



Maronite College of the Holy Family

NEWSLETTER

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Term 4 - Week 2: Friday, 15th October 2021

MESSAGE FROM THE PRINCIPAL

Next week, I would like to welcome the Kindergarten and Year 1 students back to the College.

I would like to remind you again, as the students start to commence face to face learning, that all parents please be mindful and check their children for any flu like symptoms on a daily basis. Please keep your children at home if they show any signs of these symptoms. Parents are not allowed to enter the College grounds when dropping off or picking up children.

As we continue in this Blessed month of October, which is dedicated to the Holy Rosary, I ask all parents to please pray the Rosary on a daily basis with your family.

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

October – Terror of Demons

Demons hate humility, suckled as they are on the vice of pride. Joseph's humility is what terrifies the demons. He is entrusted with power and authority not simply because of his internal strength but because of his complete reliance upon and fidelity to God.

**Sr Irene Boughosn
PRINCIPAL**

OUR LADY OF THE ROSARY

Hail, holy Queen, Mother of mercy, hail, our life, our sweetness and our hope. To thee do we cry, poor banished children of Eve: to thee do we send up our sighs, mourning and weeping in this vale of tears.

Turn then, most gracious Advocate, thine eyes of mercy toward us, and after this our exile, show unto us the blessed fruit of thy womb, JESUS, O merciful, O loving, O sweet Virgin Mary!



PRAY FOR US, O MOST HOLY MOTHER OF GOD!



MESSAGE FROM THE ASSISTANT PRINCIPAL

Return to School Road Map

The College is looking forward to welcoming back students to the College and reverting to face-to-face teaching. Below are the dates students will be returning:

- Monday 18th October 2021 – Kindy and Year 1
- Monday 25th October 2021 – Year 2-9 and Year 11
- Monday 1st November 2021 – Year 10

The College return to school road map is in line with the NSW Government's announcement, except for Year 10. Year 10 will return a week later as they complete their online yearly examinations from 18th October 2021 until 29th October 2021.

The information on the guidelines for students returning to face-to-face teaching has been emailed and posted on the College App. Please refer to the road map information, as it is important for you to read through and understand what will occur when your child/ren return to school.

Uniform and Grooming

This term, students are required to be in their summer uniform. We also request parents/guardians to pay close attention to their child's grooming, to ensure they are prepared for their return to school – this includes haircuts and shaving.

World Teacher's Day Celebrations

The College will be celebrating World Teacher's Day on Friday 29th October 2021. The day will include a Mass to celebrate the occasion and to recognise members of staff who have given 15 years of service to the College. There will also be various initiatives organised, for the day, to celebrate and recognise the wonderful work, dedication and commitment of our teachers. More information will be shared in the next couple of weeks.

Remote Learning Theme Days

Every Friday, we will be having theme days to promote wellbeing and positive learning experiences. This week our theme was Multicultural Day!

Return to School Road Map
Term 4, 2021

Road Map to Return to Face-to-Face Learning

Monday 18th October 2021
Kindy and Year 1 return

Monday 25th October 2021
Year 2-6 and Year 7-9 and Year 11 return
Year 12 to participate in HSC Workshops only

Monday 1st November 2021
Year 10 return

Tuesday 9th November 2021: HSC Exams Commence

Maronite College of the Holy Family

2021
WORLD TEACHERS' DAY

#BrightFuture

Friday 29 October 2021

worldteachersday.edu.au



Next week our theme will be Summer Days (celebrating National Water Week)! Students are invited to dress in summer wear – clothing, accessories or anything to represent summer. Be creative!
We encourage our students to get behind our weekly themes and send your photos to media@mchf.nsw.edu.au



REMOTE LEARNING THEME DAYS
FOR STUDENTS IN YEARS 2-11 ONLY

SUMMER Days

Term 4 Week 3: Friday 22nd October 2021
Celebrating National Water Week

Students are invited to dress in summer wear - clothing, accessories or anything to represent summer. **BE CREATIVE!**
Take photos and send them to the College via email media@mchf.nsw.edu.au

Mr E. Asmar
Assistant Principal

SECONDARY NEWS

As we start to transition out of lockdown, a reminder that Secondary students will be returning to school on Monday 25th October (including Year 12 for their HSC Lectures) with Year 10 returning after their exams finish on Monday 1st November. We are looking forward to seeing all of our students back face to face after such a long time!

Year 7 2022 Testing

Year 6 classes will be undertaking tests for English and Mathematics on Wednesday 27th and Thursday 28th October to help with class placement for Year 7 2022. These tests will take place online whilst students are at school and in class groups. The tests will go for one hour on each day with Mathematics on Wednesday 27th and English on Thursday 28th. Students cannot sit these tests at home.

Year 10 Exams

Year 10 exams will commence in Week 3 on Monday 18th October and go for two weeks. These exams will be done online and at home with Year 10 returning to face-to-face learning on Monday 1st November. All students must have their cameras turned on as staff will be supervising through the Microsoft Teams pages of each subject. If any student does not have a working camera, they were asked to let Mrs Roach know by yesterday. If any student doesn't have a working camera and hasn't let Mrs Roach know please do so today so we can arrange a loan laptop.

Year 10 Sport Time

All the way through lockdown, we have encouraged our students to use their Thursday afternoon sport time to keep active. It was so great to see some of our Year 10 students - Angelina Kassis, Christina Elkhoury, Eliana Zaidan, Georgia Matta, Tiana Maalouf and Jasmin Nakhoul enjoying some exercise in the sun during Thursday sport time last week by playing COVID safe Tennis.



Year 12 Graduation

We have finally been able to set a date for Year 12 Graduation. It will be on Friday 3rd of December. Exactly what the day will look like is still being worked through, but we are hopeful of being able to have a mass and a ceremony both included on the day. Once we have been able to finalise the plans, we will inform students and parents of all information.



Year 12 HSC Exam Screening – Allergies

All schools in NSW will be required to screen students each day prior to commencing the HSC exams. Students will be screened before the exam by being asked if they have any flu-like symptoms or are required to self-isolate.

It is a requirement that students with a clinical history/known illness that may appear like COVID-19 symptoms provide written assurance from their doctor/GP that the symptoms they are displaying are of a known medical condition and are normal for the student. If any student is in this situation, please send the required documentation to Ms Dalla at gdalla@mchf.nsw.edu.au by Friday 1st November.

Return to School – Classes and Exam Protocols

Once secondary students return from Monday 25th October, there will be no more remote learning for any student (except Year 10 completing online exams for that week only). The Government directive is that it is safe for staff and students to return to school and that the mode of teaching needs to return to face to face. Therefore, any student who remains at home will need to email their teachers to ask for the work they are missing out on and teachers will provide the work but there will be no more video calls or teaching via Microsoft Teams taking place.

Any student who is in Years 7-9 must do all of their exams at school, any student who doesn't attend these exams will need to complete the usual illness/misadventure process and provide supporting documentation from a doctor explaining why they cannot attend school.

Helpful Tips for Returning to School

Our Secondary Counsellor, Mrs Khoury, has put together some tips for parents in regard to the return to school after lockdown. This has been and is continuing to be a challenging time for all so we are hopeful that this tips will help our families with a smooth transition back into the classroom.

Returning to School After Lockdown

It has been a very challenging time for families across NSW. As we head into term 4, schools are preparing to

welcome students back to the classroom. We know that some children have thrived during remote learning, while others have struggled. The transition back to school won't be easy for some children. Below are some tips for parents:

Start a conversation about returning to school



- What are they looking forward to?
- What may be the same and what may be different when they return to school?
- What have they missed about school?
- What will they miss about remote learning?
- How are they feeling about returning?

Do not tell them:



- As parents, our instinct is to protect our children and make everything okay, but we can't always do this. If your child is feeling scared about returning to school, don't dismiss their emotions. Normalise what they are feeling.
- Ask them why they are feeling that way. Try to reassure them about their safety when they return to school.
- Look at strategies that may help them on their first day back – could you arrange with one of their friends that they meet at the school gate and walk in together? Can they take their favourite toy on the first day? Can they listen to their favourite music on their drive to school?

Get back into your pre-lockdown routine



- As much as we've all tried to stick to our normal routines, it's likely that some things are out of whack such as our sleep and eating.
- Start to re-introduce the school routine prior to them going back to help make the transition smoother. This will also help get them into the right mindset.
- Re-establish rules around bedtime on school nights and start from now.
- Think about other routines that have gone out the window during lockdown – routine around mealtimes, technology, activities.

Help them get organised



- Get them to sort out their school stuff. Do they have everything they need to get back to school? Does their uniform still fit? Are their shoes too small? Do they have all the stationery and equipment they need? Do their devices work?
- What will day one look? Allow extra time to get ready on the first day.

Recognise and acknowledge their feelings



- Talk to them about how they are feeling. It is okay for your children (and yourself) to feel nervous and anxious. It's probably not going to be smooth sailing so expect some ups and downs.
- Remind them what they've missed about school and what they're looking forward to doing again.
- Ask them what may help them feel less worried.
- Reassure them that school is a safe place and that all the necessary measures are being taken to make sure they will be safe at school.
- Share with them how you may be feeling about them returning and about you returning to work but be sure not to transfer to them your own anxieties.

Allow time to adjust back to school life



- Be patient and understand that getting back into school and the routine of school life may take a little time.
- Our children are out of practice. They haven't been in a classroom environment for months and they haven't been interacting with their peers for a long time.
- Expect that they may struggle to focus in class and to pay attention or to sit still the entire time. They may initially feel awkward about playing and socialising with their peers.

Encourage them to focus on what they can control



- There has been so much happening in our world that we can't control, and this can be scary, especially for children and teenagers. If your child is worrying about something out of their control, point this out to them and ask them what it is they can be doing right now to shift their attention.

Reach out
for help



- If you are overly concerned about your children returning to school, reach out to their teacher/s or Year Advisors or the Head of Primary/Secondary to discuss your concerns. There are supports in place to help families and there are many resources available.

Ms E. McCluskey
Head of Secondary

PRIMARY NEWS

As our students slowly return to school, no one could be happier about seeing the classrooms full of life than our teachers. Teachers have always known that education is so much more than providing content, it is about that connection with a young learner and the personal encounter that helps them to thrive. Over the recent months, our teaching staff have worked tirelessly to ensure your child's learning has been catered for through the Remote Learning Plans sent each day. The support and feedback they have continued to provide has been exceptional. I would like to thank them whole-heartedly for their efforts. I would also like to acknowledge the wonderful work that our students have produced, and the support given to them by their parents and other family members. Finally, a big thank you to Sr Irene and Sr Marlene who have successfully guided the College through this difficult period.

Return to School Dates

The College will begin the implementation of the Return to School Road Map from next Monday the 18th October 2021. We do ask for the support of all in our community to assist the College in complying with the NSW Government's *Return-to-School* Plan. This means that students should remain at home if they can be supervised, until their scheduled return date. This staggered start of grades will ensure that the health and safety measures for all members of our community are maintained. It will also provide a wonderful opportunity for your child to reconnect themselves with their friends and teachers, as well as reacquaint themselves with our College structures and class routines.

Primary Return to School Dates	
Monday 18 th October 2021	Kindergarten and Year 1 students
Monday 25 th October 2021	Year 2 to Year 6

Communication with Teachers

During Remote Learning, parents were able to communicate to teachers via email. When your child returns to full time face-to-face teaching, we ask that all communication is conducted via phone or email to the Primary Office. Alternatively, you can write a brief note for your child to pass on to their teacher. This will ensure that any queries or concerns can be addressed promptly. In line with new health and safety procedures, we also remind you not to communicate with teachers or other staff members at the end of the day as students are dismissed.

New Arrivals

Congratulations to Ms Sandy Zgair and her husband Kevin, who welcomed a baby girl into their family on the 22nd September 2021. We are certain that little Sophia Gianna Zgiar will bring much love and happiness into their lives.

Wellbeing

This week, one of Kindergarten's wellbeing activities was to create something special for a friend who the students have been missing during Remote Learning. Mrs Bechara was overjoyed when she was sent the below photo. I think we all know that the teachers have also missed their students and can't wait for them to be back in the classroom.

Theme Days

Today's Theme Day was all about multi culturalism and acknowledging diversity in our world. Thank you to all those who dressed up for the day.



School Uniform

A reminder to all families that full summer uniform is to be worn when students return to school. All uniforms must be worn neatly and correctly. It is expected that children have suitable hairstyles that comply with school expectations. Boys' hair must be kept short without excessive hair product used. For girls, long hair must be tied back using appropriate hair accessories. Sleeper earrings and stud earrings may be worn. Students are to wear our school hat when outside. Please ensure that all items of clothing be labelled with your child's name and class. This makes for the easy return of items if they are misplaced. I thank you in advance for your cooperation.

Attendance

A reminder that any student absent from school or who does not complete their assigned work during Remote Learning, requires a letter of explanation specifying the reason for non-attendance. More detailed documentation such as a doctor's certificate, needs to be submitted for prolonged absence. This procedure is mandated by the government. A reminder that when school resumes this term, any student who presents with flu-like symptoms is to remain at home until they are well.

Mr D. Day
Head of Primary

★ ★ ★ CONGRATULATIONS ★ ★ ★

Remote Learning Awards

- | | |
|------------------------------|---------------------------------|
| K Blue: Brandon Ghosn | 4 Amber: Christian Barakat |
| K Red: Antonia Soueid | 4 Olive: Abraham Baissari |
| K Rose: Marc-Anthony Taniou | 4 Violet: Charbel Hage |
| K White: Laya Anjoul | 5 Opal: Mary Boulos |
| 1 Lilac: Samsara Grace Nehme | 5 Rainbow: Gloria Taouk |
| 1 Silver: Habib Naoum | 5 Ruby: Christian Youssef |
| 1 Gold: Jaz Sahoun | 5 Sapphire: Margarita Boufarraa |

1 Green: Charbel Elias
2 Diamond: Joseph Khalifeh Rahme
2 Pink: Mabelle Therese Khoury
2 Purple: Noah Semaan
2 Jade: Christiana Hadchiti
3 Lavender: Pedro Makari
3 Beige: Charbel Sleiman
3 Orange: Gabriel Ishac
3 Yellow: Sarkis Sleiman
4 Aqua: Julian Licha

6 Teal: Savannah Kassis
6 Topaz: Christian Chiha
6 Emerald: Anthony Mekary
6 Indigo: Amber Fasavalu
Year 7: Jude Hashem
Year 8: Alex Abi-Khattar
Year 9: Jean Paul Azar
Year 10: Tony Bechara
Year 11: Exams

DATES TO REMEMBER

Monday 18th October 2021 - Kindy and Year 1 return to College, face to face learning
Monday 25th October 2021 - Years 2-9 and Year 11 return to College, face to face learning
Wednesday 27th October – Year 6 (Year 7, 2022) Maths Testing
Thursday 28th October - Year 6 (Year 7, 2022) English Testing
Monday 1st November 2021 - Year 10 return to College, face to face learning
Wednesday 17th November- Years 3-6 ICAS English Exam
Thursday 18th November- Years 3-6 ICAS Mathematics Exam
Friday 19th November- Years 3-6 ICAS Science Exam
Tuesday 23rd November - Year 6 Rewards Day
Friday 26th November - Year 6 Graduate from Primary
Monday 29th November - Year 9 Science Incursion

REMINDERS AND NEWS FROM FEES AND ENROLMENT

During these times of lockdown and remote learning, we kindly request for parents/guardians to limit cash transactions. Our preferred method is through direct debit. Please contact the College if you require any further information or assistance.

The following excursions have been cancelled for this year and credits will be applied off school fees:

- MCHF Pilgrimage
- All Brainstorm Productions for 2021
- Year 9 Food Technology Incursion
- Years K-6 Carnivals
- Years K-3 Swimming Programs
- All remaining Primary excursions (excluding the Year 6 Rewards Day)
- Years 6, 9 and 11 Camps
- Years 8 and 10 Living History Incursion
- Year 9 Geography Excursion
- Year 11 First Aid Training
- Drama Excursion
- Music Excursion

PARENT CORNER

2022 School travel applications (Opal Cards) are now open.
The travel newsletter is attached in the email with this newsletter

Apply for a Creative Kids voucher!

The NSW Government is helping kids get creative with the new Creative Kids program.

Parents, guardians and carers can apply for a voucher with a value of up to \$100 per calendar year for each student aged 4.5 to 18 years old enrolled in school.

The voucher may be used with a registered activity provider for registration, participation and tuition costs for creative arts, speech, drama, dance, digital design, coding, and music lessons and activities.

Click the link for more details and to register - <https://www.service.nsw.gov.au/transaction/apply-creative-kids-voucher>

USEFUL LINKS & RESOURCES

Trivia activities - <https://kahoot.it/>

Virtual Board Games - <https://codenames.game/>

Build with Brickman (Facebook) – The LEGO Masters judge has been running some virtual events through Facebook where you can build creations with him - <http://www.thebrickman.com>

Sydney Observatory – Through their Facebook account they have been running some fascinating virtual events with astrophysics - <https://maas.museum/sydney-observatory/>

How to make Origami - <https://au.video.search.yahoo.com/search/video?fr=mcafee&ei=UTF-8&p=making+origami+virtual+lessons+free+crane&type=E211US714G0#id=2&vid=63ddbdf40fb8eabf501ade6054aca36c&action=click>

Fantastic learn to draw site for kids - <https://www.artforkidshub.com/>

Jo Wicks the Body Coach – Does quick workouts for kids at home. Posts new workouts weekly and continues providing home exercise routines for families - <https://www.youtube.com/watch?v=d3LPrhI0v-w>

Children yoga activities, to encourage movement and mindfulness - <https://cosmickids.com/>

NSW Department of Education

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

Disability Learning and Support Advice - <https://education.nsw.gov.au/teaching-and-learning/learning-from-home/learning-at-home/disability-learningand-support-advice>

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-support-for-covid-19>

Australian Reptile Park - <https://www.reptilepark.com.au/educationhub/>

Art Gallery NSW - <https://togetherinart.org/kids/>

Sydney Opera House - <https://www.sydneyoperahouse.com/digital/for-the-kids.html>

Australian Museum - <https://australian.museum/inside-out/homeschool-resources/>

Self-Compassion & Self Care for Parents - Online

Topics include

- What is self-compassion?
- Self compassion and parenting
- Self Care for parents-tips and strategies.
- Q & A with the presenters.

Tuesday 26 October

1.00pm - 2.00pm

Bookings essential

<https://parra.city/selfcompassion>



Taronga Zoo Sydney - <https://taronga.org.au/education/digital-programs-online-resources/enrichment-design-competition>

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>