



NEWSLETTER

AFTER SCHOOL CARE: 5444 6666 (YMCA)

HOLY ROSARY WEB SITE: www.hrwhitehills.catholic.edu.au

MASS TIMES

Holy Rosary – Hamelin St

Saturday's 6pm & Sunday's 10am
(Numbers Limited)

Or online at:

<https://www.sandhurst.catholic.org.au>

<https://www.frgministry.com/mass>

PRINCIPAL'S REPORT

I trust everyone had a restful long weekend and we are ready for the short run into the holiday period.

As everyone is no doubt aware, the guidelines and restrictions around schools are a quickly changing and ever evolving space. Our latest 'circuit breaker' lockdown is testament to that.

Our latest advice is that parents are again welcome to be onsite for a short amount of time for pick-up and drop off of their children. The latest requirements ask that if parents and caregivers are on site for more than 15 minutes that they use our QR code to check in (you may also use the QR code for short visits). Masks are to be worn if you are unable to socially distance in the yard. We ask that parents again remain outside the classroom.

We will continue with our current COVIDSafe practices. The guidelines for schools change regularly and we have always endeavoured to share these changes with you as they arise.

Foundation Enrolments for 2022 close this Friday and letters of offer will be sent out early next week. Again I urge all prospective families to return the application for enrolment prior to Friday 18th June.

This Saturday we will celebrate the First Communion for our Grade 3 children. Again restrictions around religious gatherings have made it necessary to change the way we celebrate the special day, with two separate masses giving us all the opportunity to complete this important step in the children's faith lives and the lives of their families. We ask everyone to keep the group in your prayers at this time and look forward to celebrating with them on Saturday. Once again a big thank you to Fr Minh for ensuring the day goes ahead and to our staff for their commitment to the day.

CALENDAR

JUNE 2021

Fri 18	2022 Foundation Enrolments Close
Sat 19	Gr 3 Eucharist Mass – 2pm
Sat 19	Gr 3 Eucharist Mass – 3.30pm
Mon 21 – Fri 25	Health & PE Week
Fri 25	Last Day Term 2 – 2.15pm dismissal

JULY 2021

Mon 12	First Day Term 3
Sat 24	McCarthy House Community Mass – 6pm

AUGUST 2021

Wed 11 – Fri 13	Grade 5 Camp
Mon 23 – Fri 27	Book Week

SEPTEMBER 2021

Fri 3	Pupil Free Day – Staff PD
Sun 5	Father's Day
Fri 17	Last Day Term 3 – 2.15pm dismissal



Check out our school Facebook page to stay up to date with the latest news!
<https://www.facebook.com/holyrosaryprimaryschoolwhitehills/>

Paul Wilkinson
Principal

SCHOOL NEWS



STUDENT ILLNESS

Let's make sure Holy Rosary continues to stay COVIDSafe. Keeping your child at home when they are sick or feeling unwell is so important to ensuring we can achieve this goal. Please continue to practise good hygiene and even if your child has the mildest of cold or flu like symptoms you should seek medical advice and get them tested for COVID-19. For more information about the Victorian Department of Education guidelines for managing illness in schools please see last weeks newsletter.

CATHOLIC IDENTITY

PHOTO BOOKING PAYMENT – GRADE 3 EUCHARIST

A reminder to students who will be having family photos taken before/after celebrating their Eucharist this Saturday, the \$10 photo payment is due to Mrs Thurley before Friday 18th June.

SACRAMENT PHOTOS – GRADE 4 EUCHARIST

The proofs of the gorgeous photos taken by Andy Banks on the day of the Holy Rosary First Eucharist Sacrament Mass have arrived and can be viewed in the School Office. Orders need to be placed by Wednesday 23rd June at 4pm. Please note, payment is required upon ordering (cash or cheque only).

ATTENDANCE MATTERS

Although we aim to have 95% attendance at school for every student. We understand in the current climate this may be difficult to achieve. Please ensure if your child is unwell or has any cold symptoms they do not attend school for the period of them being unwell or symptoms being present. As a school community, we all have a role to play in keeping each other safe and healthy.

If for any reason however, your child is well but is finding it difficult attending school, or wants to attend school but is showing signs of anxiety or worry, please contact your child's teacher or a member of the wellbeing team for further assistance, support, or advice.- Mrs Megan Gerrish (Pastoral Care Coordinator)

ABOVE 95%

Grade 1 – 96.09%
Grade 2 – 96.09%
Grade 5 – 96.00%

90 – 94 %

Foundation – 92.73%
Grade 3 – 91.67%
Grade 6 – 91.50%
Grade 4 – 90.43%

85 – 90 %

LESS THAN 90%

CONGRATULATIONS TO WEEK EIGHT'S ATTENDANCE LEADERS: Grade 1 & 2!

Our whole school average for Week 8 was 93.50%



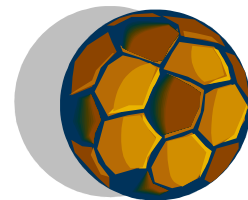
Human Beings are Social Creatures

Let school help your young person

- flourish
- thrive
- connect
- conquer

Soccer Carnival

A number of Grade 5 and 6 students will be representing Holy Rosary at the Soccer Carnival on Thursday, 17th June. This will be held at Epsom Soccer Ovals. It is important that students bring packed lunch and drink bottle, as the canteen will not be open. School will provide soccer top, socks and shin guards. Students come to school in sports uniform and bring a warm jacket. Unfortunately we have been instructed that no parents are allowed to attend this day. We look forward to having a great day. - Mr Coates (PE Coordinator)



HEALTH & PE WEEK

Week 10 (last week of term) is our usual Health and PE Week. We encourage students to wear their sports uniform each day to school. We aim to get our new high jump mat out, along with other athletics equipment during the week. Our grade 6 students, in pairs, have prepared a health lesson to present to their nominated year level. They also aim to run some indigenous games during the recess and lunch breaks to designated classes. We look forward to Health and PE Week. Thank you! - Mr Coates (PE Coordinator)

PASTORAL CARE HOLY ROSARY

As a Catholic school, Holy Rosary shares in the mission of the Catholic Church to carry out and continue the work of Jesus Christ. The Pastoral Care Team plays a pivotal role in carrying out this work. At Holy Rosary we are focused on the wellbeing of the whole school community.

As an active school community which promotes wellbeing, we would like to encourage members of our school community to contact the school if you are aware of any families who may benefit from contact with the Pastoral Care Team. The Pastoral Care Team can offer assistance with providing meals, connection to school counselling services, celebrating births and providing support when there is loss, support in attending programs such as Season's for Growth, and participating in community care programs. For further information or to make contact with the Pastoral Care Team please contact Megan Gerrish.



THE IMPORTANCE OF SLEEP

With the return from another remote learning phase and some restrictions still in place, most of us are still experiencing a level of uncertainty. And while as adults we can rationalise this (to a certain extent), children often have more difficulty processing change and responding to their

feelings that change evokes. During these times the importance of having a routine can really help children manage changes, their emotions and behaviours. It is important, more than ever, to establish a simple routine so everyone knows what to expect and when.

A specific routine that is possibly one of the most important, is our sleep routine (also referred to as sleep hygiene). Regularity and routine are the two most important factors that determine sleep quality. It takes discipline to adhere to and commit to making sleep a high priority, but it's worth it. Helping our children understand how their body clock works, assisting them to work out their optimal bedtime, and putting lifetime habits in place early can help them get the sleep they need to maximise their learning, wellbeing and development. And of course, this information isn't only relevant to our children – it's just as important that we develop and maintain a quality sleep routine.

Understand the Body Clock

Sleep is regulated by a 24-hour body clock that manages the secretion of melatonin to send us to sleep and cortisol to wake us up. Our body clock is reset every day when light first hits our eyes. Sleep in late, and the clock goes out of sync. When your child works with the rhythms of their body's 24-hour clock they will give themselves the optimal chance for sleep success.

Stick to Sleep Recommendations

Various research recommends between 11-13 hours sleep per night for young children, 10-11 hours for primary school children and 8-10 hours for secondary school-aged kids. As every child is different, you may notice that your child needs more or less sleep than is recommended. However, it's also important to note that although we can function on less sleep, it may not be optimal, especially in the long-term and does impact on our cognitive functioning. If you are wanting your

child to go to bed earlier, try adjusting their routine just by 15 minutes each night over 1 or 2 weeks – this is much easier than expecting a child to suddenly go to bed an hour earlier than they have been.

Develop Habits that Promote Sleep

It is important to develop good habits that help our brain and body connect, and realise that it is time to go to sleep. Often when our children are very young, these habits are instigated by us – putting their pj's on, giving them milk, reading a story etc. As children grow and become more independent, these important routines can sometimes become more vague – it's important to continue to develop independence and guide our children into understanding the importance of these habits.

- Start a regular bedtime routine at least 45 minutes before bedtime (lights out) to help kids get ready for sleep. Tidying up, brushing teeth, pj's, reading etc is a good start.
- Eat and exercise at the right time. Sleep likes a relaxed body and a calm nervous system, so schedule exercise and active movement before mealtimes. Avoiding sugary or caffeinated foods close to bedtime also helps our bodies relax.
- Restrict bedrooms to sleep and relaxation and find other places in the house for play and school work. If this is not possible, make a quick tidy up of the room part of the bedtime routine so your children starts to differentiate from awake to sleep. The brain associates activity with location, so if kids do school work in their bedrooms (worse still, on their beds) it will be hard for them to mentally switch off when the light finally goes out.
- Create a sleep sanctuary. Bedrooms should be dark and at the right temperature. A too hot or too cold room and bedding will make it very difficult to fall asleep. A darker room encourages release of melatonin, which regulates sleep-wake patterns. Allowing some light to trickle in in the morning encourages our cortisol levels to rise, which wakes us up.
- Remove electronic devices. No TV's, playstations, tablets, phones, ipads. The use of these should ideally stop at least 2 hours before lights out. Recent research now shows the impact that light-emitting devices have on not only our sleep, but in turn our mental and emotional wellbeing. Put simply, technological devices and the light they give off, messes with the release of melatonin, which means we find it difficult to either get to sleep or stay asleep and have a good nights sleep.

Lifestyle Habits that Promote Sleep

It's not just right before bedtime that it is important to develop good habits. There are broader habits that can help create good sleep patterns.

- Encourage outside activity every day. Fresh air and physical activity are good for the mind and soul.
- Minimise weekend and holiday sleep-ins and if they do happen, limit them to an hour more than the usual wake-up time. This will ensure the 24-hour clock continues to operate on a regular basis. Obviously, there are exceptions to this, and we all deserve and need a sleep-in from time to time. But if you notice that your child is regularly wanting to sleep in, having trouble waking up and getting out of bed, then you need to look at "re-setting the clock"

Creating a good sleep routine can sometimes take a while, especially if there are a few things that need "tweaking". Rather than trying to rewrite the sleep rules and implement changes overnight – which often leads to conflict and behaviours – talk to your child about sleep, educate them on why you are making some changes to their bedtime routine and go slowly. And like most things, our children are influenced by our behaviours, so it may be useful to look at your own sleep routine and try some new things together. - *Chantel White (Student Wellbeing Worker)*



STUDENT NEWS

HAPPY BIRTHDAY



Students who are celebrating their birthdays this week are; Marley Willson, Lacey Clohesy, Andy Hayes, Mia Stevens, Vincent Geary, Jasmine Sandhu & Owen Bell. Happy Birthday to you and we hope you have a wonderful day.

STUDENT OF THE WEEK



Students of the Week	
FBG	Flynn de Gille
FNJ	Aiden Crust
1DC	Jacob Hoffrichter
1ML	Zoe Thompson
2DP	Flynn O'Connell
2LC	Leni McRae
3CW	Callen Murton
3ZD	Isabelle Robertson
4AG	Roman Middleton
4BS	Oliver Mania-Wood
5JE	Rhyder Michielsen
5JO	Lillyanne Crennan
6MG	Harley Tuohey
6TC	Bridie Monaghan



SCIENCE CLUB

Over the past few weeks in science club we have been learning about the different clouds in our skies. We finally had the opportunity this week to make our own rain clouds in a cup. Students had to hypothesize what they thought would happen when the rain hit their cloud and extend their thinking regarding the different colours and how they may react with water and the cloud in their cup. Students have had a lot of fun learning about clouds and how rain falls to the ground. - Mrs Gerrish

THE BLOCK

The block, one of the many favourite spots among the students, is run by Mr Scott, Miss Gillett and the Grade 4 class. There are chickens that lay eggs for the school to sell by the carton. The Grade 4's do an excellent job looking after the gardens, no other class could have done it better. Another part of the block is the greenhouse. It grows a large variety of plants and also works as a storage unit for many of the garden's tools. Spread throughout the block there are also 16 garden beds along with the green house. They again, are used to grow a wide variety of plants. Within these garden beds there are plants grown throughout the year depending on the season. Including celery, corn, snow peas, tomatoes and always strawberries. Great job Mr Scott, Miss Gillett and the Grade 4 students! – Grade 6 Community Engagement Team



P&F NEWS

CANTEEN – 28TH MAY ORDERS FILLED THIS FRIDAY

A reminder that, anyone who had a lunch order placed on 28th May (the day prior to lockdown), will receive the lunch order this Friday 18th June. If you are unsure if your child had an order, please contact the Office or Lindy Vance **this Wednesday** to confirm.

UNIFORM SHOP WILL BE CLOSED 25TH JUNE

The school uniform shop will be closed on the last Friday of Term 2 (25th June 2021) in order for our volunteers to complete a stocktake. Please keep this in mind and order any uniform items before this Friday 18th June, to ensure the order is filled before the holiday break.

SCHOOL HOLIDAY ACTIVITIES



Want to keep the kids entertained and active these School Holidays?

There's still time to get the kids into YMCA's School Holiday Programs!

Programs are running from **Monday 28 June – Friday 9 July** and bookings are filling up fast.

Head to:

www.childrensprograms.ymca.org.au/school-holiday-programs



Who can attend:
Boys & Girls aged 4-12 years old.

General Information:
We believe in giving children opportunities to do the things they love and enjoy in a supportive and encouraging environment. Our friendly staff are passionate about working with children. They are provided with training on behaviour management techniques, first aid and activity planning/delivery.

What do you need to bring: Appropriate clothing, jacket or sweatshirt, hat, drink bottle and food for morning tea, lunch and afternoon tea.

Food:
Please bring plenty of packed food and drink for morning tea/lunch/afternoon tea. Lunch will be from approximately 12.30pm to 1.30pm each day.

Programme activities:
Programme activities are adapted to suit children of all ages and children may be grouped by age depending on numbers. Programme activities may vary without notice dependent on weather conditions and programme numbers.

Payment details:
Payment is required up-front within 2 hours of your booking. A receipt will be issued when a completed booking is received. All details will be included on the receipt.

Please note:
Every care will be taken to ensure the safety of your child/ren and their property. However, organisers of Kelly Sports accept no liability for any injury sustained to your child/ren or any loss or damage to his/her property whilst on the programme.

Website: www.kellysports.com.au/Bendigo
Contact: Beau Cross
Email: beau@kellysports.com.au
Phone: 0428 326 924
Facebook: @KellySportsBendigo
Address: 9 Barnbougle Place, Eaglehawk

JUNE-JULY 2021 HOLIDAY PROGRAMME

ST LIBORIUS PS SPORTS STADIUM

WEEK 1	Mon 28 June	Tues 29 June	Wed 30 June	Thurs 1 July	Fri 2 July
	 MANIC MONDAY Come along today all set and ready to go for many team challenges, ice breakers and group games throughout the entire day's festivities.	 BALL SPORTS BLITZ With Melbourne Vixens superstar Ruby Barkmeyer appearing to run a netball clinic today, this is one you don't want to miss! Come and learn what it takes to become an elite netball star!	 AMAZING RACE Work together to complete challenges, find clues and score goals for your team in our very own Kelly Sports Amazing Race! Teamwork will be the key to this one!	 TENNIS GIANTS Today you will be treated to a tennis masterclass from the amazing team from GIANT tennis! Whether you are a tennis star, or a beginner, you can guarantee you will learn a thing or two.	 SOCCER SUPERSTARS Today's program will give everyone the chance to show off those silky foot skills in a series of super soccer challenges. Dribble, pass and shoot your way through our coach challenge games!
WEEK 2	Mon 5 July	Tues 6 July	Wed 7 July	Thurs 8 July	Fri 9 July
	 BASKETBALL BONANZA Kick start your week with our basketball bonanza! Jump, shoot and dribble your way through the day, whilst showing off your skills in our basketball challenge activities.	 FOOTY COLOURS DAY Wear your favourite AFL colours today for our footy themed activities! A Bendigo Pioneers football superstar will also be visiting to run a football clinic. So come and show off your skills!	 MINI OLYMPICS MADNESS Come prepared for our very own Kelly Sports Mini-Olympics. With a variety of traditional and not so traditional events, everybody will have a chance to shine!	 RAPID RACQUET SPORTS Gear up for two super racquet sports sessions. The Bendigo Squash Centre will have all hands on deck, so come along and join in on our squash and racquetball masterclass!	 DYNAMIC DODGEBALL Dodge, duck, dip, dive and ...DODGE! Finish the week with our team dodgeball super-tournament. Our friendly throwing competition will improve your throwing skills and technique!

FULL WEEK: \$195
8:30am to 5pm

FULL DAY: \$50
8:30am to 5pm

HALF DAY: \$35
8:30am-12:30pm or 1pm-5pm

PLEASE NOTE: OUR THEMED ACTIVITIES WILL RUN IN CONJUNCTION WITH THE SPORTS LISTED ON THE DAILY SPORTS SCHEDULE.



BOOK ONLINE NOW AT

KELLYSPORTS.COM.AU

SCHOOL HOLIDAY PROGRAM WINTER 2021

WEEK 1	28 JUNE - 2 JULY	WEEK 2	5 - 9 JULY
AFL MAX Mon 28 June  Come and be educated, activated and motivated to become more physically active, eat nutritious foods and develop a healthy mind whilst having fun with their friends.	WOOL WORKSHOP Tues 29 June  How many woolly creations can you make as we spend the day in the wonderful world of wool.	MON 5 JULY SUPER SLEUTHS Mon 5 July  A crime has been committed and you are Super sleuths. Work in teams and use your investigative skills to solve the crime.	Tues 6 July COME FLY WITH ME Tues 6 July  Design and make your own kite, then try your luck at flying it outside. We can't wait to see how high they can fly.
CREATING WITH CLAY Wed 30 June  Today we explore the wonderful world of clay. From clay pots to sculptures, let your imagination run wild and create a clay masterpiece to take home.	THURS 1 JULY MOVIES Thurs 1 July  Lights, camera, action! Sit back and relax watching the latest new release film at the local cinema.	WED 7 JULY CHRISTMAS IN JULY* Wed 7 July  It's beginning to feel a lot like Christmas! We'll be making decorations for the tree, stockings to hang and yummy Christmas goodies to eat.	THURS 8 JULY BENDIGO DISCOVERY CENTRE Thurs 8 July  Explore the amazing world of science and technology when we visit the Bendigo Discovery Centre. Lots of fun activities on offer when we get back.
FRI 2 JULY RECYCLED CITY Fri 2 July  Together we use all sorts of boxes and recycled items to create our very own city.	FRI 9 JULY PIZZA PARTY Fri 9 July  There's no better way to finish our holidays than with pizza and party games. Come and join us to celebrate the end of the holidays!		

\$86 per day - Bookings can be made through your My Family Lounge account. *Please advise us of any dietary requirements. What to bring: Warm hat and coat, drink bottle, lunch, snacks.

BENDIGO SCHOOL HOLIDAY PROGRAM

Lightning Reef Primary School | 74 Holmes Rd, North Bendigo VIC 3552

p: (03) 5444 6666 | e: bendigo@ymca.org.au | w: childrensprogram.ymca.org.au



NETSTARS NETBALL CLINICS

Hosted by Julie Corletto - 3 x World Champion
& Commonwealth Games Gold Medalist



BENDIGO

DATE: Wednesday 30th June 2021
TIME: 9am - 3pm
AGES: 7 - 14 years old
VENUE: Bendigo Stadium,
91 Inglis Street, West Bendigo
COST: \$85 per participant

Every participant receives a Netstars T-shirt

Bookings essential & close 24 hours prior to the clinic, unless sold out.
Only a limited number of places available, book now to avoid missing out



Book Online: www.netstarsnetball.com.au



HOLY ROSARY CANTEN

VOLUNTEER ROSTER - TERM 2 2021

DATE	TIME	VOLUNTEERS
JUNE 2021		
THUR 17th	9.00am – 11.00am	Rachael Sutton
FRI 18th	9.00am – 12.00pm	Susie Young & Dea Robertson
FRI 18th	11.00am – 12.00pm	Denise Bain
FRI 18th	1.30pm – 2.30pm	Jen Ball & Jo Best
THUR 24th	9.00am – 11.00am	Tamara McIntosh
FRI 25th	9.00am – 12.00pm	Jen Thompson & Susie Young
FRI 25th	11.00am – 12.00pm	Charlotte Healy



DISCOVER YOU IN 2022 Find Your Future ENROL NOW

APPLY ONLINE NOW
We welcome enrolments from all families in our region.

**ENROLMENTS CLOSE
MONDAY 21 JUNE
FOR YEAR 7, 2022**

VISIT VIRTUAL OPEN HOUSE
Videos, virtual tours, handy tips, FAQs and more... <http://bit.ly/cmcOpenHouse>

VISIT OUR WEBSITE TO FIND OUT MORE www.cmc.vic.edu.au

ENROLMENT ENQUIRIES: Audra Petri College Registrar | 5445 9100 | enrolment@cmc.vic.edu.au
Enrolments for Year 7, 2022 close Monday 21 June, 2021

