



St Paul's Post

At St Paul's we are Safe, Respectful, Learners

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Term 1, Week 10

3 April, 2020

From the Principal

Dear Parents and Carers,

I can't begin to tell you how much we have appreciated the messages of support, kindness and care we've received since the children began to learn @ home.

We have large "Positive Post It" notes in the Staffroom and as teachers or our Admin staff hear or receive this positive feedback we have placed it on the post it note for all to see, so keep them coming! The support from our community has been overwhelming - from boxes of chocolates, cupcakes, sweet treats and kindly worded emails and phone calls - thank you! Special thanks to our very generous Parents and Friends Association who organised a delicious Thai lunch for all staff last week (prior to the "Minimum Staffing Model" introduction this week). It was a lovely way to spend some time together as a staff albeit from a socially distant standpoint.

We thank you for continuing to make alternative arrangements for the supervision of your children during this pandemic - your support in keeping all in our community safe is truly appreciated. Next week, if you are an essential services worker or have no other options for childcare, a very small number of staff will be available for supervision at school. As per government guidelines, all other staff have been asked to work from home. As there is no official school, any students attending next week will not be participating in formal learning tasks.

As you can appreciate switching to a Learning @ Home framework with very little notice can be quite demanding on teacher time and capacity and not only have our staff risen to the challenge, they have gone over and above it. This includes our very generous and supportive Teacher Assistants who have worked with teachers to provide resources, support, advice and knowledge. Special mention also to our office angels who have continued to answer a multitude of phone calls and emails with a smile and reassurance to everyone. I am a very proud principal.

The changes in which we work and learn cannot be underestimated nor can it be done in isolation. The role that you play, as parents, in the learning @ home is crucial and cannot be understated. Where once you may have been there on the side to help out and guide, you are now front and centre of the learning with your children too. This is a role that was not one you probably expected to be performing when the new school year rolled out.

These are very different and sometimes difficult times - being told to stay inside your home and not to venture out to socialise when we are, as human beings, social creatures at heart. As the Easter season continues to approach us, perhaps it's timely for us all to stop, pause and reflect together and may Jesus, in whom we place all our trust and hope, guide us to remember our fellow humans and provide to all those who are experiencing hardship His love and compassion.

I truly hope that the school holiday period brings you all continued health and end to this dreadful pandemic and that we can continue as a healthy community of learners who value and appreciate each other.

Peace and Joy!
Mrs Megan Baird
Principal

School Holidays begin today!
Happy Easter to all

From the Assistant Principal

As we continue to roll out our learning @ home grids it is important to mention that we know all families are in different situations and the learning that is taking place in one house can look very different to what is happening in another house. We know that each family is doing their best to support their children in these unprecedented circumstances and we congratulate each one of you for the way you are supporting your children at this time.

As a "homeschooling" mum myself I have found the following to help:

- Have a dedicated workspace where possible - away from where you eat or relax as a family
- Set some time limits - relaxing time is as important as work time
- Try to set a routine and take lots of breaks throughout the day

- Intentionally end your work day
- Try to find some outside time every day (remember when our children are at school they are outside for at least two hours each day if we count before school, recess, lunch and after school)
- Do some things that are just for fun - watch movies, play games, build with lego, cook, and draw. Even let them play alone.

Most importantly though if you get confused and lost in what you should be doing encourage your children to read and model reading to them. A love for reading will help children in all areas of their learning and it is important that they are given opportunities to read every day.

Finally, it is important that we remind our children that we are all in the same boat at the moment. It is very important that they know that they aren't the only ones missing time at school or sport or times with grandparents and friends. Find ways to keep in touch - write letters or encourage family members to send emails. Everything is different at the moment but it won't be forever and if we all work together we can continue to support our wonderful community.

“You’re braver than you believe and stronger and smarter than you think.” – [Winnie-the-Pooh](#)

Best wishes for a safe and happy Easter season
Regards
Jane Misek

Religion

During this uncertain time we need more than ever to turn to prayer and reflection.

This Sunday is Palm Sunday.

Perhaps the most memorable part of the Palm Sunday liturgy is the Commemoration of the Lord's Entrance into Jerusalem. To help us celebrate, the church invites us to carry palm branches as we gather for prayer today. You may like to put any leafy branches and display them on your front door to join in the celebration as we remember **we are the Church**, it is not just the building.

Let us pray together:

Loving God,

*As we come to the beginning of Holy Week,
we remember your triumphant entry into Jerusalem.*

*We sing your praises, shouting, “Hosanna to the Son of David.” You alone are
the true King, the leader greater than all others. Even so, in your great mercy
you chose to become like us, taking on human form and living among us.*

*As we celebrate and shout “Hosanna” today,
may we remember what will soon follow.*

*Keep us faithful in word and deed,
and help us love you to the best of our ability.*

We ask this through Christ, our Lord. Amen.

Please keep safe and God Bless,
Johra Brackenbury

Please find attached some Daily Lenten Activities for Families.

Learning @ Home - Literacy

Helping your child to write at home

Learning to write begins with scribbling and drawing. This is an important first step and should be encouraged. The next step is to encourage your child to write letter-like shapes, before moving on to practise writing the alphabet – both capitals and lower case letters. After this, encourage your child to write sentences containing short words.

If your child cannot write yet, you could write for them. Here is a strategy:

- Ask your child to talk about an experience or something that interests them.
- Ask your child what part of the conversation they would like you to write down.
- As your child is talking, write down their ideas. Use their language.



- Ask your child to describe back to you what you wrote down, or ask them to read back the writing.
- Your child may want to draw a picture or create something to match the writing.

Encourage your child to take over some or all of the writing when they feel confident. When your child starts writing, try the following:

- Discuss the topic to give your child some ideas to explore. This gives them confidence to begin writing.
- Teach your child any vocabulary they might need.
- You can encourage your child by writing on a similar topic alongside them. Then you can share your writing with each other and discuss the differences.

Here are some general tips to help your child when writing:

- Make sure you give your child the necessary resources, such as pens, pencils, paper or notebook, and a desk. Creating a special 'writing box' to store your child's pens and pencils helps them see writing as an important activity.
- Support your child to read their writing aloud.
- Encourage your child to create a picture, drawing or collage that visually represents their ideas.
- Always proudly display your child's work in a prominent position in your house. This will give them confidence, and demonstrates the importance of writing.
- Create an 'ideas bag' or 'ideas folder' to use as a writing prompt. To inspire writing ideas, collect objects such as photographs, pictures cut from magazines, brochures, movie tickets, or any other found item.

Writing about experiences and interests

Topics might include:

- a piece of writing about a recent experience, such as a wedding or birthday party, or an excursion. For example, a trip to the museum could result in recounting the day's activities, a report about dinosaurs, a report about "The Best Thing I Learnt Today," a short story about a family of dinosaurs, or a written list of exhibitions
- something that interests them. Your child could create a poster or a short article on a hobby or other interest
- a dream or memory they have discussed recently.



Writing creatively

Because creative writing is fun, it is an excellent way to foster a love of writing. It also helps develop your child's imagination, which has been proven to be important in critical thinking and problem solving. You can use a book you have recently read together as a source of inspiration, or create something new.

Some ideas for writing creatively include:

- Create a short story in cartoon form.
- Cut out pictures of people from magazines and create speech bubbles and dialogue.
- Create your own superhero and have them go on a short adventure.
- Use artworks found on the web, such as paintings and photographs, as inspiration for a story.
- Write a story or create a cartoon together by taking turns at writing sentences or cartoon cells.
- A simple story structure involves a character who has a goal (for example: to win the football match; to find a lost dog; to save the world) but faces problems in achieving that goal. This structure can be the basis for a short story you write together.

Opportunities to write every day at home

Like reading, writing with your child should become an everyday activity at home.

Try some of these writing ideas:

- Write a shopping list or add items to a list.
- Keep a board to write and read family messages.
- Give your child a pad of sticky notes to write reminders for themselves.
- Plan and write your weekly menu together.
- Write captions for photographs in your family photo album.
- Write labels for your child's art works and creations.
- Make words using magnetic letters and stick them on the fridge.
- Make and write greeting cards, birthday cards, and thank you notes.
- Keep a family calendar on display and write down family events.

Learning @ Home - Numeracy

Numeracy involves being able to understand how numbers work in everyday situations. We see and use numbers daily. When reading there are numbers on the page, our house has a number and when we buy something we add and subtract numbers. Help your child to develop a positive attitude towards numeracy. It's important to build numeracy skills in your home language.

Counting everyday:

You can incorporate counting into everyday activities such as:

- Cut fruit into six pieces and ask your child to count the pieces.
- Add the total number of cutlery items at the table or in the drawer.
- Count how many steps it takes to walk from the kitchen to the bathroom.
- Encourage your child to talk about the number of things in the pictures they draw.



Hunting for numbers:

Number hunts are a fun and engaging activity for your child. Ask your child to find numbers around you. Look at and say the numbers on car number plates, signs, calendars, newspapers and shopping catalogues.

Using playing cards:

Investing in a deck of playing cards is worthwhile. Playing cards is always a fun activity. You can:

- Play matching number games like 'Snap' with playing cards.
- Order the numbers on the cards from smallest to largest, or largest to smallest.
- There are instructions for card games in some of the Learning@Home grids and many more available online.

Playing shop:

Playing shop helps ground your child's maths learning in the real world while also developing their social skills. One way to play shop is to create a mini-shop at home. Here are a few tips and activities:

- Collect food and grocery items and label them with prices written on sticky notes, or prices cut out of shopping catalogues. You may have collected the Coles minis that would be great for this.
- Talk about how we pay for items using coins, notes and cards.
- Make paper money or use play money to buy and sell goods from the mini-shop.
- Collect old receipts or price tags and use them in the minishop.
- Notice the features of different coins, including their shapes and the animals and people shown. Discuss the differences.
- Create coin rubbings with pencils and paper.
- Encourage your child to order food items by height (tallest to the shortest) or by cost (least expensive to most expensive).
- Introduce kitchen scales to the mini-shop to weigh foods, such as a box of tea bags or a bag of rice, and order items by weight.

Playing games:

Making maths fun and interactive by playing games will help engage your child. Here are some ideas:

- Play 'I Spy' or other games to help your child identify shapes, numbers and patterns.
- Board games are a fun way to involve the whole family with maths. Help your child when rolling dice to count, move, and stop after moving the number shown on the dice.
- When using dice your child may count all the dots on the die face to determine the total number. Over time they will begin to recognise automatically the value on the die face without counting (subitising).
- Play number games online with your child.

Playing with shapes:

Playing with shapes helps develop your child's awareness of different shapes. It also improves their hand-eye coordination.

Here are some tips and activities:

- Jigsaw puzzles, tangrams or shape sorting toys help teach your child problem solving skills and spatial awareness.
- Name and notice the similarities and differences between shapes. For example, shapes with curves, corners or edges.
- Help your child draw shapes, cut them out and sort them into groups. Ask your child to explain why they have sorted the shapes this way.
- Use biscuit cutters to explore different shapes using playdough. Encourage your child to identify shapes in their everyday life, such as a round ball, square window or hexagonal 'STOP' sign.
- Making paper planes together combines many mathematical concepts, including angles, shapes, halving and symmetry. Once complete, you can compare which plane flew the furthest and have fun measuring too.
- Use building blocks to create a tower. Using the same number of blocks, ask your child to build another tower that's different to the first tower.



Making patterns:

Recognising and making patterns are important maths skills for exploring numbers, shapes and symmetry. Activities include:

- Identify and explain visual patterns on clothing, wrapping paper, buildings, crockery, cards and furniture. Create a scrapbook to refer back to for ideas during arts and crafts.
- Use coloured pegs, blocks, beads or cutlery to begin a pattern for your child to continue. Once confident, ask them to create a pattern of their own.
- Try to incorporate some patterns in rhythm. Create a clapping pattern and ask your child to copy and then create their own pattern.
- Encourage your child to draw, create and describe their own patterns.

Moving with maths:

These ideas use movement of the body to experience counting:

- Count each toss of the ball as you play a game.
- Estimate how many jumps it will take to get to... Then count how many jumps it takes to get to...
- Sing rhymes and songs that involve counting while skipping.

Measuring things:

Understanding measurement and scale are crucial to your child's understanding of maths. Here are some tips and activities:

- Use a wall measuring chart to measure the height of people in your family.
- Talk to your child about objects around them and help them judge which is bigger or smaller, taller or shorter.
- Cut a one metre piece of string for your child. Use the string to measure the objects in your house to find out what is longer or shorter than one metre or about one metre long. Ask your child to identify things that are the same length.
- Explore other ways of measuring, such as using a cup, jug, teaspoon, icy pole sticks, footprints or hand lengths.
- Help your child to build a tower of blocks that is taller than a favourite toy. Ask your child to count the total blocks to measure the height of the tower.
- Estimate and measure who can jump the furthest, or stand on one foot for a longer period, or how many buttons might fill a jar.
- Explore the size of different containers by pouring and filling. Estimate, then check to see which holds more or less.

Maths at home can be a lot of fun. Always try to model a positive attitude towards mathematics and to use correct mathematical terminology.



Learning @ Home - Inquiry

Inquiry begins with curiosity. Curiosity is the desire to learn. It is an eagerness to explore, discover and figure things out. Developing curiosity helps a child to be willing and able to continually grow, learn and question what is around them. To develop an imagination and sense of creativity that gives them the basic tools they need to be successful adults.

Here are some ways your child can inquire at home:

Exploring Science:

- For young children, play is scientific discovery. Promote free play with materials like blocks, water, sand, pots and pans, scarves, blanket forts, cardboard boxes and any art material. These materials can be used imaginatively. Do not tell your child what to do with the material, how to do it or what it should look like in the end. Let your child's curiosity be the guide.
- Set up a science experiment with household objects. Older children can take the lead on executing the experiment and then write up their findings in a scientific report.
- Nature is a pathway to scientific exploration. Children can spend time in the backyard and talk about what they see: plants, animals and insects. Collect flowers and research their names. Start a birdwatching journal or learn gardening.
- Take a walk outside and wonder aloud about the trees, the sky and the stars.
- If bugs interest them, give them a shovel and a net. Find books on bugs and read them together.
- When your child is outdoors encouraging them to explore, look, listen, touch, pick apart, compare, collect and sketch allows for investigations that are led by their curiosity and desire.
- Look through collected treasures and sort them, classify them and create a fun nature display.



Exploring Reading:

- After your child finishes reading a book, challenge them to create a puppet show, poster, or picture summarising what they've learned. This can also be used for movies or shows. Watch the movie or show with your kids and talk while you watch.

Exploring Math:

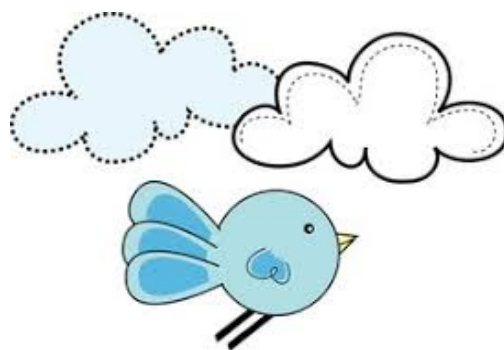
- Young children can practise counting or math facts with real objects like buttons or coins.
- Cooking is another great way to teach real-world math. Understanding what one and a half cups of flour looks like lays the foundation for learning fractions. Practise multiplication and division by halving or doubling a recipe.
- Board games offer another opportunity to practise math by counting money or moving a particular number of spaces.

Exploring Creative Arts:

- Encourage your child to paint, draw, sculpt or make things like friendship bracelets. The materials don't need to be complex, basics like glue sticks, paper, scissors and cardboard boxes are enough.
- Music is another key area for exploring creative arts at home. Your child can learn new songs, make up their own or turn a household object, like a plastic bottle, into a musical instrument. Play music and dance together.
- Ask your child to explore drama by planning and performing a puppet show, play or dance.

Notice the Small Things:

- Observe and talk about simple things like the clouds moving, the colours of a sunset or the birds in your backyard.
- It's also fun to notice how things in the natural world change over time. Look at the same flower everyday, watch the changing leaves on your favourite tree or track the time that the sun sets. Sharing these small moments with your child encourages them to develop an awareness and appreciation for the world around them.
- Asking questions and sparking their thought process is something that is easily done with children. Talk to them and ask them simple questions that encourage them to think about what they are experiencing. How does the grass feel against your feet? Do you hear the sound the birds make? By asking intentional questions, you stretch a child's mind and reasoning ability, and encourage their creativity and independence.



General School Information

Library News - Premier's Reading Challenge

The Premier's Reading Challenge officially opened on Monday, 2 March 2020 and will run until Friday, 28 August. Participation in the challenge is optional but we would love as many students as possible to enter the challenge this year, it is such a great way of encouraging your children to read for enjoyment.

To experience a book a child can **listen** to the book, **participate** in a **shared reading** of the book or **read part or the entire book independently**.

All student Reading Records are submitted online by parents using their child/rens individual User ID and Password. If your child participated last year they use the same login and password as last year. Every class teacher has a copy of User ID's and Passwords in their classrooms in case you cannot remember them. Kindergarten and other new students to the school this year will have received a separate note with their User ID and Password.

All students entering and successfully completing the Premiers Reading Challenge will receive an official PRC Certificate. To successfully complete the Challenge the student must have an online reading record entered and validated by Friday 31 August.

For further information about the Premier's Reading Challenge and to access the booklists please go to <https://online.det.nsw.edu.au/prc/home.html>

If you have any questions regarding the Premier's Reading challenge please see or email Mrs Taylor or Mrs Nobili winstonhills@parra.catholic.edu.au

General School Information

COSHC

At this stage COSHC will be offering vacation care during the Easter School Holidays. If you would like your child to attend this wonderful program, please ensure that you have completed the COSHC 2020 Enrolment Form and the Vacation Care Booking Form. If you have any questions, please do not hesitate to contact Brittany on 0429 017 382.

Staff Development Days for 2020

Students will not attend school on the following dates and we ask that you make alternative arrangements. Thank you for your cooperation and understanding.

- Friday July 3
- Friday September 25
- Thursday December 17
- Friday December 18



Happy Birthday to all those celebrating their birthdays in the next few weeks.....

Harriet F, Charlotte Z, Annabelle C, Alessia B, Grace B, Lacey M, Sybella M, Jacinta VE, Nathanael S, Nate B, Saskia B, Eloise V, Theresa S, Rose B, Leila S, Anthony T, Lola G, Ruby M, Lucy C, Liam H, Isabella F, Thomas C, Serea H, Isabella O, Marcus P, Heath D, Owen W, Sienna A Kayla S, Joshua El-K

MESSAGE FROM THE UNIFORM SHOP

Dear Parents
Winter uniforms are available for purchase. Please make your purchase through the QKR app. Due to the COVID-19 Pandemic and social distancing the uniform shop at school is closed until school fully resumes.

Online orders will be delivered to school on the first Thursday after the School Holidays for collection.
Thank you for your cooperation and support

Stay safe and well.
Kind regards

Elle
Uniforms
0421216414

To all our St Paul's Families,

***Have a wonderful Easter, stay safe, wash your hands!
And hopefully we will see each other soon!***

Lent 2020

CALENDAR

Daily Lenten Activities for Families

APRIL

PALM SUNDAY 5

"Those preceding him as well as those following kept crying out, 'Hosanna. Blessed is he who comes in the name of the Lord.'" Mk 11:9

Place the palm branches you received at Mass today in a place where they will remind you to give praise to Jesus Christ each day this week.

MON 6

"Mary took a liter of costly perfumed oil made from genuine aromatic nard and anointed the feet of Jesus and dried them with her hair." Jn 12:3

Mary of Bethany shared something precious with Jesus. What will you give to others this week that shows your love for Jesus?

TUE 7

"Amen, amen, I say to you, one of you will betray me." Jn 13:21

Reflect today on those times when you have betrayed Jesus by turning away from his call to love and forgive others. Ask for his help in being faithful disciples.

WED 8

"For the Lord hears the poor, and his own who are in bonds he spurns not." Ps 69:34

Lend your ear to someone who is poor in spirit today. Show your care and concern by listening with love and attentiveness.

HOLY THURSDAY 9

"Then he poured water into a basin and began to wash the disciples' feet and dry them with the towel around his waist." Jn 13:5

Perform an act of service today for someone in your home or neighborhood. Do so with a generous and loving heart.

GOOD FRIDAY 10

"And bowing his head, he handed over the spirit." Jn 19:30

Place a crucifix or cross in the place where your family gathers for prayer. Take turns holding it and offering a prayer for all of those who are suffering today.

HOLY SATURDAY 11

"If, then, we have died with Christ, we believe that we shall also live with him." Rom 6:8

Offer a prayer for all of those who will find new life in Christ as they are baptized at the Easter Vigil tonight.

EASTER SUNDAY 12

"For they did not yet understand the Scripture that he had to rise from the dead." Jn 20:9

While our Lenten journey has come to an end, the Easter season has just begun! Look ahead to the next seven weeks and how you will continue to reflect and rejoice in the Good News of the Resurrection.

INSIGHTS

Leading the way for children during the Coronavirus pandemic



If you're like me, the news of the Coronavirus (COVID-19) pandemic has your head spinning and your heart pumping. That's only natural as life as we know has taken a seismic shift in recent days.

International travel bans, cancellation of sporting and cultural events, shopping frenzies and talk of school closures continue to dominate the airwaves. Terms such as social distancing, self-isolation and social lockdowns have entered our vocabularies and may soon become part of our daily lives.

Coronavirus is having an unprecedented impact on our daily lives, and will probably do so for some time. While keeping ourselves and children healthy and safe is our main concern, it's also essential to address the anxieties of children and young people during these changing times. Here are some ideas to help inform, reassure and keep children and young people safe.

Build on what your children know

Children and young people have already been exposed to a great deal of information about corona virus through media, digital means and direct social contact. Their understanding will vary depending on their age and also the quality of their information sources so you probably will need to help kids process what they already know.

Casual conversations with teenagers and older children can be useful ways to glean their understanding. You could ask questions like "What are you hearing about Coronavirus? Is there anything you're not sure about?" Younger primary age children may need a more direct approach with parents addressing their specific concerns without giving too much information that can overwhelm them.

Check your own thoughts and feelings

Check your own frame of mind and emotions about COVID-19 before talking to kids. Most children are astute mood detectives and they'll gauge their safety by the way you communicate with them. If you tell a child, "You've got to wash your hands or you'll get infected," you are communicating your own anxieties, making it difficult for them to maintain a healthy state of mind. Have a think about how you can frame your instructions and their importance in a way that doesn't heighten your child's anxieties.

Stay informed

It's difficult to work out fact from fiction, correct from incorrect, information from exaggeration when the news is changing so fast. However you need to educate yourself about the virus itself, including how it's transmitted and how to stay safe. Get information from trustworthy sources such as The Australian Government Health Department website and the current federal government corona virus information media campaign.

parenting*ideas

Answer questions truthfully

It's important that parents and teachers answer children's questions honestly in age-appropriate ways and within context of what is happening at the given time. If their sport or hobby has been temporarily cancelled empathise with their concerns, while helping them maintain a sense of perspective.

Initiate positive action

One way to reduce anxiety and allay children's fears is to involve them in planning and preparation for their personal and group safety. Positive activities such as maintenance of personal hygiene, greeting people with an elbow tap and getting plenty of sleep can help restore a sense of control, that is so important for their wellbeing.

Find refuge in rituals

Regular rituals such as mealtimes, bedtime stories and regular one-on-one time provide both an anchor to normality and a sense of connection for kids at times of change. Consider reconstituting favoured family rituals at this time if they have lapsed due to lack of time, or lifestyle frenzy.

Look outwards

In difficult times there is a tendency to look inwards, which is a natural protective strategy. The alternative is to establish a sense of connection and community spirit by focusing on generosity and togetherness. Help children see past their own needs and look for ways to assist others whether it's shopping for an elderly neighbour, helping a younger sibling occupy themselves, or planning an indoor movie night for the whole family.

The Coronavirus presents many practical challenges to parents and other important adults in the lives of kids. Staying calm, keeping informed, and adjusting our own habits are just some of the challenges we face. However a significant challenge is one of personal leadership. That is, during these difficult times we need to be civil to each other, look out for each other and be mindful of the common good in everything we do. In this, we can all take a significant lead.



Michael Grose

Michael Grose, founder of Parenting Ideas, is one of Australia's leading parenting educators. He's an award-winning speaker and the author of 12 books for parents including *Spoonfed Generation*, and the bestselling *Why First Borns Rule the World and Last Borns Want to Change It*. Michael is a former teacher with 15 years experience, and has 30 years experience in parenting education. He also holds a Master of Educational Studies from Monash University specialising in parenting education.