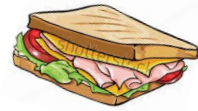


## TUCKSHOP

WED 1 APR — TANIA  
FRI 3 APR — TANIA  
MON 20 APR — TANIA



PLEASE ENSURE ALL TUCKSHOP ORDERS ARE WRITTEN OUT ON A PAPER BAG WITH AMOUNT OF MONEY ENCLOSED & CLEARLY NAMED.

Tuckshop List and Uniform Price List are available on the Good Counsel Primary School website.

## TOP PARENTING TIPS FOR PARENTS AND CARERS IN UNCERTAIN TIMES

1. **Reassure your children that your family is your top priority.** Say something like "I'm your parent, it's my job to keep you safe and we are doing everything we can."
2. **Maintain everyday family routines.** Keep to usual rising times, mealtimes, and bedtimes. Every family is different. Involve children in working out any new routine (e.g., have a daily plan of activities for school-aged children who are at home).
3. **Have plenty of interesting things to do at home.** Busy children are less likely to be bored and misbehave. With your child, help create a list of 20 activities that will keep them busy (not just screen time).
4. **Take notice of behaviour you like.** Think about the values, skills and behaviours you wish to encourage in your children at this very difficult time. There are many opportunities to teach your children important life skills (e.g., being caring, helpful, cooperative, getting on well with siblings, taking turns). Use plenty of praise and positive attention to encourage behaviour you like. Give them positive attention letting them know you are pleased by telling them what they have just done ("That's a lovely card you have written to your grandmother. That's so kind. She will really appreciate that.")
5. **Make sure your child knows you are ready to talk.** Children need to be able to talk to parents about their concerns and have their questions answered. When a child wants to talk about their feelings, stop what you are doing and listen carefully. Avoid telling your child how they should feel ("That's silly. You shouldn't be scared about that.") Let children know it is OK to be worried. Talking or drawing can help children get in touch with their feelings and figure out what they are anxious about.

## TERM FEES



Please do not stress over school fees at this time. We are working with CES on a number of measures around financial packages to assist any family who has been impacted by Covid-19 on their employment, business or other circumstances. Details will be finalised this week and distributed in due course.

6. **Be truthful in answering children's questions.** Find out what they know about the issue before answering. Keep answers simple. Get information from trusted sources (eg, official government websites) rather than social media.
7. **Have a family plan of action.** Involve children in preparing the plan. As situations can change quickly (eg, new travel restrictions, school closures), update the plan as needed.
8. **Help children learn to tolerate more uncertainty.** The COVID-19 crisis creates uncertainty for everyone. Parents need to find a way to accept uncertainty and, through your actions and words show this acceptance to your children. It's OK to say, "I don't know, let's find out what we can." Big changes to children's lives can be hard and are often scary. They can also create opportunities for learning new skills.
9. **Take care of yourself the best you can.** Deal with your own distress by taking actions that give you a better sense of personal control. Stress management skills such as mindfulness and/or deep breathing can help reduce stress. Keep healthy and safe (good personal hygiene, exercise daily, eat well, get enough sleep, avoid using alcohol or drugs to lessen stress). Avoid behaviour that might increase your stress. For example, while it is helpful to keep informed about COVID-19, constant checking on your screens can increase stress.
10. **Reach out and connect with loved ones.** Make greater use of phones, online communication tools (video conferencing) and social media to keep in touch with family, friends and neighbours. Help others in need who are going through a tough time and are more vulnerable (eg, parents/caregivers with disabilities, older people).



Written by Matthew R Sanders and Vanessa E Cobham  
Parenting and Family Support Centre | © The University of Queensland



## GOOD COUNSEL PRIMARY SCHOOL NEWSLETTER

SEEK, LEARN AND SERVE

31ST MARCH 2020

TERM 1 Week 10

Dear Parents/Carers

As we enter the final week of Term 1, most of us are left with an empty feeling as we would normally be celebrating a term of learning; reflecting on the events of Lent; preparing for the Lord's Passion, Death and Resurrection at Easter. These have all been clouded somewhat by the current world events around the Coronavirus and the measures that have been taken to control its spread. This has had a major impact on everyone and has certainly forced us to develop plans and provide access for our students to remote learning (learning from home). This learning will be a combination of online tasks and work books. Students will have the ability to connect with their teachers and other class members. Parents will have email and Seesaw communication with teachers. School will be different and for some families difficult, but together we will work through this. Teachers this week are developing a combination of programs to assist parents teach their children in the home environment.

School this week is student free, though we have approximately 50 children of essential workers on site being supervised by our wonderful School Officers. When we return on 20 April we will move into the first week of remote learning. Parents will on the first day be issued with times to call into school to pick up essential learning packs and for students in Years 3-6 a school iPad. More information to follow during Week 2 of the holidays when these essentials are finalised. Prior to the commencement of Term 2, Parents of Yr 3-6 students will also be asked to complete online school agreements related to the use of technology. You will be notified when these are finalised.

A common question that we are fielding is around how can I prepare for Term 2.

My advice is to....

1. Set up a space in the house that will cater for remote learning - table/ chair.
2. Investigate your access to internet services (there are some free deals out there).
3. If possible, have a device that students can use to connect to their teacher when they communicate with their class.

What not to do .....

1. Do not go out and purchase expensive technology equipment.
2. Do not complete the online Learning@home units created by Education QLD as these will form part of our learning suite for the first week of Term 2.
3. Do not stress over school fees at this time. We are working with CES on a number of measures around financial packages to assist any family who has been impacted by Covid-19. This includes loss of employment, business or other circumstances. Details will be finalised this week and distributed in due course.

For now, enjoy the holidays at home, continue practising good hygiene and limit social contact in large groups. There does not seem to be a shortage of chocolate so have a Happy Easter.

### Prayers

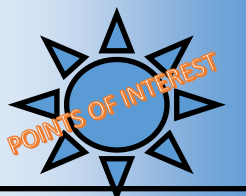
Today we received news that Mr John Walsh (first Lay Principal at Good Counsel Primary School), passed away aged 79. John was principal from 1982-1994. Prior to his time at GCP, he was also principal at St Rita's South Johnstone (1979-1981) and Mourilyan State School. Many in the community would have worked with or been taught by John. Please keep his family in your prayers.

Regards Liam

secretary@gcps.qld.edu.au  
www.gcps.qld.edu.au

Ph: 07 40630600  
Fax: 07 4061 2271

OFFICE HOURS  
8:00 AM—3:20PM



Page 2—The Life of the School  
**DIARY DATES**  
**TERM 1**  
Tue 28 January —  
Fri 3 April

**SCHOOL BANKING**  
**POST-  
PONED**  
**UNTIL**  
**TERM 2**



**HAVE A SAFE &  
HAPPY EASTER**

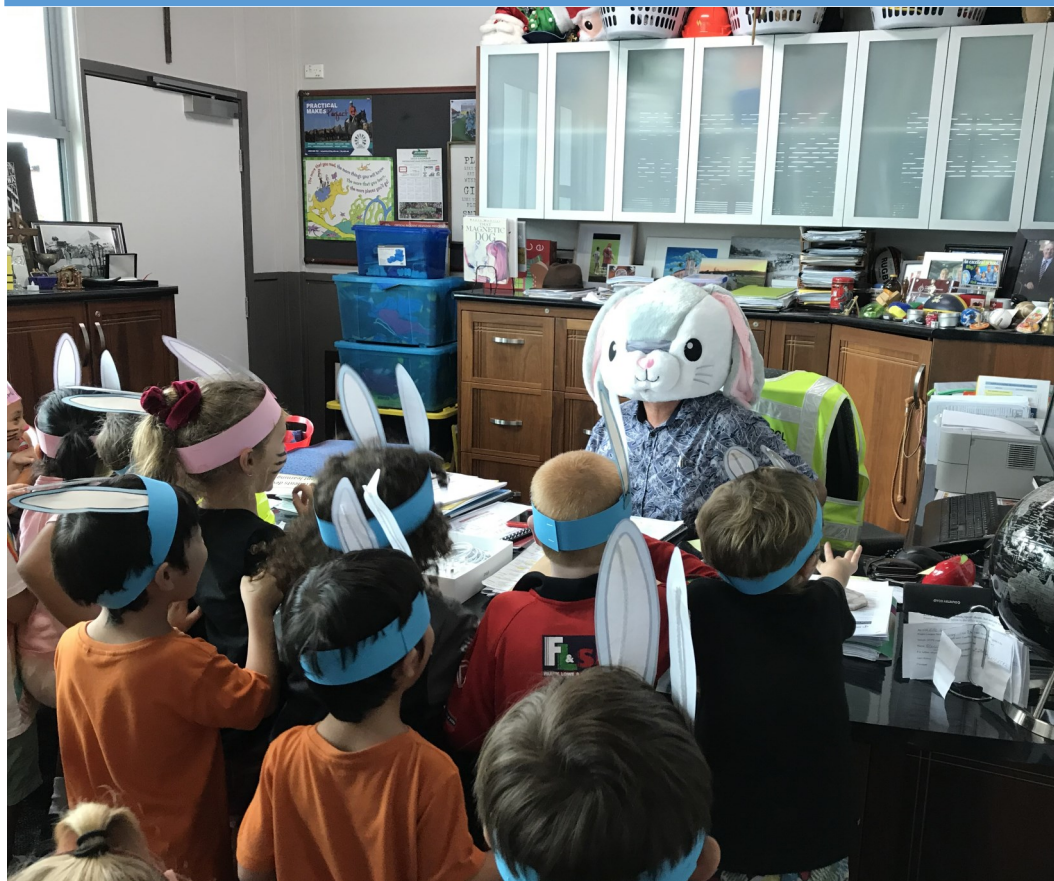
**TERM 2**  
**MON 20 APR**  
**MORE**  
**INFORMATION**  
**TO FOLLOW**





Good Counsel Primary School Staff, Innisfail took a moment from their schedules to 'Clap for all the Health Care Workers, who are working tirelessly on the 'Front Line' during COVID 19'. We applaud the amazing work they do for us, our families, our school and parish community.

Below... The Easter Bunny sat at his desk entertaining the Preps with tales of Easter and the holidays to come.



#### School Holidays

Fri 10.04 Good Friday  
Sun 12.04 Easter Sunday  
Mon 13.04 Easter Monday  
Mon 20.04 Term 2 start date

#### SOCIAL & EMOTIONAL Wk 9 AWARDS—

Awards shared via Seesaw

##### CONFIDENCE

Xander Salva  
Neil Xiong  
Mackenzie Livingston

##### ORGANISATION

Laylah Bonello  
Inè Ferriera

##### GETTING ALONG

Mason Thoroguhgood  
Ella Travers  
Heleana Kuhn

##### PERSISTENCE

Gabriella Nucifora  
Leah Picini  
Peter Dennes  
Bronte Fay  
Liam Laksa  
Noah Sharrock  
Addler Ingram  
Maeve Edmondson  
5W whole class



#### In the coming week...

The final days of Lent, Christians immerse themselves in the Easter story of Jesus' death and resurrection. Let us pray that it will change us and bring us to the new life of Christ.  
*By the holy Cross of Christ, save us and raise us up, O God, forgive our sins and lead us to eternal life. Through Christ our Lord. Amen.*

#### EASTER TRIDUUM

The three days from Thursday evening until Sunday evening are the holiest days in the Christian year. Under different circumstances, we would begin by celebrating the Mass of the Lord's Supper, on Good Friday we remember Jesus' passion and death, and on Easter Sunday we joyously celebrate Jesus' resurrection to new life. Alleluia!

#### Palm Sunday:

Many thanks to the classes which scheduled to present their prayer assemblies for Holy Week, and so found their way past the crowd restrictions to online presentations. Thank you to Mrs Sam Benvenuti and 3B students who last week worked on their Palm Sunday video.



#### The Last Supper:

Thank you to Mrs Amanda Speziali and 6S students who remained at school this week for their Holy Thursday video.



#### Stations of the Cross:

Thank you to Mrs Genevieve Sugars and Mrs Jan Gallagher and 5GS students for their work with the Stations of the Cross video. By the end of this week these will be available on the [School & Parent Portal](#) under [Announcements](#) as well as the following:-

Bishop James—Diocese of Cairns.  
Masses will be livestreamed from the Cathedral Please go to [www.cairns.catholic.org.au/index.html](http://www.cairns.catholic.org.au/index.html)

Livestream Times: 5.30pm



*When this is over—May we never take for granted  
A handshake with a stranger—Full shelves at the supermarket  
Conversations with neighbours—A crowded theatre  
Friday night out—The taste of communion—A routine check-up  
A school rush each morning—Coffee with a friend  
A 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. Amen.*

Laura Kelly Fanucci