

BRANCHES

Holy Family Primary School, Luddenham

Phone: 4773 7100

Web: www.Luddenham.catholic.edu.au

Web: www.hfluddenham.catholic.edu.au

Term 3

22nd July 2021

Issue 11, Week 2

Dear Parents and Caregivers,

The COVID-19 pandemic means that we have shifted once again to remote learning. Our students, families and teachers have all demonstrated great flexibility in the way they have adapted to the challenge of working and learning in this environment.

Technology has undoubtedly supported the success of remote learning. However, there are many challenges that can be associated with the increased use of technology and access to the internet, for example getting the 'screentime' balance right and ensuring your child is safe online! Spending most of the day in front of a screen is easy, but too many uninterrupted hours on devices or watching television is not ideal!

Following are some tips to help you improve your child's online habits:

- Make a plan - set daily tasks you would like to achieve including study, exercise, socialising and rest. This may help you maintain focus during the day.
- Set routine breaks - if you are using a device for an hour or more, make sure you take a short break. This could include stretching or a short walk.
- Turn off notifications from apps on Apple and Android devices while studying.
- For older students, monitor or limit your phone use if you are constantly distracted. Many phones have settings that allow you to track how long you spend on apps and set daily usage limits.
- Try limiting gaming time if playing is beginning to affect schoolwork or family life — organise some other activities 'off line'.
- Turn devices off or put them on airplane mode at least an hour before bedtime to ensure you have the best quality sleep.
- (Source <https://www.esafety.gov.au/>)

There are many more great free resources available for families from the Australian Government's eSafety Commissioners website. Topics include:

- Cyberbullying
- Time online
- Online gaming
- Unwanted contact and grooming

At Holy Family we are:

- Safe
- Respectful
- Responsible
- Learners

Mr Anthony McElhone
Principal

Staff Development Days

Following are the dates for the remaining staff development days this year. A reminder that children do not attend school on these days.

- Monday, 13 December
- Tuesday, 14 December
- Wednesday, 15 December



Please note that the student's final day will be Friday, 10 December.

2021 School Calendar

The key date of events and celebrations for 2021 can be viewed in our online school calendar. The calendar can be viewed on our school website <http://www.hfluddenham.catholic.edu.au/en/Our-Community/Events>



Seesaw

It is important that you check this regularly as it is our main channel of information. If you are having trouble with the app, please email Mrs Edwards on medwards3@parra.catholic.edu.au.

Enrolments for Kindergarten 2022

Application forms are available for collection from the school office. When the application form has been fully completed it should be returned to the office with the required documentation by **ASAP**.



MY GROWTH MINDSET STATEMENTS

I can **CHANGE** my **MINDSET** with my **WORDS**!



INSTEAD OF:

I CAN SAY:



I am not good at this.	I am not good at this YET , but I will learn.
I am great at this.	I practiced and learned how to do this.
This is too hard.	This will require effort and finding the right strategy.
This is too easy.	How can I make this more challenging?
I am afraid I will make a mistake.	When I make a mistake, I will learn from it and get better.
I give up.	I will succeed if I put forth effort and find a better strategy.
I can't do this.	I need some feedback and help from others.
This is good enough.	Is it my best work? Can I improve it?
I won't try because I might fail.	If I fail I can try again until I succeed!
I am not as smart as my friend.	I am in charge of how smart I am because I can grow my brain by learning hard things!

During school closures, if you're having difficulty and feeling stressed with the added pressure of now being teacher to your child/children, please remember:

You don't need to replicate the school experience.
Don't try to be your child's classroom teacher.
Just keep being the teacher you ALREADY are.

We trained for years to teach the way we do,
just as you trained for years to teach the way you do.

We couldn't take over your job overnight,
you won't be able to do ours.

Read with your child.

Cook with your child.

Garden with your child.

Enjoy nature with your child.

Make and create things with your child.

Sing and dance with your child.

PLAY with your child.

And above all, keep being the kind, calm
role-model your child needs through
this challenging time.

This is how you teach.

Keep doing you.

Your child is learning from you every single day.

Primary Sport Update - 17 July 2021

**Due to the current COVID-19
restrictions, all Term 3 Primary
Sport Gala Days
& Athletics carnivals
are POSTPONED**



COLONIAL
Accounting Services

TENILLE BUTTIGIEG

Your local Chartered Accountant & Tax Agent.
Mobile services provided at no extra cost.
1373 Mulgoa Road Mulgoa NSW 2745
info@colonialaccounting.com.au
Ph: 0412 663 814 | www.colonialaccounting.com.au



Connections Counselling

Building Bridges

Colleen Nicholas, Dip.Couns. MACA

Individual, Couple & Family Therapist

Counselling For:

- *Personal Issues* **Grief & Loss*
- *Relationship Problems* **Anxiety*
- *Family & Parenting* **Depression*
- *Transitional Life Changes*
- *Stress Management*

Phone: 0414 935 362