

The early Christians prayed in the church of the home. Once more, in troubled times when public worship has to be restricted, we are called to pray in “the domestic church”, always aware of the promise of Jesus, “Where two or three are gathered in my name, there I am among them.” Matthew 18:20

In this challenging time

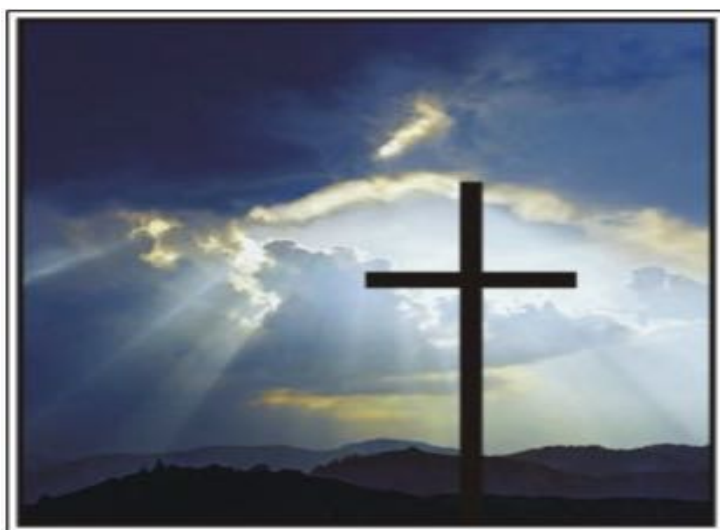
Lord Jesus Christ, our true physician and healer, be merciful to us and bring us your aid in these troubled times. Heal all our sickness and every affliction of your people.

Drive out our infirmities of soul and body; free us from all disease and especially from this pandemic.

We place in your gentle Heart the elderly, the frail, people with disability, children, young people and families, our indigenous peoples, those who are poor, lonely and isolated. As you walk with us, free them from fear, and give them patience and hope together with our loving care.

In your mercy deal also with the causes of our pitiful condition, that in curing our lack of faith and spiritual weakness, you may also remedy our bodily ills.

We place our trust in you, the risen Lord, who lives and reigns for ever and ever. Amen.



From The Principal

Term 3 ~ A Different Start

Term 3 has begun very differently from what we envisaged as we finished Term 2, just under four weeks ago. No matter that we haven't been able to all reunite for Term 3 in person, I wish to thank all of our parents who have taken up the remote learning role to sit beside your children and guide them through zoom meetings, logging into Seesaw or Google classroom. Thank you for your patience and persistence in making sure that your children continue their learning.

I also wish to offer a special thank you to the staff, in all their roles across the school, who immediately adapted to the new situation and worked collaboratively to provide a variety of learning experiences for all students, organise & copy hard copy booklets for those families who requested them, gather & contact families regarding devices, answering a multitude of email & phone calls about accessing technology, making deliveries to families who were unable to get to the school to collect items and providing supervision for those students who need to be at school.

Thank you everyone! You are doing a great job!

Please take the time to read the following article that was shared by a Principal colleague. The message is important to all of us.

Feeling COVID tired, our children are feeling too

Are you feeling a bit COVID tired? I am. Our children are feeling it, too. Right now, the world is collectively grieving. Everyone is experiencing some kind of loss.

A loss can relate to anything. A loss is defined as a loss of a particular connection to a place, person or object.

For some of us, it is a job or not being able to go to the office. While for others, it is a cancelled family holiday, not being able to physically see grandparents, or not getting to play a sport or attend cultural and social events.

...Sadly for some, it is the loss of a loved one and not being able to properly say 'goodbye'.

For parents with smaller children, it means not being able to come onto the playground and connect with each other. For our students it means not having proper assemblies, graduations, not being able to sing or dance together, have parties, holidays along with many other restrictions. This constant adjustment of restrictions, uncertainty, and constant worry is wearying and emotionally exhausting. **It is important to remember and explain to our children that a lot of what is happening right now is out of our control. We can control, however, what is happening to us, within our families and communities.**

Think together what it is that you can control and actively do to live a flourishing life despite the many current disappointments.

- What kind of activities do you enjoy doing as a family?
- Think about all your blessings?
- Practice gratitude together.

Build positive emotions through activities that bring you joy.

Find meaning and purpose in the simple pleasures of life.

- **CULTIVATE** hope and optimism through positive thinking, prayer, meditation, savouring and gratitude.
- **HUG** Remember how important physical touch is to our nervous system. We release tons of oxytocin (happy hormones) when we experience the sensation of touch. Cuddle your children often.
- **BREATHE**. A great and quick calming activity is to simply place a hand on your forehead and the other on your abdomen. Breathe slowly through your nose and exhale slowly through your mouth. This mindfulness practise slows down your heart rate and calms your nerves immediately.
- **LOWER EXPECTATIONS**. These are times of stress. We need to be self-compassionate and kind to ourselves. As Brené Brown so famously affirms: “Just showing up is good enough.”

Self-care is not a luxury.

It is a necessity to maintain our mental and physical well-being. We need to have a full emotional cup so that we can nurture our children, partners, friends and extended families.

And please... Remember that it is also important to validate our children's feelings and not brush them aside. Children often just need to 'rant' and let go. No need to rescue or to solve their problems. Just be present and listen actively. Use active listening skills reflecting on what they are trying to convey to us.

Signs of a child's heightened anxiety – signs they are feeling overwhelmed and that their emotions are too intense to handle.

- Playing up
- Throwing extra tantrums
- Acting out
- Being clingy
- Extra silly.

The easiest way to reduce the intensity of their emotions and calm their nerves is through meditation and mindfulness practice, something that your children may be already being taught at school. Simply remind them to connect to their breath, finding their stillness and peace which is ever-present to us.

A final note...

Our grandparents and former generations have lived through wars, genocides, recessions, depressions, pandemics and more. I admire them for their resilience, their post-traumatic growth, their wisdom and think to myself: Remember: “This too will pass.”

Written by Suzanne North, October 2020.

Tell Them From Me Survey(TTFM)

Thank you to all members of our community who took the opportunity to complete the TTFM Survey last term. I wish to thank you for your honesty and reflective comments about the learning culture at Holy Family. The Leadership Team and staff are reviewing the feedback and will discuss how to address the various issues raised. As the responses were anonymous if you feel very strongly about a particular issue please feel free to come and discuss the matter in person.

Update Future Activities Term 3

While we still have the school calendar at the end of the newsletter please be aware that this may be subject to change depending on when Lockdown finishes and what restrictions will be in place after we return to normal onsite learning.

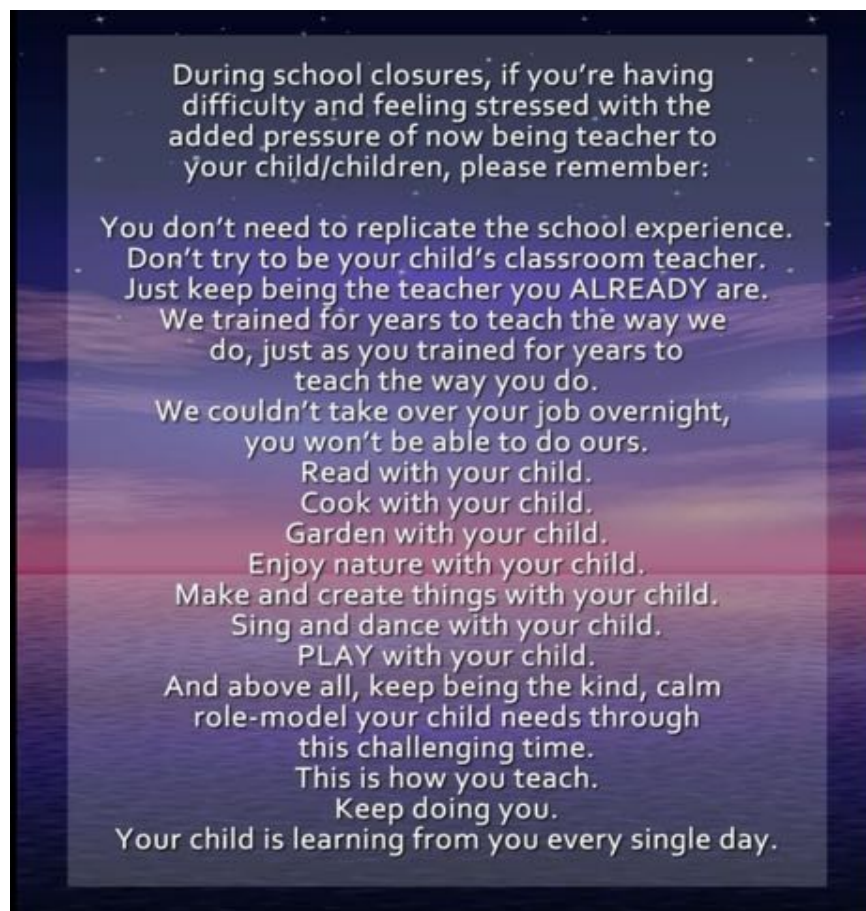
WORD CHALLENGE

This year the school has been focusing on developing the oral language skills of our students. Our current goal is:

For the students to be able to speak in full sentences using learned vocabulary. Part of this is to develop and extend student vocabulary. As we are in Lockdown currently I urge parents to assist your children in finding some great words that they can use to create a list and bring back to school when we all return for a whole school competition. Children can find these words in the books they are reading, from the games they are playing etc.

**God Bless and stay
safe**

Cheryl Fortini



The Feast of St Anne and St Joachim



Each year the Church venerates the memory of Saints Anne & Joachim on July 26th. An ancient story dating to the first centuries of the Church's life recalls how Saints Anne & Joachim prayed to God because they had no children. Angels appeared to Saint Anne in her garden and Saint Joachim in the desert, promising that they would give birth to a special daughter, Mary, who would be known throughout the world.

Anne and Joachim ran to meet one another at Jerusalem's Golden Gate, and rejoiced in the new life which God had promised would be theirs.

At HFS we will celebrate Saints Anne and Joachim, the parents of Mary, and the Grandparents of Jesus, together with our own Grandparents. On Monday 26th July, a liturgical slideshow presentation will be presented to the students here at school, as well as being uploaded to the various platforms for those students who are learning from home. A reminder that if you have not already done so, please email a photo of your child/children with their grandparents to Mr Eid's email address, jeid7@parra.catholic.edu.au



HOLY CROSS PARISH GRANVILLE PRAYER INITIATIVE

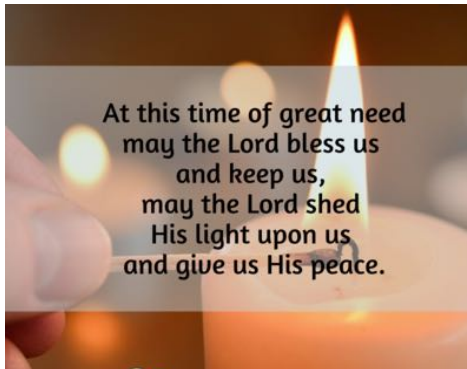


Fr. Andrew introduces Holy Cross' latest Parish initiative inviting us to pray to **Our Lady of Divine Love** for her intercession to an end to the pandemic as has been asked by the Holy Father, Pope Francis.

Please view Fr. Andrew's [video message](#). A link to the image of the Icon of Our Lady of Divine Love and the Prayer of Pope Francis can be accessed below.

Our-Lady-of-Divine-Love-Icon.pdf

Families are encouraged to forward a photo to the parish office of the image in their homes that the Parish will then share.



Mass Attendance (School Hours)

Due to the current restrictions that have been put in place, students from HFS who are attending school in person will not be attending weekday Parish Masses. We will continue to provide liturgical and prayer experiences here on site and share via online learning platforms to our students and their families.



HOLY FAMILY

PRIMARY EAST GRANVILLE

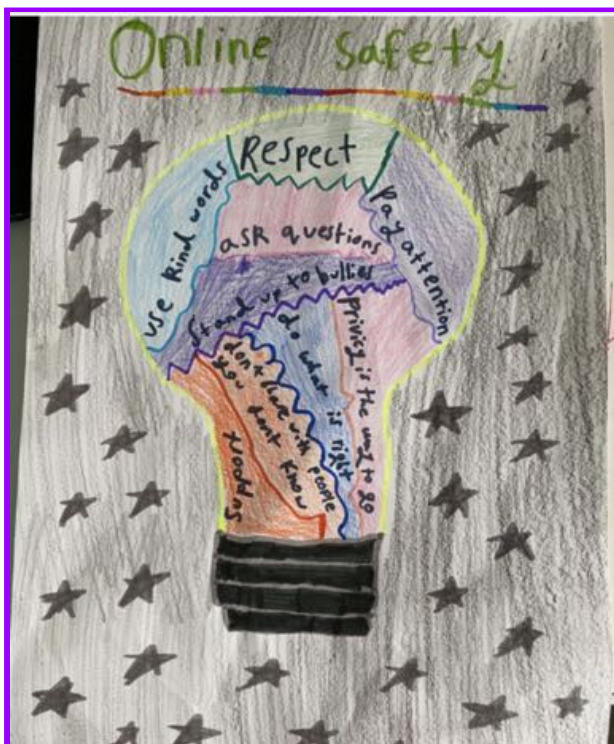
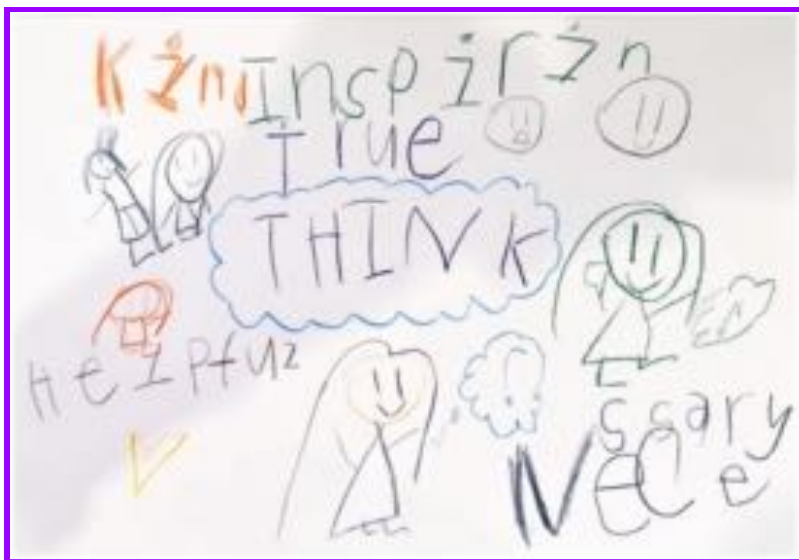
Enrolling now

for 2022

199 The Trongate, East Granville
8633 8200 Register at
www.hfgranville.catholic.edu.au

PBS4L!

This week in our PBS4L Lesson we explored how T.H.I.N.K. helps us online. Check out our creations to promote T.H.I.N.K. There are more samples on our facebook post!



Other News

Year One were very excited about their PBS4L surprise at the end of a zoom last week and earnt a Zoom Dance party to end the week on a high! Check out a snapshot of our wonderful dance moves! Some great groovers there and plenty of smiles!



Year 5 having a zoom lesson today



***Year 3 students designed posters for our
YEAR 3 HOLY FAMILY NAIDOC POSTER COMPETITION:***

The 2021 NAIDOC Week theme, Heal Country!, was our inspiration. Below are some examples -



Still a Community of Learners
All students completing Remote Learning Tasks



Staff Development Days - Our next Staff Development Day is currently scheduled for Tuesday 5th October.

Absentee Note System

If a teacher marks a student as 'Not Present' an SMS will go out to parents around 12 pm. Please click on the link in the SMS and follow the instructions to respond. If you do not receive an SMS or are unable to follow the link please send a note in with your child when they return. If you need help please see Miss Keane in the office. All notes must be returned within **7 days** of the absence or the student will be marked as 'Unexplained, unjustified absence'.

Any students leaving in 2021 must give 10 weeks written notice to the school, a form is available from the office. Term 1 school fees are now overdue. Term 2 statements have been sent to your mailing address, please contact the office if you have not received it.

Students **away** or **sent home due to cold or flu like symptoms** **must** supply negative covid test results or a Doctor's certificate stating why they do not require a test and that they are fit to return to school. Please email these to holyfamilyegranville@parra.catholic.edu.au **before** sending them back to school or have them bring them to the office before going into the classroom. Thank you for your help in keeping us all Covid safe.

Holy Family is going '**CASHLESS**' as directed by CEDP. Thank you to all those families who have changed over to paying online or by card. Could parents ordering from **BOOK CLUB** please also start using the online instructions on the order form rather than sending cash into school with students.

Term 3 school fee statements were meant to be printed and posted by Monday 19th. This has been delayed due to the Covid lockdown restriction. We will update you when they are being sent. You are still able to make your term 3 payment online. If you would like to know your outstanding balance please email hali1@parra.catholic.edu.au.

HFS Parent Calendar - Term 3, 2021

Week	Date	Event
1	Tuesday 13/7	Online Learning Begins
2	Monday 19/7	Online Learning Continues
	Friday 23/7	Kindergarten - 100 Days of Learning
3	Monday 26/7	Online Learning Continues - Grandparents Day Liturgy
4		
5	Monday 9/8	Open Classrooms / Student Led Conferences - 8:30am St Mary of the Cross Feast Day Liturgy- 9:00am Open Classrooms / Student Led Conferences 9:30am - 10:00am Student Led Conferences 3:30pm - 4:30pm
6	ALL WEEK	Book Fair
	Friday 13/8	Celebration of Learning - Yrs 3, 4, 5, & 6 - 9:00am
7		
8		
9	Friday 10/9	Celebration of Learning - K, 1, & 2 - 9:00am
10	Friday 17/9	End of Term 3

Term 3 - Last day Friday 17th September