



# NEWSLETTER

AFTER SCHOOL CARE: 5444 6666 (YMCA)

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

## CALENDAR

### JUNE 2021

Mon 31 – Fri 11	PSG Meetings
Tue 1	Sacrament Meeting (Gr 3) – 5.30pm ONLINE
Sat 5	Gr 4 Eucharist Mass – 6pm
Sun 6	Gr 4 Eucharist Mass – 10am
Thu 10	2022 Foundation Enrolments Close
Fri 11	Canteen Pizza Day
<b>Mon 14</b>	<b>Queen's Birthday Public Holiday</b>
Sat 19	Gr 3 Eucharist Mass – 6pm
Sun 20	Gr 3 Eucharist Mass – 10am
Mon 21 – Fri 25	Health & PE Week
<b>Fri 25</b>	<b>Last Day Term 2 – 2.15pm dismissal</b>

### JULY 2021

<b>Mon 12</b>	<b>First Day Term 3</b>
Sat 24	McCarthy House Community Mass – 6pm

### AUGUST 2021

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

### SEPTEMBER 2021

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

## PRINCIPAL'S REPORT

Well here we go again, 'Lockdown 4.0'. As in the past, we will again move to remote learning for all, at the very least until Thursday. Our staff were quickly able to mobilise and send computers and work packs home on Thursday and learning from home started today. We are caring for those children on site of essential workers and vulnerable students, and I suggest families keep an eye out for future booking forms should circumstances change. It is certainly not the way we wanted to go this year, however, we have been able to successfully navigate this very circumstance before and feel ready to do so again. Please feel free to contact your child's teacher via email should you need any additional support and we will be making contact with all families over the coming week. We remain optimistic about the future and our commitment to whatever situation we are thrown into.

This coming weekend we have the first of our celebrations for First Communion. After an extensive preparation period we pray that this special part of the children's faith lives can continue. A special thanks to Mrs Thurley and the staff involved in preparation and organisation of the day. Should the restrictions be extended we will communicate our alternative plans to ensure this special occasion is celebrated.

Our enrolment period continues through this time and we encourage all families new and existing to return the application for enrolment form as soon as possible to support our planning for 2022. We are fortunate this year to have been able to provide tours and the information night, however with our current restrictions future tours are now on hold. Parents with questions are asked to call the school directly or email me.

All the best to everyone, stay safe, stay in touch and we look forward to returning onsite as soon as possible.

Paul Wilkinson  
 Principal



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

# SCHOOL NEWS

## CONGRATULATIONS

Congratulations to Matthew & Gabrielle Turner-Eylander on the safe arrival of Rose Vivienne Turner-Eylander. Sister to Luciana (1DC) and Rory.



## CATHOLIC IDENTITY

### GRADE 3 SACRAMENT MEETING

Due to the current Lockdown situation our Grade 3 sacramental meeting will be moved to an online platform via Google Meet for Parents only. Please note the new time of 5.30pm. Participating candidate parents should have received an email with the meeting link details. If you have any questions or did not receive the email please contact Jo Thurley ASAP.

### EUCCHARIST MASS

At this stage we still look forward to celebrating our Grade 4 Eucharistic journey this coming weekend. Please keep our Grade 4 Sacramental candidates in your thoughts and prayers this week.

### ACCESS TO MASS AND TO CHURCHES

We are all encouraged to continue active participation in the life of the Church through activities such as time in personal and family prayer, reflecting on the Scriptures, making a spiritual communion, or participating in a Mass online.

There are many options for Mass online, including:

- o <http://bit.ly/MassOnDemand>
- o <https://melbournecatholic.org.au/Mass>
- o [www.wordonfire.org/daily-mass](http://www.wordonfire.org/daily-mass)

The Bishop is also live-streaming Mass on Sunday mornings via the diocesan website:

[www.sandhurst.catholic.org.au](http://www.sandhurst.catholic.org.au)

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

**NOVENA PRAYER TO OUR LADY OF LOURDES**  
Ever Immaculate Virgin, Mother of Mercy, we call upon you as Health of the Sick, Refuge of Sinners, and Comfort of the Afflicted.

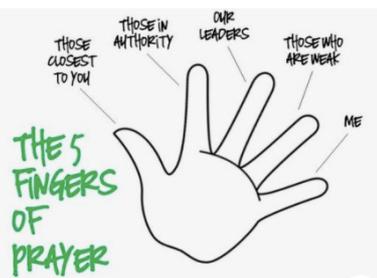
You know all my needs, my troubles, my sufferings. Please cast your Motherly eyes upon me. By appearing in the Grotto of Lourdes, you were pleased to make it a sanctuary from which you dispense your favours, and already many sufferers have obtained the cure of their infirmities, both spiritual and physical.

I come, therefore, with the greatest confidence to implore your maternal intercession. Obtain, O loving Mother, the granting of my requests – protection from and an end to the Coronavirus.

Through gratitude for favours, I will endeavour to imitate your virtues that I may one day share your glory.

Our Lady of Lourdes pray for us.

### SUGGESTED HOME LEARNING PRAYER TIME



**5 fingers of prayer:** Instead of getting your child to say a prayer for each person. You could put on some relaxation music, get them to draw around their hand, place the name of someone in each of the fingers and draw a love heart in the palm. Once done they could listen to the music for a few minutes while they spend some time thinking about the people they chose.

Dear God,  
Help me spend today  
with a *Smile* on my face,  
*Love* in my heart,  
*Joy* in His grace,  
and my *thinking cap* on all day.  
Amen

**Stay at home if sick**



### 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.



**Cover your mouth and nose with a tissue when you sneeze or cough.**



**If you don't have a tissue, use your elbow.**



**Wash hands often, especially after coughing or sneezing.**



With the recent return to restrictions and remote learning I'm aware that many students and families are experiencing an increase in stress and concern. Worries about going back to remote learning, balancing work commitments, or the health of our loved ones is at the front of most people's minds at the moment. I thought it may be useful to provide some information on how to have a conversation with your child that invites connection rather than exacerbates their and our own stress.

- Encourage your children to ask questions and express their feelings with you. Remember that your child may have different reactions to stress, so be patient and understanding.
- Make sure you allow your child to talk freely. Drawing, stories, Lego and other activities may help to open a discussion.
- Try not to minimise or avoid their concerns. Be sure to acknowledge their feelings and assure them that it's natural to feel scared/worried/angry/sad about these things.
- Demonstrate that you're listening by giving them your full attention (put your phone down), and make sure they understand that they can talk to you.
- If things have become heated, and you're the one feeling frustrated, take 10 minutes out to calm before you have a talk to your child. They can wait, especially if it means having a calmer parent ready to listen and respond to them. Walk away, take a few breaths and clear your head. If you can, ask another caregiver to step in and respond to your child while you take a break.
- If none of these suggestions appeal to you, and you don't have other go-to options, wrap your child up in a big hug, for at least 20 seconds. Research shows that a 20-second hug can increase levels of oxytocin (the love hormone), reduce blood pressure and cortisol (the stress hormone), increase happiness, lower stress and improve relationships and connection. Those are all great benefits but even if the only thing we accomplish with a hug is showing someone else how much they are loved and how important they are to us, we can all spare 20-seconds. I guarantee it will make you both feel better.

I thought I would also share some resources that may be useful for families to better understand wellbeing and mental health in the current times.

The World Health Organisation has developed some great resources for parents including one-on-one time, keeping things positive, structure, behaviour, learning through play and family harmony. These and more can be found on their website <https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public/healthy-parenting>

Emerging Minds is an Australian organisation dedicated to advancing the mental health and emotional wellbeing of Australian infants, children, adolescents and their families. They provide numerous free resources on their website, including factsheets, podcasts, videos and more. The following podcast discusses children's mental health during COVID-19 and only goes for 26 minutes. <https://emergingminds.com.au/resources/podcast/childrens-mental-health-during-covid-19/>

In this episode you will learn:

- Why talking to children about the coronavirus pandemic is important
- What support babies and toddlers are needing
- What to consider in terms of the way parents' mental health may be impacting on the wellbeing of their children
- What to consider in maintaining routines under isolation
- How news and media might be impacting children

The following TED-Ed Talk "How Stress Affects Your Brain" is only 4 minutes long and covers how stress affects your brain. It applies to both children and adults and looks at brain development, function, chronic stress and what this means, how stress impacts us and how to manage stress. [https://www.ted.com/talks/madhumita\\_murgia\\_how\\_stress\\_affects\\_your\\_brain](https://www.ted.com/talks/madhumita_murgia_how_stress_affects_your_brain)

For accurate and local information regarding COVID-19, Bendigo Community Health Services offer a variety of information and supports such as current numbers in our local and surrounding area, where to get tested, food relief agencies and family violence support networks [www.bchs.com.au](http://www.bchs.com.au)

The City of Greater Bendigo has a single point of contact for residents to get access to local information about emergency housing, food relief, financial assistance, business information, counselling and mental health support. Call the Bendigo COVID-19 Relief and Recovery Helpline between 8.30am and 5pm Monday to Friday on (03) 5434 6237 or email [covid19relief@bendigo.vic.gov.au](mailto:covid19relief@bendigo.vic.gov.au)

- Chantel White (Student Wellbeing Worker)

## TOM - TOURNAMENT OF THE MINDS UPDATE



An International educational program 'challenging the world' to develop creative problem solving skills

Our wonderful ToM students have been working hard on developing their team work and creative skills over the past 2 weeks. The challenge for the team is to build a boat using only recycled materials, tape and staples. The students need to make sure the boat is unsinkable. To test their boat Mrs Gerrish will be trying to sink the boat using water balloons and a toddler wading pool.

Not only do students learn how to develop building and engineering skills within the ToM program they develop the skills of identifying values and behaviours which are important in team work and group exercises.

We will provide an update of this problem-solving activity in the coming weeks. We are hoping to try and sink the SS ToM at assembly in week 8.

## 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.

**Attendance Matters**

better health • better future • better outcomes

**Prioritise Learning Time -  
Appointments are not  
an excuse**

- non-urgent appointments made before/after school or during holidays
- disrupted learning time disrupts learning



## STUDENT NEWS

### HAPPY BIRTHDAY



Students who are celebrating their birthdays this week are; Beatrice Monzon, Ruby Rowles, Hamish Scullie, Hannah Torney, Jack Newton, Luciana Turner-Eylander, Eleanor Vance & Owen Bell. Happy Birthday to you and we hope you have a wonderful day.

# P&F NEWS

## CANTEEN – 28<sup>TH</sup> MAY ORDERS HELD OVER

Due to the mandated school closure, all school lunch orders placed for Friday 28<sup>th</sup> May will be held over and filled on the next available Friday.

## CANTEEN VOLUNTEERS

A HUGE thank you to the parents who have put their hand up to help out in our canteen this Term! It has been fantastic having parents back on site and helping out and we hope that it can continue!

If you are able to volunteer for one of the 5 remaining shifts this term, please contact Lindy Vance on 0409 067 404.

Please note, that volunteers in our canteen DO need to have a current WWC Check, but DO NOT need to hold a Food Handling Certificate.

## UNIFORM SHOP WILL BE CLOSED 25<sup>TH</sup> JUNE

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

# COMMUNITY NEWS



**Marist 2022 Enrolments**  
ENROLMENTS CLOSE FOR YEAR 7  
**FRIDAY 4 JUNE**

STILL A COUPLE OF PRINCIPAL LEARNING WALKS AVAILABLE 25 MAY AND 2 JUNE. BOOKINGS ARE ESSENTIAL AND LIMITS APPLY. VISIT THE WEBSITE FOR BOOKING DETAILS.  
[WWW.MARIST.VIC.EDU.AU](http://www.marist.vic.edu.au)



**CATHERINE MCAULEY COLLEGE**  
**DISCOVER YOU IN 2022** Find Your Future  
**ENROL FOR 2022**

**APPLY ONLINE NOW**  
Enrolment portal is open. We welcome enrolments from all families in our region.

**BOOK A COLLEGE TOUR**  
Book online for your small-group tour. Coolock Campus (Junortoun) tours run Tuesdays 5pm and Fridays 9am.

**VISIT VIRTUAL OPEN HOUSE**  
Now live - all welcome! Find out about starting Year 7 at CMC through virtual tours, videos, handy tips, FAQs and more... <http://bit.ly/cmcOpenHouse>

**VISIT OUR WEBSITE TO FIND OUT MORE** [www.cmc.vic.edu.au](http://www.cmc.vic.edu.au)  
**ENROLMENT ENQUIRIES:** Audra Petri College Registrar | 5445 9100 | [enrolment@cmc.vic.edu.au](mailto:enrolment@cmc.vic.edu.au)  
Enrolments for Year 7, 2022 close Monday 21 June, 2021



The LMPA Central Enrolment System supports the access and participation of all children in both 4-Year-Old Kindergarten and 3-Year-Old Kindergarten programs.

Kindergarten programs are designed to improve your child's development in the following key areas

- Social skills, such as how to play with other children in a calm, sharing and rewarding way
- Self-awareness and respect for others
- Emotional skills, for example becoming more aware of their feelings
- Language, literacy and numeracy skills, such as reading stories and counting objects
- A joy for learning and group activities, such as talking, drawing and making things together with other children their own age
- Ability to make new friends
- Exposure to new ideas and concepts.

**2022 Enrolments are now open!**

Families are able to enrol their child in either 3-Year-Old or 4-Year-Old Kindergarten by visiting <https://www.lmpa.org.au/> .

# SPORTS NEWS



**KELLY SPORTS**



COVIDSAFE  
COVIDSAFE

In addition to CovidSafe precautions, all staff have completed COVID-19 infection control training.

## WINTER HOLIDAY PROGRAMME

Mon 28th June - Fri 9th July 2021





We are excited to be back for a full-filled school Holiday Programme including lots of sports, awesome games & MUCH MORE

Numbers will be capped at 20 per day in line with the CovidSafe guidelines. Visit our website for more details.

FOR THE LOVE OF SPORTS  
**25 YEARS**

BOOK ONLINE NOW AT

**KELLYSPORTS.COM.AU**

### WINTER 2021 HOLIDAY PROGRAMME

ST LIBORIUS PRIMARY SCHOOL, EAGLEHAWK

A timetable and full programme information is available online or at the programme venue.

**Who can attend:** Boys & Girls aged 5-12 yrs

**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.

**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.

<b>Prices:</b> (Including GST)	<b>Half Day:</b> \$35 8:30am - 12:30pm or 1:00pm - 5:00pm
<b>Five-Day Discounted Price:</b> \$195 Mon-Fri, 8:30am to 5:00pm	<b>Full Day:</b> \$50 8:30am to 5:00pm

**EARLY BIRD DISCOUNT:** Sign up online before June 4th to receive a 10% discount on your full day booking

**Website:** [www.kellysports.com.au/bendigo](http://www.kellysports.com.au/bendigo)  
**Contact:** Beau Cross  
**Email:** [beau@kellysports.com.au](mailto:beau@kellysports.com.au)  
**Phone:** 0428 326 924  
**Facebook:** Kelly Sports Bendigo  
**Address:** 9 Barnbougle Place Eaglehawk

BOOK ONLINE NOW AT **KELLYSPORTS.COM.AU**

## HOLY ROSARY CANTEEN

### VOLUNTEER ROSTER - TERM 2 2021

DATE	TIME	VOLUNTEERS
<b>MAY 2021</b>		
<b>JUNE 2021</b>		
THUR 3rd	9.00am – 11.00am	Tamara McIntosh
FRI 4th	9.00am – 12.00pm	Jess Brown & Jade Davies
FRI 4th	11.00am – 12.00pm	Dea Robertson
FRI 4th	1.30pm – 2.30pm	Jen Ball & <b>Volunteer Needed</b>
THUR 10th	9.00am – 11.00am	Carine Comer
FRI 11th (pizza day)	10.00am – 12.00pm	Mardi Holland & Jo Best
FRI 11th (pizza day)	10.45am – 12.00pm	Charlotte Healy & Sally Ripper
FRI 11th (pizza day)	1.30pm – 2.30pm	<b>Volunteer Needed &amp; Volunteer Needed</b>
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 & <b>Volunteer Needed</b>
THUR 24th	9.00am – 11.00am	Tamara McIntosh
FRI 25th	9.00am – 12.00pm	Jen Thompson & <b>Volunteer Needed</b>
FRI 25th	11.00am – 12.00pm	Charlotte Healy