



PRIMARY SCHOOL PACK

Worksheets for use at home

Family Week 2020 | 15-21 May

BUILDING CONNECTIONS IN THE SPIRIT OF HOPE



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

www.ccam.org.au/FamilyWeek

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#FamilyWeek2020



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 children to come together to celebrate and reflect on the relationships in your lives. It is also a chance for your children 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.

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 activities for use at home to help children and their families come together and build on their connections, and celebrate the role of family.

Through these activities, or your own creative variations, we hope children will 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 CATHOLICCARE?

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.

HOME ACTIVITIES

1. Finding a place to belong caring for our environment

Suggested year levels: Lower to Middle Primary.

Aims:

- Greater appreciation of the local environment and the beauty and wonder of creation.
- Greater connection with the people who care for the local environment.

Steps:

1. While out walking with your child/ren talk about and take photos of their favourite places. Examples may include: park, playground, tree house, places to run or hide, shops, places regularly visited such as church or school.
2. Discuss what it is that they enjoy about those places and how they show that enjoyment.
3. At home, gather the photos and group them by “natural” and “made by people”.
4. Choose one from each group.
5. Discussion questions:
 - » How is this place cared for?
 - » What might need fixing, cleaning, renewing?
 - » Who does this?
 - » How could we find out?
 - » How could we show that we enjoy their work and help them or at least connect with them?
 - » How could we do this while at home, and later when restrictions ease?
6. Complete the accompanying report sheet (following page).



OUR FAVOURITE PLACES – WORKSHEET

Natural:



Favourite natural place:

What we like about this place:

Who cares for this place:

How can we show our thanks to these people?

Made by people:



Favourite place made by people:

What we like about this place:

Who cares for this place:

How can we show our thanks to these people?

Our prayer of thanks and commitment

HOME ACTIVITIES

2. My Family's Webpage

Suggested year level: Middle to Upper Primary.

Aims:

- Deeper knowledge and appreciation of what makes their family special and of their relationships with other people and groups.
- Reflection on the links that one family has with other parts of the community.
- Awareness of the responsibilities of each member of the family.

Steps:

1. Parent and child discuss:
 - » “What would we include on a family webpage to show and celebrate who we are as a family?”
 - » “What do we need to make our webpage attractive and informative?”
2. Think about using some or all of these on your page:
 - » A photo of the family
 - » A fun activity that you like to share as a family
 - » Favourite foods (or strong dislikes)
 - » A memorable time together
 - » Family rituals and celebrations
 - » How does each person contribute to the family?
 - » What “links” would you put with people or organisations outside the family and why?
3. Now give each member of the family a chance to contribute their ideas and arrange them attractively on a large sheet of paper; or if someone in the family has the skills, on an actual webpage!
4. Share your design with your teacher by scanning the paper or sending a link to the webpage.

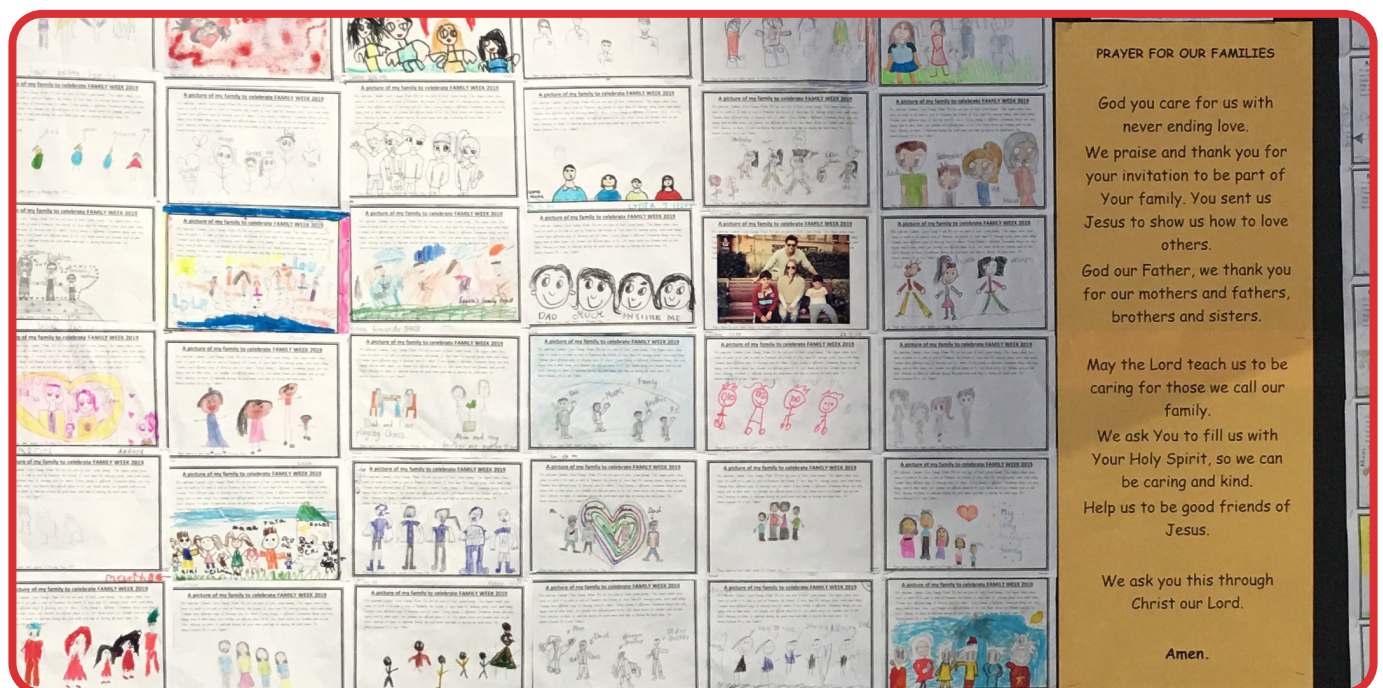


Image: Family Week drawings and family prayer from St Kevin's Hampton Park (2019)

HOME ACTIVITIES

3. Kindness builds connections

Suggested year level: Middle Primary.

Aims:

- Reflect on what it means to belong to a family, school, local or church community.
- Learn more about a variety of ways of showing kindness.
- Deepen understanding of “head, heart and hands” working together.
- Identify how our personal gifts and talents can support the mission of Jesus that continues in the Church today.

Steps:

1. As a family, (or at least parent and child) share recent stories of how people are showing kindness to others during the pandemic. What difference did the kind act make?
2. The child draws three large outlines - of a head, heart and hands - and cuts them out.
3. On the head the child writes how people used their head in their act of kindness.
4. Repeat this process for the heart and the hands.
5. “What would happen if one of these was removed?” Discuss how important it is for head, heart and hands to work together.
6. “Who needs our kindness at this time?”
7. “What could we do, using our head, heart and hands together?”
8. Share one or more of the following Gospel stories:
 - » Mark 6:34-44;
 - » Luke 5:12-16;
 - » Mark 10:13-16;
 - » John 13:1-11.
9. How did Jesus’ actions show his use of his hands, head and heart?
10. Make a paper chain of people, with an act of kindness written on each one.

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.



HOME ACTIVITIES

4. Community Treasures

Suggested year level: Upper Primary.

Aims:

- Learn about the people who contribute to the local community and how they build connections.
- Explore ways of showing appreciation for the contributions of others.
- Identify people who witness to the Good News of Jesus in the local community.

Steps:

Look for a time when the child is showing an interest in what other people are doing for the community during this time of isolation.

The discussion could feature people's need for encouragement during this time of emergency and decreased social contact.

1. "During a time when people are feeling down and isolated, some appreciation really helps. Could we give someone a "Community Treasure" Award? Who could we give it to? Why would we choose that person or group? How would we deliver the award?"
2. Extra questions could be:
 - » "What other people or groups have helped them?"
 - » "What is the history behind this person's or group's actions? How did it come to be?"
3. Design the award following templates that may be found online at, for example,
 - » www.Awardbox.com/certificates/certificate-appreciation
 - » www.Templatelab.com/certificate-of-appreciation-templates/
 - » Remember to be specific about the impact and benefits of this person or group's work. We all learn more from a specific commendation, rather than a general "That's good."
4. Deliver the award with a smile (non-physical contact of course).

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.



Best wishes, peace and blessings
from our family to yours

CONTACT US

For more on Family Week visit our website or contact:
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