



## Connections

Good connections with other people are essential to our wellbeing. Not only our mental health but also our physical health is dependent on a good web of relationships. Recently, I was told of a study that showed that an obese person who smoked but had good relationships was more likely to live longer than a healthy-weight, non-smoker with poor relationships.



As Covid has continued on its course, I have seen the mental health of a few friends unravel as they have lived with a degree of isolation. All the more reason for me to continue my contact with them. I have noticed that at the beginning of a conversation, they have seemed 'scatty' or 'wound up' but simple chatting made them calmer, and dare I say happier. We all know how masks make communication more difficult. All the more reason, to take our time and make the effort to be with others and communicate. It is tedious, even difficult, but we cannot underestimate how much we need to connect.

Being with others, loving others, is hardwired into the depths of our person – we are made in the image and likeness of God, and our God is a community – Father, Son and Holy Spirit. And it is in community, in communion with others that we find our true self. And it is not easy. Unlike God, we have our flaws and we encounter other people's flaws when we have to interact with them. Loving others is often painful, difficult and even tedious. That is when we need the grace of God - to do what our poor weak selves cannot do: love beyond our sense of failure, love beyond the difficulties between us, to love so that we bring our best selves into being.

*Loving God, you know how much I need to love, and you also know how difficult I find it sometimes. This day give me your wise Spirit to truly communicate with one person who challenges me. I ask this in Jesus' name confident that you will hear me.*

Sr Kym Harris osb

# St Paul's Catholic School Palette



Paice Street, Bridgewater

Phone: 03 6263 6482

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Dear Parents and guardians,

What a great start to 2022 we have had! It is so lovely to have all the students back. Thank you to everyone for your understanding, patience and support as we navigate our way through the challenging and changing times. Please remember to keep us informed of any health concerns and if you test your child for COVID even when they are in isolation please let us know the results. We will continue to inform you when we get positive cases in your child's class and please keep students home if they have any cold or flu-like symptoms. If a child is sent home with symptoms please test them and let us know.

Parent/teacher conversations will be via zoom or telephone on March 8th 3.15 - 6.15pm. We will send out a link to book an appointment next week via Compass and then the teachers will either zoom or telephone you at the given time. Please keep these conversations short and sharp as teachers will be on a strict 10 minute time limit. Longer conversations can be booked at a different time.

We welcome Mrs Jenny Noble and Mr Marty Ogle to our school. Both Marty and Jenny work at the Catholic Education Office as Education Officers and have been assigned to our school for the first five weeks of this term. It is great to have these experienced educators working alongside our teachers.

Our Year 6 students are taking on the roles of "Sports Leaders" at recess and lunchtime and are leading games and skills in a variety of sports. This initiative gives our year sixes leadership skills as well as supporting our younger students to be involved and supported at Recess and Lunch.

Yesterday I had the privilege of listening to the speeches of our Year 6 leaders. They were excellent, thought provoking and well prepared. Each and every student who spoke displayed courage, bravery and resilience. Unfortunately not all students will earn a leadership position but they all should be very proud of their effort. Thank you also to the parents who supported them in taking this step.

On Monday, we take another huge step in our St Paul's community with the commencement of Ludo (early learning for 3-5 year olds) and our partnership with Catholic Care. We welcome them to our school.

With every blessing,

Mrs Jo Clark  
Principal

[jo.clark@catholic.tas.edu.au](mailto:jo.clark@catholic.tas.edu.au)

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## Case management



### Covid-19 Case management

When a member of a particular class tests positive for COVID-19 that person (a confirmed case) is required to isolate at home. When we become aware of the confirmed case we will contact the parents / carers of the other students in the class to inform them of the situation and to request that they monitor their children for symptoms. If the child is symptom free they can continue to attend school.

Should the number of confirmed cases in a class reach five over a seven-day period we will notify Public Health of the situation. We will also contact the parents / carers of the other students in the class and request that they test their child using rapid antigen tests (that we will supply) on the day of us making contact with them, then again two days later, followed by a third test three days after the second test. The classmates of the confirmed case can continue to attend school provided they

return negative test results and are symptom free.

Should we have three or more classes over a seven-day period with five or more confirmed cases in them we will notify Public Health. We will also apply the three tests per classmate approach described above in the classes with five or more confirmed cases. In addition to this we will liaise with Public Health regarding any required additional testing. Additional testing requirements will be communicated to parents / carers and the necessary rapid antigen tests will be supplied. Children who participate in additional testing, and who test negative and are symptom free, can continue to attend school.

### Advice for confirmed cases

Should your child test positive for COVID-19 using a rapid antigen test:

- They must not come to school.
- You must register the result with Public Health using their online declaration form or phone the Public Health Hotline 1800 671 738.
- Your child must isolate from other persons including family members for a minimum of seven days. If your child still has symptoms on day seven then they must continue their isolation for a further three days.
- Family members living in the same house are deemed to be close contacts.
- Close contacts need to quarantine for seven days and to maintain isolation integrity between themselves and the confirmed case.

### Advice for confirmed cases





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- The seven days of isolation starts the day after your child tested positive. The seven days of quarantine for close contacts starts on the same day as the isolation period provided there has been no close contact between the confirmed case and other family members after receipt of the positive test result. If the confirmed case and other family members can maintain isolation integrity for the seven days of isolation then quarantine will also end when isolation ends.
- Having completed isolation, should your child come into contact with someone with COVID-19 in the four weeks following completion of isolation and your child is not immunocompromised or symptomatic, they will not need to quarantine or isolate.

## Maintaining isolation integrity

### Maintaining isolation



Generally the infectious period of a confirmed case starts two days prior to developing symptoms or two days prior to when they tested positive if they did not have symptoms. Thus, by default, all other residents of the confirmed case's household will be close contacts. The seven-day quarantine period for a household close contact starts the day after the date of their last contact with a confirmed case. Thus where there is isolation integrity, the seven day quarantine period for a close contact finishes the day the confirmed case leaves isolation. Where there is not isolation integrity, and noting a confirmed case is a confirmed case for a minimum of seven days, the quarantine period for a close contact starts the day after the confirmed case leaves isolation.

Hence, in order for close contacts to avoid a '14-day home lockdown'; it is important that all family members (the confirmed case and their close contacts) support the maintenance of isolation integrity by:

- Sleeping in a separate room/area - the confirmed case must have their own room or sleeping area away from others.
- Making sure the home has good airflow (open the windows to increase air circulation).
- Avoiding physical / close contact with the case – if contact is unavoidable then the duration of contact should be minimised and all parties should wear a face mask.
- Not sharing household items – such as cutlery, plates, towels, bedding. The items used by the confirmed case must be washed thoroughly.
- Not sharing food and drinks.
- Cleaning frequently touched surfaces (like door handles, sink taps and benches) in shared areas at least daily, using normal household detergent or disinfectant. If there is only one bathroom, the bathroom will need to be wiped down with disinfectant after every use. Any windows in the bathroom should remain open, fans on, and the toilet flushed with the lid closed.





## Principal Awards

Congratulations to the following students who received the Principal's award:

Prep: Charlie Harper

Year 1: Dillon Ransley

Year 2: Hudson Matthews

Year 3/4R: Noah Wells

Year 3/4B: Darcy Wilson

Year 5: Kailee Rose

Year 6: Samuel Lucas



## Mercy Merits

Congratulations to our Mercy Merit recipients. Students receive Mercy Merits from a staff member at any time of the day when they are caught abiding by our three expectations –SAFE, RESPECT, LEARN. The teachers keep a check on the totals received and rewards are given at 10, 20, 30, 40, 50, 75 and 100.

Congratulations to our first four students in Year 2 to receive 10 Mercy Merits.





Hi All,

I would like to warmly welcome all St Paul's students and families to the 2022 school year. I hope you all had a peaceful and relaxing Christmas. The staff at St Paul's are all looking forward to a rewarding year of learning and spiritual growth.

I also wanted to share with you the thanks that Mrs Clark and I received from Sister Margaret of the Sisters of Mercy. She wanted to let us know that our fundraising has had a direct impact on the families in the highlands of Papua New Guinea, providing work tables that are used for cooking and for clothes making. Sister Margaret also wanted to let the St Paul's community know that the construction of the 4th cookhouse in the region is happening right now and our continued support has helped build this vital tool for their community. There will be more fundraisers this year so that we can continue to support those in need.

On Wednesday the 2nd of March we celebrate Ash Wednesday. This is the start of the Season of Lent which leads us to Easter. During Lent it is traditional to 'give up' something, but this year I would encourage everyone to look for ways to lead a more sustainable life. This could include recycling more, limiting waste or looking for ways to save resources. Our school has developed several ways to reduce waste in the classrooms and look after our planet. The students are becoming well versed in sustainable practices and I'm sure they would love to help their parents and loved ones to learn more.

As part of our annual Lent celebrations, Caritas Australia is again launching Project Compassion. This year's theme is "For all Future Generations." Students will learn more about Project Compassion from their classroom teachers. As part of this program, each family will be provided with a small money box to collect donations to be used to help disadvantaged people all over the world. Please return these donation boxes to school before the end of the term.

With God's Love,

Mr Casey Moore  
Religious Education Coordinator







### Ludo Early Learning

Ludo will operate from Monday 21st February 2022 in our Early Years Learning Centre. Ludo is a play-based education and development program for children aged 3-5 years old. This is a CatholicCare service delivered in partnership with Catholic Education Tasmania. Ludo is open from 7am - 6pm, 50 weeks of the year including school term holidays. Long day care, short day care and after Kinder care are available. Ludo and Kindergarten staff work together to deliver developmentally appropriate, play based programs. Bookings can be made directly through <https://catholiccaretas.org.au/programs/ludo>

### Outside School Hours Care

Catholic Care Tasmania provides after school care at St Paul's Catholic School each day. Please see the Facebook page to register for Friday as an additional day. Care is available each school afternoon until 6.00pm. Please contact Catholic Care Tasmania to register.

### Drop Off/ Pick up

Just a friendly reminder that when you are using the drop off or pick up zone you MUST remain with your vehicle. Thank you for your understanding.

### Uniform Shop

Uniform shop orders will only be filled Tuesday - Thursday. The QKR app is recommended for the purchasing of uniform items. Exchanges for sizing can be made by sending the item to the office with a note explaining what is required. If QKR is not an option for you, purchases can be made over the phone through the school office, or alternatively an appointment can be made in the uniform shop. You can find instructions on the last page of this newsletter.

### Check in Tas App

All adults who enter our school are asked to check in via the Check in Tas App so please bring your phone with you as this is a Tasmanian Government requirement.

### 2023 Kindergarten Enrolments

Enrolment Applications for Kinder 2023 are now open. You can find information on our website or come into the School Office to pick up an enrolment pack. Applications close on Friday 6th May. If you have any questions, please contact the School Office on 6263 6482.





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## Upcoming events

Date	Event
Monday 21st February	1st day of Ludo
Wednesday 2nd March	Ash Wednesday
Monday 14th March	Public Holiday - Eight Hours Day
Tuesday 15th March	Year 6 with St Pat's
Wednesday 16th March	St Paul's Swimming Carnival
Friday 25th March	STCPSSA Swimming Carnival
Tuesday 29th March	School Photos
Thursday 14th April	Last day of Term 1

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Please see below regarding which uniform your child/children are required to wear.

Please note: Due to our Literacy focus in the morning block, PE and Art are on different afternoons for different classes.

Grade	Monday	Tuesday	Wednesday	Thursday	Friday
Kinder	-	PE	PE	PE	-
Prep	Formal	PE	Formal	Either	PE
Grade 1	Formal	PE	Formal	PE	Either
Grade 2	Formal	PE	Formal	PE	Either
Grade 3/4 Red	PE	PE	Formal	Formal	Either
Grade 3/4 Blue	PE	PE	Formal	Formal	Either
Grade 5	PE	PE	Formal	Formal	Either
Grade 6	PE	Formal	PE	Formal	Either



## HAS YOUR CHILD SET THEIR ASTHMA GOAL FOR SCHOOL?

Download our Back to School Adventure Game for  
kids at [asthma.org.au/back-to-school-2022](http://asthma.org.au/back-to-school-2022)



"My asthma  
goal is to win  
cross country  
without having  
an asthma  
attack."

Maddy, 10

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St Paul's Catholic School

Fridays 9-10.30am

(during school terms)

**We're not on yet!**

Please check our school and Setup  
Facebook pages for our start date

Open to all families

a child aged birth to five years



What to bring:

gold coin donation appreciated - healthy snacks for your child  
clothing suitable for outside play - a hat and drink bottle

For more information please find our Facebook group  
"Setup for Success @ St. Paul's Catholic School"



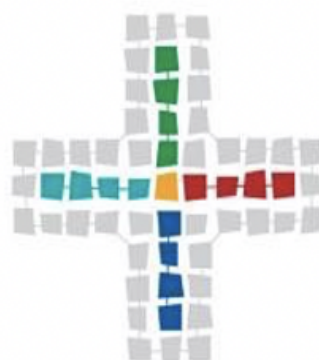
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**Ludo**  
CatholicCare Tasmania

at St Paul's is opening  
**Monday 21<sup>st</sup> February!**

**Early learning for 3 -5 year old children**

- Long day care (7am-6pm)
- Short day care (8.30am - 3pm)
- Before and after Kinder care (7-8.30am and 3-6pm)

Please ring 6208 6012 or email [ludo@aohtas.org.au](mailto:ludo@aohtas.org.au)  
for more information and enrolment packs

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# loui's van

Food, information & support

## Bridgewater/Gagebrook Change of Service

### Monday Night:

#### **Stop 1: Gagebrook:**

Community Centre,  
Lamprill Circle  
7:00pm to 7:20pm

#### **Stop 2: Bridgewater:**

Community Centre  
Bowden Drive  
7:25pm to 7:45pm

### Wednesday Night:

#### **Stop 1: Gagebrook**

Community Centre  
Lamprill Circle  
7:00 to 7:20pm

#### **Stop 2: Bridgewater**

Civic Centre (Car Park)  
Green Poin Road  
7:25 to 7:45

**What: Free Sandwiches, Soup, Bread, Pastries and sometimes hot meals etc. Come by and say hello!**



**St Vincent de Paul Society**  
TASMANIA  
*good works*



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# Study Community Support

## STUDY WITHOUT FEES IN 2022

Gain the foundational skills and knowledge for contemporary practice in social and community services. Whether you're already working in disability, mental health, aged care, youth work or other community services, or looking to start a career in the sector, the Undergraduate Certificate in Community Support is a fee-free course to boost your learning and qualifications. Available fully online or with face to face options.

Apply now  
[utas.edu.au/study/community-support](https://utas.edu.au/study/community-support)

CRICOS Provider Code 00586B

UNIVERSITY of  
**TASMANIA** 



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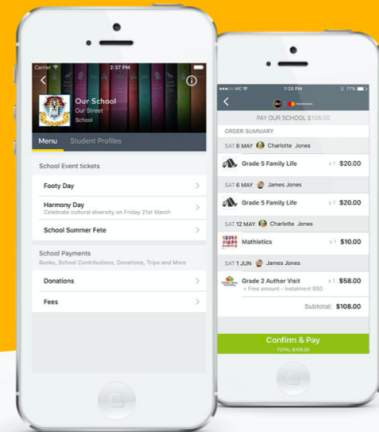
masterpass

For quicker, hassle-free school payments, try Qkr! today

Introducing Qkr! (pronounced 'quicker') by Mastercard, the secure and easy way to order and pay for school items from your phone at a time and place that suits you.

With Qkr you can:

- Pay for a variety of school items;
- See your receipts on the app and get them sent by email if required.



## Getting started is easy - try it yourself today

### Step 1 Download Qkr!

on your Android phone or iPhone. iPad users can download iPhone app



### Step 2 Register

Select your Country of Residence as 'Australia' and follow the steps to register

### Step 3 Find our school

Our school will appear in 'Nearby Locations' if you're within 10kms of the school, or search for our school by name.

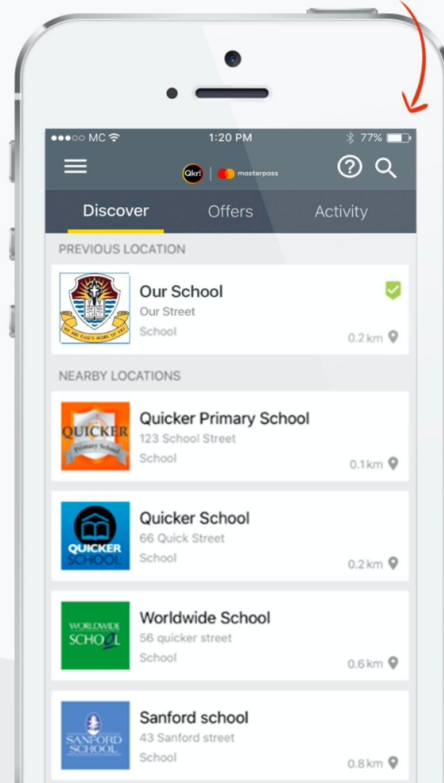
### Step 4 Register your children

When first accessing our school you will be prompted to add a student profile for your child. This allows you to make orders and payments for them.

If you have made a purchase you can select our school from 'Previous Location'

If you're within 10 kms of the school, you can select our school from 'Nearby Locations'

Search for our school name



# St Paul's Catholic School Palette

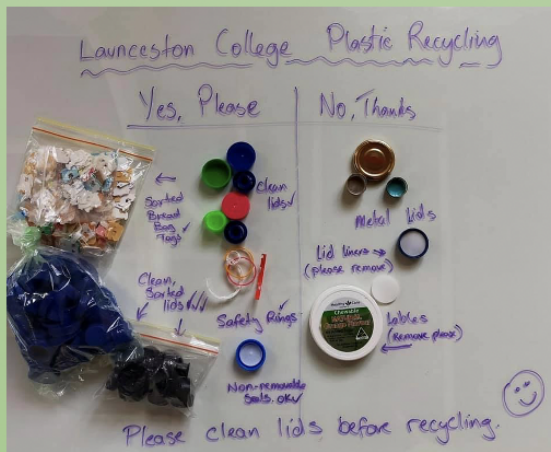
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Please collect lids for  
**Tops for Pots**  
the Launceston College  
recycling program.



The students turn these lids...



...into these pots!



Donations of washed and clean lids can be taken  
straight to Launceston College or to  
The Jesse Tree in South Hobart.  
(Mrs Annear will collect any from school and deliver them)

## Tops for Pots

Thank you to everyone who donated lids last year for this recycling program. We washed and sent away 3 shopping bags full of lids and bread tags!

*Even the smallest effort makes a difference.*