



7 Oct 2021

## FROM THE PRINCIPAL

Dear Parents, Staff, Students and Friends of our Marymede Community,

Welcome back to Term 4. It was a wonderful sight to see our Unit 3/4 students and Year 12 VCAL students coming through the gates this week.

We look forward to our Prep students returning on Monday 18 October (Monday - Wednesday) and our Years 1 & 2 students returning on Thursday 21 October (Thursday and Friday). From Tuesday 26 October, all Years 7 and 11 students will return full time.

From Tuesday 26 October, Years 3 and 4 students return on Tuesday and Wednesdays. Years 5 and 6 students will return on Thursdays and Fridays.

From Tuesday 26 October, Years 8 and 9 students will return on Tuesdays and Wednesdays. Year 10 students will return on Thursday and Fridays.

From Friday 5 November, all students will return full time on campus.

I strongly encourage parents who are concerned about how their child is coping in this period of extended online learning to please reach out to our staff for support.

### Unit 3/4 Trial Exams

The Unit 3/4 Trial Exams started yesterday afternoon. The final exams are less than four weeks away and I hope that our senior students' revision programs and exam preparations are now well underway. My thoughts and prayers are with our senior students at this challenging time.

### Changing of the Guard

In the next Newsletter I will announce the 2022 Student Leadership Team. I was delighted that so many of our current Year 11 students applied for a leadership position which made the selection process very difficult.

In my experience it is always a positive sign about the culture of a school when students are putting themselves forward as potential leaders.

### Year 7 2023

I have again been delighted with the number of applications we have received for Year 7 in 2023. It is an indication that the education we offer for our students is highly sought after.

### Staffing Update

At the end of last term, we farewelled Megan Milner who is looking to move overseas in the near future to pursue other opportunities.

We welcome new staff members Gabby Callaghan (Human Resources Manager) and Annie Bugden (PE/Health). We also welcome back Natalie Savage from Maternity Leave.

### COVID Vaccination

The question of whether both adults and children 12 and over should be vaccinated has been a topic of much discussion in recent times. It has recently been mandated by the Government that all staff working in schools in Victoria are to have received their first COVID vaccination by 18 October and their second jab by 29 November.

We will do everything we can at Marymede to create a COVID safe campus for both our staff and students.

**Mr. Michael Kenny**  
**Principal**

## DEPUTY PRINCIPAL STAFF AND OPERATIONS PREP – YEAR 12

### Prayer to keep our community safe

The recent holiday break brought some welcome news with the release of the 'Roadmap' to deliver us as safely as possible out of this time of restrictions and the continual rise in Victorians becoming vaccinated. Unfortunately, it also brought a significant rise in COVID-19 cases and hospitalisations, both

of which have directly affected many families in our Marymede community. Our prayers and thoughts are with these families in their time of need, as we offer 'A Prayer for Persons Suffering from the Coronavirus' from the Catholic Health Association of the United States:

*You shall not fear the terror of the night  
nor the arrow that flies by day,  
nor the pestilence that roams in darkness,  
nor the plague that ravages at noon.  
Ps 91:5-6*

Merciful God, hear our fervent prayer for all who suffer from the coronavirus.

May those who are infected receive the proper treatment and the comfort of your healing presence.

May their caregivers, families and neighbours be shielded from the onslaught of the virus.

Give solace to those who grieve the loss of loved ones.

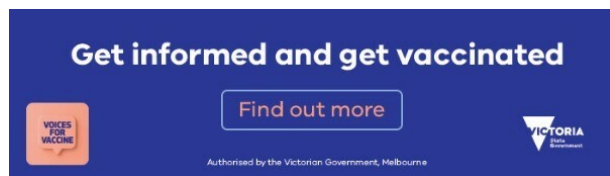
Protect and guide those who strive to find a cure, that their work may conquer the disease and restore communities to wholeness and health.

Help us to rise above fear. We ask all this through the intercession of Our Lady of Lourdes, and in the name of your Son, Jesus, and the Holy Spirit, now and forever.  
Amen.

## Timetabled learning days for 11 & 19 October

As previously advised, Monday 11 October & Tuesday 19 October will be timetabled learning days.

These days were originally scheduled for Marymede Day and a Staff Spirituality Day, both of which have had to be cancelled due to COVID restrictions.



## COVID-19 Vaccinations: keeping our community safe

The federal and state governments along with all health authorities have repeatedly stated that the only safe way to 'live with COVID' is to maximise the number of vaccinated people in our society. Both the National Plan and the Victorian Roadmap (with targeted dates for returning students to onsite learning) are linked to specific vaccination targets, now more achievable with increased supplies of Pfizer vaccinations and the arrival of the Moderna vaccinations, both of which are now available to all Australians aged 12 and above.

Like most Marymede staff, I am now fully vaccinated, as are my wife and my three children. I've never been fond of needles, but that's the only way to receive the vaccine at present and for me, the safety of my family and our Marymede students – particularly those under 12 unable to receive a vaccine, yet – were more important. I deliberately looked in the opposite direction from the nurse delivering the vaccine and talked with her about the footy (self-distraction strategies for the needle-phobic!) and hardly felt the needle at all, to my surprise.

Like many I had a reaction to one of the jabs – the expected muscle soreness and headache – but some Panadol and Nurofen meant this was all gone within 24 hours. Many doctors actually recommend starting to take Panadol four hours prior to your vaccination to assist in managing these potential minor side-effects.



While social media has been great during this pandemic in keeping us in contact with friends and family – and sharing 'just got vaccinated selfies' like mine above – unfortunately, it has also enabled the spread of misinformation about vaccination. During this recent school holidays, I undertook the vaccination education training run by Associate Professor Margie Danchin and Dr Jessica Kaufman of the University of Melbourne and Murdoch Children's Research Institute (MCRI). They were able to provide the latest peer-reviewed research into COVID-19 vaccinations from across the world and clearly respond to queries such as 'how were these vaccines able to be developed so much faster than other vaccines?' Dr Kaufman has published short videos to clearly answer many common questions as part of the "Asked & answered" page on the Vax Facts website. Other reliable sources provided included:

- "Asked & answered" videos by Dr Kaufman: [www.vaxfacts.org.au/](http://www.vaxfacts.org.au/)
- Melbourne Vaccine Education Centre (MVEC): <https://mvec.mcric.edu.au/covid-19/>
- Vaccine eligibility-checker : you can now search by 'earliest available' appointment
- Multi-lingual COVID-19 glossary: [www.mhcs.health.nsw.gov.au/glossary/covid-19-glossary](http://www.mhcs.health.nsw.gov.au/glossary/covid-19-glossary)
- Vaccine information available in a variety of languages can be found here - Translated information about COVID-19 | Coronavirus Victoria with some additional resources here - Coronavirus ([healthtranslations.vic.gov.au](http://healthtranslations.vic.gov.au))
- AusVaxSafety: [www.ausvaxsafety.org.au/our-work/covid-19-vaccine-safety-surveillance](http://www.ausvaxsafety.org.au/our-work/covid-19-vaccine-safety-surveillance)
- National Centre for Immunisation Research and Surveillance FAQs: [www.ncirs.org.au/covid-19/covid-19-vaccines-frequently-asked-questions](http://www.ncirs.org.au/covid-19/covid-19-vaccines-frequently-asked-questions)

If you have not already been vaccinated and are seeking reliable information, we encourage you to access the sites above, talk to your GP or feel free to contact David Broadbent, Deputy Principal Staff & Operations.



## COVIDsafe measures during lockdown (to 15 October)

For all current COVIDsafe settings, we ask parent to refer to the FAQ document emailed to parents on Thursday 30 September which is also available via this link to PAM. As indicated in the document, once further details are released by the government and MACS for the partial return of Prep – Year 2 students from 18 October, this document will be reissued with the updated information.

To keep up to date with the changing COVID situation and latest government regulations, please visit:

<http://www.coronavirus.vic.gov.au/exposure-sites>

<http://www.coronavirus.vic.gov.au/face-masks>

We thank parents and carers for your continuing support and understanding of the measures taken to protect all community members.

**David Broadbent**

**Deputy Principal Staff & Operations P-12**

## DEPUTY PRINCIPAL LEARNING AND TEACHING PREP – YEAR 12

### Remote learning continues

Thank-you to all students, staff and families for all you continue to do to enable student learning to continue at home and also for your resilience, understanding and commitment to each other and the College. Learning and working from home are not always easy as there are often competing demands for all of us. There is also much to be said about the certainty and comfort that both students and staff feel when learning and contact is face-to-face. It has been wonderful having our Year 12 students back onsite and we look forward to welcoming the remaining year levels over the coming weeks. In the meantime, if you have any feedback on our remote learning program please don't hesitate to contact me via [Jessica.Hall@marymede.vic.edu.au](mailto:Jessica.Hall@marymede.vic.edu.au)

### Student Achievement

Congratulations to Hanna Vinod from Year 7 who was awarded 2nd place in the Monash University Social Justice Competition, winning a \$250 gift card and certificate. Hanna wrote and performed a speech about gender inequality, a social justice issue that she is passionate about. She entered the competition after reading about it on the



SIMON daily notices, so we congratulate Hanna on both her initiative to enter and her dedication and commitment to produce such a high-quality entry. Well done, Hanna.

### Unit 3/4 Trial examinations and VCAA Written and Oral Examinations

The unit 3/4 trial examinations are occurring between Wednesday 6 October – Thursday 14 October and provide an important opportunity for students to complete a practice examination under the same conditions that they will experience in the upcoming VCAA written assessments. The VCAA written examination period commences with the English exam on Wednesday 26 October and concludes on Wednesday 17 November. Performance and Oral examinations have already commenced this week, and we wish all of our students well as they showcase this year's learning and have every confidence they will perform to their very best.

**Jessica Hall**

**Deputy Principal Staff & operations P-12**

## Student Wellbeing P-6

### Routines to support Students during stages of Transition

Our Marymede students and families have continued to demonstrate their resilience throughout the past 18 months while they have pivoted between onsite and remote learning. Term Four will present us with another challenge as students commence with remote learning and then transition to part-time and eventually full-time onsite classes. This is a relief to many, as students and teachers have missed working together face-to-face. For others, this may be an anxious time as they have felt safe and comfortable at home. Therefore, during **START Up** week we revisit and revise our online routines and we will repeat **START Up** week with each year level as they return to onsite learning.

We know that routines can have a positive influence on wellbeing as they provide reassurance and stability. Healthy routines can also underpin physical health.

The Raising Children website has some excellent information about the importance of Routines



### Using routines to support family wellbeing during lockdown

For health and wellbeing during lockdown, children need a sense of security, healthy eating, physical activity, good sleep, play and quiet time. You need these things too.

- Routines let children know what to expect. This means they can help children and teenagers feel safe and secure, especially when children and teenagers might be feeling stressed, worried, frustrated or just bored.
- A routine can help children get through lessons and keep up with learning at home.



- It is also a good idea to make time for different kinds of play in your children's routine – for example, outside play, quiet play, craft, reading, digital play and so on.
- Routines can help children and teenagers stay healthy and hygienic too. For example, more careful handwashing can be part of the routine, as can exercising, eating, and going to bed at regular times.
- Also, routines can reduce stress, and lower stress levels are good for children's immune systems.

## How routines can help parents during lockdown

Routines can help you to:

- get through your daily tasks, freeing up time for your children and time for yourself
- share out household chores in a fair way while everyone is at home
- feel like you're doing a good job as a parent
- feel more organised and in control, which lowers your stress
- step back from sorting out disputes – for example, if Wednesday night is one child's night to wash up, there's no need for a sibling fight about who does the job.

## Why routines are good for family relationships

Routines can strengthen family relationships.

- For example, if you are all at home during lockdown, it might be easier to share regular family meals. Family meals can be a great time for you to check in on each other.
- If you have younger children, reading a story together before bed can be when you and your child have special, comforting time together during lockdown. For older children and teenagers, a regular card game could work in the same way.
- Here is a tip: why not make **time for gratitude** during your family routine? This is about regularly sharing something from your day that you are grateful for. It can help you all to feel good and stay positive.

<https://raisingchildren.net.au/guides/coronavirus-covid-19-guide/lockdown-family-wellbeing>



## Tune In during Mental Health Month

October is also the Mental Health Month and the theme for 2021 is Tune In. We are reminded of the importance of good mental health in our everyday lives, and we are encouraged to utilise help-seeking behaviours when needed. Being present by

tuning in has been shown to help build self-awareness, help make effective choices, reduce the impact of worry, and build positive connections.

For more tips and ideas to support good mental health visit the link below.

<https://mentalhealthmonth.wayahead.org.au/tips-to-tune-in/>

**Mrs Lisa Murray**

**Student Wellbeing P-6**

## CO-CURRICULUM

### Co-Curricular Term 3 Wrap Up

Thank you to all students who participated in the CoCurriculum @ Home program during Term 3. The response has been wonderful, and it has been so exciting to see your creations and submissions every week.

We hope that you enjoy selections of activities for CC@Home in Term 4 and encourage all students to get involved and earn house points.

### Co-Curricular House Shield Leaderboard

Congratulations to Romero (Primary) and Chanel (Secondary) who are currently leading the House Shield competitions. There is still plenty of time to get involved in Term 4, so we hope to see plenty of participation and house spirit as school returns.

### HOUSE SHIELD LEADERBOARD

Updated 5/10/2021



#### PRIMARY

1st	ROMERO
2nd	CHISHOLM
3rd	MCAULEY
4th	CHANEL
5th	MCCORMACK
6th	MARCELLIN

#### SECONDARY

1st	CHANEL
2nd	MCAULEY
3rd	MARCELLIN
4th	MCCORMACK
5th	CHISHOLM
6th	ROMERO

If you would like more information on any of our co-curricular activities please contact

Melanie.Wason@marymede.vic.edu.au

**Ms Melanie Wason**

**Co-Curricular Assistant**

## NEWS FROM THE CALTHORPE RESOURCE CENTRE

### Premiers' Reading Challenge

Congratulations to everyone who participated in the Premiers' Reading Challenge. This year 412 students completed the

challenge – this is a record number of students for Marymede Catholic College, and all the more impressive for the conditions under which it has been achieved.

Overall a total of 18,991 books were read by students in Prep – Year Nine! All students who completed the challenge will receive House Points and a certificate from the Premier of Victoria, Daniel Andrews.

A special mention to Amelie Pezzotto (Year 1E) and Archie Venezia (Prep E) who each read more than 100 books and the following students who each read in excess of 80 books Arjun Soni (Prep C), Ava Bakos (2A), Harrison Khoury (1A), Preston Hallett (Prep A), Sarah Fernando (8E) and Stanley Ding (2B).

**Mrs Susan Bannister**  
**Primary Teacher Librarian**

**Ms Serena Delphin**  
**Library Technician/PRC Co-ordinator**

## Knit-A-Square

I would like to take this opportunity to thank all the students, mothers, grandmothers, and great grandmothers for all your knitting this year. You all have made this a great project to work on.

We have exceeded last year's total amount with the last count being over 700 knitted squares which we will be packing and shipping them to Kascare's branch in South Africa in late October. If you still have any squares you are knitting and planning to donate, please deliver them to the College by no later than Friday 29 October.

Knit-A-Square will be back in Term 2 2022, and I look forward to working with you all again.

Thank you

**Jenny Priest**  
**Administrative Assistant P-12**

