

AFTER SCHOOL CARE: 5444 6666 (YMCA)

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

MASS TIMES

Holy Rosary – Hamelin St
Saturday's 6pm Sunday's 10am
Weekday Masses – Tues - Sat 9.15am

St Francis Xavier – Strickland Rd
Sunday – 8.30am

CALENDAR

NOVEMBER 2023

Fri 10 th	Colour Run Event Day
Fri 10 th	PSG Meetings
Wed 15 th	Foundation Transition Day
Wed 15 th	PSG Meetings
Fri 17 th	PSG Meetings
Fri 17 th	Canteen Pizza Day
Sat 18 th	McAuley House Community Mass – 6pm
Tues 21 st	Foundation Transition Day
Wed 22 nd	PSG Meetings
Fri 24th	Pupil Free Day – Staff PD
Tue 28 th – Fri 1 st	Swimming Program (F-2)
Wed 29 th	PSG Meetings

DECEMBER 2023

Fri 1 st	PSG Meetings
Tue 28 th – Fri 1 st	Swimming Program (F-2)
Tues 5 th	Orientation Day Foundation - Gr 6 (CMC)
Wed 6 th	PSG Meetings
Fri 8 th	PSG Meetings
Fri 8 th	Foundation – Bendigo Cinema
Thur 14 th	Grade 2 – Bendigo Cinema
Fri 15th	Last day of Term for Students



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

PRINCIPAL'S REPORT

It was great to be able to spend time with the Grade 6 children at our Anglesea camp. We were blessed with wonderful weather and a fantastic group. The camp is a valuable leadership opportunity for our students as they prepare to complete their primary school education and move on to secondary school. We can certainly see the students rise to the many challenges on offer to them during their few days on camp. A big thank-you to Mr Walker, Mr Scott, Mrs DeAraugo, Mr Sladden, Mr Coates and Miss Lockhart for accompanying the students and for their care and dedication to ensuring a wonderful experience for them all.

As I was driving home I was listening to an interview in which Ange Postecoglou discussed some of the refereeing decisions in a soccer game whilst coaching Tottenham in the English Premier League. As we know, professional sport is scrutinised to a huge degree and people always want to find fault. I was really struck by Ange's comment when asked about the decisions that didn't go his team's way, possibly costing them victory.

Speaking to reporters; Postecoglou was asked if he had any complaints about either red card, to which he responded: "No, I've already said that whatever decision they've made, they've made. At some point, we have to accept the referee's decision. That's how I grew up."

As we move into the hectic, fast paced part of the year, it may be important to consider these comments, the need to show respect, accept that mistakes are made and use these opportunities to become resilient and grow. It is an opportunity to reflect on the hard work people put in behind the scenes rather than being quick to criticise or challenge...just a thought.

At times parents may need to see teachers regarding a variety of issues or concerns. A reminder that our timetables are extremely full and it is important to make an appointment with either the

teacher or myself to ensure we are able to tackle any concerns in a considered and appropriate manner. Unfortunately we no longer have the capacity for 'a quick chat'

Next week we will welcome our 2024 foundation children for their first transition visit. There will be an information session for their parents whilst the children participate in some activities in the foundation room. We look forward to welcoming the children, their families and continuing the preparation for school.

Finally, as we approach Remembrance Day, a day of profound significance and reflection, our school community comes together to honor the brave souls who sacrificed their lives for the peace and freedom we enjoy today. Remembrance Day holds a special place in our hearts, reminding us of the values of courage, sacrifice and gratitude.

May this Remembrance Day serve as a reminder to cherish the peace we have and to work together towards a future where love and understanding prevail. Let us keep the flame of remembrance alive in our hearts, ensuring that the legacy of those who sacrificed for us is never forgotten. In gratitude and reflection,



Paul Wilkinson
Principal

SCHOOL NEWS

CATHOLIC IDENTITY

PARISH NEWS

REMEMBRANCE DAY - SATURDAY 11TH NOVEMBER

Remembrance Day is a memorial day observed to honour armed forces members who have died in the line of duty during the First World War. We will be holding a short prayer vigil just before PLAY 1 on Monday to acknowledge this special event.



TERM 4: PROGRAM SUPPORT GROUP MEETINGS:

Term 4 PSG meetings will run this week through to Friday 8th December. You can view your allocated time via PAM. A link to access the online meeting will become visible on your PAM account on the day of your appointment.

Mandy Antoniadis (Learner Diversity Leader)



What are reasonable excuses for being absent?

- illness or accident
- Attending or observing religious event
- Bereavement



– WHAT'S HAPPENING?!

Troy Coates (PE Coordinator)

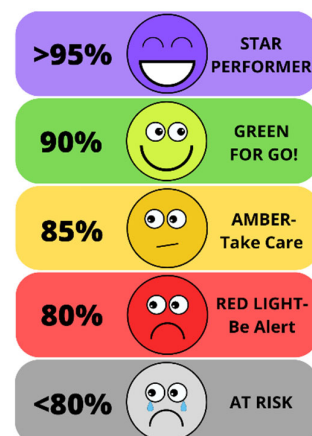
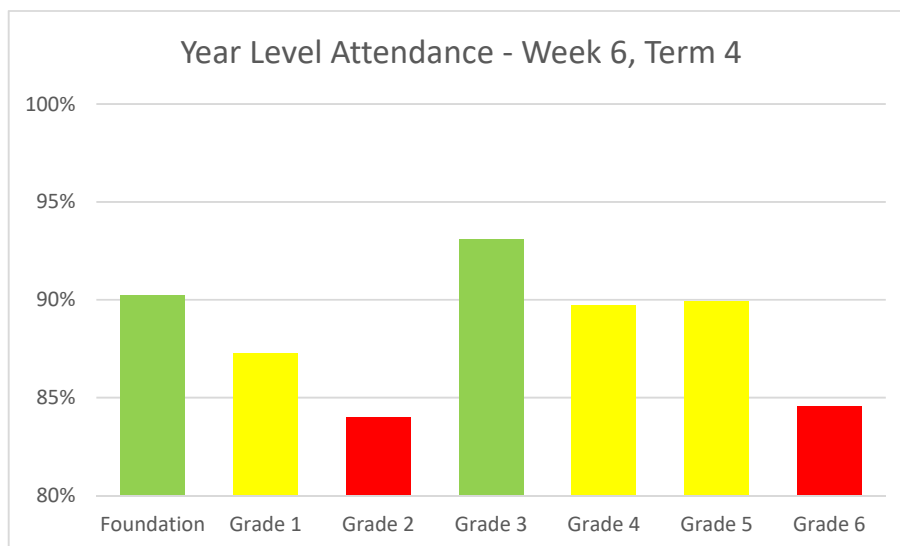


MUSIC INCURSION

On Thursday the 26th October we had the Beats and Pieces music incursion where Benji performed to the Grade 3-6's and told them about various different aspects of music. This included the '5 Magic notes' which are 5 notes that appear in traditional music in all parts of the world with the notes still being used today and no-one knows why. Benji incorporated AUSLAN in his performance and was surprised we already knew a lot of it!



ATTENDANCE



Holy Rosary is pleased to partner with FoodShare, Bendigo to provide food relief for families who may need it. Food is delivered each Tuesday morning and is available for ALL of our school community to use.

Food items often available include:

- Tinned Spaghetti
- Pasta Sauce
- Rice
- Vegetables
- Frozen items
- Wraps
- Milk
- Bread



FoodShare is located in the Rosarium building, in the room directly inside of the big glass doors that you enter through.

Bags are available to fill with what you require. There is no need to ask before taking, we welcome you to come and just take what you may need.

STUDENT NEWS



HAPPY BIRTHDAY

Students who are celebrating their birthdays this week are Preston Anfusio, Samuel Gibbons, Patrick O'Connell, Lilah Caine, Sibylla Caine, Jobe Coleman, Evie Cooper, Xavier Healy, Logan Brown & Namika Celedonio. Happy Birthday to you and we hope you have a wonderful day.

STUDENTS OF THE WEEK

Students of the Week	
FJM	Fletcher B
FMM	Spencer C
1CV	Bodhi D
1GS	Bea M
2JH	Emma G
2SD	Carter P
3CW	Jacob H
3OG	Tayah D
4BD	Stella F
4LS	Lilah Caine
5DL	
5JO	
6DW	
6MG	
YMCA	Harrison A

How Can We Help?



At Holy Rosary, we are always here to offer any support that we can, whether it be emotional, physical, spiritual or mentally. We can assist with support relating to your child or needs your family may have at the present time. Please reach out to your child's teacher, the office staff or Jo Thurley (Deputy Principal) at any time!

We may assist with

- Practical Help (Meals, groceries etc)
 - A Listening Ear
 - School Attendance
- General information & advice, with links to outside agencies & community support

SOCIAL COMMITTEE NEWS

GINGERBREAD HOUSE FUNDRAISER

Build and decorate your very own Gingerbread house. To order your gingerbread house please complete the order sheet at the back of this newsletter and return to the school office. Please ensure your order is placed by 16th November 2023. A specific delivery date is not yet confirmed but the gingerbread house kits will arrive the week commencing 4th December 2023. Cash or EFT to the school office with your surname as reference.



CANTEEN VOLUNTEERS NEEDED

*Have you been thinking about volunteering in our school Canteen but not sure that you have what it takes?
Good news! You don't need any special culinary skills; just a friendly can-do attitude and a Working with Children Check!*

Should we not have enough volunteers for the coming week by Thursday morning, we will be unable to offer our regular canteen. If you are able to volunteer in our Canteen, please contact the school office or Lindy Vance on 0409 067 404.

HOLY ROSARY CANTEEN

VOLUNTEER ROSTER - TERM 4 2023

DATE	TIME	VOLUNTEERS
NOVEMBER 2023		
PIZZA DAY - Fri 17th Nov	9.00am – 12.00pm	Volunteer Needed & Volunteer Needed
PIZZA DAY - Fri 17th Nov	10.30am – 12.00pm	Volunteer Needed & Volunteer Needed
PIZZA DAY - Fri 17th Nov	1.30pm - 2.30pm	Jen B & Charlotte H
THUR 23rd November	9.00am – 12.00pm	Volunteer Needed & Volunteer Needed
	10.30am – 12.00pm	Volunteer Needed
	1.30pm - 2.30pm	Volunteer Needed
DECEMBER 2023		
Fri 1st December	9.00am – 12.00pm	Maree & Chloe H
	10.30am – 12.00pm	Volunteer Needed
	1.30pm - 2.30pm	Volunteer Needed
Fri 8th December	9.00am – 12.00pm	Volunteer Needed & Volunteer Needed
	10.30am – 12.00pm	Volunteer Needed
	1.30pm - 2.30pm	Volunteer Needed
Fri 15th December	9.00am – 12.00pm	Volunteer Needed & Volunteer Needed
	10.30am – 12.00pm	Volunteer Needed
	1.30pm - 2.30pm	Maree

Emerging Minds Families

FACT SHEET

Helping your child to stop their bullying behaviour





Definition

Emerging Minds acknowledges that families come in many forms. For the purposes of easy reading, the term 'parent' encompasses the biological, adoptive, foster and kinship carers of a child, as well as individuals who have chosen to take up primary or shared responsibility in raising that child.

Everyone makes mistakes and poor choices sometimes, and for various reasons children may not always realise when their actions or words cause harm to someone else. By supporting your child through the experience you're helping them to develop important skills they can use in the future.

It's important that children know bullying is serious and bullying behaviours are unacceptable. But it's also important as a parent to be curious about the thoughts or feelings that might be behind the bullying behaviour.

If your child has engaged in bullying behaviour there are steps you can take to help ensure it doesn't continue.

-  Focus on connection
-  Help your child think about the kind of person they want to be
-  Build up their social networks
-  Support their mental health



Focus on connection

It's normal to feel shocked, disappointed or even angry when you find out your child has engaged in bullying behaviour towards another child. After you've taken a moment to process your own feelings (see our resource about [Finding out your child is experiencing or engaging in bullying](#)), it's important to spend time with your child to understand together what might be behind the behaviour. Often when a child engages in bullying it's because they're dealing with difficult feelings or experiences on their own and are using behaviours to communicate what they're struggling to say out loud or isn't being heard.

Children thrive on positive connection and quality time with you and other significant adults in their life. Making time to play, chat or just hang out together reminds your child they're loved and you enjoy their company – and also creates opportunities to talk about what's going on in their life.

Other things you can do at home, and talk about as a family, to help prevent future bullying behaviour include:

- Talk regularly about behaviours that are acceptable – and those that aren't. You can do this when you're watching a movie or TV together – point out examples of when someone manages a situation well or when they make a choice that is harmful to others. Look for examples from the media (even school newsletters) to start conversations about things people say and do that are kind and those that might hurt or upset someone.

- Children learn how to manage their emotions by noticing how you deal with yours in challenging situations. Talk about how you react to 'big' emotions and what you do to cope with stresses. For example, walking away to cool down, talking with someone you trust, or taking some deep breaths.
- Be mindful of the ways you deal with conflict or anger (e.g. while driving). You might suggest that you listen to a meditation app together or take the dog for a walk every afternoon after school.
- If your child has an emotional outburst or gets upset, debrief afterwards. When you're both calm, you might talk through: *What happened or what was the main trigger? What else might be going on (what's under the anger)? Could we have done anything differently? What do we do differently next time?*
- Keep an eye on your child's activities (online and in real life) and ask questions about their social world – like who their friends are and what they like to do during breaks at school.
- Regularly remind your child to think about the possible impacts on someone else of what they say and do, both online and in person.
- Notice and praise your child when they show self-control or do something kind.
- Teach and model empathy (understanding and sharing the feelings of another person), respect and kindness. Often children find it hard to see the line between joking about someone and being mean, especially online. Help your child understand that everyone reacts in different ways; other children might feel upset by things that might not bother them. You might be able to highlight examples from your own family or a movie to explain how two people can react very differently to a situation.
- Think about others who can reinforce and praise your child's efforts. For example, you might ask their teacher or coach to check in with your child regularly, give them a special job or responsibility, or look for opportunities to notice something they've done well.



Encourage your child to think about the kind of person they want to be

Helping your child see how bullying behaviours don't 'fit' with their values or how they want to be seen by others supports them to want to stop those behaviours.

Make some time to spend with your child exploring what's important to them and the kind of person they want to be.

You could start by talking together about what your family values. It might be things like being kind, honesty, not hurting animals, recycling or helping others in your community.

To get your child thinking about their own values, try asking questions like these:

- 'What sorts of things are really important to you?'
- 'What kind of person do you want to be? How do you want to be seen at school (or at the footy club or other setting)? How would you like people to think of you (e.g. as kind, caring or supportive)?'
- 'So when you talk about X like that, that doesn't sound like the way you think people should be treated. How do you think that behaviour kind of crept in?'
- 'Do you think it's OK for people to be treated that way? How do you think people should be treated?'
- Ask your child to think about somebody that they look up to or admire, someone they want to be like, and ask: 'What values do you think X has? How do they behave?'

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Help your child reflect on their behaviours: Am I heading in the right direction in terms of where I want to go? Or actually is this a behaviour that maybe is not aligned with my core values? Help them to do a bit of a brainstorm around that.

JESSICA STANILAND, CLINICAL
PSYCHOLOGIST AND SCHOOL
COUNSELLOR

Then you can talk about the kind of behaviours that are in line with how they want others to see them.

Build up their social networks

Children who engage in bullying behaviour are at higher risk of mental health difficulties at the time and later in life. It can be upsetting and embarrassing for a child to be called a bully or called out for their behaviour. Some children are socially excluded after a bullying incident.

Positive connections with their peers (children around their age) both at school and in other places – like sporting teams or other hobbies – buffer children from negative impacts of being involved in bullying. Healthy friendships help children develop positive social skills and boost their overall wellbeing.

Help your child to think about which of their connections are positive and supportive.

You might need to encourage and support them to build new friendships. Some ways to do that include:

- Spend time with extended family and/or family friends who have children of a similar age.
- Organise after school play dates at your home or in the park.
- Ask your child to think about other children at school they have noticed have similar interests or think they might like to be friends with – and brainstorm ways they could spend time getting to know them a bit better, like working on an assignment together.
- Find out if there are clubs or activities at school they might be interested in.
- Encourage your child to play a team sport or join in a group activity, e.g. choir or art class.
- Get the whole family involved in neighbourhood/ community groups or events.

Support your child's mental health

It can be difficult to know how to support a child who has been involved in bullying. Ask for advice from school or your family doctor/GP – if the bullying behaviour has been going on for a long time, or it's difficult to change, they can support you in getting further professional help from a counsellor or psychologist.

It can be really helpful for children to talk to a confidential counselling service:

- Kids Helpline offers free 24/7 support for both parents and children – [call 1800 55 1800](tel:1800551800), [chat with a counsellor online](#), or [send Kids Helpline an email](#).
- headspace has a range of [free online and phone support services](#) to help young people.

It's important to seek help if you notice changes in your child's mood, behaviour or appetite, or if they stop wanting to do things they used to enjoy or are refusing to go to school. Again, speaking to your family doctor/GP or another health professional is a great place to start.

Immediate support and advice

If you are worried your child might harm themselves, [contact a mental health crisis service](#).



Helping your child if they have been engaging in bullying can be difficult and emotional for both of you. It's important to remember that a lot of a child's behaviour is communication, and to stay curious about what might be going on for your child or their emotions that might be causing the bullying behaviour.

Focusing on your connection with your child and helping them to understand and stop the bullying behaviour, will lessen any negative impact of being involved in childhood bullying on them. Helping children develop empathy, kindness and positive connections with their peers boosts their mental health and wellbeing and supports them to be the best version of themselves.

SPORTS & COMMUNITY NEWS



WHITE HILLS

DO YOU KNOW YOUR FIRE RISK?

FIRE SAFETY ESSENTIALS SESSION

White Hills Recreation Reserve
Scott Street, White Hills
Date: Wednesday 15 November 2023
Time: 7:30 pm

For further information on how to prepare your property for the fire season scan this QR code or visit www.cfa.vic.gov.au



WHITE HILLS

DO YOU KNOW YOUR FIRE RISK?

FIRE SAFETY ESSENTIALS SESSION

Cnr Buckland and Watson Streets
White Hills
Date: Wednesday 22 November 2023
Time: 7:30 pm

For further information on how to prepare your property for the fire season scan this QR code or visit www.cfa.vic.gov.au



EPSOM

DO YOU KNOW YOUR FIRE RISK?

FIRE SAFETY ESSENTIALS SESSION

Community Playspace
Cnr Ambrosia Rise & Botanical Drive
Epsom
Date: Wednesday 29 November 2023
Time: 7:30 pm

For further information on how to prepare your property for the fire season scan this QR code or visit www.cfa.vic.gov.au



Community Christmas Festival

SATURDAY 2 DECEMBER
GARDEN FOR THE FUTURE
5 PM - 8 PM

MARKET · GAMES · FOOD FROM 5 PM
CHRISTMAS CAROLS FROM 6:30 PM

FIND US ON FACEBOOK



GINGERBREAD HOUSE MAKING JOY!

Build and decorate your very own gingerbread house creation at home and bring the magic of Christmas to life!

Everything required to build your gingerbread creation including gingerbread **parts, baseboard + piping bag and royal icing + cello + ribbon** for wrapping. Just add lollies!

- delicious gingerbread made with the finest pure ingredients
- all natural and free from added colours, flavours and preservatives
- all products are dairy, egg-free & nut free
- gluten free option same price!
- Gingerbread Folk products are made in Sydney's Blue Mountains

For more information about our supplier and product nutritional details, please view product info at www.gingerbreadfolk.com.au



Join in the gingerbread house making fun!

ORDER FORM




To order your gingerbread house please complete the information below and return to the school office. Please ensure your order is placed by 16/11/2023. A specific delivery date is not confirmed but the gingerbread house kits will arrive the week commencing 4/12/2023.

Cash payment to the school office or bank transfer to the P&F account with your surname as reference.

Account Name: Holy Rosary PS P&F.

BSB: 083 543

Account Number: 445 602 776

	Qty	Price Each	Total Price
TRADITIONAL GINGERBREAD HOUSE KIT			
		\$45.00	\$
GLUTEN FREE GINGERBREAD HOUSE KIT			
		\$45.00	\$
CHOCOLATE GINGERBREAD HOUSE KIT			
		\$45.00	\$
TOTAL			\$

Join us for a fun and festive Christmas fundraiser.

Please contact Tamara on 0413 473 174 with any questions.

