

Principal's Update
Term 3 Week 6
17th August, 2021

Dear Parents,

Thank you to all our families for your ongoing support during the continuing COVID situation. Lockdown can be challenging at the best of times. It becomes even more so when we have loved ones who are taken ill or, even more sadly, pass away. We have a number of families in our community who are dealing with both of these difficult situations and I ask that we all keep them in our prayers as our way of reaching out.

Regrettably Mrs Bernadette Daniel, our Family Liaison Officer has been unwell this whole term (thankfully not COVID related) and will be on further sick leave for another month. In her absence, Cathy Berry will be assisting where possible in the Family Liaison Officer role. We wish Bernadette a speedy recovery.

ST VINCENT DE PAUL - Lockdown Assistance

Although Vinnies stores are closed, the St Vincent de Paul support centres are open to provide emergency assistance of food parcels and Coles cards. If you or anyone you know is in need of assistance, please ring Wyong Support Centre on 4353 5614 (option 1) to make an appointment. Interviews are conducted by phone with contactless food pickup at the door.

ASSESSMENT AND PLANNING DAY

Two weeks ago, I circulated a link to a survey on our current HBL offering. I am keen that HBL continues to evolve and will address any questions raised either through written communication or phone calls.

Tomorrow our Assessment and Planning Day will allow the opportunity to review and reflect on ways to move forward and any significant changes made will be communicated to families.

We may not be able to fulfil all your requests - many of the things we do and the way we do them are done with other important factors considered. Nevertheless, I will listen, and I will address each item and alter things to ease stresses on families wherever possible. I know you will appreciate that I also need to consider teacher wellbeing and workload and the long-term sustainability of any changes.

Thank you once again for helping your children at home during this time, you are doing an amazing job. Enjoy your HBL free day from home tomorrow.

SCAREDY CATS

I have attached a flyer for an upcoming online parent group called Scaredy Cats, which is relevant in supporting any anxiety issues that children may be experiencing during this time.

LIVE STORYTIME ONLINE

Due to the Assessment and Planning day scheduled for tomorrow, our Live Storytime Online has been moved from 10am to midday. It will be Live on Facebook. Anyone is welcome to join.

VIRTUAL PARENT HUB

Thank you to those parents who were able to join Mr Madigan and I at the Virtual Hub last Friday for a cuppa and chat. I miss the casual chats at the school gate with parents and carers and this was a great opportunity to connect with some of you.

I am very aware that everyone is in a different situation (some families have both parents working from home, some families have multiple children doing distance learning and sharing devices, some parents still have to go into work, etc.), so I will schedule other Virtual Parent Hub sessions on different days and times to hopefully give others an opportunity to join for an informal catch up.

It was good to connect and hear from some parents and their current circumstances. All parents on the Virtual chat expressed their gratitude for the school's awareness of varying home situations, and providing a supportive and flexible online learning environment, where children's wellbeing is at the forefront.

At the meeting we also discussed the new concept of integrating a Buddy Family Program at St Cecilia's:

Become a Buddy Family

What is the Buddy Family Program? The Buddy Family Program will match existing school families with new families to help ensure a smooth transition to St Cecilia's, Wyong. The program is designed to help ease what can at times be an overwhelming first year at a new school.

What is the purpose of this program? To engage new families right away and provide them with a personal point of contact for any questions they may have as they navigate their first year at St Cecilia's.

Who can join the program? All St Cecilia's families are encouraged to sign up.

How much work does it involve? Each Buddy Family is asked to make personal contact with their new family as well as remain in touch during the following school year. A Family Bio will need to be completed by the existing and new family to exchange a little bit of information about each with your new Buddy Family. Any additional contact you wish to make with your new families is completely up to you.

How and when will I be assigned to my new family? The Family Liaison Officer (FLO) will assign each Buddy Family a new family, usually toward the end of a school year or throughout the year when new enrolments occur. The FLO will refer to the wait list of families who offered to buddy up with another family.

How do I become a Buddy Family? Use this link to sign up to be a Buddy Family for 2021/2022 school year <https://forms.gle/P49HojHWFsu6Kfbf6>

WELLBEING WEDNESDAY

Wellbeing Wednesday was another topic of discussion at the Parent Virtual Hub. Last week Wellbeing Wednesday was received very positively with one mum acknowledging "I didn't realise how much my child needed the day away from schoolwork." Another parent said how nice it was to not have to open the device on Wellbeing Wednesday and not have the pressure of completing class tasks for the day.

I received many photos of your Wellbeing Wednesday just enjoying yourself away from the device. We ask parents to email their photos to the office or children can upload a photo of themselves onto their google classroom so we can create memories and generate ideas from each other for us to also try.

Wellbeing Wednesday will happen weekly and this time will be utilised by our teachers to continue in professional learning meetings and collaborative stage meetings, developing further resources for HBL and providing feedback to students. Teachers will be offline during this afternoon session for student/parent access so please support us and enjoy some time out yourselves.

Once again, I thank you for the understanding, patience and support you have continued to show throughout this period.

God bless and please enjoy the week ahead!

Marta Chylewska
(Principal)

CENTRAL COAST



FAMILY SUPPORT SERVICES

Presenting:



We are running the No Scaredy Cats Parenting Program for Parents with children aged 0-12 (expecting mothers welcome)

No Scaredy Cats aims to support you and your child through the ups and downs of life. It is what we call a 'parent-led' approach, meaning that you take on the role of the coach in your child's life, and are able to guide them through emotionally distressing episodes.

Where:

**Online via Zoom -
[click here to register](#)**

The details:

**10am-12pm (2 hours)
2 September - 16 September 2021
(3 Thursdays in a row)**

We will be providing this parenting course online via Zoom. You will need access to the internet to participate.

Central Coast Family Support Services (CCFSS) facilitates a variety of parenting courses and support groups, and offers case management support to families living across the Central Coast.

For more information, please call CCFSS on 4340 1585 or email ccfss@ccfss.com.au