



**St. Margaret's**  
Primary School

# NEWSLETTER

*Term Three, Week 9*  
*September 10<sup>th</sup>, 2020*

## *From Sonja's Desk*

Dear Parents, Students and Friends,

School leaders, teachers and families are pivotal in fostering the wellbeing of children and young people. Together we strengthen students' ability to navigate the breadth of experiences they will face in their environment and relationships.

The COVID-19 pandemic has greatly changed the way we live. To help keep us safe, it is likely that our lives will be different for a while.

When we aren't able to see our friends and family regularly, it can be harder to keep on top of how we're feeling.

Being aware of how you're feeling and knowing what you can do to look after your mental wellbeing is an important part of staying healthy during this challenging time.

It has been personally rewarding to see how students and families have embraced the social and emotional learning opportunities that have been offered during remote learning this term. Each week I look forward to seeing all the photos that are emailed to me where students and their families have demonstrated one of the activities from the SEL (Social Emotional Learning) grid.



The learning intentions of these activities; *increase our sense of feeling good by helping others, put our imperfections (and things that happen to us) into perspective - see them as normal rather than out of the ordinary, increase our state of happiness by our own actions, identify new ways to share, create and reflect on positive ways of engaging as a family*, embrace our school's Vision and Mission statement of;

**Living our Catholic faith,  
Engaging passionately in learning,  
Connecting and shaping our world**

Another benefit of engaging in these activities, especially where the whole family is involved is that you are creating positive memories during a time of unrest to recall later with your children.

Research has identified that, 'Families play a key role in our mental health and wellbeing. Good family relationships can make us feel safe and love, and provide a sense of belonging. Often we learn the skills to manage life's difficulties from our family.'

<https://headtohealth.gov.au/meaningful-life/connectedness/family>

Self-care is often the first thing that gets sacrificed when life is busy and stressful, and people often think that taking time for themselves seems indulgent. But looking after your own wellbeing will help you get through this challenging time, and will help you to better care for others.

## *Leadership and Management News*



## ***Leadership and Management News***



Amidst the confusion and constant stream of information due to COVID-19, a self-care plan can help you focus, make decisions and stay healthy.

Self-care refers to the activities and practices that we deliberately choose to engage in on a regular basis to maintain and enhance our health and wellbeing. I hope that some of the SEL activities that our students and families have been involved in become a regular part of their daily routine.

Looking forward to seeing everyone again in the near future.

Stay safe, healthy and well.

Sonja Ginn

Wellbeing Leader



## ***REMOTE LEARNING & RETURN TO ONSITE LEARNING***

Earlier this week the Victorian Government released its plan for easing coronavirus (COVID-19) restrictions. It includes the following decisions about school operations in regional Victoria.

- All schools will continue to provide remote and flexible learning for the remainder of Term 3, except specialist schools in rural and regional Victoria, consistent with current settings.
- First week of Term 4, 5–9 October
- Remote and flexible learning will continue for all students, except in specialist schools in rural and regional Victoria.
- Onsite supervision for children of permitted workers and vulnerable students will continue to be provided consistent with existing guidelines.
- Schools in rural and regional Victoria from 12 October – return to onsite learning
- Specialist schools continue with current arrangements.
- All students (from Prep to Year 12) return to full-time onsite schooling by Friday 16 October. Schools can stagger the return of different year levels as appropriate during this week. This decision can be made by individual schools or networks/clusters of schools.

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# ***ST MARGARET'S SCHOOL***

## First week of Term 4, 5-9 October

- Remote Learning and onsite supervision for students will take place from Monday, October 5 to Thursday, October 8. Please note: Friday, October 9 will be a school closure day. Onsite supervision and remote learning will not take place this day.

## St Margaret's School return to onsite learning: Monday, October 12

- At this stage, students will be returning on Monday, October 12. All students at St Margaret's will commence on the same day, and as we are a small school a staggered start isn't necessary.

The Premier has said that Geelong was being closely monitored - so let's hope that our cases remain to the point where we maintain our regional Victorian status.

I will provide you with further updates when they are made available.

Regards

Brian



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