



# Newsletter

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**TERM 2 WEEK 1** Wednesday 29th April 2020

Dear Parents

We come to the beginning of a new term surrounded by uncertainty. The statistics show that the spread of COVID-19 has been well contained within Australia although it is uncertain how many people may already carry the virus but are blissfully unaware as they have very mild or no symptoms at all. The good news is that current research shows that children remain relatively unaffected by the virus. We are assured that there is very little danger for students who attend school.

I would like to thank all of our families for the fabulous work they are doing at home. I realise that it is very difficult for you all to continue working, or running farms, and also accept the responsibility of home learning. I also realise that some of you may have been stood down from work or closed your business during these very uncertain times. I hope that the contact information sent home last term has been useful to you if you have had to apply for additional government assistance.

In my conversations with parents, I have been made aware that some families and students, in particular, are struggling with the social isolation. They are missing their extended family and their friends. Please remember that Centacare counselling is available to all members of your family, all you need to do is contact me or contact Centacare directly. Our School Counsellor is Rhonda Partridge and she can be contacted through the Armidale office on 6738 7200. I have also attached to this newsletter some additional information that may be helpful to some families. Please don't hesitate to call me if I can help you in any way.

For the first two weeks of term we are following directions regarding school attendance with our main method of delivery being remote learning using the fabulous teaching packs prepared by our staff. The new packs are available for collection today. If you are not able to collect these packs then please ring our office and we will arrange alternate delivery. Children of our frontline workers are attending school on the days that their parents are working. They are also working hard from the same learning packs that our children at home are using.

For those children attending school, we are putting measures in place to try to ensure their safety including social distancing where possible, increased cleaning regimes and handwashing as students leave and enter the classrooms. Parents are asked to be particularly careful with dropping off and collecting children to ensure that they have minimal contact and maintain social distance from staff and other parents.

For the safety of everyone, it is essential that anyone attending the school site is feeling well and not displaying any flu like symptom. Both staff and students are asked to stay at home if they are unwell. Parents will be contacted to

collect their children if they are coughing, sneezing or if they have a high temperature.

As we move forward, I will be taking advice from our Government and Catholic Leaders and from the wishes of the parent community regarding return to normal school routines. As always, I will keep you as informed as possible. I am eternally grateful to our parent community for their strong support of our teachers and our school as we navigate these very difficult times together. I can assure you that we are missing our students more than you can imagine. We look forward to the time that we can get back to normal routines and work with all of our children in the school environment.

Until then I leave you with this small blessing:

*Now may the Lord of peace himself give you peace at all times and in every way. (2 Thessalonians 3:16)*

Yours Sincerely

Sharon Wittig  
Principal

## ANZAC Day Prayer

Today I pray for all soldiers, sailors,  
air pilots, Doctors, nurses, and ambulance drivers  
who have died in wars.

In a special way, I pray for the souls  
of the brave men and women  
from Australia and New Zealand,  
who died at Gallipoli many years ago.

I pray for all men and women  
who travelled far from their country,  
so that the world could  
be a more peaceful world.

Please, God,  
Give their souls rest.  
Reward them for their bravery.  
Give them peace.



**FRIDAY'S HOT LUNCHES  
ARE AVAILABLE FROM  
THE BAKERY ONLY.**



# A Guide To Self-Care and Wellbeing During Times of Uncertainty.

In times of uncertainty, it is normal and natural for children and adults to respond in unique ways. It can be helpful to focus on the aspects of our lives that we can control like caring for our physical health, safety and emotional wellbeing.

“The only thing in life that is permanent is change.  
Change is the one constant in life”

(Fallin, 2013)



## Steps for Self-care

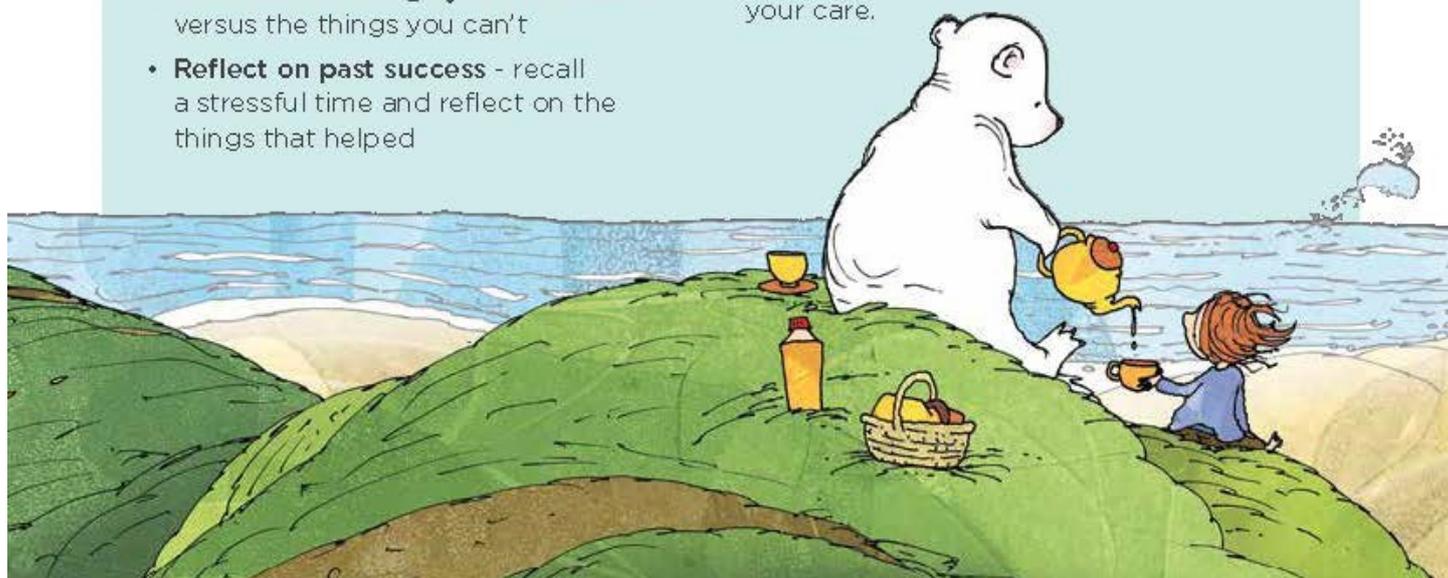
There are things you can do to support yourself, your friends and your family:

- **Listen** - to your needs and your own advice
- **Offer kindness** - for yourself and others
- **Stay connected** - with others by phone and online
- **Keep informed** - just enough information from reliable sources
- **Maintain a healthy routine** - diet, activity and sleep
- **Focus on the things you can control** - versus the things you can't
- **Reflect on past success** - recall a stressful time and reflect on the things that helped
- **Learn a new skill** and make plans for the future.
- **Help others** - if and when you can
- **Seek support** - It's okay to ask for help and advice
- **Build hope** - Focus on 3 things you are grateful for.



**You can't pour from an empty cup.**

Look after yourself so you are better able to help the children and young people in your care.



# Ideas to Help the Children and Young People in times of Uncertainty ...

In times of uncertainty and change, it is normal and natural for children and young people to respond in different ways. Adults can play a vital role in supporting children and young people through the experience.

## How may Children and Young People Respond?

- Worried, clingy and uncooperative
- Sad and angry one minute, okay the next
- Frightening thoughts and nightmares
- Regression to earlier behaviours
- Stomach aches and headaches



Adolescents may react in similar, but different ways:

- Mood changes
- Tired and distracted
- Retreating from social networks
- Sleep problems and headaches



**Helpful Hint** – children and young people respond in unique ways and it is helpful to recognise if your child or young person is behaving differently.

## Help Your Child or Young Person

- Offer your attention, patience and love
- Calmly listen to your child's story and encourage your child to ask questions
- Acknowledge and affirm your child's feelings and help your child to identify helpful ways to manage the feelings
- Encourage your child to ask for help from trusted adults
- Involve your child in decisions that affect them
- Respond to your child's questions with clear and factual age appropriate information
- Model positive ways to cope and prioritise quality time together

## Other Ways to Help

- **Maintain daily routines** as much as possible
- **Stay social** – create ways to connect with special people and loved ones
- **Get active** – go for a walk, listen to music, sing, play with a pet
- **Be curious** – learn a new skill or research an interesting topic together
- **Help others** – encourages social connections and an "I Can" attitude
- **Plan fun activities** to look forward to

Find helpful resources, updates and training dates at [goodgrief.org.au](http://goodgrief.org.au)



"I think the most significant learning for children in the group was knowing they are not alone and not the only ones that experience change, loss & grief"

Companion, Seasons for Growth Program, 2019