



Newsletter

Term 2 Week 3 Thursday, 30 April 2020

Principal's Message principal@olmcsunbury.catholic.edu.au

School Address

53 Macedon St
Sunbury 3429
9740 7344

2020 Term Dates

Term 2 :

Tue 14th April -
Fri 26th June

Term 3:

Mon 13th July -
Fri 18th September

Term 4:

Mon 5th October -
Fri 16th December

School Closure

Day

Term 2

Thur June 4th

Dear Parents,

Congratulations on the great work your children are doing at home and for the support you are giving them. Just a reminder that most classes now have live video chats with their teacher and classmates and it is really important children access these if possible. Seeing their teacher and classmates' faces can make a huge difference to mental health and wellbeing.

I have been seeing some great work and exciting things on Seesaw. All children in years 3 to 6 should be able to upload their own work as they do this on a daily basis when they are at school. If you need any help with this, please ask your child's teacher or contact us at school. It is expected that children have regular contact with their teacher as from a legal point of view we need to see that the children are accessing and engaging in the work. A check in each day is required for us to mark your child as present.

There has been much speculation in the news around when students may return to school. It is easy to get caught up in all the discussion and to be confused by mixed messages in the media and social media. We will return when our Premier, Mister Daniel Andrews, instructs us to do so. Schools in Australia are governed by the State government and at this point the message remains that learning will remain in remote format for term 2. As soon as I hear that this is different I will communicate this with you.

Last term our school captain, Ben Kelly, organised a fundraiser for the Royal Children's Hospital Good Friday Appeal. The children had to guess how many Easter Eggs were in the jar. \$95 was raised and donated to the appeal. Well done to Ben and everyone who contributed.

Please keep the Ellis family in your prayers as they mourn the passing of Joel's dad, Barry. Our thoughts and prayers are with Shelley, Joel, Gemma and Mason.

This Sunday we celebrate the 4th Sunday of Easter:

Gospel

John 10:1-10

I am the gate of the sheepfold.

Stay warm and stay safe.

God bless,

Julie

COVID-19 has rattled many nations with over 2 million people affected worldwide. During these unprecedented times, the **Mental Health Foundation Australia (MHFA)** understands that tensions are running high within the Australian community and has noticed a significant increase in use of our services.

Mental Health Foundation Australia runs a successful **National Mental Health Helpline** to provide mental health information, support, referral and professional counselling for people in distress. It is a **FREE** and **CONFIDENTIAL** service. Call 1300 643 287

Does your parenting rulebook still apply? by Michael Grose

The current social isolation policy as a result of the COVID-19 pandemic has confined people to their family cocoons. Life for parents is very different now that we can no longer share the parenting load with relatives, friends and professionals outside the family home.

Parenting success will require you to quickly adapt to new circumstances, by replacing some of your current parenting practices with methods more in tune with close quarter living. This may seem uncomfortable at first, as you may be going against some current beliefs that are in vogue. In effect, you may have to create a new parenting playbook suited to your family's needs, rather than being dictated by 'groupthink' that social media encourages.

As a way of helping with this process I've examined four common parenting rules of thumb, and replaced each with a new, more appropriate rule.

Current rule: Put your kids first

Current parenting practices place children before parents in many aspects of life. The tendency to put our own personal lives on hold for the duration of their childhood while we cater for children's after school activities is an obvious example. Nothing wrong with wanting the best for our kids, but it needs to be questioned if it comes at the cost of a parent's quality of life.

Try instead: Put yourself first

Most parents know the importance of self-care but fail to put it into practice. Make yourself a priority and attend to your own physical and mental health and personal happiness. Practise the good care habits that we encourage in kids – eat well, sleep well, get plenty of exercise, take regular time out and ensure you do something each day that brings you joy. It takes a great deal of selflessness to be a parent. Finding ways to prioritise ourselves can actually make us even better at it.

Current rule: Focus on individual good

The shift to smaller families has brought about a shift in focus from parenting the gang to parenting each child individually. This shows in everyday activities such as individually-designed meals for each child and paying children for completing chores. The propensity to focus on individual needs often comes at the expense of the family good, which is evident when difficult times arise.

Try instead: Focus on greater good

Alfred Adler, the father of Individual Psychology believed that children's moral development is fostered in full when they contribute to the wellbeing and functioning of the family. It's a 'we' before 'me' concept. When children are living in close proximity with each other for long lengths of time it's essential for them to consider the needs of others as well as their own needs. "How does my behaviour impact on others? How can I help? How can I ease the load?" become the prime consideration for all family members.

Current rule: Parents are responsible

The responsibility in many families falls to parents to resolve most problems, even if they are owned by kids. If a child leaves a lunch at home, often a well-meaning parent will take it school. A child's friendship issue is resolved by parents. Conflict with a sibling? Mum or dad will sort it out. The propensity for parents to take responsibility for what are essentially children's problems is exhausting (for parents) and leads to unprecedented levels of parental guilt when children are unhappy. Yes, we even tend to take responsibility for their individual happiness.

Try instead: Children are responsible

The current social isolation measures mean it's almost impossible for a parent to sort out all of a child's problems. "That's your problem. Please work it out yourself" is the mantra for close quarter living you can apply to many situations such as boredom, hunger and dealing with noisy siblings. At times of children's high need during social isolation caused by COVID-19 I suggest that you make yourself scarce, emerging only when you know kids have tried and failed to resolve their own problems.

Current rule: Get their compliance

Most of the current child and adolescent management techniques are built around compliance. "How can I get my kids to do as I wish?" still dominates much of the current parenting narrative, reflecting old practices when children were seen and not heard, and corporal punishment was in vogue. These methods are not suitable for getting kids onside on the family cocoon.

New rule: Win their cooperation

Some time in recent years the management narrative shifted from getting compliance to gaining cooperation from kids. This shift requires a change in mindset, behaviour and language from parents. The language of compliance ("I want you to do this!") still has a place in family-life albeit very minor, however the language of cooperation ("I need this done.") in all its forms represents this essential shift in management mindset that is required in the current circumstances.

The new circumstances we find ourselves in due to COVID-19 while daunting at first glance, offer an opportunity to revisit old habits, principles and rules in all areas of life, including your parenting. It's human nature to feel comfortable with old ways even if they are not working for us. Sometimes it takes a crisis such as the one we are all experiencing to examine old habits, principles and rules to see if they are suitable. If they are not, then its time to create a new rulebook.



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6 MAY**

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