

TENISON WOODS COLLEGE

Early Learning to Year 12 | Co-Educational Catholic College

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Weekly Newsletter

WEDNESDAY 25 March 2020 | WEEK 9, TERM 1

COVID-19 and our Response at Tenison Woods College Principal's Address Video VIEW HERE

From the Principal, Mr. David Mezinec

On the weekend all families received correspondence from me in relation to the College's approach to COVID-19 (coronavirus). Tenison Woods College is taking this issue seriously, urging an alertness and careful attention to hygiene issues, within the context of a modified school program, as required, but at all times refraining from a panic approach.



On the weekend I asked our community to intentionally adhere to our simple HHDL (Health, Hygiene, Distance, Learning) Four Point Plan. The victory is not in merely knowing the plan, but deliberately acting and taking responsibility as part of the College community:

Monitoring Student Health

- Do not send children / adolescents to school if they have cold or flu like symptoms including, but not limited to: a sore throat, temperature, sneezing, running nose or coughing.
- Staff will monitor student health when they monitor attendance.
- If a staff member notices a student who presents with symptoms of a cold or flu at school, the staff member will ask the student to report to the Front Office where the Office Team will measure their temperature and make an assessment of the child's health.
- If it is deemed that the child is ill and a risk to others in our community, a Leadership Team member will contact parents / carers and ask them to collect the child from the school.

Good Hygiene

- Parents and staff will accentuate and monitor deliberately good hygiene practices with our children and adolescents in relation to hand hygiene, coughing
 and blowing their nose.
- Staff are wiping down / disinfecting surfaces and appliances in common areas such as: class phones; workroom phones; kitchen appliances; communal computer keyboards and mice; and door handles. Staff are considering appliances that are communally used and offering the most risk of compromising student and staff hygiene.

Physical (Social) Distancing

- Staff will remind students of physical distancing, as is practical in the school context, so that they minimise the risk of contracting and passing on germs to others
- · Body contact is strongly discouraged at this critical period.

Continuity of Learning

- · The College respects the decision of parents to keep their children at home, given the specific health contexts in each respective family.
- The College will endeavour to provide the best possible continuity of learning for all students in the current situation, whether they are able to attend school or not
- The College staff are fast tracking our approach to implementing SEQTA to facilitate our delivery of an online learning environment and the continuity of our learning for our students.

From The Principal continued...

Parent / Teacher / Student Interviews

Interviews scheduled for Thursday 26 March and Tuesday 31 March are a very good example of how we are enacting the Tenison Woods College HHDL Four Point Plan, minimising contact, but facilitating the critical communication in relation to student progress. Our approach will be as follows:

- Teachers will contact parents via phone at the prearranged time to talk about student progress
- 2. The teacher will contact the first parent contact, as per the school enrolment form
- 3. All interviews will occur in the ten-minute window scheduled
- 4. If parents miss their scheduled appointment (3 minutes after the scheduled time) but would still like to discuss their child's progress, they will contact their child's teacher directly via email to reorganise a telephone call or to exchange progress information by email.

I ask that parents and staff respect and adhere to the process to ensure all families can have their allotted time as required and entitled. The success of the process will depend on our collaborative and disciplined approach.

SHINE Bravely in 2020

If you have particular concerns about how your child is responding to information about COVID-19, please contact your classroom or pastoral care teacher initially, who will be supported, according to the specific needs, by our Wellbeing Coordinators, Counsellors, Heads of Sub-School and Director of Wellbeing. Jennie Sanderson, Assistant Principal, Student and Staff Development and I, as your Principal, are also very happy to discuss any issues of concern for you as parents and carers during this time.

Thank you for your efforts so far in these unprecedented times. I have appreciated your efforts, also anticipating that there will be more challenges, uncertainty and vulnerability to come. While we may not be aware of what is ahead of us, I ask you to enact the HHDL (Health, Hygiene, Distance, Learning) Four Point Plan, as a way to minimise the impact of COVID-19. I am confident that this year we will learn deeply and express boldly at Tenison Woods College what it means to SHINE Bravely.

A letter to the Catholic People of the Dioceses of Adelaide and Port Pirie

Bishop Greg O'Kelly wrote to the Catholic People of the Dioceses of Adelaide and Port Pirie following the Prime Minister's announcement that non-essential indoor gatherings are to be limited to 100 people and outdoor events of more than 500 are prohibited. The letter can be viewed here.

Given the serious nature of the coronavirus, the Bishop, in consultation with the Consultors and Vicars General of the two dioceses, the following actions have been directed:

- The temporary suspension of Masses and public liturgies until further notice
- All other large gatherings are suspended

For further clarification please refer to the diocesan websites or contact your local parish office. The principal church in each parish will remain open and the Blessed Sacrament will be exposed for Adoration at times determined by the local parish priest. Adoration at times determined by the local parish priest. The Catholics of the dioceses are dispensed from their Sunday obligations until further notice, and the Bishop encourages prayer time and reading Scriptures in the home. Details of online and televised Mass services are available at www.adelaide.catholic.org.au and may help deepen devotion on the Lord's Day.

Priests will celebrate Mass daily by themselves, offering their prayers for the intention of the faithful and the healing of the present crisis. Priests and deacons will also be available to visit individuals, especially those who are isolated, unwell and vulnerable. This includes administering Viaticum, the Anointing of the Sick and individual Reconciliation, while observing social distancing protocols.

As Bishop Greg indicates "All would be very conscious these measures are being taken during the Season of Lent. We are going into something of a spiritual desert, and must support each other. The foregoing of the Eucharist is a severe deprivation for a Catholic. We understand that they will cause pain to many, and we put before ourselves at this time the suffering of Jesus. We pray that appropriate medical solutions will be found for this pandemic and we pray for peace of Christ among all Christians."

I also note that preparation and celebration of First Confirmation, First Eucharist and First Rite of Reconciliation will be deferred until further notice.

Archbishop for the Archdiocese of Adelaide Announced

Pope Francis has appointed Bishop Patrick O'Regan, current Bishop of Sale, as the Metropolitan Archbishop of Adelaide. The letter from Bishop Greg

O'Kelly can be found <u>here.</u> Bishop Greg O'Kelly continues as our Apostolic Administrator until the installation of the new Archbishop.

Board Annual General Meeting and a Taste of Gilap Wanga

The link will was also sent via email today for interested parents and carers.

The meeting will commence at 7:00pm with the same exciting agenda:

- 7:00pm AGM Presentations:
 - Gilap Wanga Learning Approach for 2021 and beyond Scott Dickson and Nick Patzel
 - ACYF 2019 Contingent Chloe Shanahan
 - Communication in our College Community Jessica Herring
 - 2019 Annual Report
 - Ratification of the 2020 Board

I look forward to your participation through the live stream.

Enrolment of Students

I am very pleased to see that the College is experiencing significant demand in relation to enrolments. To assist with our medium and long term planning I encourage parents to lodge an enrolment form with the school as soon as they have made a decision to enrol their child at the school. For some families this decision is made very early in the newborn's life and contacting the school at this time, no matter how early it may seem, will assist us to plan in the best possible way for your child's experience of education in our College community. Should you wish to discuss this further please contact our College Registrar, Tracey Davey (tel. 8725 5455, or davet@tenison.catholic.edu.au).

Need a tutor? Studiosity is our free online tutoring service

I remind families that students of Tenison Woods College in Years 8-12 have access to a free online tutoring service. Students are able to connect to expert tutors for live, one-to-one conversations about homework, assignments and exam preparation from 3:00pm – 10:00pm Monday to Friday. Give it a try – I know you will appreciate the service offered by Studiosity!

God Bless,

David Mezinec | Principal



In preparation for Parent Teacher Interviews that begin this week I would like to take this opportunity to make some suggestions as how to maximise your time on the phone. A phone conversation presents a few more challenges than our usual format, as face-to-face communication is so much easier, however preparation can make the time more productive.

I would suggest that, if possible, when the teacher rings, you put your phone on speaker. You may wish to have your child in attendance so that everyone is involved. While the teacher will have some information for you it would be good to have a couple of key points written down so that you ensure you get the information you need about your child's progress and their involvement in the class. There may also be specific information about your child or family situation that you wish to convey, however, if you have a particular issue that requires an in depth conversation it would be good to state your concern and make a follow-up appointment with the teacher to discuss it when they are not on such a tight schedule.

Because the time is limited to nine minutes per interview it is important that the call is focused on your child and their progress rather than outside issues. May your interviews be productive and enjoyable.

Thank you for your support of this approach.

Jennie Sanderson | Assistant Principal Student and Staff Development





CIM Team News

Closure of Places of Worship

Following a government announcement on Sunday 22
March and new regulations directed by Bishop Gregory
O'Kelly, all places of worship are temporarily closed until
further notice. Please refer to the Mount Gambier Catholic Parish

website and Facebook page for updates and prayer resources as well as the full letters from the Bishop. If you would like to receive the weekly parish bulletin via email, please contact the Parish Office on mt.gambier.catholic1@bigpond.com or (08) 8725 6566.

During these times of no masses or liturgies we encourage you to participate in other ways such as spending time in personal and family prayer, reflecting on and praying with the Scriptures (particularly the Mass readings), making a Stations of the Cross, praying the Rosary, making a spiritual communion (see below) and participating in Mass online (see more below). I include some points from Fr Dean's letter to the parishioners below.

What is a spiritual communion and how do I make one?

Catholics have long been encouraged to partake in the practice of making a "spiritual communion" if they are unable to receive the Eucharist for a particular reason. Simply put, it is coming before God in prayer – expressing our deep desire to be united to Him despite the fact that we are unable to be united to Him in receiving the Eucharist. This spiritual communion can be made in various ways. One common way of doing so involves spending a dedicated time of prayer and reflection on the Mass readings. Another popular way is by reciting the prayer written by St. Alphonsus Liguori.

How can I participate in Mass online?

Despite our current limitations, we can still participate in the celebration of Mass online thanks to modern technology. Below are some links to online Masses:

- Pope Francis' Daily Mass can be viewed <u>here</u>
- · Mass at St Patrick's Cathedral in Melbourne can be viewed here
- Mass for You at Home: This program has been allowing people to participate in Mass from their homes for many years. Mass for You at Home is broadcast on Eleven and Network Ten on Sundays and Aurora Channel on Foxtel every day. Watch here or here
- Bishop Robert Barron Auxiliary Bishop of the Archdiocese of Los Angeles and founder of Word, watch <u>here</u>

Caritas K's and Casuals for Compassion

On Friday last week we held our annual Caritas K's and Casuals for compassion. This was a great day of fun, laughter, walking and even lots of dancing. Underlying the frivolity was the important message of how fortunate we are to be able to walk for fun, whereas some of our sisters and brothers around the world are required to walk long distances for water, food, education and health. We thank everyone for their participation in raising awareness and funds for the great work of Caritas – through the Project Compassion appeal. The Casual clothes day, together with the Caritas K's raised a total of \$1,377.90.

Distributing Eggs

Please keep in mind as we approach the Easter season that we are in Lent or Holy Week until Easter Sunday. Themes during this time are PRAYER, FASTING AND GIVING. On Easter Sunday we move into the joyful season of Easter which is 50 days of CELEBRATING. The giving of Easter Eggs is discouraged until Easter when we celebrate the Resurrection of Christ. When considered in light of the school year, this means we would encourage students who would like to give something to their friends at school, to do so after the Easter break rather than before.

Project Compassion Fundraising

We ask that all Project Compassion boxes are returned at the end of Term 1 to allow the donations to be sent to Caritas. Please add your House Team name to the outside of the box so that points can be added to the annual house tally. \$1 = 1\$ point.

Anyone wishing to make an online donation or to donate what is in their Pastoral Care box electronically is encouraged to go to the Tenison Woods College page on the Caritas fundraising page and add the amount to your House Team or to the general Tenison Woods College fundraising page: https://lent.caritas.org.au/tenison-woods-college

Parish Mass

Due to Coronavirus COVID-19 we will not be holding Year level masses or Year level liturgies in the Tenison Woods College Chapel for the remainder of this term.

Michelle Coote | Assistant Principal Religious Identity and Mission





Qkr! Payment App for School Canteen Now Available

A reminder to families: Tenison Woods College has announced the introduction of Qkr! (pronounced - Quicker). Qkr! is a free mobile application that enables mobile payments for school-based accounts. Qkr! allows parents and carers of students at Tenison Woods College to use their smartphones to place School Canteen orders.

The cut off period for School Canteen orders is prior to 9:00am on the day you wish to order. Any orders received at or after 9:00am will not be processed for that day and will prompt you to select another day to order. Orders will be delivered to classrooms as per normal for Reception - Year 5.

Year 6-9 Students do have the opportunity to purchase recess items online via the app. They will need to present themselves to the canteen to receive their Recess Order (or Lunch order, as per normal procedure of attending the Canteen for Order Collection for Year 6-9 Students).

This online order service is available for the School Canteen only (**not the Sugarloaf Café**).

Once you have downloaded the App, you will need to register and search for Tenison Woods College.

If you do not have access to a Smart Phone, orders can be made via the online Portal at https://qkr.mastercard.com/store/#/home

Orders Via App Store or Play Store are the preferred option for ease of use.

Note: No refunds will be given. If your child goes home sick, the Parent / Carer will need to notify the canteen at their earliest convenience. The canteen will try to hold the order for another day where possible and if enough notice is given. If the Canteen is not notified by the parent / carer, the item/s will be forfeited.

We hope this service makes the lives of busy families easier at Tenison Woods College.

 $\textbf{\textit{Jessica Herring}} \ | \ \texttt{Manager Public Relations}, \\ \texttt{Marketing and Events Department}$

2020 NAPLAN Cancelled

Due to the uncertainty of school attendance and the possibility of early closure, NAPLAN testing has been cancelled this year by the National Testing Authority. It is envisaged that testing will proceed as usual next year for Year 3, 5, 7 and 9 students.

Chis Lloyd NAPLAN Coordinator

Student Uniform Tip of the Week Hats and Socks

Hats are a compulsory Uniform item for Terms 1 and 4.

White crew sock are to be worn with the girls' summer uniform and grey crew socks are to be worn all year round with the boys uniform.

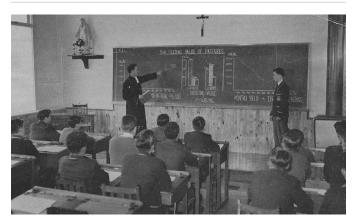
Tania Sigley | Director of Wellbeing



SAPSASA Tennis Team Congratulated On Their Hard Work

Congratulations to our very talented Year 6 and 7 SAPSASA tennis players who competed in the SAPSASA Tennis State Carnival held in Adelaide from 16 to 19 March. The students involved were Maggie Collins, Seth Fraser, Fergus Kentish, Kobe Cole, Toby Stutley and Ella Jolley. All students competed in Division One, which boasted an incredibly high standard of tennis! The students were congratulated on their hard work, their sportsmanship and their etiquette to other players, by many of their city peers. Thank you to all the parents for taking the time to get your child up to Adelaide to compete, and represent not only the Lower South East but Tenison Woods College as well. Congratulations everyone!

Nick Kourmouzis | Sports Trainee



Are you an Old Scholar?

Old scholars are an integral part of the history, tradition and future of Tenison Woods College. We invite all old scholars, past parents, friends and former staff members to reconnect through our 'Friends of Tenison' committee. Keep up to date with all the news in the College community. Register your details today, via our website.



Visit our Instagram Page

Every day exciting things are happening in and around the College like Chess Club every Wednesdat at Lunchtime. To follow the fun, check out our Instagram Page! otherwise (otherwise<





SAPSASA Cricket Team Wins Division 2 Grand Final

Congratulations to our Year 6 and 7 SAPSASA cricketers who competed in the SAPSASA Cricket State Carnival held in Adelaide from 16 to 19 March. The SAPSASA team consisted of Robbie Case, Riley Lawrence, Jacob Salmon, Curtis Miller and James Miller. The boys competed in Division 2, losing just one game before playing in the finals against Mid-South East. They boys played exceptional cricket, resulting in them wining the Division 2 Grand Final. Congratulations boys!

Nick Kourmouzis | Sports Trainee

Government Support For Businesses & Households Impacted by COVID-19

The Government is acting to cushion the blow from the coronavirus for businesses and households to help them get through to the other side of the crisis as the world deals with the significant challenges posed by its spread.

Below are the quick links to the measures available to small and medium businesses, sole traders and households under the \$189 billion economic support package announced by the Prime Minister:

- Business.gov.au support line: 13 28 46
- Small or medium business with reduced cash flow? Here's what we're doing to boost your cash flow.
- Is your business financially distressed?
 This is what we're doing to support you.
- Employ an apprentice or trainee?
 This support is for you.
- Are you a sole trader that has lost business?
 This is what we're doing to support you and your business.
- Household finances hit by reduced work?
 Here's what we're doing to help support your family budget.
- Payments to support households.
- For more information on Coronavirus and the Government's response, please visit: www.treasury.gov.au/coronavirus or www.treasury.gov.au/coronavirus</

Recipe of the Week Vegetable Soup

Please find the recipe here.

For daily posts, please follow the Stephanie Alexander Kitchen Garden on Instagram at <u>sakg.twc.</u>

Jaime Edwards | Home Economics Teacher



See the Community Noticeboard for posters and notices of upcoming events within our College, and wider community. Please click <u>here</u> to view this page.



Counsellor's Corner

Coronavirus is having an unprecedented impact on our daily lives, and will 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 Coronavirus 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. To view a poster about how to cope with stress surrouning COVID-19, please click here.

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.

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.

Adapted by Michael Grose.

Josie Ashby | Wellbeing Counsellor



Students provide solutions for Sunset Kitchen diners

As the volunteer base reduces and the Sunset Community Kitchen is required to serve only take away meals on Monday and Wednesday evenings due to Coronavirus restrictions, our Academy of Hospitality Year 9, 10 and 11 students have worked together through the week to produce hot pre-packaged meals for the facility. Students have produced two pasta varieties for Wednesday evening's meal this week; diners will be able to choose from pasta with mushroom and cream with fresh herbs or a tomato and pumpkin sauce over spirali pasta. Congratulations to our students who have used their weekly class budget to facilitate this meal while completing their assessment tasks for Hospitality Certificate 2 studies.

 $\textbf{Jen Mc Court} \mid \text{VET Academy of Hospitality Teacher} / \text{SAKG Co Coordinator}$







Harmony Week Celebrations

'Everyone belongs' was the Harmony Week message celebrated at Tenison Woods College on Thursday 19 March. Year 12 Students began the morning asking students to take a pledge that they would:

- · Always include others
- Treat everyone with respect
- · Make sure everyone feels they belong
- · Celebrate and enjoy other cultures

Students then were provided with an orange ribbon or harmony week sticker in support of the day.

The wellbeing team led modified class and lunchtime activities including; creating smiley emojis on chalk boards symbolising 'All People Smile in the Same Language', haka dancing, bocce, soccer shoot out, a wall to highlight how we belong at the College and students placing a flag from their cultural heritage on the world map.

We asked students to make these pledges today and every day to ensure 'Everyone belongs at Tenison Woods College!'

Tania Sigley | Director of Wellbeing



Harmony Day at the ELCC

During Harmony Week, children from the Early Learning and Community Centre engaged in many cultural experiences with the help of students from Miss Georgia Asimakopoulos's Year 10 Child Studies Class. The Mackillop Kindergarten room, accompanied by the Year 10 students, created a harmony tree where those who entered the room, added a ribbon or bow onto the branches. This demonstrated that we all belong – creating a beautiful part of the tree and wider community. The children at the ELCC displayed fine motor and colour recognition skills by threading beads onto twine to create a 'Rainbow of colours – we all belong'. They finished the day by creating Harmony Day Banners, making jewellery and paper chain creations.

Georgia Asimakopoulos | Secondary School Teacher

Photo Gallery Harmony Day at the ELCC









Photo Gallery Harmony Day













Upcoming Events:

Tuesday 31 March

• 4:00pm-8:00pm – R-7 Parent Teacher Interviews (via phone)

Wednesday 1 April

- *POSTPONED* Penola Families Gathering, Mary MacKillop Memorial School, Penola
- *POSTPONED* 2021 Middle School Information Evening, Mary MacKillop Memorial School, Penola



Canteen Notice

In the interest of Coronavirus precautions, will not be accepting volunteers for the rest of the term. Thank you for your assistance.

If using the QKR! App for online orders, please remind your child/ren to collect their lunch orders from the Canteen.



2020 Canteen Pricelist

Please visit the website for the 2020 canteen pricelist or click <u>here</u>



New Online Ordering Available for the Canteen, see page 3 for details

Uniform Shop -Closed until further notice

We have been advised by our uniform provider, Perm-a-Pleat, that due to the impact of COVID-19 they will cease trading in the uniform shop effective today, 25 March 2020.

On behalf of Perm-a-Pleat, we apologise for any inconvenience and will update all families as more information comes to hand.

Neal Turley | Business Manager