



Term 2 Week 2
Wednesday 6th May 2020
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DIARY DATES

TERM 2	2020
Monday 27 th April	Term 2 Commences
Monday 11 th May	Students in MacKillop attend school
Tuesday 12 th May	Students in McCaffery attend school
Wednesday 13 th May	Students in Tarrant attend school
Thursday 14 th May	Students in Mackinnon attend school
Monday 18 th May	Students in MacKillop attend school
Tuesday 19 th May	Students in in McCaffery attend school
Wednesday 20 th May	Students in Tarrant attend school
Thursday 21 st May	Students in Mackinnon attend school
Monday 25 th May	Students in MacKillop attend school – TBC
Tuesday 26 th May	Students in McCaffery attend school – TBC
Wednesday 27 th May	Students in Tarrant attend school – TBC
Thursday 28 th May	Students in Mackinnon attend school - TBC

BIRTHDAY CELEBRATIONS

May 7	Kira M
May 8	Charlotte L
May 9	Myles C
May 10	Archer W / Jacob N
May 11	Lara K
May 12	Yomika D
May 14	Connor P
May 15	Amelia N
May 17	Julie L / Alysha M
May 18	Josie C / Faith L
May 19	Audrey L / Jake B

We would like to wish all of these children a very happy birthday!!

PRINCIPALS MESSAGE

Dear Parents,

Thank you for your continuing support with learning remotely especially supporting your child/ren with their iLearn@Home tasks. We are very excited that students will be returning to school from next week with our Managed Return Plan for Students which was shared earlier this week. On the days your child does not attend school with their House Group, they are to continue their iLearn@Home tasks and packs.

This weekend we will celebrate Mother's Day in a very different way. In my reading I found this poem and share it here for all the Mothers Grandmothers, God Mothers, Aunties and special women in the lives of our students. Teachers will also be sharing our Liturgy via Google Classroom and Seesaw as we will not be able to be together this Friday to celebrate.

Mother's Day

**A Mother's love is something
that no one can explain,
It is made of deep devotion
and of sacrifice and pain,
It is endless and unselfish
and enduring come what may
For nothing can destroy it
or take that love away . . .
It is patient and forgiving
when all others are forsaking,
And it never fails or falters
even though the heart is breaking . . .
It believes beyond believing
when the world around condemns,
And it glows with all the beauty
of the rarest, brightest gems . . .
It is far beyond defining,
it defies all explanation,
And it still remains a secret
like the mysteries of creation . . .
A many splendored miracle
man cannot understand
And another wondrous evidence
of God's tender guiding hand.... *Helen Steiner Rice***

Wishing all Mothers, a very happy day this Sunday.

Mr Blissenden - PRINCIPAL

ANZAC DAY

Many students and their families commemorated ANZAC Day in their streets with students sharing the experience with me in photos and emails. Special mention to Cecilia, Kaisei, Xianjin, Isla and Sandy who all learnt, played and recorded the Last Post for ANZAC Day. Nixon also learnt and recorded the Ode. Congratulations to all these students and to all who participated in ANZAC Day Dawn ceremonies in their street.

YOUR CHILD'S WELLBEING

There is no silver bullet to caring for and growing your own and your children's wellbeing. Just like the dashboard in your car, no single gauge tells you how well your car is running, but rather it is a combination of all of the important information you possess. The gold standard model for wellbeing is PERMAH, and your own and your children's wellbeing relies on a combination of all of them. A shortfall in one adversely affects the others, and in these current uncertain times, this could easily occur should we all not be vigilant. As James Baldwin said, "Children have never been very good at listening to their elders, but they have never failed to imitate them." Let's have a look at simple things you can do as a family to ensure each of the elements of PERMAH are healthy.

P – Positive Emotions + Gratitude: it is the frequency of positive emotions, not their intensity, which has the greatest influence on growing your own and your children's wellbeing. For everyone, social connection is the best way to achieve this. To self-generate positive emotions, try these things: exercise first thing every morning, text a friend who is struggling, aim to do three kind acts every day and Facetime grandparents.

E – Engagement + Mindfulness: your own negative mind chatter, which causes you to experience fight or flight responses will probably be the biggest thing for you to control and overcome. Remember your children are likely to imitate you. To focus yourself try: create positive *I can and I will* self-talk statement to combat the negatives, colour in for ten minutes and breathe deeply and slowly.

R – Relationships + Empathy: other people are the best antidotes for life's ups and downs. Use Zoom, Skype and Google Hangout for you and your children to see happy and smiling faces, break out Uno, Scrabble and other fun games to generate laughter, have fun cooking up hot cross buns, and do Wellbeing Fitness Challenges together.

M – Meaning + Purpose: in these times, feelings of vulnerability are perfectly normal for both you and your children. To relieve these feelings, having a strong sense of purpose to focus on something bigger than yourselves to devote your energies to, will assist. As a family, make cards to drop in the letterboxes of elderly people in your street, make fun family videos, and as a family follow and learn about a caring charity.

A – Accomplishment + Optimism: to cultivate feelings of optimism in your family that together you can influence your own futures, set a goal at home every day. Try starting a vegetable garden with your children, paint a room or piece of furniture, do one extra sit up or push up, encourage your children to complete one thing at a time from their teachers or an online wellbeing activity.

H – Health + Strengths: to keep your own and your children's immune systems strong, focus on the big five – healthy fresh eating, one hour's exercise, at least 8 hours sleep, drinking plenty of water and looking on the bright side of life. An uplifting family activity is to identify your top character strengths by doing the free online Strengths Survey at www.viacharacter.org. Everyone puts their strengths on the fridge and tries spotting them.

Acknowledgement: Mick Walsh. Should you have any queries, or would like further support, please contact Mick via the website www.learningcurveathome.com (for parents)

iLEARN@HOME... from Year 4

THE OCTOPUS I FOUND IN MY SINK WHEN I CAME BACK FROM KRISPY KREME TO EAT THE DOUGHNUTS.

By Matthias N

I just came back from Krispy Kreme and proceeded into the kitchen to enjoy my double- deluxe super- expensive vanilla coated doughnuts. But nothing, not even the final boss in Pokémon Ultra Sun could have prepared me for what happened next.

The tap was running. No big deal, right? It wasn't a big deal right now...

I inspected the sink further to find it spilling out with water. Our sink is pretty deep. It was pretty creepy having the tap running when you had left the house KNOWING it was turned off to buy some Krispy Kremes. But nobody was here to turn it on. Alina, dad and mum had all gone to Bunnings Warehouse to get some tools for the garden, while i stayed back and went to Krispy Kreme.

I proceeded to turn it off. I found some dried seaweed on the floor. It must have come from the ocean. That's odd. As far as i can comprehend, we don't live on an island in the Tropical Ocean. It would be nice though. I picked up the seaweed and threw it into our compost. I had learned from Craftmine that seaweed makes good compost.

I went back inside and almost got a heart attack. The seaweed was back. AND THE TAP WAS RUNNING AGAIN!!!!

I plunged my head into the sink only to be pushed back out into the world of not-a-sink again. I stuttered backwards. AN ENTIRE OCTOPUS HAD BEEN IN THE SINK, THE WHOLE TIME!!!! He was a strange octopus. Not like any of the Octolings I have seen in Splatoon. Then again, octopuses probably DON'T look like Octolings (or Octopuses) from Splatoon. He also had a tiny, delightful little fedora on his head (Yeah, where else do you put fedoras?) He must have found the fedora somewhere.

"Hello!" said the octopus. HE. COULD. SPEAK. ENGLISH. Maybe he WAS an Octoling. "Umm... I don't mean to sound offensive, but... well... YOU. ARE. A. TALKING. OCTOPUS!!!!!!!!!!!!!!" I Yelled at him.

The octopus seemed friendly, so I calmed down a bit. Then, disaster struck. Our nosey neighbour spied the octopus and started gasping. I hated her. She looks for any way to get me in trouble. She had always hated me and didn't care about me if i got in trouble, and it seems she could get me in trouble now.

She didn't wait for an invite. She picked up and called RSPCA. The phone rang later. Sure enough, it was RSPCA. "Listen, pal. We can't let ya keep Sealife in ya kitchen sink. So I'm afraid you will have to come in and *hand him over*." He spoke with a rough and gravelly accent. "NO! I FOUND HIM IN MY SINK AND WE HAVE TALKED AND LAUGHED FOR AGES! AS FAR AS I CAN TELL, RSPCA IS HORRIBLE! OUR LAST DOG, BUDDY, WAS LIKE A HYENA! SO NO, I'M NOT HANDING HIM OVER!" I yelled over the phone. I did one of those exhales through your nose that people do when they are annoyed, frustrated or angry. And I promptly hung up.

To this day, I still live with the talking octopus. Nobody else knows about him, he lives in the attic and every night, I sneak up and feed him some whatever-octopuses-eat food. I have lived with him my whole life, and when I was old enough to move out, the octopus followed. I was happy with a pet octopus. But remember this: His favourite food shall forever remain Krispy Kreme Donuts. 😊😊😊😊

THE END.

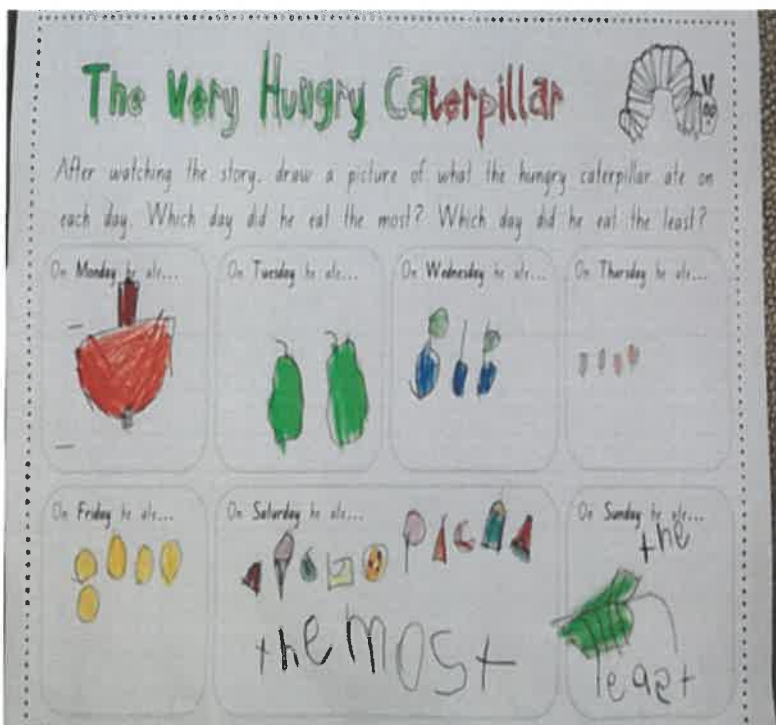
iLEARN@HOME... from Year 5 Pantry Hunt

Below is a piece of work from Oliver R in 5K. The activity was to find the net mass of items in the pantry. Year 5 are learning about finding the net mass of products. They had to find products in their pantry which showed the net mass of the product.



iLEARN@HOME... from Kindergarten

Below are some samples of the work our Kindergarten students have been doing from home.



By Emmeline M from KGT



By Annabelle R from KGT