



PRIMARY SCHOOL PACK

Family Week 2020 | 15-21 May

Your inspirational guide to celebrating Family Week

BUILDING CONNECTIONS IN THE SPIRIT OF HOPE



Join us in celebrating the role of families
in building community harmony.

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WELCOME TO FAMILY WEEK 2020!

This year's Family Week theme is 'Building Connections in the Spirit of Hope'.

Hope is a powerful and transformative idea - especially for the lives of the most vulnerable in our community. This year's Family Week theme focuses on providing hope for vulnerable families, while building the rich, broad and meaningful connections that promote resilience in a family and a community.

Relationships are at the heart of why CatholicCare exists. Building strong relationships and connections with partners, families, children, and the community, is crucial for a person to be healthy in mind, body and spirit.

Taking part in Family Week is a great opportunity for you and your students to come together to celebrate and reflect on the relationships in your lives. It is also a chance for your students to look beyond their own immediate families, and reflect on how they can help those who are doing it tough - how they can bring hope in to someone's life.

Your fundraising support this Family Week will help to deliver vital programs and services that empower children, young adults and their families across Victoria. Your actions and care will give them hope for a brighter future.

Throughout this booklet you will find stories of people who through compassion, love and hope are transforming their lives and the lives of others. We have put together classroom activities, prayer and liturgy resources, and fundraising ideas to help you and your school celebrate Family Week 2020.

Through these activities, or your own creative variations, we hope your students see themselves as confident agents in building up their own family and community connections.

Thank you for joining us for this year's Family Week and for being part of the CatholicCare Family.

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WHO IS CATHOLIC CARE?

We are the social welfare agency of both the Archdiocese of Melbourne and the Diocese of Sale. At CatholicCare it is our vision to help everyone to live life to the full.

Our programs and services are family-centred and strength-based. We provide support for people at every stage of life, equipping them with the skills they need to build strong positive relationships and connections.

We deliver family and relationship services, relationship courses, pastoral care, refugee and asylum seeker settlement support, school counselling and adult education support. All our services are offered to the whole community regardless of religious belief or background.

Catholic Social Teaching is the cornerstone of our values and approach. From this base, we reach out to three key groups:

- Children and youth
- Families with relationship difficulties
- The disadvantaged and marginalised

The people we support come from all walks of life. Each has their unique story and reason for seeking assistance at CatholicCare. Unfortunately, in 2020 people need us more than ever. With your help, we can continue to accompany them on their journeys, ensuring that their dignity is upheld at all times.

VAKSHANA'S STORY

At the age of 13, Vakshana fled from the civil war in Sri Lanka with her mother and two siblings. After a challenging 42 days at sea, among over 100 other people on a small boat with little food or water, Vakshana and her family arrived at Christmas Island.

Relieved to finally be on land, she received her first meal in days and a new set of clothes. Vakshana and her family then spent five months across three refugee camps, until they were transferred to Adelaide to begin their new life.

“When I arrived I did not know English, so when people asked me what’s my name I’d just laugh. It was pretty difficult... they would look at me like I’m crazy.”

Vakshana and her family eventually moved to Victoria, but in doing so they no longer had support - this is when Vakshana discovered CatholicCare’s Geelong Settle Well program. Here she found support to apply for a scholarship in tertiary education, along with financial help for university and other practical supports.

“I didn’t know anything about scholarships at the start ... Since I met my case manager it was a big help! He was like my teacher.”

Vakshana is now studying to become a psychologist so she can help others - the next step for her is applying for a permanent visa and then - citizenship!



SHARE YOUR STORIES

Share your Family Week celebrations on social media!

Use **#FamilyWeek2020** and tag us using **@cathcare** on Facebook or **@cathcare_official** on Instagram.

HOW TO REGISTER FOR FAMILY WEEK

To make communication easier with you and your school, please register your school's participation and nominate yourself or someone else as the **CatholicCare contact person**.

This person would be the main contact for information and support regarding CatholicCare programs and activities.

To register visit our website at www.ccam.org.au/FamilyWeek

For enquiries please contact:

Jeff Wild, Community Engagement Coordinator | E: Jeff.Wild@ccam.org.au | T: 03 9926 5722



LINKS TO CURRICULUM FOR RELIGIOUS EDUCATION

Family Week is also an opportunity to engage your students in further exploration about social justice, their values, and what is happening in their wider community during your class. To assist you with planning your lessons, we have linked our Family Week activities to the respective Religious Education curriculum for each diocese. Look out for the acronyms below to help you:

- **TLCJ** = To Live in Christ Jesus from the Catholic Education Office, Diocese of Sale.
- **P&CE** = Personal and Communal Engagement from Religious Education Curriculum Framework for Catholic Education Melbourne.
- **R&R** = Reasoning & Responding from Religious Education Curriculum Framework for Catholic Education Melbourne.

FOR YOUR REFLECTION AS YOU PREPARE

1. What are the best qualities of our class/house/school and how can we use them to build connections – within families, across families and beyond the school?
2. How do the principles of Catholic Social Teaching both affirm and challenge what we are doing? Choose one or two examples. (Refer to the Family Week PowerPoint slides to view a Catholic Social Teaching visual).
3. What difference does a “Spirit of Hope” make as you build connections? How does “building connections” increase your hope and resilience?

CLASSROOM ACTIVITIES

1. Finding a place to belong - caring for our environment

Suggested year levels: Lower to Middle Primary.

Duration: 3 x 20-30 minutes.

What: Through discussion, observation and enquiry, students learn about the local natural environment, its benefits and those who care for it. They then make choices about how they can build connections with these people and their efforts to support them.

Key objectives and Religious Education links:

1. "Interpret human impact on the environment, evaluating it in the light of the Catholic understanding of stewardship." (R&R) "Reflect on their connection with the environment and how they might care for it" (P&CE Level 1).
2. Deepening appreciation of the local environment and of how it makes a difference in the children's lives, and in the lives of people who live there.
3. Exploring how they can build connections with people who are contributing to the local community.
4. "Know that people can come to recognise and love God through an appreciation of the beauty and wonder of creation." (TLCJ Level 2 of Christian Life and Catholic Social Teaching strand).
5. Students should be able to:
 - a. Explore experiences of being part of a family.
 - b. Explore experiences of being part of a community.
 - c. Explore what it means to be part of a Church community.
 - d. Explore experiences people share, both in families and Church communities, which help them to grow in knowledge of God. (TLCJ Level 2 of Tradition Lens).

Activities:

- Introduction: Discuss "What do you enjoy about your local environment? What is something (eg: a creek, a park, a playground, a garden, a shelter, a parish hall or garden) that contributes to many people's enjoyment? Who helps to care for these?"
- The teacher could bring photos of local environmental features/places to prompt discussion.
- Action: Children gather information, either by their own observation, or by asking parents or other adults for their input/thoughts.
- Conclusion: Children report on their findings. The class decides how they could support and work with the person or group caring for these local areas, either as a class or as they recommend to the school (as part of a larger partnership/project).
- Extension: What could the class bring to the next class Mass or prayer service, to represent their discoveries and the decisions or commitments that they have made?



CLASSROOM ACTIVITIES

2. My Family's Webpage

Suggested year level: Middle to Upper Primary.

Duration: 2 hours.

What: Each student imagines what a family webpage would look like and compiles the materials necessary to create one, either on a project sheet or using a classroom app that has access limited to that teacher and class (such as Google Classroom).

Key objectives and Religious Education links:

1. Deeper knowledge and appreciation of their own family/carer relationships.
2. Reflection on the links that one family has with other parts of the community.
3. "Reflect on the roles and responsibilities in building a just community" (P&CE Level 5).

Activities:

- Introduction:
Outline and discuss the components of an attractive and informative webpage or blogpage.
- Provide a worksheet outlining suggested contents of the page:
 - » A photo of the family
 - » A fun activity that you like to share as a family
 - » Favourite foods
 - » A memorable time together
 - » How does each person contribute to the family, especially to the activities as above?
 - » Family rituals and celebrations
 - » What links would you put with people or organisations outside the family and why?
- Students design their own family page after researching with their family.
- Conclusion: Organise a display of the various pages.

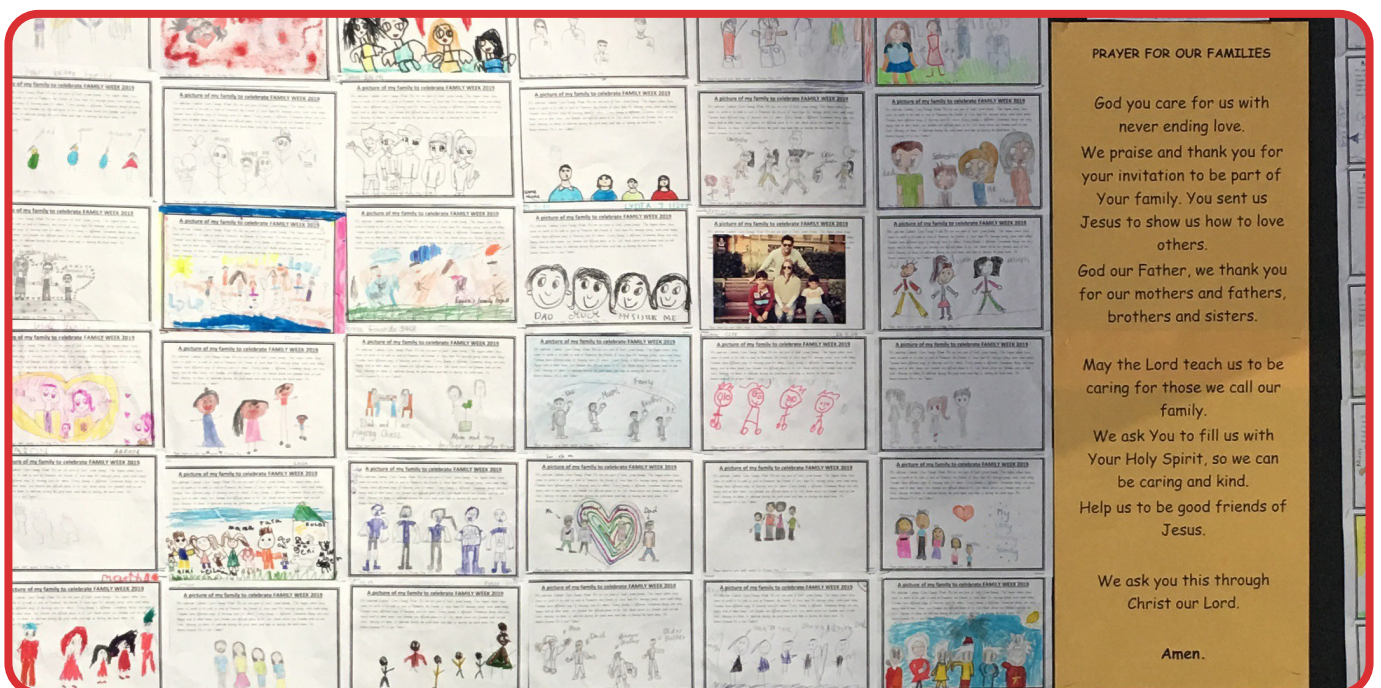


Image: Family Week drawings and family prayer from St Kevin's Hampton Park (2019)

CLASSROOM ACTIVITIES

3. Kindness builds connections

Suggested year level: Middle Primary.

Duration: Introduction (15 minutes) | Creating ideas (3 x 10-15 minutes) | Conclusion (20-30 minutes)

What: Students reflect on how they can show kindness and how others have shown kindness to them.

Key objectives and Religious Education links:

1. Reflect on a sense of belonging to Church and/or school community and plan ways to contribute (P&CE Level 4).
2. Deepen awareness of a variety of ways of showing kindness.
3. Deepen understanding of “head, heart and hands” working together.
4. Deepen appreciation of how others show kindness to us.
5. “Identify how personal gifts and talents can support the mission of Jesus that continues in the Church today.” (TLCJ Level 4 Christian Life and Catholic Social Teaching strand).

Activities:

- Introduction: Head, heart and hands: display a simple outline of a head, and ask the students to copy it. Discuss ways that people use their head to show kindness to others. Students write, list or draw their ideas on one side. On the flipside they list ways that others have shown kindness to them using their head. If necessary, provide some model phrases or sentences for the students.
- Repeat this exercise with models of the heart and the hands.
- Conclusion: Physically remove one of the elements and discuss what would happen if it were missing. Discuss how these acts of kindness help to build connections within the parish or local community.
- Extension: Create a class blog or journal made up of selections from the students’ examples. Make the following Gospel stories available to the class: Mark 6:34-44; Luke 5:12-16; Mark 10:13-16; John 13:1-11. Invite the students to reflect and respond to: “How did Jesus’ actions with his hands show his care and connection with people?” Students could give suggestions and make a paper chain of acts of kindness in their classroom to share with others.

ANGELS AT OUR TABLE

In the dining room at the St Mary of the Cross Centre in Fitzroy, a group of people have gathered for lunch. Above the dining table is a wooden plaque that reads “Be kind to strangers ~ for they may be angels in disguise” – a fitting sentiment for today’s guest of honour.

Since 2004, Colleen Liddell has volunteered to cook the weekly lunch for people living with HIV/AIDS, but today we are celebrating Colleen’s 90th birthday, so it will be up to others to prepare and serve lunch for a change. It is hard to believe that this tiny nonagenarian has been actively volunteering in the program for 15 years. Every week, Colleen decides on the menu and shops for ingredients, lovingly preparing the two-course meal at home before transporting the food to the venue.

While people living with HIV/AIDS continue to experience stigma, discrimination and social isolation, the Monday lunch is a place where they are welcomed and can feel a sense of belonging. Colleen has embraced the community, not with judgment but with an open heart, acknowledging the dignity of each individual. While Colleen’s cooking feeds their hunger, her warm and caring personality is a balm for their soul.



CLASSROOM ACTIVITIES

4. Community Treasures

Suggested year level: Upper Primary.

Duration: 3 to 4 hours.

What: A project for individuals or small groups, to discover and celebrate the people or objects that make a real difference in the local community, whether parish or wider – the “Community Treasures”.

Key objectives and Religious Education links:

1. “Reflect on ways to participate responsibly and contribute ethically to the local and faith community.” (P&CE Level 6).
2. Deepening awareness of the people or installations that contribute to the local community, and of how they build connections.
3. Explore ways of showing appreciation for people who make a great contribution to their community.
4. Identify people who give witness to the Good News of Jesus both locally and globally (TLCJ Level 6 Christian Life and Catholic Social Teaching strand).

Activities:

- Introduction: Students choose a person, group or object to be explored.
- Guided by the worksheet (suggestions below), students carry out their research and decide how they will present the results.
- Worksheet:
 - » Choose a person, group or object, which makes a great contribution to your local parish or wider community.
 - What are the reasons for that choice?
 - » Gather information, such as:
 - What is the history of this person, group or object?
 - What contribution are they making and how do they show it?
 - How did you come to know about them and what has attracted you to them?
 - What connections have they made with other people or groups in the community?
 - Which other people or groups have helped them?
 - How can you show appreciation for their work?
- Conclusion: Students share their results with the class, express their appreciation for their “Community Treasures”, and reflect on their learning.
- Extension:
 - » The students could share their learnings with the school through an expo, and/or with the parish through a display in the church.
 - » Students could express their gratitude to the person, for their contribution to the local community, through a letter or other gesture.

PRAYER AND LITURGY RESOURCES

At CatholicCare, we provide support to people at every stage of life, equipping them with the skills they need to build strong, positive relationships.

Therefore, we are delighted to once again partner with the schools of the Archdiocese of Melbourne and the Diocese of Sale in celebrating and strengthening family relationships through common prayer during Family Week 2020.

This year's theme, Building Connections in the Spirit of Hope, resonates well with the following vision:

- Learning brings hope. In a Catholic school, that hope is based on the experience of God's love and care for all. (Horizons of Hope – Vision and Context p5. Catholic Education Melbourne, 2016.)

With particular reference to the role of prayer in the development of a person's faith life, we find in the Religious Education Curriculum of the Catholic Education Office, Sale (p6):

- Christians live in communion with God and with one another. God is present in our world and our deepest self through the gift of the Holy Spirit. When people pray, they turn to that loving presence to deepen their communion with God, and allow God to work all the more in them.

For Family Week many schools plan a Grandparents/Carers Mass, or Family Mass during school time. Other schools organise a prayer service simply within their classrooms or at year-level assemblies.

Below you will find suggestions for Scripture readings, hymns, prayers and activities. These will assist your planning for either a liturgy or a prayer service.

Where your local priest celebrates a Mass, discuss with him other ways in which the parish and school may work together to feature Family Week across both.

Readings

- Sirach 34:14-20 | "The eyes of the Lord are on those who love him"
- Ps 37:3-4, 5-6, 23-24 | Response: The Lord is a refuge for those who trust in him
- Col 1:3-12 | Paul's prayer for the Colossians
- 1Jn 2:28-3:3 | "See what love the Father has given us, that we should be called children of God"
- 1Jn 3:16-24 | "Let us love, not in word or speech, but in truth and action"
- Lk 12:22-34 | "Do not be afraid, little flock..."
- Mk 5:21-24, 35-43 | The curing of Jairus' daughter
- Mk 6:45-55 | Jesus walks on the water and calms the waves
- Jn 20: 19-23 | The Risen Jesus appears to the disciples
- Jn 14:15-24 | The Gospel reading for the Sixth Sunday of Easter: Jesus promises to send the Spirit.

PRAYER AND LITURGY RESOURCES

Activities

1. The use of percussion instruments such as cymbals, shakers or tambourines to accompany singing can enhance the celebration and give every child a way of engaging. Older children could be arranged to be with younger ones to give them confidence and support.

To demonstrate the concept of unity in diversity, children could be taught a simple round or canon, or some simple harmony.

2. During the prayer service or liturgy, allow family groups present to sit together.

3. Invite families and or children to bring or create a 'special person' picture/drawing to add to a wall of recognition in a place of prominence in the church, school or classroom.

Suggested Songs:

- In Joyful Hope and One Holy Spirit, both from In Joyful Hope by Andrew Chinn and Friends, published by Butterfly Music, Unanderra, NSW.
- One Faith, One Hope, One Love from Together as One disc two by Andrew Chinn and Friends, published by Butterfly Music, Unanderra, NSW.
- That all may be one from Let Your Light Shine by Andrew Chinn and Friends, published by Butterfly Music, Unanderra, NSW.
- Radiating Hope by Michael Mangan from True Colours Shine, published by Litmus Productions, Albany Creek, QLD.
- Hearts on Fire by Michael Mangan from Setting Hearts on Fire, published by Litmus Productions, Albany Creek, QLD.
- Prophets by Michael Mangan from This We Believe, published by Litmus Productions, Albany Creek, QLD.



PRAYER AND LITURGY RESOURCES

Prayers of the community:

We pray for our community and church leaders. May they make choices that are fair and just for all. Lord hear us.

ALL: Lord hear our prayer.

We pray for the staff, parents and caregivers of <insert school name>. May they help us all to grow in God's love. Lord hear us.

ALL: Lord hear our prayer.

We pray for the students of <insert school name>. May they rejoice and be thankful for their God given gifts and talents. Lord hear us.

ALL: Lord hear our prayer.

We pray for all people. May they be strong and courageous and put their hope in God. Lord hear us.

ALL: Lord hear our prayer.

Blessing

Leader: In this time of quiet, we welcome God's love into our hearts. With this love we reach out to our families, near and far, and pray God's blessing on them and on each other.

We ask that you now close your eyes, be very still and picture your family in your mind. [PAUSE]. Thank you, now open your eyes, and please say "Amen" after each blessing prayer.

L: May the God of love make you more and more part of his family.

ALL: Amen

L: May Jesus our brother bless you with peace.

ALL: Amen

L: May the Spirit of Hope work within you much more than you could ask or imagine.

ALL: Amen

Parish bulletins could feature the Family Week theme, and news of joint activities by the parish and school/s.

Staff Prayer

Gracious God, as leaders in our school community, we pause to reflect on all that you have given us in this school.

Enable us to receive and nurture the treasures we have in the origins and traditions of this school.

Guide us by your Spirit of Hope as we discover new ways and make new traditions.

May the wounded, Risen Jesus heal and renew us during times of difficulty.

So that we may celebrate:

the connections that we have built,
the relationships that we have nurtured,
the triumphs gained in adversity;
and bring them all in thankfulness to you.

Amen.

Prayer for start of a parents' group meeting

As we gather together, we pause to reflect on our school community – the children, staff, ourselves as parents and other carers, and the volunteers, who all contribute to make our school what it is.

God of all faithfulness, you came to be part of our human family. You weave together the different strands of the journeys of each family in our school. May the pattern created here be a witness to your goodness.

Be with each of our families – of each staff member and volunteer, as well as each family whose children are in the school.

Show us how to stand by each other and give generously;

How to trust and be loyal, laugh and cry, live and love, together.

God of compassion, strengthen us and be with us on our journey always.

Amen.

HELP MAKE A DIFFERENCE FOR VULNERABLE CHILDREN AND THEIR FAMILIES

Every year, your fundraising support helps us to deliver vital programs and services that empower children, young adults and their families.

With your help, those in vulnerable circumstances can find the support they need to overcome the challenges they are facing, and begin to build a brighter future.

But there is still so much work to be done.

This Family Week, we invite you to join us in our mission to break down the barriers to social inclusion.

How can you help?

Host your own fundraising event for Family Week!

There are many ways your school can support CatholicCare's work. Let your imagination run wild, but most of all - HAVE FUN!

No matter how big or small your fundraising goal, every dollar raised will help provide vital programs and services for vulnerable and disadvantaged families in Victoria.

Stuck for an idea? Here are a few to kick start your fundraising plan:

- Talent quest - children are invited to submit an act for a talent quest. Parents could pay to see the final concert.
- Costume dress-up day involving staff, parents, grandparents, carers & students.
- Multicultural Appreciation Day - dress up in a way that represents your family's cultural heritage (gold coin donation), thus "Building Connections" across cultures.
- Crazy Olympic sports event - combine with another school for a bigger event.
- Coding competition.
- Coin trail – on a large outline in the shape of a heart, dove or open hands, try to fill the outline with coins and take a photo of the result.
- Build bridges from one of the many varieties of building blocks (students could pay a gold coin to participate), or guess the number of blocks in a large structure.
- Have a school/parish Family Fun Day beginning with Mass, and continuing with family games and activities, sharing of food, etc.

"Honour the funds raised by presenting them at either your school Family Week Mass or Liturgy, with a special offertory procession symbolising the school's special gift to people helped by CatholicCare. If this is not possible, a special presentation could be incorporated into a school assembly. The school could encourage children to invite their parents or carers to help spread the work of CatholicCare in the community."

(Fr Joe Caddy in 2015, who was CatholicCare CEO and is now Vicar General for the Archdiocese of Melbourne)



How will your funds make a difference?

- \$20 will provide a subsidised counselling session for an individual.
- \$50 will provide a food voucher for a vulnerable family.
- \$75 will fund one month's Myki travel for a refugee student to travel to and from school.
- \$100 will provide one month's worth of nappies and formula for a refugee newborn baby.
- \$500 will provide food vouchers for ten vulnerable families.
- \$750 will fund one year's Myki travel for a refugee student to travel to and from school.
- \$1,350 will fund activities for ten refugee dads and kids for a weekend camp.

Create your online fundraising page today!

Share this with your school community, workmates or local community. This is a great way for your students' families and friends to support their fundraising efforts. Visit www.ccam.org.au/Fundraise to set up your school's fundraising page.

Prefer to make a direct deposit or send a cheque?

- You can return your funds via Direct Deposit to:
 - » Bank account name: CatholicCare Archdiocese of Melbourne
 - » Bank: National Australia Bank
 - » BSB Number: 083-347
 - » Account number: 171 551 421
- Or you can send a cheque to:
 - Attn: Fundraising Team
 - CatholicCare
 - PO BOX 196 East Melbourne VIC 8002

Need help setting up your page or have questions about fundraising?
Give us a call on (03) 9287 5513 or email fundraising@ccam.org.au

A COMMUNITY OF LEARNING IN WYNDHAM VALE

In December last year, CatholicCare's refugee group participants in Wyndham Vale came together to celebrate what was a great year of learning and growth.

CatholicCare runs a Health and Wellbeing group, an IT Skills group, and Homework groups for children from Prep to Year 12 – all with the aim of supporting refugees to settle well and to give them the skills to navigate their path to a brighter future.

During the evening we heard testimonials from students, volunteers and staff; watched singing and dancing performances from participants; and shared a large array of home-cooked meals.

This celebration was also an opportunity to thank the volunteers who help to deliver the group programs and who are dedicated to supporting the participants.



Thank you for your
support for CatholicCare
and for families

CONTACT US

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