



St Angela's Primary School

Castle Hill

SHINE

Sending Home Information and News about Education
Ministry of Our Lady of the Rosary Parish, Kellyville

Newsletter
Vol. 1 No. 8

19th March 2020
Term 1, Week 8

Dear Parents,

Looking after our Emotional Wellbeing

The outbreak of coronavirus disease 2019 (COVID-19) has been very stressful for us all. Fear and anxiety about a disease can be overwhelming and cause strong emotions in adults and children. Coping with stress will make you, the people you care about, and your community stronger.

Everyone reacts differently to stressful situations. How you respond to the outbreak can depend on your background, the things that make you different from other people, and the community you live in.

Stress during an infectious disease outbreak can include

- * Fear and worry about your own health and the health of your loved ones.
- * Changes in sleep or eating patterns
- * Difficulty sleeping or concentrating
- * Worsening of chronic health problems
- * Feelings of helplessness

Things you can do to support yourself

- * Take breaks from watching, reading, or listening to news stories, including social media. Hearing about the pandemic repeatedly can be upsetting.
- * Take care of your body. Take deep breaths, stretch, or meditate. Try to eat healthy, well-balanced meals, exercise regularly, get plenty of sleep, and avoid alcohol and drugs
- * Make time to unwind. Try to do some other activities you enjoy.
- * Connect with others. Talk with people you trust about your concerns and how you are feeling.

Reduce stress in yourself and others

[Australian Government Department of Health website](#), [NSW Health website](#) about COVID-19 and understanding the actual risk to yourself and people you care about can make an outbreak less stressful..

When you share accurate information about COVID-19 you can help make people feel less stressed and allow you to connect with them.

Learn more about [taking care of your emotional health](#).

For parents

Children and teens react, in part, on what they see from the adults around them. When parents and caregivers deal with the COVID-19 calmly and confidently, they can provide the best support for their children. Parents can be more reassuring to others around them, especially children, if they are better prepared.

Not all children and teens respond to stress in the same way. Some common changes to watch for include;

- * Excessive crying or irritation in younger children
- * Returning to behaviours they have outgrown (for example, toileting accidents or bedwetting)
- * Excessive worry or sadness
- * Unhealthy eating or sleeping habits
- * Irritability and "acting out" behaviours in teens
- * Poor school performance or avoiding school
- * Difficulty with attention and concentration
- * Avoidance of activities enjoyed in the past
- * Unexplained headaches or body pain
- * Use of alcohol, tobacco, or other drugs

There are many things you can do to support your child

- * Take time to talk with your child or teen about the COVID-19 outbreak. Answer questions [Australian Government Department of Health website](#), [NSW Health website](#) about COVID-19 in a way that your child or teen can understand
- * Reassure your child or teen that they are safe. Let them know it is ok if they feel upset. Share with them how you deal with your own stress so that they can learn how to cope from you.
- * Limit your family's exposure to news coverage of the event, including social media. Children may misinterpret what they hear and can be frightened about something they do not understand.
- * Try to keep up with regular routines and find ways to adapt your usual routine to the new environment. If schools are closed, create a schedule for learning activities and relaxing or fun activities.
- * Be a role model. Take breaks, get plenty of sleep, exercise, and eat well. Connect with your friends and family members.

If you would like additional support, the following services are available

- The school counselling service
- Kids Helpline – 1800 55 1800 – kidshelpline.com.au
- Headspace – 1800 650 890 – headspace.org.au
- Parent Helpline – 1300 1300 52
- Beyond Blue – 1300 22 4636
- Lifeline – 13 11 14

Please also see the attached "Worries Tip Sheet" from our School Counsellor Karina Greenfield.

Stay well and take care.

"Together we can do so much"

Leanne Nettleton
PRINCIPAL

Sent Home This Week:

Emailed: Email to Parents and staff with the subject "Important Updated Advice COVID-19, Letter from Father Alejandro regarding Sacramental Prep Sessions 1, 2 and 3 for children preparing for First Communion, Correct dates for First Communion Masses, Coronavirus Update Tuesday 17th 1:45pm , Coronavirus Update Wednesday 18th March 12:05pm , letter from Greg Whitby

Hard Copy: N/A



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Religious Education

Sunday, 22 March 2020: Fourth Sunday of Lent - Year A

Gospel

John 9:1-41

Historical Context – Light of the World

The events of today's gospel passage occur within an extended passage of the gospel of John in which Jesus attends Jerusalem for the Feast of Tabernacles (Jn 7:1 following). A feature of the feast was the illumination of the Temple. Pilgrims would cover the Temple with lights and torches so that it shone out over the entire city. It was during this feast that Jesus declared himself to be the Light of the World and, a few verses later, healed the blind man and brought light into his world.

Living the Gospel – Lenten Light

The story of the man born blind is a perfect choice for the Lenten season. During this season we are invited once again to open our eyes to Jesus; to step out of the darkness and into the light; to look towards the future with hope and not despair. When we celebrate the resurrection of Jesus at the Easter vigil, we celebrate the coming of the Light of the World into our lives. This annual call to turn away from darkness and walk in the light is a powerful and poetic call to focus our lives on the way of Jesus.

Mrs Jocelyn Williams
Religious Education Coordinator

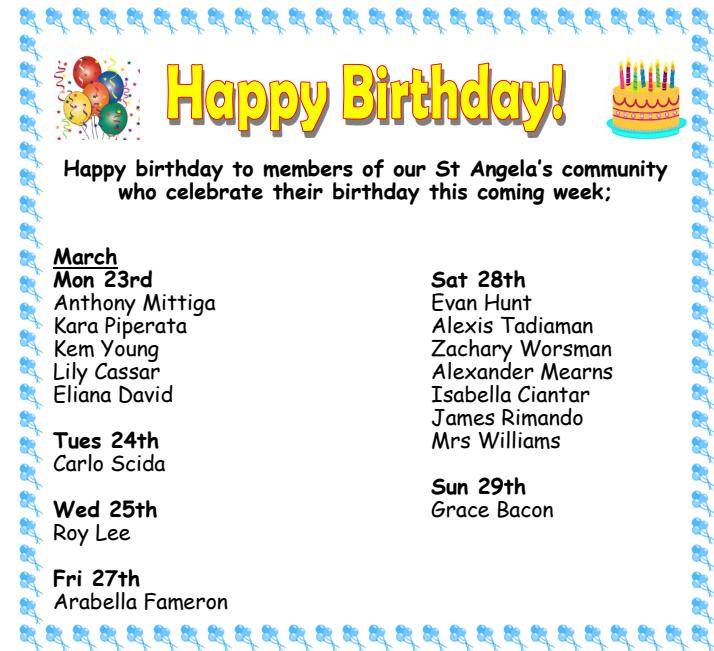
Celebrating Our Gifts (Awards presented on Friday 13/03/2020)

Academic Excellence

Olivia Gale Abesamis KB
Kai Theoharous KG
Sebastian Burns KY
Joshua Halpin 1G
Joshua Losco 1Y
James Lang 2B
Anika Vujnovich 2G
Lexi Khoury 2Y
Bastien Milicevic 3B
Sophie McIntyre 3Y
Ashlee McKnight 4B
Zara Abeyaratne 4G
Mason Kelly 4Y
Aaron Zlomislic 5B
Luca Bercich 5G
Stella Powell 5Y
Keeley Rule 6B
Dean Aberley F6G
Alvarez Alberti 6Y

St Angela's Award

Ryder Aguilar KB
Evelyn Vallejo KG
Vanessa Boumelhem KY
Kelci Reese Anonical 1B
Alanna Russo 1B
Sarah D'Cruz 1G
Hudson McEnearney 1Y
Grace Bacon 2B
Annelise Araneda 2G
Livia Gigliucci 2Y
Zavier Stornello 3B
Ivy Smith 3Y
Oscar Rule 4B
Aidan Rambow 4G
Jacob Nasso 4Y
Ruby Chapman 5B
Sophie Wallace 5G
Isaac Gunasekera 5Y
Stefan Geoghegan 6B
Vanessa Bell 6G
Finnian Christie 6Y



Happy birthday to members of our St Angela's community who celebrate their birthday this coming week;

March

Mon 23rd
Anthony Mittiga
Kara Piperata
Kem Young
Lily Cassar
Eliana David

Sat 28th
Evan Hunt
Alexis Tadianian
Zachary Worsman
Alexander Mearns
Isabella Ciantar
James Rimando
Mrs Williams

Tues 24th
Carlo Scida

Sun 29th
Grace Bacon

Wed 25th
Roy Lee

Fri 27th
Arabella Fameron

NAPLAN Practice Test

All schools participating in the NAPLAN Online in 2020 are expected to take part in a practice test on Monday 23rd March. The Practice test is a trial-run and preparation for NAPLAN Online and will provide students with an opportunity to become familiar with the types of questions they will experience.

The practice tests include an omnibus test (combination of Reading, Conventions of Language and Numeracy questions) and a Writing test, both approximately 40 minutes in length. All students in Years 5, 7 and 9 are expected to complete both tests. Year 3 students will only participate in the omnibus test.

In advance of taking NAPLAN Online, students, teachers and parents are invited to use the public demonstration tests (link below) to familiarise themselves with the type of questions and related functionalities available in the NAPLAN Online assessment.

<https://nap.edu.au/online-assessment/public-demonstration-site>

Have You Returned Your Sibling Enrolment for Kindergarten 2021?

Enrolment packs have been sent home to those families who have advised (via our google form emailed on 27th February) that they are intending to enrol a sibling/siblings at St Angela's for Kindergarten 2021. Please complete the enrolment application and submit to the office, together with the required original supporting documentation, by tomorrow Friday 20th March. Please phone or email the office if you have any enquiries. Thank you.

IMPORTANT PARISH MASS ANNOUNCEMENT for SATURDAY 21ST and SUNDAY 22ND MARCH

Please note that the public celebration of the 4th Sunday of Lent Masses will be cancelled for the safety and well being of our parishioners and ministers. This includes the **6 pm Mass on Saturday and the 7, 9, 11am and 6pm Masses on Sunday**. We will re-evaluate for next week after the diocesan leadership makes a decision. We will still honour the weekend intentions for the Masses in private celebrations held in the friary chapel.

We will continue to celebrate the week day masses for the time being, as we have less than 100 people in attendance. However, no more St. Anthony bread or veneration of relics.