



Newsletter / 23 July

Dear Parents and Caregivers,

As we make more adjustments to the way we do life in the midst of a pandemic we demonstrate endurance and flexibility. I am constantly astounded about how much we have adapted and transformed to meet this challenge and I hope you are maintaining your own levels of resilience and hope.

We are encouraging the students to engage with the google meets, in a common space in your home each morning as part of their learning process and general health and wellbeing. This 'welcome' to the day is an opportunity to see each other, each morning and make connections. These small connections - even at a distance - provide your child with opportunities to develop their own confidence in the processes of learning. It is important to maintain a routine with each day so that the children can separate the school day from the rest of the day – and separate the weekly school days from the weekend. By providing the google meets teachers are setting the structure of the day with each activity contributing to meaningful learning experiences for your child. It is important to have breaks in the day as well. Whether they be brain breaks with exercise or a food break several times during the day they all benefit the learning processes as well.

Once again, I am amazed at the flexibility and positivity of the staff in the face of the massive changes this health crisis brings. Their aspirations for the learning of each child is remarkable. They plan realistic and engaging activities that have positive learning outcomes. And each day they converse with each other seeking better ways to create engaging learning activities. They are constantly adapting and adjusting to meet the needs of each child. We are blessed to have them as teachers at St Benedict's.

Our remote Parent/Teachers/Student 3-way Conversations on Tuesday were a great success and I want to thank both you and the teachers who engaged with this new way of discussing the learning progress of your child in an on-line manner.

Collaboration project between St Benedict's and Xavier College

This week we are beginning a collaboration project between students in Middle and Seniors with students in Year 12 at Xavier College. The project is mostly around conversations of our present circumstances and will move towards support in learning. This is a great opportunity to learn from each other. Some of the topics that might be the focus of the conversations could be:

- What is secondary school like?
- Favourite song or style of music
- Favourite books
- How the experience of remote learning is going?
- Sporting interests

Resource Pack pick up

Resource packs will be available at the front office each Friday afternoon from 2:30-3:45pm. If this time does not suit, please email your child's classroom teach to arrange an alternative time.

Temperature checks in Term 3

Daily temperature checks with a thermometer are happening at St Benedict's for all staff and students who are onsite. This follows the advice of Victoria's Chief Health Officer.

On-Line Safety

Continuing with some more information on the topic of *On-Line Safety* you will see a poster, later in this newsletter, about *10 tips to help protect your child online*. One of the enduring themes in the 10 Tips is that you engage with your child in their on-line world. I know myself, years ago, when Facebook first appeared, the main reason I joined was so that I could engage with my nieces and nephews and since then it has been a great way for our family to share moments when we are apart. So, I encourage you to join in those games and online spaces with your child so as to support them to be safe on-line, as good e-citizens.

Prayer

Our prayer this week focuses on St Ignatius - his feast day is next Friday, 31 July. Earlier in the year when we had brief whole school meditation on a Friday morning, I used the process of the Examen, designed by St Ignatius, as the structure of our prayer. Usually it is a daily prayer, but for us it was weekly. The Examen prayer begins with a centering process and placing yourself in the presence of God, then proceeds to a recollection of the day or week and landing on moments when things went well and giving thanks to God for that person who was part of that. Then recalling moments that did not go so well, asking God for forgiveness and committing to do better next time. It finishes with an Our Father. You can read more about the [Examen here](#). Here is one of the prayers composed by St Ignatius:

**Prayer for a
Generous Faith**
by St. Ignatius of Loyola

Lord, teach me to be generous.
Teach me to serve you
as you deserve;
to give and not to
count the cost,
to fight and not to
heed the wounds,
to toil and not to seek for rest,
to labor and to ask
for no reward,
save that of knowing that
I do your will.
Amen

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Blessings to each one of you and your families



Ms Caroline Sheehan
Acting Principal



Diary Dates

Diary Dates		
Term Three		
17 July	St. Benedict's Feast Day Celebrations	Day of celebration - POSTPONED
26 July	First Eucharist Commitment Mass	10:00am Mass at St. Benedict's - TBC
19 August	First Eucharist Reflection Day	TBC
30 August	First Eucharist	10:00am Mass at St. Benedict's - TBC
4 September	Father's Day Mass	9:00am
8 September	Andrew Chinn Workshop	
18 September	Term 3 ends	3:15pm
Term Four		
5 October	Term 4 commences	8.45am



Book Club Issue 5 catalogue is now available
at https://www.scholastic.com.au/media/5642/bc_520.pdf

Please place your orders via
Loop <https://mybookclubs.scholastic.com.au/Parent/Login.aspx>.
Books will be delivered to the school for distribution.

Happy reading!

Religious Education

The early Christians prayed in the church of the home. Once more, in troubled times when public worship has to be restricted, we are called to pray in “*the domestic church*”, always aware of the promise of Jesus, “*Where two or three are gathered in my name, there I am among them.*” (Matthew 18:20).

A Prayer for This Time *For those who govern and represent us*

Eternal Wisdom, guide our leaders called to serve us in our Nation. May they respond to the challenges of this affliction with prudence and sound judgement. With foresight, may their planning alleviate the economic burdens, compensate for losses, protect employment and ensure ample food for the poor and isolated.

Amen. (accessed from Catholic Weekly)

Sixteenth Sunday in Ordinary Time

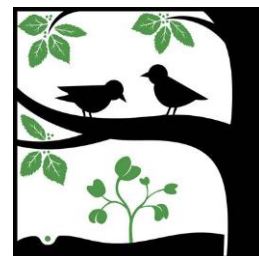
Gospel: Matthew 13: 24-43

Let them grow together until the harvest.

Gospel Reflection

Sunday's reading features three parables about the kingdom: the weeds in the field; the mustard seed; and yeast in the flour. They are three fascinating parables about something undesirable or unwanted being mixed in with something that is apparently good – and Jesus presents them as descriptions of what the kingdom of heaven is like.

Let's look at the imagery of these parables. Darnel is a weed that looks exactly like wheat while it is growing. Only once the ears have formed can it be distinguished from the wheat. It is a malicious prank to sow darnel among wheat.



The mustard seed grows into such a large tree that birds come and nest in it. Why would any farmer want to deliberately plant a tree in the middle of his fields that attracts birds that will destroy his crops?

Three measures of flour is an enormous amount of flour; enough to make 50 or 60 loaves of bread! Yeast begins to ferment the dough mixture and if not baked the dough goes mouldy and goes bad. To leaven that much dough at one time is somewhat foolish. The Hebrew word used for leavening in scripture is Chametz, it literally means 'sour'. It is that essence by which things decay. Leavening is a fermentation process – a process of breaking down or corruption.

To describe the kingdom of God in these ways may seem a bit odd. Can the kingdom of God be a 'corrupting' or 'souring' or 'irritating' influence? The kingdom message of Jesus can be seen as a corrupting force in that it sets about corrupting and destroying what was a flawed system. The parables also demonstrate that it only takes a tiny amount of this 'corrupting' influence to have a dramatic effect.

Have you thought? - Leaven

The parable of the woman placing leaven in three measures of flour is an intriguing one. In some translations, the text reads, 'The kingdom of heaven is like leaven which a woman took and hid in three measures of flour, till it was all leavened.' Whilst you might initially hide yeast in some dough, it doesn't take very long for the yeast to become apparent as it makes the dough rise. Such a large quantity of flour suggests the bread is being prepared for a festival – perhaps Passover when only unleavened bread was used? That would put a different spin on the woman's action!

Living the Gospel – Agents of change

We often hear that to fully live out the kingdom message of Jesus is to be counter-cultural. These parables are a perfect example of that call. Jesus himself acted in contrast to his cultural context and often used examples in his teaching that flew in the face of cultural expectation. What does it mean to be counter-cultural today? Our world is driven by an emphasis on the individual; an emphasis on acquisition; an emphasis on consuming. The kingdom parables of today's gospel call us to be the agents of change that 'irritate' in our own small way to make a difference in the world.

Mary Brooks

Religious Education Leader

Learning and Teaching

Senior B News

Remote Learning Round 2

Who thought we would be here again? At least this time we are all much better prepared and have a clearer outlook on what this remote learning looks like and feels like. The students have all started very positively, being ready for our daily Google Meet and then tracking their schedule for other meets and activities. Thank you to parents who came and collected the work - this will happen each Friday unless otherwise notified.

One of the chats we had this week was about cyber safety. With the students being online more often they need to be vigilant and careful. I have reminded them to only be on websites that have been recommended as part of their learning. I also need to stress that students should be working in a family area, not in their bedrooms. We do not hold Google Meets with students who are in their bedrooms.

Thank you for your cooperation and flexibility around the Three Way Conversations. It certainly was a novel way of holding these meetings, however I think we all managed very well! Thank you also for the feedback about some of the changes I have made for remote learning. It certainly helps when planning if I know what works better at home. I am aware of parents working at home so we want this to be as smooth and stress free as possible. Please feel free to email if there is anything I can help with or suggestions of what might work even better.

The Mathematics focus is fractions, which will move into decimals and percentages. This will go for a number of weeks.

Our Social and Emotional Learning (SEL) sessions are focused on Positive Coping. This will cover topics such as positive and negative self-talk, personal coping profiles and positive coping strategies.

Our History of the Church in Australia topic is coming to a conclusion. The students have been asked to investigate a migration story - what did those who came to Australia bring with them regarding their faith, symbols, texts etc.? The shoebox element of this task and the presentation have been postponed for the time being.

The Inquiry topic about Australian Governments focuses on how laws are made and changed.

Thank you - Feast of the Sacred Heart donations

Thank you for your incredible generosity last term. I can only imagine how helpful and timely your contributions would be to those people who received the goods through St Vincent de Paul during this incredibly unpredictable time.

Mary Brooks

Senior B Teacher

Middle School News

Here we go again! Welcome back to Term 3/ Remote Learning 2.0. While we don't know how long the remote learning will last, we learnt a lot last semester, including that we can do this. It was great to catch up with everyone at the Three-way conversations. Over the next couple of weeks, we will be looking at setting our Semester Two Learning Goals.

Our Religious Education unit is focused on the Sacrament of Reconciliation, both learning about the sacraments of healing (Reconciliation and Anointing) and preparing for receiving the sacrament for the first time.

In English, we are looking at Figurative Language, clauses, snapshot writing and comprehension skills, all while still working on spelling. Our Maths is exploring 3D objects and Angles and we are continuing our work on Rules and Laws. We are beginning to look at cultures, including Aboriginal and Torres Strait Islander culture, and will continue this through the term.

In the Continuation of Learning document, the students are working from each day there is a link to 'Workout with Joe', a 5 minute YouTube workout which can be done inside or outside. This is a great, simple activity that can be completed at any time, and more than once, during the day.

As always, if you have any questions or concerns feel free to ring or email us.

Jane Michael and Maryann Hamilton

Junior School News

Welcome back to Term 3 one and all. I hope you enjoyed the extra week of school holidays with your child/children even though we are so limited with what we can do outside the home. I hope the new term has started well for you all. I think meeting with the children every morning at 9.30 and running through the day's program will help everyone be clear about what work is to be done. Please be kind enough to email me by 9.15 if your child will not be at the meeting or is unwell that day.

The tubs with next week's work will be ready for collection on Friday. Please return all finished work and take home readers in the tub and leave at reception. I will be putting an iPad in the tubs so that the children can access some educational games when they need a break or have finished their work for the day. I will also put a jigsaw puzzle in the tub, it can be returned after completion. Take a photo of the completed puzzle and I will paste it into their workbook. I will endeavour to choose library books on your child's behalf, they can also be returned weekly. Please email me if you have any concerns or questions.

Stay well,

Regards,

Deborah Torre

L'italiano per tutti (Italian for everyone)

Bentornati (welcome back) e buongiorno

This year we have heard the word 'quarantine' quite a few times and I came across an interesting piece of information about how the word came about.

Lo sai che (Do you know that) the word 'quarantine' is connected to the word *quaranta* which means 40 in Italian.

In the 14th century, the Black Death (bubonic plague) was ravaging Europe. Cities were looking for ways to protect their citizens. Officials in the Venetian-controlled port city of Ragusa (now Dubrovnik, Croatia) passed a law establishing *trentino*, or a 30-day period of isolation for ships arriving from plague-affected areas.

This practice was adopted by other coastal cities and eventually, isolation was extended to 40 days. The word *trentino* was then replaced with the word *quarantino* to refer to this period of forced isolation. The Italian (Venetian) word *trenta*, meaning 30, formed the basis of *trentino* and *quarantino* was based on *quaranta*, Italian for 40.

Arrivederci,

Signora Smarrelli

Whole School STEM Challenge

Your Mission, should you choose to accept it, is to build the tallest freestanding structure you can.

We would like families to work together to build a tower from things you have at home. It must be able to stand without support for at least 5 seconds. Send in photos and/or videos of your work by Tuesday 4th August so we can share the results.



Community News



St Vincent de Paul Society
good works

WINTER APPEAL - THANK YOU

Food Donations. –

A big thank you to our school community. A considerable quantity of quality food items was donated by the community. This food will be distributed to families in need within the Burwood Parish area by our Burwood Conference of the St. Vincent de Paul Society.

Because of your generosity many families will be nourished with wholesome meals during the upcoming cold wintry months.

God bless you.

Alan Badrock

President

Burwood Conference

St. Vincent de Paul Society



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Here are 10 top tips to help protect your children online.

<p>1. Build an open trusting relationship around technology — keep communication open and supportive so your child knows they can come to you if something goes wrong or does not feel right online.</p>	<p>2. Co-view and co-play with your child online. This will help you better understand what they are doing and why they enjoy an app, game or website, as well as providing a great opportunity to start conversations about online safety.</p>
<p>3. Build good habits and help your child to develop digital intelligence and social and emotional skills — such as respect, empathy, critical thinking, responsible behaviour and resilience — and practice being good online citizens.</p>	<p>4. Empower your child — wherever possible, help them make wise decisions for themselves, rather than telling them what to do. Try to provide them with strategies for dealing with negative online experiences that will build their confidence and resilience.</p>
<p>5. Use devices in open areas of the home — this can help you manage and be aware of who your child interacts with online through phones, tablets, smart TVs, gaming consoles and other connected devices.</p>	<p>6. Set time limits that balance time spent in front of screens with offline activities — a family technology plan can help you to manage expectations around where and when technology use is allowed — you could even fill in a Family Tech Agreement.</p>
<p>7. Know the apps, games and social media sites your kids are using, making sure they are age-appropriate, and learn how to limit messaging or online chat and location-sharing functions within apps or games, as these can expose your child to unwanted contact and disclose their physical location. For more advice. The eSafety Guide includes information to help parents and carers choose safer apps and block unwanted contact.</p>	<p>8. Check the privacy settings on the games and apps your child is using and make sure their profiles are turned on to the strictest privacy setting. Restrict who can contact your child or ask them to check in with you before accepting new friends.</p> 
<p>9. Use available technologies to set up parental controls on devices that can filter harmful content, monitor your child's use and limit or block their time on connected devices or functions (e.g. Cameras, in-app purchases).</p> 	<p>10. Be alert to signs of distress and know where to go for more advice and support. Report harmful online content to eSafety at esafety.gov.au/report. Contact a free parent helpline or one of the other many great online counselling and support services for help. Kids, teens and young adults can contact Kids Helpline online or by phone on 1800 551 800 and the service also provides guidance for parents.</p>

From https://www.esafety.gov.au/sites/default/files/2020-04/aus-global-parent-online-safety-advice_1.pdf