

Issue 5 – 3rd April 2020

From our Principal...

Dear Families,

Ever felt like a week goes for a month? The last few weeks for me has been like that.

In fact, for everybody, the last 3 weeks in particular has felt so very different. We all sometimes lose track of days from time to time but like never before, this is amplified.

Our routines have all been put on hold. Those 'markers' in the week, have disappeared. No sport in the afternoons, no regular coffee catch-up, no going to the gym, church has been cancelled.

As you know, schools are being asked to deliver online learning and everyone who can, is being asked to work at home.

It feels like everything has changed. Indeed, a lot has.

But there certainly are some things that haven't. The beautiful Hervey Bay weather at this time of year. The air we breathe is fresh and pollution free. The tide still goes in and out and I can walk on the beach (albeit with only one other person). Yes, these seem basic but I don't know about you, I have been re-directed back to acknowledging the simple things around me that are really important.

As we all head into the Easter Break, with any travel plans cancelled and normal gatherings not occurring, we have the opportunity to take these challenges in our stride and look at the more simple things in life.

This Easter, may we be able to really see the saving love of Christ, and know that while things have changed around us – what Christ did on the cross – has never and will never, change.

Blessings,
Luke Schoff
Principal



CORONAVIRUS (COVID-19) UPDATE

Earlier in the week, my update said that;

At this stage, school will 'return' on Monday 20th April, with the delivery of learning occurring 'online' (continuous learning) for all students. For students of essential workers, supervision for normal school hours will be provided at the College for students to complete their online learning on site. Unless different mandated measures are in place, staff will be on site with access to the necessary resources and have the ability to collaborate in the deep way we currently do when we plan and facilitate learning at St James. Of course, appropriate distancing practices will be responsibly implemented.

While the above advice is still what we are expecting, a clear government message on this has not been forthcoming. We will update families on what the guidelines and expectations are for students, staff and educational organisations as this is announced. This may not be until after Easter. As always, we will keep abreast of the latest advice and act accordingly.



From the Head of Secondary School...

A friend recently made a comment to me of how awesome it was to see so many families connecting during self-isolation. Social media is filled with posts of families exercising together, Master Chef, awkward Dad's being dragged into Tik-Tok clips, cook offs pitting siblings and parents against one another and some classic boardgames to name a few. All of these posts have something in common – love and laughter, and surely that is a good thing. As we 'break' for Easter, we know it will be unlike any Easter we have had before. We may not be camping on Fraser as we have every year since the kids were born, we may not be 'down South' or 'up North' visiting relatives as we have always done but with this comes opportunity. I had planned on crossing another from my bucket list this year with a trip to Cambodia. I have been desperate to explore the ancient ruins of Angkor Wat for years, and last night I did! Tonight I plan on stepping aboard the International Space Station and where next, who knows?

These amazing virtual tours can be found at <https://artsandculture.google.com/> where you will find so much more. Every day new things are being added to access on line. Places we could only dream of until now. If you would like to visit some of the world's top museums and zoos, take the family to <https://naturalhistory.si.edu/visit/virtual-tour> and ask each member of the household to pick a place to visit. As an added bonus, most of these sites have additional resources and activities just for kids, I even came across a dinosaur dig!

Taronga Zoo are literally bringing the animals into our homes with the launch this week of Taronga TV. For those animal lovers check it out at <https://taronga.org.au/taronga-tv> here you can watch in real time the escapades of the zoo's residents.

You may not be where you had planned or with who you had hoped, but please take a moment to stop and reflect on the meaning of Easter and all that we have to be grateful.

God bless,

Julie Higgins
Head of Secondary



From the Head of Primary School ...

Dear Families,

As we move into the Easter Break, I would like to thank you all for your wonderful support throughout the term. The children have found their feet in terms of following routines and settling into the St James way. It takes a lot of thought and effort to keep the wheels turning over at school and we are blessed to have amazing staff who are all prepared to go the extra mile in support of each child in their care.

Over the holidays, you will have to come up with some creative ideas to keep the family occupied. Not being able to go on trips and do things that we normally do will challenge us but there are lots of places to look for help. Most importantly, keep it as simple as possible.

Children are wired for play and they're wired for imagination. So I think the first thing is for us not to stress and let them play!

Play lets off a lot of steam and we shouldn't be afraid to think about back to those old-school things of really simple play ideas.

If you don't have an easy outside option, there are still plenty of play options.

You might get your hands on ping pong balls to throw around or make a ball from a bunch of folded back socks. Do some catch or things like running races up and down the hall or handstands.

You could set up an obstacle course, make couch forts or build a cubby house from sheets.

Having a rough timetable for the day, formed together the night before is useful for children to help them know what to expect of the day.

The children think of what it is they want to do and so it's led by them, which gives them a sense of autonomy. It is a well-known saying "It takes a village to raise a child" and the village is now outside, you're not able to touch it. But you can still access it. Connecting with other parents sharing play ideas in online groups can reveal many wonderful, creative, hilarious but also helpful ideas. Digital libraries, museums and even visiting animals at the zoo without leaving home are all simple fun alternatives for the holidays.

Happy Holidays – looking forward to seeing you all in Term 2

Jane Campion
Head of Primary School



From our Chaplain ...

This Sunday is Palm Sunday and the start of Holy Week, the final week of Lent. The crowds gathered to see Jesus enter into Jerusalem, waving palm branches and welcoming him singing Hosanna. How quickly the mood of the city and its people would turn. Before his trial he gathered his disciples for a last meal of fellowship and community.



John 15:15 reads: *I have called you friends*" Our gracious and loving Jesus invited the disciples and invites us into friendship with him. Though the crowds discarding him and we have turned away from him, He saved us and brought us closer to him. He call us His friends. We are no longer far from Him. We have been brought closer to Him, especially over these past few weeks of doubts, fear and uncertainty. We are no longer enemies. We are friends. We are no longer slaves. We are free. We are no longer servants. We are children of God.

Prayer: Dear Jesus, You are all about relationships. You have invited us to live closer to Your heart and deeply rooted in Your promises. In this final part of the season of Lent, help us to examine the depth and truth of our friendship with You, with our family and neighbours and with fellow Christians around the globe. In the name of the Father, the Son and the Holy Spirit. Amen!

Ingeburg Dell'Antonio
Chaplain





From our Kindergarten ...

The Educator's in our Kindergarten have been thinking about idea's to share with our families. We love to learn through play so please send us some of your idea's so we can share them with our families and keep in contact with each other over the coming weeks.

Please ensure your contact details are up to date so that you can receive updates from the Kindergarten team, also this is a great time for Kindy families to ensure they are receiving updates from Kindy portal, which is full of what the children have been learning across the week plus individual observations of learning. Please feel free to contact me at any time, service.leader@stjameslc.qld.edu.au

Blessings,
Jackie Heath
Service Leader



From the Resource Centre ...

Prep – Year 6 – Keep an eye out on Seesaw for a new class called “Story time”. Who will be the next celebrity reader, sharing their favourite picture books with you at home?



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6 TIPS TO STAYING SAFE ONLINE

- PERSONAL INFORMATION**
Don't post any personal information like your home address, email address or mobile number online.
- THINK BEFORE YOU SHARE**
Think carefully before posting pictures or videos of yourself online. Once it has been shared, it cannot be unseen.
- BE RESPECTFUL**
Even if you do not agree with another person's views or thoughts, be respectful towards them and do not be rude or nasty.
- THINK BEFORE YOU TYPE**
Always think of the consequences of your posts. Think very carefully before posting online.
- NEVER TALK TO STRANGERS**
Don't talk with strangers online. People are not always whom they say they are. Speak with a parent before talking to new people.
- NEVER MEET UP**
Never ever meet up with someone you have met online with talking to a parent or guardian before hand.

ikydz

Alternatives to the Easter Egg Hunt...

Instead of putting eggs in the garden and hoping for the best, you can let the Easter bunny himself guide the fun! The kiddies will love the cuteness when they wake up on Easter Sunday and find a note from the main guy and some tracks leading to where the eggs are stashed. If you don't feel like using cut-out bunny footprints, you can make a trail with mini eggs.



Instead of hiding eggs everywhere and hoping they are found on the day (and not melted and full of ants several months/years later), you can hide all the eggs in one basket and make the challenge finding that. Get string, wool, twine or something similar then weave a trail with it throughout the house, yard, and wherever else you'd like the kids to hunt. At the end of the trail is their stash of Easter goodies.

The Easter bunny can leave a map for the kids to follow to find where all the eggs are hidden.

Whether you have kids who can't have chocolate or you just don't want too much sugar, you can still give them a fun Easter egg hunt. Use hollow plastic eggs and put prizes inside that aren't lollies or chocolates. Things like toys, vouchers for an activity/family outing at a later date or even some coins are always a hit with the kids.

Similar to a scavenger hunt - Leave plastic eggs with more than one clue in them to give the hunter the privilege to choose between two paths and the hunt can end in multiple places.

Want to hunt for Easter eggs but the weather's not good? Make use of the often-ignored white crayon and draw Easter eggs on a clean, white bond paper. It won't appear of course but that's actually how things should be! Now prepare watercolours as those are what the kids will use to get those eggs!

Place Easter eggs on the pool and have the kids gather them out either by using a pool net or by swimming, your choice. Make sure there are adults around to avoid accidents!



Sport Clubs Fitness & Fun...

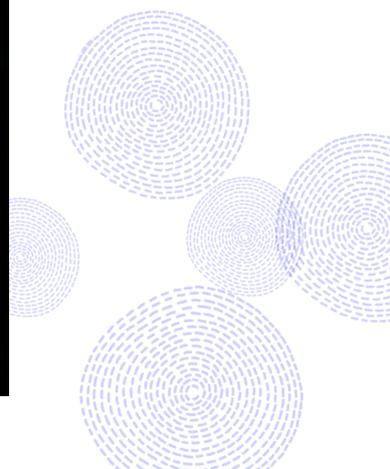
With the local sports competitions being paused many players across the different sporting codes will be starting to feel restless, possibly be concerned about fitness dropping or even their skills. St James Basketball, Netball and Football clubs have put together a few activities to help keep the players fit and work on their skills during this pause.

Netball Club

During this difficult time ahead where team sports are unable to continue, it is important to keep your skills up some ideas for you to do this include:

1. Put some cones (drink bottles or containers work to) on the ground in different pattern formations. Practice sprinting backwards and forwards to each cone, circling them, jumping over them and dodging between them. If you have siblings, you can set up races. Change the configurations and go again. This helps with fast feet and change of direction.
2. Practice your passing, chest, shoulder, low and bounces. If you have no one to throw with you, you can use a brick wall.
3. Have someone taller than you hold a ball above your head at different heights so you can practice your vertical jump.
4. To work on reflexes, find a tennis ball or a hand ball. You will need a brick wall. Play 7s. To do this all activities are done 7 times in a row before moving on to the next stage. Don't move on until each stage is completed 7 times in a row
Stage 1: 1 handed throw 2 handed catch
Stage 2: 1 handed throw 1 handed catch (right hand)
Stage 3: 1 handed throw 1 handed catch (left hand)
Stage 4: 1 handed throw under leg and catch 2 hands
Stage 5: 1 handed throw under leg and catch 1 hand (right)
Stage 6: 1 handed throw under leg and catch 1 hand (left)
Stage 7: throw on wall, spin no way around 360degrees and catch (hint is to spin fast and throw softer)
5. Do some jogging and sprinting in the backyard.

For other ideas, there are plenty online, so don't be afraid to Google some fitness and netball drills and give them a go. Looking forward to our season starting and watching you all play.





Basketball

Here are just a few ideas to pass onto your child/ren to keep them busy and loving basketball.

There is currently a free app called 'HomeCourt' which the kids can use to capture and analyse their shots, dribbling and movement.

Here is a snippet of Kyrie Irving's handles to keep you inspired

<https://www.youtube.com/watch?v=VhMHIFk1Yw>

Skipping:

https://www.youtube.com/watch?v=kAmDOTsp5cs&feature=youtu.be&fbclid=IwAR1sjeqMcMvdAUR27kP1svncgWelgmYr3V6ejDv-bBpqrro_NNNNUe35GEY

5 minute ball handling session:

<https://www.youtube.com/watch?v=r-NfawU2Rso&fbclid=IwAR2W0KTIlyN2XHJMInkoGfy9dZ7rP81iAfV4-eUiFSL2FUDZlOW6WMuZ34>

15 dribbling drills:

<https://www.youtube.com/watch?v=-GdtS-yaGHY>

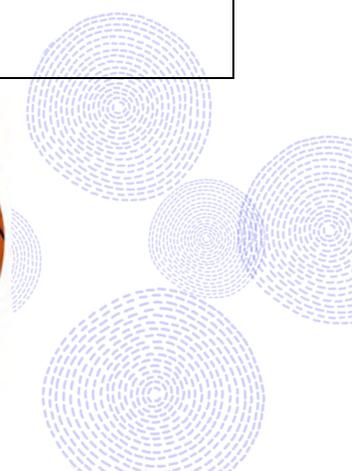
Football

These activities have all been sourced from <https://www.playfootball.com.au/miniroos/resources>

Here! There! Nowhere!

On a call from the adult, players run with their football towards the adult ('Here!'), away from the adult ('There!') or perform toe taps on the spot ('Nowhere!').

WHAT TO DO	Setting Up <ul style="list-style-type: none"> Establish a large playing area to encourage running (dribbling) with the ball. Playing <ul style="list-style-type: none"> Start without the ball at first, then introduce a ball for every player after a few turns; You explain the actions then make random calls that the players follow: <ul style="list-style-type: none"> 'Here!' – all players run with the ball toward you; 'There!' – all players run with their ball away from you in the direction they are pointing; 'Nowhere!' – all players stand on the spot and alternately tap the ball with the balls of their feet (toe taps).
WHAT TO LOOK FOR	<ul style="list-style-type: none"> Are players able to maintain control of the ball whilst dribbling?
SUGGESTED CHANGES	<ul style="list-style-type: none"> Players must touch the ball every 1 or 2 steps; Use both feet when dribbling.





Football Juggling

Players with a football experiment with different ways to juggle the ball using various parts of their body.



WHAT TO DO	<p>Setting Up</p> <ul style="list-style-type: none"> • All players have a ball and spread out randomly in the playing area. <p>Playing</p> <ul style="list-style-type: none"> • Demonstrate how to drop the ball on the ground, lightly kick it and catch it; • Ask ‘how many times can you drop, kick and catch your ball in a row?’; • Players can experiment with different types of juggling including: <ul style="list-style-type: none"> - Drop onto thigh and catch; - Foot to foot; - Try using both feet.
WHAT TO LOOK FOR	<ul style="list-style-type: none"> • Are players achieving success? • Is it too hard or too easy?
SUGGESTED CHANGES	<ul style="list-style-type: none"> • Players to attempt to kick the ball no higher than eye level; • Players to drop the ball straight onto their foot; • Try and use both feet.

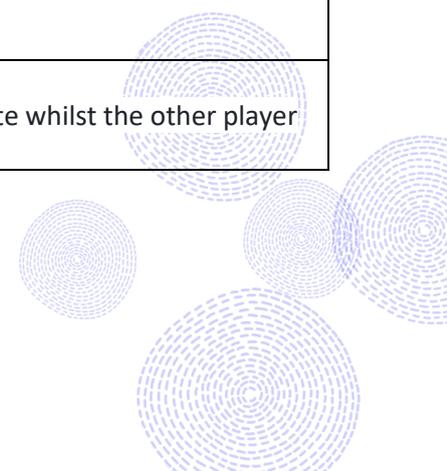
Pairs passing

On the Program Leader’s signal, players in pairs pass a football to each other three times between a gate, then move to other gates to repeat the activity — continue for 30 seconds.

Pairs score a point for each gate they pass a ball through.



WHAT TO DO	<p>Setting Up</p> <ul style="list-style-type: none"> • Players set up a gate within the playing area and face each other with a ball. <p>Playing</p> <ul style="list-style-type: none"> • On your signal, pairs pass a ball three times to each other, then run with the ball to a free gate and repeat the activity; • Continue for 30 seconds until you call ‘Stop!’ • Pairs score one point for each gate they pass the ball through three times; • Repeat the activity with pairs trying to beat their own score.
WHAT TO LOOK FOR	<ul style="list-style-type: none"> • Where can they stand to make the passes easier/harder • Are they improving after each round?
SUGGESTED CHANGES	<ul style="list-style-type: none"> • Make the gates smaller to improve accuracy; • After 5 passes, the player with the ball remains at the gate whilst the other player finds a new partner.



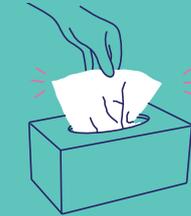
Coronavirus
(COVID-19)

SIMPLE STEPS TO HELP STOP THE SPREAD.

Cough or sneeze into your arm



Use a tissue



Bin the tissue



Wash your hands



TOGETHER WE CAN HELP STOP THE SPREAD AND STAY HEALTHY.

For more information about **Coronavirus (COVID-19)** visit health.gov.au



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Coronavirus
(COVID-19)

GOOD HYGIENE IS IN YOUR HANDS.

Wash your hands thoroughly with soap and water for at least 20 seconds to prevent passing on germs. Dry your hands.

TOGETHER WE CAN HELP STOP THE SPREAD AND STAY HEALTHY.

For more information about **Coronavirus (COVID-19)** visit health.gov.au



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Coronavirus
(COVID-19)

KEEPING YOUR DISTANCE.

Help stop the spread of coronavirus by keeping your distance. Remember, don't shake hands or exchange physical greetings. Wherever possible stay 1.5 metres apart and practise good hand hygiene, especially after being in public places.

TOGETHER WE CAN HELP STOP THE SPREAD AND STAY HEALTHY.

Advice regarding **Coronavirus (COVID-19)** will change regularly. Keep up to date. Visit health.gov.au



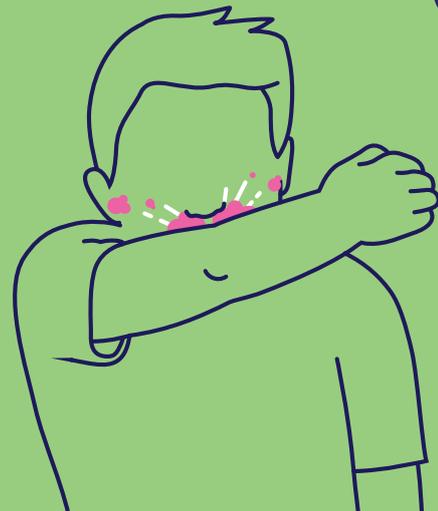
Coronavirus
(COVID-19)

KEEP THAT COUGH UNDER COVER.

Always cough or sneeze into your arm or a tissue and put the tissue in the bin straight away. Wash your hands with soap and water for at least 20 seconds afterwards.

TOGETHER WE CAN HELP STOP THE SPREAD AND STAY HEALTHY.

For more information about **Coronavirus (COVID-19)** visit health.gov.au



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