



St Matthew's Catholic Primary School

Term 2, 16th June 2020. No 11

Parish Priest: Fr Florentino (Boy) Galdo

School Principal: Mr Bob Brown

Deputy Principal: Mrs Carmela D'Amato

RE Leader: Mrs Helen Howden

School Email: principal@smfawknernth.catholic.edu.au

School Phone: 0393595423

Dear Students, Parents, Staff and Friends of St Matthew's,

Hello Students Parents, Staff and Friends of St Matthew's,

We are in week 10 and it is less than two weeks until the end of term . Everyone has been working extremely hard this term and we are all looking forward to the term holidays. It really has been one extraordinary term. Not only has it been a long term, but the transition to Distance Learning, the pressures of coping with the different platforms of learning and then the transition back to school again have certainly taken a lot out of all concerned, parents included. When we break up on Friday week 26th June I want everyone – students, parents and staff- to forget about school for two weeks. Relax, unwind and enjoy plenty of immediate family time.

I am sure you are all looking forward to it and you certainly all deserve it.

LOWSON STREET PICKUP

I am aware that it is extremely busy in Lowson St for the after school pickup and there are very good reasons for this. You may not realise, but Moomba Park PS, next door, currently has three dismissal times: 3:05pm, 3:15pm and 3:25pm. Our students are all currently dismissed at 3:15pm. This is where the problem lies. Before COVID 19 Moomba Park students were dismissed at 3:15pm, 10 minutes before

our students at 3:25pm. This allowed for the majority of their students to be gone 10 minutes before our students arrived at Lawson St. Hence there is far more congestion with people and vehicles than in the past.

I know the majority of our parents are doing all the right things, but there is a minority who are not thinking, just being impatient and reacting.

There are a number of ways around this:

- If you live a couple of blocks from school or closer then choose to walk to and from school. No need to worry about getting a park. Just have to wait keeping your social distancing in mind.
- If you drive and there is no parking in the street, park a block away and walk, once again keeping your social distancing in mind.

There are DO NOTs as well:

- Please do not call your children across to the other side of the road.
- Please do not stand in the middle of the road calling your children.
- Do not Double Park or pull up in the school driveway or neighbours driveways (You risk a hefty fine as well as it being dangerous).
- Do not pull up in front of the school driveway and call your children to your car.

With all of the above everyone needs to exercise a fair amount of patience, caution, consideration and safety for themselves and for others. By doing this we will avoid a serious accident from occurring and you will be surprised how quickly the street becomes empty.

COVID 19 CASES

I am sure all parents would be aware that there have been a number of reported cases in three primary schools, two fairly close to us, in the past two days. Unfortunately, this was to expected with the relaxing of the rules and regulations by the government and the movement of the Melbourne population from lockdown.

The staff of St Matthew's is doing everything they possibly can to make sure we do not have any cases here, but we need your assistance if we are to have zero cases. Already the Prep parents have been absolutely amazing in dropping off their children every morning and immediately leaving the school property and our parents who in Years 1-6 who leave their children at one of the three gates have been wonderful too, but there are measures that we ask that you to adhere to as well.

If you have a child with cold or Flu-like symptoms please keep them home, take them to your GP and have a test done if your GP instructs you to. If there are siblings attending school keep them home as well until the result of the test is negative or for fourteen days if positive. If your child tests positive please contact the school immediately. There are formal procedures that every school has to adhere to and these would be put into place immediately. The whole school community would then be informed as soon as possible after the disclosure.

Hopefully we do not have to go down this path, but please parents keep in mind your social distancing, leave home if you only have to for essential items and be very aware of who you are socialising with. As I said last week we will all get through this together safely if we follow the rules and act cautiously, don't

become too complacent.

Only eight days to go until the holidays, but who's counting? Stay safe and take care everyone. Don't forget to join us for our Assembly on Friday 20th June at 2.45pm. We will be celebrating Refugee Week with our school community as well as announcing the Principal's Awards for term 1 and 2.

Bob Brown

Principal

Bob Brown - Principal.

Refugee Week Prayer

Prayer for Refugee Week

God of mercy, help me to remember
My ancestors came across the seas
And those who now come to our shores.

As I face you in prayer, God of Compassion,
I remember my country's words:
Send them back or Stop the boats.
Then I fear, not your anger
But the steady gaze of boundless love
and unlimited compassion
That impel me to hear Jesus' command:
Love one another, as I have loved you
or Pope Francis' call to open our hearts
where no-one is excluded.

May our change of heart penetrate to our beginnings
As strangers in this land.
May we allow those we displaced
– the First People of this land – to welcome us.
Then knowing, in humility, what it is to be welcomed,
We will know how to welcome
the strangers who come to our shores.
Amen.

(Prayer adapted from Australian Catholic Social Justice Council)

Wellbeing

Wellness Tip.

Taking a DEEP BREATH can really help when we need to refocus and or reset our emotions.

Sometimes you need a little more structure around how to take a deep breath.

Using shapes is an easy way to keep track of breaths in and out. You can use your finger to trace the shape so that you know where you are with your breathing.

Try some of them out and see how they work for you.

This resource comes from www.copingskillsforkids.com

Wellness Tip

LAZY 8 BREATHING
Start with an 8 on its side. Starting in the middle, go up to the left and trace the left part of the 8 with your finger while you breathe in. When you get to the middle of the 8 again, breathe out while you trace the right part of the 8 with your finger.

TRIANGLE BREATHING
Start at the bottom left of the triangle. Follow the sides around the whole triangle to complete one deep breath.

SQUARE BREATHING
Start at the bottom right of the square, and follow the arrows around the whole square to complete one deep breath.

STAR BREATHING
Start at any "Breathe in" side, hold your breath at the point, then breathe out. Keep going until you've gone around the whole star.

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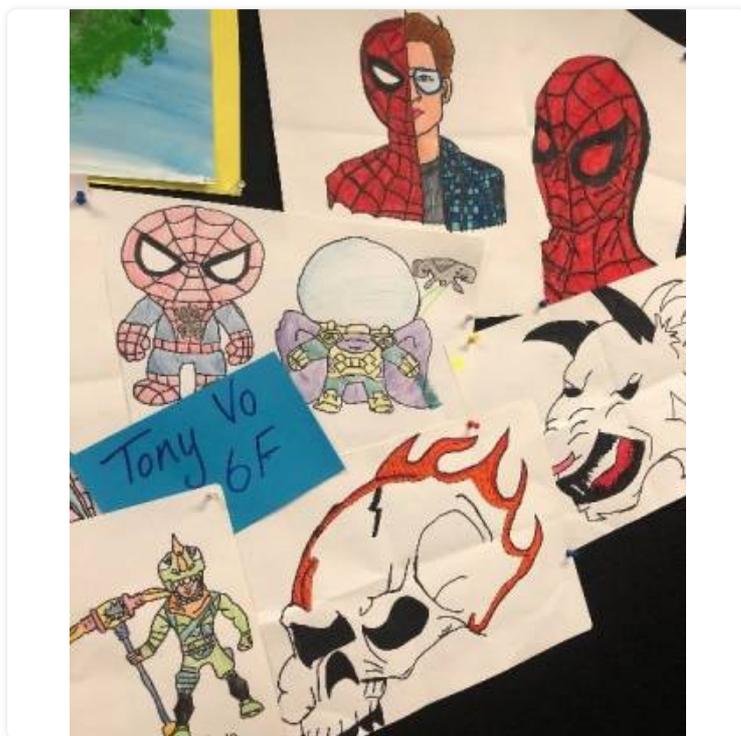
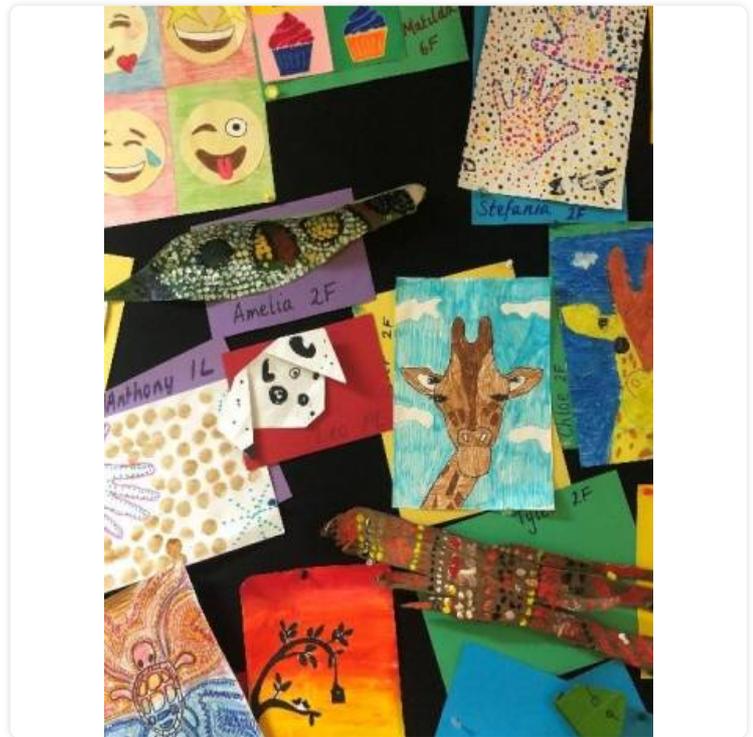
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VISUAL ARTS

Visual Arts- Distance Learning

Congratulations to all the Students who participated in Visual Arts Online Distant Learning. Thank you for being so creative. We have so many talented students at St Matthew's and you should be very proud of yourselves. Many of you explored with various mediums and materials from home, even from our kitchen cupboard, such as coffee beans and spices to create paint. Well done to you all, I am very proud YOU. Mrs Torres

Visual Arts Distance Learning





Download the SkoolBag App

The SkoolBag app is the easiest way keep up with school events, last minute notices, newsletters and all school communications.

5 Easy Steps to Staying Informed

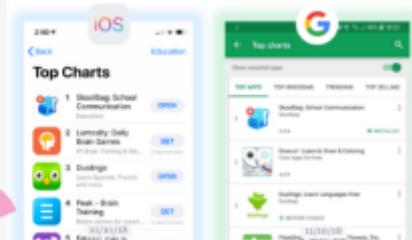


SkoolBag is the easiest way to stay up-to-date with school events, last minute notices, newsletters and all your school's communications.

1. Download SkoolBag

Search SkoolBag in the Apple App or Google Play Store, download the FREE app:

SkoolBag: School Communication



2. Create an Account

Follow the prompts to create your account in seconds.

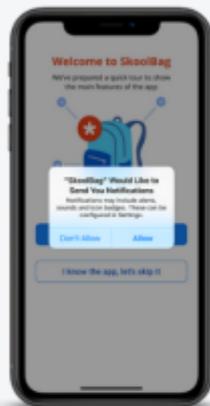
3. Add your School

Type your school's name and press enter. Tap the plus icon to add.



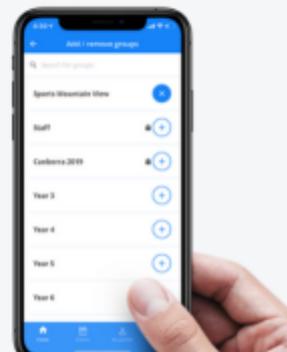
4. Allow Notifications

Ensure you Allow SkoolBag to send you push notifications when prompted.



5. Subscribe to Groups

Select Year Groups / Sports Teams to appear in your feed.





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