



# NEWSLETTER

AFTER SCHOOL CARE: 5444 6666 (YMCA)

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

## MASS TIMES

Please note that Masses have been suspended until further notice.

Sunday Mass with the Bishop can be live streamed at

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

## CALENDAR

### JUNE 2020

Mon 8	Public Holiday – Queen's Birthday
Tue 9	Gr 3 – 6 Students resume Face to Face Learning
Fri 26	Last Day Term 2 – 2.15pm dismissal

### JULY 2020

Mon 13	First Day Term 3
Fri 17	Foundation 2021 Enrolments Close



Make sure to follow our school Facebook page to stay up to date with the latest news!  
[facebook.com/holyrosaryprimaryschoolwhitehills/](https://facebook.com/holyrosaryprimaryschoolwhitehills/)



### Talk to school if:

Your child is not wanting to attend school

You need support getting your child to school

## PRINCIPAL'S REPORT

Our first week back at school was a wonderful success and with so many differences and protocols in place. It was great to see the school buzzing again with childrens chatter, laughter and lots of smiling faces. I think the playground has never had such a workout! Thank you to parents who were so respectful and accommodating in the start of the day and end of day procedures, it was certainly appreciated.

I would also like to thank the teachers who made such a special effort to ensure the smooth transition back to school for everyone. The classrooms were bright and welcoming and I know every staff member was just as excited to see a small return to normality.

We will look forward to the rest of the school returning next Tuesday 9th June. Please be mindful of the staggered finishing times in particular the drive through on the tennis courts which is working well.

Once again, I urge families with children ready for school next year to complete an application for enrolment.

Our application period will close on the 17th July with families notified on the 21st July if we have a place available for their child. Whilst this is some time away we really appreciate having these in as soon as possible to aid our preparations.

Paul Wilkinson  
Principal

## **GOSPEL REFLECTION**



Sunday was the celebration of Pentecost, celebrating the sending down of the Holy Spirit upon the disciples. In the reading, Paul helps us understand the Gifts of the Spirit. There are many gifts of the Spirit, although they all come from one God. The Spirit comes to each of us that we may use our gifts to work for goodness. Even though we each have a variety of gifts, together we can use them for the glory of God.

This reading is like the person who got tired of hearing the same excuse: "I'm too busy." We all are given the same 24 hours each day and each one of us chooses how to spend them. Which can be ever so relevant in today's unprecedented times. Of course we have responsibilities and there are probably things we would rather do, but even so, we determine how we will fill our time. It is the same with gifts. Through the Spirit we are all given gifts and it is up to us how and for whom we will use them. It is our diversity that binds us together as children of God, each one of us using our gifts for the good of all.

### **A FEW REMINDERS FROM OUR CURRENT GUIDELINES:**

- **IF CHILDREN ARE UNWELL** - Parents must be advised that any child who comes to school feeling unwell or becomes unwell during the school day, they (or the emergency contact person) will be called to collect that child.
- **WATER BOTTLES** – drinking fountains are not to be used by students. Each child should bring water from home.
- **WHICH GRADE 3 TO 6 STUDENTS MAY ATTEND** – only the children who are deemed by the school to be in particular need (i.e. vulnerable if not at school) and the children of employees whose job is classified as an Essential Service.
- **RESTRICTED ACCESS TO SCHOOL BY ADULTS** – The Department of Health insists that no adult- parents, non-enrolled youths, visitors - is to enter the school unless necessary or in an emergency. Adults should not be permitted to go beyond the Reception area.

## **SCHOOL NEWS**



### **CONGRATULATIONS**

Congratulations to Jess & Mitch Brown on the safe arrival of Cora Ivy. Sister to Arlie (FBG), Indy & Vallie.

## **CATHOLIC IDENTITY**

### **ACCESS TO MASS AND TO CHURCHES**

There are many options for Mass online, including:

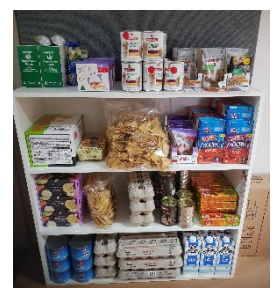
\* <http://bit.ly/MassOnDemand>      \* <https://melbournecatholic.org.au/Mass>      \* [www.wordonfire.org/daily-mass](http://www.wordonfire.org/daily-mass)

The Bishop is also live streaming Mass on Sunday mornings via the diocesan website: [www.sandhurst.catholic.org.au](http://www.sandhurst.catholic.org.au)

On free to air TV, Mass for You at Home is broadcast at 6.00am every Sunday, Channel 10

### **FOODSHARE**

Our Foodshare shelf is stocked up again! If anyone would like their child to bring items home, please let your child's teacher or the Office know. Alternatively, parents can call into the lobby to select items.





## SEASONS FOR GROWTH

In Term 3, Holy Rosary will be running it's Seasons for Growth program. This program is run by Bianca Schmidt and Sue Johns and is beneficial for students who have been affected by any form of grief, loss or major change. If you would like more information or would be interested in enrolling your child, please contact Bianca in the office Tuesdays and Thursdays.

## HOW AM I LEAVING SCHOOL TODAY?

Due to restrictions entering school grounds, parents/carers are asked to discuss with their child/ren where they will be leaving school and where they will be met. A staff member will escort children to the exits.



Tennis Court  
Drive Through Exit



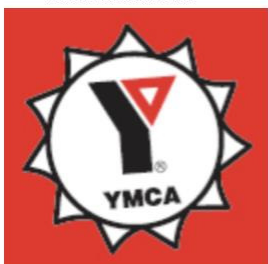
Office Exit



Senior Learning Centre Exit  
(unavailable for morning drop off)

## HOW AM I LEAVING SCHOOL TODAY?

After School Care



On the Bus



Playground Exit



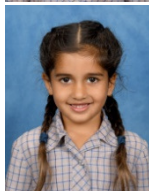
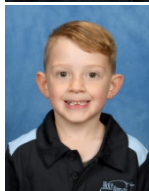
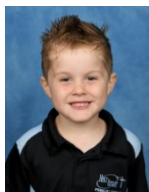
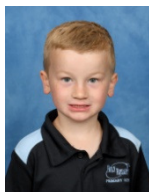
## STUDENT NEWS

### HAPPY BIRTHDAY



Students who are celebrating their birthdays this week are; Ruby Rowles, Hannah Torney, Jack Newton, Jakoben Petersen, Luciana Turner-Eylander, Eleanor Vance, Owen Bell & Tasman Bell. Happy Birthday to you and we hope you have a wonderful day.

### STUDENTS OF THE WEEK



Students of the Week	
FBG	Hudson McKenna & Luciana Turner-Eylander
FJO	Cody Pearce & Mila Murchie
1BW	Ashton Tresize
1DC	Tazmin Virk
2MC	Sienna Hayes
2LC	Ethan Crust



# P&F NEWS

## UNIFORM SHOP UPDATE

Due to current restrictions, the Uniform Shop will not be open for visitors on Friday mornings. Parents are encouraged to place any uniform orders through Flexischools, or where necessary, cash orders via the Office. Holy Rosary school staff will then pack the orders ready to go home with students each Friday.

A current price list can be found on PAM or the school website.

## SCHOOL BANKING

School Banking has been temporarily paused since 23 March 2020. Commonwealth Bank have been continually monitoring the situation and will advise when the program will recommence. However, it is likely that, due to restrictions on visitors and volunteers in the school, that the program may not resume this Term.

In the meantime, the Commonwealth bank have created [Start Smart Parent Resources](#), to assist parents and carers in improving their children's money management skills. These free, short videos and worksheets, can be accessed from home and are designed to give students the confidence and skills to make smart decisions about money.

# COMMUNITY NEWS



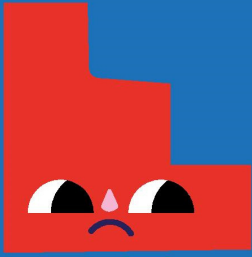
YEAR 7 ENROLMENTS FOR 2021 ARE OPEN

Head to the website  
for application forms,  
virtual tours and information.

<http://www.marist.vic.edu.au/wp/enrolments/>

APPLICATIONS CLOSE FRIDAY, 19 JUNE 2020.

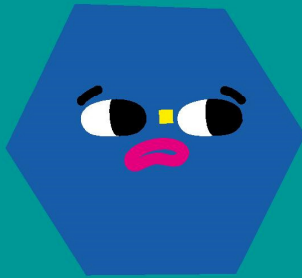
**Are you feeling...**



**Scared?**



**Yucky?**

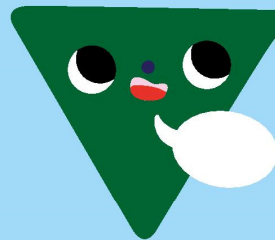


**Worried?**



**Sad?**

**Tell grown-ups**



# Seasons for Growth Children and Grief



When a child is grieving it is natural to want to support them. Yet, we often feel very uncertain about how best to do so. Perhaps you feel uncomfortable about discussing loss and grief, worried whether your child's behaviour is normal, and unsure what you can do to help. This factsheet offers some guidance for adults (parents, carers, relatives, teachers and others) to help you support a child who is grieving and nurture them to grow through the experience.



## What is grief?

Grief is the human response to change and loss in our lives, such as the death of someone we love, parental separation or other major change. It is a natural and normal response, which has a physical impact on our bodies as well affecting our emotions and our thinking. Grief challenges the way we think about ourselves and the world, and influences our spirituality and relationships.

## How do children express grief?

Like adults, children express grief in unique and personal ways. This can be influenced by a child's age and understanding of the loss, but also by other factors such as their character, situation or experience. Some children may openly express their hurt, while others may withdraw. Many children also dip in and out of grief, alternating between grieving and more playful behaviour. It is important to remember that grief is a normal and natural response and that there is no right or wrong way to grieve. Some (not an exhaustive list) of the reactions children may experience:



### Emotions that children may feel ...

- May be anxious, fearful, fretful and sad
- May be angry, frustrated or disillusioned
- May try to mask their feelings to 'save' or 'help' adults around them

### Thoughts that children may have ...

- May have unrealistic thoughts about their loss
- May try to recreate 'what was' before their loss
- May blame themselves
- May have frightening thoughts or worry about the future

### Behaviours that children may show ...

- May regress to younger behaviours
- May 'lash out' at family, friends or teachers or 'act out' in anger
- May be overly clingy or uncooperative
- May try to be overly helpful and cheerful

### Physical reactions that children may experience ...

- May be tired, distracted and unable to concentrate
- May have stomach aches and headaches



## How to support a grieving child

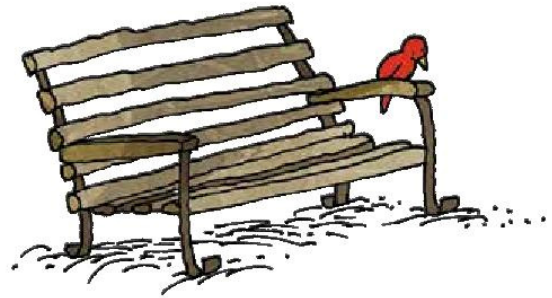
- If we think of grief as a journey, our role as adults is to walk alongside children. We cannot take away the loss a child has experienced and we cannot grieve on their behalf. However, we can help them to understand and navigate the journey and we can hold their hand, encourage and support them when the going gets tough.

## What support do children need?

- A strong, loving relationship with a parent or primary caregiver who they can rely upon and trust.
- Clear, factual age-appropriate information about the loss they have experienced.
- Warm, open communication to talk through and make sense of what has happened, repeatedly and without judgement.
- Space to express a wide range of emotions (such as sadness, anger, fear, guilt and humour).
- Help to make sense of their emotions and reactions.
- Security from their usual boundaries and routines.
- 'Time out' from their grief, to be allowed to laugh and be playful.
- Opportunities to be involved in decisions linked to their loss.

## How to help as relative, friend, teacher or other professional

- Let children know their loss is recognised
- Identify yourself as a safe person who is open and willing to listen (although don't force children to talk)
- Help children to identify overwhelming feelings and let them know it is OK to feel sad, angry etc.
- Help them to manage their feelings in different contexts (such as school)
- Check in with children regularly to keep communication open over time



## Involving children in decisions at school

Talking with children about new arrangements can be a way of acknowledging their loss without focusing on it directly. For instance, a teacher might ask a child how they would like the teacher to respond to questions from other students, or discuss whether there are any special arrangements that might help them cope in the classroom.

## Further Support

*Seasons for Growth* is an education program that gently helps children learn about the grief process. Train to be a 'Companion' to facilitate the small group (4-7 participants) over 8 sessions. There are four levels of the program to support children and young people 6-18 years. All four levels of the Program have flexibility to cater for participants with different learning needs.

Each session explores a theme such as:

- Life is like the seasons
- Change is part of life
- Valuing my story
- Caring for my feelings
- Making good choices

The Program has a safe and engaging curriculum that incorporates a range of age appropriate activities involving drawing, stories, discussion, playdough, music and journal activities.



Justice  
Hope  
Collaboration  
Compassion  
Respect