



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

# *Holy Spirit Community School*

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

No 14

Date 3 September 2020

## Message from the Principal

3-9-20

Dear parents, friends and Father Arsenio

One of the things that this period of Remote Learning has reinforced for me is just how much we depend on others. I am incredibly grateful for the hard work of our staff and especially Errin Begley in the office who continues to ensure that we are all looked after. I don't pretend to understand the circumstances that affect each family at the moment. I will only be too happy to assist in any way possible though. We are having to adapt and change to suit the fluid nature of the current situation. Please be assured of my gratitude in these trying times. Do not hesitate to reach out to your child's teacher or myself if we can help in any way.

Our new prep play space is beginning on Monday. This is an exciting development and hopefully can be something (albeit small) for the students to look forward to upon their return. I will do my best to post some pictures along the way.

Our 2021 preps are also being well looked after. Next week Katherine will be running our very first video based meeting for all families new to our school in 2021. It goes without saying that current families are welcome to join in however we just want to have some contact with new families that is a little more personal. Existing families with a child in prep will be updated via email.

Have a great week

Duncan



# PARISH NEWS

Not much news from the Parish apart from that everything is still closed. We are all working from home and are available if you need us. We are contactable via our email address ([ringwoodnorth@cam.org.au](mailto:ringwoodnorth@cam.org.au)). The Word, Spirit Magazine and other Parish matters are available on the Parish website for you.

This weekend we celebrate Father's Day in a very different way. We wish all our dads a beautiful day and to those who can, we hope you celebrate in the best style that you so deserve with your family. "Well done, good and faithful father, your children have delighted in you and you are eternally blessed".

May the good Lord watch over and bless all our dads, granddads and dads-to-be.

Stay safe everyone and look after each other!

*Ruth Frangeskakis  
Parish Secretary  
Holy Spirit Parish  
120 Oban Road  
Ringwood North Vic 3134  
Phone: 9876 3717 or 9876 3077  
Work days: Tuesday & Wednesday, 9am-4pm*



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 Project

The Blessing Project is continuing. If you have made a recording please contact Bill or Maree Butler 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).

# Prayer of the Week

Pope Francis has established September 1 as an annual World Day of Prayer for the Care of Creation, inspired by the example of the Orthodox Churches who have observed this day for a number of years.

This is a day dedicated to think, pray and be thankful for all of God's creation, with a focus on taking care of our planet, everyday for generations to come.

## **Pope Francis's Prayer for the Earth.**

All-powerful God, you are present in the whole universe  
and in the smallest of your creatures.  
You embrace with your tenderness all that exists.  
Pour out upon us the power of your love,  
that we may protect life and beauty.  
Fill us with peace,  
that we may live as brothers and sisters,  
harming no one.  
O God of the poor,  
help us to rescue the abandoned and forgotten of this earth,  
so precious in your eyes.  
Bring healing to our lives,  
that we may protect the world and not prey on it,  
that we may sow beauty,  
not pollution and destruction.  
Touch the hearts of those  
who look only for gain at the expense of the poor and the earth.  
Teach us to discover the worth of each thing,  
to be filled with awe and contemplation,  
to recognize that we are profoundly united  
with every creature as we journey towards your infinite light.  
We thank you for being with us each day.  
Encourage us, we pray,  
in our struggle for justice, love and peace.  
Amen.



# Wellbeing

Hi all,

Hope this message finds you and your family well. Below you'll find some really worthwhile resources in helping you cope with some challenges many of our family are facing such as:

- Lack of Motivation, Child Defiance, Gaming and technology use, Sleep Deprivation, Anxiety, Sleep issues, Positive Parent support around positive families, wellbeing and perfectionism.

1. Dr Michael Carr-Greg a nationally recognised child psychologist who has created a heap of content for CO-VID19 challenges called Riding the Corona Coaster: [https://schooltv.me/wellbeing\\_news/special-report-riding-corona-coaster](https://schooltv.me/wellbeing_news/special-report-riding-corona-coaster)

2. Maggie Dent a short video about challenges with technology in homes, gaming and technology contracts. <https://www.facebook.com/abcmelbourne/videos/315483086392425>

3. Dr Justin Coulson is another nationally recognised psychologist in particular the area of positive parenting. This guy is an absolute gem, I highly, highly recommend his podcasts for absolutely everyone. <https://www.happyfamilies.com.au/podcasts/>

4. My absolute favourite leader in self awareness, wellbeing and wholeheartedness Dr. Brene Brown. A world leader in this area. I've created a Google Doc with some of her world famous TED talks (50 million views) and other resources like her Podcast Unlocking Us. She has so many useful resources I can't share them all in here. <https://docs.google.com/document/d/1OkSRq4kuQYP9Ra4KIGIUaFG9IOX8yAh6rJKj-WldVGg/edit>

I hope that you are able to find some use of these resources, please if you or your family are in need please talk to someone, whether it is another parent, or anyone within the school community, school leadership and staff included.

Take care and keep on punching.

**Ben**



Melinda Buscema is on leave until the end of the term. Please contact Duncan or your child's teacher if you require anything in her absence. Thank you.

# SCHOOL NEWS



## Congratulations to our Stars of the Week



### Week Five

*Keven Attale, Anna Aneesh, Mila Bautista, Martin Bertram, Ruby Bracegirdle, Noah Dawson, Siena Egan, Athena Huang, Sarah Jones, Stefania Latella, Isabelle Mabilia, Jim Marchesani, Tasma Motteram, Siena Nicholson, Kayvan Partow, Harvey Rosel, Oscar Sharp, Ava Simkin, Zoe Staples, Lucy Van Loon, Charlie Volombello, Emily Wallace.*

### Week Six

*Elsa Bakacs, Mason Brasher, Phoebe Brown, Gemma Buyck, Daniel Cefai, Rachel Cefai, Ethan Clarke, Shania D'Souza, Nina Forde, Remy Gibson, Cleo Houghton, Stephania Latella, Olivia Mariani, Alannah Mott, Emily Petridis, Dante Riquelme, Abby Setter, Abbey Shine, Joshua Takac-Pan, Addison Wymer, Abby Young, Zara Zeeman.*

## School Board Update

The School Board met on 1 September and received an update from Duncan, Lauren and Ben about the progress related to remote learning.

The School Board acknowledged the efforts of students, families and teachers throughout the pandemic and specifically the approach to Term 3.

The School Board discussed the approach to supporting all year levels in the return to school with a view to Term 4 and transitioning to the 2021 school year.

In addition, the School Board discussed the importance of e-safety policies and will continue to monitor enhancements to the guidance for families. Finally we received a comprehensive briefing about the school finances and preparations for the 2021 budget.

As always, any family wishing to discuss any aspect of the School Board is welcome to contact me directly.

Kind Regards  
Andrew Conway  
Chair

## Spring is here



Slip



Slop



Slap



Seek



Slide

### SUN PROTECTION and the UV INDEX

Low		Moderate			High		Very High		Extreme
UV INDEX	UV INDEX	UV INDEX	UV INDEX	UV INDEX	UV INDEX	UV INDEX	UV INDEX	UV INDEX	UV INDEX
1	2	3	4	5	6	7	8	9	10
									11+
SUN PROTECTION NOT REQUIRED		SUN PROTECTION REQUIRED							
Unless outdoors for extended periods, or near reflective surfaces such as snow or water.		Wear sun-protective clothing, a broad-brimmed hat and sunglasses. Apply SPF30+ sunscreen to any unprotected skin. Seek shade.							





## WHAT'S HAPPENING WITH WINTER SHELTER IN 2020

Hello Winter Shelter Volunteers!

Welcome to all the new volunteers who have joined our program this year. It is good to see so many new faces joining our team. Thanks to the team from Good Shepherd Lutheran Church Ringwood and to the team from Central Ringwood Community Centre for making soup every Sunday. Thanks to Jacki and her generous friends who not only cook meals but managed to fill a car and a half of groceries for our guests.

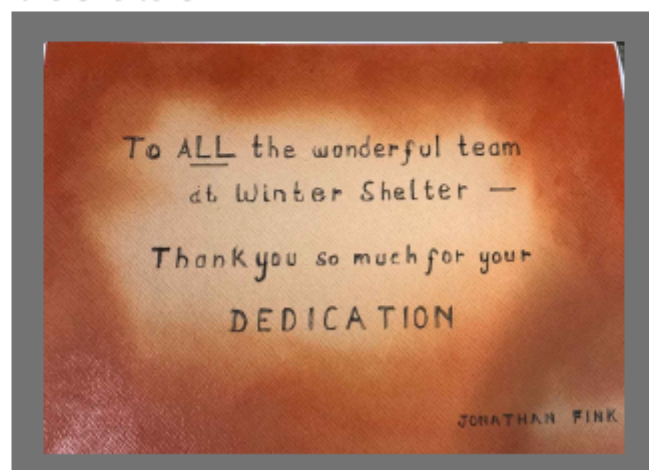
Between 1 Aug-26 Aug we have already distributed 1129 meals and 41 bags of groceries to more than 455 people. These meals include those made by our volunteers, meals donated from Fairshare and from the RACV Club, view a link to see more about the RACV donations <https://youtu.be/HE3-c6hWBHM>. They do not include all the delicious sweet treats our volunteers also make. Winter Shelter has had a reputation of fattening up our guests over the last 2 years.

I am sure that we are achieving the same again this year!

Thank you to all of you for your support in so many ways, including driving, cooking, baking and serving at the meals evenings.

We are still in need of the following

- Warm socks, (for men or women)
- Underwear (for men or women)
- Toiletries (including women's personal hygiene items)
- Polar fleece tops and warm jackets (secondhand are fine)
- Fresh fruit for the shelters



# winter shelter

## AUGUST 2020

We have been facilitating a shower program in partnership with Maroondah City Council for 4 months. Homelessness agencies have extra funding to provide motel accommodation to rough sleepers and therefore the shower program was no longer needed.

We are starting an extra meals night on Fridays, to begin from 4 Sept. If you are interested in helping on Fridays please let us know.

We need people to make slices/biscuits, to be delivered to the day shelter by 4.30pm and donations of bread rolls and fresh fruit. We may be able to arrange pick up if you cannot deliver.

## WHERE TO FROM HERE?

We plan to continue the Wednesday evening meals at the Vive Cafe in Croydon for as long as there is a need as for as long as our volunteers are happy to continue to cook. We plan to provide the Friday, Sunday and Monday meals until the end of the year but this will also be dependent on the current pandemic and the need for meals in the community. Winter Shelter has been very fortunate to receive funding grants from Maroondah City Council and from Hon Michael Sukkar MP. These grants have enabled us to buy grocery gift cards, microwaves, cooking utensils, swags, beds, bedding, sanitiser gloves and masks.

Thank you everyone for making our program such a success and for making a real difference to the lives of so many people in Maroondah.



**Gitta :0451 744 453 [gitta.clayton@chbc.org.au](mailto:gitta.clayton@chbc.org.au)**

**Beth: [boswalds1@gmail.com](mailto:boswalds1@gmail.com)**





## 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 11 September**  
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.

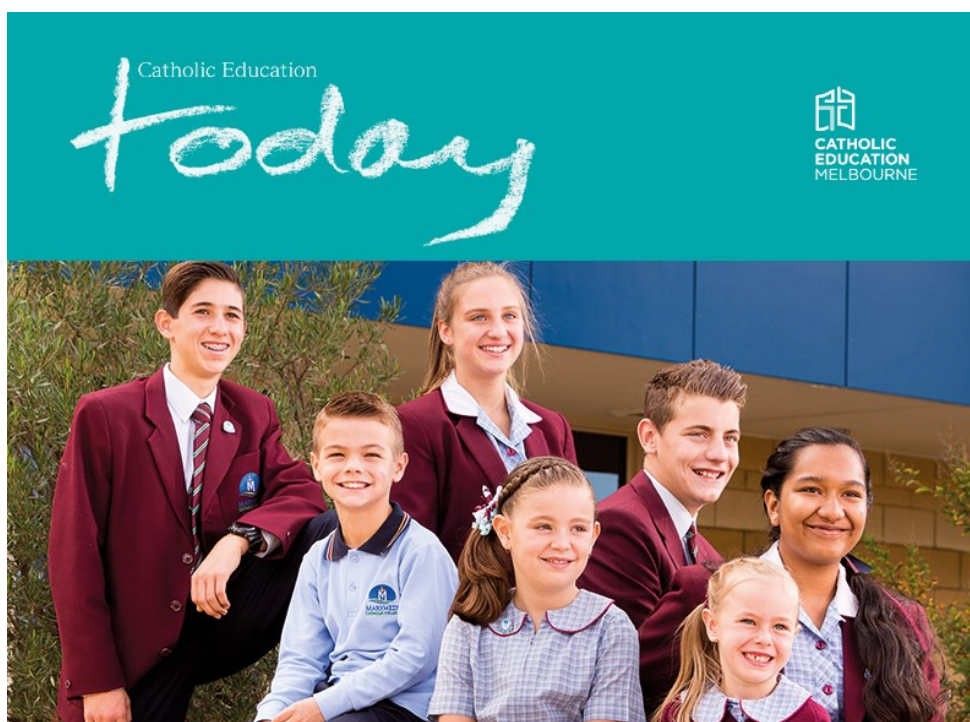
Join us for a live-stream virtual tour of our College via Zoom.

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](https://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](https://www.cem.edu.au) under *News and Events* / [Catholic Education Today](https://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.

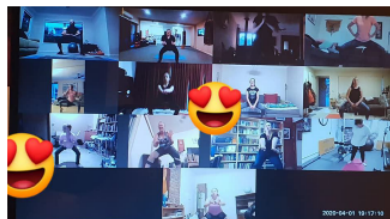
Join anytime!

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)