



# FAMILY WEEK 2023

## *Circle of Inclusion*

**Resource Pack  
for Primary &  
Secondary Schools**



**CatholicCare  
VICTORIA**

*Strengthening families & communities*

**CatholicCare Victoria  
acknowledges the Traditional  
Custodians of the lands and  
waters of Victoria. We pay  
respect to their Elders  
past and present, and  
extend that respect to all  
Aboriginal and Torres Strait  
Islander People.**



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# WELCOME TO FAMILY WEEK 2023

## *A Message from Agnes Sheehan, CEO CatholicCare Victoria*



**I am delighted that you have joined us for Family Week 2023.**

Families are the building blocks of society. Strong families give individuals the foundation they need to grow, and the support they need to face challenges and setbacks not only now but into the future. They play a vital role in establishing a person's sense of belonging in the world.

This year's theme is "*Circle of Inclusion.*" No two families are the same, and sometimes our family includes people who aren't related to us. Family are the people we welcome into our circle. Families accept us, support us and love us, in an unconditional way.

The activities and liturgy materials included in this resource pack will inspire you and help your school community explore this year's theme. I encourage you and your students to embark on a journey of discovery, reflection, and empowerment. To generate discussions

about the vital role of families in your school community, ways to value and celebrate families in whatever form they take, and celebrate the uniqueness of each individual and the strengths they bring in their diversity and individuality.

Family Week is also an opportunity for your students to look beyond their own family and reflect on how they can transform the lives of other families facing significant challenges. Funds raised by your community during Family Week will help deliver vital programs and services that support families experiencing family violence, homelessness, social isolation, unemployment, poverty and mental health challenges.

Through the activities or your own creative variations, I hope your students see themselves as confident agents in building resilient, inclusive, and thriving communities.

Thank you for being part of our CatholicCare Victoria Family. We wish you all the best for your Family Week celebrations in 2023.

Best Wishes,

A handwritten signature in black ink that reads "Agnes Sheehan".

Agnes Sheehan  
Chief Executive Officer  
CatholicCare Victoria

# FAMILY WEEK PRAYERS

We give special thanks for our families this week. Through them, we learn what love is: God's love for us and our love for each other.

We learn that our love should reach out, too, to those who are not loved, those who are suffering and those in need.

Each family needs the support of others, and it is through coming together that communities can grow. Life in a family is not always easy and families depend upon each other to make their house a home.

We therefore pray, that families and communities may continue to work for forgiveness, for care, for unity and for peace - in our homes and in our world.

We pray, too, that our homes and our communities may also be places of joy, acceptance and hospitality.

Places where each person is respected, and their individual gifts are valued.

May the holy family of Jesus, Mary and Joseph, through the power of the Holy Spirit, continue to inspire and help us to live as dearly loved children of God our loving Father.

BISHOP GREG BENNET  
BISHOP OF SALE

## **Loving God,**

You entrusted your son, Jesus, to grow up in a family, cared for by Mary and Joseph. May their life together as a family be an encouragement and blessing to all families.

We thank you for the commitment and love that young people experience in families, and for the contribution that families make to our community.

We pray especially for families who are facing challenges. May we ensure they receive the support and appreciation they need.

We ask this through Christ our Lord.  
Amen.

BISHOP SHANE MACKINLAY  
BISHOP OF SANDHURST



# WHO IS CATHOLICCARE VICTORIA?

**At CatholicCare Victoria, we empower communities and build strength and resilience to enable everyone to reach their full potential and live life to the full.**

Catholic Social Teaching is the cornerstone of our approach to supporting people. The people we support come from all walks of life- each with their unique story and reason for seeking assistance.

Our strength-based services are offered to all individuals or groups regardless of race, religious beliefs or economic status.

We offer a broad range of child, family and youth services, family relationship services, school counselling, pastoral care services, social housing, homelessness services, employment and advocacy services and emergency relief across dozens of locations throughout Victoria.

## **SUPPORTING CHILDREN AND YOUNG PEOPLE**

We believe all children and young people deserve the opportunity to reach their full potential in life.

Giving them the skills they need to work through challenges now gives them the resilience to deal with adversity later in life.

## **STRENGTHENING FAMILIES AND RELATIONSHIPS**

We're building generational connections and resilience to support families now and into the future.

Relationship breakdown, relationship strain or lack of connection can lead to financial insecurity, homelessness, and substance abuse. We aim to prevent these issues and help families strengthen their relationships.

## **EMPOWERING THE DISADVANTAGED AND VULNERABLE**

Everyone deserves the chance to live life to the full. We help people to overcome the barriers that are holding them back.

We support people refugees, asylum seekers, those facing homelessness and mental health issues to overcome the challenges that are holding them back from reaching their full potential.

We offer care and support and walk alongside those on the fringes of society and help to bring them in.

To learn more, visit:  
**[www.catholiccarevic.org.au](http://www.catholiccarevic.org.au)**

## **In FY22 CatholicCare Victoria supported:**

**6,758**

People across our counselling, mental health, relationship education, and school and youth services.

**21,542**

People through our housing, homelessness, advocacy, pastoral care, and crisis support services.

**7,755**

People supported through our family and separation services.

**5,296**

People supported through our employment, adult education, and refugee services.

**39,701**

People supported across ALL of our programs and services combined.

# FUNDRAISE FOR SOCIAL IMPACT

## Where will your Family Week funds go?

**Funds raised during Family Week 2023 will go towards our family related services supporting families who experience family violence, disability, homelessness, social isolation, poverty and many more barriers.**

### YAZA'S STORY

Yaza\* grew up in a refugee camp in Thailand, with hope for a brighter future feeling distant and out of reach. But in 2014, Yaza and his family were finally approved to move to Australia and start their new life.

As Yaza completed his high school education, his father became gravely ill, and once he graduated he found himself the primary breadwinner for his family. Now, sadly, Yaza has lost his father.

Yaza took any casual job he could find to support his family, but what he really dreamed of was a career. He wanted an apprenticeship as a painter.

"Our Job Readiness program exists for people like Yaza," explains Job Readiness worker, Sarah.

"Our clients are people who are not eligible for government funding, or simply need more help than government services and programs can offer."

"[The job services Yaza was engaged with] weren't able to support his goal of being a painter or starting his career. They were just trying to find him a job: any job." Sarah knew collaboration was going to be key in finding Yaza an apprenticeship, so she spoke with a contact at Diversitat's Job Advocates program.

With Diversitat's help, Yaza received urgent interview preparation support. And it was not long after that Yaza secured an interview and, after a brief trial, was offered the painting apprenticeship he had dreamed of.

### RIYA'S STORY

When Riya\* and her now 11-year-old daughter, Bahija\*, stepped foot onto Australian soil, life became challenging.

Riya's husband had friends who'd agreed to let the young family live with them due to their limited financial situation. But several weeks later, without explanation they were asked to leave.

"We had to rent a house which was really expensive for us at the time, \$390 per week. We couldn't afford it, but we had to move because his friends wanted us out," says Riya.

Out on their own, with most of the family budget being spent on a weekly rent they couldn't afford, Riya and Aaman struggled to make ends meet. And the COVID pandemic made things far, far worse for their family.

The pair struggled to provide food and necessities for their two daughters, one of whom is eight months old. Riya's daughter, Bahija, did not have a bed and had been sleeping on the floor.

With the support of our Emergency Relief program, Riya's family were provided with food vouchers and utility bills were paid for. We also purchased a bed frame and mattress for Bahija – a necessity which many of us take for granted.

\*At CatholicCare Victoria, we respect the dignity and privacy of all who reach out to us for support. While the client names have been changed for privacy purposes, their stories are real.

# WAYS TO MAKE FAMILY WEEK A SUCCESS

## 1. GET INSPIRED BY THE CLASSROOM ACTIVITIES & LITURGY RESOURCES

In this resource pack, you'll find a range of activities and liturgy and prayer resources for you and your students to use and explore this year's theme; 'Circle of Inclusion'.

[Watch a video message from our CEO.](#)

## 2. CHOOSE A FUNDRAISING ACTIVITY FOR YOUR SCHOOL OR COME UP WITH YOUR OWN

Family Week is a wonderful time for your school community to come together to help transform the lives of some of the most vulnerable families in our communities. It also provides the opportunity to raise awareness of the work of CatholicCare Victoria in disrupting disadvantage.

### 1. FAMILY PORTRAIT ART COMPETITION (see Activity 5, [Page 14](#))

### 2. WALK-A-THON

Many schools participate in this activity each year as a fun, engaging and healthy way to raise funds for social impact during Family Week. Funds are raised by each student gathering sponsors for their walk-a-thon.

### 3. GOLD COIN CHAIN COMPETITION

Encourage students to bring in a gold coin and see which class, year level or house can create the longest line of coins. Measure and take photos (we would love to see them).

CatholicCare Victoria can provide a money tin coin box that a presenter can bring (if booking in a presenter to speak to your students beforehand.) Alternatively, money can be deposited into our bank account – see [Page 10](#) for bank details.





# WAYS TO MAKE FAMILY WEEK A SUCCESS

## 3. BOOK A CATHOLICARE VICTORIA SPEAKER

We offer a free and engaging presentation to your students and teachers on how CatholicCare Victoria works in the local community, providing inclusive services that are culturally safe and respectful to diverse communities.

If you are planning a fundraising activity, hear about how the funds you raise will be used to help families overcome the challenges they face and to thrive.

## 4. SHARE YOUR PHOTOS & STORIES



Tag us in your social media posts [@CatholicCareVic](https://www.instagram.com/CatholicCareVic) and use #FamilyWeek2023 **OR** email your photos and stories of the activities and celebrations to [engagement@catholiccarevic.org.au](mailto:engagement@catholiccarevic.org.au).

# HOW TO RETURN YOUR DONATIONS

Choose one of three easy ways to submit your donations. Please do not post cash.



## CHEQUE

Cheque payable to CatholicCare Victoria  
Our postal address is:  
CatholicCare Victoria  
PO Box 196  
East Melbourne VIC 8002



## EFT PAYMENT OR BANK DEPOSIT

Bank: NAB  
Account Name: CatholicCare Victoria  
BSB: 083 347  
Account Number: 171 551 421  
Your Reference: FW23- School Name and Suburb



## WEBSITE

Donate via our website.  
[www.catholiccarevic.org.au/donate](http://www.catholiccarevic.org.au/donate)



If you have any queries around returning your funds to CatholicCare Victoria, please contact us at:

T (03) 9926 5722

E [engagement@catholiccarevic.org.au](mailto:engagement@catholiccarevic.org.au)

The background features several horizontal, wavy bands of blue. A prominent, thick dark blue band curves across the middle of the page. Above and below it are lighter, semi-transparent blue bands that create a layered, flowing effect. The overall aesthetic is clean and modern.

# *Family Week Classroom Activities*

Here are some suggested activities to reflect on, celebrate and enhance the relationships we have within our immediate families as well as the wider community. These activities can be used at every grade level with a little adaptation.

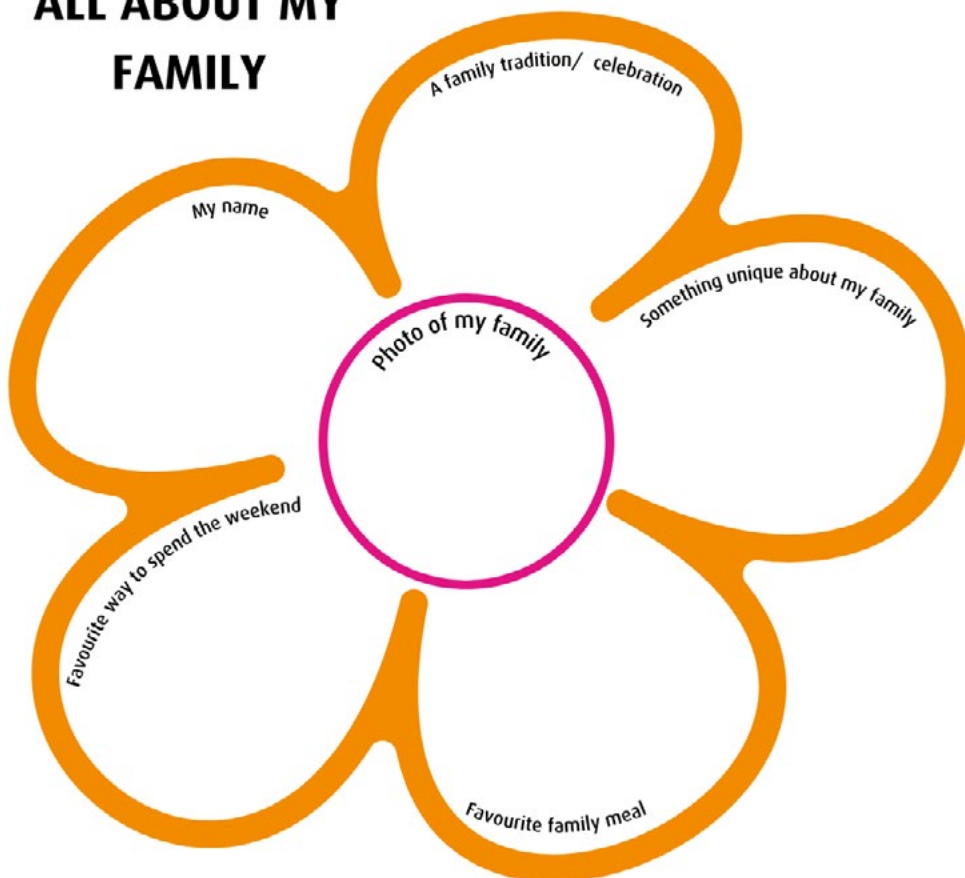
## ACTIVITY 1: ALL ABOUT MY FAMILY

### *Suitable for Junior Primary School Students*

A variety of flowers make a bouquet. The greater the diversity, the greater the perfection.

**INTENTION:** Help students nurture their family identity and share with others. Learn more about family structures and heritages of other students in the classroom. Help students understand other students, who they are and their family identity to share similarities, celebrate differences, and find ways to appreciate every unique individual. No one person is the same and neither are our families. This should be celebrated. This activity is a great way for students to relate to each other and get to know other family cultures, appreciate their unique family and reflect on strengths they gain from their family.

### ALL ABOUT MY FAMILY



#### ACTIVITY

Ask students to fill in the template and share with the class.

The activity can also be done at home with their families to build and strengthen connections.

Full template available on Page 22

# ACTIVITY 2: STEP TO THE LINE

## *Suitable for Senior Primary School Students*

**INTENTION:** To create compassion and understanding within the group by finding common emotions and experiences, despite differences that make them unique.

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### ACTIVITY

- Put a line of tape across the room. Students stand shoulder to shoulder along the line facing it. Take a 20 steps back from the line.
- If all students don't fit in one line, make two lines with the line of students on each side of the tape facing the line.
- Ask students the questions below. If a student can relate to the statement that is read, ask them to take a step towards the line. Remind students that this is judgement-free zone and there's no right or wrong answer.

#### 1. Start with a few warm up statements:

- You are wearing socks today.
- You like chocolate
- You live walking distance from the school

#### 2. Use statements where differences might be visible

- You have brothers or sisters
- A majority of your family live interstate or overseas
- You live with your grandparents
- You or someone else at home speaks or knows how to speak another language
- You or someone in your family was born overseas
- You have two homes
- You have a stepmum or stepdad.

#### 3. Use statements that unite students

- You have felt sad before
- You have hobbies or things you enjoy doing during your free time
- You like helping people
- Everyone deserves to be and feel safe

- You have things in life that you enjoy doing
- You have felt nervous before
- You have felt excited before
- You have people in your life that you love
- You like to feel like you are included
- You feel you can do your best when you are accepted

#### 4. Prompt a discussion and reflection by asking the following questions

- Is there anything you found interesting or surprising in this activity?  
(Students may identify that although there are differences, there are many experiences and emotions that connect them. Ultimately, everyone wants to feel included and accepted.)
- What are ways to make others feel included and valued?



# ACTIVITY 3: NAME STORY

## *Suitable for Senior and Junior Secondary School Students*

**INTENTION:** To help build a community by having students share a name that has particular significance for them and to give a sense of the variety of cultures, identities, and histories that students bring with them to the classroom.

Giving students advance notice of this activity will aid discussion within the family, for the purpose of this activity.

### **ACTIVITY**

Students reflect on the story of their first, middle, nickname, or the name of someone in your family. Write down their thoughts and share them with the class or in small groups. Prompts that students can use:

- Who are you named or this family member named after and why?
- Where does this name originate from?
- Who named you?
- What special meaning does this name hold for you personally?
- Do you have any memories or stories associated with this name?

\*Source: LSA – Inclusive teaching – University of Michigan.  
<https://sites.lsa.umich.edu/inclusive-teaching/name-story>

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# ACTIVITY 4: BELONGING

## *Suitable for Primary Schools Students*

**INTENTION:** A class discussion to promote reflection and brainstorming. Motivating students to brainstorm and find ways to include others both inside and outside the classroom.

### **ACTIVITY**

- Activity can be started with a brief discussion on what it means to be included. What does inclusivity mean? And how does being included or not included make people feel?
- Discuss how good you are at making people feel included
- Identify what's working well and what needs to be improved
- Discuss how good you personally feel the class is, at making people feel included (Not at all/ good some of the time/ good most of the time/ good all the time )
- What do you do to make people feel included?
- Identify things you do well to make others feel included and one thing you want to get better at.

# ACTIVITY 5: FAMILY PORTRAIT

## *Suitable for Primary School Students*

A child's worldview is shaped by their family members and caregivers. A student's identity is influenced by the adults in their lives. This activity gives them a chance to share their family with their classmates.

You can encourage students and get a class discussion started by asking questions such as; what makes a family? Who do you consider family? What are some ways family members support each other? What are some things about their family that make them unique in their eyes?

### **ENTER OUR ART COMPETITION**

There will be winners from schools in each diocese, and in the following categories: Prep to Grade 2, Grade 3 to Grade 6, Grade 7 to Grade 9, Grade 10 to Grade 12. Please keep the hardcopy as the winning entrants will have their portraits shown at our art exhibition later in 2023.

Please send artwork to [engagement@catholiccarevic.org.au](mailto:engagement@catholiccarevic.org.au) by 19 June 2023, with the following details:

- Student name
- Age
- School and suburb

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# ACTIVITY 6: INCLUSIVE REPRESENTATION

## *Suitable for Secondary Schools Students*

**INTENTION:** Inclusive representation in media and books leads to empathy and social and emotional skill-building. This activity is designed to help students to begin thinking critically about diversity and representation in the media they consume.

### **ACTIVITY**

Ask students to think of a favourite show, movie, or a brand advertisement they have watched. Do they think these shows, movies or brands portray a diverse community of people? Challenge students to think about their responsibility in what they watch and how they might change it?

As a guide, students can answer questions such as:

- What is one of your favourite shows, podcasts, brands, books, other pieces of media?
- Who is represented in this media?
- What messages does the story send?
- Who is the message for?
- Whose perspective is missing from the story? What details are left out?

# ACTIVITY 7: THE GOOD SAMARITAN

## *Suitable for Primary and Secondary School Students*

This activity can be adapted to suit the relevant grades levels.

Cut out the image depicting the parable of the Good Samaritan and colour it in.

Lead a discussion on the parable. The parable is not only about helping people but concerns itself with excluding people and whether God wants us to behave this way or not.



Alternatively, watch the video below and lead a class discussion on the parable of [The Good Samaritan](#)

### **Questions to aid discussion:**

- Why do you think the Samaritan was ignored?
- What might be the message of this story?
- How could you apply that to your own life?

Full template available on Page 23

\*Source: <https://www.bestcoloringpagesforkids.com/good-samaritan-coloring-pages.html>

# ACTIVITY 8: DIFFERENCES AND HOW WE CAN CELEBRATE THEM

*Suitable for Primary and Secondary School Students*

## **Suggested discussion topics:**

The society we live in is a diverse place. If we do not appreciate diversity, we cannot celebrate it. Diversity is not how we differ. Diversity is about embracing one another's uniqueness.

One of the most influential ways to practice inclusion is by talking about and celebrating our differences. Bringing up diverse topics to discuss helps to broaden our minds on the topic, see things from another perspective and therefore produce innovative approaches to foster inclusive behavior. Lead a class discussion on accepting and celebrating differences.

You may like to discuss topics related to differences in:

- Cultural heritage and the foods we eat
- Family composition
- Affluence
- Education level
- Languages
- Traditions
- Abilities (physical and cognitive differences)
- Interests
- Experiences
- Religion/ belief systems
- The way we think



# ACTIVITY 9: HAVE YOU FILLED A BUCKET TODAY?

## *Suitable for Primary School Students*

Brainstorm ideas on what constitutes 'bucket filling':

- Doing things to make others feel included, accepting them as an individual, being kind to them, supporting them.

Brainstorm ideas on what constitutes bucket dipping:

- Saying unkind things to others not helping others, etc.



### ACTIVITY

1. Carry out a discussion on why it is important to be a bucket filler and not a bucket dipper.
2. After the discussion, give the students a week to fill other people's buckets at home, in class, in the playground, in the community.
3. Ask them to make a note of what they did, on small pieces of paper that will be put into a classroom jar each day.
4. At the end of the week, students can share what they did as bucket fillers and the messages can be read as a group.
5. Conclude the activity by discussing why bucket fillers are an asset to the world; because they make people feel included, respected, and loved.



# ACTIVITY 9: WHO AM I?

## *Suitable for Primary School Students*

**INTENTION:** For students to understand they are more than their outward appearance. Our identity is unique and makes us whole. We should celebrate everything that makes us who we are.

1. Have students answer the question “Who am I?” Write down a list of all their unique characteristics that make them who they are.
2. Categorize the list as ‘outer me’ to show parts of them that others can see and ‘inner me’ to show parts of them that are not visible to others.
3. For the ‘outer me’, students can answer questions such as: when people look at me they see...or my family or friends would say I am...
4. To complete the ‘inner’, students can answer questions such as: I am..., something people don’t know about me is...
5. Encourage students to share with their families to strengthen and deepen their connection within the family, and for a chance for each student to feel heard, be seen and celebrated for the individual they are.



The background features two thick, dark blue wavy lines that curve across the page, one above and one below the text. Between these lines is a lighter, semi-transparent blue wash that also follows the same wavy pattern, creating a layered, fluid effect.

# *Reflection, Prayer and Liturgy Resources*

**Each human life and therefore story is unique and is of limitless value. We are created as social beings – to live in relationships. The story of each relationship is unique and special. It is also a part of the whole story of God’s grace-filled and healing relationship with humanity and with all of creation, beautiful and broken as it is.**

**These prayer resources are offered as a call to each member of each school community to listen to, respect and value each other’s unique life and story.**

## **REFLECTION**

### **LEADER: GATHERING**

Lord, we are gathered here today celebrating Family Week and thinking about how we can invite others into our circle of inclusion. Open our minds and hearts so we can listen to your words today in the parable of the Good Samaritan.

### **READING:**

The Parable of the Good Samaritan (Luke 10:25 – 37)

### **LEADER: REFLECTION QUESTIONS**

How do you think the man was feeling as he was lying on the road after being robbed and beaten?

How might he have felt after being helped by the Samaritan?

Who are your neighbours?

The person sitting next to you?

A person on the playground?

The person you speak to in the office?

The person in the house down your street?

How can you show kindness and care to those neighbours?

Smile? Wave? Speak kindly? Invite to play?

Offer to help move the bins back from the street?

Is there anyone you can think of in your family or at school or in your street or on the playground or someone you meet in the supermarket, who looks like they need a friend?

What can you do?

# PRAYERS OF THE FAITHFUL

We pray for all students in our school, that their sense of belonging may be strengthened, that everyone may feel valued and included and reach their potential to live life to the full. Lord, hear our prayer.

We pray for the staff of [school name]: that they may be Your presence to the students. May their efforts bring peace, happiness and love to those who they guide. Lord, hear our prayer.

We pray for our parents, grandparents, carers, and other family members that the loving care they give us will bear witness to the intrinsic value of each and every one of us. Lord, hear our prayer.

We pray for the world to embrace the generous spirit of the Good Samaritan, that human beings everywhere will notice and come to each other's aid in times of need. Lord, hear our prayer.

God of mercy and compassion, keep us close to Your Son and help us love You and our neighbour with all our hearts. We ask this through Christ our Lord. Amen.

## QUIET REFLECTION

Think quietly in your heart about a way you could be a little more like the Good Samaritan today.

## CLOSING PRAYERS

Lord, give us new strength so that we can build places of belonging: to create a community for all to share their gifts, to know that each of us is loved, each of us is willed and each of us is necessary.

May the Son who created a world of diversity and vibrancy,

Go with us as we embrace life in all its fullness.

May the Son who teaches us to care for strangers and foreigners,

Go with us as we try to be good neighbours in our communities.

May the Spirit who breaks down our barriers and celebrates community,

Go with us as we find the courage to create a place of welcome for all.

CLARE MCBEATH AND TIM PRESSWOOD

# ALL ABOUT MY FAMILY

A flower-shaped graphic organizer with a central pink circle and five orange petals. Each petal contains a prompt for family information.

- Central circle: Photo of my family
- Top petal: A family tradition/ celebration
- Right petal: Something unique about my family
- Bottom-right petal: Favourite family meal
- Bottom-left petal: Favourite way to spend the weekend
- Left petal: My name





# Thank you for taking part in Family Week 2023

*At CatholicCare Victoria, we're about people and we welcome everything that you are. Diversity is everyone. Diversity is embracing one another's uniqueness.*

## Other ways to get involved

- Volunteer with us
- Become a Sunday Appeal Speaker
- Participate in CatholicCare Victoria's Carry a Can campaign (Term 3)

## Connect with us

📷 [instagram.com/catholiccarevic](https://www.instagram.com/catholiccarevic)

📘 [facebook.com/catholiccarevic](https://www.facebook.com/catholiccarevic)

## To learn more, contact us

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