



Dear Parents and Carers,

This has been one amazing term in any circumstance, but especially starting at a new school. Fires, Floods and now the coronavirus. I have felt welcomed by the community and I thank you very much for that. This will be our last newsletter before the break and I wish you a happy and safe holiday.

Students are online working from home and the teachers have been extremely busy developing learning in a new way. I want to make sure that you still feel connected to the Mt St Pat's community. We are connected by the classes we are part of and also in our friendships and shared values.

As well as our schoolwork, we need students to look after themselves and you to look after yourselves. It is recommended to take breaks, eat properly, exercise, communicate with people. Social media can be a positive here to stay connected to friends. If you haven't heard from a friend for a while, reach out to them and ask how they are doing. If you need help with how your child is going, you can talk to the College, we are not just about the subjects we offer, we are interested in the people in our community.

I will be asking the students what are some fun things we can do together to connect us?

It is a huge change to the whole world as you would know from the news that we are receiving constantly about this crisis. Remember it is good to be informed and we need to follow the instructions about hygiene and social distancing, etc. but not so good to be watching and reading about it all the time.

We are in Lent at the moment and the 3 main areas we are asked to focus on are praying, fasting and almsgiving. It is certainly a time to pray for those in need of assistance and to be grateful for what we have. Fasting is giving up something. Often we do this so that we can break a bad habit or stop having a treat and use that money to give to the poor. At Catholic schools, we give to Caritas via Project Compassion and this giving to people in need, is the almsgiving. Sometimes we might use it as a motivation to make a positive change in our lives and being kind is something to aim for. In this time of change where people are feeling anxious, we are often not as nice as we could be. If I am stuck at home with my brother or sister it might be very hard to not get on each other's nerves. Try and be kind and as is our theme of the year, be the good.

Next Wednesday & Thursday will be lesson free days. Staff will be using this time to contingency plan for next term.

What this means:

- Any assessments will still be due
- Supervision for those students whose parents/caregivers still needing to attend their place of work will be available
- No formal lessons will be set.

I thank you for how you have calmly approached this difficult time.

Be the good and God Bless.

Paul Reidy  
Principal

## FROM THE ASSISTANT PRINCIPAL

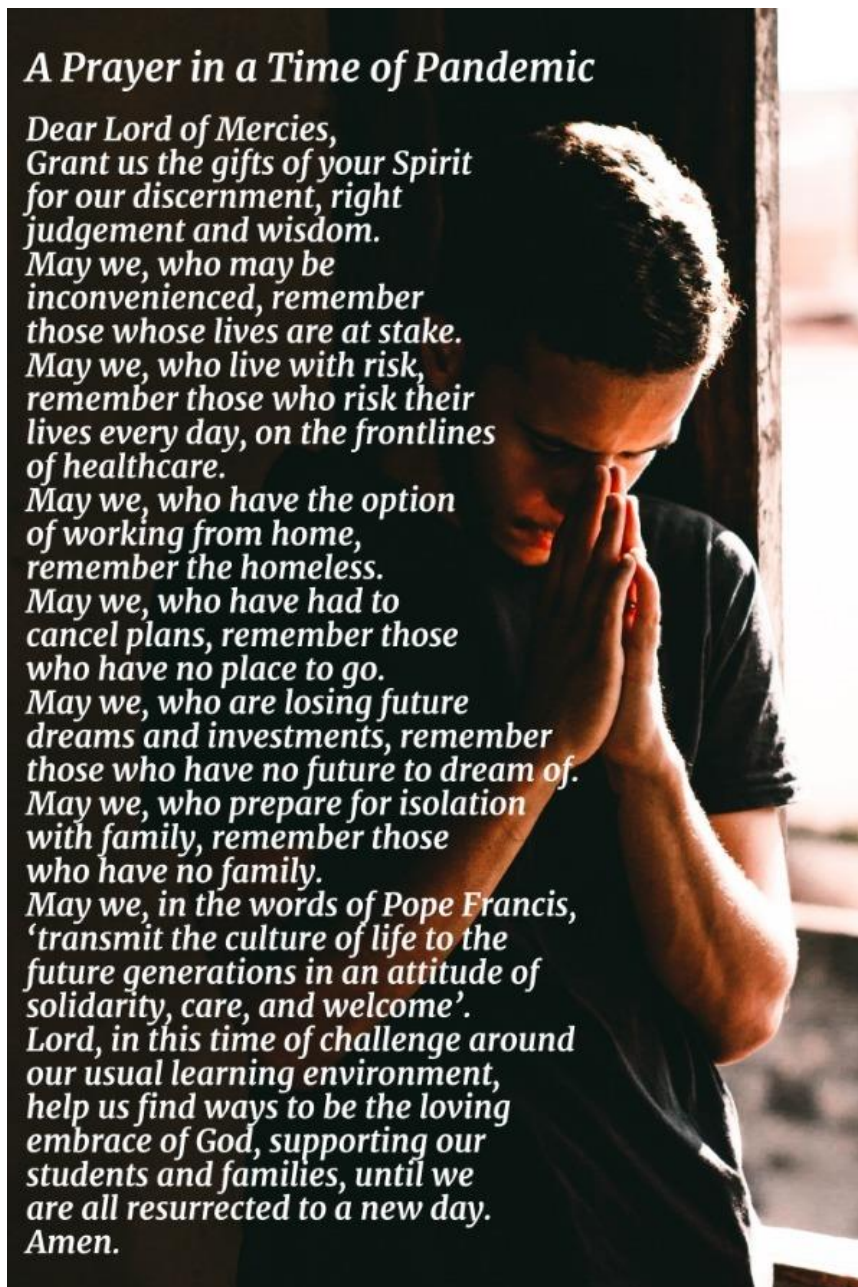
### Tips for Coping with Coronavirus Anxiety (from the Australian Psychological Society)

1. Learn the facts
2. Keep things in perspective
3. Take reasonable hygiene and physical distancing precautions
4. Practise self-care

To help encourage a positive frame of mind, it is important to practise self-care. Everybody does this differently with examples including:

- Maintaining good social connections and communicating openly with family and friends
- Making time for activities and hobbies that 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.

Mary-Anne McShane  
Assistant Principal



# FACULTY NEWS

## MINISTRY

### YEAR 10 RETREAT COMMENTS

- gives you a new outlook on yourself and others
- brought people together as a community and helped us express emotions freely
- really fun, eye-opening experience
- a unique and special experience
- once in a lifetime experience ... I will never forget it
- I enjoyed my time to grow as a person
- created some beautiful memories

### FROM THE SPORTS DESK

Not much to report here at this stage unfortunately. As we are all well aware, excursions, sport and mass gathering have now been cancelled until further notice. I would like to draw your attention to the following sites for the latest updates regarding sports in the near future. There are regular cancellations coming through but these are the sites that will have the most updated information:

- 1) Lismore Diocesan sport webpage <https://sport.lism.catholic.edu.au/>



- 2) Catholic Sports New South Wales CSNSW <https://csnsw.sport/>





- 3) School Sport Australia <http://www.schoolsportaustralia.edu.au/blog/2020/03/23/ssa-announces-cancellation-of-2020-championships/>



The screenshot shows the School Sport Australia website. At the top left is the logo, which consists of a stylized 'S' made of green, yellow, and orange curved lines, followed by the text 'schoolsport AUSTRALIA'. To the right of the logo is a navigation menu with links for 'About', 'Championship Calendars', 'Sports', 'International Tours', 'News', 'School Sport Offices', and 'Contact Us'. A search icon is located in the top right corner. The main content area features a large green banner with the following text: 'SSA ANNOUNCES CANCELLATION OF 2020 13 – 19 YEARS TRIATHLON / 10 – 12...'. Below this, it states: 'School Sport Australia (SSA) advises the cancellation of the 2020 SSA Triathlon (13 – 19 Years) & Aquathlon (11 – 12 Years), 18 Years & Under Baseball, 18 Years & Under Tennis and 17 Years & Under Softball Championships...'. To the right of the text is the School Sport Australia logo and the text 'schoolsport AUSTRALIA'. At the bottom of the banner, there is a row of five small thumbnail images with titles: 'SSA ANNOUNCES CANCELLATION OF 2020 CHAMPIONSHIPS', 'SSA TRIATHLON & AQUATHLON MERCHANDISE', 'SSA ANNOUNCES CANCELLATION OF 2020 13 – 19 YEARS TRIATHLON / 10 – 12...', 'MESSAGE FROM SCHOOL SPORT AUSTRALIA ON CANCELLATION OF INTERNATIONAL TOURS TO...', and 'SCHOOL SPORT AUSTRALIA ACKNOWLEDGES THE RELEASE OF THE AUSTRALIAN PHYSICAL LITERACY...'.

Tim Whitney  
Sports Coordinator

## **DRAMA**

### **DRAMA WORKSHOP REVIEW By Jordan Giddy**

On Friday 13<sup>th</sup> March, performers from Zeal Theatre Company came to our school to present 'Meltdown' and give workshops for the Year 9, 11 and 12 Drama classes. Firstly, I would like to convey everyone's thanks to Tom and Stefo for letting us take part in this amazing performance and inviting us to do the workshop.

The first activity was a simple game where we had to maintain eye contact with Tom and not laugh or make any sort of expression. This game ended with multiple winners because most people were really good at it. Sadly, I got out in Round 1! We then moved onto acting as characters and as the game progressed, Tom would shout out different characters for us to perform. We then had 5 seconds to make a scenario with just one still image. This was an extremely fun activity

Finally, we stayed in our small groups and had to do some short three minute performances. Tom gave us a synopsis to get us thinking. Our group did five stories and compressed them into six minutes.

The next performances were "deleted scenes from the play" we had watched earlier in the day. We all had unique takes on these scenes and it was awesome to see everyone's stylistic choices. The Drama students did incredibly in these tasks and the experience overall was amazing for all years involved.

# COLLEGE NEWS

## LEARNING TECHNOLOGIES

I would like to thank all the parents and students for your support and patience during our transition to the blended learning platform. Currently students should be able to access their daily learning via the Google Classroom, Moodle and Zoom video conferencing. There is also a link on our Moodle to Virtual Classroom resources that include links to mental health resources, technology skills for online learning and guidelines for appropriate usage. Within the skills section of the website, there are lots of important tutorials for using Google Stream file storage, editing, saving and uploading pdf documents; scanning paper documents and uploading; and Read and Write Gold speech to text software. Whilst we are conscious of not overloading students, the Virtual Classroom resources will evolve as we discover the new skills that students require in an online learning environment. Over the next week and the first two weeks of Term 2, we will be running tutorial sessions on Zoom during students' Maths classes to familiarise them with a range of tools.

Thank you to the people who have been using the IT Helpdesk ticketing system when encountering technical issues. The IT helpdesk is still open for students to drop their laptop in for repairs, if required. When this occurs, students will need to write a helpdesk ticket to indicate what is wrong with the laptop. They will also need to give notice if they wish to pick up a loan laptop when dropping off. The laptop changeover will occur through the front office.



In addition to these resources for students, the Catholic Schools Office have created a 'Learning From Home' information website for families. It contains many excellent resources and tips for assisting your child in an online learning environment. This can be accessed from the Moodle or in the Curriculum link on the Corporate website @ <https://mspclism.com/>



# AWARDS

## CO-ORDINATOR'S, PRINCIPAL'S AND COLLEGE AWARDS

### LISIEUX

#### CO-ORDINATOR'S AWARDS

##### Year 10

Ben Longhurst

##### Year 12

Georgia Felton

### LORETO

#### CO-ORDINATOR'S AWARDS

##### Year 7

Lachlan MacLean, Ava Singh, Delilah Teague, Jaxon Thomas.

##### Year 8

Saskia Gray, Jaxon Johnson, Kai Kingston, Chloe Martin, Henry Irby.

##### Year 9

Sadie Glynn, Grace Kelly, Zakary Pettendy.

##### Year 10

William Hedley

##### Year 12

Brooke Harvey, Joseph Warne.

#### PRINCIPAL'S AWARDS

##### Year 9

Grace Kelly, Zakary Pettendy.

#### COLLEGE AWARDS

##### Year 9

Grace Kelly

### LUCAN

#### CO-ORDINATOR'S AWARDS

##### Year 7

Lily Jones

##### Year 8

Elsie Gardner-Barendrecht

##### Year 12

Wraith Dare

#### PRINCIPAL'S AWARDS

##### Year 12

Wraith Dare

#### COLLEGE AWARDS

##### Year 12

Wraith Dare

### NAGLE

#### CO-ORDINATOR'S AWARDS

##### Year 8

Lachlan Darby, Isabella Collins, Jacob Lanyon, Jasmine Roberts.

##### Year 12

Alexandra Macdonald

#### PRINCIPAL'S AWARD

##### Year 8

Isabella Collins, Jacob Lanyon.

# CALENDARS & ROSTERS

## Term 1 Week 11

## Term 2 Week 1

Mon	6/4	Day 6	Mon	27/4	Day 11
Tues	7/4	Day 7	Tues	28/4	Day 12
Wed	8/4	Day 8	Wed	29/4	Day 13
Thurs	9/4	Day 9	Thurs	30/4	Day 14
Fri	10/4	Day 10	Fri	1/5	Day 15

## 2019 CALENDAR

April	2 <sup>nd</sup>	Newsletter Home
	6 <sup>th</sup>	Yr 7 2021 Enrolments close
	9 <sup>th</sup>	Final day of Term 1
	27 <sup>th</sup>	First day of Term 2

# Tips for parents of gamers

While we might be cooped up and isolated for a while, plenty of gamers are going to see this as a free for all, which is concerning. The other side of the coin is that this is a way to connect with others when they can't do it in real life because of self-isolation.

**Here are some tips parents can use to help their gamers play a little more intelligently while we are isolating.**

- 1) Parents, try to invest some time into their gaming, either as a cheerleader / fan, or a player. The benefits of being coached in their favourite game are very important. One reason is understanding the information on the screen, and another reason would be connecting with your child. The tone of the conversation changes when they see you as a teammate and not an opponent.
- 2) Try to promote quality over quantity. In this case, suggest that they prioritise real life friends rather than their online friends for the next little while. Don't worry, they'll know how to connect with friends from school online.
- 3) Try to take a couple of days off gaming per week where you spend a little more time as a family being productive or planning something that can be done when you're out. In this case, even if it's watching movies on another screen, it's a different activity.
- 4) Help them understand that overplaying will take them beyond the benefits they think they are going to get from playing. Expect more frustration, less concentration and ultimately less fun.

Check out the intelligent gaming guide here: [www.gameaware.com.au/gamers](http://www.gameaware.com.au/gamers)

## **Limit gaming sessions based on these criteria:**

A 3 hour session is plenty and beyond that they will start to feel the effects of overplaying.

Stick to 3 hours as a max, take a day or two off, and they will find themselves enjoying their gaming time a lot more than if they were to over-indulge during this tough time.

GameAware offers an online family weekend workshop you can find details here:

<http://www.gameaware.com.au/online-group-workshop/>

GameAware is offering a discount for online professional learning using the code "**sosgameaware**" see below for details.

---

## **Cyber Safety education for parents:**

The Safe on Social Toolkit is a digital 'survival kit' for parents, with everything they need to know to keep kids safe online: videos, cheat sheets, email support and at a fraction of the cost of my seminars and workshops.

- Everything parents need to know about Snapchat, Instagram, cyberbullying, 'sexting', gaming, TikTok, and dozens of online safety topics.
- Priority email Q&A access to trusted cyber safety experts.
- Access in just minutes a day from the comfort of your own home.

Parents can get 20% off the Safe on Social Toolkit by using code: **GETSAFE** at checkout.

Go to [www.safeonsocialtoolkit.com](http://www.safeonsocialtoolkit.com) to get access to the Toolkit.





# GAMEAWARE

## PROFESSIONAL DEVELOPMENT WEBINARS



- Part 1: The Culture and Psychology of Gaming
- Part 2: The Blurry Line Between Passion and Compulsion
- Part 3: Intelligent Gaming and Needs Fulfilment

<b>Dates:</b>	Part 1	March 31 April 28 May 12
	Part 2	April 21 May 19
	Part 3	May 7 June 9

**Time:** 12:00pm - 1:30pm

**Cost:** \$150 (with discount code)

Register @ [www.gameaware.com.au/webinar](http://www.gameaware.com.au/webinar)

Discount Code: "sosgameaware"



## MSPC TERM 2 PLANNER 2020

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	27/4 – Day 11	28/4 – Day 12	29/4 – Day 13	30/4 – Day 14	1/5 – Day 15
WEEK 2	4/5 – Day 16 Yr 12 Reports home	5/5 – Day 17	6/5 – Day 18	7/5 – Day 19 Newsletter home	8/5 – Day 20
WEEK 3	11/5 – Day 1	12/5 – Day 2	13/5 – Day 3	14/5 – Day 4	15/5 – Day 5
WEEK 4	18/5 – Day 6	19/5 – Day 7	20/5 – Day 8	21/5 – Day 9 Newsletter home	22/5 – Day 10
WEEK 5	25/5 – Day 11 Year 8-10 Exams Start	26/5 – Day 12	27/5 – Day 13	28/5 – Day 14	29/5 – Day 15
WEEK 6	1/6 – Day 16	2/6 – Day 17	3/6 – Day 18 Year 8-10 Exams Finish	4/6 – Day 19 Catch up Exams Newsletter home	5/6 – Day 20 Catch up Exams
WEEK 7	8/6 – Day 0 Queen's Birthday Holiday	9/6 – Day 2	10/6 – Day 3 Year 10 Round Robin Subject Information Day	11/6 – Day 4	12/6 – Day 5
WEEK 8	15/6 – Day 6	16/6 – Day 10	17/6 – Day 8 Yr 10 Meningococcal Injections	18/6 – Day 9 Newsletter home	19/6 – Day 7
WEEK 9	22/6 – Day 11 Yr 11 Assess Block	23/6 – Day 12 Yr 11 Assess Block	24/6 – Day 13 Yr 11 Assess Block Yr 7 - 10 Reports home	25/6 – Day 14 Yr 11 Assess Block	26/6 – Day 15 Yr 11 Assess Block
WEEK 10	29/6 – Day 16 Yr 11 Assess Block	30/6 – Day 17 Yr 11 Assess Block	1/7 – Day 18 Yr 11 Assess Block	2/7 – Day 19 Yr 11 Assess Block Newsletter home	3/7 – Day 20 Final day of Term 2