

**CANA CATHOLIC PRIMARY SCHOOL**

***Cana Catholic Primary School has a commitment to the care, safety and wellbeing of all children.***

Dear Families,

Welcome back to Term 3. I wanted to personally welcome you all back, even though it is not in the capacity that we had hoped for. During such time of uncertainty, it is perfectly normal to feel upset, anxious, overwhelmed or afraid, but the one thing we need to still do is remain positive. It’s important to remember that good things can still happen in the midst of chaos.

During this remote learning period, I will be continuing to upload information to this part of the website. My intention is to support families by providing you with resources you may consider using for your own wellbeing and the wellbeing of your family.

Right now, we are living through history! In years to come, we will reflect on this time and discuss the success and the challenges. We will remember what we did with our children and the unique ways we overcame obstacles. Most of all, we will fondly remember the ways we spend time with our families in a new way, without the hustle and bustle life can be filled with.

In this section of the website, I have uploaded a COVID 19 Time capsule for you to complete as a family. This is not compulsory, but it is an opportunity to record what you have lived through together and to one day reflect back on in 10 -15 years! Maybe our children may one day share it to their children…..

I have also uploaded a social story about wearing face masks. This is a great resource for you to use and read with you children to reduce any worries they may have, whilst also providing an opportunity for your children to ask you any questions.

I hope that the information uploaded to this space is useful to you. I can be contacted via email at [mcassar@canahillside.catholic.edu.au](mailto:mcassar@canahillside.catholic.edu.au) should you need further support regarding your wellbeing or the wellbeing of your children.

May God continue to protect you and your family.

Kind Regards,

Michelle Cassar

Religious Education Leader / Wellbeing Leader