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Volume 3.2

Thursday 22 July, 2021

Dear parents,

**PRAYER FOR THE FIRST WORLD DAY FOR GRANDPARENTS AND THE ELDERLY**

I thank You, Lord, for the comfort of Your presence: even in times of loneliness, You are my hope and my confidence, You have been my rock and my fortress since my youth!

I thank You for having given me a family and for having blessed me with a long life. I thank You for moments of joy and difficulty, for the dreams that have already come true in my life and for those that are still ahead of me.

I thank You for this time of renewed fruitfulness to which You call me. Increase, O Lord, my faith, make me a channel of your peace, teach me to embrace those who suffer more than me, to never stop dreaming and to tell of your wonders to new generations.

Protect and guide Pope Francis and the Church, that the light of the Gospel might reach the ends of the earth. Send Your Spirit, O Lord, to renew the world, that the storm of the pandemic might be calmed, the poor consoled and wars ended. Sustain me in weakness and help me to live life to the full in each moment that You give me, in the certainty that you are with me every day, even until the end of the age. Amen.

This Sunday marks the first world day for grandparents. They are exceedingly important in our lives. Our grandparents are our roots that support us at the base underground; though they are hidden underground, our existence without them is impossible. As there can be no present without the past, likewise, the young cannot have their being without the elderly. We forget to comprehend the power of the old that is keeping the world in which we live stable. 'Old is gold' aptly describes the importance of the elderly in our lives. Our grandparents shine brightly in our dark world like rays of light. Our grandparents are the most indispensable part of our life. We must respect them and love them for their invaluable light of love and wisdom in our life!

The kind of unconditional love we get from them, no other person or being can give us that type of love. We must hold on to our grandparents in our families and stay in the light of their love and wisdom. We need our grandparents and they also need us!

Remote learning has returned and our students have embraced Google Meets with enthusiasm and positivity. It has been a steep learning curve for all, however, the importance of maintaining connection and continuity of learning is our main priority.



## Wellbeing - some things to remember:

- Show compassion and kindness to one another.
- Perspective – try to see this time as unique and different, not necessarily bad, even if it is something you didn't necessarily choose
- Connection – stay connected with others, including social media, email and phone
- Be generous to others – giving to others in times of need not only helps the recipient, it enhances your wellbeing too. Is there a way to help others around you?
- Daily routine – maintain a routine that prioritises things you enjoy and even things you have been meaning to do but haven't had enough time.
- Practice mindfulness: focus on the moment you're in. Meditation and breathing exercises can help calm your mind and reduce anxiety.
- Create a quiet space in your home for prayer or reflection.

## Parent Information night – Growing Together in Life and Love

The Wonder of Living Family Enrichment Program is coming to our school on Tuesday 17<sup>th</sup> August to offer a Family Night on the topic of sexuality education. The purpose is to encourage good communication between parents and children about these important topics. It will be conducted by Open Doors Education, an ecumenical Christian non-profit organisation. Open Doors is also the creator of the Wonder of Living video series which is used during the sessions. This value-based, family friendly series is recommended by MACS. Open Doors has over 30 years' experience and an excellent reputation for its sensitive, engaging presentation of this program in schools.

**WHAT HAPPENS AT THE FAMILY NIGHTS?** - Family Nights are warm and comfortable presentations using stories, video, shared conversations, activities and take-home materials. You will also have the opportunity to buy/order The Wonder of Living Book for home (\$20) and the Resilient Kids Book (\$15) plus browse other resources.

Comments from Parents:

- "top-notch, perfectly pitched, facts are clearly presented, fast moving but informative."
- "wonderful, informative, nurturing, honest and appropriate session thank you!"
- "great introduction to the miracle of life."

For more information, please check the Health Seesaw page or contact Mrs Britt via email: [jbritt@saqueenscliff.catholic.edu.au](mailto:jbritt@saqueenscliff.catholic.edu.au)

## Parent information session – Reading and Spelling Strategies

This session will be pre-recorded and shared on the Seesaw platform for all parents to view. Parents will also be able to ask questions as well.

I would like to thank all parents for their support and understanding as we navigate this latest COVID-19 space. I have attached a link to some resources which may be helpful. Please reach out to us at any time if you need further assistance.

## Parent wellbeing activities for primary aged children

<https://www.education.vic.gov.au/Documents/parents/family-health/parents-wellbeing-activities-primary.pdf>



### Cyber Safety

Please continue to review the securities you have in place for the safety of your children online. The link below is to the parent section from the e-safety commission. The commission offers advice and courses for parents.

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

**Don't forget to return the Dental forms. Next Monday will be cut-off day.**

CALENDAR OF EVENTS - 2021		
<b>Term 3 2021</b>		
Tuesday 27 <sup>th</sup> July		Parent information session – Reading and Spelling Strategies – pre-recorded presentation - Seesaw
Friday 30 <sup>th</sup> July	9am – 11am	<del>Gr 4/5/6 Marine Debris</del> (cancelled)
Friday 30 <sup>th</sup> July	11.30am – 1.00pm	<del>Gr 2/3 Outdoor Learning</del> (cancelled)
Monday 2 <sup>nd</sup> August	2pm – 3pm	Gr 4/5/6 Outdoor Learning
Monday 2 <sup>nd</sup> August	2pm – 3pm	P/1 Kinder visit
<b>Tuesday 10<sup>th</sup> August</b>		<b>School Photos NOTE CHANGE OF DATE</b>
Friday 27 <sup>th</sup> August		Book Week Street Parade.

## Guide to popular apps

Free webinar



### Taking a look at TikTok, Instagram, Snapchat and YouTube

Join the **eSafety Commissioner's** expert education and training team for a FREE live webinar.

It is designed for parents and carers of young people aged 8 - 13.

This webinar focuses on popular apps used by young people. It will include case studies, research, and targeted advice so you can support the young people in your life to have safe, enjoyable online experiences.

#### Register now

Monday 16 August 12:30 pm – 1:30 pm

Tuesday 31 August 7:30 pm – 8:30 pm

[Register](#) or for more information please visit [esafety.gov.au/parents/webinars](https://esafety.gov.au/parents/webinars)

**School Bus run – Ocean Grove to Queenscliff**

*Fabulous news!* We have been informed by McHarry's Buslines that they will be running a bus to and from Queenscliff commencing Monday 26<sup>th</sup> July or after lockdown.



**Point Lonsdale to St Aloysius & Queenscliff PS - Q1**

<b>Departs</b>	Opposite Shell Rd Aquatic Centre, OG Stop ID 31032	8.07am
	Point Blvd, The Point	8.16am
	Fellows Rd & Old Geelong Rd	8.20am
	Point Lonsdale Rd & Kirk Rd	8.27am
	Bellarine Hwy at Nelson Rd facing Queenscliff	8.32am
	St Aloysius Queenscliff Bethune St	8.39am
<b>Arrives</b>	Queenscliff Primary School in Stevens St	8.41am

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**Queenscliff PS & St Aloysius PS to Pt Lonsdale - Q1**

<b>Departs</b>	Queenscliff PS	3.20pm
	St Aloysius Primary Bethune St	3.25pm
	Point Lonsdale Bowling Club	3.35pm
	Point Blvd, The Point	3.49pm
<b>Arrives</b>	Shell Rd Aquatic Centre Westbound, OG Stop ID 31058	3:57pm

Should you have any questions please contact McHarry's on 52232111.

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