater for mindfulness for all groups and at any level. Schedule times for kids to digitally connect with friends so that they don't experience the effects of isolation.

Know when to steer clear

It's hard for family members who are used to doing things on their own to suddenly be thrust together in each other's company for extended periods of time. Many family holidays end in sibling squabbles because family members aren't used to spending so much time together in the same space. Encourage kids to spend some time alone each day so they can relax, reflect and draw on their own emotional resources. Time alone is an under-rated contributor to a child's resilience and mental health.

And know when to come together

While time alone is important it's also essential for your family to come together to connect, to have fun and to enjoy each other's company. Work out your regular family rituals and make these non-negotiable. Evening meals, family discussions and at least one weekly movie or entertainment activity give children and parents the opportunity to come together on a regular basis.

This time spent with your family inside the cocoon at first may be difficult, as it requires changes of habit and behaviour from everyone. There are many positives to close quarter living brought about by COVID-19. Families now get a chance to connect with each in real time and bond with each other in deep, meaningful ways.

Parents also get the chance to establish the positive behavioural and mental health habits in their children that has so often been made difficult by the insanely busy lifestyle that we've all been living for some time now.

The roller coaster has stopped. It's now time adjust to a slower pace and have the types of conversations and pleasurable times with kids that have meaning, have impact and leave lasting memories.



Michael Grose

Michael Grose, founder of Parenting Ideas, is one of Australia's leading parenting educators. He's an award-winning speaker and the author of 12 books for parents including *Spoonfed Generation*, and the bestselling *Why First Borns Rule the World and Last Borns Want to Change It*. Michael is a former teacher with 15 years experience, and has 30 years experience in parenting education. He also holds a Master of Educational Studies from Monash University specialising in parenting education.

INSIGHTS

Expect more from kids in these difficult times



Studies show that parent expectations are a powerful predictor of student success and wellbeing. As children are required to spend more time at home over the coming months, your expectations about your children's behaviour and performance are more critical than ever.

While there may be a temptation to shield children and young people from hardship during the current COVID-19 pandemic, this is unrealistic and out of step with current societal norms. Every segment of the community including children and young people is expected to both give something up and contribute more during the pandemic.

The greatest contribution kids can make is to help their family function as effectively as possible, look out for the wellbeing of family members and peers (using appropriate social distancing measures) and to quickly adapt to the new learning requirements from school.

As a parent you should expect your child or young person to:

Help at home

More time spent at home means more mess, more untidiness and more food to prepare. It's reasonable to expect kids to clean up after themselves, sweep floors, wipe benches, wash dishes or empty dishwashers and also contribute in age appropriate ways to meal preparation. Consider using a weekly jobs roster for the larger tasks and avoid linking pocket money to jobs. Linking help around the house to pocket money teaches children to think "what's in it for me?" rather than "how can I help my family out?"

Behave well

The default question for kids when living in close quarters with others should be, "How does my behaviour impact on others?" If their behaviour impacts adversely on the rights and wellbeing of others, then it's not an appropriate behaviour. A child who continually makes a noise while in close proximity to a sibling who is studying is showing little consideration. As much as possible skill kids up to resolve relationship problems with their siblings so that you're not continually policing their behaviour.

Look out for others

Encourage children to look after the wellbeing of fellow family members. Using age appropriate language, help children understand the signs of deteriorating mental health including sullenness, moodiness, spending more time alone, shortness of temper and drooping out of family activities. Encourage children to act with empathy and kindness when family members are struggling and discuss ways that they can help including giving them space, listening and having fun at appropriate times. By helping children to look out for the needs of others, you are also helping them to build skills in expressing the full range of their own emotions.

Stick to schedules

The use of structures and routines are an essential element of family functioning, particularly during times of change. It's advisable to make your family schedules mirror the schedules established by your child's school. Expect children and young people to stick to the established schedules without taking short cuts, arriving late or finishing early for online lessons. Differentiate the week by relaxing the schedule on weekends, which gives kids something to look forward to.

Show up for lessons

Expect kids to show up for school lessons with the right attitude, equipment and clothes. Wearing clothes specifically for school work helps to trigger their readiness for learning, and differentiates school time from leisure time.

Display discipline

Time spent at home requires children to self-regulate and be disciplined. I suspect that those children who do best in this time of self-isolation will be students who discipline themselves to exercise regularly, limit their use of digital devices, develop a sleep preparation routine, stick to school work routines and practise mindfulness regularly.

Expectations can be tricky to get right. Too high and children can give up. Too low and children will meet them. In these challenging times when more is asked of all of us, err on the side of the side of keeping your expectations high for your kids. They'll more than likely rise to the new challenges that social distancing measures require of them, building their confidence, character and resilience.



Michael Grose

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