



Maronite College of the Holy Family

NEWSLETTER

23-25 Alice Street, Harris Park, 2150

Tel: 9633 6600 Email: Admin@mchf.nsw.edu.au

Term 3 - Week 1: Friday, 16th July 2021

MESSAGE FROM THE PRINCIPAL

I would like to welcome back all staff and students to yet another unpredictable term. As you may or may not be aware Sr Irene was chosen to attend the General Chapter of the Congregation of the Maronite Sisters of the Holy Family. This is taking place in Lebanon now. The General Chapter occurs once every 6 years when the election of the new Congregational Leader and Councillors takes place. Sr Irene will be participating in the discussions, presenting the work of the schools in Sydney, and electing the new Leadership team. I ask that you keep the Congregation in your prayers at this time, so that the Holy Spirit will guide us to choose leaders according to God's will.

During Sr Irene's absence, which will be from early July to mid-August, I will be taking on the role of Acting Principal. I will be working closely with the Assistant Principal, Elie Asmar, and the Executive team as well as with the Primary and Secondary leadership teams.

I would like to thank you all for your continued support and understanding over the last week. I would like to reiterate what the Government Authorities are saying and urge you to please keep your children at home unless you are an essential worker and need to leave your home to attend work. **The College will be open for students whose parents are essential workers only.** Please do not send your children to school if you are at home. The College will only have a limited number of staff on the grounds each day as the majority of staff will be delivering their lessons from home. The sooner we all abide by the directives of the Government and Health Authorities the sooner we can all start to come back to a normal routine.

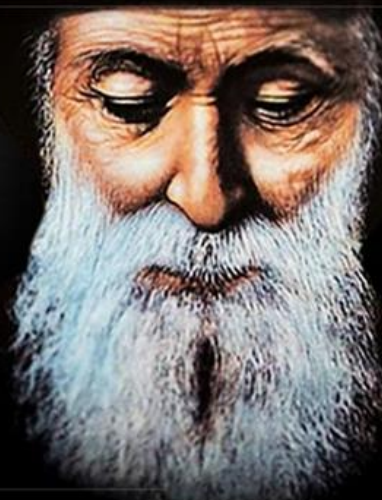
We remind you that if your child displays any flu like symptoms please keep them at home and take them to get tested. A reminder to continue to observe social distancing procedures when dropping off or picking up your children from the College.

As we continue to pray for an end to this pandemic we celebrate the feast of St Charbel this Sunday. May he give us the strength and patience to be able to keep our faith strong despite all the obstacles in our way. Just as he spent many years in solitude, I trust that you follow his example during this lockdown period.

SAINT CHARBEL

MONK AND HERMIT

Patron of those who suffer
in body and soul



Lord,
your faithful servant,
St Charbel, spent
twenty-three years in
solitude to know you.
While very few of us
can do such a feat,
instil in our hearts an
obligation to pray
for fifteen minutes
each day. Amen

Each month we will reflect on the many virtues of St Joseph

July – Joseph Most Faithful

Fidelity connotes steadfastness. In the vicissitudes of life, one needs steadfast love, that is, fidelity, when encountering confusion, suffering, and failure. The image of Joseph finding a place in which the Child could be

born was his movement in all of life. Failure simply meant one went on in fidelity and found by failure what God had intended for the fruitfulness of His will.

Sr Marlene Chedid
Acting Principal

MESSAGE FROM THE ASSISTANT PRINCIPAL

Welcome back to Term 3 and I hope you all were safe during the break which ended up being a lockdown. We automatically develop negative thoughts when we think or discuss lockdown; however, we can think positively that during this time there were opportunities to spend more time with family and cherish the blessings we have in our lives.

COVID Updates

As announced on Wednesday, the current lockdown has been extended until 11:59pm on Friday 30th July 2021 resulting in the continuation of Remote Learning.

All students are asked to remain at home while teachers provide online learning.

We understand that these are difficult times for everyone, and like you we are struggling with the current circumstances that we are living with. However, as advised by the NSW Premier, the quickest way that we will return to normality, is to strictly comply to the Lockdown Restrictions and limit our mobility. This will see a speedier return to face-to-face teaching. Due to this, we request that you avoid engaging in discussions with other parents about sending your child to the College if you are not an essential worker.

Supervising Students

- The College will be open strictly for those parents who are essential workers and cannot remain at home with their child/ren. Otherwise, you are required to keep your child/ren at home until further advised. Please note that the College can only provide limited supervision which will be carried out by both teaching and support staff.
- Parents/Guardians are required to complete the form below if they are essential workers requiring supervision for their child/ren at the College for Week 2. A new form will be sent out for Week 3.
<https://forms.office.com/r/KFhrw0TUC6>.

NOTE: This form closes on Friday 16th July 2021 at 2:00pm

Wearing Masks

As directed by the NSW Premier, all staff and secondary students who attend the College for supervision during Remote Learning are required to wear a mask while indoors.

Accessing or Contacting the College

A reminder that no parent/guardian is permitted to enter the College grounds. Drop off in the morning and pick up in the afternoons must be done at the entrance gates. The only exception for a parent/guardian to enter the College grounds is for essential business. Access will only be permitted to the Main Administration Office. We ask that all other enquiries be made by phone or email. This procedure will remain until further notice.

Your support and cooperation in this matter is appreciated. We pray that you all remain safe during this time and we request you adhere to the current restrictions so that we can return to face-to-face teaching and learning soon. Please ensure to refer to our College's Facebook, App or Emails regarding the latest information and updates regarding the current COVID lockdown.

Supporting Students During COVID

During these times, we acknowledge the increase of wellbeing and mental health issues. The College's support and wellbeing teams led by Year Advisors, Stage Coordinators and Psychologists are here to assist. Students are encouraged to reach out for assistance. Parents/Guardians are also encouraged to contact the College if you are concerned about the wellbeing of your child/ren.

New and Returning Staff

This term we welcome back Mr Julius (Secondary HSIE Teacher) and Ms Joanne Ishac (Admin) back from their respective leaves. We also welcome the following new staff who have joined our College family this term:

- Mr Kim Tan (Secondary Mathematics and Science teacher replacing Ms Patrycja Pietak who is on leave).
- Ms Grace Youkhana (Year 4 teacher replacing Ms Janet Hatem who is on leave).
- Ms Denise Mawad (Intensive Learning Support Teacher - Primary)
- Ms Razan Al Obaidy (Intensive Learning Support Teacher - Primary)
- Mr Carlos Fortu (Intensive Learning Support Teacher – Primary. He will be commencing in Week 6)

Census

Please note that census will be occurring on 6th August 2021. This will involve the data being collected and submitted. Please find attached with this newsletter information about the collection of data.

Mr E. Asmar
Assistant Principal

SECONDARY NEWS

I would like to take this opportunity to welcome all of our families at MCHF back to Term 3. Although this is not how we thought it would be, we will get through this together. I hope you are all keeping well and safe during these difficult times and I look forward to seeing our students back on campus when it is safe to do so.

Remote Learning

Below are some helpful tips for remote learning with your children:

1 – Help your child establish and stick to a routine.

Even though school has gone to an online learning format, treat school days just like you would if your child was attending school as usual. This includes having them get up at the same time every day, get properly dressed, and eat a healthy breakfast.

2 – Check in with your child’s year advisor or teachers if you are concerned.

Teachers and advisors are more than willing to connect with parents via email. Check in if your child is having difficulty managing the online learning platform or staying on task. Be on the lookout for any communications from teachers indicating that they are having trouble connecting with your child during this time.

3 – Encourage physical activity and exercise.

Your child will be sitting in front of their computer for long stretches of time. Encourage them to use the breaks in the day to stretch, walk the dog, or do jumping jacks — any movement helps!

4 – Take care of you.

This one is extra important, and we hear it often, but take care of you. If you’re not taking care of your own physical, emotional, mental, and spiritual needs, you will have less energy, space, and patience to connect with and take care of your children. Even 10-15 minutes of scheduled “me” time during the day is beneficial.

Year 12 CSSA Trial Exams

With the wellbeing and learning of the Class of 2021 in mind, the Catholic Secondary Schools Association has taken a decision to delay this year’s HSC Trial examinations by two weeks. The revised timetable will commence on Monday 9th August and conclude on Monday 23rd August. This has already been sent to all Year 12 students.

As you know, the school is very committed to supporting our senior students at this challenging time. If your child needs some additional support such as counselling, please contact the school directly to discuss how we can help.

We will continue to keep you updated as we work together to respond to COVID-19. Thanks again for your understanding.

Ms E. McCluskey
Head of Secondary

PRIMARY NEWS

Welcome back to Term 3. It certainly wasn't quite the break we anticipated, nor was it the way we thought the term would begin, but thankfully we have been in a similar situation before and are better equipped to deal with the obstacles that arise.

I would like to begin by thanking all the Primary staff for the extraordinary effort they have made this week to ensure that our students' learning continues during the current lockdown period. Even as they face the same feelings and growing insecurity that many other Australians are experiencing, they continue to remain positive knowing the important role they play in the education of all students. I would also like to acknowledge Sr Irene and Sr Marlene for their continued support and leadership at a time when schools are guided by the decisions made by the government.

For parents, Remote Learning can be a daunting task. It is important to remember, that it does not necessarily mean that you are now the teacher. Whilst we continue to meet the academic needs through the set learning tasks and activities provided, your role as a parent is to maintain structure, routine and offer face-to-face support. Teachers are aware that many families are going to be balancing the task of Remote Learning with the daily responsibilities of work and family life. As always, teachers are willing to assist in any way they can to ensure a smooth transition occurs for their students. This style of learning can produce numerous challenges for all involved, and teachers are appreciative of the patience and support shown by the MCHF parents.

Remote Learning Primary Department Procedures

- Your child's Daily Plan will be emailed to their school email account by 8:30 am each morning. The plan will list specific instructions about the work that needs to be completed during the day. If able, please sit with your child and discuss the Daily Plan with them so that they are aware of what they are required to do.
- All instructions will be clearly stated but as always, teachers are available during the day to provide support and clarify any concerns that may arise. They will remain in regular contact with their students.
- Arabic activities will be emailed by your child's Arabic teacher separately to your child. They will also be available to support your child via email.
- All staff will be available via email between the hours of 8:30 am and 4:00 pm each school day. We remind you, that due to the number of emails being received, teachers may not be able to respond immediately but will endeavour to email back as soon as possible.
- Your child's attendance will be based on the submission of their completed tasks and daily reflection. If possible, work should be sent to class teachers by 3:10 pm each day.
- We do however understand that sometimes it may be difficult for your child to complete all the activities provided or that they may not be able to submit their work within the given timeframe. If this is the case, please notify your child's class teacher so that they are aware and can provide further assistance if necessary.
- We also ask that your child's teacher is notified if they cannot complete their work for reasons such as illness.

Learning from Home

We love sharing Remote Learning adventures from home. Here are some photos of Kindergarten students making homemade instruments. Looks like many families will be able to enjoy some wonderful concerts at home this weekend.

Please scroll down to see more photos!



2021 Premiers Reading Challenge

Don't forget that even when learning remotely, students can still be completing the Premier's Reading Challenge. Encourage them to continue reading so that they can be transported into another world, time, or place. Students can log onto the site, search for books to read, add books to their reading logs and track their progress. The race is on! The closing date of the Challenge is Friday 20th August.

<https://online.det.nsw.edu.au/prc/studentExperience.html#/>



Mr D. Day
Head of Primary

DATES TO REMEMBER

- Monday 19th July – Year 9 HSIE Excursion - POSTPONED
- Thursday 22nd July – Parent Volunteer Induction Meeting - POSTPONED
- Tuesday 10th August - Years 10 and 11 Safety Education Excursion
- Friday 13th August - Secondary Walkathon
- Tuesday 17th to Thursday 19th August - Pilgrimage
- Monday 9th to Monday 23rd August – Year 12 Trial Examinations
- Wednesday 25th August - College Tour from 11:30am-12:30pm
(Please email media@mchf.nsw.edu.au to book)
- Friday 3rd to Monday 13th September – Year 11 Preliminary Exams
- Wednesday 8th to Friday 10th September – Year 6 Canberra Excursion
- Monday 13th September – Year 12 Day Out
- Thursday 16th September – Term 3 Concludes for Students

ALSO THIS WEEK...

This week, for Remote Learning, Kindy children were challenged to use materials around the home to make an instrument (e.g. pots, pans, tissue box, rubber bands) and demonstrate the use of high and low pitch with their home made instrument. Here are just a few... 😊





STUDENT CORNER

SPECIAL SHOUT OUT TO STUDENTS:

THEY HAVE HAD TO ADAPT TO NEW LEARNING DELIVERY AND NEW UNCERTAINTY. THEY ARE MISSING FRIENDS, TEACHERS, ROUTINE, AND NORMALCY.

HANG IN THERE. WE MISS YOU! ❤️

The Skills and Thrills Digital Students Showcase, a free online careers resource is now available to all NSW high school students

The **Skills and Thrills Digital Students Showcase** is an online video designed for high school students (years 7-12), educators and parents, to provide information about post school pathways.

The content covered includes:

- Vocational Education and Training (VET) pathways
- Industry trends
- Impact of Covid-19 on industry
- Apprenticeships, Traineeships and SBATs
- Provides an understanding of skill shortages and the future of work
- Helps students connect their passion to a career

The video created by SkillsOne in partnership with the NSW Government can be viewed at

<https://www.skillsone.com.au/category/digital-students-showcase/>

PARENT CORNER

UAC Digital / Mental Health and the HSC Webinar

A panel of experts will help HSC students and their parents identify the differences between healthy stress and more serious mental health challenges. Please click the link for more information...

<https://uacdigital.easywebinar.live/mentalhealthhsc>

Many OF US ARE FEELING:

Restless
Irritable
Tired

It's hard to look forward to tomorrow

**Some tips TO HELP CARE FOR YOURSELF AND THOSE AROUND YOU:
Keep kids communicating**

It helps to talk about how you feel

LET CHILDREN KNOW IT'S OK NOT TO BE OK

 Australian Government
National Mental Health Commission

Kids Helpline: 1800 551 800
www.headtohealth.gov.au

Dear Parents,

Elevate Education are continuing to provide parents of Maronite College of the Holy Family exclusive access to their Parent Webinar Series for Term 3, 2021. The webinars begin on **Wednesday 21st July** at 7pm. To reserve your spot, you can **register for free** below,

[You can register by clicking here.](#)

The webinar is run **live online from 7pm – 8pm** where the presenter will share Elevate's key research and skills, and will conduct a live Q&A so you can ask them questions directly.

Should you have questions or would like to contact Elevate directly, their details are listed below.

☎ [1300 667 945](tel:1300667945)

✉ auscoaching@elevateeducation.com

🌐 <https://au.elevateeducation.com>

👉 <https://www.facebook.com/ElevateEd/>

2021 BYOD Portal

<https://www.ibeducation.com.au/byod/>

School Code: MCHFBYOD

Website: <http://www.mchf.nsw.edu.au/>

Facebook: <https://www.facebook.com/mchfparramatta/>

Instagram - <https://www.instagram.com/mchf2325/>

LinkedIn: <https://au.linkedin.com/company/maronite-college-of-the-holy-family>