

Maronite College of the Holy Family **NEWSLETTER** 

23-25 Alice Street, Harris Park, 2150 Tel: 9633 6600 Email: <u>Admin@mchf.nsw.edu.au</u>

# Term 3 - Week 2: Friday, 23rd July 2021

# **MESSAGE FROM THE PRINCIPAL**

As another week concludes, I would like to thank you all for your continued efforts with the lockdown directives.

Hoping you and your families are all safe during this time. Please continue to pray for an end to this pandemic.

Dear Lord, May we who are merely inconvenienced Remember those whose lives are at stake. May we who have no risk factors Remember those most vulnerable. May we who have the luxury of working from home Remember those who must choose between preserving their health or making their rent. May we who have the flexibility to care for our children when their schools close Remember those who have no options. May we who have to cancel our trips Remember those that have no safe place to go. May we who are losing our margin money in the tumult of the economic market Remember those who have no margin at all. May we who settle in for quarantine at home Remember those who have no home. As fear grips our country, let us choose love. During this time when we cannot physically wrap our arms around each other, Let us yet find ways to be the loving embrace of God to our neighbours. 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.

## Prayers for David Kozah in 2 Pink

We ask that you keep David Kozah from 2 Pink, and his family in your loving prayers as he continues his long journey through this difficult period of his life. We pray for God's healing hands and comfort to embrace David and his family during this time.



Sr Marlene Chedid Acting Principal

# **MESSAGE FROM THE ASSISTANT PRINCIPAL**

## COVID and Remote Learning Updates

Thank you to all the staff, students and parents/guardians for your cooperation and efforts the last two weeks during remote learning. We continue to pray and hope to see our students back at the College soon. Week 3 will continue with the same plan and expectations as the current week until the end of the lockdown scheduled until 11:59pm on Friday 30<sup>th</sup> July 2021.

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

As per current advice, 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. If you live in the Fairfield, Liverpool or Canterbury-Bankstown Local Government Area (LGA), we request that you comply with the latest NSW Government Stay At Home orders, and avoid sending your child to the College, unless you are an essential worker.

The College has an obligation towards its staff and students to ensure their health and safety during these times. As such, all staff will be on a rotating roster over the next two weeks with only a very limited number of staff attending the College each day.

A reminder the College's Remote Learning policies have been updated and are available from the College website <a href="https://www.mchf.nsw.edu.au/community/parent-guardians/">https://www.mchf.nsw.edu.au/community/parent-guardians/</a>

Supervision of 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 3. <u>https://forms.office.com/r/epmadC2RYY</u>
   NOTE: This form closes on Friday 23<sup>rd</sup> 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. Staff are required to wear masks at all times and students are required to wear masks indoors only.

## QR Code

• Please note that it is mandatory for everyone (with the exception of students) to sign in to the College using the QR Code.

## Accessing and 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.

## MCHF REMOTE LEARNING 'CATCH UP' DAY

The College thanks our staff, students and parents for adapting to remote learning and managing extremely well during this pandemic.

The College acknowledges the pressures its staff, students and parents have been experiencing in the last two weeks during remote learning.

# Therefore, the College will be having a 'CATCH UP' day on Friday 30<sup>th</sup> July 2021.

There will be no classes or work scheduled on this day. Please note this is not a pupil free day.

There will be a community building activity for our primary students and further information will be communicated soon. Secondary students will use this day to catch up on classwork and homework or work on any upcoming assessments.

It is an opportunity for staff to plan and prepare. It is also a reward day for our parents who have been tremendous in supporting their child to ensure learning continues. Staff will be available on this day for any enquiries and the College will be open as normal for supervision for students whose parents are essential workers.

## Supporting Students During COVID

# REMOTE LEARNING "CATCH UP DAY" FRIDAY 30TH JULY 2021

## NO OFFICIAL CLASSES OR SCHEDULED WORK FOR THE DAY

- Students to catch up on work, homework or assessments.
- Staff provided time to review student work, plan and prepare.
- Staff will be available for students if they require assistance.



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.

## **Collecting Students from the College**

The College has a duty of care for our students; therefore, please note that any student that needs to be collected early on any day must be collected by a parent/guardian from the Main Administration. Students are not permitted to leave the College grounds without a parent/guardian – this includes parents who contact the College and advise they are waiting in the car park.

## <u>Census</u>

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

#### Mr E. Asmar Assistant Principal

# **SECONDARY NEWS**

## Secondary Remote Learning

A reminder that Secondary students are required to be up, have had breakfast and ready to go before homeroom each morning. Students' must login to their homeroom on Microsoft Teams at 8:40am to begin their day. We ask that students are doing their lessons from a desk or table in a quiet area, not in their beds, on a couch or on the floor. Students are to follow their normal timetable for the day. At the start of each lesson they are required to join a call with their teacher where the roll will be marked, and the lesson explained. We hope that by keeping these normal routines in place, it will make the transition back to school, when possible, much easier for our students.

Even though staff and students are teaching and learning from home, it doesn't mean they aren't having fun and keeping busy. In this week and next week's newsletters I will be providing some updates from our different Key Learning Areas about what our students have been doing during remote learning:

## <u>HSIE</u>

I've been so very proud with the efforts that the students have made during Remote learning. They are prompt to our video lessons and follow through with online activities exceptionally well.

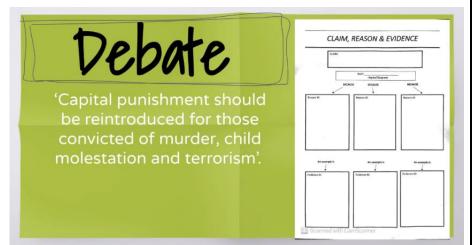
Huge credit goes out to my **Year 12 Society and Culture** class who have their major work (P.I.Ps) due on Monday of week 3. We have been working tirelessly on their documents online through TEAMS in the hope of making these as perfect as possible.

Also, **Year 12 Legal Studies** will be having an online essay exam on FAMILY LAW in preparation for their upcoming TRIALS. All students have jumped on board with uploading as much evidence onto their online scaffolds to prepare for the exam in the best possible way. They have been working exceptionally hard researching and analysing cases, legislation, statistics and media references linking to the content of 'Divorce' and 'Domestic Violence'.

Year 11 Legal Studies have been working on a case analyses on the mysterious 'Child Killer- KELI LANE documentary'. Students had to relate the details of the Keli Lane case to 36 syllabus points and work on their

online documents. They have done so at such a high standard, illustrating their dedication and perseverance to their studies.

Year 10 Commerce are learning about the Law and had an interesting debate on 'capital punishment' whilst online. It led to valuable opinions on both sides, be it ethical or judicial. Great job year 10!



# Evaluate the effectiveness of the law in achieving justice for individuals within the family

| <mark>problems</mark>           | Divorce: Children | Divorce: Property | Domestic violence |
|---------------------------------|-------------------|-------------------|-------------------|
| What is the problem?            |                   |                   |                   |
| Explain                         |                   |                   |                   |
| Add <b>statistic</b> if         |                   |                   |                   |
| relevant                        |                   |                   |                   |
| Legislation that deals          |                   |                   |                   |
| with the problem                |                   |                   |                   |
| (include section)               |                   |                   |                   |
| Have values of this             |                   |                   |                   |
| changed over time?              |                   |                   |                   |
| Have there been any             |                   |                   |                   |
| <b>REFORMS</b> to this          |                   |                   |                   |
| legislation? State              |                   |                   |                   |
| them                            |                   |                   |                   |
| Can you find an                 |                   |                   |                   |
| International                   |                   |                   |                   |
| Document that links to          |                   |                   |                   |
| this?                           |                   |                   |                   |
| How do <mark>Courts</mark> deal |                   |                   |                   |
| with this?                      |                   |                   |                   |
|                                 |                   |                   |                   |
| Cases????                       |                   |                   |                   |
| Just name them. You             |                   |                   |                   |
| may want to write a             |                   |                   |                   |
| sentence in brackets,           |                   |                   |                   |
| so you remember                 |                   |                   |                   |
| what it's about.                |                   |                   |                   |
| Media articles for              |                   |                   |                   |
| COURTS with quotes              |                   |                   |                   |
| indicating a positive           |                   |                   |                   |
| Media articles for              |                   |                   |                   |

- Mrs Esber- Dayoub

Remote learning presents its challenges, but the majority of students are coping well. 99% of students are attending classes, engaged in the calls, and completing the work on time.

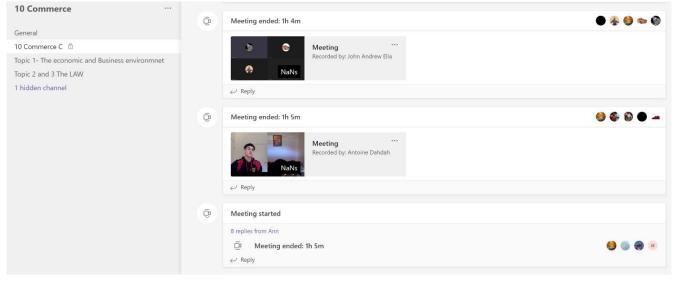
Students are liking how I upload a step-by-step instruction of work to complete, as well as having resources for them uploaded to teams. I have told students to attempt working in a quiet space and go for breaks. Year 10 History are enjoying the Cold War - having some good discussions based on work given to them last week. - *Mr Gabrael* 

This second time round of remote learning has definitely been easier for both teachers and students. I have had 99% of my students logging on and submitting all work. This is mainly due to the great relationships we have between teachers and parents collaborating. I constantly encourage students to find a study area that is quiet and clean. Being organised is key and will help reduce stress. Many students I find have prospered in this environment. They feel they have more control of their learning and are able to learn at their own pace. I have a year 11 student who has already completed the year 11 Economics course because he has more time to spare. The extra time gained due to remote learning has allowed students more time to engage and conduct research in subjects and topics that interest them. Remote learning is definitely teaching students valuable skills such as summarising notes, research, reading and the importance of self-driven learning. Overall, I have had motivated and keen students engaging and doing extremely well given the circumstances. *- Mrs Boustani* 

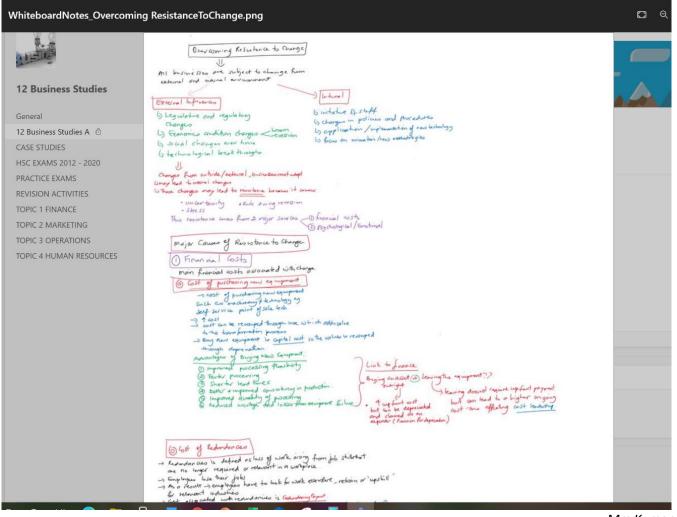
Year 9 History thus far have been really focused with their remote learning, arriving promptly and greeting each other in the video calls as a whole in a positive manner. They have been rather supportive of each other in their learning, within the chat section of Teams when going through the lesson objectives whilst focusing on the development of WW1 and Australia's Involvement. The students are currently putting together a presentation outlining the reasons for Australia wanting to and getting pulled into the Great War and they have been giving a range of useful websites for historical research into the topic on top of their JacPlus textbooks.

- Mr Cunningham

Year 10 Commerce C need to be highly commended for their exceptional work, level of engagement and courage in trying out new things. As a class, we have tried FORMS Quiz for our revision classes to continuously test their knowledge and understanding. Moreover, class has used Whiteboard to make our mind maps as if we were in the classroom and doing group activities via TEAMS meetings to discuss the current issues affecting Australia where students are researching and presenting online to their peers. Even though, we have found it challenging, the class has demonstrated resilience and patience. Some have generously called their classmates if they are a bit late to ensure that everyone is participating and learning. I encourage all to remain motivated and positive.



Year 11 and 12 Business are certainly facing a challenge head on. They have been using their online tools quite effectively with meetings, form quizzes and whiteboard to continue with our class discussions. They have been working hard to finish content and do continuous revision for HSC and Prelim HSC trials. I encourage Year 11 and 12's to continue working towards those bigger goals and not to lose faith and motivation.



- Mrs Kumar

## **Mathematics**

"Remote learning is not something new in Maths for our students. Last year it was hard to iron out the wrinkles of Teams calls and sharing the virtual whiteboard (and muting all students!). This year however, there has been significant mutual improvement and most students are a lot more compliant, accepting and ready to learn over the online platform. I personally have seen greater participation and students are confident in discussing and articulating answers to homework or class problems.

The mantra is always the same in Maths: to do well you need to do practice questions. Just like face-to-face learning, students can still be doing the same thing which is to go beyond what is expected and do more problems than what is set by the teacher for homework. Reviewing class notes made on the virtual whiteboard is imperative. Everything that is studied is examinable and constant revision and practice is key, regardless of the learning setting.

Given that I am now getting into Lebanese cuisine, I have incorporated this into my questions that I'm giving students at school. For example, in my Year 10 Maths class we had recently completed financial Maths. See if you can answer the question below!

"My \$20,230 investment into my ManouSHAH restaurant grew by \$4500 interest. My investment compounded annually over 10 years. Determine the rate of interest p.a. as a percentage, correct to 3 decimal places." A photo from what an online lesson looks like for me from my Year 12 Standard class looking at the Normal Distribution this week.

| File     Home     Insert     Draw     History     Review     View       AI     AI     AI     AI     AI     AI     AI       Type     Lasso     Eraser     Eraser     AI     AI     AI       Tools     Tools     Color & Draw with<br>Shapes     Shapes     Edit     AI     AI  | ^   |
|---|---|
| My Notebook  New Section 50 New Section 51 New Section 52 New Section 53 New Section 54 New Section 55 Normal Distribution 3  Search (Ctrl+E)<br>QUESTION 2<br>A machine is set for the production of cylinders of a mean diameter 5.00cm, with standard  So 60 70 F0 11 100<br>deviation 0.020cm. Assuming a normal distribution, between which values will 95% of the diameters lie? If a cylinder, randomly selected from this production, has a diameter of 5.070cm, what conclusions could be drawn?  Y,96 \$ 5.04 - 95??<br>Question 3<br>I. Packets of rice manufactured are each labelled as<br>New Section 51 New Section 51 New Section 52 New Section 53 New Section 54 New Section 54 New Section 3<br>Provide the section 55 Normal Distribution 3  So 66 Provide the section 55 Normal Distribution 3  So 67 F0 11 100<br>667 f5<br>667<br>95 | Ø ● <ul> <li>◆ Add Page</li> </ul> <li>Year 12</li> |
| having a mass of 1kg. The mass of these packets is<br>normally distributed with a mean of 1.02kg and a<br>standard deviation of 0.01kg. Complete the<br>following table:<br>Mass in kg 1.00 1.01 1.02 1.03 1.04<br>z-score 0 1 0 1  |   |
| d. What percentage of packets will have a mass less<br>40 05:06 / 39:58 MA MA EE MA EK AK   | 1   |

Helpful tips for remote learning in Maths for students and parents:

- Don't copy down notes whilst the lesson is in progress. Instead, review the notes after class and then take down key points, example questions and concepts in your book.
- Feel free to look at online videos other than your teacher's, such as Khan Academy or CorbettMaths on Youtube for further understanding on a topic.
- Double check with your teacher if you are unsure on what homework is due or what you need to have prepared for next lesson.
- Parents: please feel free to get in touch with your son/daughter's Maths teacher if you feel that that they need some extra assistance or guidance.

- Mr Shah

## <u>PDHPE</u>

Students are progressing well in PDHPE during their Remote Learning so far. They have been highly engaged in online lessons for Health, PE, CFS and PASS. Many have also been engaged in the MCHF Sport Challenge and have submitted videos of themselves performing the PE Fitness Challenge.

Students are encouraged to continue to be organised, engaged and motivated in their studies for PDHPE, CFS and PASS. It is also important to incorporate balance into their daily routine. They can simply achieve this by creating a 'to-do-list' each morning that includes the work you are required to do for the day ahead. Students are also urged to include some time for physical activity such as going for a walk, jog, playing a game of football or soccer in the backyard. Here are some photos of Year 7 students during their PE lesson. - *Mr Abood* 



## <u>LOTE</u>

During this lockdown, the LOTE teachers have been very busy preparing and teaching our students online. The majority of students have been very engaged during our lessons, accessing our posts and completing their work. What makes it easier for us is that most of their parents are Arabic speaking and have been able to help their children with the Speaking components of the course, helping them practice. What also helps is that all our Arabic and French textbooks are eBooks with lots of listening and practical activities that we have been using with our students in class. LOTE students will also be engaged in research tasks related to the cultural component of the Languages course which will involve completing assignments and watching various cultural links related to the course. *- Mrs Safi* 

## English

These last two weeks have been rewarding and challenging for students and parents alike as remote teaching and learning takes place at MCHF. In the English department we are focusing on the areas of reading, writing, viewing and representing within various novels, poems and plays. To assist the students in the virtual classroom of the English department, various activities have occurred; these include: slide sharing, spoken questions and answer sessions, comprehension tasks and skill development, presentations of students' work, and also integration of current media issues in real time. Resources have also been created and utilised like e-books and poetic and dramatic readings of classical texts, all coming to life via sounds and images projected through the computer screen. While being away from the classroom and its physical environment can be difficult, the teaching and learning experiences are still rewarding at MCHF. *- Mrs Moyer* 

## Year 9 Pastoral Session 'What are we grateful for?'

While we experience another round of Remote Learning at MCHF and during these difficult times, we tend to forget what we are really grateful for in life. Students in Year 9 during their online Pastoral session on 16/7 gave a short reflection on what they were grateful for in their lives. Below are a few responses that showcase that no matter what trials and tribulations are thrown at us, we can always endure and get through on the other side: "Food, shelter, water, family, people who care for me and the reason is because not everyone has this and I'm very thankful for it."

"My family because they always support me and are always there for me during tough times."

"Family, friends, shelter, food, teachers, a good government, a safe place to go to church."

" I am grateful for my parents because I wouldn't be the person I am now without them."

"God, life, siblings, parents, home, shelter, food, bed, clothes, warmth, faith, friends, family, eyes, hearing." "I'm so grateful to have a roof over my head, clothes to wear and to live in this beautiful country. There are some people in the world who don't have any of these things."

"My parents: honoured and grateful to have mum and dad by my side when I'm either struggling or even at my lowest. They both encouraged me to do the right things and teach me how to set good examples for others." "I am grateful for my Maronite Catholic faith and my belief in Jesus Christ because in this way I feel like I belong and that I am a child of God."

"I am grateful for my tough times because they help develop my strength and spirit."

"My dad: I look up to him and I want to be just like him and do what he does to be the best dad ever."

- Mr Abboud

## NSW Premier's Reading Challenge Years 7-9

All students in Years 7-9 are expected to complete the Premier's Reading Challenge, which closes on the 20<sup>th</sup> August. Being in lockdown provides the perfect opportunity for students to engage in wide reading. Whilst libraries are physically closed, you can visit your local library online and access the many e-resources provided. Both the *wheelers* and *BorrowBox* e-book platforms provide a vast range of books that both you and your children can enjoy for free, through membership of your council library.

Cumberland City Library <u>https://www.cumberland.nsw.gov.au/elibrary</u> Parramatta Library <u>https://www.cityofparramatta.nsw.gov.au/community/library/your-library-at-home</u>

## Year 10 and 11 'bstreetsmart' Excursion

Due to current COVID restrictions the Year 10 and 11 'bstreetsmart' excursion has had to be cancelled for this year. All students will receive a credit reversal on their accounts for this which will be carried over to next year.

Ms E. McCluskey Head of Secondary

## PRIMARY NEWS

This week we have continued with our Remote Learning Program. I would like to thank all those parents and guardians at home who are assisting their children with their learning. The work you do with your child and the interest that you show greatly motivates them to continue developing their skills and knowledge. We very much appreciate and value the partnership we have with each family especially during this challenging period.

#### **Microsoft Teams**

On Wednesday, teachers began their first foray into conducting a *Teams Meeting* in their class. Although there were a few minor teething issues, it was a great success with students very excited to reconnect with their teachers and fellow classmates. I would like to take this opportunity to thank Ms Rita Wrightson our eLearning Coordinator, who has provided invaluable training and support to all Primary staff so that this communication platform could be implemented.

#### **Developing Mathematical Skills at Home**

In Mathematics, being able to double is an important skill. Knowing doubles also reinforces the ability to recall some number facts quickly and accurately. Being able to double numbers means that we can span or bridge to the next whole number or decade easily. This skill of spanning and bridging to the next decade assists us in our ability to estimate, round up or down and more importantly, use mental strategies to solve simple problems. Playing games like 'What's that double?', will assist in the development of this skill. Start with doubling 2 and work your way up. This will also be a helpful strategy to use when solving homework problems. A problem such as 8 + 9, simply means double 8 + 1. Developing the skill of doubling encourages students to think differently and use a more efficient strategy to find a solution quickly.

#### Learning from Home

This week, teachers were inundated with student work samples and words of appreciation for their efforts. We are grateful for the way families have embraced this new style of learning and appreciative of your understanding during this transition phase.



Scroll down for more photos 🕲

#### Wellbeing

The wellbeing of all members in our community is of great importance. Teachers have been supporting student wellbeing by including activities in their daily work plans. These activities range from writing prayers, meditating, and reinforcing healthy living. It has been wonderful to see the students and their families become so involved in this essential program. We encourage all families to send photos of their wellbeing experiences so that we can share them with our College community.

## 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 20<sup>th</sup> August. https://online.det.nsw.edu.au/prc/studentExperience.html#/

## Mr D. Day Head of Primary

## **★★★ CONGRATULATIONS** ★★★・

## All Rounder Awards:

 Ella-Maria Bassil, Jean-Paul Abi Zeid, Joseph Abi-Khattar, John El-Barhoun, Kayla Fasavalu, John Elia (Year 10)



# **DATES TO REMEMBER**

## Please note; These events will only take place if lockdown and restrictions are lifted.

- Tuesday 10<sup>th</sup> August Years 10 and 11 Safety Education Excursion
- Friday 13<sup>th</sup> August Secondary Walkathon
- Tuesday 17<sup>th</sup> to Thursday 19<sup>th</sup> August Pilgrimage
- Monday 9<sup>th</sup> to Monday 23<sup>rd</sup> August Year 12 Trial Examinations
- Wednesday 25<sup>th</sup> August College Tour from 11:30am-12:30pm (*Please email <u>media@mchf.nsw.edu.au</u> to book*)
- Friday 3<sup>rd</sup> to Monday 13<sup>th</sup> September Year 11 Preliminary Exams
- Wednesday 8<sup>th</sup> to Friday 10<sup>th</sup> September Year 6 Canberra Excursion
- Monday 13<sup>th</sup> September Year 12 Day Out
- Thursday 16<sup>th</sup> September Term 3 Concludes for Students

# ALSO THIS WEEK...

More remote learning photos from Kindy and Year 1





# **STUDENT CORNER**

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 <a href="https://www.skillsone.com.au/category/digital-students-showcase/">https://www.skillsone.com.au/category/digital-students-showcase/</a>

# PARENT CORNER

## **USEFUL LINKS & RESOURCES**

NSW Dept of Education Education Live Videos/Livestreams/Fun Lessons https://education.nsw.gov.au/teaching-and-learning/learning-from-home/learning-at-home

ACYP – Advocate for Children & Young People https://www.digitallunchbreak.nsw.gov.au/

## Coronavirus (COVID-19) mental health support

https://lifeinmind.org.au/communities/support-for-those-impacted-by-adverse-events/mental-health-supportfor-covid-19

## Supporting young people during COVID-19

Headspace National is hosting a free mental health education session for parents and carers of young people in the greater Liverpool region to support their mental health. The session aims to:

- Strengthen your understanding of mental health and mental health literacy.
- Strengthen understanding and skills in how to cope and where to find help.
- Build skills and strategies to support the mental health and wellbeing of your young person, including their transition to work and study.
- Build awareness of local, state and national supports available to young people.

When: Tuesday 27th July 2021

Time: 6:30pm-7:45pm

How do I register? Click link to register via Eventbrite - https://bit.ly/36JrYIY .

After you have registered, you will receive an email confirmation from Eventbrite, which will include the Zoom meeting link to access the webinar.

For more information, please email: <u>headspaceSchools@headspace.org.au</u>

## UAC Digital / Mental Health and the HSC Webinar Thursday, 2nd September 2021

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

## 2021 BYOD Portal

https://www.jbeducation.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