



St. Damian's Newsletter

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FROM THE PRINCIPAL

Dear Parents and Families,

We have passed the half way mark for the term and are now entering the second half of the term with only four weeks left till the holidays. There is no doubt that it has been a difficult year for everyone, including the children. In these very challenging times children also experience anxiety and feel isolated from their friends and extended family. Schools are not only places of learning academia, but are social environments where children interact and learn life skills from each other. Loneliness in lockdown is common for children separated from their friends. However, not all children will be equally affected emotionally as each one will be affected in different ways and in differing degrees. Eventually, the pandemic will ease and some form of normality will resume. Children living through coronavirus now will have the same conversations with their peers as they get older, *'the do-you-remember and where-were-you-when'* conversations as previous generations have had about other tragedies. The goal, for the moment, is to help ease anxieties.

Children learn most from what they see their parents do, therefore think of setting a good example of taking care of your physical and mental health. For example, avoid catastrophizing. If your child is overly focused on negative thoughts and outcomes, help them think in a more optimistic way. Let them know that just because there is a risk that something will happen, does not necessarily mean it will. Finally, if you are concerned about a family member's mental health, seek assistance from a health professional.

100 Days of Prep

We congratulate all our students in Prep who have celebrated such a wonderful milestone in their first year of school. The teachers organized some fun activities for the children to participate in and enjoy to mark this special occasion. I was a little worried though, when I noticed that some of the children seemed to have aged quite dramatically overnight! I hope that all the children had a lovely day celebrating their first 100 days of school. Well done Preps, congratulations. Our hopes and dreams for you is that you continue to flourish throughout your time here at St Damian's.

Prep 2021 Interviews

Mrs Rubira and I have been conducting interviews with our new Foundation Year students. It is a pleasure to meet our newest members of the St Damian's community, albeit via Zoom. It is wonderful to have the opportunity to chat and learn all about them and their families and to learn about their family's aspirations for each one. We are also very happy to have an interview with any current family who has a child starting Prep next year. If you wish to have an interview to discuss concerns/issues or simply want to meet, please contact the school office to organise.

Preparations for 2021 School Year

It doesn't seem possible that we are now looking forward to preparations for a new year when we are in the midst of such an unusual year. However, now is the time of year when we begin to consider and begin planning for the following year. We have firmed our Foundation Year (Prep) enrolments for 2021 and we expect that we will be maintaining three classes for this level with enrolment numbers of 72 incoming students. I understand that this may be the last thing on families' minds at the moment, but to assist us with planning for the 2021 year I am asking families to please advise us in the next couple of weeks of their intentions if not returning to St Damian's next year. This will determine our class structures for 2021, which at the moment looks very positive.

Gospel Reflection – 21st Sunday of Ordinary Time, 23 August 2020—Mt 16:13-20

Dear Friends,

Last Monday marked the 35th Anniversary of my Ordination to the Priesthood. I wanted to keep it low-key and quiet as we all have been struggling to manage our life and our work these days under the shadow of the Covid-19 pandemic and the threat of its infection. However, it turned out to be an extraordinary day. After the morning Mass said alone in the church without family, friends or parishioners, I soon rushed to the Grace Villa Aged Care in Greensborough for the blessing and anointing of an elderly parishioner who is seriously ill. That unique moment made me realize how privileged I am as an ordained priest carrying out the healing work of the Lord. To you and all who kindly offered good wishes and sent messages of support, prayer and encouragement, I sincerely say 'Thank you!'

The Gospel of this Sunday reminds me of who I am in living out of my faith and my ministry. Peter confesses his faith: "You are the Christ, the Son of the living God" (Mt 16:14). Peter's answer is a correct one so he is entrusted with the keys to God's kingdom. Keys are necessary and important. Keys are used to get through or lock up the doors. Whoever has the keys has the power to open and shut, permit and forbid. The holder of the keys is usually in charge of the place with responsibility.

Keys are the symbol of power and authority. Jesus helps us to understand the real meaning of power and authority. Whoever has power and holds authority must exercise good responsibility. Keys must not be used to rule over others or to demonstrate power. Instead keys must be used for service and for the right access to those who need it. This does not rest with Peter and with his successors alone. It is the responsibility that we all share as a community, community of Jesus' disciples.

By virtue of baptism we have been given an access to God's kingdom. We must keep that door open for ourselves and for others by our Christian way of life. Like Peter we are commissioned to make ourselves become the keys for others to open the door so that God can enter and stay in their lives. Through us people may find the way to God. It's a big responsibility and it requires courage and strength. We are entrusted with mission to offer life, hope and peace to those burdened by doubt and fear, or suffered injustice and violence. Though facing many challenges these days we still can do this task together with confidence because Jesus is with us always until the end.

Fr Vincent Le PP

Have a good week everyone and keep safe and well

Rosanna

FAITH NEWS

Using Traditional Prayers at Home

Traditional Prayers have been handed down through the generations and have become part of the way of life within the Catholic Church. Some children have been exploring Traditional Prayer within their Religious Education learning at school.

We are encouraging children to interview their parents and grandparents about Traditional Prayers. Perhaps you might like to answer these questions with your child.

What Traditional Prayers did you pray with your family when you were a child?

Do you still have a Traditional Prayer you still like to pray today? If so, why?

What changes have you witnessed in the area of Traditional Prayers?

Perhaps you might like to select a Traditional Prayer to pray after the evening meal. Discuss which prayer was chosen and why with your child. Members of the family may like to re-write your choice of a Traditional Prayer in order to make it more meaningful and appropriate for your child.

Simply, share any prayer books you may have owned as a child (if you still have them) with your child. Positive experiences of Prayer within the home will foster the value of Prayer for our children.

God Bless.

Mary-Ann Wright
Religious Education Leader

COVID-19 (the disease caused by the novel coronavirus)

What you can do





Prep A 2020	For Being happy, friendly and thoughtful students.
Oscar Wang—PA	For working so hard and using lots of strategies when he is reading! Bravo!
Ilina Proseva—PA	For working hard during Home Learning and achieving excellent results! Brava!
Cruz De Silva—PA	For working so hard during home learning and writing all the sounds he hears in a word. Bravo!
Andrew Pantelidis—PM	For always giving his very best effort and never giving up.
Joanna Bijoy—PM	For always sharing her thoughts and ideas during class Google Meets.
Angela Chen—PM	For always bringing a smile and positivity to our class Google Meets.
Irina Chen—PM	For her hard work. Irina consistently produces work of a high standard.
Kaiden De Alwis—PM	For his hard work and dedication towards learning his sight words.
Lucy McGregor—PT	For respectfully listening to her peers and teachers each day during google hangouts.
Thomas Winnell—PT	For showing a great improvement with his writing. Well done Thomas!
Dahlia Batal - PT	For being enthusiastic and ready to share her ideas during focus groups and for always doing her best work.
Charbel Salloum—1/2B	For always doing his best when completing online activities.
Cecilia Dihn—1/2B	For always being ready and engaged in all small groups while at school.
Rianna Batra -1/2C	For always trying her best in all the work she has completed during remote learning.
Emily Lin - 1/2C	For practising her reading everyday and becoming a more fluent reader.
Harry Sun—1/2J	Congratulations Harry for doing your best and remembering to get onto every Google Meet with enthusiasm and a beaming smile. Keep up the wonderful work.
Madison Bourke - 1/2J	Congratulations Madison for all your hard work during remote learning. You consistently participate in all our Google Meets with a friendly and respectful attitude and enthusiastically share your thoughts and ideas with the class. Keep up the fabulous effort.
Ian Zhang - 1/2MZ	For consistently doing his best in all areas and for always contributing so well to class discussion in our Meets.
Chloe Butterfield—1/2MZ	For excellent work and an awesome attitude to creating arrays in Maths.
Alisha Pryor - 1/2MZ	For putting in an amazing effort into everything she does and showing lots of improvement across all areas.
Jack Ristovski - 1/2MZ	For persevering and trying his best, especially with his reading.
Alessia P - 1/2S	For doing her best to organise arrays in Mathematics. Well done.
Jayden C - 1/2S	For enthusiastically sharing his learning during class meets. Well done.
Felix Longford - 1/2S	For helping others succeed by sharing his learning in Mathematics.
Alyssa Maroge - 1/2S	For doing her best to write interesting sentences.



Oliver Ngo - 1/2S	For working hard to improve his reading fluency.
Eadie Raso - 1/2S	For doing her best to read with expression.
Marley McGregor 3BM	For being really organised each day and for always contributing her fabulous ideas to our small and whole group discussions.
John Bousattout 3BM	For making a real effort this term to listen to task instructions and complete his work carefully.
Eva Sorotos 3BM	For being amazingly organised and always challenging herself when completing her work.
Sarah Ferraro 3BM	For demonstrating a growth mindset when completing challenging maths tasks.
Nawal Mazna 3BM	For always encouraging her classmates and giving positive feedback when they do something wonderful.
Annabelle Then - 3T	For being an independent learner and always coming into the Meets on time.
Santino Gioffre - 3T	For being persistent and facing every challenge with a great attitude.
Emmerson Davies - 3T	For stepping up and having a growth mindset when it comes to facing any challenges.
Alannah Maroge - 3T	For having a positive attitude toward learning and never being afraid to ask for help.
Leah Peterson - 3T	For helping others succeed by encouraging and giving her peers positive feedback about their learning.
Chloe Ma—4WT	For continuously creating engaging pieces of writing during remote learning. Well done.
Christian Lupieri—4M	For taking a positive approach to learning everyday.
Alessia Catanese —4M	For sharing a her snapshot piece of writing title'Masks' riched in description.
Alannah Comito —4M	For always trying her best during Mathematics.
Hugo Werner —4M	For being an active contributor to all class and group discussions.
Anastasia Kyriacou - 5L	For showing perseverance throughout Remote Learning with her continued enthusiasm for learning.
Rafael Sarmiento—5L	For always showing enthusiasm during online discussions and activities .
Ivan Gonzalez—5S	For your wonderful enthusiasm and the pride you take in your tasks uploaded to Seesaw.
Ava Constantinou - 5S	For being an enthusiastic member of 5S and always being punctual and ready for the day's activities.
Angeline Danatzis—6C	For her active involvement and sharing many insightful ideas regularly in Google Hangout Meetings.
Sean O'Connor—6C	For his creativity in Storytelling, 'Chocolate Cake' for his Prep buddy.
Adam Mascioli—6G	For his Excursion to the city for Maths using timetables and public transport
Sara Bhalla—6G	For her interesting story telling to her Prep buddy.

WELL BEING



Webinars

I hope that some families had the opportunity to be part of last night's webinar 'Lightening the Lockdown Load' run by Dr Justin Coulston through his Happy Families website. Some of you may also be interested in another free webinar on Tuesday 25th August run by Dr Michael Carr-Gregg (one of Australia's leading psychologists and mental health advocates) regarding building resilience in families during coronavirus.

Please find the link below:

<https://www.eventbrite.com.au/e/managing-the-coronacoaster-tips-for-building-resilient-families-registration-116837404823>

Here is a link to his website where there is a section regarding what we can say to children to help with wellbeing during this difficult time. <https://michaelcarrgregg.com/>

If you click the Resources page of the website there are also great ideas and suggestions for families, which includes this useful list.

The 8 secrets of wellbeing and websites/apps that can help

- If you can't change it, change the way you think about it (**ecouch/this way up/moodgym**)
- See life as it is, but focus on the good bits (**Three Good Things**)
- If you want to feel good, do good (**The kindness app**)
- When we are together, everything is better (**Happify**)
- Be active, rest and relax (**Couch to 5K**)
- There is more to life, when you stop and notice (**Headspace/Smiling Mind**)
- Find time to lose yourself in what you love (**Blinklist**)
- It helps to know what you are looking for (**Bucketlistly/Soon**)

Student of the Week Awards

In today's newsletter we reintroduce Student of the Week awards.

The teachers would like to acknowledge all the amazing work from the students who are working remotely. It is so pleasing to see such great work being done at home and it is equally pleasing to see the children's resilience and perseverance shining through. Well done to all!! Each week teachers will choose up to 5 students.

Stay Well and Stay Safe,

Tania Micomonaco
Student Wellbeing Leader

Spoonville

Spoonville – a craze involving creating colourful spoon characters and planting them in villages – has well and truly arrived in Melbourne. In Year 5 the students have created their own Spoonville Families, all family members. As we couldn't create our own St Damian's village students have created their own villages at home.



WRITING

A Day of Online Learning.– A Snapshot

In my pink bedroom with pink cupboards there stood a brown table. This is my room. It is filled with books. This is where my online adventure begins.

Every morning I wake up to get ready for another day of online learning.

First, I brush my teeth until it shines. I wear my pink jacket and clothes. I check my emails and eat my breakfast at the same time.

Then I join my meeting where my class is waiting. After listening to the instructions, I wave goodbye and begin my studies. That is how my busy day begins.

After a long, exhausting day of online learning, I go to my beautiful garden to play and watch amazing movies. The sun has set and I take a refreshing shower. I dry my wet hair and wear pyjamas and join my family for a super delicious Chinese meal. Sometimes I play with my brother or chat with my friends on my mum's phone.

Finally, I brush my teeth, return to my room, check my emails and create a doc ready for another day of online learning. I climb into my soft bed and fall fast asleep.

Chloe Ma.



August		
20th	Thisath	5S
21st	Minnie	5S
22nd	Giacomo	6C
	Vicent	1/2S
24th	Kasia	1/2J
25th	Luca	4M
	Ronit	5L

Stop the Spread of Coronavirus!

Practice good hygiene. (Icon: Hand being washed with soap and water)

Keep your distance with a space of at least 6 feet (2 meters). (Icon: Two people with a 6-foot distance line between them)

Stay home if you or someone you have been around is sick. (Icon: A house with a person silhouette inside)

Follow the latest government guidelines. (Icon: A hand holding a magnifying glass over a globe with a virus particle)

BUY YOUR TICKETS AND SUPPORT ST DAMIAN'S

THE COMBINED CATHOLIC PARISHES RAFFLE

3 x NEW SUZUKI BALENO TO BE WON!!!!!!!!!!

4th and 5th Prizes \$1000 Coles Myer Gift Cards

6th to 14th Prizes \$500 Coles Myer Gift Cards



\$2.00 Per Ticket

To purchase tickets please fill out the form and return with money to parish office.

Tue - Thurs 10.00am to 3.00pm & Friday 10.00 am to 1pm

or via post to : PO Box 63, Bundoora 3083

Tickets can also be purchased by emailing the Parish Office at

Bundoora@cam.org.au or Phone 9467-2797

Thank you for your support

\$1.50 of each ticket sold goes directly to St Damian's Parish

Please detach and send the payment
The Combined Catholic Parish Raffle

First Name: _____ Last Name: _____

Address : _____

Postcode: _____ Phone: _____

I would like to purchase _____ tickets @ \$2.00 each

Direct Deposit: BSB: 083347 585071188 (please put name in narrative for deposit)

Amount Enclosed: \$ _____

Thank you for supporting St Damian's Bundoora—9467 2797