



# Holy Spirit Community School

[www.hsringwoodnth.catholic.edu.au](http://www.hsringwoodnth.catholic.edu.au)

Holy Spirit  
Community School  
120 Oban Road  
North Ringwood 3134  
Email—

Administration  
ebegley@  
hsringwoodnth.  
catholic.edu.au  
Phone: 98761103

FOR ALL  
EVENTS  
AND DATES  
PLEASE GO  
TO THE  
SCHOOL  
CALENDAR  
Under  
current  
parents tab

No 12

Date 6 August 2020

## Message from the Principal

6-8-20

Dear parents, friends and Father Arsenio

One of the many things I am pleased with is the fact that our staff were prepared and planned to switch to remote learning much easier than last time. The fact we had three weeks together made a world of difference and the fact we could plan together and implement improved procedures made a huge difference. The feedback received from our first period of remote learning helped immensely. Teaching and learning have been able to continue under the leadership of Kayla and Lauren for which I am grateful. It was a little frustration to be directed to take another student free day on Tuesday and I apologise for any inconvenience.

At the time of writing I am yet to receive an update to the operational guidelines and the 'current' version does not allow for many of the issues we are encountering. As such I have asked parents whose students require supervision to produce a 'permitted worker' permit. The intent of this quarantine period is to reduce or at least minimise adult movements which we are doing. The issues arise when trying to provide staff to supervise students on site and not compromise the teaching and learning involved in remote learning. Balancing the needs of the students, numbers and staff capacity is a delicate activity. I appreciate the patience and cooperation of all involved. Again, just a reminder that if you or your child need a break from work please just let your child's teacher know. This applies to school work only. Unfortunately, I can't grant exemptions from your paid employment.

During this second period I have continued to meet with the Board executive to keep them abreast of all issues. I am grateful that we have such capable people who volunteer in this capacity and the most recent board meeting was a great opportunity to share what was going on behind the scenes.

Please feel free to contact Errin or myself. If you call the school number Errin will answer and direct you as appropriate. Alternatively, please email me on:

[darendse@hsringwoodnth.catholic.edu.au](mailto:darendse@hsringwoodnth.catholic.edu.au)

With every best wish in trying times

Duncan



# PARISH NEWS

## **‘The Blessing’ Project**

Hi everyone! To help keep our Parish community going during the COVID lockdown, we are starting another **choir-inspired** music video project. This time, we would like to involve as many people from the Parish as possible, especially families and children.

You may have seen a song called ‘The Blessing’ that has been sung throughout the world in a multitude of languages by Christians during COVID-19 to remind the world that God is with us and to give everyone a sense of belonging and unity. You can find some great versions on YouTube – just search for The Blessing.

We would like to do a Holy Spirit Parish version of The Blessing. All you have to do is record a video of you or your family singing, playing, dancing or just waving along in time with the music. You can submit more than one video, and if you are a musician, we’d love to have you playing as well. A video with as many familiar faces as possible would be most uplifting to our community so please don’t feel that you need to have musical talent to be involved. If you have a real aversion to singing feel free to just clap along to the song, tap a triangle, saucepan lid, sway, dance, hold up a sign of love, peace etc. This is about sharing something as a community. If you would like to be a part of this project please follow the instructions below.

### **How to record your video**

You’ll need a mobile phone with a camera, and someone to operate it (or use a stand if you have one). You can use the selfie camera if you like, but the rear camera will generally produce best results. If you aren’t able to record a video, a photo of your family doing something would be fine.

You will need to sing/play/dance in time with the backing track. You can find the backing track on YouTube at this link <https://youtu.be/yWHQ9YRmXBg>.

If you are singing or playing an instrument, it would be good if you can listen to the backing track on earphones so it doesn’t come out in your recording. For musicians, there is an attached lead sheet if you need it. The lyrics are also attached.

Once you have recorded your video, please contact Bill or Maree Buttler to arrange for it to be picked up. We can use a USB drive to transfer it, or you can upload it to YouTube and send us the link, or email your photo to us at [billnmaree@optusnet.com.au](mailto:billnmaree@optusnet.com.au) (videos will probably be too big to email).

Once we have enough contributions, we’ll put them together into a video collage that can be displayed on the Parish website and Facebook page. Get recording, and have fun!

The latest edition of The Spirit is available now at

[http://holyspiritparish.org.au/Portals/3/Documents/Spirit\\_Extra/spirit\\_extra\\_008.pdf](http://holyspiritparish.org.au/Portals/3/Documents/Spirit_Extra/spirit_extra_008.pdf)

# **THE BLESSING**

Kari Jobe Carnes, Cody Carnes, Steven Furtick  
and Chris Brown

*4 bars intro*

## **Verse**

The Lord bless you, and keep you.  
May His face shine upon you  
And be gracious to you.  
The Lord turn His Face t'ward you.  
And give you peace

## **Chorus**

Amen, Amen, Amen. Amen, Amen, Amen.

## **Verse**

The Lord bless you, and keep you.  
May His face shine upon you  
And be gracious to you.  
The Lord turn His Face t'ward you.  
And give you peace

## **Chorus**

Amen, Amen, Amen. Amen, Amen, Amen.  
Amen, Amen, Amen. Amen, Amen, Amen.



# Prayer of the Week

Dear Families,

On Friday 14th of August we will celebrate the Feast of the Assumption of Mary together on our google meet session in the morning. There will be a small prayer liturgy and you may sit with your family to say some prayers together, before joining your own class.

Your teachers are aware that you may join them after the liturgy.

During these difficult times we remember that Mary is our protector, a light of love for our world. Mary was an extraordinary person who lived an ordinary life. She shows us how to be compassionate, loyal and just and her life and devotion is an example for us. On this feast day we honour Mary, the Mother of Jesus and all of our mothers.

Here is a prayer from Pope Francis, that he prayed in March with the world.

## Prayer on the Corona Pandemic

*By Pope Francis*

O Mary, you shine continuously on our journey as a sign of salvation and hope.

We entrust ourselves to you, Health of the Sick.

At the foot of the Cross you participated in Jesus' pain, with steadfast faith.

You, Salvation of the Roman People, know what we need.

We are certain that you will provide, so that, as you did at Cana of Galilee, joy and feasting might return after this moment of trial.

Help us, Mother of Divine Love, to conform ourselves to the Father's will and to do what Jesus tells us: He who took our sufferings upon Himself,

and bore our sorrows to bring us,

through the Cross, to the joy of the Resurrection. Amen.

We seek refuge under your protection, O Holy Mother of God.

Do not despise our pleas – we who are put to the test – and deliver us from every danger, O glorious and blessed Virgin.



# SCHOOL NEWS



## Congratulations to our Stars of the Week



### *Week Two*

**Patrick McCrohan, Allegra Muscatello, Jack Newman, Addison Bartlett, Sam Henriquez, Liana Bombardieri, Anabelle Trybula, Vincent Van Der Heuvel, Hugo Rosel, Talia Bombardieri, Eric Fasciani, Tate Millmow, Harrison Tasca, Ryan Coffey, Fraser Bartlett, Max Heazelwood, Ava Squire, Jaden Giby-Matthew, Harry Gole, Damon Chowdary, Cooper Childs, Joel Pollard.**

### **Week Three**

**Amy Tasca, Poppy O'Donnell, Indi Tatnell, Jessie Bartlett (& her mum), Mae McDonald, Nikoleta Montaldo, Indie French, Sienna Wolff, Isabel Binmore, Callum Armstrong, Liam Dwyer, Zach Jones, Mateus Lomas, Sahara Kisumbi, Balin French, Josh Johnson, Allegra Muscatello, Daniel Nielson, Will Laurence, Ava Rosel, Billy Semos.**







## Meet the Principal

Register now for our virtual  
Question and Answer session with  
Principal Mark Murphy at [bit.ly/WFCTour](https://bit.ly/WFCTour)

Applications for Year 7 2022 close October 2020.  
To apply, please visit [bit.ly/WFCApplication](https://bit.ly/WFCApplication)

[info@whitefriars.vic.edu.au](mailto:info@whitefriars.vic.edu.au) | 9872 8200



**Friday 24 July**  
**Monday 10 August**  
9.30 - 10.30 am

Applications  
for  
Year 7, 2022,  
close  
9 October, 2020

Visit Our Lady of Sion College in a whole new way and discover how your daughter can embrace life at Sion.

Join us for a live-stream virtual tour of our College via Zoom.

Our Virtual Talk and Tour Mornings will feature a live address by our Principal, Mrs Tina Apostolopoulos, an opportunity to meet the Leadership Team and our student leaders as well as a chance to ask questions.

Visit our website to book.

[www.sion.catholic.edu.au](http://www.sion.catholic.edu.au)

1065 Whitehorse Road, Box Hill | 03 9890 9097



The third edition of *Catholic Education Today* for 2020 is now available on the Catholic Education Melbourne website [www.cem.edu.au](http://www.cem.edu.au) under *News and Events / [Catholic Education Today](http://www.cem.edu.au)*.

# Supporting Local Business



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# AT HOME, ONLINE PILATES

Hi, I'm Brigid Buyck, Mum of Zach (Grade 4), Gemma (Grade 1) at Holy Spirit & Lachie (Year 7) Aquinas.

I am a qualified Pilates & Aerobics instructor and offering Pilates classes via Zoom during lockdown.

**New To Pilates** ? Not a problem. I can work with you one-on-one at your own pace & slowly introduce you to this amazing form of exercise that builds strength, flexibility & fitness.

**Private Group Zoom Sessions Available:** Stay connected & have fun in your own private Zoom session with a select group of friends of two or more.

Want to find out more? Contact me on 0407 262 507 or email: [bbuyck@icloud.com](mailto:bbuyck@icloud.com)



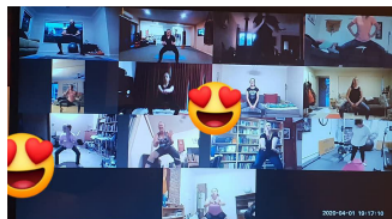
## Need a Gym Alternative OR Some Self Care?

Our sessions are suitable for all shapes, sizes, fitness levels + most injuries.  
Join anytime!  
No contracts or joining fees!

### 6 WEEK LIVE STREAM TIMETABLE

MONDAY	WEDNESDAY	FRIDAY
BOOTY 12-12:30pm	LIFT 12-12:30pm	Slow Flow Yoga 12:15-12:50pm
Shadow BOXING 6:30-7:15pm	BELLY + BOOTY 6:30-7:15pm	SATURDAY
PILATES 7:30-8:30pm	PiNK TRAINiNG 7:25-8:10pm	PiNK TRAINiNG 8-8:45am
TUESDAY	ROLL + RELEASE 8:15-8:45pm	LiFT 8:55-9:25am
HIIT 6:45-7:15pm	THURSDAY	ROLL + RELEASE 9:30-10:15am
LiFT 7:25-8:10pm	PILATES 7:30-8:30pm	SUNDAY
Yoga for Rockers 7:45-8:45pm		Lush Yin Yoga 4-4:45pm

Session descriptions: [bit.ly/pinkseshinfo](https://bit.ly/pinkseshinfo)



Bookings/more info:

Call Lisa 0410 686 819 (Charlie-rose's mum from 1/2 DAB!)  
[www.authenticwomen.com.au](http://www.authenticwomen.com.au)