

Important Dates

Term 2 commences Tuesday 3 May	Catholic Education Week starts Monday 9 May
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Introduction and welcome

It's my pleasure to have been appointed as Executive Officer of Catholic Schools Parents South Australia (CSPSA) and I welcome you to the first newsletter for Term One – "I hear you"

The South Australian Commission for Catholic Schools (SACCS) announced the formation of Catholic School Parents SA as the new representative body of Catholic school parents in November 2020.

In 2020, the Commission engaged an independent reviewer to consult with parents in all Catholic schools to seek their feedback as to whether they felt they had an adequate voice in the education of their children and what kind of support they would like to see in the future.

"While acknowledging that the current structures have served parents and our school communities well in the past, the review recognised that parents and carers have busy lives and are looking for new ways to engage in and support the education of their children," Professor Ralph said.

Catholic School Parents SA is closely aligned with Catholic School Parents Australia, the national body that represents and advocates for parents and carers of children and young people in Catholic schools across Australia and will seek to have broad representation of parents of students in our schools.

This newsletter will aim to introduce who we are as an organisation and give an insight into how you can join as a Parent representative.

I look forward engaging with you in the future and building a strong representative voice for each child.

Go well,
Trish Jarvis

Our Vision



As parents, we are the primary and continuing educators of children. It is recognised that there is a shared responsibility between parents and schools for the spiritual and social development of all students in our Catholic education system.

The objective for the newly formed CSPA is to be an advocate for the families, parents, and carers of children in Catholic schools, Catholic early learning centres and pre-schools.

We believe that school and family collaboration is essential to successful spiritual, academic, and developmental growth.

Our objective is for all children to have the opportunity to access a quality education that allows each child to reach his or her potential.

CSPA aims to build an environment where parents can be empowered to take an active role as the primary educators of their children.

The organisation will support this empowerment by providing resources, education, and support to assist all families and parents in this role.

Introducing Trish...



Trish Jarvis, Executive Officer of CSPA, has an established an advocacy background for over 20 years. Admitted as a Legal Practitioner in 2002, Trish developed a passion for advocacy skills through years of litigation and migration agency work. Specialising in migration, she became a voice for refugees in Australian Detention Centres. Her passion developed into establishing a Migration Practice which assisted thousands of people emigrate and begin a new life in Australia.

Listening to people and hearing their perspective has been her strength, passion, and goal. Giving people a voice that did not have one, or when others were louder, is a passion she has now chosen to turn into a vocation through Catholic Education.

With 2 young children at a Catholic school, Trish has been an active member on the School Board. As Chair of the board for the last 2 years, she understands the importance of parents as first educators and need to establish positive relationship within the school community.

On weekends you'll find her training for her next marathon, trail running through the hills and caravanning adventures with her husband and 2 kids. Sleep can wait!

What CSPA does



As an organisation we will offer a range of resources to assist you in feeling confident to lead your children through their years and establishing their catholic identity. These resources will range from interactive workshops, forums, and other events for parents to attend and become involved.

School Visits

We can come to your school and discuss CSPA has to offer, listen to opinions of parents on various topics and provide solution to governance issues.

Skills Presentation

We can facilitate workshops and presentations to assist parents develop skills they need to guide their children towards.

Regular workshops will be posted on the CSPA website and promoted through our Social Media Channels.

Grievance

When an issue arrives, it can be helpful for an independent person to assist with issues to enable a positive schooling environment and relationship. We can offer a listening ear in these circumstances and lead you towards the right direction to arrive at a positive outcome.

Join Us – Become a CSPSA parent representative



I'm interested in being a CSPSA parent representative for my children's school:

Your school principal or leadership team will need to **nominate a parent representative** via our website.

If your school does not yet have a representative, please discuss this with your school principal and to complete a nomination form for this volunteer role.

The role of the CSPSA Parent Representative nominated to be on the CSPSA Parent Representative Register will be to:

- Act as contact person to represent parents in your specific school and act as a liaison with CSPSA on matters of relevance to parents in Catholic education.
- Collate information provided by CSPSA and share, when appropriate and with your guidance as Principal, with the parents of children in your school.
- Respond to any surveys or requests for feedback on topics or issues in education where CSPSA are seeking parent perspective as part of collecting evidence-based feedback for contribution to submissions and/or advisory committees or to CSPSA advocacy campaigns.
- Share information provided by CSPSA via our newsletter, encourage parents to subscribe to the CSPSA newsletter and social media forums and to distribute any invitations to parent engagement events or other events of interest to parents related to education, parent engagement and parent leadership.
- Attend one meeting during each school term and contribute to the development of CSPSA.

The time commitment required for the Parent Representative will vary on term-by-term basis, however, is not intended to be an onerous role and it is anticipated to be no more than a collective 4 hours per term.

I'm interested in being informed and contributing my perspective, but I don't have time to be a parent representative:

CSPSA provides opportunities for parents who are not able to join a parent representative. You may provide your perspective through the following:

- Respond to requests for parent feedback through our surveys or requests sent to your school principal or via your school parent representative.
- Follow the CSPSA Facebook page to receive updates and invitations to events and contribute to requests for feedback.
- Provide an expression of interest to be informed about opportunities to contribute your perspective by [clicking here](#).

Prayer for Ukraine



We cannot begin to imagine what it's like for families like our own to live through the destruction and heartbreak of the war in Ukraine.

400. It's a big number with a lot of different meanings.

400 is the number kilometres I run in the last six weeks.

\$400 is the amount of money I spent on groceries last fortnight.

In March 2022, we heard that 400 was a number of Ukrainian schools and preschools that had been bombed by Russia in the last 25 days.

400 schools and preschools gone.

At a time when children need stability in their life!

We ask that you use this period of lent, to practice the following prayer is used as a prayer for peace.

Prayer for Ukraine

We turn to you, Lord Jesus Christ, Word of God made flesh for us, and we entrust the people of Ukraine to you who once said to your disciples, "Peace I leave with you, my peace I give to you" (Jn 14:27).

Hear the cry of your people; change the hearts of those who have unleashed such suffering on the innocent; strengthen the resolve of those who are working to bring the conflict to an end; be close to those who have been driven from their homes and from their homeland; heal the wounds of mind and heart inflicted on the children; comfort the frightened and the lost; strengthen the faith of those who are bereaved; give eternal rest and joy to those who have died.

In your own agony on the cross you entrusted your mother to the beloved disciple, and entrusted him and all disciples to your mother's care (Jn 19:26). It was through Mary's faith that you, the Word made flesh, came to dwell among us. That same faith strengthened Mary as she stood at the foot of the cross. We pray that your suffering people in Ukraine may know and experience that Mary stands with them, too, in this time of their great distress.

You have given Mary to us as the Mother of the Church and the Help of Christians. With great confidence in the power of her prayer, in accordance with the tradition of your Church, and in communion with our bishop and all the Holy People of God, we consecrate and entrust the people of Ukraine to Mary and ask that our prayers might be joined with hers as we come before you now in hope and in trusting faith.

Hear our prayers, O Lord, and raise up champions of peace, of justice and of healing, so that the weapons of war may be silenced and the people of Ukraine may know the peace that only you can give.

**Mary, Mother of the Church, Help of Christians,
Mother of the Ukrainian people, pray for us**

CSPA research

New research by Catholic School Parents Australia (CSPA) aims to capture parent perspectives on issues of concern to help inform future federal government policy.

CSPA is the national representative body for parents/carers with children and young people in Catholic schools.

<https://www.cspa.catholic.edu.au/>

CSPSA is an affiliate of the national body Working with Catholic school principals and parents, CSPA seeks to better understand how parents and carers can work in partnership with school staff to benefit the health, wellbeing and learning of students. CSPWA is an affiliated member of CSPA.

“We will be gathering evidence nationally on existing and emerging issues of concern for Catholic school families, especially issues that impact on their children’s health, wellbeing and learning.” CSPA chair, Karl Rodrigues said.

“We are keen to hear parent perspectives from a cross-section of families including those with children experiencing challenges around learning and from families with children in remote school settings.”

The research will incorporate surveys, parent/carer interviews and strategic reference group discussions.

“We will be working with our CSPA state and territory members and the Australian Research Alliance for Children and Youth to undertake this research across Terms 2 and 3 this year,” Karl said.

“It’s an exciting opportunity that will shed critical insights into how to enhance parent engagement in student learning, and will no doubt capture the challenges the COVID-19 pandemic has placed on school communities.”

Learn more about work already undertaken on the <https://www.cspa.catholic.edu.au/parent-engagement> and watch out for new video resources which will be available by early 2023. CSPA acknowledges the funding received from the Australian Government for this work.

Advocacy – Working with a new Labour Government

In March 2022, a new Labour Government was elected in South Australia.

Prior to the election, Catholic education South Australia sought seven-party promises.

1. Recurrent funding
2. Capital funding
3. Preschool education
4. Fair access to rural and regional buses
5. Year 7 transition funding
6. COVID-19 responsibilities
7. Vocational education and technical colleges.

As the key parent body for families within Catholic Schools, CSPSA supports the position CESA outlined of the commitments sought from the elected political party who has now formed government.

When addressing parents needs for the new government prior to the election, the recurrent theme emerging for the parent’s centered around the government commitments to maintaining and increasing recurrent and capital funding.

It’s not a secret that navigating economic recovery from COVID-19 has been difficult. Parents and caregivers have faced uncertainty, unemployment, and major financial implications. With a new Government now elected, families require the party to continue to commit to funding structures to enable them, to have confidence that their children’s education remains accessible.

Accessibility to education is a strong factor, which, as the key parent body, we continue to be calling for. Fair access to regional buses, with a commitment to increasing state government contribution to regional and rural buses services is strongly supported as parents face the practical day-to-day issues on accessing this service.

Catholic Education South Australia (CESA) has always been a strong advocate for Catholic families and ensuring they receive the funding that day requires. We look forward to working with CESA and the newly elected government to ensure the party promises are held and the each child has an opportunity to accessible education.

08.04.22

Write yourself a permission slip



We are still climbing the mountain. We have hung on, experienced the highs and lows, and, at times, enjoyed the view. However, COVID-19 continues to cause anxiety because the situation is unprecedented and uncertain. People are craving answers, security, and comfort. COVID-19 Information continues to develop moment by moment.

What can you do if you or your loved one is experiencing anxiety during this time.

Implementing practices into your daily life may help ease your mind.

Write yourself a permission slip to take a step back. To take a breath.

There are things we can't control during the pandemic. That includes the virus itself, what the media is reporting and how another person is handling isolation and restrictions.

There are things we can control such as following health advice, engaging in positive coping strategies, and our reaction to the situation.

Whilst this mountain seems to be getting steeper some days, implementing the following strategies may assist to help you hang on a bit longer.

Keep a Schedule. When you spend a lot of time at home, it can be easy to fall into unhealthy routines. The simple act of not having a consistent schedule may only add to the stress and anxiety caused by a pandemic. Set a schedule—and add some fun elements to it as well.

Take a Break from Social Media. Social media can be a great way to stay connected, but it can also become a real source of stress for adults and children alike. When you're with your family at home, set up a "phone free hour" or "no social media Saturday." Routines that require you to unplug will help you disconnect from the stressors and connect with loved ones instead.

Prioritise Exercise. Whether you've joined the Strava running club and signed up to several marathons or fully embraced at-home workouts, there are more exercise options than ever before. If you need fresh air, get outside. Go for a run or walk. Take your kids to the playground or bring your furry friend to the dog park. Research shows that exercise is one of the most powerful ways thanks to the burst of endorphins you get after breaking a sweat. Releasing endorphins is an effective way to fight stress and anxiety and to give your mind a break.

If the climb does not look like it may end yet, find a way to hang on. Understand that at times of the hike, there will be flat moments where you can rest. In the flat moments, you can take a breath and look around and see how far you have climbed.

When you reach the top, you will have grown. You will have learnt. And you can use the strategies you have developed at a different

stage of your life when you need it.

Hang on that bit longer. And make the choice to enjoy the view on the climb. No matter how steep the challenge, write yourself the permission slip if you need a break.



As we lead towards our Easter celebrations, we take a moment to reflect on the Lenten period we have shared with our family and loved ones.

In the busyness of each day, the Lenten period gives us time to stop, breathe, and write down one thing each day that we are grateful are.

Gratitude is a funny thing. We think it must be the big things. We forget that waking up each day, being able to send our child to school is something to be grateful for. This Lenten period can highlight that even during the toughest days, there can be one thing that can still shine. It may be seeing the morning sunrise, runs in a cricket match or making it to school on time.

During this Lenten period, our hope at CSPA has been time of reflection.

A time to stop. A time to pause. A time to breathe. A time for prayer for Peace.

We wish you a safe, happy and restful Easter and look forward to connecting with you in Term 2.

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