



# 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

It was great to be back at school with our smallest children and the hustle and bustle of the yard and classrooms could only make us all smile. As we return in a staggered form we look forward to seeing the grade 3&4 children on Tuesday and Wednesday and finally the grade 5&6 children on Thursday and Friday. In addition for the Grade 3-6's, remote learning will still occur on the other days at home!

This week we look forward to the demolition of the administration building.... A lot has been going on inside, we are now excited to see the walls come down and our project really kicks off for everyone to see.

In Sunday's Gospel, the man in the Gospel lived a good life and observed God's laws. But he had yet to do the one thing Jesus would ask of him—to sell all he had and give to the poor. The man went away sad, for he had many possessions. Jesus emphasized to his disciples how hard it is for those with great wealth to enter God's kingdom.

Take time to make two lists today. First, list all the things that are important to you in the order of their importance. On the second, list what you really need in order to live. Compare the two lists. How are they alike? How are they different?

Review the first list. Is God first in your order of importance? If not, what can you do to make faith in him the most important priority in your life? Consider whether any other adjustments need to be made to your lists. Pray that the second list will help you be more aware of wants versus needs.

Bus fare invoices were sent out last week. Please be aware that these are not part of the direct debit and need to be paid separately. We are proud of the fact that we offer the bus service, however we do need to pay for it. Please feel free to see me if this is causing families concern. Thank you for your support in this matter.

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

## CALENDAR

### OCTOBER 2021

- Sat 23 Frayne House Community Mass – 6pm  
**ALL students return to full time onsite learning**  
Tues 26  
Wed 27 Public Holiday – Bendigo Cup

### NOVEMBER 2021

- Fri 5 School Run 4 Fun: Colour Explosion  
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



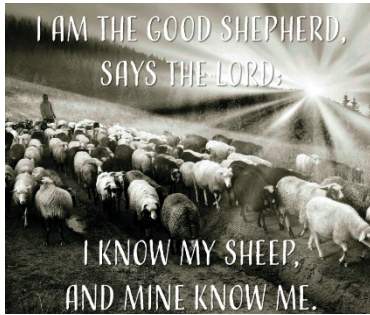
Check out our school Facebook page to stay up to date with the latest news!

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

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

# SCHOOL NEWS

## CATHOLIC IDENTITY



### SACRAMENTAL PROGRAM - GRADE 2 RECONCILIATION

All families with children participating in the sacramental program; Rite of Reconciliation should have received an email about our plan to undertake the sacrament before the end of week 4. Thank you to those families that completed the survey and we will endeavour to do our best to ensure we can have the maximum numbers of family members at each service. Hopefully I will be able to distribute more information by the end of week 2. If you have any questions or concerns please do not hesitate to contact me via email at [jthurley@hrwhitehills.catholic.edu.au](mailto:jthurley@hrwhitehills.catholic.edu.au)

### SOCKTOBER

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.

### "HATS ON!" AT HOLY ROSARY

As we slowly return to onsite, a reminder to all our families that our 'NO HAT, NO PLAY' policy is now being enforced and will continue for the remainder of the year. Children without hats will be required to remain under cover near the Grade 5/6 rooms.



### PASTORAL CARE

Yesterday was World Mental Health Day. One of the biggest things we can do in challenging times is to check in with one another and take the time to listen if someone needs to talk. As a school wellbeing team, we are able to listen and assist in different ways. Please touch base with a member of the wellbeing team if you need assistance or are aware of a family who may require support at the present time. With the staggered return to school, there may be times where added support is required. We should also spend time on self-care, making sure we are well so we can care for others. Please see some of the self-care tips here, you might like to try and take some time for yourself.

- Megan Gerrish (Pastoral Care Coordinator)

### 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.





**Attendance Matters**

**Talk to school if:**

- Your child is not wanting to attend school
- You need support getting your child to school

## ATTENDANCE

Attendance is important at school as we start the staggered return to the classroom this week. There may be some children who are quite nervous and worried about returning to school. There are many strategies we can assist you with regarding supporting students returning to the classroom. Please make contact with your child's teacher or wellbeing team for support if you need to. - Megan Gerrish (Pastoral Care Coordinator)

New Tab

Search Google or type a URL


Guest

### CYBER SAFETY


Cyber Safety is important to think about each and every day for all of us. This week we are providing some tips on how we can stay safe online. Helpful reminders to discuss with your child when they are online.

- Megan Gerrish (Pastoral Care Coordinator)

## Top 5 online safety tips



- 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.

 eSafety youngpeople

esafety.gov.au/young-people



**Book Club**

Give the Gift of Reading!

SCHOLASTIC

## 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.

☐ GIFT ORDER?







## TRANSITION BACK TO SCHOOL

With the Preps, Grade 1 and 2 students returning last week for the start of term, and the Grade 3-6's returning in a staggered approach over the coming weeks, it is important that parents, carers and educators are focusing on supporting children to prepare for the transition from remote learning back to classroom learning. Adults can help children feel safe and

secure and can turn transitions into learning experiences that support children's growth and development. Supporting children during transition can have far-reaching effects on their emotional wellbeing and academic success. Some basic steps to best support your child include:

1. **Allow your child and yourself to experience the stress.** The current situation is one we have never experienced before. Stress is a normal and necessary response that enables us to stay safe and at times perform and complete tasks successfully. Acknowledge how your child is feeling. If you're not sure, ask them. Share your own feelings with them (make sure they're age appropriate). When children understand that all emotions are normal and ok, they are better able to manage them. Come up ideas on what helps your child (and you) feel better when you're stressed. Music, art, reading, jumping on the trampoline, playing with a pet, a nice shower....the list is endless!
2. **Be flexible.** Everyone is different. Although our students have experienced transitions before (going to kinder, starting Prep, new siblings, moving schools) for some students, they will relish being back at school and slip back into this routine without too much trouble. For others, they may appear to regress, may struggle with attachment, may be tired, find it difficult to concentrate or have difficulties with social interactions.
3. **Communication is key.** Give your child plenty of opportunities to tell you how they feel and what they think about going to school. A child who used to love going to school may now feel differently. Try to find out why, the reason may not be what you first assume. Ask questions, and then ask some more. Always validate what your child says, even if you think it seems silly or small. If you can, give them some strategies to help manage their feelings.
4. **Positive reinforcement.** It is important to encourage children to return to school and engage in learning. You can do this by providing positive reinforcement rather than punishment. Positive reinforcement is providing a "reward" for a behaviour you want the person to show. Getting dressed, having breakfast, getting in the car, walking to the school gate are all behaviours that can be rewarded. The best way to reward a child is by giving them praise and nonverbal communication (a smile, nod, thumbs up, high five) and social attention (a conversation, special time with a parent, teacher or a peer). Rewards of "things" such as toys or food should be very limited.
5. **Partner with educators.** We are all learning what the return to school will look like. We won't always get things right. But communicating with your child's teacher/s and other school staff is crucial in us all being able to best support the students. If your child is worried about returning, let us know. If they come home and talk to you about a problem, or something that was really great about their day, let us know. Just like remote learning was often a day-by-day scenario, so too will be the return to classroom learning.

## BRINGING UP GREAT KIDS

The details are being finalised for parents participating in the 'Bringing Up Great Kids' program commencing Thursday 21st October 9am-11am for six weeks. There is 1 space available, so if you are interested please contact the office. Places are limited and given the current situation regarding COVID-19, all practices regarding social distancing and hygiene will be adhered to. More information on the program is available from <http://bringingupgreatkids.org/en/>

- Chantel White (Student Wellbeing Worker)

## STUDENT NEWS



### HAPPY BIRTHDAY

Students who are celebrating their birthdays this week are; Ethan Kerville, Samuel Kerville, Sahara Middleton, Xander Baerken, Mackenzie McNamara, Noah Wyatt, Willow Keeble, Lacey McNamara, Henry Filippi and Bradie Sheldon. 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:** A call for volunteers for Term 4 will be put out in the near future. 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



Fundraising is now open online! Sponsorship booklets will be handed out soon. Jump on now and create your profile at [www.myprofilepage.com.au](http://www.myprofilepage.com.au)



# SPORTS & COMMUNITY NEWS

## 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!



## 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: \$ \_\_\_\_\_



## E-J'S DRILL DANCE INC

**NOW RECRUITING NEW  
MARCHING MEMBERS  
FOR OUR 2021/22  
SEASON!**

UNDER 8'S, UNDER 13'S, UNDER 18'S, SENIORS & MASTERS  
GIRLS AND BOYS WELCOME!

**CAN'T MARCH? WE'LL TEACH YOU COME AND GIVE IT A GO!  
LOCATED IN BENDIGO**



INTERESTED IN JOINING OUR FAMILY FOR THE 2021/22 SEASON?



**SCAN HERE TO CONTACT US TODAY!  
OR CALL LOUISE ON 0410 026 099**



# CLIMATE ACTION WALK BY OCTOBER 15

**#THEYOUTHAREISING**



**BENDIGO  
BETWEEN 12PM-3PM  
LIBRARY GARDENS**



**Drop by and leave a  
flower in support!!**



**SS4C.INFO/OCT15**

**@schoolstrike4climatebendigo**



**SCAN FOR DETAILS**