

John Paul College

# Community News Update

## Dear Parents, Families and members of the College Community,

Today would have been the Founders' Day Mass and Unfair Day under normal circumstances. Fortunately, our Year 12's ran the 90's Dress Up Day as a Fundraiser making something special of the day where we traditionally acknowledge the work of the people who founded the religious orders that led to the establishment of schools in Kalgoorlie-Boulder, far from Ireland where the orders were established.

The first school in Kalgoorlie was started in 1896 by the St John of God Sisters. (The Education Department of WA was only established in 1896.) The St John Sisters were followed by the Mercy Sisters, Christian Brothers and Sisters of St Joseph of the Sacred Heart. Thousands of children have been educated in our City in schools founded by these orders.

When John Paul College was created by the amalgamation of Prendiville College and Christian Brothers College in 1984, a day was set aside to honour the Founders, hence our Founders' Day.

Following the Mass, the Founders' Day Fair usually raises around \$10,000 for underprivileged West Australians. Today, with the help of the Variety Club, Year 12's also sold doughnuts to raise funds: This year funds will go to St Vincent de Paul. We remember and honour our Founders.

Please refer to my letter of 14 May 2020 regarding the return to actual classroom learning for all students as of Monday, 18 May. MacKillop Home Rooms affected by the building programme, will be in the Library Seminar Room, Media Room, new Multi-purpose Room 2 and in the new Multi-purpose Room 3.

(Mr Bradley Hall - Principal)



TERM 2 29 April - 3 July	
18 May	Board Meeting (via Zoom)
18 May	Students return to classes at JPC

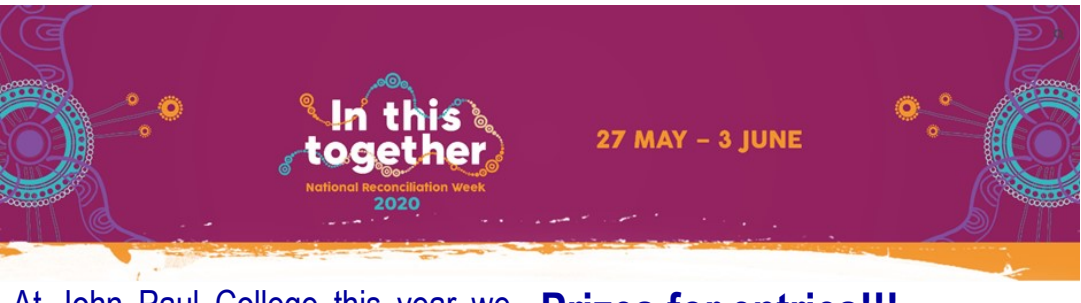
A reminder that parents are not allowed any further into school than the car park.

The Uniform Shop Re-Opens Saturday 16 May 10am - 3pm  
Normal Opening Times resume Week 4 Tuesdays after school from 3-4pm Saturdays 11:30am-12:30pm



### Back to the 90's!

## 'We're all in this together' - Reconciliation Week



At John Paul College this year we have decided to celebrate Reconciliation week by having an art competition for our students to participate in.

The theme is "In this together- Unity" a students perspective.

We want you to create an art piece that expresses 'Unity', using traditional Aboriginal styles and symbolism.

Our vision would be for you to create an interpretative art piece that expresses "Unity" and what this means to you as a student.

### Prizes for entries!!!

One from each house will be chosen...

Overall College winning design will be transferred onto MDF to be displayed on Campus.

- ♦ Medium of choice.
  - ♦ Entries close by 1st June 2020
  - ♦ Winners announced on 3 June
- Take a photo of your entry and email to Mrs O'Brien with a description about your painting.
- [rebecca.obrien@cewa.edu.au](mailto:rebecca.obrien@cewa.edu.au)



Almighty God and Father,  
Creator of Heaven and Earth,  
Bless our College with the gifts of your Son,  
Jesus Christ,  
Help us to seek the beginning and end of all truth,  
and to serve others with Justice, Peace and Charity,  
We thank you for sending the Founders of our school,  
May we carry on in their strong sense of faith, wisdom, kindness and love.  
St Mary of the Cross Mackillop...  
Pray for us  
Blessed Edmund Rice...  
Pray for us  
Archbishop Redmond Prendiville...  
Pray for us  
Sister Catherine McAuley...  
Pray for us  
Sister Brigid Clancy...  
Pray for us  
Pope John Paul II...  
Pray for us  
Live Jesus in Our Hearts...Forever,  
Amen



Enrolments for 2021 have commenced via Zoom

#NRW2020 #InThisTogether2020

**National Reconciliation Week (NRW) 2020 Update**

Our theme for #NRW2020 - *In this together* - is now resonating in ways we could not have foreseen when we announced it last year, but it reminds us whether in a crisis or in reconciliation we are all *In This Together*.

## Sacramentum Online Conference

The Sacramentum Online Conference provides Young Adults (18-35) with a unique opportunity to learn more about the Catholic faith and develop a prayer life. This three day conference will help your faith come alive, helping to integrate it more completely in your life. By joining us for the weekend of 15th - 17th May, you will have access to all on-demand video

sessions, session handouts, and live Q&A sessions with our speakers. Use this as a tool to transform your home into a mini retreat with family or online friends!

For more information & to register, click here: <https://sacramentum.cym.com.au/>

This is a FREE event so feel free to invite your friends and family too. We hope to see you there!

SACRAMENTUM ONLINE CONFERENCE

**FIVE GREAT LOVES**

15 - 17 MAY 2020 (FRIDAY - SUNDAY) FOR YOUNG ADULTS AGES 18-35 YO

[SACRAMENTUM.CYM.COM.AU](https://sacramentum.cym.com.au)

## The Library is Open for business!

Now is a great time to Leaf through a good book!

The library is currently being used as the Year 8 Learning Hub so unfortunately browsing of books is restricted. However if you would like to borrow from the library we are happy to retrieve the item you would like and walk it to your car in the front admin carpark after school. You can also arrange a time to return your books as well.

Please browse the library catalogue online at <https://www.jpcc.wa.edu.au/> Click on Resources/Student Resources/Dillon Library. Then use your school email and the password Student2020 to access the school catalogue.

Once you have found the item you would like please send a SEVA request or email to [karen.waite@cewa.edu.au](mailto:karen.waite@cewa.edu.au) and we will let you know when it is ready for collection.

Please note recently returned items are cleaned and will be in quarantine for a week before they can be borrowed again.

If you are having any problems please call or email we are happy to help. (Mrs Waite - Library Manager)

**Navigating Difficult Emotions in Children During COVID-19**

As COVID-19 continues to have an impact on everyday life, many parents and caregivers may be experiencing an increased intensity in their children's emotions and wondering how they can help their children to navigate these emotions.

**Children's feeling and behaviours**

At this time children may be experiencing a wide range of emotions including: fear, worry, stress, anxiety, sadness, or frustration. These feelings may show up looking like anger, meltdowns, tantrums, refusal to do schoolwork, defiance, frequent changes in mood, rigidity, clinging to caregivers or regression in behaviour. Caregivers can help children by assisting them to acknowledge and understand their feelings. Some feelings may be easy to identify while others may be less obvious.

**Catch feelings early**

It is easier to manage low-level emotions. The more intense feelings are, the harder they are for the child, and the caregiver, to manage. Try to catch feelings early, before they get out of control.

This may involve recognizing situations that trigger intense emotions in your child, and monitoring closely during those times. Be on the lookout for small signs of heightened emotions such as a raised voice, unwillingness to do a task, turning away from caregivers, not engaging or clenched fists. When you notice feelings escalating, try to see it as a time to connect with your child and teach them skills to manage their own feelings.

**Acknowledge and name emotions**

When a child displays a challenging behaviour or emotion start by empathising - name the emotion and acknowledge how they are feeling. The simple act of empathising can start to soothe the emotion. This may be as simple as saying "Wow! I can see that you are feeling really frustrated with the spelling" or "I can hear that you don't want to do this right now, are you feeling worried?"

Support your child to name their own feelings if they can, or provide them with the label if they have difficulty.

CEWA Psychology Team  
April 2020  
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**Self Care for Parents During COVID-19**

As parents, we often put our needs aside as we focus on caring for, raising and supporting our children. For many parents during the COVID-19 pandemic, this has presented a completely new set of challenges.

We are helping our children cope with many big changes and all the different feelings and reactions that come with adjusting to a new sense of normal. There are stressful times for parents too! It is important, more than ever, to take the time to care for ourselves so we can continue to parent effectively and maintain our mental health and wellbeing.

**Connect with your faith**

For many Catholics this is a time where we want to connect with God and with our faith community. Try to connect with your church in different ways - participate in live streaming of Mass, engage with your parents' social media, or access prayer resources online. Create a sacred space at home where you can pray alone or as a family. Keep God present as you spend time reflecting and reassessing priorities.

Look after your physical health in a time of added stress and lack of structure. It can be easy to do things that feel good in the moment but are not helpful or healthy in the longer term. Try to eat properly, make time to be physically active, get a good night's sleep, and follow strict guidelines around the specific hygiene and health practices that are needed right now to keep yourself and others well. Be intentional about your health and do what you can to keep yourself physically well.

Many of us are spending much more time at home parenting our children while also continuing to have ongoing responsibilities. Much of the personal time that was part of our daily lives - going to the gym, social time with friends, was being to work - is not available to parents with children learning at home. First, ways to still transition from the different time and space in your life. Purposefully create a space to recharge and do things. What this looks like is different for every parent. Maybe it is making a space for prayer and reflection, going for a walk alone, listening to music, or taking time to read or zone out after the kids are in bed.

Children of all ages will have their own way of coping with what is happening at the moment. Here are some tips and ideas on how you can help support your child.

**Pay close attention to your own feelings**

Practicing attention and naming your own feelings of stress and anxiety can help you manage these feelings and reduce their effect on your children. Continue to practice self-care strategies, looking after yourself physically and mentally. If you feel overwhelmed seek support from family, friends, or from support services. For further information, see the Self-Care for Parents During COVID-19 tip sheet.

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**Supporting Your Child's Wellbeing During COVID-19**

April 2020

Parents have an important role to play in supporting their children's well-being. As parents, you are understandably concerned for your children and how they are coping with the COVID-19 pandemic, and the impact that it is having on almost every aspect of their lives.

Children of all ages will have their own way of coping with what is happening at the moment. Here are some tips and ideas on how you can help support your child.

**Practice patience**

Distraction to routines can lead to an escalation in challenging behaviour and meltdowns. Practice patience and calm. Pause, take a deep breath, and calm yourself before you respond. Then help your child to be calm. Stay close and provide comfort to help them feel safe. Show your child you understand how they are feeling. Make sure you connect emotionally with your child before you correct any behaviour or start any discussions about how to solve the problem. When you are patient, calm, and consistent responding to difficult behaviour you can then help your child to regulate their own feelings and behaviour.

**Acknowledge and support emotions**

Acknowledge and support your children in processing their concerns and feelings. Remain calm and reassuring. Consider in advance the range of emotions that you could expect from your children at their varying ages. Identify appropriate ways of responding to different situations.

Tune in to how your children are feeling throughout the day and offer quiet times or breaks as needed. Find appropriate ways for children to express their feelings. This may include conversation, music, song, dance, writing, drawing or other activities. For further information, see the Navigating Difficult Emotions During COVID-19 tip sheet.

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