



Newsletter

Term 2 Week 1 Thursday, 16 April 2020

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

Dear Parents,

Welcome back to term 2. Happy Easter to all of our OLMC families. I hope your Easter was filled with the peace and love of our risen Lord. It is a very different term for us and I would like to start by thanking you for your support in our transition to remote learning. It is all new to us at school as well and thank you for your kind words and patience with the teachers on these first couple of days. They have spent most of their school holidays getting ready for the term and are working remotely preparing the work and ensuring they are available for you with any questions you may have.

We understand it can be a challenging and stressful time for parents. Please know that you have our full support. It is also challenging and stressful for staff. While things may not be perfect from the beginning, we will seek feedback from you as to what is working well and what could work better and make adjustments where possible. Attached to the newsletter is information from our school counsellor, Cecilia Tankey, regarding how to access support if you or your child are struggling to cope with the current conditions of Stage 3 restrictions and self isolation.

Information is also provided from ***Beyond Blue.24-hour counselling service***

Trained counsellors are now available 24 hours a day, seven days a week on a dedicated coronavirus phone support line.

All sessions are free, one-on-one and confidential.

Call [1800 512 348](tel:1800512348) for support.

Easy access to peer to peer online forums

Connect with and learn from others, share your experiences and exchange tips and messages of support on the dedicated online forum: [Coping during the coronavirus pandemic](https://www.beyondblue.org.au/coping-during-the-coronavirus-pandemic).

What you see today at [coronavirus.beyondblue.org.au](https://www.coronavirus.beyondblue.org.au) isn't what you will see in a few weeks' time. The pandemic is rapidly changing our lives, and we will be regularly updating the service's information, tools and strategies as we listen to and see what the community needs.

We have had a lot of discussion around how many videos to send to you via Seesaw. We realise that not everyone has unlimited data and that you may have many people at home accessing the internet at the same time. If you require further clarification about work that has been set please email the relevant teacher. They may then be able to call you or set up a video conference if necessary.

There has been much discussion in the media about the debate as to whether or not children are to be at school. As schools are funded by the State Government and Daniel Andrews has declared a State of Emergency for Victoria, we are governed by the State Government around these decisions.

Education Minister James Merlino says there should be no confusion over Victoria's return to school for term two. Mr Merlino said today the message remained clear and consistent: if you can learn from home you must learn from home. Mr Merlino said students could only attend school if it was impossible for them to learn from home. He said if it was hard or difficult, that wasn't reason enough. Mr Merlino rejected suggestions parents should have the final say on whether or not students attended schools. And he said there was no inconsistency with comments made by Prime Minister Scott Morrison about children attending schools.

53 Macedon St
Sunbury 3429
9740 7344

School Closure

Day

Term 2

Thur June 4th

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

“What we are doing in Victoria is consistent with national principles,” he said.

“Jurisdictions will make decisions differential based on their advice and based on the stage of the pandemic in their community.”

He said he was proud of how teachers, students, and parents had responded to the first day of school.

“This is uncharted territory for all of us ... but I’m proud of how the community has responded,” he said.

A reminder that school supervision is only available to families where both parents are working in essential services. Parents need to provide a letter from their employer and to let me know the week before which days are needed for their child to be at school. Classroom teachers are not on site.

I have some exciting news to share with you. As you are aware, Mrs Sgarioto (1S) is leaving us in May to have her baby. While we will miss Mrs Sgarioto very much, I am pleased to announce that Ms Amanda Caiafa will be teaching 1S from the 18th May. The children know Miss Amanda as she has worked here at OLMC over the past couple of years as a CRT. Amanda has been teaching previously at St Mary's in Thornbury. She is married and has a 3 year old son, Joshua. I am sure you will welcome her with open arms. Amanda and Nat are already working together behind the scenes to make the transition as smooth as possible.



You will continue to receive a newsletter each week. If you and your family have any remote learning tips for other families or photos of projects you have completed, please send them through and I will include them in the newsletter.

A tip for this week is to maintain routine as much as possible.

- * Have your child up and ready to start their school day at the normal time.
- * A good breakfast is important to begin the day.
- * For some children, wearing their school uniform helps to keep some normality.
- * Ensure they take regular breaks and drink lots of water.
- * Don't forget to check in with the classroom teacher each day via Seesaw or email, if not your child will be marked as absent. Each teacher will require your child to record the work they have completed each day.

Earlier this week I sent out information about a Cyber Safety Webinar for Parents. I strongly encourage you to access this important information. Details are as follows:

Access to the webinar is via www.informandempower.com.au/april16webinar

Password is **parents2020**

The recording of the webinar will be available immediately following tonight's presentation and **can be viewed until April 26th**

- * All of our slides, links and downloads from the session will be available for parents permanently, even beyond April 26th via the same link
- * We encourage parents to visit the link anytime today and submit questions in advance (there will also be an opportunity for live Q&A during the webinar)
- * This webinar is not for the public, therefore we ask that the link only be shared within your school community

This Sunday we celebrate the 2nd Sunday of Easter.

Gospel

John 20:19–31

Eight days later, Jesus came again and stood among them.

God bless you,

Julie



CECILIA TANKEY
COUNSELLING & PSYCHOTHERAPY
Counselling and mental health services offered with soul, heart and wisdom



Cecilia Tankey
BSW, MAASW (Acc),
Dip. Applied Holistic Counselling,
Adv. Dip. Holistic Psychotherapy
AASW Member No: 436690
Medicare Provider: 5287943T
ABN: 80 241 620 560

0431 122 275

◆ ceciliatankeytherapy@gmail.com

◆ ceciliatankeytherapy.com

15 April 2020

Dear families of Our Lady of Mount Carmel,

I do hope you are finding your way with the transition to a new and different rhythm of life, and finding the opportunities that present in unexpected ways.

I am getting in touch to share information on my counselling service that will continue during this time of COVID-19. Although I am unable to provide counselling support to students within the school environment, the Australian Government is funding telehealth sessions for all Australians who require emotional and mental health support over the next 6 months.

This is a much needed initiative as it simplifies access to mental health support. There is no need for a doctor's referral, and it is simply a matter of providing basic details to the practitioner so that payments can be processed through Medicare. Telehealth options include both video and telephone counselling.

Telephone counselling is incredibly effective, as demonstrated through familiar telephone counselling services such as Kids Helpline and Lifeline. Video counselling has had a massive increase in popularity over the past decade, and the current social distancing measures have made online counselling the 'norm.' The online video platform that I use with clients is Zoom. While telehealth options are not the same as being in the same room, there is certainly great benefit to connecting with ease from your own home. It offers a space to talk to someone outside of your family and social groups, about anything that is on your mind or causing stress, worry or sadness. Children can benefit immensely from having a focused interaction with counsellor, especially if they are showing signs of struggling in this period of change and isolation.

Please feel free to explore my website: ceciliatankeytherapy.com

All of my details are listed on the website and if you do want to access counselling support for your child or any other family member, you can contact me directly via the details on the website. Please note that I will bulk bill all students and families of Our Lady of Mount Carmel who access services via Telehealth.

Take special care to look out for your neighbours, friends and family members. Especially look out for people who might be vulnerable to domestic violence at this time. This is a tough time for anyone in isolation who might be at risk. Remember there is always support available including 1800 RESPECT, Mensline Australia 1300 789 978, Kids Helpline 1800 55 1800, Lifeline 13 11 14, or call 000.

Cecilia Tankey

Psychotherapist and Accredited Mental Health Social Worker