

Dear Parents and Caregivers

This week I would like to share with you an excellent article about how to assist your children to reconnect and re-engage with school. It is well worth reading. May I recommend that if you have concerns about your child's emotional wellbeing, please do not hesitate to contact me or the classroom teacher who will consult the school counsellor for additional support to be provided to your family.

God Bless you and your family

Bernadette Fabri

Principal

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## *Reconnect and Re-engage!*

Tips for parents to support their child's return to onsite schooling following the Covid-19 Pandemic

With schools starting to return to a routine of on site learning our children can be filled with mixed emotions. It is also very normal that some children may display symptoms of separation anxiety as they anticipate this change to the routine that they had adjusted to during the pandemic, along with the natural ongoing worries that continue about Covid-19 in Australia. As parents and carers it is important for us to be prepared to respond to and support these differing emotions that arise in our children so that we can support their transition back to a school routine successfully.



Your child may be experiencing a myriad of emotions about returning to school after such a long absence from attending school during the pandemic. Some of the emotions they may be feeling include;

- **Happiness** - They might be happy to play and engage with their friends and recommence a more 'normal' style of play on the school grounds.
- **Worry** - Children may be worried about what they have missed out on by not being present at school both socially and academically. They may be concerned that their friendships have changed. When your child returns to school their closest friends or supports may not be physically present at school the same day they are and this may also cause your child to worry about returning.
- **Insecure** - Your child may be more concerned about the threat of COVID-19 in school and the presence of germs. School has always been a safe place for your child and with all of the changes which have occurred in the environment, that sense of security may be challenged. This may result in a reluctance to attend school.
- **Excitement** - Your child might be excited to leave home and return to the regular routine of face to face school, including seeing their classroom teacher.

# What behaviours to expect in Primary School children

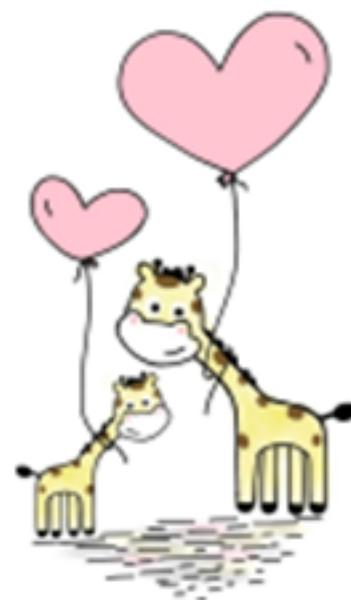
Primary aged children often struggle with communicating their feelings and worries verbally to us. Their main communication tool for us to interpret what they may be experiencing is their behaviour. The following behaviours may present in children who are feeling apprehensive about returning to school after the pandemic:

Refusal or hesitation around attending school	Complaining	Difficulty sleeping, nightmares	Being unusually clingy	Teary, crying, distressed
Physical symptoms such as headaches, stomachaches, nausea	Shaking with fear	Shyness Withdrawing from others	Lacking trust in their teacher or other school staff	Refusing to speak

## Strategies and practical tips

**Our parenting** - adults are in a challenging position as we too have mixed feelings about the 'return to normal' post pandemic, and we may be processing the numerous impacts it has had on our family. Try to be kind to yourself and monitor your own wellbeing daily so that you are aware when you may be less resilient or tolerant than usual, and can take action in the form of self care to restore some balance.

- Being available to recognise and respond with compassion to behaviours that may indicate your child is struggling with returning to school.
- Our children look to the adults in their lives for guidance on how to react, feel and behave. Remember that they are sponges that absorb from us even when we aren't aware. Try to limit their exposure to negative conversations, media messages, and anything that may add to their worries about returning to school.



**Practical strategies** - anytime your child has experienced separation anxiety you have probably already used a range of strategies to help them cope and adjust to being away from you. Some strategies that may help during this time include:

- If you suspect your child will struggle with the transition back to school let their teacher know as soon as you can, so that the school can be best prepared to provide consistent support when they arrive at school.
- Support your child to connect with their class teacher or another familiar staff member when they arrive at school, or even settle into a game with their familiar friends. ◦ Remind your child of who/when/how they are getting home from school. ◦ Say goodbye briefly, don't make it longer than it needs to be. Being kind but firm. ◦ Maintain a calm, relaxed demeanour, even though it can be upsetting if your child is distressed to leave you.
- Sometimes a small familiar item from home carried by the child provides some reassurance to the child while they are away from their parents. Choose an item that isn't sentimental or too large and distracting in class. Sometimes even a family photo or a photo of their pet helps a child's sense of connection to home.
- Similarly, you could pop a note in your child's lunch box that they can look forward to.
- Some parents find that their children are reassured by drawing a heart on their child's hand, telling the child that they can touch/press it when they want to feel close to their parents/family.

If you have concerns about your child's emotional wellbeing, please do not hesitate to contact your school or classroom teacher who will consult the school counsellor for additional support to be provided to your family during these challenging times.



Written by Karina Greenfield and Jessica Austin, CEDP Wellbeing Counsellors 2

### **Medical Updates**

As the children return to school it is very important that students with medical conditions such as Asthma and Anaphylaxis return with their medication.

Please check the expiry dates on your child's medication and ensure it is within the date. If your child requires Claratyne or Zyrtec as part of their anaphylaxis plan be aware the school does not stock this and you are responsible for including it in their bag.

It may be a timely reminder to also ensure their Asthma Plans and Anaphylaxis Plans have been updated in the previous 12 months.

Regards

Mrs Jones

## Return to School Term 4 2021 - posted on Skoolbag App 14/10/2021

13th October, 2021

Dear Parents and Caregivers,

The staff and I are really excited about welcoming the students back to onsite learning and I am sure many of the children are eager to meet up with their friends and teachers also. The staff acknowledges all your efforts in assisting with learning from home and are sincerely grateful for the terrific job you did under very challenging circumstances.

As the school prepares for the systematic gradual return to school, commencing with Kindergarten and Year 1 on October 18th, followed by the rest of the school on October 25th we ask that you assist us by following the health guidelines and procedures outlined below.

The health and wellbeing of our students and staff remains of utmost importance.

We understand that there has been so much information distributed of late by the NSW Government through NSW Health but we feel that the following information is essential at this time.

<b>Guidelines</b>	<b>Implication for students and parents</b> <b>NB The school procedures may be adjusted as restrictions for schools are amended.</b>
<b>Learning and Attendance</b> All students are expected to return to school on the dates	<ul style="list-style-type: none"><li>If you have concerns about your child returning to school due to a complex health condition please contact the school.</li></ul>
If your child is <b>sick</b> , they must not come to school. You must keep them at home and away from	<ul style="list-style-type: none"><li>If a student is unwell or suffering any COVID-19 like symptoms, they should remain at home until they are symptom-free and provide a negative COVID-19 test.</li></ul>
What are the regulations if my child has had COVID-19 since being away from school?	<ul style="list-style-type: none"><li>If they have tested positive to COVID-19 previously, please provide the school with a medical clearance note from their doctor or hospital. <a href="#">Release and Recovery from the COVID-19 fact sheet</a></li><li>If the child becomes well but remains at home in isolation, the school will provide learning materials to the student.</li><li>Children will be sent home if unwell at school</li></ul>
<b>Communication</b> The school is currently operating with restricted activities and <b>limited</b> interactions.	<ul style="list-style-type: none"><li>At this stage, if the school can assist you by phone or email please use this as the preferred communication rather than coming into the school office.</li></ul>
<b>Minimized Interaction between cohorts</b> as much as practical.	<ul style="list-style-type: none"><li>From the 25th October all students will learn only with those in their grade.</li><li>Students will play only with those in their cohort, wherever possible. There will be 3 recess and lunch times to allow for above.</li></ul> <p>COHORT 1 - K/1/2 COHORT 2 - 3/4 COHORT 3 - 5/6</p>

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<p><b>Break Times</b></p>	<ul style="list-style-type: none"> <li>• PE equipment will be limited and will be wiped down between use wherever practicable.</li> <li>• Children will need to bring a <b>drink bottle daily</b>. Communal bubblers will be unavailable except to fill drink bottles.</li> </ul>
<p><b>Pick up and Drop off</b></p> <p><b>COMMENCING 18TH OCTOBER</b></p> <p>All staff and visitors attending a school site <b>must comply with school protocols</b> and check in using the applicable Service NSW QR code.</p> <p><b>STAGGERED PICKUP ROSTER</b></p>	<ul style="list-style-type: none"> <li>• Finish times will be staggered, with no mixing among student cohorts as far as practicable. Start times will be as usual i.e. 8.50am but children will be required to go straight to their usual grade assembly areas around the playground to sit. If it rains, adjustments to this procedure will be made.</li> <li>• Parents are encouraged to drop off and pick up by car, if possible, to limit interaction.</li> <li>• Parents must remain <b>outside school grounds</b> and follow the physical distancing advice for our local area. Please avoid crowding closely outside school gates</li> <li>• All adults must adhere to mask-wearing requirements in accordance with the Public Health Order when outside the school.</li> <li>• PICK UP WILL BE ACCORDING TO the first letter of the family SURNAME and IN FAMILY GROUPS e.g. if your surname is <b>Smith</b> we ask you pick up your child at 2.55pm             <ul style="list-style-type: none"> <li>◦ 2.40pm - surnames beginning with A, B, C, D</li> <li>◦ 2.45pm - E, F, G, H, I, J, K</li> <li>◦ 2.50pm - L, M, N, O, P, Q, R</li> <li>◦ 2.55pm - S, T, U, V, W, X, Y, Z</li> </ul> </li> <li>• If children have to be picked up by <b>walk</b> please use the <b>Villiers Street gate only</b>. We will be sending out an alert for you to register the 'pick up by walk'. (<u>registration is only necessary if you are picking up by walk</u>) so that we will have the children ready for you.</li> </ul>
<p><b>Masks</b></p> <p>Masks are strongly recommended for primary students.</p> <p>Required for all Year 7 and above students and staff in all indoor and outdoor school settings.</p>	<ul style="list-style-type: none"> <li>• Masks are strongly recommended for primary students.</li> <li>• Masks must be provided by the parent.</li> <li>• Some support for children wearing masks will be given e.g. monitoring of comfort level and guidance when eating or drinking.</li> <li>• If a child wears a mask to school, as directed by the parent, the school will encourage them to continue wearing them indoors and outdoors except for eating and exercising. (If you wish your child to wear a mask at school it is recommended that you practise this with your child at home so that they become familiar with wearing them.)</li> <li>• Masks are required by all visitors to the school site including parent pick up if outside your car. This will continue to be monitored in line with NSW Health Orders.</li> </ul>

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<b>Visitors</b> Non-essential visitors are not permitted on school sites.	<ul style="list-style-type: none"><li>• Mandatory vaccination is in place for of all staff and visitors on and from 18 October</li><li>• No volunteers for reading groups or assistance in the library at this stage.</li><li>• Onsite Kindergarten Orientation will be on pause at this stage. This may change if the Level of Restrictions changes for schools.</li><li>• Essential visitors must sign in using the Service NSW QR code if entering the school as well as the school's registration system.</li><li>• Special requirements are in place for authorized visitors.</li></ul>
<b>Cleaning</b>	<ul style="list-style-type: none"><li>• Current cleaning regimes will continue at the school.</li><li>• Targeted areas include: high-touch areas and other hard surfaces, door handles, lockers, light switches and handrails in stairways and movement areas.</li><li>• Enhanced cleaning is delivered as part of the daily cleaning of schools.</li></ul>
<b>Ventilation</b>	<ul style="list-style-type: none"><li>• Windows and doors will be left open to increase ventilation. Fans and Air Conditioning will also be used. Further information will be communicated with you regarding CO2 monitors and air filters in the near future.</li></ul>
<b>Hygiene</b>	<ul style="list-style-type: none"><li>• No child should bring their <b>mobile phone</b> to school unless absolutely necessary. These will need to be kept in school bags for the day.</li><li>• Children will be asked to <b>wash their hands</b> using soap on return to the classroom and after visiting the toilet</li><li>• Children <b>sanitize their hands</b> on arrival at school and in between the use of equipment and when necessary eg before and after eating.</li></ul>
<b>Excursions and Camps</b>	<ul style="list-style-type: none"><li>• Schools operating under Levels 3, 3 plus, and 4 settings are not permitted to hold excursions, field trips or camps. It is anticipated that the school will be categorized from Level 4 to Level 3 plus from 18th October.</li><li>• Refunds for excursions or camps have been organised and will be communicated in a separate notification.</li></ul>

If you have any questions or concerns please do not hesitate to contact the school office.

As always we are so appreciative of your patience and understanding and in particular your support of the school staff and in following school protocols.

Kindest Regards

Bernadette Fabri

### **UPDATE: Refurbishment of Kindergarten to Year 4 Classrooms**

Refurbishment of the Kindergarten to Year 4 classrooms is continuing at a good pace with the anticipated entry for Kindergarten, Year 1 and Year 2 on the 18th October. Years 3 and 4 will be located in the hall and the library for a few more weeks at the most.

I wish to thank our builders SBS Secure Building Solutions, Architect - Leaf Architecture and Mr McIntosh - schools Site Manager for the efforts they have put in place to enable so much of the work to be ready despite the ever changing timeline.

We look forward to sharing these spaces with the school community in the future.

Thank you to Catholic Education Diocese of Parramatta for their financial contribution to this project.

## Compass Parent Portal

Tomorrow a letter will be emailed to you introducing the Compass Parent Portal. It will contain your username and password. It is most important to keep your Username and Password secure, just like your bank account details, they should not be shared with anyone, including your children. Each parent will receive their own individual logon. If you do not receive the email by the end of the day please send an email to the school : [stpatricksparra@parra.catholic.edu.au](mailto:stpatricksparra@parra.catholic.edu.au) containing your name, your child's name and your current email address.

Compass will be our primary communication tool that will facilitate effective communication between home and school. Using the Compass Parent Portal you will be able to:

- Be informed of important updates, events and reminders
- View your child's timetable
- Review your child's attendance
- Provide explanations for periods of absence
- Update your contact details
- Book Parent/Student/Teacher Conferences
- Download Semester Reports

For the telecast of Weekend mass follow this link:  
[St. Patrick's Cathedral, Parramatta - Facebook](#)

<b>2022</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
	<b>24/1/22</b>	<b>25/1/22</b>	<b>26/1/22</b>	<b>27/1/22</b>	<b>28/1/22</b>
<b>Week 1</b>	<b>SCHOOL HOLIDAYS</b>				<b>STAFF DEVELOPMENT DAY</b>  Years K to 6 Individual Maths Assessments
	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
	<b>31/1/22</b>	<b>1/2/22</b>	<b>2/2/22</b>	<b>3/2/22</b>	<b>4/2/22</b>
<b>Week 2</b>	<b>STAFF DEVELOPMENT DAY</b>  Years K to 6 Individual Maths Assessments	Kindergarten Individual Maths Assessments  Years 1 to Years 6 commence the 2022 school year  	Kindergarten Individual Maths Assessments  	Kindergarten commence the 2022 school year    	  
<p><b>NOTE PLEASE: If On-Site Kindergarten Orientation is unable to be held this year due to restrictions, we will schedule them from Friday 28/1/22 to Wednesday 2/2/22. Children will only be required to attend one Orientation session and one Maths session.</b></p> <p><b>More information will be communicated when the situation becomes clearer next term.</b></p>					

[New Phone App to Support Children's Mental Health and Wellbeing](#)

The Federal Government is launching a new, free phone application with information, ideas and guidance for parents to help them provide additional support for their child’s mental health and wellbeing. The Raising Healthy Children App was developed by the Raising Children Network as part of its program to support parents’ mental health literacy by building knowledge and confidence concerning the social and emotional wellbeing of children.

The app is targeted towards parents with children aged 12 years and under and includes information on health, development and wellbeing based on the child’s age.

To our valued Customers

Hope you and your families are safe and well in these uncertain times. We thank you for your ongoing support and appreciate your patience in these difficult times.

As Per Public Health Orders

From Monday 11th October our store will reopen to the **fully vaccinated** from 9am-5:30pm weekdays and 9am-4pm on Saturdays.

When you visit our store we ask for only one parent or guardian to be present during their child's uniform fitting and that you observe the NSW Public Health Orders: check-in with the QR code; **be fully vaccinated** & show staff your Covid-19 digital certificate; wear a face mask; and hand sanitise as you enter.

If you have any symptoms we ask that you not attend our store, stay home and go and get tested.

You can still do business with us online, by phone and email. Purchases are also encouraged to be made prior to the new year to avoid lengthy queues in January.

Best regards  
OZ Fashions Team



### WELCOMEASY UPDATE

Dear Parents and Carers,  
Hope you are all well and safe.

Due to the COVID pandemic and the ongoing uncertainties, Welcomeasy has made the difficult decision to cease our school catering business in Western Sydney.

It's extremely sad as we have thoroughly enjoyed preparing and delivering meals to your children for the past few years.

Please note that all recurring orders will be cancelled.

We hope you've enjoyed our service and please take care and stay safe.

Kind regards,  
Gary @ Welcomeasy



We wish to extend our deepest sympathy to Mrs Tleyji ( Teacher Assistant) on the passing of her mother last Friday. Please keep her in your thoughts and prayers.

We wish to extend our deepest sympathy to the Lahoud Family ( Joel 5T & Luke 1C) on the passing of their Grandfather. Please keep the family in your thoughts and prayers

STARTING SOON!

## Executive Directors Summer Reading Challenge 2021/2022

The competition starts on **1 November 2021** and ends on **25 February 2022**.

eSafetyparents



eSafetyCommissioner

### NOTES FROM THE E-SAFETY COMMISSIONER.

<https://www.esafety.gov.au/parents>

#### Explore together

These are activities in which you sit alongside your child and you are both fully engaged. The screen remains within your sight at all times. Explore together activities should include all new games, apps, websites and programs.

- Describe what you are thinking and doing and ask questions — 'I wonder what will happen when we tap here?'
- Practice taking turns with your child.

#### SCHOOL WELL-BEING COUNSELLING SERVICE

The wellbeing of children and young people in Catholic Education Diocese of Parramatta schools is of paramount importance. A sense of well-being and connectedness in schools promotes optimal development of the person and contributes to academic success.

Access to counselling services can be made by contacting your child's classroom teacher or Ms Fabri, who will then put forward a referral. Mrs Ricketts will then contact you for further information. Further details can be found in previous newsletters.

#### FEEDBACK and COMPLAINTS

St Patrick's Parramatta staff always welcome feedback and ideas from the parent community. If you have any feedback, concerns or complaints please do not hesitate to contact your child's class teacher, Mrs Standing (behaviour) or Miss Fabri through the school office (8832 4600), school email address [stpatsricksparra@parra.catholic.edu.au](mailto:stpatsricksparra@parra.catholic.edu.au), or through Skoolbag App. The school follows the CEDP Complaints Handling Policy.

<https://www.parra.catholic.edu.au/About-Us/Policy-Central>



**Happy Birthday to all the children who will celebrate their birthday's over the next week:**

Mila Moses, Serena Semaan, Lourdes Saleh,  
Rose Rizk, Liza Navasardyan, Kaylani Elphinstone

## Uniforms/ Haircuts

Dear Parents,

As we return to school, we thought it was a perfect time to remind our school community about the school's protocols around hair cuts and appropriate hair attire. As is outlined below boys hair should be of an even and regular cut and girls hair ribbons should be green.

Please be mindful of this protocol when attending the hairdresser or barber shop. I know it is difficult to go against what is currently trending, however by enrolling in our school you have also agreed to the protocols outlined below.

Thanking you for your continued support regarding this area.

### UNIFORM

- Full school uniform is to be worn at all times.
- Uniforms and shoes should be clean and neat.
- School hats are to be worn when outside buildings.
- Girls hair ribbons should be green.
- Girls long hair must be plaited or tied back.
- Boys are to have hair cut neatly, above the collar, and of an even and regular cut.
- The use of hair gel or hair dye is not permitted.
- No nail polish is to be worn.
- Jewellery is not permitted apart from a wristwatch, sleepers or small plain studs in pierced ears.

**The children will return to school in Term 4, with their full summer uniform including their school hat.**

### SUMMER UNIFORM

All children are required to be in their Summer Uniform. Parents can you please note that as per school uniform guidelines, joggers for sport are to be mainly white.

Girls' Summer Uniform	Girls' Sports Uniform	Boys' Summer Uniform	Boys' Sports Uniform
Tartan School Dress	Green Shorts	Grey Shorts	Green Sports Shorts
Short White above ankle Socks	Sport Shirt with School Emblem	Grey Short Sleeve Shirt	Sports Shirt with School Emblem
Black Shoes	White above ankle Socks	Grey above ankle Socks	White above ankle Socks
Green Hair Ribbon	White Sports Shoes	Black Shoes	White Sports Shoes
Green School Hat	Track Suit with School Emblem	Green School Hat	Track Suit with School Emblem

All School Uniform items available from Oz Fashions 115-127 Parramatta Road Granville NSW 2142 Phone 9897 3121 [www.ozfashions.com.au](http://www.ozfashions.com.au)

Thanking you for your cooperation in ensuring that the school uniform code is upheld.

**Remember to label ALL clothing and NO HAT PLAY IN THE SHADE ONLY**

NEW TESTING CLINIC



Health  
Western Sydney  
Local Health District

## COVID-19 Drive-through Testing Clinic at

# Bankwest Stadium

🕒 **Time:** 8am - 6pm daily (9am start on 11 August)

🗓️ **When:** 7 days a week until further notice

📍 **Where:** Northern carpark, Enter at Gate 2  
O'Connell Street, Parramatta, NSW, 2150

**Testing is FREE. All ages welcome.  
No booking or GP referral required.**

**Check when you're eligible for COVID-19 vaccination using the  
Australian Government Vaccine Eligibility Checker**

"Our common home is being pillaged, laid waste and harmed with impunity. Cowardice in defending it is a grave sin."

*Pope Francis*



sub tunc  
praesidium

Our **VISION** is to be a child centred faith community within an innovative, interactive learning environment.

Our **MISSION** is to –

Live out the Gospel Values in a visibly Catholic tradition

Nurture students for Christian Leadership

Create a range of learning experiences which allow children to progress at their own level

Assist our students to develop into independent thinkers with a deep sense of responsibility and justice

Lead each individual towards reaching his/her potential

Generate a sense of community and compassion in which all

Experience belonging.

**Opportunity for all**

### MASS TIMETABLE FOR ST PATRICK'S CATHEDRAL PARRAMATTA

#### Weekend Masses

Saturday 8.00am, 6.00pm (Vigil)

Sunday 8.00am, 9.30am (Family), 11.00am (Solemn), 6.00pm, 7.15pm (Arabic)

#### Weekday Masses

Mon to Fri 6.30am, 12.30pm Public Hol 8.00am

#### Pastoral Team

##### Dean & Administrator:

Very Rev Fr Robert Riedling

##### Assistant Priests:

Rev Chris del Rosario, Rev Chadi Ibrahim SDB

##### Parish Secretary:

Pat Preca

##### Sacramental Coordinator:

Meg Gale