



NEWSLETTER

AFTER SCHOOL CARE: 5444 6666 (YMCA)

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

MASS TIMES

Online at:

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

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

PRINCIPAL'S REPORT

I hope all the Fathers in our school community had a great day yesterday and were able to spend some quiet time together with your children. For many of us, we were unable to spend time with our 'Dad's' however I know that, like me, many of us would have made contact via the phone or reflected on the role our fathers have played in our lives.

As we continue with learning from home, it is great to hear from staff that the children, despite the challenges, are still continuing to do their best. It certainly isn't our preferred mode of learning, and we really do look forward to more positive news over the coming days.

In spite of the lockdown it is very exciting to be able to say we have started our building project. Temporary fences and site sheds again adorn the school grounds and we have some adjustments to make. The main entry to school will be the gate nearest the playground and we have another gate near the Foundation classrooms, which will be opened at the start of the day and at hometime.

CALENDAR

SEPTEMBER 2021

Mon 13 – Fri 17 Health & PE Week
Fri 17 Last Day Term 3 – 2.15pm dismissal

OCTOBER 2021

Mon 4 First Day Term 4
Tue 5 Art Incursion (Gr 5 & 6)
Thur 7 Feast of Our Lady of the Rosary
Tue 12 Art Incursion (Gr 5 & 6)
Sat 23 Frayne House Community Mass – 6pm
Wed 27 Public Holiday – Bendigo Cup

NOVEMBER 2021

Sat 13 McAuley House Community Mass – 6pm



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.



A reminder that onsite supervision is available for those considered vulnerable and for children whose parents have a permit. We are also staffing our supervision to cater for those who have 'booked in' and we ask that this is done as promptly as possible. If supervision is required at late notice please contact Jo Thurley or myself via email to enable us to make the necessary adjustments.

Thanks again to everyone who has continued to support their children and our teachers as they work hard to provide an ever evolving education program.



Paul Wilkinson
Principal

SCHOOL NEWS

CATHOLIC IDENTITY

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

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.

“HATS ON!” AT HOLY ROSARY



At Holy Rosary, our SunSmart Policy notes that all children will be required to wear their school hats from 'Hats On Day' - September 1 to 'Hats Off Day' - May 1, whenever they are outside including sports lessons. This 'Hats On' period is also extended anytime the UV is consistently 3 or above.

With this in mind, **we ask all students begin wearing their hats at school. Our' NO HAT, NO PLAY' policy will be enforced from Week 9 (Monday 6th September) of this term.** Children without hats will be required to remain under cover near the Grade 1 rooms.

SPF 50+ sunscreen will also be available to children in each classroom. Children will be responsible for applying their own sunscreen.

Please note, hats must be navy blue bucket hats (or reversible house colour hats worn on the navy side) as per the school uniform. Caps and other non uniform hats will not be allowed.

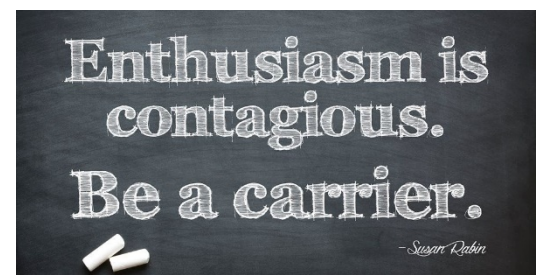
PASTORAL CARE

Learning online continues to be a challenge for our children and families. It is worth taking the time to pat yourself on the back and reflect on how well you have been able to manage during these challenging times.

Children show so much energy and enthusiasm every day in so many different ways. Enthusiasm ranks high among the human qualities people affirm. By definition, it means having God within or being one with the energy of God. Enthusiasm is a wellspring that releases creativity and personal renewal. Think about enthusiastic people you know and you will probably talk about their joy, high spirits, and optimism. All of these qualities are needed by people dealing with the stress and depression accompanying COVID. Remember, like COVID, enthusiasm is very contagious. Spend time thinking about how your children show enthusiasm and harness this energy, celebrate this enthusiasm.

We as a school community are here to support families and students in many different areas including learning from home support, delivery of meals, conversation, and referrals to supports you may need. If you know of a family who may need contact from the Pastoral Care/Wellbeing team or would like support for your own family please contact Megan or Paul.

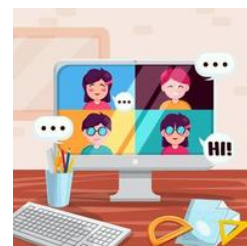
- Megan Gerrish (Pastoral Care Coordinator)



ATTENDANCE: TIPS TO ASSIST WHILE SUPPORTING YOUR CHILD TO LEARN FROM HOME

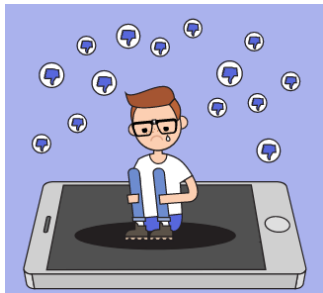
Here are some friendly tips for continuing your positive attendance while we continue our online learning.

- Support your child to connect with peers in Google meetings. Connect with family, friends and colleagues. Humans are social beings, so one of the hardest impacts of COVID-19 for you may have been the restrictions on your social contact with people. If this is the case, make the most of technology, whether it be the phone or computer, to speak and/or see the important people in your life on a regular basis.
- Make the most of any opportunities to communicate, such as chatting over the back fence or balcony with a neighbour, passing them biscuits you baked or lemons from your tree; speaking to a passer-by as you weed your front garden, or while out walking in your local area; or asking the delivery person how they are as they deliver a parcel.
- Spend time relaxing. Do the things you enjoy, whether it be listening to music, reading, watching movies, gardening, working on your family history, playing games, or doing puzzles, craftwork or painting.
- Make sure you look after your family and yourself:
 - eat sensibly
 - get regular exercise and keep active
 - sleep well - try and keep to a routine and prioritise sleep, as the body needs good sleep to restore itself
 - drink plenty of water
 - get fresh air and sun if possible



If you have any current worries about attendance or would like further assistance while continuing to learn online please contact your child's teacher or the wellbeing team at school.

- Megan Gerrish (Pastoral Care Coordinator)



CYBER SAFETY

This week in our Cyber Safety information sharing we focus on Cyber Bullying. As our children spend more time online it opens up a new line of communication which can see your child exposed to Cyber Bullying. It may be your child has made unwarranted bullying comments to another child or your child has been exposed to Cyber Bullying directed at them. There are many things we can do as parents to prevent Cyber Bullying or support our child if they are faced with this challenge.

If your child has been bullied online here is some advice from ESafety Commission.

Try to resist immediately taking away their device

Removing your child's phone or computer could be really unhelpful. Cutting off their online access does not teach them about online safety or help build resilience. It could alienate them from their peers, and it also removes an essential tool for them to communicate and connect with friends.

Stay calm and open — don't panic

You want your child to feel confident that you're not immediately going to get upset, angry or anxious if they tell you about the situation. You want them to know they can talk to you and feel heard.

The best way to do this is to make sure you have an open dialogue from the beginning. Talk to them without being judgemental or angry, and make them feel like they can come to you with anything, without fear of being punished.

Listen, think, pause

Gauge the scale of the problem. Does it exist in a peer group or is it more widespread? Is it a few remarks here and there? Or is it more serious? Empathise with your child and let them know that you understand how they feel.

How badly is it affecting your child personally? If the bullying itself is not very intense, but your child seems quite seriously affected, this could be a symptom of something larger. In this case you may need to seek help, from a school counsellor, a helpline, or an external professional.

Try not to respond immediately. Take some time to consider the best course of action. Reassure your child you are working on it and will come together again very soon to talk through some options. Let them know you are there if they feel like they need to talk in the meantime.

If you would like any further information about e-safety the e-safety commissions website is full of valuable information.

- Megan Gerrish (Pastoral Care Coordinator)



BRINGING UP GREAT KIDS - FREE PARENT PROGRAM

A reminder that parents and carers of children at Holy Rosary Primary School have an opportunity in Term 4 to participate in 'Bringing Up Great Kids', a free parent program. The **6-week program will commence on Thursday 21st October 9-11am** (Week 3 of Term 4). Numbers are

limited, so if you are interested please contact the office to express your interest and I will be in contact with you. Thanks to those parents who have already done so, places are filling fast.

The program aims to provide information and resources to support parents to:

- learn more about the origins of their own parenting style and how it can be more effective;
- learn more about brain development in children and its influence on their thoughts, feelings and behaviour;
- understand the meaning of children's behaviour;
- discover how to overcome some of the obstacles getting in the way of them being the kind of parent they would like to be;
- develop strategies to manage their parenting approach despite the mounting daily pressures;
- discover ways for parents to take care of themselves and to find support when they need it;

- Chantel White (Student Wellbeing Worker)

STUDENT NEWS



HAPPY BIRTHDAY

Students who are celebrating their birthdays this week are Jimmy Carter, Leni McRae and Henry Harrington. Happy Birthday to you and we hope you have a wonderful day.

FOUNDATION BOOK WEEK DRESS UP

Last Wednesday morning (1st September) our Foundation students dressed up for our Google Meets to celebrate Book Week. It was really nice to have the opportunity to come together, dress up and have a little fun remotely!



P&F NEWS

SCHOOL RUN 4 FUN: COLOUR EXPLOSION

Did you hear the exciting news? We are hosting a Colour Explosion School Fun Run with Australian Fundraising! 🏃 The brightest day at school is coming!

Fundraising is now open online! Sponsorship booklets will be handed out soon. Jump on now and create your profile at www.myprofilepage.com.au

Big prizes are up for grabs! Raise at least \$10 and your child can choose from a selection of awesome prizes. You can also share in \$200k of extra prize credit, win a Razor Prize Pack, and become a Fundraising MonSTAR! ★



SPORTS & COMMUNITY NEWS

A promotional poster for the White Hills Cricket Club. It features a cricketer in a red and white uniform swinging a bat. The text reads: 'WHITE HILLS CC', 'IT'S ALMOST CRICKET SEASON!', 'SIGN UP ONLINE AT: PLAYCRICKET.COM.AU', 'SEARCH FOR: WHITE HILLS CRICKET CLUB', 'AGE GROUPS: JUNIOR BLAST (4-6), MASTER BLAST (7-9), UNDER 12s, UNDER 14s AND UNDER 16s', 'ANY ISSUES, CONTACT OUR JUNIOR CO-ORDINATOR: NICK BEST ON NICKWEBSTERBEST@YAHOO.CO.UK', 'JUNIORS', and '2021/22'. There is also a small 'FIND US ON' logo with a Facebook icon.



Building Resilience in Kids

Resilience is the ability to cope with the ups and downs of life. Learn how you can help kids develop skills, habits, and attitudes for building resilience.

Resilience is not just about managing current stressors, but also developing skills for dealing with challenges throughout life and enhancing mental health.

- Building good relationships
- Independence
- Confidence to face challenges.
- Managing Emotions.

✓ Resilience ✓ Independence ✓ Managing Emotions

Workshop dates & locations:

Location Name – Bridgewater Primary School,
34 Eldon Street, Bridgewater on Loddon.

Dates: Monday 11th October 2021 @
9:30AM – 11:30AM
Arrival and Registration – 9:15AM

Please note this is a single session workshop only.

There is no cost for this workshop.

Groups are subject to maximum and minimum numbers determined seven working days prior to the commencement date. Early registration is encouraged.

RSVP:

Alison Gillett | Bridgewater Primary School
M 0488 357 117 | E Alison.Gillett@education.vic.gov.au

Please remember your mask. We ask that all participants follow social distancing and face mask regulations.



Building Resilience in Kids
176 – 178 McCrae Street, Bendigo VIC 3550
T (03) 5438 1300

www.ccds.org.au