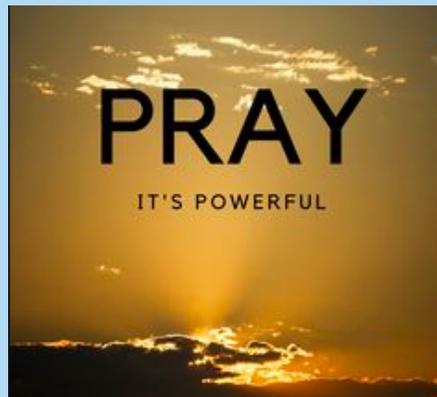




Acknowledgement of Traditional Custodians

Sacred Heart acknowledges the traditional custodians of the land on which this school is built. We commit ourselves to working in partnership with Aboriginal people for reconciliation and justice.

Sacred Heart Primary School is committed to child safety. We believe all children have the right to feel safe and to be safe.



Prayer in the Face of Coronavirus

God our Father, we come to You in our need to ask for Your strength, courage and hope at this time of the 2020 Coronavirus, that has claimed lives and has affected many.

We pray for your grace for the people tasked with studying the nature and cause of this virus and its disease and of stemming the tide of its transmission.

governments and private agencies that must find a cure and solution to this epidemic.

We pray for those afflicted: may they be restored to health soon.

Grant us the grace to work for the good of all and to help those in need.

We give thanks for those who have the security of our work and ask for you to grant strength to those dealing with an uneasy future.

We ask this through our Lord, Jesus Christ, your Son, Who lives and reigns with you, in the unity of the Holy Spirit, one God forever and ever. Amen.

*“Many ways to join one journey. Many origins, to reach onedestiny.
Many friends, to form one family.
Many endeavours, to win one victory.”*

James Liang – Group Chairman of Trip.com

Buongiorno a tutti,

What a week.

Extraordinary times! I will continually keep you updated about our school, our procedures and whether we are closed or open for the beginning of Term Two. I thank you for your support during these uncertain and very trying times. I am also very proud of our staff who are very concerned about the impact COVID 19 will have on our children's education and their wellbeing. If and when our school is closed, we are prepared to send work home to our children and to keep in contact with them on a regular basis.

I have attached the following Tip Sheet from the Australian Psychological Society

https://www.psychology.org.au/getmedia/5a4f6500-b5af-4482-9157-5392265d53ce/20APS-IS-COVID-19-Public-P2_1.pdf to help us all understand and acknowledge the different levels of worry and stress that ourselves and our children may be experiencing, as a result of the current Public Health Preventative measures for COVID-19. We strongly recommend that you spend time talking with your children, ensuring they know age-appropriate

information, and if they have any questions about what is happening that you give them as much correct information as you can. If you have any questions regarding these conversations, please speak first with your classroom teacher, as they are well equipped to help answer your questions and concerns. Above all, teach your children the importance of “stress hygiene” – check in with our body sensations, engage in some deep breathing and calm walking, ensure routine and predictability where possible, and speak your child's language through play.

A great resource to use at the moment with your children at home: <https://biglifejournal.com/pages/freebies>- here you will find valuable information to build resilience and growth mindset, which is what we teach in our classrooms at Sacred Heart. If you are concerned about your child's emotional wellbeing, please speak with your GP or classroom teacher to assist in appropriate referral pathways.

Easter falls at the end of our School Holidays. Easter celebrations liturgical and socially will look very different . It is important that we remind ourselves Easter is the greatest celebration in the Catholic Church because it is the completion of the Holy Week that ends with the resurrection of Jesus. Easter celebrates the beginning and foundation of Christianity.

My Thoughts and Prayers are with you all.

Ciao

Arn

[Click here for link to Big Life Journal website](#)



Tips for coping with coronavirus anxiety

As the number of coronavirus cases rise across Australia, the level of anxiety within the community is increasing.

Feelings of worry and unease can be expected following a stressful event, such as the recent declaration of a global pandemic, however, it is important that we learn to manage our stress before it turns to more severe anxiety and panic.

This information sheet outlines some useful strategies which can help both adults and children cope with the stress or anxiety experienced as a result of the coronavirus outbreak.

Learn the facts

Constant media coverage about the coronavirus can keep us in a heightened state of anxiety. Try to limit related media exposure and instead seek out factual information from reliable sources such as the Australian Government's [health alert](#) or other trusted organisations such as the [World Health Organization](#).

Keep things in perspective

When we are stressed, it is easy to see things as worse than they really are. Rather than imagining the worst-case scenario and worrying about it, ask yourself:

- *Am I getting ahead of myself, assuming something bad will happen when I really don't know the outcome?* Remind yourself that the actual number of confirmed cases of coronavirus in Australia is extremely low.
- *Am I overestimating how bad the consequences will be?* Remember, illness due to coronavirus infection is usually mild and most people recover without needing specialised treatment.
- *Am I underestimating my ability to cope?* Sometimes thinking about how you would cope, even if the worst were to happen, can help you put things into perspective.

Take reasonable precautions

Being proactive by following basic hygiene principles can keep your anxiety at bay. The World Health Organization recommends a number of protective measures against the coronavirus, including to:

- wash your hands frequently
- avoid touching your eyes, nose and mouth
- stay at home if you begin to feel unwell until you fully recover
- seek medical care early if you have a fever, cough or experience breathing difficulties.

Practise self-care

To help encourage a positive frame of mind, it is important to look after yourself. Everybody practises self-care differently with some examples including:

- maintaining good social connections and communicating openly with family and friends
- making time for activities and hobbies you enjoy
- keeping up a healthy lifestyle by eating a balanced diet, exercising regularly, getting quality sleep and avoiding the use of alcohol, tobacco and other drugs to cope with stress
- practising relaxation, meditation and mindfulness to give your body a chance to settle and readjust to a calm state.

Tips for talking with children about the coronavirus

Children will inevitably pick up on the concerns and anxiety of others, whether this be through listening and observing what is happening at home or at school. It is important that they can speak to you about their own concerns.

Answer their questions

Do not be afraid to talk about the coronavirus with children. Given the extensive media coverage and the increasing number of people wearing face masks in public, it is not surprising that some children are already aware of the virus.

Providing opportunities to answer their questions in an honest and age-appropriate way can help reduce any anxiety they may be experiencing. You can do this by:

- speaking to them about coronavirus in a calm manner
- asking them what they already know about the virus so you can clarify any misunderstandings they may have
- letting them know that it is normal to experience some anxiety when new and stressful situations arise
- giving them a sense of control by explaining what they can do to stay safe (e.g., wash their hands regularly, stay away from people who are coughing or sneezing)
- not overwhelming them with unnecessary information (e.g., death rates) as this can increase their anxiety
- reassure them that coronavirus is less common and severe in children compared to adults
- allowing regular contact (e.g., by phone) with people they may worry about, such as grandparents, to reassure them that they are okay.

Talk about how they are feeling

Explain to your child that it is normal to feel worried about getting sick. Listen to your child's concerns and reassure them that you are there to help them with whatever may arise in the future.

It is important to model calmness when discussing the coronavirus with children and not alarm them with any concerns you may have about it. Children will look to you for cues on how to manage their own worries so it is important to stay calm and manage your own anxieties before bringing up the subject with them and answering their questions.

Limit media exposure

It is important to monitor children's exposure to media reports about the coronavirus as frequent exposure can increase their level of fear and anxiety. Try to be with your child when they are watching, listening or reading the news so you are able to address any questions or concerns they may have.

psychology.org.au

Seek additional support when needed

If you feel that the stress or anxiety you or your child experience as a result of the coronavirus is impacting on everyday life, a psychologist may be able to help.

Psychologists are highly trained and qualified professionals, skilled in providing effective interventions for a range of mental health concerns, including stress. A psychologist can help you manage your stress and anxiety using techniques based on the best available research.

If you are referred to a psychologist by your GP, you might be eligible for a Medicare rebate. You may also be eligible to receive psychology services via telehealth so that you do not need to travel to see a psychologist. Ask your psychologist or GP for details.

There are number of ways to access a psychologist. You can:

- use the Australia-wide Find a Psychologist™ service. Go to findapsychologist.com.au or call 1800 333 497
- ask your GP or another health professional to refer you.

More information

Australian Government Department of Health

The Department of Health has developed a collection of resources for the general public, health professionals and industry about coronavirus (COVID-19), including translated resources.

<https://bit.ly/380OwHe>

Centers for Disease Control and Prevention

The Centers for Disease Control and Prevention provides reliable information about the coronavirus such as its symptoms, steps you can take to protect yourself, and what to do if you are affected.

<https://bit.ly/39MEml8>

World Health Organization

The World Health Organization provides information and guidance regarding the current outbreak of coronavirus disease.

<https://bit.ly/3cQUwCw>

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 Web: psychology.org.au

Find us on social media   

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(Science Technology Engineering and Mathematics)

Curious about what happens during STEM classes? Check it out on our blog. <http://shpstem.edublogs.org/> This blog shows what we are learning about and gives our students a chance to share their work. If you would like to help out during STEM classes, please see Sonia Bourke in the office. Helpers are always welcome. Looking forward to a fabulous year.

Stay happy,

Melanie Whiteley mwhiteley@shyarrowonga.catholic.edu.au

[Click here to view the STEM blog](#)

SIMON Everywhere App

All notifications to our school community will be sent via this app. If anyone has any difficulties in downloading the App and would like some assistance please contact Sonia Bourke in the office.

SIMON Everywhere App

App Store Preview



SIMON Everywhere 4+

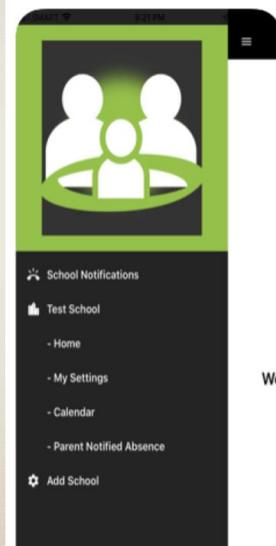
Connecting teachers and parent

[Chris Hordern](#)

#86 in Education
★★★★★ 5.0, 1 Rating

Free

iPhone Screenshots

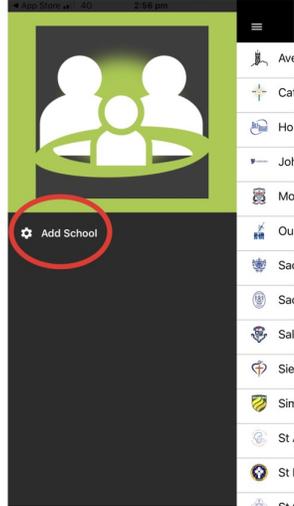


- Download App from App Store
- Click menu top left
- Click Add school
- Select Sacred Heart Primary Yarrowonga
- Enter PAM credentials

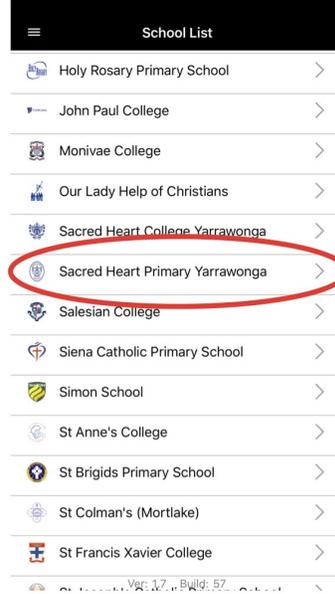
Student Absence Notification

It is possible to set a Parent Notified Absence within the new Simon Everywhere App. Below are instructions:

Select the Menu in to right corner:



Yarrowonga



Enter your PAM credentials

← School List School Registration



Sacred Heart Primary Yarrowonga

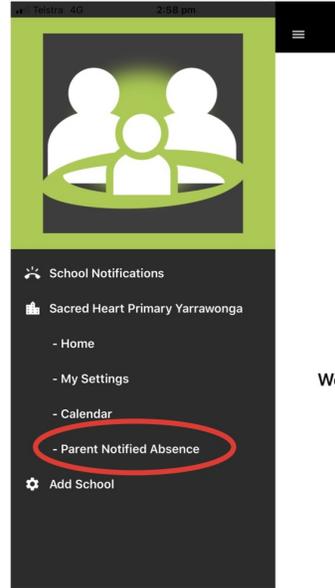
Username

Password

Register

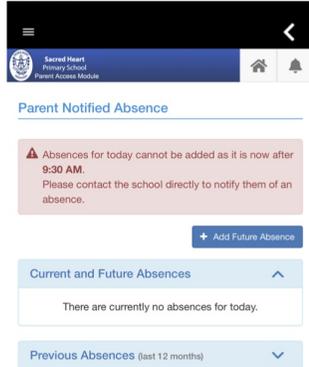


To enter a Parent Notified Absence, select "Parent Notified Absence" from the drop down menu



We

On the day of the absence, entry must be made before 9.30am. Future absences of 1 day duration can also be added.



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