



Letter No 9 - Covid-19 Update

4 August 2021

Dear St Leo's Community,

Some wise words received via email today from one of our parents:

I hope this finds you, your family and the staff of St Leo's safe and well.

I have been thinking especially of our Year 12 students during this time. I happened upon this (below) a few years back and re-read it each time I'm feeling anxious about, or am tempted to 'helicopter'-parent my son.

Our young people try their very best, of course they do. As parents and educators, we encourage, support and nurture them, for many reasons, not the least of which is because it affords them greater choice. But a mark on a piece of paper doesn't limit them. And it certainly doesn't define them.

I imagine a vast number of Year 12 students, state-wide, are feeling anxious, concerned, uncertain, angry and frustrated, amongst a myriad of other emotions. And that's ok. There is no year group before them that has experienced such an unexpected and unprecedented end to their schooling career. The Class of 2021 is, quite literally, living history.

I am certain that St. Leo's Class of 2021 will still triumph, despite the enormous challenges they have faced this (and last) year. They will embark upon their future full of hope having made, and continuing to make, differences in the lives of others. Mr. Sampson would indeed be fortunate to have any one of them in his employ.



Year 12 Update

I hope to Zoom with our Year 12 students, parents and carers later this week. I understand the many frustrations and angst that is being felt in our community and this has certainly been passed on to the relevant bodies.

Today I had a meeting with the Dept of Education and NSW Health who outlined their plans for those students in the restricted LGA areas of concern to receive the vaccination if they so wish, next week at the Qudos Bank Arena NSW Health Vaccination Centre. I have contacted these students today.

Those students who are undertaking Dance, Music and Drama - [please see the linked letter from a meeting with the NESA of Creative Arts](#). These conditions will support our students in the HSC practical performances.

Year 12 Study Sessions

In preparation for the Trials and the HSC, Year 12 have the opportunity to attend Zoom study sessions from 2.40 until 3.30 each Monday and Wednesday. Staff from a variety of faculty areas have offered to be available to help students if they have any questions. This is a chance for students to have group study sessions.

The zoom link is: <https://dbbcatholic.zoom.us/j/64622209726>



Intake 2021 - Year 10 Assessment Update

The College is presently reviewing the Semester 2 suite of Assessments and is refining the assessment schedule to accommodate the present home-based learning environment. The following elements have been included in the development of the assessment schedule:

- impact on student workload when assessments become live
- importance for parents to receive detailed reporting on student achievement
- student wellbeing during home-based learning
- forms of assessment that are suitable within a Home Based Learning Environment

The Leaders of Learning in each subject area will finalise the new assessment schedule by the end of the week. Students and parents will then receive communication outlining the assessments and relevant details for Semester 2.



Year 9 2022 (Current Year 8) Subject Selections - Parent Q&A Evening

A reminder to Year 8 parents and students that tomorrow evening (Thurs 5 Aug, 7pm) we will host an optional Q&A Evening for the Year 9 2022 Subject Selections. If you have completed the subject selections online via Edval Choice there is no requirement to attend the evening. This Zoom session is a resource to assist any parents who are still unsure as to which subjects are best suited to their young person or if assistance is required with the process of subject selection.

The [Subject Selection Handbook](#) was previously emailed and is also on our [website](#). The deadline for entering the subject choices has been extended to **Monday 9 August**.

[Zoom link](#) for the session.



Pastoral Care & Wellbeing Update

We continue to survey students twice a week to monitor their individual mental health and wellbeing. Not only has this provided us with an opportunity to proactively address wellbeing matters, it has also given students an opportunity to privately and confidentially reach out for support. This empowerment of taking ownership of poor or declining mental health is very powerful for the individual and we congratulate the students who have reached out for help.

In addition, the current lockdown provides us all with an opportunity to work on our resilience. One positive that has come from the COVID-19 situation is that mental health is being discussed more, and as a result, additional resources and support continues to be put in place for people. As such, our students have a wonderful range of tools and strategies that they can use to overcome a negative situation. Please refer to the [second edition of the College Wellbeing Resource Pack](#) for suggested resources.

Finally, we remind students and families that there are a range of support mechanisms in place at the College to assist anyone who is doing it tough. Please do not hesitate to reach out to your respective Year Leader, Mr [Nathan Smith](#), Director of Pastoral Care and Wellbeing, or Mrs [Anne-Marie Newham](#), College Counsellor should you need help.



Sports Update

Timetabled Sport

A reminder for all parents and students from Intake 2021 to Year 10 that timetabled sport time this is the opportunity to get up and active! There are a variety of resources available that are posted on the respective Year Group Google Classroom pages for the students to participate in. This will give them a break from the screen - and anyone else at home is able to join them! Many of our families are doing these activities together. If you have any questions please don't hesitate to email [Michael Kember](#).

Liverpool Academy Home Training Program - Week 3

Well here it is - Week 3 of the Liverpool Academy Home Training Program. This week the player focus is Dutch International **Virgil Van Dijk**, who is one of the key defenders in the Liverpool backline.

There are a number of videos, with one in particular about training in lockdown and how to overcome some of these challenges. There are the training sessions on agility, turning and passing, along with conditioning.

One of the highlights though is the regular strength and core session with head conditioning coach at Liverpool, **Andreas Konmayer**. The nutrition article has a fantastic recipe to try out as well.

One major aspect that we want to alert you to is the Parent content that gives access to presentations on goal setting for students and athletes. [Access the Program](#)



Spiritual Resources - Local Masses

With all the challenges being faced during this period of lockdown, it is important that we maintain our spiritual nourishment. There are a number of live streamed Mass options available, including:

- Live Daily Mass at Hornsby Cathedral Parish - 7am Monday to Saturday, and 9.30am Sunday:
[Hornsby Cathedral Parish - YouTube](#)
- Live Mass at Holy Name Parish - 9.15am Tuesday to Friday, and 5pm Vigil Saturday:
[Holy Name Parish Wahroonga - YouTube](#)



Pathways & Careers

Recording of Last Week's Webinar - Talking Careers for Parents

In case you missed last week's webinar on **Talking Future Career Pathways with Kathryn Taylor**, from Turning Point Consulting, [here is the link](#).

Careers Q&A - Help with Careers, Pathways, University TAFE and Work

Years 9-12, join Ms Tynan, our St Leo's Careers Adviser and Mrs Snodgrass, Pathways and Partnership Leader from 2.30pm – 3.00pm every Monday to have any of your questions answered. [Join the weekly Zoom](#) to access any career help.

Years 10 & 11 Social Media/Digital Content Workshop - 11 August

Are you keen on a career in managing social media or creating digital content?

Register your interest now! Year 10 and 11 have the opportunity to join a free social media 2 hour workshop on Wednesday, 11 August from 11.05am - 1pm

Media for Millennials an online workshop run by Stephanie Aceglav, a journalism expert. This is an opportunity not to be missed with only 19 seats online for this online workshop. This course is designed to teach students digital and social media skills that would be relevant in a creative or digital career. Learn how products are advertised and understand social media ad campaigns - an essential skill for the future.

Book your seat [HERE](#). An email will be sent confirming your spot and a **pre-meeting on Monday** at 3.05-3.15pm.

Mrs Snodgrass, the pathways and partnership leader will be in the workshop online to assist students in carving out the opportunities to succeed.

TAFE 2022 Launchpad Digital Courses

By now, you may have heard about our exciting new TAFE NSW Schools Launchpad courses.

These 20 virtual TAFE-delivered Vocational Education and Training (TVET) courses are available for high school students as part of their HSC in 2022. You can read more how these can be combined with your HSC study with an ATAR. For enquiries, students join the weekly career Zoom meeting at 2.30pm on Monday with Career Adviser and Pathways and Partnership Leader.

[More info.](#)

University Open Days

Please see the flyer (right) for dates for each university.

2021 University Open Days and Tours Update

<p>Australian Catholic University</p> <p style="text-align: center;">ONLINE 7 and 8 August Ballarat, Blacktown Canberra, Melbourne, North Sydney, Strathfield ONLINE AND IN PERSON 11 September Blacktown TOUR CLICK HERE</p> <p>Australian National University</p> <ul style="list-style-type: none"> • IN PERSON & ONLINE Sat Aug 14 2021 - Click Here TOUR CLICK HERE <p>CQ University</p> <ul style="list-style-type: none"> • ONLINE 14 August ONLINE CHAT - 1 & 15 September TOUR CLICK HERE <p>Charles Sturt University</p> <p style="text-align: center;">ONLINE Sun 5 Sept – Wagga Wagga & Orange ONLINE Sun 12 Sept – Port Macquarie, Bathurst, Albury-Wodonga & Dubbo TOUR CLICK HERE</p> <p>Griffith University</p> <p style="text-align: center;">IN PERSON 8 August ONLINE 20 August TOUR CLICK HERE</p>	<p>La Trobe University</p> <ul style="list-style-type: none"> • Postponed- Melbourne • Postponed - Albury-Wodonga • Sun Aug 29 TBC - Bendigo TOUR CLICK HERE <p>Macquarie University</p> <ul style="list-style-type: none"> • ONLINE - Sat Aug 14 2021 - Click Here TOUR CLICK HERE <p>National Art School</p> <ul style="list-style-type: none"> • IN PERSON - Sat Sep 04 2021 - Click Here TOUR CLICK HERE <p>Notre Dame</p> <ul style="list-style-type: none"> • ONLINE Sat Aug 28 2021 - Sydney TOUR CLICK HERE <p>Southern Cross University</p> <p style="text-align: center;">ONLINE 10 and 12 August TOUR CLICK HERE</p> <p>UNSW</p> <ul style="list-style-type: none"> • IN PERSON Sat Sep 04 2021 - Click Here TOUR CLICK HERE
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Reminder: Timetable

[The current timetable for Weeks 4 & 5 is linked here for all students.](#)

Reminder: School Fee Assistance



In previous letters I outlined assistance available to families who may need help with school fees. We are very mindful that the current Covid-19 lockdown may be impacting your ability to afford school fees.

Details and the application form can be found under the Parent Hub section of our website ([click here](#)) or by contacting the CSBB *Fee Liaison Team* (at schoolfees@dbb.org.au or 9847 0728).

Please contact the *Fee Liaison Team* to discuss your circumstances and other pathways available for fee support. We look forward to being able to assist you if you require fee support during this period.



Reminder: Extra Activities and Resources for Students

St Leo's staff have again been busy organising a growing list of activities for outside of class time to keep our students busy, connected and engaged during lockdown.

- **St Leo's Wellbeing Resource Pack - SECOND EDITION** contains a range of resources to support young people (and their parents/carers) during this challenging time. The Remote Learning page of our College website also has additional resources.
- **The CAPA Lockdown Talent Show:** Thank you for your amazing entries. We received **over 80 submissions** and they are currently being judged. Watch this space for details of prizewinners!
- **Vinnies Winter Sleepout (at home) Wrap Up:**
The sleepout last Friday night was a huge success, with the amount raised for Vinnies now just short of an **astonishing \$22,000!**
Leo's tops the schools leaderboard by FAR in the state, and our highest individual fundraisers were:
 - **Max J (Intake 2021) who has raised over \$2000 - currently first in the state!**
 - **Lily P (Intake 2021)** with nearly \$1700 - currently second in the state
 - **Charbel K (Year 10)** with \$1360, third in the state
 - **William G (Intake 2021)** with \$1140 and fifth in the state.**CLICK HERE if you would still like to donate** to Vinnies and support our team.



- **Meditations:** Ralph Kershler's peaceful video meditations:
[Meditation 1](#) [Meditation 2](#)
- **Share your Leo's in Lockdown:** If you would like to share your home-based learning or lockdown activities with the St Leo's community, please submit a photo or short video. We would love to see your learning setup or project, student or family activity, or anything keeping you occupied during your Leo's in Lockdown. **SUBMIT HERE.**

All College communications concerning Covid-19 (i.e. Letters Nos 1-8) are also listed on the [Remote Learning page of the College website for your reference.](#)

We are very conscious of the impact this lockdown will have on our staff, students and families. We are in regular contact with Catholic Schools NSW and will keep you updated as further information is available.



Thank you for your support of our school. Our prayers are with you and please stay safe!

Tony Gleeson
Principal