



St James Catholic School, Nar Nar Goon

Newsletter
4th November 2021 Issue 28

Principal's Report

Dear Families,

We were thrilled to have all year levels back to school this week and there was a definite buzz in the air. In order to keep our community safe, we continue to strictly adhere to our COVID safe plan and we are very appreciative of your support and patience ensuring we follow these protocols.

The strong community spirit at St James has continued to be tangible even though we have been remote learning. We are working towards Graduation and Carols on the Lawn going ahead with COVID measures in place. One such measure is ensuring we adhere to vaccination requirements. That is all staff, visitors and contractors are double vaccinated and are able to provide evidence of this.

Monday was All Saints Day. Regarding the Saints, Pope Francis reminds us that "Each one has their own personality and developed their own life of holiness according to their own personality, and each one of us can do it, taking this path: meekness, meekness, please, and we will head toward holiness, ". We pray to all the Saints in heaven, that they may intercede for us and that we may have the courage and humility to follow in their footsteps.

Bec Kollaris

Principal



*Eternal rest grant unto
them, O Lord, and let
perpetual light shine
upon them. May the
souls of the faithful
departed, through the
mercy of God, rest in
peace. Amen.*



Address: 60 Nar Nar Goon Road,
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Email: principal@stjamesnng.catholic.edu.au
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Carpark line

Due to restrictions currently in place, we cannot have parents parking in the paddock to collect students; all students are to be collect via the car line. We will go back to the start of the year car line where we formed two lines to ease congestion on the road. To help us move as many cars off the road as possible can you please close any large gaps between cars in the line, complete your U-turn at the end of Nar Nar Goon Rd (highway end). Thank you everyone for your cooperation, understanding and above all patience.

The following COVID Restrictions remain in place:

If your child is experiencing signs or symptoms of coronavirus (COVID-19), they must not attend school until their symptoms resolve and appropriate medical advice is obtained. This includes even mild symptoms of COVID-19.

- To ensure the safety of children, parents will have to drop off and pick up their children at the car line, as parents cannot enter the school. As restrictions ease, we hope that this requirement will as well.
- Adult Masks - Masks are required to be worn by parents at all times when at school.
- Student Masks – as per government regulations students in Year 3-6 are required to wear masks indoors unless an exception applies. Masks are encouraged for students in Year F-2.
- Parents are unable to come onsite due to current restrictions; communication with teaching staff is via email or phone.
- When entering the office foyer to pick up or drop off students, it is a requirement that you QR code check in.
- COVID Exposure Sites – We ask that families please keep abreast of the COVID Exposure Site list and follow the Government requirements. If you have been exposed and are required to quarantine, please contact the school.
- Upon arrival at school or during the day, if your child becomes unwell, you will be contacted and required to come and collect your child.
- If student who is being tested for COVID-19 have siblings, who attend a school managed and operated by the Diocese of Sale Catholic Education Limited (DOSCEL), then the siblings should also remain at home until a negative test result is provided for the student awaiting test results.
- Birthdays – we are happy to acknowledge and celebrate your child's birthday in the classroom, however as previously stated, due to COVID, children cannot bring chocolate, lollies etc. to share for their birthday.
- All extra cleaning and hand hygiene that was in place last year, is still being adhered to.

Student Absences

To avoid students having UNEXPLAINED ABSENCES, Parents/Guardians are reminded to inform the School by 9.00am via Email – office@stjamesnng.catholic.edu.au OR Phone – 5942 5404. Absences can also be marked in PAM.

Please provide the student's name, date and reason for absence.

Late Arrivals / Early Departures

If you are dropping your child off late (after the bell has gone) or collecting him/her early you must visit the office and fill in the Sign In / Sign Out Register. Office staff will take your child through to their class at an appropriate time to ensure minimal disruption is made to the classrooms.

Lunch Orders

Lunch orders will resume from the Nar Nar Goon Takeaway shop. This will be available in term four on Wednesday and Friday. With current restrictions in place, Monday lunches will not be available.

Changes to student pick up at end of day

It is a busy time at the end of the day so please ensure you contact the office prior to 3.30pm with any changes to pick up. Students on buses will be put on the bus unless other arrangements are advised. All communication must be via phone call to the office or email office@stjamesnng.catholic.edu.au

Beleza Uniforms

We have had a few enquiries in regards to Beleza not having supply of our uniform, we have contacted them today and they have advised that they have had a delivery of our summer dresses. They will be open to the public when all retail can open. If you do have any issues with the supply of our uniform from Beleza please let us know so we can follow this up with them.

We acknowledge the Traditional Owners of the land on which we learn and play. We pay our respects to their Elders, past, present and emerging. The St James Community acknowledges that we are built on the traditional land of the Bunurong people.



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E-Safety

When it comes to online safety, the [eSafety Commissioner website](#) is here to help support parents and carers and ensure that together, we keep children safer online.

More advice and information is available at [eSafety parents](#).

PAM

PAM (Parent Access Module) is our new Parent to School communication Platform. PAM will provide real time access to keep parents updated with their children's progress, important dates and messages. Resources such as student reports, parent notified absences, sick bay notes will all be accessed via PAM.

If you have any issues or need help with PAM please contact the school via office@stjamesnng.catholic.edu.au

Uniform Labelling

Is your child wearing their own uniform?

Please ensure that all clothing items are labelled clearly. Children quite often put on a jumper belonging to someone else.

Show your child where you have named their clothing, so they know to look for their name before putting an item of clothing on or in their bag to take home.

Remember that the washing machine removes names after time so check occasionally to make sure the name is visible. We have lots of jumpers returned to the office with no name and are unable to find the owners.

If your child comes home with someone else's clothing item, please return it to the school the next day.

	5 th November Joshua – 5/6VP
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Dates to Remember

11 th November Remembrance Day	25 th – 26 th November Year 3/4 Camp TBC	26 th November Foundation 100+ Days at School	28 th November 1 st Sunday of Advent	29 th November 2022 Foundation Orientation 4pm	5 th December 2 nd Sunday of Advent	6 th December 2022 Foundation Orientation 4pm	8 th December St James Christmas Carols TBC
10 th December Reports to go home	12 th December 3 rd Sunday of Advent	14 th December Year 6 Graduation	15 th December Students last day	16 th – 17 th December School Closure	19 th December 4 th Sunday of Advent	24 th December Christmas Eve	25 th December Christmas Day

St James Prayer

Lord our Guiding Light,

Let us follow in the footsteps of St James with shell in hand

May the Spirit guide us to show love, peace and
forgiveness

Come follow me

Help us to strive to do our best in all the learning we do

We pray for wisdom with God's creation to care for all living
things

Come follow me

Help us to be a friend, like St James was to Jesus

Bless our families, friends and community

Guide our community to nurture and grow in faith

Come follow me

Amen

School Advisory Committee

Committee members for 2021 are:

Rebecca Kollaris	Fr Peter Kooloos
Rob Vermeer	Gehan Dedigama
Ryan Lawlor	Tory Parker
Justine Langley	Liz Cunningham
Steph Katta	Alanna Pomeroy

Next Meeting: 23rd November (AGM)

Parents and Friends

Committee Members for 2021 are:

President	Meagan Rogers
Secretary	Karen Lawlor
Treasurer	Emma Spoard
Monday Lunches	Donna Reilly
Advisory Committee Representative	Justine Langley

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2022 Enrolments Foundation to Year Six - Spread the Word

We are taking enrolments for 2022.

If you have, family or friends who may be considering St James next year please get them to contact the school as soon as possible to avoid a potential wait list.

Enrolment forms can be collected from the office, please contact the office, office@stjamesnng.catholic.edu.au or phone 5942 5404 if you would like them sent home. We also offer School Tours by appointment.

2021 Term Dates and School Closure Days

Term Dates: Term 4 4 th October – 17 th December	Closure Days: Thursday 16 th December – Professional Development Day Friday 17 th December – Professional Development Day
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School Fees

Many in our community continue to face financial impacts as a direct result of the COVID-19 pandemic. Fee payers requesting consideration for fee relief should contact Bec Kollaris via email principal@stjamesnng.catholic.edu.au to set up confidential financial support or to obtain further information.

No Hat No Play

Please ensure students bring their school hat to wear for recess and lunch as required for our SunSmart Policy. We understand at this time shopping for a new school hat is difficult, if you find that it has been lost or outgrown students can wear another SunSmart hat in the meantime.

Return of Devices on Loan

As we are returning to onsite learning the devices that we have loaned to families will now need to be returned. These will be required to be returned to the office by **Friday 5th November**. Your name will be marked off the device Loans register, please inform us if the device has succumb to any damage, mistreatment or signs of wear and tear.

Please remember all visitors MUST QR code when entering any building onsite.

Remembrance Day November 11th Poppy Appeal

The Remembrance Day Appeal raises funds to support former and serving members of the Australian Defence Force and dependents when in need. Most of the funds raised are through the sale of Poppies.

This year these will be available for purchase in the School Office

- \$1.00 Badge
- \$2.00 Badge
- \$3.00 Wristband
- \$4.00 Keyring
- \$5.00 Pen
- \$5.00, \$10.00 & \$20.00 Badge



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Helping your family manage uncertainty

Uncertainty is part of life and yet our brain, which creates our thoughts and feelings, loves certainty and predictability.

The pandemic has created more uncertainty in families, schools and communities than most people can recall in their lifetimes. With no clear end point, more stress and anxiety may well be triggered. In small doses anxiety heightens your sense of focus, giving you an increased level of energy, and increases your chances of managing a potential challenge that has appeared. In large doses, this anxiety is problematic, as it can cause feelings of being overwhelmed and even panicked.

The lesson of being real

Many fears and unexpressed emotions lie beneath the stress of navigating uncertainty. Be prepared to share your emotions with your children, especially feelings of sadness. They experience grief every time they lose the opportunity to spend time with loved ones, go on holiday or return to school to see friends.

Grief is not a sign of weakness. It shows you are human. Let your children see you cry and give them the agency to know what to do. They can grab a tissue, they can give you a hug and, if they're old enough, they can make you a cuppa.

Your children need to see that when bad things happen to adults, they can feel upset for a time. There are many ways you can help children cope with uncertainty.

Normalise uncertainty

Teach your children that nothing is permanent. Good things come and go. So will tough times. Change is a part of life and can be positive or challenging. Share stories about how your family recovered from hard times. Adaptability and flexibility are key components of resilience, which can be nurtured in childhood.

Make choices that ease fear and anxiety

Remind your children and young people that they are not powerless. Resting, reading and relaxing are great tools to ease fear and anxiety. This might include taking deep breaths, listening to music, or making others laugh. Getting outside to play or walk the dog is another simple way to ease the nervous system.

Focus on the things you can control

Simple habits and routines really make a difference. When everything is changing routines and rituals such as regular family mealtimes, bedtimes and wake up times help maintain a sense of normality. These rituals provide an important anchor helping them feel in control.

Encourage your kids to have a 'gratitude attitude'

Though times are no doubt really tough for many, you can choose to feel grateful for the things you have, and the people love, and you can model this mindset with your children.

Maintain hope

Hope is an important antidote to feeling stuck in fear. Encourage feelings of hope by sharing wonderful memories via photos or videos which can lift everyone's spirit. Plan a new experience to happen when that becomes a possibility.

Children and young people need to understand that life can be an unpredictable ride and together you can adapt and find a way through to each new day.

The greatest tool you have as a parent in these times is to remember that you are the 'safe base' for your children and young people. If you can embody that, and help them feel that no matter what, your love and support is a certainty, then the uncertainty around us all becomes a lot more manageable.