



3 September 2021

Dear RJ Students, Parents and Caregivers

New Update (No.21/11)

I trust you and your family are doing well and are enjoying some positive moments during this extended lockdown. Circumstances are not easy for most of us, however, the one constant that I keep being drawn back to is the hope contained in Philippians 4:6-7: *“Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.”*

As a Christian school community, our hope does lie in Christ and Hebrews 13:8 reminds us that Jesus Christ is the same yesterday and today and forever. I often print out encouraging Scriptures and put them on my bathroom mirror or the fridge... a place I go to everyday so that I can be reminded that things will work out and that all I need to do is trust in God.

Before I provide the details of the recent updates from NSW Health and Government, I want to share this Dr Martin Luther King Jr quote as it speaks of us being proactive, and just being victims of our circumstances, and choosing to move forward:

“If you can’t fly then run, if you can’t run then walk, if you can’t walk then crawl, but whatever you do you have to keep moving forward.”

Recently, I lost a friend unrelated to COVID. But due to the COVID restrictions I was unable to attend their funeral in person and bring closure to that relationship. No matter where we find ourselves or where our thinking has taken us during these difficult times, we can determine to keep moving forward, to be an encouragement to those around us, to share acts of kindness, and do the things we can control as best we can. Keep our kids on track, as best we can. Keep our families safe, as best we can. And keep moving forward, as best we can.

St Mark’s OSHC Centre, Oakhurst

There was a COVID case recently at the St Mark’s Day Care Centre which impacted the related OSHC Centre causing both Centres to close last Monday. We have not been advised as yet as to when they will reopen.

Children Aged 12-15 Now Eligible for COVID-19 Vaccine

Children aged between 12 and 15 years will be able to book a COVID-19 Pfizer vaccine from September 13. Bookings will be available through GPs, Commonwealth Vaccination Clinics and Aboriginal Community Controlled Health Organisations. Please note that the Australian Technical Advisory Group on Immunisation (ATAGI) reviewed detailed medical evidence and recommended Pfizer’s COVID-19 vaccination in all children and adolescents 12 years of age and above.

Wireless Wellbeing Wednesday – 8 September

Our last Wireless Wellbeing Wednesday for Term 3 occurs next Wednesday 8 September. Teachers will continue to suggest a range of activities that students can select to complete on this day which do not involve them being on screens. For some of our older students, this could be a catchup day of getting some study, classwork or assessments done, or helping a sibling, or helping around the home, but ultimately, it’s about caring for your wellbeing. Included with this letter is a self-care calendar from our School Counsellor for use by your family. Perhaps you can place it on your fridge to remind each other to be kind to yourself at this time.

Financial Matters

As per our approach with Term 3 Service Charges, **a reduction will be made to the Term 4 Service Charges** as noted below (understanding that the Service Charge also incorporates camp costs which are allocated across the year). Please note that both the Term 3 and Term 4 Service Charges adjustments will appear in the Term 4 invoice, as will other miscellaneous credits such as concert band membership or RJ bus service fees.

Kinder to Year 4 service charges will be credited in full:

- Kindergarten Service Charge of \$120 – reduced to 0
- Years 1-2 Service Charge of \$145 – reduced to 0
- Years 3-4 Service Charge of \$160 – reduced to 0

Years 5 to 11 service charges will be credited \$120:

- Years 5-6 Service Charge of \$235 - reduced to \$115
- Years 7-8 Service Charge of \$275 – reduced to \$155
- Years 9-10 Service Charge of \$280 – reduced to \$160
- Years 11 Service Charge of \$280 – reduced to \$160

We would prefer to not lose any families from our RJ Community due to temporary financial challenges incurred by the current restrictions. Should your family be adversely impacted, please contact Mrs Stephanie Ghali sghali@rjas.nsw.edu.au to formally apply for short term assistance. We want to support our families where we can and so please reach out if you have a need. Your contact will be kept confidential as will any assistance we may be able to provide.

Return to School in Term 4

You will be aware that the NSW Government has recently announced a proposed staggered return to school in Term 4 for all students from 25 October. Guidelines of this proposal have been released to schools and our Executive Team are currently working through the details.

Nevertheless, local government areas (LGAs) and suburbs of concern operating under Level 4 plus restrictions will continue learning from home until they are removed from this classification. In this context, there is the possibility that if the Blacktown LGA is still considered an LGA of concern on October 25, our RJ students will not be able to return until the LGA is reclassified. We are sincerely hoping and praying that our students can return as soon as possible. Please join with me and pray to this end.

Kind regards

Alan Dawson | **Principal**

Self-Care September 2021

MONDAY



TUESDAY



WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



1 Find time for self-care. It's not selfish, it's essential

2 Notice the things you do well, however small

3 Let go of self-criticism and speak to yourself kindly

4 Plan a fun or relaxing activity and make time for it

5 Forgive yourself when things go wrong. Everyone makes mistakes

6 Focus on the basics: eat well, exercise and go to bed on time

7 Give yourself permission to say 'no'

8 Be willing to share how you feel and ask for help when needed

9 Aim to be good enough, rather than perfect

10 When you find things hard, remember it's ok not to be ok

11 Make time to do something you really enjoy

12 Get active outside and give your mind and body a natural boost

13 Be as kind to yourself as you would to a loved one

14 If you're busy, allow yourself to pause and take a break

15 Find a caring, calming phrase to use when you feel low

16 Leave positive messages for yourself to see regularly

17 Notice what you are feeling, without any judgment

18 Ask a trusted friend to tell you what strengths they see in you

19 No plans day. Make time to slow down and be kind to yourself

20 Enjoy photos from a time with happy memories

21 Don't compare how you feel inside to how others appear outside

22 Take your time. Make space to just breathe and be still

23 Let go of other people's expectations of you

24 Accept yourself and remember that you are worthy of love

25 Find a new way to use one of your strengths or talents

26 Avoid saying 'I should' and make time to do nothing

27 Free up time by cancelling any unnecessary plans

28 Choose to see your mistakes as steps to help you learn

29 Write down three things you appreciate about yourself

30 Remind yourself that you are enough, just as you are



ACTION FOR HAPPINESS

Happier · Kinder · Together