



Heartlinks Highlights Video

[Watch Video](#)

Welcome Back to Term 2, 2020

I hope you and your families enjoyed your time together over Easter and the school holiday period. It was disappointing not to be able to gather together in larger family groups and with our Church community but we all understand why it was necessary. I would like to take this opportunity to thank all of our parent community for your understanding and support in this difficult time. Our staff have been working incredibly hard to ensure continuity of learning. I also appreciate that parents are not teachers and for many of you trying to work from home and support your child's learning, this has been a very difficult time. Thank you for understanding we are doing this to protect the most vulnerable in our MTP community and beyond. Below is an outline of the staggered return to learning at school from next Monday and other considerations about our new procedures and protocols at school.

MTP Heartlinks Highlights Video

In the video this week Mr Wallis and Mrs Devlin discuss the upcoming half-yearly Mathematics assessments. There will be a focus on assessing and reporting to parents your child's strengths and challenges in regard to the 'Working Mathematically' strand. We explore what 'working mathematically' means, how you will know if your child is working mathematically and strategies to assist your child.

Happy Mother's Day

This year, for obvious reasons, we haven't been able to gather together as a whole community to celebrate the great gift of our Mothers. I would like to thank all the amazing Mums from the MTP school community and hope that you are all incredibly spoiled with love, hugs and kisses on Sunday. Mrs Gaye Dennis has prepared a beautiful Mother's Day prayer which she is sharing with all the children via Seesaw. In this month of May, we also remember Jesus' Mother, Mary and ask for her guidance and protection.

Online Learning

We have now been providing learning online for several weeks. The Catholic Education Diocese of Parramatta increased their security steps over the school holiday period so thank you for your patience with the required passwords for the closed zoom lessons this term. The Seesaw app has been an excellent tool for creating a place for teachers to share learning sequences and for students to share their work. I have enjoyed checking in on the Seesaw journals and seeing the work the children have been completing.

Online Learning and headphones/earbuds

It would be greatly appreciated if all students, Kindergarten to Year 6 remember to bring in their headphones/earbuds as this makes online learning more efficient for everyone when attending school.



"Sometimes it is harder for us to smile at those who live with us, the immediate members of our families, than it is to smile at those who are not so close to us."

Let us never forget: love begins at home.."

St Teresa of Kolkata



Welcomeasy

"In purchasing your child's tuckshop order online through Welcomeasy, you are contracting directly with the supplier. You are responsible for checking that the ingredients of what you order are not incompatible with your child's sensitivities or health issues. Please ensure you check the disclaimers in the supplier's website. If in doubt you should contact the supplier."



"Everyday Mary"

"This charming picture depicts Our Lady hanging laundry while the infant Jesus sits nearby. Polish legend has it that the bright warmth of the sun must shine upon the earth on Saturday, if only for a brief moment, in remembrance of Christ's infancy when on that day Mary would wash immaculately clean his swaddling clothes so that Sunday might find delight in witnessing the baby God in pure and fresh-scented dress."

"Everyday Mary" reminds us of three important things:

- ◆ Be present. Mary was always present to those who needed her. She rode miles on a donkey, probably with morning sickness, to visit her cousin Elizabeth, herself expecting a child, and here she is present to the child Jesus. We need to be present to those around us, in the moment, without getting ahead of ourselves with worries and concerns.
- ◆ Contemplate the role God has given to us, His plan for our lives.
- ◆ And most importantly, always keep our eyes **on Jesus!**

Happy Mother's Day to all our Mums, Grandmothers, Aunties, Godmothers and Carers.

[Mother's Day Liturgy Link](#)

Staggered return to school from next week

From Week 3 (week beginning the 11th May) students will be invited to attend school, one day a week, on a rostered basis. Whether your child is learning at home or at school they receive the same online and offline learning. As explained previously, some staff are in the vulnerable health category and they will be leading online learning from home. If your child does attend school, they will be supervised by a member of MTP staff but it may not be their usual Learning Studio teacher. As always, the school remains open every day for families of essential workers and for vulnerable families.

The following roster outlines the days students have been invited to attend school from the 11th May. I appreciate that some parents may not feel that they want their child to return to school yet, and I respect your choice - your child can still participate in the online learning through Seesaw and Zoom. We will continue to use the 'flexible learning' code for school attendance if your child participates with their teacher with online learning either at home or at school.

Please find below the roster for the day of the week your child is invited to return to school.

Student surnames for all students Kindergarten to Year 6 from Week 3 beginning Monday, 11th May

Attending Monday - Student surnames from A-C (Abiwahab-Crammery)

Attending Tuesday - Student surnames from D-G (D'Sa-Grigoriadis)

Attending Wednesday - Student surnames from H-L (Haddad-Lobo)

Attending Thursday - Student surnames from M-R (Mahesh-Ryan)

Attending Friday - Student surnames from S-Z (Saab-Zeait)

At this stage we have not yet been informed about the full return to school and face to face learning - I will inform the community about full time face to face attendance as soon as more information is provided to schools.

Staggered return to school from Week 3 - Procedures and Protocols

As you would understand from media reports, our job as a school is to ensure the safety of all community members, students, parents, teachers and additional staff. The following protocols are being continued in the next couple of weeks following NSW Government Health recommendations.

Parent Drop off and pick up

- **Morning** - Parents can continue to drop off children in the Kiss and Drop zone in the morning as per usual. If you want to walk your child to the school gate, please park your car in the visitor parking and walk your child to the gate. Please do not enter the school.
- **Afternoon** - as the High Schools, McAuley and Marist will have more students attending from Monday, we are trying to dismiss as many students as possible from the site before the afternoon rush. The school gate will be opened from 2.30pm for you to come and pick up your child. Children going to COSHC (Catholic Out of School Hours Care) will be taken to the COSHC rooms at 2.45pm. Any remaining students will be taken to the normal afternoon Kiss and Drop zone from 2.45pm. Please **DO NOT** park in the bus bays as the buses to collect Marist and McAuley students will be using the bus bay from Monday.
- A warning that as the High Schools begin to return we expect a much higher volume of traffic and hence we are allowing our students to be collected from 2.30pm to avoid congestion.

Health & Safety

- The students will continue to wash their hands carefully with soap throughout the day. We have some hand sanitizers at school, however parents may wish the children to bring their own small bottle of hand sanitiser and keep it in their bags.
- The NSW Government guidelines remain that social distancing is still required and as you know we encourage social distancing as much as possible in the learning studios. On the playground we are currently restricting games where students come into very close contact with each other. Students are asked to wash their hands after playing.
- We would encourage all students to bring their own pencil case with any required equipment, e.g. coloured pencils, a small glue stick, to limit the amount of equipment students share. Please send a water bottle labelled with your child's name.
- Students are encouraged to avoid touching their faces.
- Students who are sick **MUST NOT** be sent to school. This includes students who have a fever or who have recently had a fever. If your child has a sore throat, runny nose or cough do not send them to school. If your child becomes sick at school, they will be sent to the sick bay and you will be contacted to collect your child.
- CEDP schools were provided with no touch thermometers and the guidelines are that these will be used if students become sick during the day and are sent to the sick bay.
- Parents are asked to please NOT congregate together at the school gate or in the car park.
- If parents wish to contact teachers, you are very welcome to do so by our usual channels of emailing the school at motherteresa@parra.catholci.edu.au or by phoning the school office on 8841 2600 to make an appointment. Your child's teacher may return contact with you via phone or email.
- Please **do not enter the Learning Studios** without a prior appointment - we appreciate your cooperation in keeping all members of our community safe.

Cleaning

- The school has engaged some cleaning in addition to our regular cleaning contract. Door handles and student desks will be cleaned daily.

School uniform & canteen

- Students may wear their sports uniform any day they attend school, Monday to Friday, until further notice.
- The online canteen service, Welcomeasy, will let us know as soon as possible about a date they will recommence this service for MTP - we will let you know once a date has been provided by the company.
- On the day your child returns to school, can they please bring with them the learning journal (book) that was handed out at the beginning of online learning.

Sporting News

Good Afternoon MTP parents and students.

I wanted to take a moment to update families on where sport is up to within the CEDP at this time. All swimming events including SOPAC have been cancelled for the year as well as all Cross Country competitions. Any gala days that were to go ahead in Term 2 will not be rescheduled. The CEDP is in the process of producing a new sporting calendar for the remainder of the year commencing Term 3. I thank you for your understanding and patience at this time and I will update you when relevant information comes to hand. Yours in Sport. Mrs Thompson PE teacher.

Defibrillator available in the MTP School Office

Last year, our staff received training in the use of a defibrillator. Our school has a defibrillator and in the event that one is required, it is kept in our school administration office. All CEDP (Catholic Education Diocese of Parramatta) schools now have a defibrillator.

Message from NSW Gov. re: Westmead to The Bays and Sydney CBD - Sydney Metro Environmental Impact Statement

Now on exhibition: Sydney Metro West Environmental Impact Statement, Westmead to The Bays and Sydney CBD
The Westmead to The Bays and Sydney CBD Environmental Impact Statement is now on exhibition until 26 June 2020. During this eight week period the community is invited to have their say on this once-in-a-lifetime infrastructure project Sydney Metro is making the Environmental Impact Statement and supporting materials as accessible as possible. Visit the interactive portal at sydneymetro.info/metrowest to find out more about the project and how you can have your say.



The Challenge aims to encourage a love of reading for leisure and pleasure in students, and to enable them to experience quality literature. It is not a competition but a challenge to each student to read, to read more and to read more widely. The Premier's Reading Challenge (PRC) is available for all NSW students in Kindergarten to Year 9, in government, independent, Catholic and home schools.

The 2019 Challenge kicked off **Monday, 2nd March** and closes **Friday, 28th August** (midnight) for MTP students.

How can my child get involved? Just click on the link at NSW_PRC and log on to begin (Kindergarten and new families) should have recently received their log in details. There is also a new student portal which allows students to look for books that are on the challenge list and add them directly to their reading log once read. If you have any questions, please see either Mrs Rawlings or Mrs Halligan.

Important Dates:

- Staggered return to school begins next week - one day a week from Monday 11th May (see table above for relevant days your child is invited to return).

WHS - Safety for all at Mother Teresa Primary

- Please maintain social distancing at all times and do not congregate around the school gate or in the parent foyer at school.
- **Please do** hold your child's hand when walking across the road and until they enter the vehicle when your car is parked safely in the visitor car park.

Keeping families and children well

COVID-19 Bulletin

Information for schools, child care services and family day care services in western Sydney.

Provided by Western Sydney Local Health District's Munch & Move and Live Life Well @ School teams

Welcome to the first weekly COVID-19 Bulletin, containing helpful information and resources on current COVID-19 topics, as well as practical ideas for services and families to keep everyone healthy and active during this time.

Explaining the Coronavirus to children

Talking to young children about the Coronavirus (or COVID-19) remains a challenging task for parents and educators. It's important that we continue to educate children about the seriousness of the disease and what we can all do to help prevent the spread. These resources can be used to facilitate learning in childcare settings, schools or at home with parents.

Resources for 2 – 5 years

[NSW Government Coronavirus Picture Book](#)

[The Wiggles Social Distancing Song](#)

[Baby Shark – Wash Your Hands Song](#)

[Play School – Wash Your Hands Song](#)

Resources for 6 – 12 years

[Kids' COVID19 Questions Answered](#) – Fridays at 2pm

Dr Jan Fizzell answers children's COVID-19 video questions on Facebook. If your child wants to take part, film them asking their questions on your phone and send the video to this [email](#).



Staying active at home

While many of us are spending more time at home, staying active as a family and continuing regular physical activity that gets our heart beating faster and makes us 'huff and puff' is important for good health. Here are some fun activities for home:

Resources for 2 – 5 years

[Get Active Everyday – Game Ideas](#)

[Franky and Friends – Fundamental Movement Skills Games](#)

Resources for 6 – 12 years

[Virtual P.E. Lessons with Joe](#)

[Tiny Trainers – Activities for Kids](#)

What activities has your family participated in to keep fit and healthy?



We'd love to hear what families are doing together to keep fit and healthy during this time. Send us a short explanation and photo (if possible) of any creative ideas your family has had to keep fit and healthy. We'll share some of these fantastic ideas throughout our bulletins!

Email us:

WSLHD-MunchandMove@health.nsw.gov.au

We'll have some fantastic books to give away to the most creative ideas.

For information:

Western Sydney Local Health District – Centre for Population Health

E: WSLHD-LLWats@health.nsw.gov.au, WSLHD-munchandmove@health.nsw.gov.au

www.healthykidswesternsydney.com.au



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Packing a healthy lunchbox

As the number of children in childcare has reduced, some services have asked families to pack a lunchbox for their child in care when they would usually receive a cooked meal. This may have some families wondering what food they should be including in the lunchbox.

Here are some resources that may help:

[Food and Nutrition for 0 – 2 years](#)

[Choose Healthy Snacks](#)

[Packing a Balanced Lunchbox](#)



COVID-19 testing

Do you, or someone you know, have a sore/scratchy throat, cough, fever, shortness of breath or unusual aches and pains? COVID-19 testing is now available for anyone with symptoms. COVID-19 tests are free for everyone.

Call your GP or the Coronavirus Information line on 1800 020 080 for information.

If you need a test, you can visit a COVID-19 clinic:

www.health.nsw.gov.au/Infectious/covid-19/Pages/clinics.aspx

www.health.gov.au/initiatives-and-programs/coronavirus-covid-19-gp-respiratory-clinics

Testing is available at the following public clinics in western Sydney:

<p>Blacktown Hospital 18 Blacktown Road, Blacktown 7am - 11pm, 7 days Phone (02) 9881 8000</p>	<p>Westmead Hospital Level 2, E Block, Corner of Hawkesbury Road and Darcy Road, Westmead 7am - 9pm, 7 days Phone (02) 8890 5555</p>	<p>The Children's Hospital, Westmead Corner of Hawkesbury Road and Hainsworth Street, Westmead 10am - 8pm, 7 days (02) 9845 0000</p>
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Managing family stress during quarantine

It's everybody's right to feel safe and be treated with respect and love in a relationship. No one should live in fear. Families may be experiencing higher levels of stress while living, working and studying together.

If you need help or assistance or support, there are 24-hour contact numbers:

- Call the police on triple-zero (000) if you are in immediate danger.
- **1800RESPECT: 1800 737 732** – Telephone and online counselling and crisis intervention for anyone who has experienced (or is at risk of) sexual assault, domestic violence or family violence
- **NSW Domestic Violence Line: 1800 65 64 63** – Referrals for women to all domestic violence refuges in NSW.
- **Lifeline: 131 114** – Telephone counselling and referral service.

The Western Sydney Local Health District counselling service is also available during business hours on 8890 7940

For information:

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E: WSLHD-LLWats@health.nsw.gov.au, WSLHD-munchandmove@health.nsw.gov.au

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COVIDsafe app



Downloading the COVIDSafe app is something you can do to help protect you, your family and friends and save the lives of other Australians. The app helps speed up the way people are contacted after exposure to COVID-19.

Download the app from the App store or Google play.

For more information:

www.health.gov.au/resources/apps-and-tools/covidsafe-app

Public Health Orders: What I can and can't do under the rules.

For the latest guidance, visit www.nsw.gov.au/covid-19/what-you-can-and-cant-do-under-rules

Catching up with family for Mother's Day?

- Stay home and don't invite others around if you are unwell.
- Only two adults and their dependent children should visit at a time.
- Protect mum and others by not hugging or kissing them – keep the physical distance of 1.5m apart.
- Clean your hands before, during and after the visit.
- If you need to share a kitchen or bathroom, clean the surfaces after use.
- Limit the number of people visiting throughout the day to limit the risk.

COVID-19 - need more information or help?

Find all relevant COVID-19 phone numbers on the [Who To Call Poster](#).

You may like to print it out and hang it somewhere accessible to all.

- Call 1800 020 080 (24/7) for health questions or to check symptoms
- Call 13 77 88 (24/7) for non-health related questions
- Call 1800 512 348 (24/7) for mental wellbeing support
- Visit www.healthdirect.gov.au to check symptoms
- Visit www.nsw.gov.au/covid-19 for all other COVID-19 related information.
- Call 13 14 50 for FREE help in your language

Other health news: Flu vaccinations

The flu vaccination won't stop you and your family getting COVID-19, but it will help to keep your family healthy this winter by preventing the seasonal flu. Flu shots are free for all NSW children aged 6 months to 5 years, pregnant women, Aboriginal people and people who are medically at risk.

Vaccinations are available from your general practitioner, some local pharmacies or Aboriginal Medical Service.

We recommend you call ahead to make sure your practice is vaccinating on the day you want to visit.

For more information about the flu shot, [click here](#) and for helpful resources, [click here](#).

For information:

Western Sydney Local Health District – Centre for Population Health

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www.healthykidswesternsydney.com.au

