



School Newsletter

Parish Priest

Fr Maurie Cooney

Principal

Mrs Carmen Blatti

**Deputy Principal /
Curriculum
Coordinator**

Mrs Lina Vermeulen

**Religious Education /
Student Wellbeing**

Mrs Michelle Cassar

Accounts / Finance

Mrs Trudy Milligan

Administrator

Mrs Blazenka Coric

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T: 8390 9200

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BE THAT PERSON...

- Be that person who encourages rather than criticizes*
 - Be that person who helps rather than turns away*
 - Be that person who celebrates others success rather than being jealous*
 - Be that person who has a positive attitude rather than being negative*
 - Be that person who takes action rather than complaining*
 - Be that person who admits mistakes rather than blaming others*
 - Be that person who is enthusiastic rather than being apathetic*
 - Be that person who finds solutions rather than focusing on problems*
 - Be that person who forgives rather than being bitter*
 - Be that person who will take a risk rather than wondering "what if"*
 - You see your life will be measure by that person you have been!*
- Lord walk with me and help me "Be that Person"**

Term 4	
27 th – 28 th November	Grade 4 First Communion 1.00pm + 3.00pm at Emmaus Church.
10 th December	School Closed (No OSHC)– Parent Teacher Interviews via Googlemeet Details to follow
14 th December	Grade 6 Graduation evening details to follow – We will need to follow COVID safety advice from COVID safe authorities
15 th December	End of year for all students 3.15 Dismissal

Thank you for your understanding and support over this past week. We all pray that the children, families and staff stay well, hopeful and work together. Thank you for abiding by all the expectations as we navigate through this challenging period together as safely and thoroughly as possible. Together we will get through this.

Silly Sock Day

Thank you – it was fun seeing all the fun silly socks around the school.

Sincerely,

School Leaders



We must always remember to be Respectful Partners

We are partners in Education. This means our children, the staff and parents can expect that they will all be treated with respect and care at all times. Please remember courtesy in the way we speak and behave towards each other is important.

Go gently, we are all working together and share in the goal of providing a welcoming, engaging, supportive and respectful environment at Cana.

Summer Uniform – NO HAT NO PLAY

Students **must** wear their hats when playing outside. **No hat no play!** We ask children to be responsible for their own hats. If they forget their hat, it will not be sent to them from the office if a parent drops it off.

We understand that Melbourne weather can be unpredictable. If it is a cold day, children are welcome to wear either their **full** summer or **full** winter uniforms.

Chocolate Money

Thank you to those who have returned their fundraising money. We still have a number of families who have not yet returned their chocolate fundraising money. If you have not handed yours in yet, please do so urgently once your child is back to onsite learning next week.

Key Enrolment Dates for Year 5 Students in 2022

The key enrolment dates for students in Year 5 in 2022 who will be starting Year 7 in 2024 have been decided and are as follows:

- 28th January 2022 – Applications will open for Year 5 students commencing Year 7 in 2024
- 19th August 2022 – Applications will close
- 21st October 2022 – Offers will be posted to prospective Year 7 applicants
- 11th November – Final date for parents/carers to accept an offer made by the school
-

Tree Branches

Parents to be mindful of broken tree branches around the school area. Council has yet to clear and assess the area.

Branches can potentially break at any given time. Communicate to your child/ren not to wait or play under trees. A neighbour shared her concern about children's safety.

COVID INFORMATION

COVID Updates

The Victorian Government has announced important changes to the management of COVID-19 cases and close contacts in schools as we reach the 90% double dose milestone for eligible people in the coming days.

This means that children who are exposed persons (previously identified as close contacts in education settings) from an exposure at school no longer have to quarantine for between 7 and 14 days. They can instead return immediately to school after providing evidence of a negative result from a standard PCR test to our service.

In exceptional circumstances the Department of Health may determine that close contacts in significant school outbreaks are still required to quarantine for seven days. In this scenario, children will be notified directly of any additional quarantine arrangements.

You are now able to send your child to school if you follow these steps:

- your child isn't a household contact and is instead in quarantine due to a COVID-19 exposure at school
- your child must get a standard PCR test at your local COVID-19 testing site. If the PCR test is negative, please provide the results to school by emailing your classroom teacher as soon as possible.
- your child can then return to school
- It is strongly recommended your child take a Rapid Antigen Test (R.A.T) at home on the morning of each day they attend school. We are still waiting to receive our allocation of R.A.T kits. However, if

you wish to obtain a R.A.T kit, they are available for you to source at pharmacies, supermarkets and and testing centres.

Rapid Antigen Tests are strongly recommended for those children who have returned a negative PCR result and return to school.

They are a great tool for families to use to keep your child and the school safe and ensure that positive cases are identified at the earliest possible time. You will get a pack of five tests and you should use them each day before your child attends the school or until you run out.

Families should also use a Rapid Antigen Test whenever their child is visiting a high-risk location or setting during this period. This includes visiting elderly or immunocompromised relatives or friends.

Thank you for supporting this important approach, which will help keep our school safe and reduce the disruption to the entire school community.

Covid Testing Information

Please note that if any person living with the child/ren attending Cana are waiting for COVID test results, **your child/ren CANNOT attend Cana for onsite learning until the results come back negative and are sited by the teacher.**

Thank you for your understanding and for abiding by the current COVID safety guidelines.

DO NOT COME TO SCHOOL WHEN SICK

Another reminder to families that children **ARE NOT** to be brought to school if they are unwell or showing **ANY COVID** like symptoms. If they are brought to school, we will need to send them home. **DO NOT** tell your children to 'see how they go', if they are unwell.

Students who are Sent Home

We recommend that any student who was collected from school due to presenting unwell receives a COVID test before they return to school, and ensure that their symptoms have cleared. It is important that you **DO NOT** send your children back to school until their symptoms clear. If they return and are still presenting with symptoms, **they will be sent home again.**

Face Masks

As directed by the Victorian Government:

- **Facemasks are only mandatory when inside**
- A new mandate issued by the Victorian Government has been put in place whereby **ALL** students from **Grade 3 upwards**, will be required to wear face masks when indoors.
- We ask that you ensure that your child/ren have been supplied with masks each day to use while engaged in classroom learning activities.

- We understand there may be some exceptions. However, the intention of this directive is to maximise safety while children are at school.
- ***Please communicate any exemptions or individual circumstances to your child's teacher via email prior to their return to onsite learning.***
- Children in Grades Prep, 1 and 2 are highly encouraged to wear masks indoors.
- For education purposes, teachers and education support staff are not required to wear face masks while teaching, but it is recommended that face masks be worn while teaching wherever practicable.

A **face mask must cover the nose and mouth**. Face shields, scarves or bandanas do not meet these requirements.

NEW ADDED SAFETY MEASURE AND EXPECTATION

Given the critical circumstances of the COVID VIRUS currently impacting on many students and families at Cana...we are adding the following expectation:

ALL ADULTS ARE TO WEAR A MASK WHILE ON SCHOOL SITE
Everyone needs to do their bit in order to minimise possible transmission.

Ventilation

Ventilation is a high priority in order to ensure clean air quality is provided for our students. We will increase fresh air flow into indoor classroom spaces, including shared spaces throughout the school. Cana has been advised by the Victorian Government that we will receive air purifiers for our school. Unfortunately, we do not have a date when this will occur, but we will implement the following:
Natural Ventilation: we will keep windows, doors and vents open as much as possible, ensuring fresh air flow occurs in all classrooms and shared spaces. We are hopeful the air purifiers will be sent ASAP.

CRCNK 2022 TRANSITION KEY STAFF & IMPORTANT DATES

KEY COLLEGE STAFF

Samantha Beg

Community Liaison Officer | Registrar
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Viet Le

College Accounts
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Daniel Whimpey

IT Manager
ithelpdesk@crcnk.vic.edu.au



IMPORTANT DATES

11 November 2021	Family Transition Screencast link emailed to parents/carers
Tuesday 7 December 2021	Year 7 Orientation Day 8.45am - 3.15pm
13, 14, 15 December 2021	Uniform Fittings at Academy Uniforms
15 December	Final date Champion Resource List orders
Tuesday 1 February 2022	Year 7, 2022 - First Day

COLLEGE SUPPLIERS

College MacBook

Centorrino Technologies

www.ct.com.au, Ph. 1300 888 918

Resource List

Campion Education

www.campion.com.au School Code:

Uniform

Academy Uniforms

www.academyuniforms.com.au
10B/85 Mt Derrimut Road, Deer Park
Ph. 8385 9111
Password for online orders: north keilor



Catholic
Regional College
North Keilor

Catholic Regional College North Keilor
1c Santa Monica Drive, Keilor Lodge VIC 3038
Post: PO BOX 40 Taylors Lakes VIC 3038
Phone: 03 9361 5900 Fax: 03 9390 9620
Web: www.crcnk.com.au

NEW CANA APP DOWNLOAD INSTRUCTIONS

Our school app has changed and we need all parents to download our new app, to stay up to date with school communication. Please read and follow the instructions below. **PLEASE NOTE: YOU CAN DELETE OUR OLD APP AS WE WILL NO LONGER BE USING IT. We will be using this app effective of 22/2/21.** These instructions can also be found in our school website under news and events.

It's as simple as 4 steps:

1. Download the SkoolBag app
2. Create an account
3. Add our school
4. Add your child/rens year level/s

STEP ONE: Download the SkoolBag app

Open the Apple App store or the Google Play store on your device and search for and install 'SkoolBag'.



STEP TWO: Create an account

Open the SkoolBag app and Click 'Sign Up'



Enter your email address, create a password and click on 'Sign Up'



Open the confirmation email and confirm your account

STEP THREE: Add our school

Open the app, and Click 'Add/Remove'



Click '+' to add our school, now you can see your school, under My Schools & Services

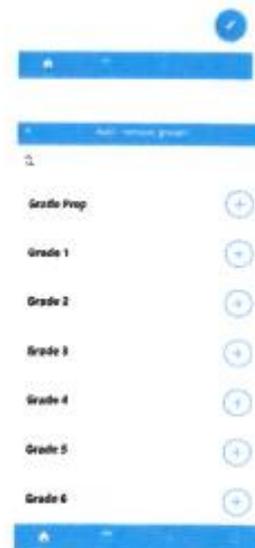


STEP FOUR: Add your child's year level

Click Groups and then Add/remove groups



Click '+' to add the year levels that your child/ren are in



ABSENT / LATE ARRIVAL/EARLY DEPARTURE NOTIFICATIONS – PARENT/ GUARDIAN REPLY NEEDED

Your child/ren has been marked absent today.

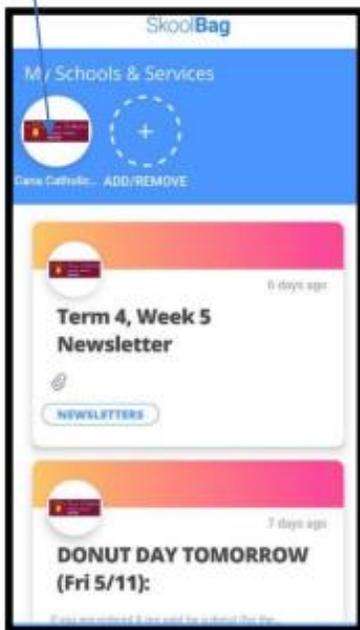
Please note that parents/guardians are to report student absence to the school on the day of absence and ***before*** 9.30am.

You are required to provide -:

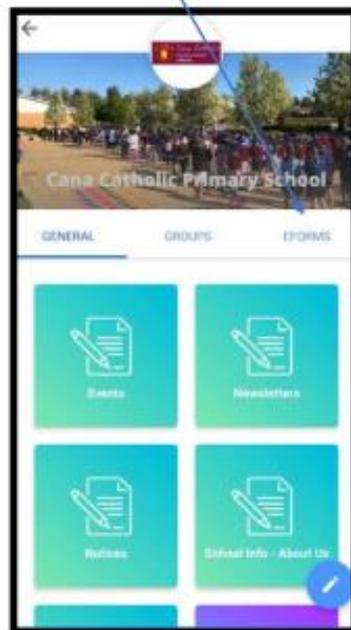
- The Student/s ***FULL name*** (First and Surname)
- The Student/s ***Grade*** (5G - not just 5)
- Reason for being absent
- ***Date/s absent***

This information should be provided via the Cana School Bag App.

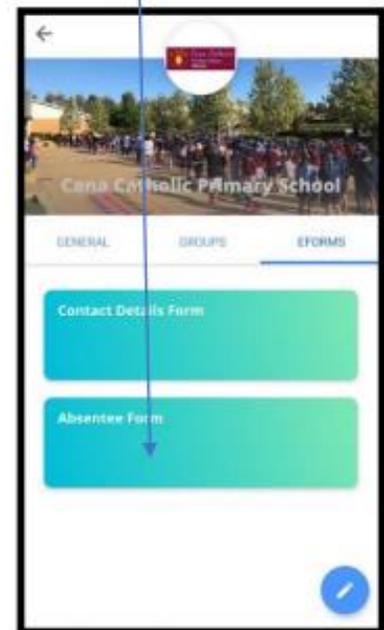
Step 1 Click on Cana Logo



Step 2 Click on EFORMS



Step 3 Click on Absentee



Step 4 – Complete ALL fields in the Absentee form.

Step 5 – Late arrival and Early Departures are to be submitted on this platform



CANA CATHOLIC PRIMARY SCHOOL

A.B.N. 72 007 642 368

46 Banchory Avenue HILLSIDE Victoria 3037

Phone (03) 8390 9200

www.canahillside.catholic.edu.au

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

NOTICE OF 2022 SCHOOL FEES

5th November 2021

Dear Parents & Guardians

The Cana Catholic Primary School Fee and Levies for the 2022 School Year will be as follows:

<u>Description</u>	<u>1 Child Family</u>	<u>2 Child Family</u>	<u>3 Child Family</u>	<u>4 Child Family</u>
Family Fee	\$1,400.00	\$1,400.00	\$1,400.00	\$1,400.00
Grounds Maintenance Levy	\$150.00	\$150.00	\$150.00	\$150.00
Levies per Student				
Educational/Curriculum Levy	\$380.00	\$760.00	\$1,140.00	\$1,520.00
Excursion Levy	\$125.00	\$250.00	\$375.00	\$500.00
Technology Levy	\$330.00	\$660.00	\$990.00	\$1,320.00
TOTAL 2022 School Fees	\$2,385.00	\$3,220.00	\$4,055.00	\$4,890.00

In 2022, the School Fee *per Family* will be \$1,550.00 **plus** Levies *per Student* of \$835.00

Levies per Student:

- Education/Curriculum Levy of \$380.00
- Excursion Levy of \$125.00
- Technology Levy of \$330.00

New Levies

- Yr 5 & 6 students only Sport Levy of \$50.00
- Yr 3, 4 & 6 students only Sacramental Levy of \$15.00

Please Note: Grade 6 Students Only - Camp costs will be invoiced during Term 1, 2022

EARLY PAYMENT DISCOUNT – for School Fees paid in full before 8th April 2022 (End of Term 1, 2022)

\$50 Early Payment Discount is available to families who choose to pay their school fee account in full **before the end of Term 1.**

If paying 2022 school fees in full by the end of Term 1, please reduce your payment by \$50

ie: pay \$2,400.00 instead of \$2,450.00 to allow for the \$50 rebate to be applied to your 2022 school fee account.

Alternatively, Families paying by regular payment instalments throughout the year must comply with the following payment due dates:

PAYMENT DUE DATES

Due Date: 8th April 2022

Due Date: 24th June 2022

Due Date: 16th September 2022

AMOUNT REQUIRED TO BE PAID

25% of annual Fee & Levies paid by end of Term 1

75% of annual Fee & Levies paid by end of Term 2

Balance paid in full no later than end Term 3 2022

Families can choose to pay school fees by regular instalments either Weekly, Fortnightly, or Monthly

School Fees must be paid in full no later than end of Term 3, 2022

If required, School Fee Payment Plans need to be arranged with the School Bursar at the commencement of Term 1, 2022.

An appointment is required to arrange a Payment Plan Meeting. Please telephone the School Office on 8390 9200 if you require a Payment Plan appointment.

Mrs Carmen Blatti
Principal



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NOTICE OF 2022 SCHOOL FEES

Payment Requirement Schedule

To ensure that you maintain your payment schedule, please refer to the table below as a guide, to assist with identifying the required level of payment required for your family structure.

<u>Students per Family</u>	<u>Annual Fee/Levies</u>	<u>Early Full Payment Discount Criteria</u>		<u>Payments by Instalments by Term Due Dates</u>		
		<i>Early Payment Discount *</i>	<i>Payment required by 8/04/2022 *</i>	25% paid by End Term 1 8 th April 2021	75% paid by End Term 2 24 th June 2022	Balance Due by 16 th September 2022
1 child family	\$2,385.00	-\$50.00	\$2,355.00	\$596.25	\$1,192.50	\$596.25
2 child family	\$3,220.00	-\$50.00	\$3,170.00	\$805.00	\$1,610.00	\$805.00
3 child family	\$4,055.00	-\$50.00	\$4,005.00	\$1,013.75	\$2,027.50	\$1,013.75
4 child family	\$4,890.00	-\$50.00	\$4,840.00	\$1,222.50	\$2,455.00	\$1,222.50

If paying by instalments, please consider the level of payment required by each due date. If a Payment Plan is required, please contact the Cana Catholic Primary School Front Office to arrange for a private meeting with our School Bursar to discuss Payment Plan Options. Payment Plans provide maximum benefit when arranged early during Term 1.

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5th November 2021

Dear Cana Family

RE: NOTICE OF 2022 SCHOOL FEES

I take this opportunity to thank you for your continued support and collaborative partnership throughout the current school year. During the Covid-19 pandemic, students and staff have displayed resilience and growth as they travel the educational journey together. Each individual has risen to the evolving challenges presented to them during the environment of remote learning. All staff enthusiastically await the return of our students for onsite face to face learning, to support their educational development whilst fostering enhancement to friendship groups and individual needs.

In conjunction with Fr Maurie Cooney, our Parish Priest, Cana Leadership elected ***not*** to increase school fees for the 2021 school year despite significant increases to operational costs incurred by the school. This was a conscious decision aimed to provide our families some relief to the impact of Covid-19 lockdown restrictions.

Review of all operational requirements, including expenses, are conducted annually. The review also consists of monitoring school fees of our neighbouring and for like catholic schools. The table below provides comparative fee structure for 2021 of catholic schools within proximity of Cana.

2021 School Fees, including student levies

Family Structure	St.George Preca	Christ the Priest	St.Mary MacKillop	St.Augustines	Cana
1 Child	\$2,760.00	\$2,570.00	\$2,950.00	\$2,670.00	\$2,085.00
2 Child	\$3,270.00	\$3,010.00	\$3,550.00	\$3,040.00	\$2,920.00
3 Child	\$3,780.00	\$3,450.00	\$4,150.00	\$3,410.00	\$3,755.00

Our aim at Cana is to provide high quality education across all year levels for all students. Due to increasing operational costs for all services, utilities and equipment, Cana school fees will increase for the 2022 school year. The table below provides comparative fee structure for the 2022 school year of catholic schools within proximity of Cana. Cana Leadership have endeavoured to retain school fees as low as possible for the benefit of all Cana families.

2022 School Fees, including student levies

Family Structure	St.George Preca	Christ the Priest	St.Mary MacKillop	St.Augustines	Cana
1 Child	\$2,820.00	\$2,630.00	\$3,275.00	\$2,815.00	\$2,385.00
2 Child	\$3,330.00	\$3,130.00	\$3,900.00	\$3,180.00	\$3,220.00
3 Child	\$3,840.00	\$3,630.00	\$4,525.00	\$3,545.00	\$4,055.00

Cana has historically fully subsidised a variety of student activities each year since opening. From 2022, students in years 3,4 and 6 will be charged a small fee as a Sacramental Levy. Students in Years 5 and 6 will be charged a Sport Levy as a co-contribution of the interschool sports program. These new levies represent a small contribution to the overall cost associated with these activities and are outlined in the attached Notice of 2022 School Fees.

Yours faithfully and with trust in our partnership.

Mrs Carmen Blatti
Principal

COVID-SAFE RESTRICTIONS HAVE BEEN EASED.

COVID restrictions now allow our churches to be open for Mass, “with no capacity limits or density limits”, everyone to be ‘fully vaccinated’. Bookings are no longer required.

As well, there is an extra Mass with those of ‘unknown vaccination status’, limited to 50 participants, at Sacred Heart at 6.30pm on Saturdays. Bookings are required at <https://www.trybooking.com/BMKXC>

Everyone is to record their presence (by QR or manually).

“Masks are required indoors only in limited settings”. Our churches are not listed as a ‘limited setting’.

See an attachment for information for accessing Mass on TV and online.

Hello everyone!

It was lining up to be a busy week in the Parish: Mass with the Year 11 students at Catholic Regional College Sydenham, and commissioning them into Year 12; and four gatherings for the Sacrament of Reconciliation for the first time with young Parishioners. All that had to be postponed because of COVID in both places. So a frantic search for other available dates in the diaries that already have a spread of activity listed in them.

How do our families and Schools and Colleges manage this – again!!

And then the easing of restrictions announced today – see the announcement above for the impact that has on our Parish Masses.

We have further gatherings for the Sacrament of Reconciliation already scheduled for next week. And also Masses for First Communions on the next two weekends.

Our young Parishioners’ preparation for the Sacrament of Reconciliation gives us all an opportunity to wonder about our sin ... and God’s love. For that is the reference point in the Sacrament of Reconciliation – God forgives!

That is God’s approach to us when we sin. The Gospel story about the Forgiving Father and the two sons is well known - how he welcomed both sons, different as they were from each other. That is repeated in teachings, parables and actions across the gospels. For example think of the incident where Jesus intervenes and gives another chance at life to the woman whom the others were ready to stone.

This is what forgiveness does - it gives us another chance at life: and God does that for us!

What title would you give to this statue on the front of the cathedral in the French city of Chartres?



It could be titled 'forgiveness' I thought. On further examination, it is in fact titled 'creation'! Yes, God's forgiveness of us re-creates us. And that is who God is, says Jesus, who came 'that we may have life'!

"We may not be able to forgive ourselves, others may not forgive us, history may not forgive us. But God does – and not conditionally! It is not only if we have first shined and combed ourselves and put on our best suits and made ourselves respectable enough to appear in God's present that He does so. God does it anyway.

We are weak and fallible and selfish and perverse in some proportion. If we have to get all of that right before God accepts us we are without hope. But we are people of great hope!"

[Vincent MacNamara in The Truth in Love]

A further question is 'are we willing to do that for others, ready and able to forgive them?' We pray in the Lord's Prayer "forgive us as we forgive others". Lindy Chamberlain writes 'If we want to be happy, we need to forgive' – see attachment with this Letter.

(We will be having two gatherings of Advent Prayer and Reconciliation before Christmas. The Sacrament of Reconciliation–First Rite has re-commenced on Saturday mornings at 10.30 in Sacred Heart church.)

Did you notice that last Saturday was 'World Kindness Day'? We need a special day to remind us to be kind?? A couple of weeks ago the weekend gospel reminded us of Jesus' saying that the greatest commandment is that we 'love God with your whole heart and soul and mind and strength, and love our neighbour as ourself'. Perhaps calling us to consider 'kindness' is a way to put some shape on that 'love one another' commitment. There is a reflection on that in an attachment with this Letter.

This weekend's feast is that of 'Christ the King', who preached that "the Kingdom is very close to you" - perhaps as close as our being kind to one another and the whole of creation!

The paperwork required to recommence our involvements in the Ministries of our Parish is included as an attachment again. With some more Parishioners able to gather last weekend for Eucharist, quite a number of 'expressions of interest' have come in. There's room for more!

And another attachment reminds of opportunities for accessing Mass on TV or online. However read the announcement at the start of this letter – our churches are open again!!

Best wishes and prayers for all!

Maurie Cooney

(Parish Priest)

The schedule for our Masses weekend (20/21 November) is:

SACRED HEART:

5pm Saturday (fully vaccinated)

6.30pm Saturday (vaccination unknown): Bookings are essential: <https://www.trybooking.com/BMKXC>

7.30am Sunday (fully vaccinated)

10.30am Sunday (fully vaccinated)

EMMAUS:

6.30pm Saturday (fully vaccinated)

9.00am Sunday (fully vaccinated)

COVID-SAFE RESTRICTIONS HAVE BEEN EASED

COVID restrictions now allow our churches to be open for Mass, “with no capacity limits or density limits”, everyone to be ‘fully vaccinated’. Bookings are no longer required.

As well, there is an extra Mass with those of ‘unknown vaccination status’, limited to **50** participants, at Sacred Heart at 6.30pm on Saturdays. Bookings are required at <https://www.trybooking.com/BMKXC>

Everyone is to record their presence (by QR or manually).

“Masks are required indoors only in limited settings”. Our churches are not listed as a ‘limited setting’.

The schedule for our Masses this weekend (20/21 November) is:

Sacred Heart Church Saturday 5.00pm (Full Vaccination Required)

Sacred Heart Church Saturday 6.30pm (Unknown Vaccination status)

Sacred Heart Church Sunday 7.30am (Full Vaccination Required)

Sacred Heart Church Sunday 10.30am (Full Vaccination Required)

Sacred Heart Church Sunday 9.00am POLISH (Full Vaccination Required)

Emmaus Church Saturday 6.30pm (Full Vaccination Required)

Emmaus Church Sunday 9.00am (Full Vaccination Required)

See below for information for accessing Mass on TV and online:

Mass for You at Home, (MFYAH), which up till now had been produced in the studios of Channel Ten, now has a new base in the Diocese of Wollongong (NSW). The Mass is celebrated in St John Vianney Co-Cathedral, Wollongong. It shows at 6.00am Sundays on Channel Ten and is repeated multiple times a day on Foxtel’s Aurora channel.

Importantly for those who have become used to Mass being ‘streamed’, this Sunday Mass is also available on demand on Channel Ten’s platform www.tenplay.com.au/mfyah.

The Mass is also available on Wollongong’s YouTube channel which can be accessed on www.massforyou.com.au as well as the Diocesan website, www.dow.org.au. There are also links to it on the Diocesan Facebook page and the MFYA Facebook page.

Channel 31 (usually found at ‘44’ on digital TV’s) 11.00am Sundays from St Patrick’s Cathedral or **online at: <https://melbournecatholic.org.au/Mass>** at 1.00pm on weekdays, and at 11.00am on Sundays

online at: <https://bit.ly/MassOnDemand> (continuous daily from Lavender Bay Parish, Sydney

If we want to be happy, we need to forgive (Lindy Chamberlin)

Published: June 15, 2012



I am often asked why I am not angry and bitter about what has happened in my life. This is the way I look at it, writes Lindy Chamberlain-Creighton in *Aurora*.

We will be betrayed in life and it is not always intentional or personal. Sometimes it is because our expectations are unreasonable. It isn't easy to remain calm when everything goes wrong. We need to know when we are knocked down that it is important not to stay down.

When someone does something nasty to us or makes a mistake, we need to rub it out, put it behind us and carry on, not rub it in until it is a permanent stain on everything we do, think and are.

Mother Teresa is reported to have had these words on her wall: "People are often unreasonable, illogical, and self-centred: forgive them anyway." If we have faith in God and in ourselves, nothing can permanently affect us.

Resentment, hatred, anger and emotional hurt can all be justified at times. However, the cost of *not* forgiving is far too high. Bemoaning what we don't have, or what we want to change, means we can't enjoy fully what we do have.

No matter how much we read or are told that we need to forgive, it is simply academic, and is of little use unless we know how to go about it, and are ready to do so. We hold on to the past unless we can see something better in the future.

When we are still hurt and angry over what has happened to us, we tend to use anger as a suit of armour to shield ourselves from the possibility of any further real or imagined hurt. Eleanor Roosevelt wrote, "Anger is only one letter short of Danger."

We want rectification, which is often impossible, so we channel our frustration into anger. Until we see another way to move ahead, we at least feel like we have some control while we make angry plans for revenge or restitution. We are not really in control. It is the anger that controls us. We cannot move forward in this state, but can make everything worse.

WORLD KINDNESS DAY ! ! !

We all have the potential to show kindness, whether we use our words or actions.

With World Kindness Day just passed on Saturday 13 November 2021, we are reminded to show kindness to all – not just for one day, but every day.

According to *Oxford Languages*, the definition of kindness is “the quality of being friendly, generous, and considerate.”

Kindness can be expressed in many ways, from something small like a smile, to something substantial like going out of your way to assist someone.

Most likely, you can recall a moment in your life when someone has shown you kindness. When I recall moments in my life when someone has shown kindness, it makes me feel valued and special, and demonstrates to me that someone cares. What a wonderful feeling that is!

Being kind is an act of love. As described in 1 Corinthians 13:4, “love is kind”. When we are kind, we are also loving. In other words, we are recognising the dignity of the person or creation we are showing kindness to.

Mary MacKillop is an example of someone who showed kindness and saw the dignity of all people she encountered. There are many stories that demonstrates how she showed kindness. Additionally, there are examples in Mary MacKillop’s writings of her giving instructions to be kind, such as:

Put kind constructions where you can, and where you cannot, be silent.(15.11.1878)

Be kind to the foreigners. Remember that I was a foreigner once, and as such was never laughed at nor unkindly criticised. (1875)

I believe if we aim intentionally to be kind, eventually being kind will come naturally and become a part of who we are.

Perhaps next time the opportunity to show kindness arises, you can take it. Or maybe you can make the opportunity to express kindness.

The *Random Acts of Kindness Foundation* provides ideas, resources and inspirational quotes for kindness. For World Kindness Day this year, the *Random Acts of Kindness Foundation* has created a campaign to ‘make kindness the norm.’ On their website (randomactsofkindness.org) [here](#), are provided seven ways to start making kindness the norm in your daily life.

Let’s do our best to show kindness and #MakeKindnessTheNorm.

Mary Baynie

Parish of
Sacred Heart/Emmaus

St Albans & Sydenham



**Pray—Work—Share
Together**

MINISTRY VOLUNTEERING IN THE PARISH

“I would like to participate in the Ministry of our Parish”

PARISH OFFICE

4 Winifred Street, St Albans 3021

Telephone: (03) 9366 2146

E-mail: stalbens@cam.org.au

Website: pol.org.au/stalbenssydenham

PARISH SAFEGUARDING

Mobile: 0413 841 936

E-mail: stalbens.safeguarding@cam.org.au

CHILD SAFETY POLICY

Sacred Heart/Emmaus Parish is committed to the care, wellbeing and protection of children, young people and people at risk in our community. The Parish takes a zero-tolerance approach to child abuse and upholds that child protection and the dignity of every person is the responsibility of every adult.

Safeguarding Sunday –September 12, 2021

This weekend, the Catholic Church in Australia marks Safeguarding Sunday.

The Catholic Archdiocese of Melbourne and Sacred Heart/Emmaus Parish are committed to the care, wellbeing and protection of children, young people and people at risk in our community. Safeguarding and the dignity of every person is the responsibility of every adult.

A significant impact of COVID lockdowns for the Sacred Heart/Emmaus Parish has been that we have had to limit severely all our Ministry activity.

When restrictions begin to ease we will be in a position to reassemble our various ministry groups. That will be the opportunity to re-engage with our community in those well-established 'tried and true' ways, to re-form our groups and invite new participation, and to offer 'formation for ministry' as a refresher or an introduction.

To get ready for that, there are some administrative details that we can prepare. It is the policy of the Catholic Archdiocese of Melbourne that *everyone* in *every* Ministry within each Parish must hold a valid Working With Children Check (WWCC).

I invite all who have previously been involved in Ministry and also those who wish to participate for the first time to build up this aspect of our Parish's life again!

There is a list of our Ministry areas on the next page.

To ensure that all involved in Ministries have complied with the requirement for holding a Working With Children Card, please complete the information on the attached form and send it to the Parish Office: this will indicate your choice for participation in Ministry.

If you have a WWCC already, include a copy of that.

If you do not have a WWCC, the procedures for acquiring one are on a following page. When a Card is sent to you, forward a copy to the Parish Office.

PARISH MINISTRY GROUPS - SACRED HEART/EMMAUS
recommencing post-COVID 2021/2

SACRED HEART AND EMMAUS AND CANA

BAPTISM PREPARATION

BEREAVEMENT SUPPORT

COMMUNION TO AGED CARE/NURSING HOMES

COMMUNION TO PRIVATE HOMES

FAIR COMMITTEE

PARISH ADVISORY COMMITTEE

PARISH SCHOOLS ADVISORY COUNCILS

PREPARATION FOR THE SACRAMENTS - Public Schools

SACRED HEART

ALTAR SERVERS

ALTAR LINEN WASHING

CHURCH CLEANING

CHURCH MAINTENANCE

COLLECTORS AT MASS

DIGITAL PROJECTOR Operator

MUSIC AND SINGING in LITURGY

PRAYER GROUPS

READER OF THE WORD OF GOD at
Masses

SPECIAL MINISTERS OF COMMUNION
at Mass

EMMAUS

ALTAR SERVER GOWN Washing

ALTAR SERVERS

CHURCH CLEANING

CHURCH MAINTENANCE

COLLECTORS AT MASS

DIGITAL PROJECTOR Operator

MUSIC AND SINGING in LITURGY

PIETY STALL

PRAYER GROUPS

READER OF THE WORD OF GOD at
Masses

SPECIAL MINISTERS OF
COMMUNION at Mass
at Masses

PLEASE SEND THIS FORM TO THE PARISH OFFICE WHEN COMPLETED

“I would like to participate in the Ministry of our Parish”:

Please complete in Capital letters

Area/s of Ministry interested in:			
Name:			
Address:			
Telephone Number:			
Email:			
Are you over 18 years old	Yes	<input type="checkbox"/>	No
<i>If YES please complete the questions below</i>			
Do you have a current Working with Children Check (WWCC) card	Yes	<input type="checkbox"/>	No
<i>If YES, have you provided a copy of your WWCC to the Parish.</i>	Yes	<input type="checkbox"/>	No
<p><i>It is essential that the Parish has a copy of your WWCC for your participation in Ministry. You can scan and email a copy of your WWCC card to stalbens.safeguarding@cam.org.au, or bring it/post it to the Parish Office.</i></p> <p>*****</p> <p><i>If NO (you do not have a Working With Children Card), see next page for the process for completing and submitting a WWCC application:</i></p> <p>You can apply only online at www.workingwithchildren.vic.gov.au.</p> <p>There is no cost associated with Working With Children application for volunteers.</p> <p>If you are unsure of the procedure please contact the Parish Office on 9366 2146 for assistance.</p>			

To apply for a Working With Children Check

The Working With Children Check application form is available only online at www.workingwithchildren.vic.gov.au

Outlined there is the process that needs to be followed.

In the application, identify yourself as 'volunteer': there is no cost associated with an application as 'volunteer'.

.....

When you receive back your Working With Children Check, it is essential that you lodge a copy with the Parish Office:

- Email a copy to, stalbans.safeguarding@cam.org.au

OR

- Drop a copy at the Parish Office or into the letterbox at Sacred Heart, St Albans

OR

- AustraliaPost to the Parish Office.

The Catholic Church and Climate Policy

Last week Faiths 4 Climate Justice events were organised by the Australian Religious Response to Climate Change. It sent a message to Prime Minister Morrison that diverse faith communities want him to take a strong climate policy platform to the United Nations climate summit in Glasgow, which will run from October 31 to November 12.

Fr Robert Riedling, Dean of St Patrick's Cathedral in Parramatta, said while much is being made about net zero emissions by 2050, organisers are calling for targets by 2030.

"The Catholic Church has an evolved tradition of social justice. We know that those most affected by climate change tend to be the marginalised and disenfranchised, so we as a Church, along with other churches and other faith traditions, are hoping that we can highlight what needs to be done and demand that the Government takes action on this issue," Fr Riedling said.



The Sisters of St Joseph also called for Australia to make a commitment to "put the protection of the planet at the forefront of its decisions".

"How can we not take action?" asked congregational leader Sr Monica Cavanagh in a media statement. "The IPCC findings warn of a catastrophic future if we don't act. Our Pacific neighbours watch as their lands are disappearing. We know that it is those who are most defenceless who are most immediately affected by the devastation we are causing. Both our religious faith and the call to us as humans, propel us to do all we can to preserve the gift of creation."

God of life,

you call us to be participants in the web and wellspring of life:

to be nurtured by the planet; to be nurturing of the planet; to cherish the world and all that lives.

But we have failed and creation groans under our weight.

God of grace,

forgive us in our brokenness: when we have taken too much from the earth; when we have not spoken out against greed and destruction; when we have allowed our most vulnerable neighbours to be harmed.

We seek courage and forgiveness to be made whole.

God of love,

we pray for those people, communities and nations already suffering the devastating effects of climate change; and we pray for the diversity of life on earth, so much of it already threatened by our actions.

God of hope,

we pray for the members of parliament who receive our petition. Bless them with wisdom and creativity, and a shared vision of hope for all creation.

May they find the determination to take strong action to halt the destructive effects of climate change, and the political will to act together for the common good.

Creator God, we pray for us all, that we might restore our relationships with each other and work together to heal the earth.

Renew us in your grace for the sake of your creation.

Amen

ON 'DYING' and 'DEATH'

From an interview with Billy Graham (US evangelist – 130,000 went to the MCG to listen to him in 1959!)

I see death as a 'change of address'.

I'm not looking forward to dying: I am looking forward to what it will be like when I am held by Christ in Resurrection. And I might finally know where there is such pain and suffering in life here, and why evil has such influence here.

This 'changing of address' will mean having to leave behind some very familiar parts of life that have shaped me, and being sad about that. And really looking forward to the new place and coming to be 'at home' there.

From Banjo Patterson (writer of 'Waltzing Matilda')

Child, you are wise in your simple trust,
for the wise man knows no more than you.
Ashes to ashes and dust to dust,
our dreams by a range are bounded, too.
But we know that God has this gift in store:
that when we come to that final change
we will meet with our loved ones gone before,
in that beautiful country 'Over the Range'.

From Robert Dessaix (Australian author)

To talk about dying and being dead makes us so anxious, I think. No one minds talking about dying or being dead as a statistic, or quoting a poet or two or even Woody Allen, but no one much feels comfortable talking about dying or being dead when it's about themselves or someone close to them. I don't think there's any taboo on the subject: I just don't think people quite know what to say.

All the same, sometimes I bring the subject up myself. After all, unless you do consider it, how can you know how best to live now? Without thinking through what death means to you, aren't you walking backward towards a precipice? Much better, surely, to walk facing what's ahead, stepping forwards with care, judging your footing and pace.

(Unknown)

Death always startles us with its suddenness, its finality. Even when a loved one has been sick for a long time and death comes as a relief for both the sufferer and those left behind, the initial reaction is one of shock. In cases of sudden, accidental death, this reaction is magnified. We who believe in the Resurrection are no less likely to experience this human reaction.

We resonate with Mary's response to Jesus about her belief in the resurrection at the end of time. Our minds and our faith tell us one thing, but our hearts and our bodies often balk at the appearance of separation and loss that for a time is all too real and unavoidable. Like so much of our spiritual lives, we have to learn to live with this paradox.

We see it differently at different times of our life. When we're young, death is an infrequent and scary interruption of life. When we're old, we sometimes feel like we've seen too much death over the course of a long life, and it seems almost unbearable in its familiarity. The promise of resurrection at the heart of our faith allows us to celebrate our loved ones even in their passing, because we know that life, not death, is the final reality.

The final verso of St Francis' 'Canticle of the creatures' praises bodily death. Scholars tell us that Francis added these words shortly before his own death, after Brother Leo and Brother Angelo had sung the Canticle at his request. Thomas of Celano tells us that Francis' last words were: "Welcome, my Sister Death".



RETAIL STORES REOPENING SATURDAY OCTOBER 30

GO TO [PSW.COM.AU](https://www.psw.com.au)
FOR DETAILED STORE
TRADING HOURS!



ALL VICTORIAN STORES
OPEN MONDAY NOV 1
9AM - 5PM
MELBOURNE CUP DAY
CLOSED



*ONLINE STORE IS OPEN 24/7 FOR CLICK & COLLECT AND HOME DELIVERY
PLEASE WAIT FOR EMAIL OR SMS CONFIRMATION PRIOR TO HEADING TO YOUR STORE FOR COLLECTION OF GOODS.
DELIVERY DELAYS SHOULD BE EXPECTED.

BACK TO SCHOOL SHOPPING

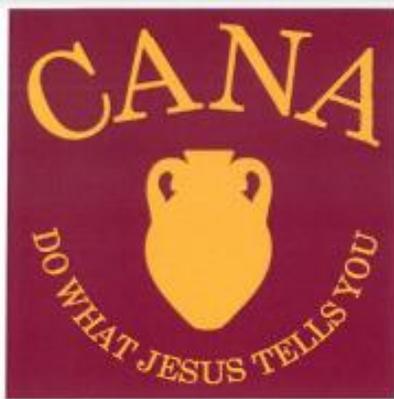
DON'T GET CAUGHT IN THE QUEUE

During the upcoming back to school period, **IN JANUARY 2022**, we are anticipating up to **3 HOUR WAIT TIMES** at our retail stores, **SO AVOID THE QUEUES BY SCANNING THE QR CODE** to **book your child's fitting**. Online bookings available between November 15 to December 23.



VISIT OUR WEBSITE
PSW.COM.AU





General		Colour	Logo	Size	Price(\$)
1100177	L/S T-Shirt	Sky		4-14/XS 16/S-18/M	20.95 24.95
1105050	Wool Blend Jumper - 50/50	Maroon	Embroidery	4-10/3XS 12/2XS-18/M	79.95 85.95
Boys		Colour	Logo	Size	Price(\$)
1110355	Gaberdine Zip Pocket Shorts	Ink		4-14/XS 16/S-18/M	24.95 27.95
1110400	Elastic Waist Pants - Yoke Back	Ink		4-14/XS 16/S-L	34.95 38.95
1101010	S/S Hip Shirt - Open Neck	School Blue		4-16/S 18/M-18/M	24.95 28.95
1101055	L/S Shirt - Stand Collar	School Blue		4-16/S 18/M-18/M	25.95 27.95
Female		Colour	Logo	Size	Price(\$)
1100559	Summer Dress	Maroon/White/Navy Check - 8125		4G-18G/12L	62.95
1100480	Girls Pleated Trousers	Navy		4G-18G	40.95
1101155	L/S Blouse - Peter Pan Collar	School Blue		4G-16G/10L 18G/12L-18G/12L	28.95 28.95
1104002	Box Pleat Tunic	551-Grey/Navy/Royal/Sky Winter Check		4G-10G	55.95
1104001	Box Pleat Skirt	551-Grey/Navy/Royal/Sky Winter Check		12G/6L-16G/10L 18G/12L-18G/12L	55.95 68.95
Sport		Colour	Logo	Size	Price(\$)
1100105	S/S Pique Plain Polo Shirt	Sky	NHI	4-14/XS 16/S-18/M	29.00 32.00
1100257	Drop Shoulder Nylon Windcheater	Navy	NHI	4-18/M	38.95
1100330	Rugby Shorts - Drawstring	Navy		4-14/XS 16/S-18/M	22.50 25.50
1100375	Skort	Lt Navy	NHI	4G-18G/12L	29.50
1100443	Nylon Trackpants - Double Knee - Zip Po	Navy		4-14/XS 16/S-18/M	33.95 37.95
Accessories		Colour	Logo	Size	Price(\$)
1100514	Safety Slouch Hat	Navy	NHI	S-XL	17.95
1100200	Raincoat	Navy		4-6-12-14 S-M-S-M	48.00 48.00
8302200	Explorer Bag with Laptop Insert	Navy	NHI	ALL-ALL	60.95
Socks		Colour	Logo	Size	Price(\$)
1110760	Cushion Foot Sports Socks - 3 Pack	White		9-12-11-14	17.95
2511000	Turnover Ankle Socks - 3 Pack	Navy		9-12-8-11	17.95
2511000	Turnover Ankle Socks - 3 Pack	White		9-12-8-11	17.95
2513000	Girls Tights	Navy		4-6-11-14	13.95

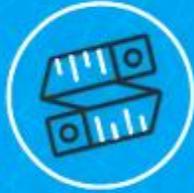
PSW 
 MAKING YOUR SCHOOL LOOK GREAT



Click & Collect



Flexible Exchange Options



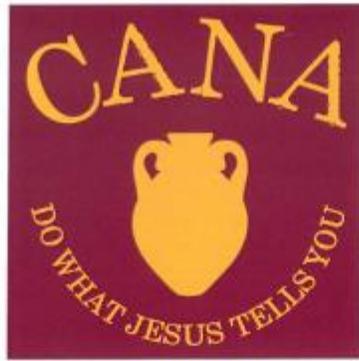
Pre-book your Personal Fit



** Not available in January, as this requires a 30% deposit, by the student to allow for 'Back to school 2021' must be placed between 1st and 15th Dec 2020. Payment must be paid for and pickup by 31st March 2021.

** Store trading hours are subject to change, please refer to our website for all store trading hours, holiday trading and public holiday information, or call the customer service team on 030 9768 0342.

* School Price Lists are subject to change throughout the year.



Your uniform is available from our

DEER PARK

PSW RETAIL OUTLET

**UNIT 2, 51-53 WESTWOOD DR,
RAVENHALL VIC 3023
(03) 9768 0342**

EXTENDED TRADING HOURS**

15 Nov 2021 - 12 March 2022

Monday to Friday: **9:00am – 5:00pm**

Saturday: **9:00am – 2:00pm**

NORMAL TRADING HOURS**

All year round except Extended Trade Period

Monday to Friday: **9:00am – 5:00pm**

Saturday: **10:00am – 1:00pm**

**CLICK & COLLECT PICK UP
AVAILABLE**

Reinforce COVIDSafe behaviours	Create COVIDSafe spaces	Promote COVIDSafe activities	Respond to COVID-19 risk
<ul style="list-style-type: none"> • stay home when unwell • practise good hygiene* • ensure physical distancing (1.5 m)* • wear a face mask* • avoid interactions in enclosed spaces* • Get vaccinated when eligible 	<ul style="list-style-type: none"> • make hand hygiene easy • keep surfaces clean and implement enhanced environmental cleaning and disinfection • promote outdoor air ventilation and do not have air conditioners on recirculate 	<ul style="list-style-type: none"> • move activities outdoors where possible, weather permitting • adapt, modify or defer higher risk activities • limit school access to outside visitors where possible • reduce mixing between groups • create workforce bubbles* 	<ul style="list-style-type: none"> • keep records and act quickly if someone becomes unwell* • use personal protective equipment • clean and disinfect appropriately if a staff member or student has been unwell while at school • manage individual risk

Get a COVID-19 vaccination at St Albans Secondary College

**By getting vaccinated you are helping to keep yourself,
your family and your community safe.**

Anyone aged 12 and over can get vaccinated at:

St Albans Secondary College

289 Main Road East, St Albans

Friday, 15 October (4pm - 7pm)

Saturday 16 October (9.30am - 5.30pm)

Sunday, 17 October (9.30am - 5.30pm)

How to get a COVID-19 vaccine at this venue

You can walk in to get vaccinated - no bookings required.

This clinic is accessible for people of all abilities, including people with disabilities. For more information, visit:

coronavirus.vic.gov.au/vaccination-information-people-disability.

The clinic provides first and second dose Pfizer and AstraZeneca vaccinations.



For more information

Scan the QR code to view a [webinar](#)
about COVID-19 vaccination.

coronavirus.vic.gov.au/vaccine
1800 675 398 - 7 days 8am - 8pm



Department
of Health



Cana is committed to the Safety and Wellbeing of our students

School Hours

Music starts at 8:42am

Monday	8:45am – 3:15pm
Tuesday	8:45am – 3:15pm
Wednesday	8:45am – 3:15pm
Thursday	8:45am – 3:15pm
Friday	8:45am – 3:15pm

Mass Times

Saturday	
Sacred Heart	5:00pm
Emmaus	6:30pm
Sunday	
Sacred Heart	8:00am, 10:15am, 11:30am
Emmaus	9:00am
Parish Office / Presbytery Secretary Margaret	T: 9366 2146 F: 9366 9876

Second Hand Uniform

Due to the need for social distancing and other COVID safety measures, we cannot currently offer second-hand uniforms. We will advise when this returns and in the meantime recommend contacting your PSW outlet for uniform enquiries.



School Website

To watch videos from the website, the password you will need is:

PASSWORD: CanaVids



Mobile Phone App

We advise all families to download this App as this is our form of communication.



OshClub is our Before & After School Care Program. Children need to be registered before they attend.

We advise all families to register their child/ren (registration is free).

OSH Program Numbers:

Mobile: 0478 022 320

Head Office: 1300 395 735

Cana Bank Account

For EFT payments, please ensure you reference your SURNAME and your

6 – digit family ID

BSB: 083 347

Account: 563 101 059