



NEWSLETTER

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 9am

St Francis Xavier – Strickland Rd

Sunday – 8.30am

CALENDAR

DECEMBER 2019

Mon 2 – Fri 6	Swimming Lessons (F – 2)
Thu 5	P & F AGM
Tue 10	2020 Foundation Orientation Session
Tue 10	2020 Year 7 Transition
Wed 11	2020 Gr 1 – 6 Transition
Thur 12	Gr 6 Graduation Dinner
Mon 16	End of Year Picnic in the Park
Mon 16	Gr 6 Pool Party
Wed 18	Whole School Mass – 9.15am
Wed 18	Last Day Term 4 – 3.15pm dismissal

JANUARY 2020

Tue 28	Staff Return
Tue 28	Uniform Shop Open (9.30m – 2.30pm)
Wed 29	First Day Term 1 (Gr 1 – 6)
Thur 30	First Day Term 1 (Foundation)



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

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

2020 TERM DATES

Term 1: Wed 29th January – Fri 27th March
(Foundation: Thur 30th Jan)

Term 2: Tue 14th April – Fri 26th June

Term 3: Mon 13th July – Fri 18th September

Term 4: Mon 5th October – Fri 18th December
(Last Day for students yet to be determined)

PRINCIPAL'S REPORT

Sunday marked the beginning of the churches liturgical season of Advent. Advent is a time to prepare ourselves for the coming of Jesus in all we say and do. Advent is a time to reach out to others in the spirit of love and share what we have been given. Advent is a time to remember all that God has done for us and give praise to God's name.

One of the Symbols of Advent is the wreath. The circle of the Advent Wreath, without a beginning or an end, symbolises God's unending love for us. The evergreen in the wreath represents growth and the hope of eternal life. Purple, the colour of our prayer cloth and candles, is the Church's colour for preparation and sacrifice. The lighting of candles each week in Advent marks our growing anticipation of the coming of Christ, Light of the World began the churches season of Advent, the beginning of a new liturgical year.


This Thursday 5th December at 7.30pm we will have our final P&F meeting for the school year and our Annual General Meeting. This will be an opportunity to finalise what has been a very successful year and prepare for an exciting 2020. A special thanks to Dave Cini and all parents who have worked so hard in many different ways to ensure the community spirit of the school remains a special part of our school.

Our Foundation - Gr 2 swimming program takes place this week. We look forward to our daily lessons at Gurri Wanyarra, Kangaroo Flat. Our program has a strong emphasis on water safety, and remains just a small part of swimming lessons for all children. Thank you to Mrs Taylor for her work in organizing the program and to all staff for their support to ensure the week runs smoothly.

Our 2020 Foundation students have completed their transition visits and will have Orientation day with all kinder children on Tuesday 10th December where they will meet both their teachers and buddy for next year. Our Grade 6 children will be away at their secondary school for the day as well.

All children in Foundation – Gr 5 will have their Orientation day on Wednesday 11th December between 12noon and 1pm, where they will spend time in their class groups for next year. Once again if you will be moving away, please let us know as soon as practical to help with our planning for the future.

As I mentioned in previous newsletters invoices have been issued and I would ask that all unpaid accounts are finalised as soon as possible. Please contact me if you need to discuss payment options, thanks to those who have already responded.



Paul Wilkinson
Principal

SCHOOL NEWS

Catholic Identity

END OF YEAR SCHOOL MASS

We will be holding our final whole school Mass on Wednesday 18th December at 9.15 am. This mass is a wonderful opportunity to celebrate and give thanks for the educational journey of our Grade 6 students.

END OF YEAR PICNIC IN THE PARK

Our End of Year Picnic in the Park will be held on Monday 16th December. Mark your calendar! More information to come.

SECOND WEEK OF ADVENT

PEACE

Light the second candle of peace.



Christ our Peace,
Glow brightly in each moment.
We ask your forgiveness for
the times we have not been
peaceful people. Guide us in
the way of your peace.
We await your coming with
serenity.
Amen



Advent has a focus on light,
not darkness. Christ will
come again as the light of
the world.



ST VINNIES CHRISTMAS HAMPER DRIVE - DONATIONS DUE BY FRIDAY 6TH DECEMBER

Christmas can be a very difficult time of year for many and the basic human rights of food and shelter can often be taken for granted. St Vincent De Paul is a charitable organisation that provides support to needy families and senior citizens in many ways. During this week we will be collecting non perishable food donations in support of St Vinnies Christmas Appeal. A collection basket has been placed in your child's classroom in support of this worthy cause. Together, we can make a difference.

Each grade has been assigned a specific category so we can capture a more diverse selection of items:

Foundation: Toiletries - soap, toilet rolls, toothpaste/brush, powder, hand sanitiser

Grade 1: Grains and Pasta - rice, pasta, soups, noodles

Grade 2: Tinned Foods - beetroot, soup, tuna, baked beans, corn, peas, pasta sauces

Grade 3: Holiday Treats - chocolate, lollies, sweet biscuits, Christmas cake

Grade 4: Savoury Items - dry biscuits, shapes, rice cakes, nuts, chips, popcorn

Grade 5: Condiments - jams, sauces, vegemite, peanut butter, maple syrup

Grade 6: Breakfast Cereals - oats, corn flakes, pancake mixes, long-life milk and custard

SIMON EVERYWHERE



XHoly Rosary now has access to SIMON Everywhere!

SIMON Everywhere is an app available on android and apple devices that will allow you to access your PAM account when you're on the go. SIMON Everywhere also includes a push notification feature, allowing the school to easily communicate with parents!

We encourage all families to install SIMON Everywhere as we will be using it for notifications home (rather than texts) and expanding our PAM usage to include excursion permissions from 2020 onwards.

Please see the office if you require more information on how to download and use the app.

HEALTH & PE WEEK

The time has come for our final Health & PE Week for the year. We will have an action packed week with our Foundation – Gr 2 students attending swimming lessons at Gurri Wanyarra. All students are encouraged to wear sports uniform every day this week to help them maximise their participation in the different activities. Running club will happen at 8.30am on Tuesday, Wednesday and Friday. On Friday at 2.30pm we will be having a whole school Christmas walk. Students are welcomed to wear a Christmas themed accessory with their school uniform as we all walk around the school whilst listening to Christmas carols. This will then lead into our assembly at 2.50pm.

If you have any questions, please feel free to get in touch. Thank you for your ongoing support of our school!

- Sophie Taylor (PE Coordinator)



LIBRARY BOOKS

This week (week 9) is the final week for library borrowing for all students. All library books will need to be returned next week.

Please have a look around the house, on the book shelf, and under the bed for any library books that may need to be returned! Thank you for your support in ensuring that our library books are safely returned to be enjoyed again by many next year. - Sue Johns

ENERGY BREAKTHROUGH

Holy Rosary students for the first time competed in the Energy Breakthrough Program in Maryborough. This is a program which supports students, teachers, parents and local industry to work together to design and construct a vehicle, a machine or innovation in technology that will represent an 'Energy Breakthrough'. The Energy Breakthrough is a 3 day event which saw students compete in 3 different push cart skills events and students racing the human powered vehicles for 14 hrs over two days. Due to the Code Red day students spent 2 days in Maryborough racing in their allocated events.

Over these two days qualities were seen in students, parents and teachers that epitomise all the values and qualities we strive for in our school community. The students were supportive and encouraging of each other from beginning to end. There was such great camaraderie and teamwork across gender and friendship groups. The enthusiasm, the energy and the effort put in by the parents meant that our students were able to have the most rewarding experience.

Feedback from students and parents has been incredibly positive:

- "My biggest achievement during my EBT journey would have to be my teamwork, I have made closer friends and have improved my fitness."
- "The endurance event was a challenging race, we did really well and came in the top 30. I am proud of doing really well and I am happy for everyone at Holy Rosary that we did well and I hope we can do it next year."
- "I am most proud of myself and proud of everyone else who participated in EBT, for representing our school the way we did and for everyone who supported our teammates even if they were in another team."
- "It was great to have links to extracurricular activities at Holy Rosary. It was especially nice for dads to be involved in the event."
- "EBT has created new bonds and friendships amongst other parents whilst supporting our children with a new sport."
- "Working as a team with peers towards a common goal. EBT built confidence, independence and responsibility."

Again, we would like to congratulate all of the Grade 5 students, who as a whole year level assisted in making Energy Breakthrough a huge success in 2019 and we look forward to 2020. - Mr Epps and Mrs Gerrish



2020 SEASONS FOR GROWTH

Next year Holy Rosary will be running the Seasons for Growth program during Term 2 and 3. This a program aimed at equipping children with strategies needed to cope in the aftermath of trauma, for example; family breakdown, death or other major changes in family life. Please see flyer for further information. If you think this program may benefit your child please contact Bianca Schmidt (in the office Tuesdays and Thursdays).

CHILDREN'S CHATTER MATTERS



Ten activities will be provided each term focusing on key areas of oral language supporting literacy, learning and socialising. Feel free to adjust these activities according to your child's grade level.

If you have any questions you can contact Peta Mazurak, Ed. Speech Pathologist through the School's Learner Diversity Coordinator, Mandy Antoniadis. Good luck and most importantly enjoy this very special time with your child.

9. Tell Me How

Focus: Using a variety of language genres

As much as it is important for your child to understand instructions and follow directions, your child will also need to use and understand how to give advice. Give your child a chance to share, about something they are good at and give advice to others who might be trying that activity for the first time.

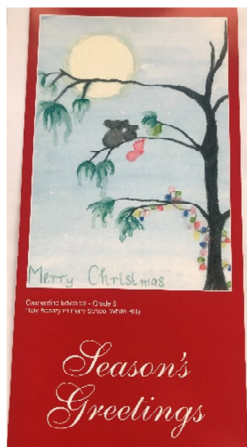
Give your child five minutes to explain how to do something that they know how to do. It may be something recreational like skateboarding or something professional like examining a specimen under a microscope or even something silly like how to become a superhero. Have a go at the activity they are explaining and then encourage your child to give you advice. What should you do? What should you not do?

STUDENT NEWS

HAPPY BIRTHDAY



Students who are celebrating their birthdays this week are; Harry Morrish, Charles Johnstone, Tynan Caine, Ruby Bice, Nate Fitzpatrick & Cameron Smits. Happy Birthday to you and we hope you have a wonderful day.



VISUAL ARTS & CHRISTMAS CARD COMPETITION

Congratulations to Clementine Edwards who was a joint winner of Jacinta Allan's Aussie Christmas Card Competition. Clementine's card design will now be used for the Christmas cards Jacinta sends out. Clementine and her parents enjoyed an afternoon tea with Jacinta and the other students who won a prize last week and she was presented with a Voucher.

I was very proud of all the students who choose to participate in this competition



Over the next few weeks, the students will be participating in a variety of Christmas activities. We hope you enjoy them as they bring them home . – Eva Rosaia

P&F NEWS

P & F AGM

Our P&F Annual General Meeting is coming up on the 5th December. The P&F are on the look out for some new members for 2020! If you are interested in joining or have any questions, please see David Cini.

Nomination forms are included in today's newsletter. Full role descriptions are available at the office.

CHRISTMAS RAFFLE

Raffle tickets were sent home last week. Tickets are be \$1 each and each ticket book contains 20 tickets (please use both sides). Ticket books and money are due back by Wednesday 11th December. The Raffle will be drawn at the End of Year Celebrations on Monday 16th December. Thank you for your ongoing support! - P&F Raffle's Committee



Canteen volunteers...

It's time for our Christmas Party!

Whether you've worked one shift or many, please join us for dinner at:

The Bridge Hotel
Wednesday 4th December 2019 from 7:30pm

Please bring a **Kris Kringle** gift value up to \$5.

RSVP to Lindy TODAY.

Please note this is not a fundraiser. Normal menu & bar prices apply.

Hope to see you there!



MARONG CUP

The 2020 Marong Cup is coming up on Saturday 15th February. As always we are seeking volunteers to help out on the Friday & Saturday. A basic outline of volunteer duties is included below. If you are unable to help for the entire allocated time, you are most welcome to come for as long as you can. Volunteer forms are included in this week's newsletter or are available from the school office.

Friday 14th February - 11:00am until 2:00pm: Food Prep at Ted's Shed (Holy Rosary Parish Centre).

Saturday 15th February - 8:00am until 11:30am: Prepare and make salad rolls and sandwiches at Ted's Shed (Holy Rosary Parish Centre)

Saturday 15th February – 12:00pm – 2:00pm: Plate up sandwiches and prepare afternoon tea at the Bendigo Racecourse in the Sailors' Guide Room under the public grandstand



CANTEEN ROSTER

Term 4, 2019



DATE	TIME	VOLUNTEERS	
DECEMBER			
THUR 5th	9am-11am	Nicole Barlow	Janet Hodnett
FRI 6th	9am-12noon	Susie Young	Kelly Schmidt
FRI 6th	1:30pm-2:30pm	Mardi Holland	Christine Mather
THUR 12th	9am-11am	Tamara McIntosh	Volunteer Needed
FRI 13th	9am-12noon	Volunteer Needed	Volunteer Needed
FRI 13th	1:30-2:30pm	Yvette Sait	Alex Ingram

SPORTS NEWS

HOLY ROSARY NETBALL CLUB - CHRISTMAS PUDDING FUNDRAISER


The Holy Rosary Netball Club are fundraising this term selling Christmas Puddings! All profit from Puddings sold will go to supporting our Netball Club into the future.

Order forms are available from the school office.

Completed forms and all cash must be returned to the School Office by **THIS Wednesday 4th December**. Puddings will be available for collection from School Office from Monday 16th December.




WE WANT YOU



COME AND TRY FOOTBALL DAY

WHO: U12, U14, U16 BOYS AND U12, U14, U16 GIRLS
WHERE: HARRY TROTT OVAL, KENNINGTON
WHEN: WEDNESDAY 11 DECEMBER, 2019
TIME: 5PM - 7PM
BRING: COMFORTABLE CLOTHES, FOOTY BOOTS OR RUNNERS, A DRINK AND A FRIEND!
FREE BBQ AND DRINK!

For further information contact: Shaun Langdon on 0413 922 625





HOLIDAY PROGRAMME

Mon 13th Jan to Fri 24th Jan 2020

EARLY BIRD DISCOUNT
 ENROL BEFORE 31st DEC to
 get \$5 OFF PER
 FULL/HALF DAY
 ONLY \$45 full &
 \$30 half day



Join us for a fun-filled School Holiday Programme including A Year of World Cups, Lots of Sports, Awesome Games & **MUCH MORE!**

Some activities may need to be swapped for other exciting ones! Go online to check out a full, up-to-date timetable for your school.

FOR THE LOVE OF SPORTS **25 YEARS**

BOOK ONLINE NOW AT
KELLYSPORTS.COM.AU

COMMUNITY NEWS

Community Christmas Festival

Free Community Event
 BYO Picnic Rugs & Chairs
 Kids activities & performances
 Food available for purchase
 Free Zooper Doopers
 Great live music
 Mrs Claus



SATURDAY
DECEMBER
5PM - 8PM

BENDIGO
GARDEN
OF THE
FUTURE



presents...

BENDIGO Christmas CONCERT

Proud partners:







2pm-4pm, Sunday December 8 | Bendigo Stadium

Tickets available from ticketek.com.au or by visiting the Bendigo Stadium
 Adults: \$13, Children \$8 All funds support the 2019 Bendigo Hospital Christmas Appeal


YMCA HOLIDAY PROGRAM

Book in TODAY!

SUMMER BY THE Y

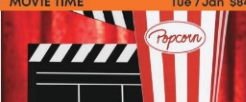
WEEK ONE 6-10 JAN

PAPER PLANE CHALLENGE Mon 6 Jan \$84




Can you make the plane that flies the highest, longest, fastest? Or maybe your plane is the best decorated. Come along and give it a try.

MOVIE TIME Tue 7 Jan \$84



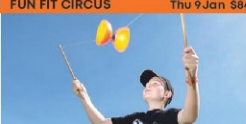
Join us today for some great games in the morning then we are off to the cinema in the afternoon to watch a new release movie.

PAPER MACHE BUGS Wed 8 Jan \$84



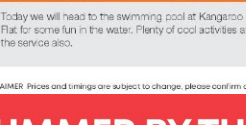
Heaps of fun today creating your own giant bug out of paper mache.

FUN FIT CIRCUS Thu 9 Jan \$84



Roll, up, roll, up. Fun and impressive circus tricks for you to try. Master the skills of the circus.

LET'S GET WET Fri 10 Jan \$84



Today we will head to the swimming pool at Kangaroo Flat for some fun in the water. Plenty of cool activities at the service also.

DISCLAIMER Prices and timings are subject to change, please confirm online.

SUMMER BY THE Y

WEEK ONE 6-10 JAN

WATER PLAY & DANCING Mon 6 Jan \$84



Beat the Summer heat with water games and heaps of fun, wet activities. Later practice your dance moves and choreograph your own routines.

LET'S BUILD THEN SWIM Tue 7 Jan \$84



Put on your hard hats and see how creative you can be. In the afternoon walk with us to the Kangaroo Flat Pool.

WILLY WONKA DAY Wed 8 Jan \$84



Come and help us celebrate everything weird wonderful and chocolate! YUM!!

MASTERCHEF COOK OFF Thu 9 Jan \$84



Come with us as we shop for ingredients at IGA, then cook against your friends. Who will be the YMCA Masterchef?

MAZE HOUSE Fri 10 Jan \$84




Stop for a picnic at Mt Franklin on our way to Daylesford. Discover what's hidden around the corner in the Daylesford Maze House.

DISCLAIMER Prices and timings are subject to change, please confirm online.

the BENDIGO SCHOOL HOLIDAY PROGRAM


WEEK TWO 13-17 JAN

PARKY'S WONDERLAND Mon 13 Jan \$84




Get ready to have some fun as we head down to Parky's Wonderland.

CREATION EXPLOSION Tue 14 Jan \$84




Whether it is big or small, use the recycled resources to see what creative masterpiece you can make.

PROTECT THE EGG Wed 15 Jan \$84




What will you use to build a protective cover for your egg? Will it work when we drop it from a height?

GARDEN & SWIM DAY Thu 16 Jan \$84



Become a gardener for the morning as we get to pot our own plants. In the afternoon we head to the Peter Krenz pool for some water fun.

MINUTE TO WIN IT Fri 17 Jan \$84



Back by popular demand, new and even crazier games to try. Can you do them in a minute?

the BENDIGO SCHOOL HOLIDAY PROGRAM

WEEK THREE 20-24 JAN

SUPER SLIME Mon 20 Jan \$84



Let's try out different recipes and see which is the best slimiest slime. Wear clothes that can get messy.

FORENSIC SCIENCE Tue 21 Jan \$84



Can you solve the crime? Today we will learn all about investigating crimes with the forensic team.

FUN FOOD DAY Wed 22 Jan \$84



We head to the kitchen today to create some treats. Our theme will be creating without cooking.

YMCAs GOT TALENT Thu 23 Jan \$84



Dust off your dancing shoes, practise your moves and learn those songs as we dazzle in our very own talent quest. Let's go!

SWIMMING & MOVIES Fri 24 Jan \$84



This morning we head to the pool to beat the heat then kick back and relax on our last day with inhouse movies.

the KANGAROO FLAT SCHOOL HOLIDAY PROGRAM

WEEK THREE 20-24 JAN

POOL & CRAFTERNOON Mon 20 Jan \$84



We will be walking to the Kangaroo Flat pool in the morning. What kind of crazy craft can you make in our crafternoon?

WHEN I GROW UP Tue 21 Jan \$84



Come dressed for your future career. Lots of different activities about our futures selves to take part in.

WATER & CAMPING DAY Wed 22 Jan \$84



Get wet in the morning as we beat the Summer heat with water play. In the afternoon toast marshmallows and engage in some typical camping activities.

FITNESS WITH KYLE AND LLOYD Thu 23 Jan \$84



Get your heart rate going as Kyle and Lloyd put you through your paces, then beat the clock in a range of Minute to Win It games.

CINEMA & PARTY Fri 24 Jan \$84



Celebrate the end of the holidays with party games and food. Sit back and relax on our last afternoon at the Bendigo Cinemas watching a new release movie.

DISCLAIMER Prices and timings are subject to change, please confirm online.

SUMMER BY THE Y

Give your child an opportunity to grow and learn through new experiences.

Our School Holiday Programs are created with the right mixture of fun, adventure and interest-based activities through excursions and incursions helping kids become more confident and independent.

If your child is aged between 5 - 12 years old and enrolled in primary school, they will love our school holiday program!

What to Bring

- Morning tea, lunch and afternoon tea (Nutritious and NUT FREE)
- Water bottle
- Broad brim hat and sunscreen
- Bathers, towel & change of clothes every day for wet play
- Strict departure times apply for excursions, check with service for excursion times.

Additional needs

Children with additional needs are welcome to attend our program. Families must contact the CSHO Coordinator at least four weeks prior to the holiday program to discuss the individual needs of your child and complete any funding applications.

Bookings and Fees

- All bookings are subject to availability.
- Bookings are made via the casual booking calendar.
- Bookings will not be accepted on the day unless places, adequate staffing and resources are available.
- Additional permissions are required for excursions.
- Cancellations must be received in writing seven (7) days before the last day of school term.
- A late fee of \$2 per minute applies when a child is picked up after closing time.

For more information and to book our program email stliboriusandbendigohp@ymca.org.au

 Inhouse  Incursion  Excursion

LIGHTNING REEF PRIMARY SCHOOL
74 Holmes Rd | NORTH BENDIGO VIC | (03) 5444 6666
Open Hours: 8am - 6pm Monday to Friday

DISCLAIMER Prices and timings are subject to change, please confirm online.

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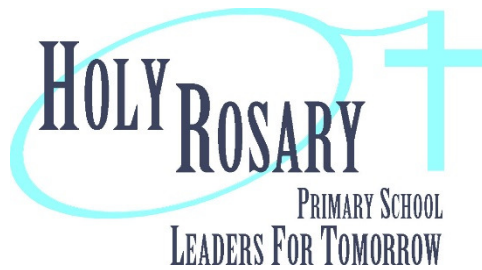
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- Child care subsidies apply.
- Bookings are made via the casual booking calendar.
- Bookings will not be accepted on the day unless places, adequate staffing and resources are available.
- Additional permissions are required for excursions.
- Cancellations must be received in writing seven (7) days before the last day of school term.
- A late fee of \$2 per minute applies when a child is picked up after closing time.

For more information and to book our program visit www.childrensprogram.ymca.org.au

 Inhouse  Incursion  Excursion

ST MONICAS SCHOOL M. 0400 160 933
97 High Street | KANGAROO FLAT VIC 3555
stmonicasandkangarooflatp@ymca.org.au
Open Hours: 8am - 6pm Monday to Friday
childrensprogram.ymca.org.au



PARENTS & FRIENDS ASSOCIATION ANNUAL GENERAL MEETING

WILL BE HELD ON THURSDAY 5th DECEMBER AT 7.30PM IN THE SCHOOL LIBRARY

All executive and sub-committee positions declared vacant.

The P&F committee members raise funds to assist in keeping down the school fees and to try and do something beneficial for the school at least once a year. We have assisted in funds for resources, books, sporting goods etc.

We organise community events, to try and allow members of our school community to get to know each other and the children involved at school.

At our AGM, all positions are declared vacant and we look for new people. According to the constitution any office bearing role can only be held for 3 consecutive years.

Please come to the AGM and find out more of what we do. It is very social, rewarding and fulfilling, knowing that we are playing a huge part in our children's education.

If you would like to nominate yourself or someone else for an executive position or one of the sub-committees of the P&F Association, please fill in the below form and either hand it in to the school office or bring it to the meeting.

For more information on available positions, please see the school office.

Dave Cini
P&F President

NOMINATION FORM

Holy Rosary Primary School Parents & Friends Association

I wish to nominate for the position of

Signed (Nominator):

Date:

Signed (Nominee):

Date:

Seasons for Growth

CHILDREN & YOUNG PEOPLE'S PROGRAM



An innovative grief and loss program that uses the imagery of the seasons to illustrate the experience of grief.

The program was first developed 20 years ago and has been revised and updated to incorporate new evidence and ensure that it continues to provide relevant and valuable experience for participants.

It does not provide counselling or therapy.



What does it do?

Seasons for Growth aims to strengthen the social and emotional wellbeing of children and young people (aged 6-18) who are dealing with significant life changes by:

- Exploring the impact of the change and loss on everyday life
- Learning new ways to respond to these changes

Who is it for?

Anyone who is living with the effects of change and loss. Many factors can cause change such as:

- Friends can come and go
- Loss of someone or something you love
- Parents and families separate
- Moving to a new place
- Impact of illness
- Family work-life changes

Change affects everyone differently, as does grief. It's the impact of the change, not the event itself that *Seasons for Growth* focuses on.

We suggest that anyone affected by bereavement wait 6-12 months before participating in a *Seasons for Growth* program.



How does it work?

Seasons for Growth is a small group program that combines psychology and education with peer support, within a person centred learning approach. It uses the metaphor of the seasons to explore the cyclic nature of grief, and is underpinned by William Worden's tasks of grieving. The Children and Young People's program contains developmentally appropriate discussions and activities. *Seasons for Growth* normalises participants' experiences, and can increase protective factors (including building personal resilience and social skills) while minimising some risk factors (including isolation) that influence mental health and wellbeing. The program also supports the development of communication, decision making and problem solving skills.

How is it delivered?

The Program is run over 8 sessions with small groups of 4-7 participants and is facilitated by trained adult "Companions". The participants are provided with a safe space to learn, share and reflect and are supported by richly illustrated participant journals. Companions may be school staff, agency staff, endorsed parent volunteers or other suitable adults who have undertaken a two-day training workshop and receive a subsequent accreditation for Good Grief Ltd to deliver the program.

Outcomes

Seasons for Growth provides the support and space for children and young people to:

- **Learn** about how different people respond to change, loss and grief
- **Understand** that it is normal to experience a range of grief reactions
- **Explore** new approaches to dealing with change, loss and grief in their lives
- **Build** communication, decision making and problem solving skills
- **Participate** in a supportive network of peers and adults
- **Integrate** their new learning into their relationships with family, friends and others

Evidence

Seasons for Growth has been evaluated extensively over the last 15 years. The most recent evaluation was conducted by Southern Cross University in 2010 and concluded that the *Seasons for Growth* Program:

- Builds understanding and skills
- Improves participants' emotional wellbeing
- Enables participants to express their views, thoughts and feelings
- Strengthens participants' social and support networks.

The complete Southern Cross University Evaluation is available at www.goodgrief.org.au/research

The *Seasons for Growth* Children and Young People's Program has a 4 Star rating in the Mind Matters Program Evidence of Effectiveness Ranking: [read more](#)

The *Seasons for Growth* Children and Young People's Program is now listed with the Australian Government, Child Family Community Australia website as an evidence based program.

www.goodgrief.org.au



VOLUNTEERS NEEDED



2020 MARONG CUP SATURDAY 15TH FEBRUARY 2020

The 2020 Marong Cup is coming up on Saturday 15th February. As always we are seeking volunteers to help out on the Friday & Saturday. A basic outline of volunteer duties is included below.

FRIDAY 14TH FEBRUARY - 11:00AM UNTIL 2:00PM: Food Prep at Ted's Shed (Holy Rosary Parish Centre).

SATURDAY 15TH FEBRUARY - 8:00AM UNTIL 11:30AM: Prepare and make salad rolls and sandwiches at Ted's Shed (Holy Rosary Parish Centre)

SATURDAY 15TH FEBRUARY – 12:00PM – 2:00PM: Plate up sandwiches and prepare afternoon tea at the Bendigo Racecourse in the Sailors' Guide Room under the public grandstand

SATURDAY 15TH FEBRUARY – 2.30PM: Relay Race

If you are unable to help for the entire allocated time, you are most welcome to come for as long as you can.

Please bring an apron & ensure you wear covered in shoes (no open toed shoes due to Health and Safety Regulations).

Please write your name and phone number and tick any times you are available on the below form and return to the school office by **Wednesday 12th February**. If you have any questions please call David Cini 0432 124 030.

MARONG CUP VOLUNTEERS FRIDAY 14th & SATURDAY 15th FEBRUARY 2020

Name: _____

Contact Number: _____

Please tick any times/duties you would be happy to help with

Friday 14th February @ Ted's Shed

☐ 11:00am – 2:00pm (4 Volunteers Required)

Saturday 15th February @ Ted's Shed

☐ 8:00am – 10:30am (10 Volunteers Required)

☐ 9:00am – 11:30am (10 Volunteers Required)

Saturday 15th February @ Bendigo Racecourse

☐ 12:00pm – 2:30pm (4 Volunteers Required)

☐ RELAY RACE @ 2:30pm (2 Teachers, 2 Parents, 2 Students Required)