



# NEWSLETTER

AFTER SCHOOL CARE: 5445 8300 (YMCA)

HOLY ROSARY WEB SITE: [www3.hrwhitehills.catholic.edu.au](http://www3.hrwhitehills.catholic.edu.au)

## CALENDAR

### OCTOBER 2015

Wed 7	Whole School Mass
Tues 20	Sacrament Meeting
Wed 21	P&P Meeting 7.30pm
Fri 23	School Disco
<b>Wed 28</b>	<b>Bendigo Cup Day – Pupil Free Day</b>

### NOVEMBER 2015

Wed 4 – Fri 6	P.S.G. Meetings
Mon 9	Reconciliation
Mon 9	Cricket Clinic (Gr 3-6)
Thur 12 – Fri 13	P.S.G Meetings
Thur 19	Milo Cricket Carnival (Gr 5/6)
<b>Fri 20</b>	<b>Report Writing Day – Pupil Free Day</b>
Wed 25	P&P AGM

### DECEMBER 2015

Tues 1	Kinder to Prep Transition Day
Tues 1	CCB Transition Day
Thur 10	End of Year Mass
Mon 14	Gr 6 Graduation Dinner
Wed 16	Last Day Term 4

### JANUARY 2016

Thur 28	First Day Term 1 2016
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## PRINCIPAL'S REPORT

As we return to school for term 4, it is still hard to fathom the tragic and sad passing of a beautiful young girl Allie Metcalf from Gr 4. As we all readied ourselves for a well-earned and much needed break the tragic news of Allie's passing again saw our community challenged and called to support one another.

I would like to thank the staff for their wonderful care of the Metcalf and Piper families, of one another and most importantly the children who, with no warning, lost a friend and classmate. Our parent body, again, provided much needed support in not only words but in organising catering and care. I was reminded of the rich community spirit when talking to a parent last Wednesday who said 'This is just what we do.' Thank you to all who support us. Thanks also to our Catholic Education community colleagues, who sent staff to support us on Friday, who cared for us and our children as we struggled with our grief.

As we return to school we will continue to offer assistance through Travis Edwards and Eva Rosaia, who lead our pastoral care team and will continue to provide the highest quality care and support into the future. Finally, I ask that we continue to keep Allie's family, Anthony and Kerry and brother Jordan in our prayers as well as the extended Metcalf and Piper families.

This Wednesday, 7<sup>th</sup> October, will be a day of celebration as we come together to celebrate the feast of 'Our Lady of the Rosary', with Mass at 10am. It will be a great opportunity to again come together as a community and celebrate our past and a wonderful future. As part of the day we will have our morning tea at the Botanical Gardens and enjoy some fun at school throughout the day.

Finally, throughout the holidays we were able to begin the next stage of our school improvement. The property on 550 Napier Street was

demolished as we prepare to erect another Swanbuild classroom and student amenities block (toilets). The pre-fabricated building is already well under way in construction and will be installed during the Christmas holiday break.

Paul Wilkinson  
Principal

### MASS TIMES

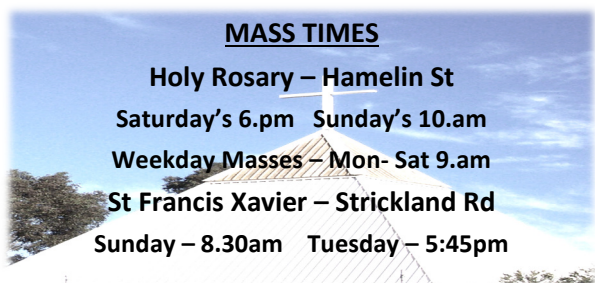
**Holy Rosary – Hamelin St**

**Saturday's 6.pm Sunday's 10.am**

**Weekday Masses – Mon- Sat 9.am**

**St Francis Xavier – Strickland Rd**

**Sunday – 8.30am Tuesday – 5:45pm**



# SCHOOL NEWS

## SUMMER UNIFORM – TERM 4

Students are now required to wear their summer uniform. All students must be in **full, correct summer uniform** by the end of week 2. **REMEMBER –No Hat, No Play**

### GIRLS: SUMMER UNIFORM

School Dress  
Navy Skorts  
School Polo Shirt  
School Rugby Top/Polar Fleece/Jacket  
Black School Shoes/Sandals  
Navy Socks  
Hat - Navy Legionnaire or Bucket

### BOYS: SUMMER UNIFORM

School Polo Shirt  
Grey shorts  
School Rugby Top/Polar Fleece/Jacket  
Black School Shoes / Sandals  
Grey Socks  
Hat - Navy Legionnaire or Bucket

## WHOLE SCHOOL MASS - FEAST OF OUR LADY OF THE ROSARY

On Wednesday 7th October at 10am we will be celebrating a whole school mass in honour of Our Lady of the Rosary. This is a special Mass in our school community in which our Prep students receive a set of rosary beads. All parents and friends our school are welcome to attend. With thanks, Mrs Carter

## CONGRATULATIONS

Congratulations to Miss Lockhart, Mrs DeAraugo & Mrs Taylor who won their netball grand final during the school holidays.

Also to Mr Coates who both coach and played for Kerang Football club, this year they won the premiership for the 4<sup>th</sup> year in a row!



## COMMUNITY CARE



We ask families with their eldest child in Grade **1CG** to please donate a meal for the month of **October**. Please bring it into the office or directly into the freezer which is now located in the Gr 3/4 area. Thank you for your support. - *Community Care Coordinators*

## CHILDREN'S CHATTER MATTERS



In each weekly newsletter this year, our school's Speech Pathologist will provide some "family friendly", fun oral language tasks aimed to enhance learning and literacy skills.

We encourage you to set some time aside so that you can get the most out of your interactions with your child. Ten activities will be provided over Term 4 to help develop your child's Phonological Awareness skills at home (you may need to adjust the activity to suit your child's level). If you have any questions you can contact Ebonie Collins, Speech Pathologist through the Special Education Coordinator.

**1.** As you read a story with your child, practice breaking up sentences into words. Say a sentence, and encourage your child to repeat it out loud. Then, ask your child to tap, jump or count on his/her fingers the number of words in the sentence. This is important to help your child hear and discriminate word boundaries. For example, 'Tap for each word you hear in this sentence: "It is racing after me" (5 taps).

For older kids, say a sentence out of their reader/book and see if you can reorder the words to make new sentences. For example, the sentence "I can run fast and swim far" can be reordered to make: "I can run far and swim fast" or "can I run fast and swim far?"

Here are some sentences to start you off (remember to choose sentences from your child's book/reader when possible):

- Mike has a red lolly and Sarah has a blue ball.
- She went to the shops after she went to the pool.
- Please move quickly to the door.
- Lucy painted a picture of Mike while he rode his bike.

# STUDENT NEWS

## HAPPY BIRTHDAY



Students who are celebrating their birthdays this week are Blake Currie, Maddison Gargiulo, Olivia Hogg, Sophie Hogg, Dart Jennings & Emarnee Davies. Happy Birthday to you and we hope you have a wonderful day.

## GRADE 3/4 EXCURSION TO THE BOTANICAL GARDENS

As per the note sent home at the end of last term, the Grade 3 and 4 students will be attending a Science excursion to the Botanical Gardens on Friday 9th October between 11:30 and 1:25. Thanks, the 3/4 teachers

## LIBRARY

Last term, the author/illustrator Trace Balla came to the school to talk to the students in Gr 2-6 about her book; 'Rivertime'. Rivertime was a short listed book for this year's Best Picture Book Award. She showed her illustrations from the books and told the students how she was inspired to write Rivertime and how she gets ideas for writing stories. It was a wonderful insight into Trace's book and her career. – *Eva Rosaia*

# P&P NEWS

**P&P MEETING:** For your calendar, the next P&P meeting will be **Wednesday October 21st**. The AGM will be held on Wednesday the 25<sup>th</sup> of November.

# PARISH NEWS

## ALTAR SERVER ROSTER

Saturday 10<sup>th</sup> October – Eli Floode & Chris Browne  
Sunday 11<sup>th</sup> October – Will McGoldrick & Eli Pearce

Saturday 17<sup>th</sup> October – Dan Byrne  
Sunday 18<sup>th</sup> October – Xavier Morrissey

# COMMUNITY NEWS

## NAPIER STREET UPGRADE

VicRoads, in partnership with the City of Greater Bendigo, are holding community sessions on the future upgrade of Napier Street between Weeroona Avenue and Hall Street. VicRoads is inviting you and your family to its community sessions where you can share your ideas and experiences using Napier Street and how it can be improved.

**Date:** Wednesday 14<sup>th</sup> October 2015

**Time:** anytime between 3.30pm and 7.00pm

**Location:** Weeroona College Bendigo, 383 Napier Street Bendigo.

**Date:** Thursday 15<sup>th</sup> October 2015

**Time:** anytime between 3.30pm and 7.00pm

**Location:** White Hills Bowls Club, Bosquet Street White Hills.

## DUNOLLY GREAT FAMILY PICNIC

The central Victorian town of Dunolly is having a Great Family Picnic on Sunday 11th October. It is a free, fun and family friendly event and we have room for lots of people.

The event kicks off at 10am at the Gordon Gardens & Dunolly Bowls Club. There will be live music, archery, leatherwork and craft displays, bicycle hire, a mobile zoo and plenty more!

If you arrive early, not to worry, the Dunolly market starts at 8am and is a great way to begin your day.

## MERCY WORKS GOLF DAY

Catholic College Bendigo will hold there Mercy Works Golf Day for 2015 on Sunday 11<sup>th</sup> October. The event will be held at the Bendigo Gold Course in Epsom with a BBQ at 10.45am for an 11.30am start.

It will be a 4 ball Ambrose event and cost \$30 per person. This fee covers the round and BBQ, funds raised go to Mercy Works. There are many great prizes to be won! To register visit [www.trybooking.com/DCKC](http://www.trybooking.com/DCKC)

If you are able to help with the event or have any queries regarding the day please contact Mrs Trish Schofield at [tschofield@ccb.vic.edu.au](mailto:tschofield@ccb.vic.edu.au).

## BENDIGO FIT WEEKEND

"Bendigo Fit Weekend" that will be held on the 31st October and 1st November 2015, at the Tom Flood Arena!

Bendigo Fit Weekend is a direct result of the Active Living Census Report recently published claiming Bendigo as the most obese country town in Victoria. We are making the stance with the community to commit to reverse this report and work towards becoming the fittest country town in Victoria.

This will be a weekend of many sports and activities for all people of all ages and a major highlight will be the Australian Strongest Man competition who will pull a tram on the main street of Bendigo. We will also have the Highland games, the emergency services battling it out, a vast array of sports, sporting exhibitions, nutritional seminars and a real 'come and try all sports' attitude.

## COURAGE OR CONFIDENCE - A CONVERSATION WITH FABIAN DATTNER

beStella presents 'Courage or Confidence – A Conversation with Fabian Dattner'.

Event keynote speaker, Fabian Dattner, is one of Australia's most recognised leadership experts and educators. It set to be an inspiring and thought provoking opportunity for rural and regional women at all levels, which will offer the opportunity to connect and engage with like-minded women.

Courage of Confidence is the inaugural event of beStella, an authentic blog founded by Bendigo local Kendyl Hopley, showcasing rural and regional women and sharing their passion, pathways and love of what they do.

**When:** Monday October 19, 2015

Registration 6pm for a 6.30pm start

**Where:** Ulumbarra Theatre, Bendigo

Student Ticket \$20 | Adult from \$50 | Adult VIP Ticket \$70

Tickets are on sale now. To book call 5434 6100 or visit [www.capitalvenuesandevents.com.au](http://www.capitalvenuesandevents.com.au). For more information visit [www.beStella.com.au](http://www.beStella.com.au)

**\*\*beStella is supporting the Sophia Cadetship program and attendees are encouraged to bring a piece of corporate clothing on the night to help single mothers dress for success when pursuing education and workforce opportunities.\*\***

## WHIPSTICK WARD MEETINGS

Ward Councillors – Mayor Peter Cox, Lisa Ruffell and James Williams

City of Greater Bendigo Whipstick Ward Meetings will be held from 7pm – 8.30pm on the following dates:

North Bendigo	Monday October 12 <sup>th</sup>	North Bendigo Pavilion/Recreation Reserve - Atkins St, Nth Bendigo
Eaglehawk	Monday October 26 <sup>th</sup>	Eaglehawk Town Hall, Cnr Sailors Gully & Peg Leg Rd, Eaglehawk

Meeting times and dates are subject to change, to confirm, please visit [www.bendigo.vic.gov.au](http://www.bendigo.vic.gov.au)

# SPORTS NEWS

## EPSOM TENNIS CLUB

Epsom Tennis Club is offering two weeks FREE Junior coaching on Wednesday the 14th and 21st October 2015. There will be 3 x 40min sessions starting @ 4.00pm with Coach Sam Storer on each day.

Please register at [www.tennisbendigo.com.au](http://www.tennisbendigo.com.au). Click on registration and tag Epsom tennis club. Get in quick before all the spots fill. Anyone interested in playing tennis can also contact Tracee Ilott on 041739649.

## BENDIGO BASEBALL ASSOCIATION

Bendigo Baseball Association invites you to participate in the Twilight School Baseball Competition.

**WHEN:** - Monday Nights

**Target Age Groups:** - 8-12 years of age.

**TIME:** - 6pm – 8pm

**Cost:** - \$26 per player.

**LOCATION:** - Albert Roy Reserve, Eaglehawk  
Strathfieldsaye Park, Strathfieldsaye

**Match Duration:** - 90 minutes

**Competition to run:-**

6 weeks before Xmas – 2nd November 2015 – 7th December 2015

6 weeks after Xmas – 1st February 2016 – 7th March 2016

**For further information or to register your interests:**

Pam Dawkins – BBA Secretary: - 0407 308 392

BBA Secretary: - [bendigobaseball.secretary@gmail.com](mailto:bendigobaseball.secretary@gmail.com)

## ZODIACS NETBALL CLUB

The Zodiacs Netball Club affiliated with Bendigo Strathdale Netball Association (play at BSE) will hold their tryouts for their Under 13's (Year 7 in 2016) and Grade 6 (in 2016) teams for **SEASON 2016** on the following dates:

### Sunday October 18<sup>th</sup>

Grade 6 - 10:30am - 11:30am

Under 13's - 11:30am - 12:30pm

Attendance at both sessions is preferred. Please arrive ten minute prior to register your details. Tryouts will take place at BSE on the outside courts (Court 7). Please make sure you bring along a drink bottle & be sun smart. For further information please email [zodiacbgo@yahoo.com.au](mailto:zodiacbgo@yahoo.com.au)

### Monday October 19<sup>th</sup>

Grade 6 - 4:30pm - 5:15pm

Under 13's - 5:15pm - 6:15pm

## BENDIGO LITTLE ATHLETICS SEASON 2015/16

Little Athletics involves track and field events for children of all abilities ages between 5 and 15 held Saturday mornings and some Friday nights beginning on **Friday 9th & Saturday 10th October** at the Athletics Track, Retreat Road, Flora Hill.

Registration is on-line at [www.lavic.com.au](http://www.lavic.com.au). Early bird fee is \$100.00 prior to September 30<sup>th</sup>. From October 1 the full fee is \$130.00. Pick-up of registration pack and number patch is **Wednesday 7th October 4-6pm**. For more detailed information visit [www.bendigolac.org.au](http://www.bendigolac.org.au) or email [bendigo@lavic.com.au](mailto:bendigo@lavic.com.au).

## National Health & Physical Education Week (12<sup>th</sup> – 16<sup>th</sup> of October)

Celebrating the importance of Health and Physical Education is an essential area of the curriculum that provides real opportunities for children to learn how to lead active and healthy lives – now and in the future. It recognises and actively promotes the importance of health and physical education and physical activity for physical, social, emotional and spiritual wellbeing.

This year for National HPE Week, Holy Rosary will be holding a number of activities and events during school hours. Students will have an opportunity to play some traditional games, engage in meditation and health based activities, try a variety of different exercises and participate in a staff versus students race to Melbourne walk/run event. The marquee event will be the staff versus grade 6 student netball game at lunch time.

As part of this week, we are encouraging students to come to school in a form of active transport such as walking or riding a bike. Of course, this is not possible for all families but for those who are happy to incorporate this into their morning that would be fantastic! This week is also a great opportunity for parents to increase their physical activity. Please read below for some great ideas on how to be more active! If you would like to know more, please see Mrs Taylor.



### Walk yourself happy during HPE week!

As adults, we know we need 30 minutes of moderate intensity physical activity on most days. Our kids need even more! Don't think too much about it, just do it! Even a short, brisk walk of just 10 minutes can give you an energy and mood boost. If you park the car 7-8 minutes away from school and walk the rest of the way at both drop off and pick up time, you'll have accumulated your 30 minutes already.

### Have a look at Australia's Physical Activity and Sedentary Behaviour Guidelines

[www.health.gov.au/internet/main/publishing.nsf/Content/health-pubhlth-strateg-phys-act-guidelines](http://www.health.gov.au/internet/main/publishing.nsf/Content/health-pubhlth-strateg-phys-act-guidelines)

### Eating more fruit & veg is easy

It's easy to get 2 fruit and 5 veg into your diet. Grab an extra piece of fruit or veg for a snack. It's a quick and easy way to increase your daily fruit and veg intake. For more tips go to [www.gofor2and5.com.au](http://www.gofor2and5.com.au) or [www.healthylive.gov.au](http://www.healthylive.gov.au)





### **Be active together**

Quality time isn't time in front of the TV, or eating takeaway food in the car. Plan some trips as a family. Picnics are great at the park or the beach. Take some sports equipment with you and have a fun game of Frisbee, hop-scotch, downball or backyard cricket! Being active together will improve how you feel and get your family communicating better. Take every opportunity to be active!

Over 300 School communities are taking the challenge and being healthy and active this week as Health and Physical Education Week is put into practice by over 50,000 school students across Victoria. With current rates of obesity and inactivity increasing there has never been a more important time to promote the need for 'active and healthy living'.

### **Spend quality 'free' active time together**



Find a local market to wander through or take a bicycle ride on the local track.

Have a look on the following website for things you can do outside [www.visitvictoria.com/Things-to-do/Outdoor-activities](http://www.visitvictoria.com/Things-to-do/Outdoor-activities).

Help your children to find FUN things to do besides watching television. Play schoolyard games at home like hopscotch and jump rope; make instruments out of kitchen items and dance to the music you make. Play a round of one-on-one basketball or netball. We all love a game of four square or down ball – so have a go with your kids!

Limit the amount of TV you watch and try having a TV free day once a week with your family.

### **Be a positive role model for your child**

Show your children how active you are by taking the stairs instead of the elevator, or try getting off the bus one or two stops early and walking the rest of the way. Go for a walk after dinner with your family.

### **Teach your children skills**

Teach your children skills to help them be physically active like skipping, riding a bike, skating, throwing, catching, hitting and kicking a ball.

Our school is celebrating Health and Physical Education Week by conducting...include what, when, where and who will be involved. Include a photo and highlight the exciting/unique activities being undertaken.

Develop a new family activity such as indoor rock climbing, bike riding, skiing or sailing. (Add links to local centres near your school which can assist in organising these activities).



### **Leave the car behind**

Leave the car behind and introduce kids to the way we all once got around – walking or riding bikes with them. Explore different walking tracks in your local area.