

# 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

### REMEMBRANCE DAY

This Thursday 11th November, we celebrate Remembrance Day in memory of all who have died or fought in conflicts protecting our country. We will have a short service and a minute of silence prior to recess. As time passes, the day can only grow in significance as our children continue to appreciate the great country in which we live and the sacrifices made to ensure we preserve our way of life.

## CALENDAR

### NOVEMBER 2021

Tue 9	Terry Jarvis Art Incursion (Gr 5 & 6)
Wed 10	Aboriginal Art Incursion (Gr 3)
Thu 11	Aboriginal Art Incursion (Gr 4)
Fri 12	Mackillop Art Exhibition Opening - 6pm
Wed 17	2022 Foundation Transition Sessions
Tue 23	Learning Conversations – 2.20pm – 7pm
Wed 24	2022 Foundation Transition Sessions
<b>Fri 26</b>	<b>Pupil Free Day – Learning Conversations</b>
Fri 26	Learning Conversations – 8.40am – 4.20pm
Mon 29 – Fri 3	Swimming Lessons (F – 2)

### DECEMBER 2021

Mon 29 – Fri 3	Swimming Lessons (F – 2)
Tues 7	CMC Orientation Day
Tues 7	2022 Foundation Orientation Session
Fri 10	Pizza Day
<b>Tue 14</b>	<b>Last Day Term 4 – 3.15pm dismissal</b>



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

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

*God of peace you call us to peace,  
Peace within and peace without  
Peace before us and peace behind us  
Peace on our right and peace on our left.  
Christ of Peace you call us to peace,  
Peace with our brother and with our sister,  
Peace with our neighbour and with the stranger  
Peace with friends and with foes  
Spirit of peace you call us to peace,  
Peace in work and in play  
Peace in thought and in deed  
Peace in word and action  
Grant us peace, O God of peace.*



REMEMBRANCE DAY  
*Left We Forget*

In Sunday's Gospel, Jesus observes people putting money into the treasury. Many rich people put in large sums, but this was no sacrifice for them as they had great wealth. A poor widow however, caught his attention because she put in what he knew to be all that she had. Her donation was but two small coins worth a few cents, but her generosity and sacrifice were well beyond what the wealthy had contributed.

It is important to set for your children an example of generosity and of responding to others in need. You do not have to look far to find opportunities to give what you have. A neighbour who is ill will appreciate a container of homemade soup or a get-well card. A family member who lives alone will appreciate a visit or a phone call. The local homeless shelter will appreciate donations of toothbrushes, toothpaste, warm socks, and soap. Include your children in these many opportunities to be generous givers.

## FOUNDATION INTERVIEWS

We have almost completed our interviews for foundation students next year and will be completing some COVIDSafe transition visits in the coming weeks according to the ever-changing guidelines. We look forward to welcoming all new students and their families to our community.

## LEARNING CONVERSATIONS

A reminder that we have our Learning conversations coming up and bookings can be made on PAM. Once again, a great opportunity to celebrate your child's learning and achievements throughout this remarkable year.

Finally, as we continue to plan for the end of the year and prepare for 2022, please advise us if you may be leaving. It is both helpful and important for all involved that communication occurs.



Paul Wilkinson  
Principal

# SCHOOL NEWS

## CATHOLIC IDENTITY

### ROSARY BEADS FOR NEW STUDENTS

On Sunday 30th October Father Minh blessed several sets of Rosary beads for all new student to Holy Rosary during the 2021 year. Our Catholic Identity Grade 6 leaders then presented these to all Foundation and other new students at assembly on Friday.

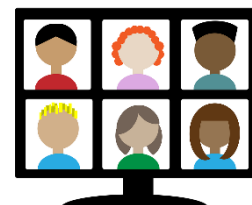
### SOCKTOBER

Thank you to everyone who participated in our Socktober Crazy Sock Day! We raised over \$340 for Catholic Mission!

## TERM 4 PROGRAM SUPPORT GROUP MEETINGS (PSG'S)

Term 4 PSG bookings have been allocated and are now accessible via your PAM account. Parents/Carers are now able to make arrangements to attend the upcoming PSG meeting. This meeting will take place online with your child's classroom teacher and Learner Diversity Leader.

The PSG meeting is an integral part of your child's learning. The structure of this meeting allows us to review, discuss and collaborate the goals your child's teacher has put in place for this term. All families involved in PSG's will have received a letter on Friday 5th November, with their allocated date and time slot. **The meetings will take place in week 8 and 9 of this term beginning Monday November 22nd through to Thursday 2nd December.** - Mandy Antoniadis (Learner Diversity Leader)



## PASTORAL CARE

Again, we were able to sit and enjoy the sunshine this week. It was a chance to catch up with friends/family and remember how important connection is to the people who support us in our lives. This support is different for all of us and as a school community, we are here to support students and families as the need arises. We are still aware there are many families in our community facing challenges and very difficult times. We hold these families and children in our prayers. If you are aware of a family needing assistance at this time, we as a welfare team are here to support you in many ways. Please remember we have wholesome family meals we can send home, prepare and pack groceries or refer to support services specific to the family's needs. - Megan Gerrish (Pastoral Care Coordinator)



## SCHOOL SPORT

### – WHAT'S HAPPENING?!

*Troy Coates (PE Coordinator)*



#### SWIMMING PROGRAM - Foundation – Gr 2

As part of our Health & Physical Education curriculum all students in Grades F-2 will be participating in swimming lessons at the Gurri Wanyarra Wellbeing Centre in Kangaroo Flat during Term 4. Students will participate in five swimming lessons over five days which focus on stroke development, water safety and personal development. Each lesson goes for 45 minutes and is facilitated by qualified swimming teachers. The cost of these lessons is included in school fees and supplemented by external grants. Students will be placed in groups appropriate to their swimming level. **The link for the levels was sent as part of the PAM note. Could you please make sure this is filled out ASAP** for your child to be put in the correct swimming level.

#### The dates for the swimming program are:

Monday the 29th of November, Tuesday the 30th of November, Wednesday the 1st of December, Thursday the 2nd of December & Friday the 3rd of December.

#### Swimming Times for each group are:

*\*\*These are different to bus times/PAM note for these.*

Grade 2 - 9.30am

Foundation - 10.15am

Grade 1 - 11.00am

All this information and further details are on the PAM note. If you have any questions or concerns, please do not hesitate to get in touch with your child's classroom teacher.

#### VISUAL ARTS

It was been wonderful to see all the students back in the Art room last week!

**ARTIST VISITS:** During this week, we are very fortunate to have visiting artists come to our school to work with our students. On Tuesday, Grade 5 and 6 will be participating in a drawing and watercolour workshop with artist Terry Jarvis. Terry is a well-known local artist. We are able to have Terry come to our school through an Artist in Residence program through CES.

Grade 3 and 4 students will be working with Aboriginal artist, Troy Firebrace during the week. Troy was the artist that completed the mural near the Sports shed.

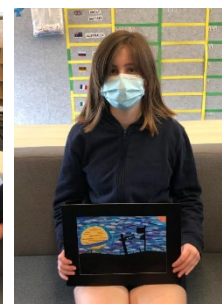
Grade 4 students completed a workshop with Troy last Thursday with a focus on the Indigenous Creation story for this area. He was able to use the mural as his teaching focus. The art activity was using gum leaves on an outline of Bunjil the eagle. The students will add watercolour paint to their art works this week with Troy.



**CHRISTMAS CARD COMPETITION:** This week some of the students are entering the Jacinta Allen Christmas card competition. Her theme for this year is Celebrating Christmas together. Good luck to those who have entered.

**MACKILLOP ART EXHIBITION:** The Mackillop Art Exhibition will open on Friday 12th November. Students from schools in the diocese enter this exhibition. We have some Grade 5 students entering the Spiritual Art Award section and some Grade 6 students entering the General Art Award. It was a challenge organising this during Remote learning but I am very pleased with the students. The photos below show the students that were on site with some of the artworks that were entered.

I am still waiting on CES to provide up to date information on viewing this exhibition. At this stage the opening is on Friday 12th November at the Cathedral and the artworks can be viewed during the week. The Exhibition can also be viewed online from Monday 15th November at [www.ceosand.catholic.edu.au](http://www.ceosand.catholic.edu.au)  
For more information, please see the flyer attached to the bottom of today's newsletter.





New Tab

Search Google or type a URL

Guest

CYBER SAFETY




# Webinars for parents and carers

Join one of our free webinars for parents and carers.

These live webinars explore the latest research and they are a great way to learn how you can help your child develop the skills to be safer online.

All sessions are delivered by eSafety's expert education and training team.



## eSafety's parent guide to digital technologies and mental health

This Term 4 webinar will provide parents and carers with strategies to help young people and their mental health when they are online.

It is designed for parents and carers of young people aged 10–18.

It will cover:

- what do to about accidental exposure to content about suicide, self-harm or eating disorders
- using games, apps and social media to support mental wellbeing
- the pros and cons of digital mental health platforms
- strategies for young people to support friends online.

**Dates (Australian Eastern Daylight Time)**

Tuesday 19 October 7.30 to 8.30 pm

Wednesday 20 October 12.30 to 1.30 pm


Thursday 21 October 12.30 to 1.30 pm

Tuesday 26 October 7.30 to 8.30 pm

Tuesday 9 November 7.30 to 8.30 pm

Thursday 18 November 12.30 to 1.30 pm

**Register Now:** [Webinars for parents and carers | eSafety Commissioner](#)



### Every minute matters

Start of Day Matters

- aim to be at school by 8.45 am for a 9.00 am start





## ANXIETY

With the ongoing changes to restrictions and rules, together with continued uncertainty surrounding our local COVID-19 it certainly feels like we are still on a rollercoaster. With this in mind we need to acknowledge the impact this may have on our emotions, and those of our children. While many students are enjoying being back at school, some are experiencing more worries than usual.

So, what is anxiety, what does it look like and how do I help my child?

Anxiety is an emotion characterised by feelings of worry, nervousness or unease about something with an uncertain outcome. We can also experience physical changes like increased blood pressure, upset tummy, poor sleep, fast heartbeat, sweaty palms and being more fidgety. Anxiety can be normal in stressful situations such as public speaking or taking a test. For our children, they can experience anxiety when they need to leave their parents/carers, when something unexpected occurs or when they're not sure what will happen next. We all experience stress and anxiety, but when this normal emotional response starts to impact on our daily life it can become problematic. We often see changes to behaviour, such as avoidance, irritability, anger, tears, agitation, withdrawn, poor concentration, or "clinginess".

If we think our child might be worried about something, here's some simple tips to help them through it.

**The goal isn't to eliminate anxiety, but to help a child manage it.**

It is a normal emotion that can actually help us perform (as part of the stress response, or flight/fight response). Normalising this emotion, just like we do with sadness or excitement, helps children understand it's ok to feel the way they do.

**Don't avoid things just because they make a child anxious.**

This is our instinctual response, but it's important we support a child to sit with their feelings, be brave and push through the situation with strategies that can help their mind and body calm. If we avoid things, they don't disappear and it just makes it harder the next time we have to try and do it. When we avoid what is making us feel anxious, it reinforces to our brain and body that there IS actually something to be worried about.

**Express positive, but realistic, expectations.**

Children need rules, boundaries and encouragement to participate and achieve things in life. Being clear and consistent with our expectations helps children understand what they need to do (with our help). We also can't promise our children that bad or upsetting things won't happen, but we can reassure them that they will be ok, that they can cope and that if they face their fears their anxiety will reduce over time.

**Respect their feelings.**

As parents we need to help our children identify they are having big feelings and acknowledge them - even if we think it may be silly! By validating how they are feeling, you create a safe space where your child feels it's ok to experience their emotion. Showing empathy and sending the message "I know you're scared/worried/upset and that's okay. I'm here, and I'm going to help you get through this."

**Help them to regulate their emotions.**

And regulate yours too. There are a lot of different ways we can help our children, and ourselves to calm the stress response in our bodies. Simple breathing, playing with toys/fidgets, listening to music, going for a walk, colouring, Lego, or any other activity that allows a child to calm and develop coping skills is useful. And while it is great if a child can do these things when they are feeling anxious, it's even better if they can take a mindful minute during the day, even if they are already feeling calm, to practice self-regulation. For more ideas on coping strategies see the handout.

For more information and advice on how to help your child manage their anxieties, check out the following websites and organisations. If you are concerned or feel your child's anxiety is getting worse speak to your GP.

- <https://healthyfamilies.beyondblue.org.au/age-6-12/mental-health-conditions-in-children/anxiety/strategies-to-support-anxious-children>
- <https://kidshelpline.com.au/parents/issues/anxiety-kids-and-teens>
- <https://raisingchildren.net.au/toddlers/health-daily-care/mental-health/anxiety-in-children>

- Chantel White (Student Wellbeing)



Ride a Bike  
OR SKATEBOARD



ASK FOR HELP



Blow  
Bubbles

Color  
Paint  
Draw



CREATE ART!

Listen to MUSIC



PLAY a  
BOARD GAME

MAKE &  
PLAY  
WITH  
SLIME



Practice  
Gratitude



WEAVE,  
KNIT OR  
CROCHET

Use Kind &  
Compassionate  
Self-Talk



Make a  
SCRAPBOOK  
OR COLLAGE



PRACTICE  
YOGA



Hug  
or  
Climb  
a Tree

KICK  
BOUNCE  
OR THROW  
a BALL



JOURNAL OR  
WRITE A LETTER



Take Slow,  
Mindful Breaths



Cuddle or Play  
with Your Pet



Drink  
Water



Smile & Laugh



EAT  
Healthy

# 50 COPING SKILLS for kids



Forgive  
Let Go  
Move On



Cook  
or  
Bake



Get Plenty  
of  
SLEEP



TAKE A SHOWER  
OR BATH



STRETCH



Go on a  
Hike,  
Walk or Run



Use  
Aromatherapy  
(Smell something good)



Sing  
and/or  
Dance



SAY Positive  
Affirmations

Take  
GOOD  
CARE  
of the  
Earth



Look At or Take  
PHOTOGRAPHS



Garden or  
Do Yardwork



Visualize  
a Peaceful Place



Try or  
Learn  
Something  
New



EXPLORE & DISCOVER  
Nature's Treasures



READ a Book  
or Magazine



DRINK  
A WARM  
CUP OF TEA

USE a STRESS BALL  
(or other fidget tool)



DO a PUZZLE



Cry

Clean,  
Declutter  
or Organize



Create  
ORIGAMI



Get a  
HUG



EXERCISE



Play Outside



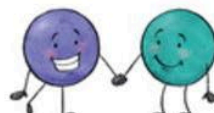
JUMP  
on a  
Trampoline



Rest,  
Take a Break, OR Nap



Do  
Something Kind



BUILD



Something



TALK  
to Someone  
You Trust

# STUDENT NEWS



## HAPPY BIRTHDAY

Students who are celebrating their birthdays this week are; Dexter McDerby, Isabelle Robertson, Frankie Connors, Charles Matthews, Eleanor Matthews, Sienna Millar, Preston Anfusio, Samuel Gibbons & Seth Illott. Happy Birthday to you and we hope you have a wonderful day.

## STUDENTS OF THE WEEK



Students of the Week	
FBG	Carter Patterson
FNJ	Millie Walsh
1DC	Lucas Sargeant
1ML	Annabelle Reeves
2DP	Evie Kristiansen
2LC	Logan Brown
3CW	Zaydah McKenzie
3ZD	Gus Davies
Gr 4	Lily McKee & Anna Benny
5JE	Jazmin Marshall
5JO	Ari Sawyer
6MG	Max Pinton-Mason
6TC	Heidi Bazeley

# P&F NEWS

## CANTEEN

Last Friday 5<sup>th</sup> November, we unfortunately had to close our canteen at late notice. **Any orders placed for last Friday will be filled this Friday 12<sup>th</sup> November 2021.**

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.**

All items sold over the counter are cash only, cannot be pre-ordered and have a limited supply.

**VOLUNTEERS:** Canteen is now back in full swing and we are in need of some extra hands in our Canteen. If you can help 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)

## HOLY ROSARY PIE DRIVE

After the success of previous years, we are again running an Elmore Bakery Pie Drive to raise money for Holy Rosary Primary School. Order forms were sent home with students last week.

It would be great if you could ask family and friends to order as well.

The Elmore Bakery is offering their full range of pies in both family and standard size. Dessert pies are also on offer (the lemon tart is delicious!)

**Order forms and payment are due by Tuesday 16<sup>th</sup> November.** All your delicious pies and pastries will be at school ready for collection on Friday 26<sup>th</sup> November between 3.00 – 4.00pm.

All pies are baked fresh for our pie drive, which means you can pop them in the oven to enjoy now, or in the freezer for a quick easy meal in the future!



*The Elmore Bakery*



# HOLY ROSARY CANTEEN

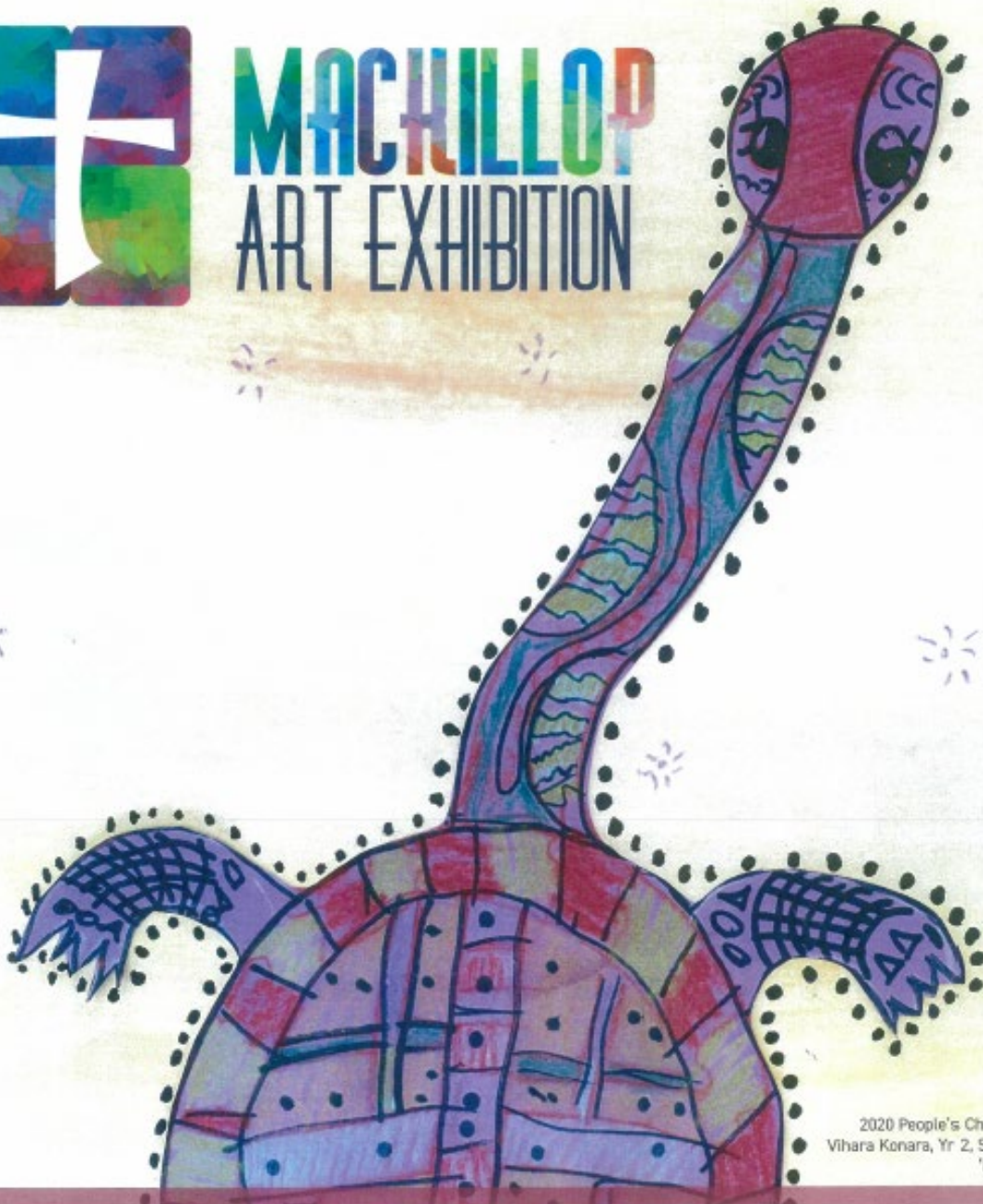
## VOLUNTEER ROSTER - TERM 4 2021

DATE	TIME	VOLUNTEERS
<b>OCTOBER 2021</b>		
<b>NOVEMBER 2021</b>		
Thur 11 <sup>th</sup> November	9.00am – 11.00am	Toni Niven
Fri 12 <sup>th</sup> November	9.00am – 12.00pm	Kellie Carter & Laura Prange
Fri 12 <sup>th</sup> November	11.00am – 12.00pm	Volunteer Needed
Fri 12 <sup>th</sup> November	1.30pm – 2.30pm	Volunteer Needed
Thur 18 <sup>th</sup> November	9.00am – 11.00am	Volunteer Needed
Fri 19 <sup>th</sup> November	9.00am – 12.00pm	Susie Young & Volunteer Needed
Fri 19 <sup>th</sup> November	11.00am – 12.00pm	Volunteer Needed
Fri 19 <sup>th</sup> November	1.30pm – 2.30pm	Gabe T.E.
Thur 25 <sup>th</sup> November	9.00am – 11.00am	Volunteer Needed
Fri 26 <sup>th</sup> November	9.00am – 12.00pm	Jess Brown & Laura Prange
Fri 26 <sup>th</sup> November	11.00am – 12.00pm	Volunteer Needed
Fri 26 <sup>th</sup> November	1.30pm – 2.30pm	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	Susie Young & Jess Brown
Fri 3 <sup>rd</sup> December	11.00am – 12.00pm	Volunteer Needed
Fri 3 <sup>rd</sup> December	1.30pm – 2.30pm	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	Manda Crust & Volunteer Needed
Fri 10 <sup>th</sup> December (PIZZA DAY)	10.50am – 12.00pm	Volunteer Needed & Volunteer Needed
Fri 10 <sup>th</sup> December	1.30pm – 2.30pm	Volunteer Needed





# MACHILLOP ART EXHIBITION



2020 People's Choice Award Finalist:  
Vihara Konara, Yr 2, St Mary's PS Echuca  
'Long Necked Turtle'

## Official Opening and Awards Presentation

Fri 12 November 2021 | 6pm – 8pm  
Sacred Heart Cathedral Bendigo

## Open Daily

9am – 4.30pm  
until Sun 28 November 2021

## Online

From Mon 15 November 2021  
[www.ceosand.catholic.edu.au](http://www.ceosand.catholic.edu.au)

**Vote for  
People's Choice Awards**  
until Sun 28 November 2021

## Enquiries: Claire Spinelli

E: [cspinelli@ceosand.catholic.edu.au](mailto:cspinelli@ceosand.catholic.edu.au) | M: 0407 721 088

