



OUR LADY HELP OF CHRISTIANS

Primary School Brunswick East

Exceptional Education

Newsletter 7, Term 4, 2022

Friday 17th November



Dear God,

When I stand at the beginning of a new day,
Bless me with vision to see the good things to come,
Wisdom to make good decisions,
and most of all, faith
that you are walking with me every step of the way.

Dear Parents/Carers,

What a fabulous evening was had by all last Saturday night at our major fundraising event for the 2022 school year. I would like to thank the Parent Association for their tireless efforts to ensure this evening was enjoyed by all, no stone was left unturned in order to make this event such a successful evening. I appreciate the time and effort the Parent Association has placed into organising this event from securing donations for all auctions, arranging the auctioneer, organising the food and beverages, decorating, calling for volunteers, DJs, entertainment and last but not least ticketing sales. It was so great to see our community represented on all fronts, a true testament to the Parent Association's enthusiasm and passion. We look forward to celebrating many more events in the

future. A special thanks to those who attended and supported this event. Overall funds generated will be announced in next week's newsletter, all monies raised will contribute to the development of the OLHC Kitchen Garden.

NAPLAN Congratulations



NAPLAN state average results have finally been released to schools. While our key focus is on each of our individual students, you may also be interested in what the NAPLAN results show about Victorian schools overall. The Department of Education and Training have analysed the results for Victoria and found that Victorian students have achieved some of the highest results to date, maintaining status as one of the highest performing jurisdictions, along with NSW and ACT. Victorian students performed particularly strongly at the primary level, with Victoria ranked first or second on eight out of 10 NAPLAN assessments, including all five assessments at Year 3.

I am pleased to announce yet again Our Lady Help of Christians has performed above the state average in all areas for both Year 3 and Year 5. We are incredibly proud of the children's performance this year and congratulate them on their achievements. I would like to thank the staff for their continued commitment to using data to inform their teaching practice in order to meet the individual learning needs of every child. I would also like to thank you as your child's first educator, continually supporting your children in their personal learning journey. Here is a quick snapshot into this year's results in terms of how we compared to the state average. Please note in 2023 NAPLAN assessments will be conducted in Term 1, between 15th and 27th March.

Year 3 2022 Subject	State Mean	OLHC Mean	Above State Mean
Reading	454	496	+42
Writing	430	456	+26
Spelling	426	447	+21
Grammar and Punctuation	446	482	+36
Numeracy	413	430	+17
Year 5 2022 Subject	State Mean	OLHC Mean	Above State Mean
Reading	520	541	+21
Writing	498	550	+52
Spelling	509	550	+41
Grammar and Punctuation	506	547	+41
Numeracy	496	508	+12

Children will need to wear their bathers under their uniform on swimming lesson days, two piece bathers are encouraged for younger children so they can access toileting throughout the day. Students will wear their runners to school, then change into swimming shoes (thongs or similar) before boarding the bus.

Children are to wear their sports uniform each day as this will be easier for them to change in and out of.

They will need to bring in a separate labelled bag: their towel, a change of underwear, swimming shoes (thongs or similar), a plastic bag to put wet bathers in, goggles (optional) and swimming cap (optional).

PLEASE ENSURE ALL OF YOUR CHILD'S ITEMS ARE LABELLED.



Our Lady Help
of Christians
Christmas

Carols Our
Christmas
Carols will be
held on

Wednesday 7th of December from 2.00 pm - 3.15 pm **in the Church Hall**, all are welcome.

Swimming Reminder



A reminder our swimming program commences on Monday 21/11/22 at the Melbourne City Baths. Please note the following swimming dates for the next two weeks.

- Monday 21/11/22 - Thursday 24/11/22
- Monday 28/11/22 - Thursday 1/12/22

The swimming program runs for eight days, the students will not be swimming on Friday the 25/11/22 or Friday 2/12/22.

Around the World



Help us celebrate a trip 'Around the World' on Monday 5th December.

In celebration of the wonderful learning which occurred in Inquiry, students are invited to participate in a fun journey to 12 destinations (classrooms). Each destination will represent a different country and provide students with a fun learning experience relevant to each country.

We are seeking family members to share their cultural traditions...and expertise with the school. This can be in the form of a childhood game, cooking experience, cultural dance, traditional story

or any other fun activity relevant to your cultural heritage. Activities are expected to run for approximately 15 minutes, and will be repeated throughout the day so that students can get up close to the action.

Please contact Angela De Francesco adefrancesco@olbrunswickeast.catholic.edu.au if you are interested in participating, or are available to help on the day. Please note* All volunteers must hold a current Working With Children Check.

CYC Camp Phillip Island

I would like to acknowledge the exceptional behaviour of our Year 5 and Year 6 students who attended camp this week, the staff at CYC Camp Phillip Island commenting that this year's group was the best they have had!

All students demonstrated exceptional manners, were respectful, responsible and caring of their peers. The teachers and I are very proud of our students, it was a joy to spend this time with them. Special thanks to Ms McGrath, Ms Karina, Ms Annabelle, Mr Lagreca, Ms Palmer, Ms Howden and Ms Cordner for organising this year's camp and giving up their time to make this a memorable occasion.



Prep Werribee Zoo

Last Friday the Prep classes were joined by parents and teachers to explore the Werribee Open Range Zoo. Aligned with this term's inquiry focus of culture and identity, the Prep students were invited

into an African Village. Students were given the chance to learn about what life is like for people in an African village and how villagers alongside wildlife.

Students participated in traditional activities including making maize flour, collecting water from a well and weaving using banana leaves. Students learnt about the importance of song and dance and were very excited to travel on the safari bus to view the animals in their open environments. It was a wonderful experience for all.



Staffing 2023

It is planned that staffing for 2023 will be finalised shortly. A full 2023 staffing list and school structure will be published in an upcoming Newsletter.

Enrolment Dates Year 7 2025

Enrolment Dates Year 7 2025 in Catholic Secondary Schools Families, please find key enrolment dates for students in Year 5 2023 for enrolment in a Catholic Secondary School.

- 27 January 2023 – Applications will open for Year 5 students commencing Year 7 in 2024.
- 18 August 2023 – Applications will close.
- 20 October 2023 – Offers to be posted to prospective Year 7 applicants.
- 10 November 2023 – Final date for parents/carers to accept an offer made by a school.

Crafty Advent

Keep an eye out for something purple in your communication folder next week!

Advent is fast approaching and the parish warmly invites you to join in the Children's Liturgy as part of our Sunday Family Mass @ 10:30 AM @ St Ambrose's on Sydney Road.

Children's Liturgy is a relaxed and friendly 15-minute explanation of the Gospel reading, followed by an activity. A special crafty Advent activity awaits; we will meet the Advent protagonists for this year, who are going to help us prepare for Christmas.

All are welcome!

Elisa Ronzoni and Nicolette Cumbo- school parents and Parish Council members.



Advent

St Ambrose's church
287 Sydney Rd,
Brunswick
Family Mass with
Children's Liturgy
@10:30AM

parenting *ideas schools

Our Lady Help of Christians Primary School is a member of the Parenting Ideas School. Parenting Ideas Schools is a comprehensive online resource that is full of relevant, topical articles to support parents and teachers. A parenting article, written by Michael Grose, is included at the end of this newsletter. This week's article is titled 'The art of good conversation with young people.'

Reminder Family Mass Sundays 10:30 a.m. at St Ambrose Church

The parish warmly invites you to join in our Sunday morning Family Mass 10:30 a.m. at St Ambrose Church on Sydney Road. Children's Liturgy - kids' break out session during mass - is a relaxed and friendly 15 minutes explanation of the Gospel reading and activity. Morning Tea is hosted on the first Sunday of the month after mass and is a great way to meet other families and parishioners. All are welcome!

Thank you,

Nicolette Cumbo and Elisa Ronzoni (Children's Liturgy Coordinator) - school parents and Parish Council members.

Student Birthdays



We hope the following students have a wonderful birthday over this week:-

Andrew, 6KF, Leonardo Prep A, Josie 6A, Biniyam 4B, Lattisha 5L, Alexander 4M, Nhan 1P.

Student Awards

A huge congratulations to the following children on receiving Student of the Week Awards. We thank all of you for making OLHC such a thriving learning community.

Name	Class	Award
Clancy Sch	PA	For your beautiful morning prayers you share during our morning circle. You always engage in prayerful experiences so reverently and respectfully. Thank you for leading us in prayer each morning Clancy. You have set a wonderful example for your peers.
Felix T	PO	For your fantastic, creative writing in literacy. Felix, you used your imagination to write an enthusiastic response to 'What would you do if a gingerbread man jumped out of your oven?'. I look forward to reading more of your creative writing as we explore different fairy tales. Keep up the great work!
Pedro A	1 DL	Thank you for your contributions to our unit on Culture. Your fun facts about a city or country, explanations about the World Cup, or telling us about a geographical phenomena make for interesting discussions within the classroom. Good job for including this information in your narrative writing. It helps to build detail in your stories that 'paints a picture' in the mind of the reader. Great work Pedro!
Ava B	1P	Thank you for consistently following the agreed ways and for being a fantastic leader in 1P. You are always ready to learn and approach

		learning tasks with enthusiasm and a 'can do' attitude. Keep up the great work superstar!
Sarah C	2C	For the wonderful way you approach your learning tasks. You always have a positive attitude and a desire to do your best. You are kind and thoughtful and always willing to help around the classroom. You also carry out cleaning and tidying jobs in your quiet way without being asked. Fantastic work, Sarah!
Verity B	2V	Congratulations on demonstrating your excellent writing skills this week, you persevered and as a result produced an engaging narrative. Keep up the great work.
Lexi M	3C	Excellent work thinking and talking about number patterns! You are able to describe the rules for number patterns in order to continue them and even to create your own fabulous number patterns. Your contribution to 3C's maths learning this week is valued - thank you!
Patrick F	3S	For helping others set-up in the morning by placing all the chairs at your group's table. You also did a wonderful job cleaning out all of the tidy tubs. Thank you for using your initiative and being thoughtful of your peers. Keep it up, you're a superstar!
Naod F	4B	Congratulations on your persistence with writing your Information Report on Brazil. You have researched and developed a good understanding of the geographical and cultural aspects of the country. Your

		information report is informative and shows a good understanding of the information you have researched. Thank-you for always putting your best effort into your learning. It is a pleasure to teach you. Keep up the great work.
Lachlan H	4M	For helping others. This week you have been a wonderful classmate and friend. You have helped stack and unstack chairs for all of the people at your table, offered assistance to help others learn and even tidied up a mess that wasn't yours. Generosity is a wonderful attribute!
Kian R	5P	Kian, you were exceptionally polite and an all-round camp superstar. You worked well with the other two students in your cabin and you were a delight to work with. It was pleasing to see yourself enjoying your camp experience and you displayed confidence and enthusiasm. You have shown all the traits of a student transitioning into Year 6 and I wish you all the best on your journey next year.
Year 5L	5L	Congratulations 5L for your excellent participation at School Camp. You took part in all activities with a positive attitude and followed camp procedures with understanding. Well done and what a memorable 3 days we have spent together!
Lachlan M	6A	For your participation during camp! It was great to see you listening, encouraging others and always being friendly and polite. You always waited your turn and were involved in all

		activities. What a way to end a fantastic year, great effort Lachlan!
Julius C	6KF	For being an awesome leader of your activity group. You encouraged others when they were reluctant to have a go and you had a positive attitude throughout the 3 days. What a memorable camp it was!

2022 Dates

Term 4

Monday 21/11/22 Advent Assembly 1 8.45 am - 9.00 am.

Monday 21/11/22 - Thursday 24/11/22 and Mon 28/11/22 - Thursday 1/12/22 Swimming Program (x8 days).

Monday 28/11/22 Advent Assembly 2 8.45 am - 9.00 am.

Friday 2/12/22 2023 Planning Day - No students to attend.

Monday 5/12/22 Advent Assembly 3 8.45 am - 9.00 am.

Wednesday 7/12/22 Christmas Carols Assembly at 2.00 pm - 3.15 pm.

Friday 9/12/21 Reports go home.

Friday 9/12/22 Graduation Mass 6:00 pm OLHC Church.

Graduation Celebration Dinner: 7:30pm at the Abruzzo Club at 377 Lygon St, Brunswick

Monday 12/12/22 Advent Assembly 4 8.45 am - 9.00 am.

Monday 12/12/22 Learning Conversations 1.30 pm - 8.00 pm **school concludes at 1.00 pm for all students.**

Tuesday 13/12/22 End of Year Whole School Mass at 9.30 am, Step up Afternoon 2.00pm-3.00pm.

Wednesday 14/12/22 Year 6 Big Day Out.

Monday 19/12/22 Term 4 **concludes at 1.00 pm. (MACS directive).**

Finally, as always I would love to hear any feedback you have about our school, so please feel free to email me at

mmcintosh@olbrunswickeast.catholic.edu.au with any thoughts, concerns or suggestions that you may have to continue to make our school a wonderful place to be and to learn. I will get back to you as soon as I can and do appreciate any feedback that you have to share.

Kind regards,

Ms Maree McIntosh

PRINCIPAL

The art of good conversation with young people



Conversations can be challenging with every age group, young and old, and for so many different reasons. With children and teens, just getting the conversation going can be the biggest challenge. How many times have you said, "How was your day?" only to be told "Good" or asked them what they did to day only to be told "Not much"! So where to start?

8 tips for turning chit-chat in to richer conversation

1. Don't wait for young people to ask questions or reach out. Raise discussions yourself.
2. Be open about your own experiences. In doing so, children are more likely to be open and honest.
3. Choose your timing – preferably when you are naturally together anyway in a relaxed setting, rather than setting up a stressful, anxiety provoking meeting. Side by side chats work well (e.g. while driving, walking, doing an activity together like a chore or jigsaw).
4. Be calm, prepared and genuinely ready to give your time and attention.
5. Listen in a non-judgmental and curious way. Ask, don't assume! Remember that this is a chance for the speaker to talk through their feelings, not for you to fix their problems.
6. Acknowledge and validate their feelings. Don't minimize their concerns or fears. Whilst they may seem trivial to you, they are real for your child and part of their current experience. Try to understand the importance of what is going on, and the impact for them. Reassure them that whatever they are feeling is okay.
7. Leading relationship research tells us that 'understanding must precede advice'. Premature problem solving tends to shut people down. Solution finding should only begin once you feel you understand what your teen is going through, and your teen feels understood.
8. Remember that you do not need to have all of the answers. Ask young people questions like 'what do you need?', 'what do you think would help?', 'how can I support you better?', 'what would make this easier for you?'. Then together you can come up with an action plan.

How to be a good listener

Great conversation requires great listening. Listening well reduces misunderstanding, eliminates conflict and allows us to understand the other person's perspective.

Listening is the key to empathy.

- Feeling heard is very validating for young people and it helps to increase their self-esteem, confidence and independence. It also improves relationships and communication skills. So how can we do it well with young people of all ages?
- Be present, make eye contact and remove distractions – don't be half in half out.
- Listen with the opportunity to learn, not respond.
- Play the same role for your child as a trampoline does – to bounce ideas off, amplify, energise and clarify, provide support.

parenting*ideas

- Be comfortable in silence – you don't need to respond immediately; holding space and silence for someone; share insights.
- Have a beige face – neutral, not reacting, remain calm and listen.
- Remain curious throughout.

Becoming an active listener to further improve conversation

Active listening has 3 steps.

Hearing

What did you think you were told?

Understanding

What does this mean to you?

Assessing

Does the statement make sense to you?

Active listening includes:

- Non-verbal responses – eye contact, nodding, posture
- Encouragers – mmm, yes, right, okay, uh-huh
- Reflection of content and feelings – stating back events or emotions
- Matching young people's language/terms – when appropriate
- Summarising – brief replay of what was said
- Noticing what is missing – gaps, conflicting information, hidden meanings

Finally, here are some effective responses to keep the conversation going while listening actively

- Could you tell me more about that?
- What happened next?
- That must have hurt/felt
- How have you handled things like this before?
- I can see this is really troubling you.
- You feel (emotion) because of (situation)?
- Could you repeat that? I want to really understand.
- I like how you said
- What options might we have in this situation?

Good conversation with young people comes down to time – creating the time and space and then using that time wisely, perhaps by using the tips above. The art of good conversation teaches us all to build great communication skills, skills that improve our quality of life enabling us to express ourselves clearly and confidently through every aspect of our life.



Lucy Snowball

Lucy Snowball is the Data and Youth Insights Director at Raise Foundation. Raise offers early intervention, evidence-based mentoring for young people in high schools with trained and trusted independent adults. Find out more about Raise at www.raise.org.au.

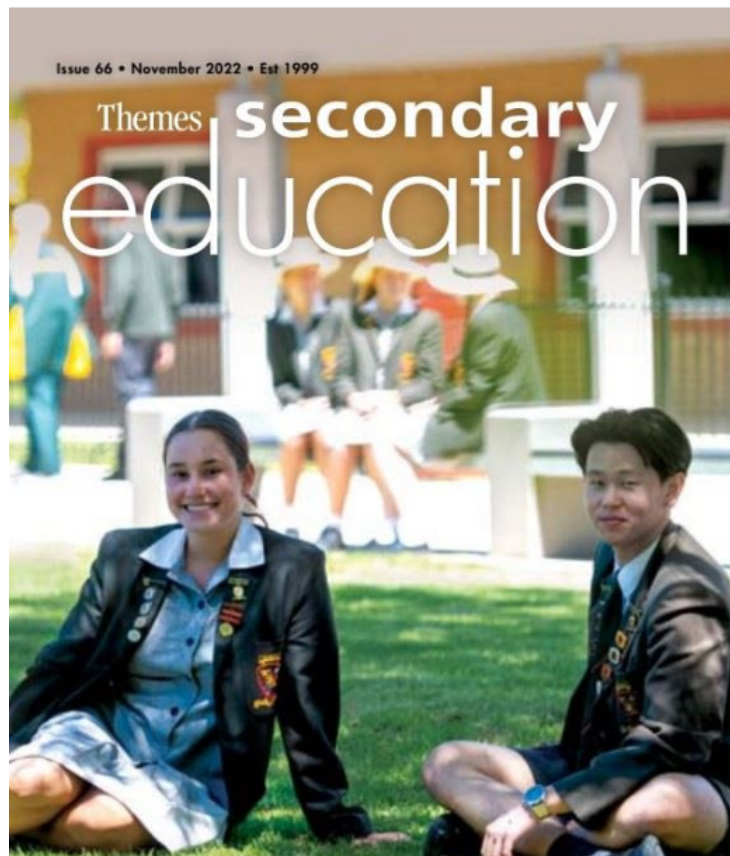
Provided as a part of our school's Parenting Ideas membership

parentingideas.com.au

IMPORTANT INFORMATION FOR PARENTS

In 2022 many parents will still need to make decisions regarding their child's education for 2023 and beyond.

To assist in their decision making and as we are environmentally conscious and mindful of being contact free at this time, we have provided below a direct link to the Nov 2022 edition of the **Secondary Education Guide** which we would request that you include in your next newsletter to parents, encouraging them to use this link which is a useful digital resource tool to aid in their decision.



To assist your decision making in relation to your child's education for 2023 and beyond, please find below a link to the Nov 2022 edition of the Secondary Education Guide.

[CLICK HERE:](https://victoriaschoolguides.starcommunity.com.au/secondary-education-november/)

<https://victoriaschoolguides.starcommunity.com.au/secondary-education-november/>

Crafty Advent at St Ambrose's!

*The parish warmly invites you to join in the
Children's Liturgy during the Family Mass
as we prepare for Christmas!*

Sundays @ 10:30AM

27 November

4 December

11 December

18 December

*You're
Invited!*



Advent

*St Ambrose's church
287 Sydney Rd,
Brunswick*

*Family Mass with
Children's Liturgy
@10:30AM*