



From the Principal

Dear families,

It has been wonderful to see the children this week as they returned with their sporting house. The smiles on the faces of the children, AND the staff, told the story! We are a school family and there is great joy in being together.

As students commence their return to school, our focus continues to be the safety of all students and all staff. We are following NSW health guidelines. These are some of the practices we have implemented:

- * Only staff and students are permitted on site
- * Students enter through the front office gate each morning
- * Parents and carers are only collecting their children via Coolibah Street pickup to ensure social distancing for parents/carers
- * Fixed play equipment is unavailable for student use
- * Hand sanitiser is being used at regular intervals in all classes throughout the day
- * Our cleaning staff, Sandra and Debbie have been doing an outstanding job. They are doing extra hours, including coming in during the school day to do additional cleaning of the toilets. Sandra and Debbie have increased their cleaning routine in every class each day, as they work through the daily cleaning/wiping protocols.
- * All children are using their own water bottle to drink from and we are not permitted to use the school bubblers at the moment
- * Staff are maintaining social distancing during breaks in the staffroom

St Joseph's Learning Plan for Week Four - Years 1-6

Next week, all students in Years One to Six will continue with online learning and will attend school one day per week. A special reminder for families with a child in Year 3-6, **please ensure that your child brings their Chromebook and that it is fully charged.**

Learning Plan for Week Four - KINDERGARTEN

Due to the particular needs of Kindergarten students, it has been decided that **from next Monday, May 18 all Kindergarten students at St Joseph's will return to school full time.** This will mean that today Friday May 15 will be the final day for online learning in Kinder.

Learning Plan for Week Five

From **Monday May 25, all students at St Joseph's will return to school full time.** If your child took their Chromebook home, please ensure that your child brings it back to school on Monday May 25. Online learning will not be offered from May 25. This will mean that next Friday, May 22 will be the final day for online learning.

Winter Uniform

From next Monday May 18, all students are to be in full Winter uniform. Don't forget to ensure that your child wears their school tie **every day** when they are in their winter school uniform.

2021 Enrolments

From next Friday, May 22, our 2021 Kindergarten enrolment period commences. Also from next Friday, we will begin to accept names for our 2021 Kinder transition program (Play to Learn). The transition program commences in term three. **If you are interested in your child taking part in this program, I encourage you to telephone the school on Friday, May 22, as this is a very popular program and places are limited.**

Prayer

BE STRONG AND
COURAGEOUS! DO NOT
BE AFRAID OR
DISCOURAGED. FOR THE
LORD YOUR GOD IS
WITH YOU WHEREVER
YOU GO.

JOSHUA 1:9

SJLE Calendar

2020, Term 2

Week 4

18th
May

Kinder students return to school full time
Children of essential workers attend school

19th
May

Students in **Blue** House only plus children of essential workers attend school

20th
May

Students in **Green** House only plus children of essential workers attend school

21st
May

Students in **Gold** House only plus children of essential workers attend school

22nd
May

Students in **Red** House only plus children of essential workers attend school

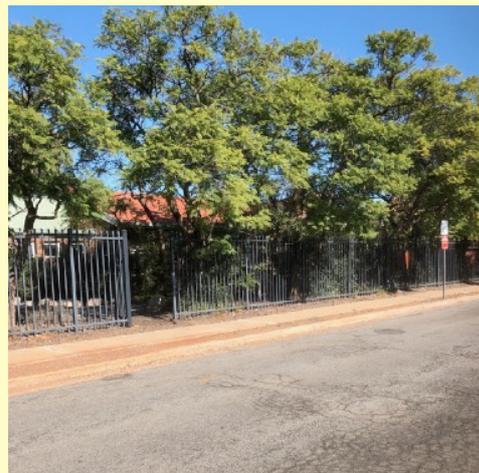
New Student Pick Up Area

At the moment only staff and students are permitted on site. We are following diocesan protocols to protect parents/carers. This means that all students will be collected by using DRIVE THROUGH PICK UP zones. From next Monday there will be two drive through pick up locations.

COOLIBAH street for **RED** and **BLUE** house
CHURCH Street for **GREEN** and **GOLD** house.

Church Street Pick Up

Vehicles are to queue on the **school side** of Church Street facing west, towards the children's crossing. See photo



IMPORTANT INFORMATION REGARDING DRIVE THROUGH PICK UP:

It is really important that parents/carers STAY IN THEIR VEHICLE.

A teacher will bring your child/ren to you. If you get out of your vehicle and walk to collect your child it slows the flow of traffic. It creates a stationary vehicle that all other vehicles need to navigate around. The students will have a practice of where to assemble during the day next Monday.

Remember: Coolibah street for RED and BLUE houses and CHURCH Street for GREEN and GOLD houses.

Family Name on Car Visor

It helps enormously if you have a piece of paper with your **family name** on it, **on your passenger side visor**. This helps staff to quickly identify the owner of the vehicle, so that they can bring your child/ren to you. Mrs Jones and Mrs Butterfield have printed family names for every family in the school. These will be sent home with children on the next day they are at school. Please attach it to the front passenger side visor, so it is visible to staff.



Parking in Bus Area

Please **DO NOT** park in the Bus area to pick up or drop off your child/ren. There are significant fines for vehicles found to be in the bus zone during designated times.

Thank You

We thank you all for your patience as we adjust to this process. We are implementing this practice in the interest of your safety.

Mary Jane Simms

Principal

Resilience

If I was asked; “What is the most important thing you do as a counsellor for your clients? There would be plenty of different ways I could word it, but it would all come down to the same basic principal, a counsellors role is to support and help build our students resilience.

Merriam-Webster defines resilience as “the ability to become strong, healthy, or successful again after something bad happens”. Underlying this definition is an assumption that (1) bad stuff inevitably happens in life and (2) we all have the capacity to handle it.

As parents/guardians we tend to worry about our children’s ability to handle the bad stuff and want to protect our children from it. The problem is that we won’t be in our children’s lives forever and, even while we are, we simply can’t protect them from all the slings and arrows that life sends their way. So it is important to foster resilience in our children. I believe there are five basic steps to helping build resilience in our children:

1. EMPATHISING

When your child is struggling, or when something negative has happened to him or her, the first thing the child needs to know is that you understand his or her feelings. Using phrases like “That sounds really painful/difficult/scary.” Even if your child did something wrong or made a mistake, he or she needs your empathy, at least at first and lesson after. This helps validate their emotions and your child will eventually internalise this message—whatever I feel has validity—which will help build self-esteem and emotional resilience.

2. MEANING MAKING

If/when your child is able to discuss the situation further, going over what happened and helping your child make sense of it will help him or her feel less frightened, upset, and/or overwhelmed. Making meaning of what happened and why also gives your child a better understanding of the world and some sense of control. i.e. “It sounds like it was slippery and you were running too fast and that’s why you fell,”. Other times, it may require a more subtle approach, such as, “I wonder why Sam was so mad at you?”. The more questions you ask and the fewer answers or opinions you give, the better.

3. PROBLEM SOLVING

One of our jobs as parents, is to teach our children how to learn from their mistakes and to handle the difficult situations they may encounter. Sometimes this involves little more than conveying information, such as, “Ice is slippery. If you run on an icy sidewalk, you will probably fall.” More often than not, however, what our children need to learn is the process by which a good decision gets made or a thorny problem solved. Some basic techniques that you can use to teach your child how to problem solve are brainstorming, role playing, and speculating.

4. TOLERATING UNCERTAINTY

Sometimes things happen that are completely out of your child’s control and that no amount of problem solving will fix. Illness, death, and natural disasters are but a few examples. In these instances, empathising (“It is scary not knowing what’s going to happen”) and making meaning (“Sometimes things happen that we can’t control”) with your child are important in terms of helping your child feel less scared and alone.

5. MODELING RESILIENCE

One of the hardest parts about helping our children develop resilience is that we don’t always feel so resilient ourselves. Developing an awareness of our own feelings around difficulty, failure, loss, and uncertainty is therefore very important. Fortunately, even if we don’t feel so resilient all the time, having an awareness of our own vulnerabilities and insecurities can help us deal with our child’s.

Article extracted from AIPC website and Good Therapy <https://www.goodtherapy.org/blog/5-steps-to-fostering-resilience-in-your-child-0722144>



50 POSITIVE PHRASES

to build resilience in Kids!

1. *I love you.*
2. You are loved.
3. I believe in you.
4. You are important.
5. I love watching you play.
6. I love being your _____.
7. *You make me smile.*
8. I'm grateful for you.
9. You are on the right track!
10. You worked really hard.
11. You are helpful.
12. You can do hard things!
13. You kept trying.
14. Your choices matter.
15. You are a good friend.
16. You can make a difference.
17. Good thinking.
18. *You are learning!*
19. You are confident!
20. Your ideas matter.
21. I am listening to you.
22. That was a good choice.
23. What you did was brave.
24. *You are enough.*
25. You're really improving.
26. I trust you.
27. You solved the problem.
28. *You figured it out!*
29. I knew you could do it.
30. I love hanging out with you.
31. Follow your dreams.
32. I appreciate you.
33. You are unique.
34. I love you for who you are!
35. You inspire me.
36. *I am here for you.*
37. You make my heart full.
38. It's OK. We all make mistakes.
39. That's your best effort yet!
40. I know I can count on you when _____.
41. You must have been practicing.
42. You mean so much to me.
43. You're so much fun to be around.
44. You can try again tomorrow.
45. Your efforts are paying off.
46. *Follow your heart.*
47. I see you enjoy trying new things!
48. You can learn from your mistakes.
49. That was a great accomplishment!
50. Your thoughts are unique & valuable.