

When this is over,
may we never again
take for granted
A handshake with a stranger
Full shelves at the store
Conversations with neighbors
A crowded theatre
Friday night out
The taste of communion
A routine checkup
The school rush each morning
Coffee with a friend
The stadium roaring
Each deep breath
A boring Tuesday
Life itself.

When this ends,
may we find
that we have become
more like the people
we wanted to be
we were called to be
we hoped to be
and may we stay
that way—better
for each other
because of the worst.

LAURA KELLY FANUCCI

Dear Families,

We hope this note finds you as physically and emotionally well as possible, amidst all that is going on at the moment. Given the changing landscape we all face in regard to the CoronaVirus, we share the following information in a spirit of keeping you well informed, while also trying to allay any worries or concerns you may have.

The above quote is a gentle reminder that when this all passes, may we all be a little kinder and a little more grateful for what really matters in our lives ...



Harmony Day



Thank you to those Mums and Dads who helped their children find an outfit or an orange t-shirt to celebrate Harmony Day today! Despite these unsettling times, it was really lovely for classes to be able to mark such a special day on the calendar. In addition to class activities, at 11.00am they listened to a Harmony Day Prayer over the PA system and then joined in singing 'I am Australian', which was sung in English and in Yawuru (the Yawuru people are the traditional owners of the lands and waters in and around Rubibi, the town of Broome and surrounds, in the Kimberley region of northern Western Australia).

Harmony Day Prayer

Loving God

You create all people in your image.

We thank you for the rich variety of races and cultures in our world.

Enrich our lives by ever widening circles of friendship
and show us your presence in those who differ most from us,
until our knowledge of your love is made perfect

in our love for all your children;

Through your Son,

Jesus Christ our Lord.

Amen



*Mutual respect
is the
foundation of
genuine
harmony.*

- Dalai Lama

Reminders and Messages

Non-Essential Gatherings

As communicated in our last letter, all non-essential gatherings and events on the St Emilie's School Calendar for Term 1 have now been cancelled.

Masses

The Archdiocese has advised that **from the 18th March until the 1st April** all public masses are also not going ahead. Subsequent revisions to this will be communicated prior to this end date. 'Mass on Demand' and 'Mass for you at Home' are television options for families. [Statement from The Most Rev Timothy Costelloe SDB on revised and temporary changes to be implemented within the Archdiocese of Perth in relation to Novel Coronavirus \(COVID-19\)](#)

Communication - School Website, SEQTA Engage and Emails

Communication to the school community will continue to be delivered via SEQTA Engage, the School Website and via Emails. Kindy, Pre-Primary and new families have received an email to explain how to sign in and set up an account on SEQTA Engage. If you experience any difficulty please don't hesitate to phone the Office for support.

Please note that if school closures become a reality, you will be informed as to how we plan on **delivering the curriculum** to your children. Staff have met to discuss and plan for such an eventuality and I thank them most sincerely for their hard work, dedication and commitment to children and families

in our school. Parents are reminded that it is essential we have your correct contact details so please let the Office know if there has been a change to these since the start of the year.

Attendance

St Emillie's, like all schools in Western Australia, is currently open for students to attend and safely participate with our community in the stability of their familiar routine, with some minor variations. The Minister and Chief Health Officer have the authority to change this and Catholic Education WA continues to act on their expert advice. Rest assured that families will be notified if the school is to close and we will communicate how we will continue to offer your child their curriculum at home.

Parents must keep their child at home if they are **suffering any illness or incapacity, especially the symptoms identified by Health experts**. You are also to notify the school, using the usual process, **of your child's absence and the reasons for the absence**. The classroom teacher will then decide what material to send home so the child may continue to participate in their educational programme.

Teachers will provide material for students who have returned from overseas and are in self isolation and to whom we have excused from attending school (as described above). We will continue to deliver the curriculum to all other students here at school as normal. We will not be offering these materials to absent students who have not been excused. Thank you for continuing to support your hard working staff and our whole school community.

Social Distancing

Social distancing includes ways to stop or slow the spread of infectious diseases. It is important because COVID-19 is most likely to spread from person-to-person.

In response to a parent question about social distancing in schools, we share what we are doing here at St Emillie's to this point:

- reducing the load on common areas
- separating junior, middle and senior students during break times
- assembling outside of classrooms directly, rather than altogether in the undercover area.
- using the outdoors for lessons where possible
- cancelling non-essential events from the school calendar

We continue to be guided by the best advice we have, while maintaining a calm and respectful environment that supports student wellbeing.

School Banking

We have been advised that the Commonwealth Bank has made the decision to pause the School Banking Program as of close of business 20 March 2020 until the start of Term 2 in your state. They will keep the start date flexible as the situation continues to change.

School Library Books

Families are asked to please return all school library books by **Monday 23rd March**. Your cooperation in this regard is very much appreciated.

Play 4 Life After School Soccer

We have been advised by Play 4 Life that all after school soccer for the remainder of the term has been cancelled. All families will be contacted by Play 4 Life with this information.

OSH CLUB - Message from OSH Club Manager

In the event of school closure, OSHClub will also close and all families will be notified. If this happens, we will take care of cancelling all bookings during the closure period on our parents' behalf, and of

course, they will not be charged during this period. This applies for cancellation of all care types – before and after school care as well as Vacation Care where we are not running due to school closure or guidance from relevant governing bodies. We continue to reinforce our health and hygiene standards throughout our services, and our infectious diseases policy and practices.

Corona Help and Support in Perth

Information

- healthdirect.gov.au/coronavirus is an excellent starting point for information about **all aspects of Corona Virus** and its management, along with resources and reliable links.
- abc.net.au/news/story-streams/coronavirus **ABC coverage** and live stream

Practical Support

For those in need OR if you can volunteer to help:

- **Coronavirus Community Care Perth** tiny.cc/a9zclz
Perth FB group linking up those needing help with **nearby people who can offer help**
- tinyurl.com/quft2xo **Excess to Share Perth**
FB group to give or swap grocery items.
- ruah.org.au/directories
RUAH publishes an amazing **free directory** of WA **support services** for vulnerable or disadvantaged people. It covers food, health, housing, money, legal advice, parenting, transport, crisis support and more.
- redcross.org.au/get-help/community-services/telecross
Red Cross Telecross provides **daily wellbeing check** to those who elderly / housebound / disability.
- **Woolworths and Coles** are open from 7am to 8am for those who are **elderly or have a disability**, with a relevant government issued concession card.
- As of 16 March, both **Woolworths & Coles** are still providing **deliveries** for online food orders in WA. (Woolworths has suspended "click and collect")
- redcross.org.au/prepare
Free tools, emergency plans and survival kit lists
- **Adopt a Healthcare Worker** bit.ly/2Qiy4sd
Support to help those on the front lines.
- **Community Services Workers WA**
tinyurl.com/rag3gd9
A FB group for WA's community sector to share ideas, ask questions, offer advice and help others

Children

- tinyurl.com/qp4vpgv **How to talk to your kids** about Corona Virus.
- bit.ly/2WiHGqC Online **education services** offering free subscriptions due to school closings
- FREE online **wellbeing programs**:
 - smilingmind.com.au children and adults
 - brave-online.com children 7 - 17 years

Emergency Mental Health Support

- **Mental Health Emergency Response Line (MHERL)**
PERTH Metro 1300 555 788 Peel 1800 676 822
- **Lifeline** 13 11 14 24 hour telephone support
- kidshelp.com.au 1800 551 800
A free, private service for people aged 5 to 25
- beyondblue.org.au/get-support/get-immediate-support Phone, web and email-based help

General Mental Health Support

- headtohealth.gov.au
Australian **digital mental health resources**.
- thinkmentalhealthwa.com.au
WA-specific information, tools and services.
- **Mental Health Service Directory**
For people to search for an agency or resources to meet their mental health needs throughout WA
waamh.org.au/Organisation
- **Headspace** headspace.org.au 1800 650 890
National **Youth** Mental Health Foundation
- **Mind Spot** mindspot.org.au 1800 614 434
Free **profession clinic** for anxiety or depression

Staying Positive and Managing Mood

- moodgym.com.au Award winning free online **mood program** for adolescents and adults
- **#TheKindnessPandemic** tinyurl.com/td6ymk3
Kindness won't make COVID19 go away, but it will make our lives easier and more rewarding
- **Exercise at home** tinyurl.com/tn7fvyk
- **Uplift WA** tinyurl.com/tde7j84
Inspiring FB group of "soul-food to keep us afloat and replenish us when times are tough". Hope, optimism, humour and positivity to sustain your spirit.

Home Isolation

- Update your education with **free elearning courses**
tinyurl.com/y6ors3h8
- **Things to do at home!** tinyurl.com/rfzcl6r
Check out this huge list of ideas and links (in the PDF) for how you can utilise some extra time at home.
- Maintain **human connection** while social distancing.
tinyurl.com/wa7eato
- socialdistancingfestival.com
Celebrate and **showcase the work of the many artists** around the world who have been affected by the need for social distancing. Dive in!