



# NEWSLETTER

AFTER SCHOOL CARE: 5444 6666 (YMCA)

HOLY ROSARY WEB SITE: [www.hrwhitehills.catholic.edu.au](http://www.hrwhitehills.catholic.edu.au)

## MASS TIMES

Online at:

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

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

## PRINCIPAL'S REPORT

Last week, we welcomed all students back on site, even in a staggered return it was great to see everyone back! It was wonderful seeing everyone walk through the gates after such a long period of remote learning. The students, staff and parents are all

congratulated on the efforts that you all put in to ensure a continuation of learning during the most recent period of remote learning. In an exciting update over the weekend, **we will all be onsite on Friday 22nd October.**



Our Grade 3 & 4 children will attend on Tuesday and Wednesday, work from home on Thursday and return full time from Friday. Whilst the Grade 5 & 6 children will return to school on Thursday, and remain on site for the foreseeable future.

Foundation - Grade 2 continue to attend school each day.

The return to school this term has come with further public health orders and Government and Catholic Education mandates. I appreciate that vaccinations and face mask directives have caused some distress and frustration for some families. Please know that this is not a school-based decision. We are required to implement the rules and guidelines as directed. Holy Rosary has a duty of care to provide a safe working environment for staff as well as students. Adhering to the public health orders is a key way in addressing this duty of care during a pandemic. We have many things planned for this term including transition, graduation and other activities. At this stage, we are working hard to plan a way forward and how these may look as we steadily come back to some sort of normality. We will keep you informed as soon as we know what is permitted.

## CALENDAR

### OCTOBER 2021

Fri 22	All students return to onsite learning
Wed 27	Public Holiday – Bendigo Cup
Thu 28	Reconciliation Mass

### NOVEMBER 2021

Fri 5	Crazy Sock Day
Sat 13	McAuley House Community Mass – 6pm
Wed 17	2022 Foundation Transition Sessions
Wed 24	2022 Foundation Transition Sessions
Tues 30 – Fri 3	Swimming Lessons (F – 2)

### DECEMBER 2021

Tues 30 – Fri 3	Swimming Lessons (F – 2)
Tues 7	CMC Orientation Day
Tues 7	2022 Foundation Orientation Session
Wed 15	Last Day Term 4 – 3.15pm dismissal



Check out our school Facebook page to stay up to date with the latest news!

<https://www.facebook.com/holyrosaryprimaryschoolwhitehills/>



What do I miss out on when I am not at school?

Lots!

Class discussions with friends and teachers.  
Information and work that you will have to catch up on.  
You will also miss out on seeing your friends

Unfortunately, only staff, students and approved contractors are allowed on the school site. This means parents will not be allowed on site for morning drop off or afternoon pick up. Should you need to collect a child early or for any other enquiries, please call the office on arrival.

**TEMPORARY NOTICE**  
**NO VISITORS**

It certainly was an exciting week at school with the demolition of the administration area finally occurring. After plenty of preparation and internal work the building came crashing down to the screams of delight from the children watching from a distance. We look forward to the clean up and subsequent building beginning.

In Sunday's Gospel, James and John were concerned about who would sit at Jesus' right and at Jesus' left in the heavenly kingdom. They, like the other disciples, did not understand Jesus' teaching that things are different in God's kingdom. The greatest ones are the least among us. They are those who humble themselves to be the servants of all.

Take a few minutes today to offer prayers of gratitude for all the people who serve you and your family. Think of those who are easy to take for granted— the waiter or waitress at the restaurant, your assistant at work, the garbage collector, your spouse, and even your children. Say "Thank you" to these and others who serve you in any way in the week to come. When you are with your family, help them become more aware of all who serve them in quiet and faithful ways too. Teach them to say "Thank you" and encourage them to be grateful for the care and goodness these servants bring into your lives.

Finally, as we continue to plan for 2022, could I ask parents who may be leaving to let the office know as soon as practical. This enables a smooth transition for all children as well as helping support the future planning of the school.



Paul Wilkinson  
Principal

## ***SCHOOL NEWS***

### **CATHOLIC IDENTITY**



### **SOCKTOBER - CRAZY SOCK & FOOTY COLOURS DAY FRIDAY 5<sup>TH</sup> NOVEMBER 2021**

For a gold coin donation, students are invited to wear their favourite team colours (can be any code - football, netball, soccer, etc.) and their craziest socks. All donations will go to Catholic Mission. October is Catholic Mission Month, a month where we celebrate and engage with mission. More information can be found at <https://www.catholicmission.org.au/>



### **FACE MASKS FOR GRADE 3 – 6**

As per the direction from the Victorian Chief Health Officer on Friday 8<sup>th</sup> October, *'Students in Year 3 and above are now required to wear a fitted face mask while in the classroom or otherwise indoors at all Victorian schools. It is also strongly recommended for students in Prep/Foundation through to Year 2 to stop the spread of COVID-19 but is not compulsory.'*

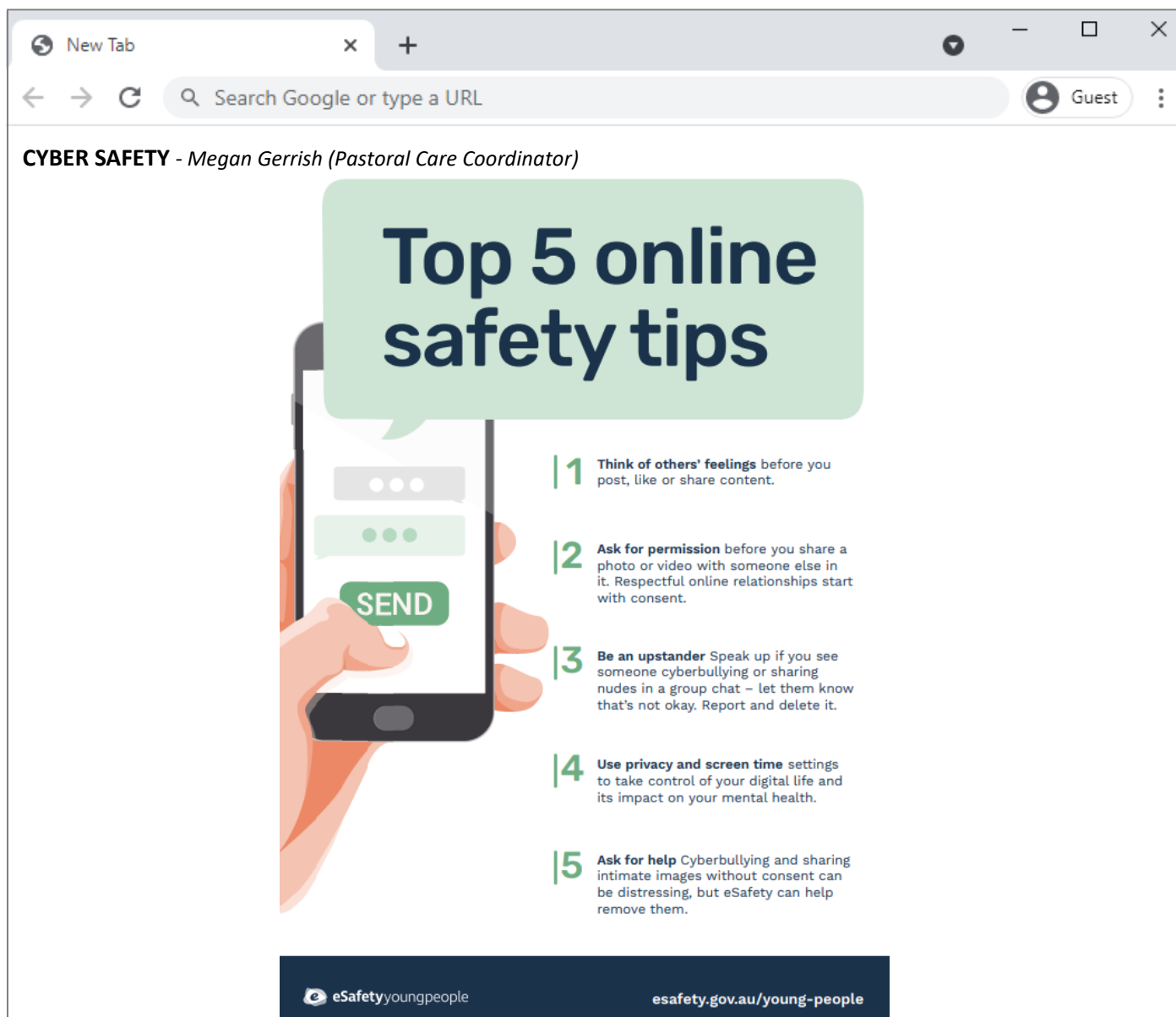
Please note that this includes students in Grade 3-6 who are attending for onsite supervision, as well as for students attending on their specified onsite learning days.

## PASTORAL CARE

It has been exciting to see students returning to onsite learning although still in a staggered fashion. I can feel the tide is changing however and hopefully, we are all back sharing the playground sooner rather than later as a whole school community. If you need support with your child returning to school or in the last few days of learning from home please check in with their teacher or the wellbeing team. There are many supports we can put in place to assist your child/ren.

If you are aware of a family who would benefit from support with home-cooked meals we have a supply at school we are able to send home when needed. We have a range of food and support we are able to offer to those in need.

Stay safe over the coming weeks as we look forward to being able to spend time with family, friends, and our wider communities with the change to restrictions. - Megan Gerrish (Pastoral Care Coordinator)



The screenshot shows a web browser window with a 'New Tab' and a search bar. Below the browser, the text 'CYBER SAFETY - Megan Gerrish (Pastoral Care Coordinator)' is displayed. The main content is an infographic titled 'Top 5 online safety tips' featuring a hand holding a smartphone with a 'SEND' button. The tips are listed on the right:

- 1 Think of others' feelings** before you post, like or share content.
- 2 Ask for permission** before you share a photo or video with someone else in it. Respectful online relationships start with consent.
- 3 Be an upstander** Speak up if you see someone cyberbullying or sharing nudes in a group chat – let them know that's not okay. Report and delete it.
- 4 Use privacy and screen time** settings to take control of your digital life and its impact on your mental health.
- 5 Ask for help** Cyberbullying and sharing intimate images without consent can be distressing, but eSafety can help remove them.

At the bottom, there is a dark blue banner with the eSafety logo and the website address [esafety.gov.au/young-people](https://esafety.gov.au/young-people).



## BOOKCLUB ISSUE 7

The latest issue of the Scholastic Bookclub catalogue is being sent home with children over the coming week.

Issue 7 is a great opportunity to get some bargains and do some shopping for Christmas! If you would like to order some presents for the kids, tick the 'Gift Order' box on your order at the checkout and we will call you when the items arrive rather than sending it home with your child.





## **SUPPORTING STUDENTS TO TRANSITION BACK TO THE SCHOOL**

It has been great to see the return of students over different days this week, mostly with smiles on their faces as they reconnect with teachers and peers. The transition back to classroom learning has been mostly positive and the students have shown great resilience. Throughout the coming weeks it

is important that parents/carers and school staff keep supporting students to manage their feelings about the return to school and the continued situation regarding COVID-19. Here are some ways to support your child:

**Check in on Feelings:** When children (and adults) tune in to their emotions they tap into information that assists them with decision-making, learning and their wellbeing. It's relatively easy to tune into behaviour and our thoughts, but much harder to detect our emotions. The skill of emotionally checking in helps children to identify how they are feeling at any given time. One way to do this is for kids to stand or sit still, close their eyes, take some deep breaths and identify and give a name to their feeling. This habit of checking, once practised and learned, is a wonderful life skill to acquire and develops their social/emotional capabilities. More information on tuning into our own, or our kids emotions can be found at [www.gottman.com](http://www.gottman.com) (Emotion Coaching).

**Practise Deep Breathing:** Research shows that deep breathing instantly engages our capacity to relax and stay calm. When a child becomes anxious or fearful their breathing becomes shallow. Taking deep, slow breaths when they become overwhelmed by worries or fear is the quickest way to return to a state of calm. The easiest breathing exercise to practise with your child is the 4-4 method: count to four on the in-breath, and 4 on the out-breath. Other exercises can be blowing bubbles slowly, blowing up a balloon, or using an app like Smiling Mind or Calm.

**Keep Routine:** Routine behaviours such as waking at the same time, having breakfast and getting dressed get us ready for the day ahead. They underpin productivity, learning and wellbeing. Remove or drastically change these routines and many children (and adults) struggle, particularly those who are prone to anxiety and depression. While it has been difficult at times to maintain our "normal" routine, it is important to establish some sort of routine that works for your child and family at the moment. Routines can be adapted, and this also helps children build resilience (their ability to cope with change). One important routine is our sleep routine. The benefits of good sleep routines are enormous and impact children's learning, memory and emotional stability. Sleep restores the brain to optimum condition and rejuvenates the body, allowing hormone levels to stabilise. Sleep-deprived children experience greater anxiety doing routine tasks and have a propensity for pessimistic thinking, which is associated with anxiety and depression. It is not just how long we sleep for, but the quality of our sleep that determines if we are functioning well.

**Enjoy Play and Time Outdoors:** Play is absolutely critical to our happiness and wellbeing. Play helps kids manage emotions such as worries and sadness as it lifts their mood and is therapeutic by nature. Play can be any activity that children find fun and don't want to stop. Drawing, Lego, craft, jumping on the trampoline, dolls, sport – the list is endless. If some play time can be spent outdoors then our happiness and sense of wellbeing is greatly impacted. Spending time outdoors reduces stress and tension.

Also a reminder to parents participating in the 'Bringing Up Great Kids' program that we have changed the start date. We will now commence on Thursday 28th October 9-11am for 6 weeks. Emails have been sent out to those parents, please let the office now if you did not receive it as I will email further information next week.

- Chantel White (Student Wellbeing Worker)

## **STUDENT NEWS**



### **HAPPY BIRTHDAY**

Students who are celebrating their birthdays this week are; Indy Brown, Lacey Ermel, Ashton Tresize and Mikayla Gladman. Happy Birthday to you and we hope you have a wonderful day.



# P&F NEWS

## CANTEEN

Canteen is back on for students attending onsite. A reminder that no cash orders will be accepted – all orders must be placed via Flexischools - with the Cut off for orders being 9am Thursday. NO LATE ORDERS WILL BE ACCEPTED.

At this stage the canteen will not be open for counter sales during play 2.

**VOLUNTEERS:** With the fantastic news that all our students can return to school this Friday, we will be in need of some extra hands in our Canteen. If you are able to help out this Term, please contact Lindy Vance on 0409 067 404.

Please note that all volunteers must check in via QR code, report directly to the school office to sign in and must be able to provide proof of vaccination against COVID-19 or appropriate exemption if requested.

**Note:** Vaccination requirements are in line with Victorian government direction for schools – First dose required by 18<sup>th</sup> October 2021 and 2<sup>nd</sup> dose by 29<sup>th</sup> November 2021)

## SCHOOL RUN 4 FUN: COLOUR EXPLOSION - POSTPONED

Unfortunately, we have had to make the tough decision to postpone our Colour Run. We feel the experience would not be the same without having parents able to come along and cheer students on! We will keep you updated with any further information as we receive it.

# SPORTS & COMMUNITY NEWS



**TWILIGHT MOVIE IN THE GARDEN**

Celebrate Children's Week 2021 under the stars at a special twilight screening of the movie *Think Like a Dog* (PG) starring Gabriel Bateman, Megan Fox and Josh Duhamel

**Date:** Friday October 29, 2021  
**Venue:** Garden for the Future, Bendigo Botanic Gardens, White Hills  
**Time:** 6pm - 8:30pm (movie will commence at 6:30pm)  
**FREE Ticketed Event**

**Please note:** Due to COVID-19, numbers are restricted and free ticket bookings are required. For more information and to book your free ticket please visit [www.bendigoregion.com.au/explore-bendigo/childrens-week-twilight-movie](http://www.bendigoregion.com.au/explore-bendigo/childrens-week-twilight-movie)

This year's Children's Week theme is about friendships and connecting with others which is nicely reflected in this movie. So, bring along a picnic dinner and enjoy a great family evening in the gardens!



**L'Arche Christmas Market**

  
**At The Good Loaf**  
404 Hargreaves Street, Bendigo

- Plants
- Produce
- Christmas Cakes & Puddings
- Cakes & Slices
- Craft
- BBQ
- L'Arche Artwork
- Vintage Kitchenalia
- Raffle

**And much more** 

**Sunday November 28, 2021 10am—2pm**



# CHARLIE'S ARMY

## CHARLIE'S ARMY

As many of our students will know, Charlie Doherty in FNJ has recently been diagnosed with Hodgkin's Lymphoma and is currently being treated in Melbourne.

There has been a lot of amazing teamwork in the creation of the awesome 'Charlie's Army Beanies', and we now have some available at Holy Rosary for purchase.

Please show your support and purchase one of these official Charlie's Army Beanies. All monies go directly to the family to aid in however they need during this time.

They come in Adult and Junior sizes - \$30 each.

Please complete the order form and send to the school office, along with cash for your purchase.

Thank you!



## ON SALE HERE



## CHARLIE'S ARMY BEANIE ORDER

Family Name: \_\_\_\_\_

Contact Number: \_\_\_\_\_

Eldest Child: \_\_\_\_\_

Class: \_\_\_\_\_

Adult Beanies - Qty: \_\_\_\_\_

Junior Beanies - Qty: \_\_\_\_\_

Total Beanies Ordered: \_\_\_\_\_ X \$30.00 each

Total Money Enclosed: \$ \_\_\_\_\_

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# HOLY ROSARY CANTEEN

## VOLUNTEER ROSTER - TERM 4 2021

DATE	TIME	VOLUNTEERS
<b>OCTOBER 2021</b>		
Fri 22 <sup>nd</sup> October	9.00am – 12.00pm	Jen Tee & Volunteer Needed
Fri 22 <sup>nd</sup> October	11.00am – 12.00pm	Volunteer Needed
Thur 28 <sup>th</sup> October	9.00am – 11.00am	Volunteer Needed
Fri 29 <sup>th</sup> October	9.00am – 12.00pm	Volunteer Needed & Volunteer Needed
Fri 29 <sup>th</sup> October	11.00am – 12.00pm	Volunteer Needed
<b>NOVEMBER 2021</b>		
Thur 4 <sup>th</sup> November	9.00am – 11.00am	Volunteer Needed
Fri 5 <sup>th</sup> November	9.00am – 12.00pm	Volunteer Needed & Volunteer Needed
Fri 5 <sup>th</sup> November	11.00am – 12.00pm	Volunteer Needed
Thur 11 <sup>th</sup> November	9.00am – 11.00am	Volunteer Needed
Fri 11 <sup>th</sup> November	9.00am – 12.00pm	Volunteer Needed & Volunteer Needed
Fri 11 <sup>th</sup> November	11.00am – 12.00pm	Volunteer Needed
Thur 18 <sup>th</sup> November	9.00am – 11.00am	Volunteer Needed
Fri 19 <sup>th</sup> November	9.00am – 12.00pm	Volunteer Needed & Volunteer Needed
Fri 19 <sup>th</sup> November	11.00am – 12.00pm	Volunteer Needed
Thur 25 <sup>th</sup> November	9.00am – 11.00am	Volunteer Needed
Fri 26 <sup>th</sup> November	9.00am – 12.00pm	Volunteer Needed & Volunteer Needed
Fri 26 <sup>th</sup> November	11.00am – 12.00pm	Volunteer Needed
<b>DECEMBER 2021</b>		
Thur 2 <sup>nd</sup> December	9.00am – 11.00am	Volunteer Needed
Fri 3 <sup>rd</sup> December	9.00am – 12.00pm	Volunteer Needed & Volunteer Needed
Fri 3 <sup>rd</sup> December	11.00am – 12.00pm	Volunteer Needed
Thur 9 <sup>th</sup> December	9.00am – 11.00am	Volunteer Needed
Fri 10 <sup>th</sup> December (PIZZA DAY)	10.00am – 12.00pm	Volunteer Needed & Volunteer Needed
Fri 10 <sup>th</sup> December (PIZZA DAY)	10.50am – 12.00pm	Volunteer Needed & Volunteer Needed