



# NEWSLETTER

AFTER SCHOOL CARE: 5444 6666 (YMCA)

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

## MASS TIMES

Online at:

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

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

## PRINCIPAL'S REPORT

Again, we find ourselves learning from home. We are relieved that we have been able to send home the children's devices allowing for a continuation of their learning in a smooth manner. As with all the other lockdowns, staff will continue to host Google Meets and will work from their Google Classrooms, which are growing in terms of content and efficiency as we too adapt more easily to our current situation.

We are feeling for all the students over the next few weeks who will miss out on sports, book week festivities and other outside school commitments. We encourage students during the current lockdown to get outside and practice or at least enjoy some of these outside school activities during the day when they are at home.

Our onsite supervision continues with the change being that both parents must provide a valid permit from their employer. Health care and emergency services personnel only require their photo identification, rather than the permit. We will continue to provide onsite care, however a reminder that we will have a pupil free day on the 3<sup>rd</sup> September, as our staff will be participating in our final Berry Street training session. Care will be available through YMCA after school care services for those that need it (bookings are required).

Children onsite will be encouraged to wear a mask, whilst not mandated it is certainly something we know is effective in protecting us from the spread of the virus. In addition, the most recent outbreaks are certainly more common in school settings and we implore parents to keep children home and be tested should they be unwell.

Again, should you need any questions answered or support provided please feel free to contact the school, your teachers and staff are working hard to ensure that we have the smoothest possible experience.

Take care and stay safe.

Paul Wilkinson  
Principal

## CALENDAR

### SEPTEMBER 2021

<b>Fri 3</b>	<b>Pupil Free Day – Staff PD</b>
Sun 5	Father's Day
Mon 6	Father's Day: Donuts with Dad – From 7.45am
Mon 13 – Fri 17	Health & PE Week
Tue 14	Reconciliation Sacrament Mass – 6pm
Thur 16	Billy Tea Bush Dance Incursion Day
<b>Fri 17</b>	<b>Last Day Term 3 – 2.15pm dismissal</b>

### OCTOBER 2021

<b>Mon 4</b>	<b>First Day Term 4</b>
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
<b>Wed 27</b>	<b>Public Holiday – Bendigo Cup</b>

### NOVEMBER 2021

Sat 13	McAuley House Community Mass – 6pm
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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.**

# 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](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

### CATHERINE MCAULEY AWARD

The Catherine McAuley award is a prestigious award given to students who show the qualities and personality traits of Catherine in their day to day living. We are pleased to announce that Jack Newton from 5JE was nominated to receive our school's Catherine McAuley Award for his outstanding performance on camp last week. Jack will receive a school letter and certificate in the mail shortly.



## SCHOOL SPORT – WHAT'S HAPPENING?! *Troy Coates (PE Coordinator)*



### GRADE 6 INTERSCHOOL BASKETBALL CARNIVAL - FRIDAY 3RD SEPTEMBER

We have decided to wait on sending the PAM note out for this carnival, due to it being the day we are scheduled to return from lockdown. We assume this date will be postponed to later in the term. As soon as we are given further information we will be sure to let you know. Thanks for your patience.

### CATHOLIC SCHOOLS ATHLETICS CHAMPIONSHIP

On Thursday 19th of September, 59 students from Grades 3-6 represented Holy Rosary at the Catholic Schools Athletics Championship. Our effort, behaviour and sportsmanship were exceptional throughout the day and we are very proud of all our students. We had a number of place getters for the day (including Madeline Gibbons (1st) and Zarah Reynolds (2nd) who were away for the ribbon photo below). A big thank you to all teachers and students who have been training hard for these events over the past few weeks. We look forward to next year and good luck to the 13 students who have made it through to the Divisional Carnival.



## DIVISIONAL ATHLETICS CARNIVAL

Congratulations to the following students who have made it through to the next level of Athletics:

Lily McKee (1500m)	Ari Sawyer (discus, shot put)	Eleanor Vance (relay)
Bradie Sheldon (100m, hurdles, relay)	Sophie O'Connell (discus, high jump)	Sophie Healy (relay)
Milly Kelleher (200m, high jump, relay)	Miller Connors (relay)	Bronte Ellerton (relay)
Zarah Reynolds (away) (hurdles)	Harry Morrish (relay)	
Erin Bradshaw (800m)	Vincent Geary (relay)	

The Divisional Athletics Carnival will be held at the Bendigo Athletics Track on Monday the 13th of September. Students will receive a PAM note with further information. We are very proud of our students and their achievements. All the best for this day.

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## PASTORAL CARE

We find ourselves in Week 7 of Term 3. There have been many activities and excursions students have been able to participate in and celebrate this term. Even with our snap lockdowns and interruptions to attendance at school onsite, students have been able to challenge and extend themselves in so many different ways. Although our children are aware of the negative impacts Covid19 and changes to our routines can have, it is important we remember to celebrate and cheer when our children step out of their comfort zones and try new things. Great examples of these are our Grade 5 students going on camp, Grade 3 students attending a full-day excursion to Sovereign Hill, our junior students participating in our school athletics program and our Grade 6 students working on and developing their Tournament of the Minds presentation. As a Pastoral Care and Wellbeing team, we are here to assist families and students identify when there are challenges, work on strategies to assist to meet these challenges and also celebrate our wins and achievements. If you are aware of any students or families who would benefit from contact with the Pastoral Care or Wellbeing team please contact Paul or Megan. - *Megan Gerrish (Pastoral Care Coordinator)*

## HEAD LICE



We have reports of head lice in some classrooms. Many head lice do not cause an itch, so you have to look carefully to find them. We ask all parents to please check their children's hair regularly, especially at change of seasons, and treat if necessary. Once hair has been treated, children can be returned to school. Anyone can get head lice and given the chance head lice move from head to head without discrimination (washed or unwashed hair, it does not matter). Children get head lice from direct hair to hair contact with another person who has head lice. This can happen when children play, cuddle or work close together. They do not have wings or jumping legs so they cannot fly or jump from head to head. They can only crawl.

## CYBER SAFETY - KEEPING OUR CHILDREN SAFE

As a school community and parents, we have a role to assist children to learn how to stay safe online. Internet usage is a way of life for our young people. With online usage increasing with the current Covid19 situation it is imperative we stay up to date with current information regarding the internet, gaming online, online apps, and how our children may have access to areas of the internet which are not safe for children of their age.

Each week we will share information regarding online cyber safety. This week we are providing you with the top tips for staying safe online.

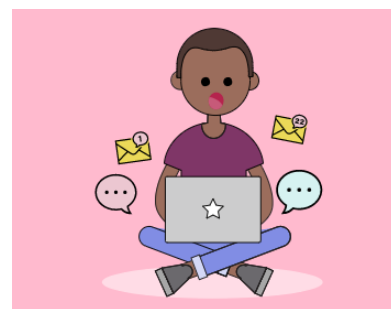
### Top tips for staying safe online

- Be an upstander — if you see abuse online, report and delete it.
- Protect your personal information — use a different password for each account and turn on privacy settings on devices, apps and social accounts.
- Tame the tech — explore how to set access and parental controls on home Wi-Fi networks, gaming consoles, mobile devices and smart TVs.
- Be conscious of your online profile — don't post anything that could put you in danger, affect your reputation or be used against you.
- Help others to be safe online — especially children, family, and friends who aren't tech-savvy or safety-conscious.

One of the most important tips we can provide is to make sure you are able to have a conversation with your child about online safety, sit with them when they are online, ask them about the games they play, discuss scenarios where your child may put themselves at risk online.

For further information please access the following website Esafe Commissioner: <https://www.esafety.gov.au/>

Stay safe and enjoy exploring the wonderful world wide web. - *Megan Gerrish (Pastoral Care Coordinator)*





**DON'T FORGET!**



**SCHOLASTIC**  
**Book Club**  
orders are due:  
**Tues 31<sup>st</sup> August**

## **SCHOLASTIC BOOKCLUB – ISSUE 6 ORDERS DUE TUES 31<sup>st</sup> AUGUST**

Issue 6 of the Book Club catalogue was sent home last week. Ordering books through Book Club is an easy way to offer students the best in children's books for the home and to encourage independent reading for fun.

Book Club offers students a wide range of titles in each issue, from popular and award-winning fiction series and charming new picture books, to fascinating nonfiction titles and hands-on activities that stimulate creativity and encourage problem-solving.

Plus, every order you place earns the school FREE books and learning resources.

**Please note: Book Club orders must be placed online via LOOP. No cash orders will be accepted at the school office.**



## **SIMPLE WAYS TO HELP KIDS MANAGE THEIR EMOTIONS**

Tears and tantrums are all normal parts of growing up and developmentally appropriate for kids to experience (and even us adults at times!). But as a parent it can be overwhelming when our child has difficulty controlling their emotions and behaviours, especially on top of all the other

stresses of daily life. Six very simple ways that parents/carers can support their child through the big emotions are:

1. Listen - Ask about their feelings and help them feel heard. Validate their emotions even if you think it's a bit silly or if they've told you the same thing before.
2. Co-Regulate - Practice calming strategies right alongside them. Mindfulness, breathing, counting or even eye-spy games can help a child calm and settle. The younger they are, the more they need your help to regulate.
3. Give space - Allow time and space for them to get back on track. Let them have space in their room, in the backyard or a safe space they like to be in.
4. Positive Self-Talk - Use positive phrases like "You can do this" and "Let's try that again"
5. Draw or Write - be creative to help your child express their feelings, thoughts and needs. Use Lego or playdoh to help your child get their message across, or their favourite interest.
6. Problem Solve - Come up with the solutions to their challenge together. The older your child is, ask them if they can think of ways to make things better or what do they need to feel better.

## **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; Carter Patterson, Jack Carter & Charlie McKee. Happy Birthday to you and we hope you have a wonderful day.

## STUDENT OF THE WEEK



Students of the Week	
FBG	Carter Patterson
FNJ	Eden Jones
1DC	William Reeves
1ML	Isabella Soccio
2DP	Harrison Allen
2LC	Lacey Clohesy
4AG	Rubi Morrison
4BS	Maisie Illott
5JE	Riley Cawley
5JO	Ella Tresize
6MG	Jye Stokes-Logan
6TC	Andrei Bertulfo

# P&F NEWS

## DONUTS WITH DAD - FATHER'S DAY BREAKFAST



After the success of our 'Muffins for Mum' Mother's Day breakfast, we are excited to be able to host 'Donuts with Dad' to celebrate the special men in our lives for Father's Day this year!

We invite all our Father's and special people to come along to our 'Donuts with Dad' on Monday 6<sup>th</sup> September from 7.45am for a hot drink and a donut on us! There will be no cost to families for this event.

Hope to see you all there to celebrate the special people in our lives!

## 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](http://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! ★



# COMMUNITY NEWS

## TECHNOLOGY USE SURVEY

CatholicCare in Bendigo are currently developing a new workshop for parents around the use of technology. They would love to capture what issues parents are facing so we have designed a very short two-minute survey. They would be very grateful to receive any responses from our school community!

The survey can be accessed at <https://www.surveymonkey.com/r/kidsandtechnology> and will be open until 30th August. At this stage workshops will run in Term 4 via zoom.



Immune Deficiencies Foundation Australia is proud to host International Entertainment's

## 2021 'CIRCUS QUIRKUS' ONLINE SHOW

ENTER THE WONDROUS WORLD OF CIRCUS QUIRKUS WITH UNBELIEVABLE ACROBATIC SKILLS, MAGIC, JUGGLING AND VAUDEVILLE  
CIRCUS ACTS WITH LAUGH OUT LOUD COMEDY THAT WILL HAVE AUDIENCES OF ALL AGES CHEERING ALONG!

**WATCH DIRECTLY FROM OUR STAGE TO YOUR SCREEN WITH FREE UNLIMITED AND ON-DEMAND VIEWING – AVAILABLE UNTIL SUNDAY 29TH AUGUST 2021**

VISIT THE WEBSITE OR SCAN THE QR CODE BELOW, AND ENTER THE PASSWORD TO ACCESS THE VIDEO...

**[vimeo.com/showcase/cqidfa21](https://vimeo.com/showcase/cqidfa21)**

Password: **cqidfa21**

Please show your appreciation to the businesses that sponsored this event by sending a thank you email to [thankyou@iepty.com](mailto:thankyou@iepty.com)

The poster has a dark blue background with a pattern of small white and yellow stars. At the top left is a cartoon circus ringmaster in a red jacket and top hat. At the top right is a cartoon acrobat in a blue outfit performing a handstand. In the center is a red and blue striped circus tent with a red flag on top. At the bottom is a red circus ring with a yellow border. The text is in various fonts and colors, including white, yellow, and red.

## Become a Foster Carer

Our local children need local foster carers.

[anglicarevic.org.au](http://anglicarevic.org.au) | 03 5440 1100

The background of the poster is a warm-toned photograph of a young child with their hand near their face. The Anglicare Victoria logo is in the top right corner. The text is in white and yellow, contrasting with the background.