



NEWSLETTER

AFTER SCHOOL CARE: 5444 6666 (YMCA)

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

MASS TIMES

Please note that Masses have been suspended until further notice.

Sunday Mass with the Bishop can be live streamed at

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

CALENDAR

SEPTEMBER 2020

Sun 6	Father's Day
Fri 11	Pupil Free Day - Staff PD
Fri 18	Last Day Term 3

Due to the current circumstances the dates shown in the calendar for this term are subject to change.



Make sure to follow our school Facebook page to stay up to date with the latest news!
facebook.com/holyrosaryprimaryschoolwhitehill

COVID-19 ASSISTANCE FROM THE CITY OF GREATER BENDIGO

The City of Greater Bendigo has a number of services and supports available through a helpline to assist families impacted by COVID-19, including general information and advice, food relief, financial relief information, etc.

The City of Greater Bendigo Helpline information is available 7 days a week on phone 5434 6237 or via email covid19relief@bendigo.voc.gov.au

Information is also available on <https://www.bendigo.vic.gov.au/>

PRINCIPAL'S REPORT

Groundhog Day! Well we are back into remote learning, not because we want to but because we have to. This time last week we were all watching as case numbers increased, with particular focus on local cases. Now we are back into our remote learning. Firstly I would like to thank the staff who have worked tirelessly in a very short amount of time (remember Melbourne had 5 days) and will continue to develop and improve during Remote Learning 2.0. I would also thank all parents and children who have been so positive in your support of the school and one another, it's part of the reason why Holy Rosary is such a great community to be a part of.

This week we will be working online and the children have taken what they learnt last time and the work they have done in class to support them in active engagement. All classes received a letter outlining the way the Remote Learning 2.0 would look for each class. Hopefully you have had time to digest this rapid change and remember to ask questions if unsure. Please feel free to contact the classroom teachers by email if you require any clarification.

Our onsite provision is for children in 3 categories. Children who have identified special needs, Children who are deemed vulnerable (including via referral from a family violence agency, homelessness or youth justice service, or mental health or other health service, or deemed by Child Protection and/or Family Services to be at risk of harm) and finally any child who does not have a parent/carer at home (the parent or carer may be working at home, so children stay home). A survey for attendance is sent out every second Thursday, it is important that we know numbers to ensure we have adequate staff on site for supervision.

Once again thanks for your support and we look forward to keeping in touch and moving ahead in these different circumstances.

Paul Wilkinson
Principal

STUDENT NEWS

HAPPY BIRTHDAY



Students who are celebrating their birthdays this week are: Indiana Jeanes, Bridie Monaghan, Blake Holm, Rachel Thompson. Happy Birthday to you and we hope you have a wonderful day.

SCHOOL CROSSING

Due to the new restrictions in regards to wearing masks, we wanted to update the changes to the way our crossings will be operating. It won't be possible for our Supervisors to use their whistles while wearing a mask, so going forward they will be using voice commands on the crossings. The instructions will be "WALK" and "STOP". They have all been instructed to speak to each pedestrian and explain how it will be operated before anyone enters the crossing.



SCHOOL NEWS

CATHOLIC IDENTITY

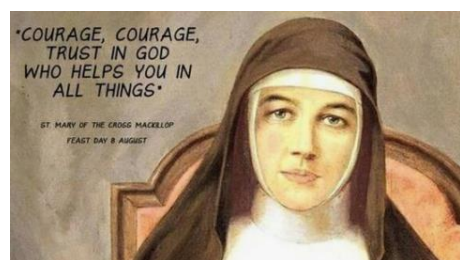
ACCESS TO MASS AND TO CHURCHES

There are many options for Mass online, including:

* <http://bit.ly/MassOnDemand> * <https://melbournecatholic.org.au/Mass> * www.wordonfire.org/daily-mass

The Bishop is also live streaming Mass on Sunday mornings via the diocesan website: www.sandhurst.catholic.org.au

On free to air TV, *Mass for You at Home* is broadcast at 6.00am every Sunday, Channel 10



SACRAMENTAL PROGRAM - GRADE 2 RECONCILIATION:

Thank-you to those families who returned forms we have a very good response to the program.

Mary McKillop Feast Day - Saturday 8th August is the feast day of Mary McKillop. Mary Helen MacKillop RSJ was an Australian nun who has been declared a saint by the Catholic Church, as St Mary of the Cross.

SKELETON STAFF TIMETABLE

Throughout each week a skeleton staff is rostered on at school. When a teacher contacts you to touch base, they may not be on site. If you receive a missed phone call from a teacher, please wait for them to call you back or send them an email. There is no need for you to return the call to the Office.

Week 5

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Foundation (in Foundation Rooms)	Kerry Baber Cass Beavis	Angela Holdaway Kerry/Carolyn	Mandy Antoniadis Jasmin O'Sullivan	Angela Holdaway	Jasmin O'Sullivan Mandy Antoniadis
Grades 1/2 (in Grade 1 Rooms)	Damian Cairns	Cass Beavis	Liz Williams	Liz Williams	Elizabeth Teed Luke Crameri
Grades 3 (in Grade 3 Portable)	Shelley DeAraugo	Bethany Kerlin	Jo Zimmer	Elizabeth Teed	Jo Thurley
Grades 4/5/6 (in Senior Learning Centre)	Jarrod Epps	Brendan Scott	Troy Coates	Amy Gillett	Megan Gerrish



A Guide To Self-Care and Wellbeing During Times of Uncertainty.

In times of uncertainty, it is normal and natural for children and adults to respond in unique ways. It can be helpful to focus on the aspects of our lives that we can control like caring for our physical health, safety and emotional wellbeing.

“The only thing in life that is permanent is change.
Change is the one constant in life”

(Fallin, 2013)



Steps for Self-care

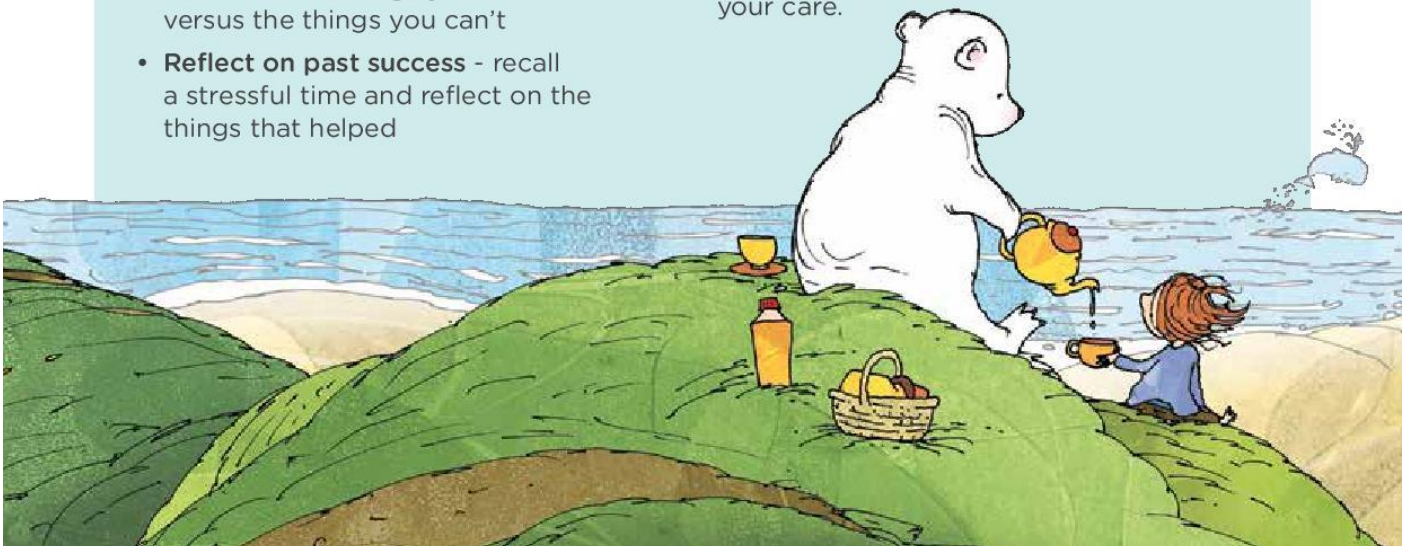
There are things you can do to support yourself, your friends and your family:

- **Listen** - to your needs and your own advice
- **Offer kindness** - for yourself and others
- **Stay connected** - with others by phone and online
- **Keep informed** - just enough information from reliable sources
- **Maintain a healthy routine** - diet, activity and sleep
- **Focus on the things you can control** - versus the things you can't
- **Reflect on past success** - recall a stressful time and reflect on the things that helped
- **Learn a new skill** and make plans for the future
- **Help others** - if and when you can
- **Seek support** - It's okay to ask for help and advice
- **Build hope** - Focus on 3 things you are grateful for.



You can't pour from an empty cup.

Look after yourself so you are better able to help the children and young people in your care.



Ideas to Help the Children and Young People in times of Uncertainty ...

In times of uncertainty and change, it is normal and natural for children and young people to respond in different ways. Adults can play a vital role in supporting children and young people through the experience.

How may Children and Young People Respond?

- Worried, clingy and uncooperative
- Sad and angry one minute, okay the next
- Frightening thoughts and nightmares
- Regression to earlier behaviours
- Stomach aches and headaches



Adolescents may react in similar, but different ways:

- Mood changes
- Tired and distracted
- Retreating from social networks
- Sleep problems and headaches



Helpful Hint – children and young people respond in unique ways and it is helpful to recognise if your child or young person is behaving differently.

Help Your Child or Young Person

- Offer your attention, patience and love
- Calmly listen to your child's story and encourage your child to ask questions
- Acknowledge and affirm your child's feelings and help your child to identify helpful ways to manage the feelings
- Encourage your child to ask for help from trusted adults
- Involve your child in decisions that affect them
- Respond to your child's questions with clear and factual age appropriate information
- Model positive ways to cope and prioritise quality time together

Other Ways to Help

- **Maintain daily routines** as much as possible
- **Stay social** – create ways to connect with special people and loved ones
- **Get active** – go for a walk, listen to music, sing, play with a pet
- **Be curious** – learn a new skill or research an interesting topic together
- **Help others** – encourages social connections and an "I Can" attitude
- **Plan fun activities** to look forward to

Find helpful resources, updates and training dates at goodgrief.org.au



"I think the most significant learning for children in the group was knowing they are not alone and not the only ones that experience change, loss & grief"

Companion, Seasons for Growth Program, 2019