

- Safe
- Respectful
- Responsible
- Learners

Holy Family Primary School, Luddenham

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Dear Parents and Caregivers,

I recently came across an interesting article on the CathFamily website (<https://cathfamily.org/>). Considering we have now been in lockdown since the end of June it is a timely reminder on how we can continue to support the wellbeing of ourselves and our family.

Are you feeling a bit COVID tired? I am. Our children are feeling it, too. Right now, the world is collectively grieving. Everyone is experiencing some kind of loss.

A loss can relate to anything. A loss is defined as a loss of a particular connection to a place, person or object. For some of us, it is a job or not being able to go to the office. While for others, it is a cancelled family holiday, not being able to physically see grandparents, or not getting to play a sport or attend cultural and social events. ...Sadly for some, it is the loss of a loved one and not being able to properly say 'goodbye'.

For parents with smaller children, it means not being able to come onto the playground and connect with each other. For our students it means not having proper assemblies, graduations, not being able to sing or dance together, have parties, holidays along with many other restrictions.

This constant adjustment of restrictions, uncertainty, and constant worry is wearying and emotionally exhausting. It is important to remember and explain to our children that a lot of what is happening right now is out of our control.

We can control, however, what is happening to us, within our families and communities.

Think together what it is that you can control and actively do to live a flourishing life despite the many current disappointments.

What kind of activities do you enjoy doing as a family?

Think about all your blessings?

Practice gratitude together.

Build positive emotions through activities that bring you joy.



Find meaning and purpose in the simple pleasures of life.

- **CULTIVATE** hope and optimism through positive thinking, prayer, meditation, savouring and gratitude.
- **HUG.** Remember how important physical touch is to our nervous system. We release tons of oxytocin (happy hormones) when we experience the sensation of touch. Cuddle your children often.
- **BREATHE.** A great and quick calming activity is to simply place a hand on your forehead and the other on your abdomen. Breathe in slowly through your nose and exhale slowly through your mouth. This mindfulness practise slows down your heart rate and calms your nerves immediately.
- **LOWER EXPECTATIONS.** These are times of stress. We need to be self-compassionate and kind to ourselves. As Brené Brown so famously affirms: "Just showing up is good enough." Self-care is not a luxury.

It is a necessity to maintain our mental and physical well-being. We need to have a full emotional cup so that we can nurture our children, partners, friends and extended families.

And please... remember that it is also important to validate our children's feelings and not brush them aside. Children often just need to 'rant' and let go. No need to rescue or to solve their problems. Just be present and listen actively. Use active listening skills reflecting on what they are trying to convey to us.

Signs of a child's heightened anxiety – signs they are feeling overwhelmed and that their emotions are too intense to handle.

- Playing up
- Throwing extra tantrums
- Acting out
- Being clingy
- Extra silly.

The easiest way to reduce the intensity of their emotions and calm their nerves is through meditation and mindfulness practice. Simply remind them to connect to their breath, finding their stillness and peace which is ever-present to us.

A final note...

Our grandparents and former generations have lived through wars, genocides, recessions, depressions, pandemics and more. I admire them for their resilience, their post-traumatic growth, their wisdom and think to myself: Remember: "This too will pass."

By Susanne North (<https://cathfamily.org/feeling-covid-tired-our-children-are-feeling-too/>)

Mr Anthony McElhone
Principal



Update of Events

For the health and safety of our community we still need to follow the NSW Government's COVID-19 guidelines. Following is an update about upcoming events:

Date of Event	Event	Details
3 September	Father's Day Prayer & BBQ/Book Week Celebration	Cancelled
20-22 October	Stage 3 Camp at Sport & Rec Narabeen	Cancelled. Alternate arrangements are being made. Stage 3 parents/carers and students will be advised of these arrangements next term.
4, 11 & 18 November	Kindergarten Transition	To be confirmed. Awaiting further advice from the NSW Government regarding COVID restrictions
Late Term 4	Grandparents Day	Details to be confirmed in early Term 4



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>





Academic Achievement Awards

Oliver Morton
Mason Maycock
Aria Marsh
Rebecca Debono

Grace Lopreiato
Levi Hall
Zac Gullo
Talia Evans

Ella Gunther
Zac Finianos

One Heart One Mind Awards

Isaac Buttigieg
Jackson
Matilda Stewart
Levi Agland

Hayden Moore
Christian Lentini
Edmond Cocks
Peter Medwin

Isabella McGarry
Sophie Auld

The love of a FAMILY is
LIFE'S GREATEST
Blessing♥

Happy Birthday

Congratulations to the following people who celebrated their birthdays in the month of August:

Jackson Wright, Marco Gullo, Olivia Urschel, Isaac Hall, Aria Marsh, Amelia Pelle, Emilia Maycock, Mason Maycock, Marcus Falzon, Nelson Lopreiato, Ella Gunther, Diana Baric, Elisabeth Franco, Reggie Schipp, Georgia Shepherd, Luke Rossetto, Marina Gurlica, Ava Fowler, Ante Gurlica, Orlando Johnston, Mrs Surace and Mrs Steuart.



Warradale Little Athletics **"Family, Fun & Fitness"**

Curious about Little Athletics? Thinking of joining?

Warradale Little A's is a family orientated, not for profit sporting club located in Warragamba, focussing on fun and fitness for children of all abilities aged from 3 to 16 years.

Events include: Throws, Jumps, Sprints & Distance Running, Walks and Hurdles.



Competition is held on Friday nights at Warragamba Sporting Oval from 6:00pm to 9:00pm. Our U6-U17 competition program is run over two weeks, while our Tots (3 & 4yr old) enjoy a modified program that involves play-training activities. Both programs are inclusive to athletes of all abilities.

2021.22 Season Registration

Due to the current extended COVID-19 restrictions, our club's registration information will be advised as soon as possible, but in the meantime, you can **"REGISTER YOUR INTEREST"** via LANSW website or via our email (see below) and we'll let you know when registration opens.

Once open, **Registration MUST** be done **On-Line** via the **GAMEDAY website** using our **club's unique URL:**

<https://regofarm.mygameday.app/#/45W57hBvSonTa6arv5/c0fgKleLDddhEvq6Ed>

Payment is via credit/debit card or PayPal. **No** manual registrations will be available at club. Use your ACTIVE KIDS Voucher to supplement payment. Don't know where to get one? Go to Service NSW website and follow the ACTIVE KIDS Voucher links **BEFORE** you register!

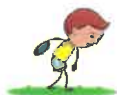
2021.22 Season Fees: Tots - \$100.00, U6-17 - \$135.00, Fundraising Fee per family - \$25.00

*Family discounts for 3 or more children.

Season start: TBA when current restrictions are lifted. We will be following the COVID-19 protocols for a safe Return to Play.

New athletes (those who have not done little athletics or trialed previously) are welcome to trial for two weeks at a cost of \$10.00 also done on-line. Balance to be paid on-line when fully registering. Proof of age is required e.g birth certificate, hospital blue book, passport or stat declaration.

For more information regarding registrations, call Annette on 0422 564 601 after 3:30pm weekdays or email: warradale45@gmail.com or follow our Facebook page Warradale Little Athletics Club or via @warralac





Primary Sport Update - 17 July 2021

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


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