



St Matthew's Catholic Primary School

Term 3, 18th August 2020. No 15

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

A BIG HELLO to all our Students, Parents and Friends of St Matthew's,

Dear Parents, Students and members of St Matthew's School community,

I hope this newsletter finds all of our families safe and well. I thought it important to remind parents that we, at St Matthew's are doing all we possibly can to make sure the children and staff who are attending school are absolutely 100 % safe. We know that our families are doing a wonderful job as well and that is very reassuring for all the staff.

As we move through the middle of our 6 weeks of Distance Learning, further measures have had to be taken by staff and students who are attending school. I refer to Mrs D'Amato's email sent to staff on Friday, that there have been some changes to our staffroom set up and protocols to morning arrivals. These have come from Catholic Education Melbourne and are something the staff and students need to adhere to strictly. The major changes are a result of the COVID-19 SAFETY PLAN for St Matthew's PS that we have put in place:

1. Staff Room:

All cutlery, cups, bowls etc will need to be BYO as there won't be anything available to use in the staffroom. We have purchased single sachets for tea, coffee and sugar. BYO milk as well. All areas will be

cleaned twice a day. If staff do use the coffee machine or toasters, please wipe down with sanitiser wipes after using.

2. There have been some **changes to the morning protocol** for those students needing to attend school and for the staff needing to supervise. All schools are to have a COVID safety plan in place, which requires us to now ask the students and staff certain questions each time they are arriving at school. All staff and students who need to be at school, are to use the William St entrance with students waiting at the gate until a teacher comes out to take the children's temperature and ask them the listed questions. Similarly, staff are required to sign in as soon as they get to school and then sign out when they leave. They will also have their temperature taken and will be asked the same questions. This is to ensure that we have documentation for DHHS in case we have a positive case and contact tracing needs to occur. The questions that will be asked are those that are being asked at medical centres, phone calls to various agencies etc. If students or staff answer yes to any of these they must leave immediately and ideally go and get tested on their way home.

- *Do you have a fever or flu-like symptoms, such as coughing, sore throat and fatigue?*
- *Do you have shortness of breath?*
- *Have you been in close contact with someone returned from overseas or a COVID-19 hotspot, in the last 14 days?*
- *Have you been in close contact with someone with a confirmed case of COVID-19?*
- *Are you currently required to be in isolation*

Thank you everyone for doing your bit to keep this virus at bay and for making sure St Matthew's PS remains a COVID-19 Free Zone.

Just a reminder that we will be having an assembly on Friday 21st August. Our assembly will highlight some of the amazing companions that our students have had while they have been learning at home. We can't wait to show them to you as well. A link for assembly will be shared with you via skoolbag app on Friday afternoon.

Regarding school fees, thank you to those families that are up to date with payments. We have had a few queries regarding payments for the remainder of the year. At the moment we are waiting for further advice from Catholic Education Melbourne, however payments will remain as is until further notice.

Keep safe, well and enjoy the company of your loved ones.

Yours Sincerely,

Bob Brown

Principal

PRAYER FOR THE WEEK

Prayer for Hope and Strength

Almighty God,

You reach into the darkness with hope, truth and light. Stretch out your strong hand in this situation, hold and rescue those who have suffered. Let your almighty love move mountains, cross seas and breathe life into the darkest places. Light that redeems. Light that restores. Light that heals. Light that protects. Light that saves. There is nothing higher, stronger or greater than your love.

We trust in you.

Well Being



Wellness Wednesday

Don't forget about taking some time out each day without any devices. Make Wednesday afternoon a Wellness Wednesday! Have a look at the attached photo for some great ideas!

This wellness Wednesday you might also like to do an activity based on MINDFULNESS. Mindfulness is the ability to be aware of someone else or situation. See the attached power point with a wonderful activity to help understand what Mindfulness is.

[Download](#)

Wellbeing Activities



Do you know how to take your pulse?

1. Place 2 fingers on the side of your neck until you can feel the pulse. (It was shown to you in the clip).
2. Count how many times you feel your pulse in 15 seconds.
3. Then multiply this by four to calculate the beats per minute.

Have a think. When do you think your pulse would be beating fast? When would it be beating slow?

Riddle: What kind of tree can you carry in your hand?
Answer: A palm

Fun Brain Facts: Tuesday

- The brain is only 2% of our body weight, however it uses around 20% of the energy from our blood and oxygen in our bodies
- We have about 100 billion tiny cells in our brains called neurons
- About 75% of our brain is made up of water. That means if we don't drink enough water our brains won't work as well as they should

Talk to a grown up about what they know about the brain.

Three interesting facts about the brain:

-
-
-

Three ways you can keep your mind healthy:

-
-
-



Self-love and self-compassion are also important!

List 5 ways you can be kind to yourself.

- 1.
- 2.
- 3.
- 4.
- 5.



How do you feel today?

On the next page is a list of feeling that can help you.

Monday

Tuesday

Wednesday

Thursday

Friday

I wonder if you know why you are having these feelings?



FOR CHILDREN, WHAT TO DO WHEN I GET FRUSTRATED WITH ONLINE WORK

Download



FOR PARENTS, WHEN MY CHILD GETS FRUSTRATED WITH ONLINE WORK

Download

VISUAL ARTS

Great Works of Art!

Visual Art

Congratulations to all the Students who continue to participate in Visual Arts Online Distant Learning.

Thank you for being so creative!

This term the students

are experimenting with natural materials and ingredients discovering how Science and Art can go hand in hand. Keep up the great work!

Grade 2

Creating and Making PUPPETS out of an old sock!



LIBRARY NEWS



Book Club

[Download](#)

Community News

Secondary School Enrolment Flyers

Please find attached flyers from various schools regarding enrolments for 2021 and 2022.



Penola Catholic College

[Download](#)



BR. PETER COLE SCHOLARSHIP (PARADE COLLEGE – PRESTON)

The Br. Peter Cole Scholarship was created to honour a great man and to acknowledge his connection to the Preston area. Through the generosity of the College Foundation, we are pleased to offer a limited number of academic scholarships into the Altior Gifted and talented program at our Preston Campus, a reward and acknowledgement of the boys who have achieved exceptional academic outcomes in Year 5. Applicants must have a confirmed enrolment in Year 7 Preston for the applicable year.

[Download](#)



Pascoe Vale Girls College

[Download](#)



Mercy Catholic College

Download

Simmonds Catholic College

CONTACT THE REGISTRAR ON 9321 9200 OR
INFO@SCCMELB.CATHOLIC.EDU.AU
TO BEGIN THE ENROLMENT PROCESS.

LIMITED PLACES
FOR 2020 & 2021 ENTRY ARE
CURRENTLY AVAILABLE AT ALL YEAR LEVELS.



**YEAR 7
2022
APPLICATIONS
OPEN**



Moomba Park Kindergarten Enrolments

Download

Learn At Home

Learn at Home


Don't put your studies on hold when you can learn at home! Learn from the comfort of your own home using our easy-to-use remote learning tools. Experience live discussions and access our virtual classrooms using your computer, laptop or mobile device.

Ring PRACE on 9462 6077 or visit our website: <https://prace.vic.edu.au/learn-at-home/>

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.

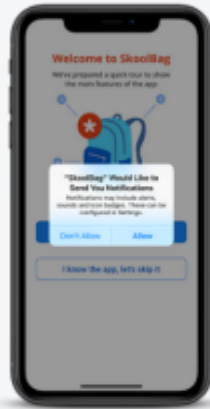
3. Add your School

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



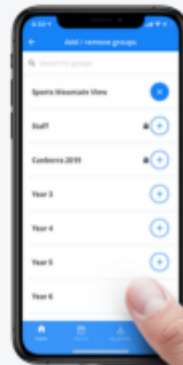
4. Allow Notifications

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.



SkoolBag 



St Matthew's Catholic Primary School

 95 William Street, Fawkner VIC, Australia

 03 9359 5423

 admin@smfawknernth.catholic.edu.au

 www.smfawknernth.catholic.edu.au/