# OUR LADY HELP OF CHRISTIANS

Christians dimary School

**Primary School Brunswick East** 

Exceptional Education

# Newsletter 4, Term 2, 2024 Friday 31st May



Lord,

We pray for healing, forgiveness and unity, creating a path of goodwill, with justice and compassion.

Jesus, through the power of your love, you have given us the courage, wisdom and strength to share our gifts and talents in humility.

In peace and understanding we reconcile with each other.

Amen

## Dear Parents/Carers,

This week acknowledged National we Reconciliation Week. Reconciliation must live in the hearts, minds and actions of all Australians as we move forward, creating a nation strengthened by respectful relationships between the wider Australian community and Aboriginal and Torres Strait Islander peoples. We all have a role to play when it comes to reconciliation, and in playing our part we collectively build relationships and communities that value Aboriginal and Torres Strait Islander peoples, histories, cultures, and futures. As part of our commitment to fostering understanding, respect, and unity, this week students engaged in a variety of activities to acknowledge National Reconciliation Week. These activities were designed to educate, inspire, and promote meaningful conversations about reconciliation.

# School Closure Dates Term Two

A reminder the following date is a student free day in term two.

Monday 10/6/24 King's Birthday (Public Holiday) - no students to attend.

# **Learning Conversations**

Student semester one reports will be sent home on Monday 24th of June. Learning Conversations (Parents/Teacher Interviews) will be held on Thursday the 27th June 1.30 pm - 8.30 pm. A reminder school concludes for all students at 1.00 p.m. to allow conversations to begin at 1.30 p.m. Please note the interviews will be in person at Our Lady Help of Christians school. Children will be attending these conversations and sharing their learning goals with you.

# Please see booking details in the flyer below.

Please note **3J** Learning Conversations will be held on Thursday 20th June before Ms Julie Tran commences her Long Service Leave.



# Feast Day Thanks

I would like to thank all parents and carers who supported us last week during our Feast Day celebrations. Those of you who attended our Feast Day Mass, those who purchased and cooked

sausages, organised volunteers, supported the children on the field, cheered from the sidelines and captured images, all vital components in building a school culture of inclusivity, pride and respect. This is such a well loved event and would not be possible without such community support.

We are thrilled to announce we successfully raised \$8,689.45 this year. A reminder all Triathlon Prizes will be awarded at our morning assembly on Monday, 3rd June. Thank you once again for your generosity and support. We are raising money to help support the purchase of equipment and furnishing for our new STEM centre which is due to be completed in October.

# Yr 5 & 6 Excursion to Mary Glowrey Museum

On Monday 20th May, the Year 5 & 6 students visited the Mary Glowrey Museum in Fitzroy to learn more about the life of Dr Sr



Mary Glowrey and her life of service. She is currently deemed a 'Servant of God' and is on the journey of being canonised and becoming Australia's second saint. Her life story is an example for others to follow as the Yr 5 & 6 inquire into the question: As global citizens how can we work together for the common good?

Here are some of the students thoughts from this experience:

Mary Glowrey was born on the 23rd June 1887 in Birregurra, Australia. She studied for Arts in college before swapping to Medicine. She graduated with a Bachelor of Medicine. She did a 1 year residence year in Christchurch and got her Master's Degree. When she got back to Melbourne, she worked in the Eye & Ear Hospital and private practice whilst earning the Doctor of Medicine degree. On the 24th of October 1915, Mary felt called by God to help women and children in India who were in need of emergency aid. She created St John's hospitals in India and founded the Catholic Health Association of India. She devoted her whole life to treating people equally and helping them. She gave up her time to help people in India to be doctors and nurses so they could help their own people. Mary Glowrey is being considered for canonisation as Australia's second Saint. This is what makes her a global citizen and role model for all.

Owen Yr 5 B

Mary Glowrey was born on the 23rd of June 1887 in the town of Birregurra, Victoria. In 1908 Mary got her doctoral degree. In 1915 Mary was reading a book and realised that this book was a calling from God to go to India and help the people in need there because of World War 1 Mary stayed in Australia to help people during World War 1. During the war, Mary joined The Catholic Women's Society and was the founding president. In 1920, Mary began her journey to India. In India, Mary was helping children, women and anyone who needed it. Mary founded India's top Catholic health company called CHAI. She has also built many hospitals to help people in a wider range of areas and these hospitals are still helping people today. Sadly, Mary developed cancer and had treatment. Mary continued to live with bone cancer until the 5th of Mary 1957 when she died in India. Amelie Yr 5 B

The thing that inspired me about Mary's story was that she gave up all her time and effort to help people and become a doctor. I think that was very kind of her. She was a doctor and helped people even if they couldn't pay her. When she went to India where there were no female doctors so girls would not get help. She built hospitals and took care of people no matter who they were or why they were there.

Lexi Yr 5M

She inspired me because she was a great doctor and was willing to help anyone, especially the ones in India who were in need of a good doctor. The thing she made me want to do more is be a scientist! Mary worked for the common good by thinking about who needed a good doctor and decided to go to India at the age of about 33. Her action within a community benefited those in India who now have a doctor. She is a global citizen because she is a great doctor and she was brave to qo to India which took a long time. Olivia Yr 5M

Mary Glowrey was an amazing woman who was encouraged to be a doctor by her father. When she was in church one day she read a pamphlet about India and how babies were dying. She fell down to

her knees and felt she had a call from God to go and work in India to help these people. Mary did further study and had to get permission from the Pope to be a doctor as well as a nun. She worked in India helping millions of people until her death. Mary Glowrey is an inspiration to us because she was determined to make a difference in the world and never gave up. She faced hard challenges but always found a way through. Abdul Yr 6P

Mary Glowrey dedicated her life to helping people. She spent most of her life in India setting up medical centres that are still used today. Her work in India has saved millions of lives. She also trained people in India to become doctors and health professionals so her work could continue after she had died. Mary Glowrey is inspirational because she followed God's message and didn't quit even when people doubted her because she was a woman in another country. Mary Glowrey was a trailblazer who showed courage in the face of great difficulties.

Aziza Yr 6P

Mary Glowrey was a brave woman who helped improve the health situation in poor communities in India. She wanted to be a doctor and even though it was hard for her she persevered. This inspires me to be like her. Mary Glowery worked for the common good because she went to India and helped the poorest communities with their hospital and care problems.

Katelyn Yr 6M

Mary Glowrey was an Australian doctor who worked for the common good. Mary travelled to India in 1920 to help sick people. Mary and some other women helped to open a hospital which is still being used today! Mary also opened clean drinking fountains in India so people didn't need to walk miles just to get water. I am inspired by Mary's story because she helped sick people and I think health is really important.

Angelica Yr 6M

# Yr 1 & 2 CERES Excursion

On Monday 13th May students in Yr 1 & 2 visited CERES environmental education centre in Brunswick East. This term they have been inquiring in the question: How can we improve our local community?

Here are some of the student's thoughts about this experience.

At CERES I enjoyed making paper because it was fun to use recycled paper to then make new paper. I learnt that it is good to recycle.

Madelena C 1K

At CERES I enjoyed making the paper and holding the worms. I learnt that they can make paper out of kangaroo poo.

Leon S 1K

At CERES I learnt that bugs are important because they help make healthy soil. I enjoyed learning the 6 R's dance.

Eleanor 1A

At CERES I enjoyed making the recycled paper and feeding the chickens. I learnt about the different bins and what to put in them.

Giovanni 1A

At CERES we found out a lot of information about how to save our environment. My favourite part was making the paper and that kangaroo poo can be turned into paper!

Tamara I 2C

At CERES we discovered how compost helps our plants. We got to hold a worm. It felt so slimy. We used water, a frame and shredded bits of paper to make a new piece of recycled paper. I found it interesting learning how to reduce our waste. Alexander M 2C

We got to feed the chickens. We fed them grass! We loved seeing the chickens. Louis 2D

At CERES, we went for a walk along the Merri Creek to look for rubbish. We used tongs to pick up the rubbish.

Emma G 2D

# Yr 3 & 4 Merribek Council Incursion

On Monday 3rd June the Yr 3 & 4 students will welcome Environmental Officers from the Merribek Council who will share the sustainable practices in how they manage waste.

# 2024 'Australiana' Art Show

We are excited to remind you that our 2024 Art Show is just around the corner! We warmly invite you to join us for an evening of creativity and community. Here are the details:

Date: Thursday, June 13th Time: 4:30 PM - 7:30 PM Location: 'OLHC Church Hall'

49 Nicholson St, Brunswick East VIC, 3057

**Special Events:** 

6:00 PM - 6:30 PM: Collaborative Artwork Auction 6:30 PM - 6:45 PM: OLHC Choir Performance

A gold coin donation at the door will get you a raffle ticket, giving you a chance to win a 400 Gradi Voucher. We look forward to seeing you there!

Ms Maegan Howden Art Specialist



# National Consistent Collection of Data on School Students With Disability (NCCD)

Each year all Australian schools participate in the Nationally Consistent Collection of Data on School Students with Disability (NCCD). The NCCD process requires schools to identify information already available in the school about supports provided to students with disability. These relate to legislative requirements under the Disability Discrimination Act 1992 and the Disability Standards for Education 2005, in line with the NCCD guidelines (2019).

Information provided about students to the Australian Government for the NCCD include:

- Year of schooling
- Category of disability: physical, cognitive, sensory or social/emotional
- Level of adjustment provided: support provided within quality differentiated

teaching practice, supplementary, substantial or extensive.

Please see this <u>information sheet</u> to learn more about the NCCD process.

Should you have any further questions please do not hesitate to contact the Learning Diversity Leader Andrea Wals

awals@olbrunswickeast.catholic.edu.au

# **School Counsellor**

We are delighted to announce that thanks to generous MACS Chaplaincy funding, our school has secured the services of a professional school counsellor for the next six months.

Starting next week, our school counsellor Mr Andrew Barresi will be available to support our students' mental health and well-being, providing a safe and confidential space for them to discuss any challenges they may be facing. Andrew will offer individual sessions on various topics such as stress management, social skills, and emotional resilience.

This initiative underscores our commitment to fostering a supportive and nurturing environment for all our students. We believe that having access to a school counsellor will greatly benefit our students' overall well-being and academic success. For more information or to schedule an appointment with the school counsellor, please contact Ms Maegan Howden (Student Wellbeing Leader)

mhowden@olbrunswickeast.catholic.edu.au

Thank you for your ongoing support in making our school a positive and caring community.



# Inner North Division Cross Country

Congratulations to the following students who represented Our Lady Help of Christians in the Inner North Merribek

Division Cross Country on Wednesday, we are incredibly proud of their efforts.

Noelle N (9/10 Girls) Agata B (9/10 Girls) Harvey S (9/10 Boys) Ziata B (11 Girls) Ale F (12/13 Boys)

# Illnesses

We have had many students away from school in the past few weeks. Families have reported that their children are suffering from high fevers, poor appetite and feeling very lethargic. I ask all parents to remain vigilant. Please maintain good hygiene habits, closely monitor your children for any symptoms and take any appropriate action and seek medical attention if required.

What to do if your child gets sick -

To help keep your child and our school community safe, please take the following steps if your child has any cold or flu-like symptoms:

- Keep your child at home until their symptoms pass.
- Common flu-like symptoms include a high fever, cough, runny nose, loss of appetite, body aches and feeling extremely weak and tired.
- Diagnosis of the flu can only be confirmed by a doctor after a nose or throat swab.
- Encourage your child to wash their hands regularly and ask them to cover their nose and mouth when sneezing and coughing.

# Advancedlife School Photos

Advancedlife would like to apologise for the delay in the distribution of the school photographs. We recently implemented new software and systems to enhance our photo processing and delivery procedures. Unfortunately, unforeseen technical issues arose during this transition period, causing delays in editing, processing, and ultimately delivering the final products to you. We understand the importance of these school photographs, capturing precious moments and memories that will be treasured for years to come. I deeply regret that our new systems and software issues have jeopardized the timely delivery of this year's school photo packages.

I want to assure you that every effort is being made to speed up the delivery process without compromising the quality of the final product. Measures have been put in place to prevent such delays from happening again, and we are committed to ensuring a smoother and more efficient distribution process moving forward. All our staff understand that you have placed your trust in

us to capture and deliver these important school memories. Your satisfaction is our top priority, and we are dedicated to making this right for you.

We are truly grateful for the opportunity to serve your school community. If you have any questions or concerns regarding the delay or if you require any further assistance, please do not hesitate to contact Advancedlife directly on 9852 1133. Your feedback is valuable to us, and we are here to assist you in any way we can. Thank you for your understanding.

Kind regards,

Jennifer Scully
Office Manager (Mon-Thurs 9am -2pm)



# Year Level Masses for Term Two

Father Tho has invited our classes to celebrate 10:00 am Friday Parish Masses at the OLHC Church. Masses for the Junior, Middle and Senior classes have been scheduled for the dates below. All families are welcome to attend!

- Friday 7th June Prep, Year 1 & Year 2
- Friday 21st June Year 3 & Year 4
- Friday 28th June Year 5 & 6



# Class Assemblies for Term Two

Please see term two's assembly roster below. These assemblies will be held in the OLHC Church Hall on a Wednesday from 2:45 p.m. - 3:15 p.m. Every class will have an opportunity to host an assembly throughout the year, if your child's class is not rostered on for this term they will be rostered

on during terms three and four. All are welcome to attend. Please enter via the Nicholson St gate between 2.30 pm and 2.45 pm.

- Wednesday 5/6/24 Prep S Assembly at 2.45pm.
- Wednesday 12/6/24 Prep O Assembly at 2.45pm.
- Wednesday 19/6/24 6P Assembly at 2.45pm.
- Wednesday 26/6/24 5B Assembly at 2.45pm.



# Reminder Classroom Cuisine Process

A reminder Classroom Cuisine is our online lunch order system. It is convenient and user friendly service and provides high quality healthy school lunches at an affordable price. Classroom Cuisine delivers lunches only on a Wednesday. Please see the menu in the flyer section of this newsletter, the menu is also available online. Please visit the website below and register your child to order lunches.

How it works

Visit <a href="https://classroomcuisine.com.au/login">https://classroomcuisine.com.au/login</a>

## 1) Register your child

Register one or more children to confirm their school and class details. We require your contact telephone number and email address to send order and payment confirmations.

You will then receive a password so that all future visits to our site are quick and easy.

# 2) Choose Menu Items to make a 2 or 3 Course Lunch

Browse our menu items online every term and select two or three courses from 30 options each day.

Further information regarding price structure is available on Our Menu/Price Guide page.

## 3) Select dates to order for

You can order one day or as many days as you wish over the period of the menu, ordering up to 8:30 am on the day it is required.

## 4) 4 Confirm your order and payment

Payment is made when placing your order through a secure banking gateway accepting Visa and MasterCard, generating an email confirming your order and payment.

#### 5) 5 Relax while we do the rest

Lunches are delivered directly to school labelled with your child's name and class details in environmentally friendly, temperature controlled tubs.

# Student Birthdays



We wish the following students a wonderful birthday over the last week and current week: Remi 4C, Neve 2D, Ava F 3B, Agata 4C, Elizabeth 3B, Arden PS, Erica 2C, Emma 6P, Lauren 6M.

# 2024 Term 2 Dates

Wednesday 5/6/24 Prep S Assembly at 2.45pm in the Church Hall.

Friday 7/6/24 Prep to Year 2 Class Mass 10.00 am.

Monday 10/6/24 King's Birthday (Public Holiday) - no students to attend.

Wednesday 12/6/24 Prep O Assembly at 2.45pm in the Church Hall.

Thursday 13/6/24 OLHC Art Show in the Church Hall 4.30 pm - 7.30 pm.

Thursday 13/6/24 Regional Cross Country.

Friday 14/6/24 Interschool Sport Yr 5-6.

Wednesday 19/6/24 6P Assembly at 2.45pm in the Church Hall.

Thursday 20/6/24 3J Learning Conversations 9.30 am -5.30 pm.

Friday 21/6/24 Year 3&4 Class Mass 10.00 am.

Monday 24/6/24 Semester 1 Reports sent home.

Wednesday 26/6/24 Special Lunch.

Wednesday 26/6/24 5B Assembly at 2.45pm in the Church Hall.

Thursday 27/6/24 Learning Conversations 1.30 pm - 8.30 pm school concludes at 1.00 pm for students.

Friday 28/6/24 Year 5&6 Class Mass 10.00 am. Casual Clothes - Gold coin donation for Year 6 Graduation.

Friday 28/6/24 Term 2 concludes at 1.00 pm.

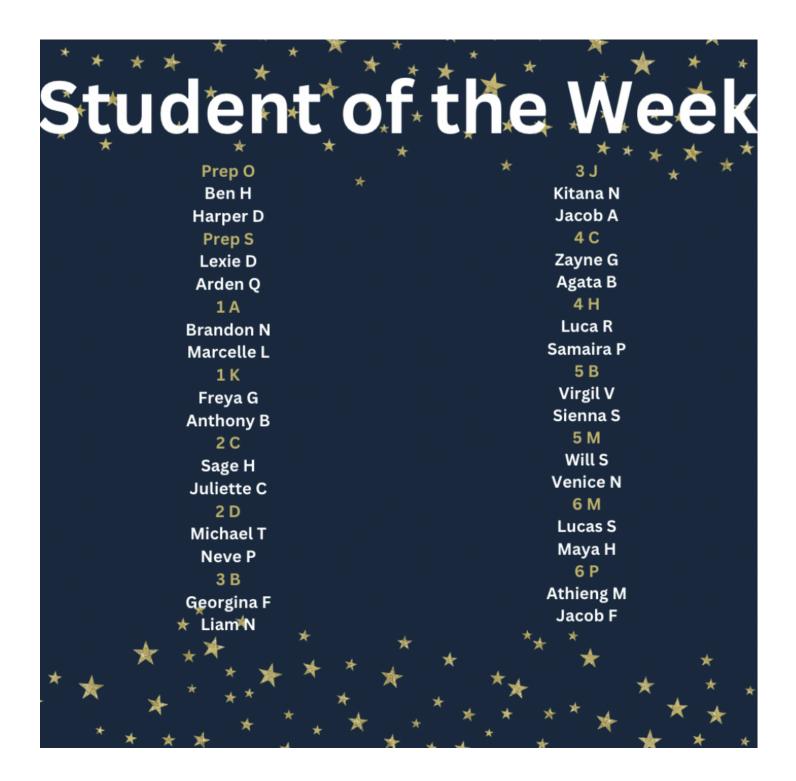
Finally, as always I would love to hear any feedback you have about our school, so please feel free to email me at

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** 





Learning Conversations will be held on Thursday 27th of June 1.30 pm - 8.30 pm to discuss your child/ren's semester one report. Please note your child/ren will be required to attend this meeting as they will be sharing their learning goals with you.

A reminder all child/ren will be dismissed at 1.00 pm so please ensure you collect your child/ren at this time.

Please note **3J** Learning Conversations will be held earlier on Thursday the 20th of June 9.30 am - 5.30 pm due to Ms Julie Tran's absence.

Extend, our out of school hours provider will be open to accommodate students if supervision is required. If you require this service please book via the school website.

To book your Learning Conversation please go to <u>www.schoolinterviews.com.au</u> and enter the code **ajjwe** - bookings must be finalised by 19th June at 4.00 pm.

3J parents please use this code k3ek7 - bookings must be finalised by 14th June at 4.00 pm.



Enter your details.



Select the teachers you wish to see.



Select the appointment times that suit your family best.



When you click FINISH your selected bookings will be emailed to you immediately. If you do not receive your email, please check your junk-mail, or enter the event code again and check your email address spelling. Update your details if the email address is incorrect. DO NOT DELETE the email you receive. Keep it somewhere safe. You may

need to refer back to it at a later date.

REMEMBER TO ADD YOUR APPOINTMENTS TO YOUR CALENDAR - reminders will not be sent home.





Servicing Our Lady Help of Christian's on a WEDNESDAY!

Order ONLINE until 8.30am on the DAY LUNCH IS REQUIRED

INGREDIENTS, ALLERGEN INFO ETC ARE ON 'OUR MENU' PAGE OF WEBSITE

#### **LUNCH ITEM ONE**

#### SALADS

Greek Style Salad with Feta and Olives (V, GF)
Pic(k)nic Box – Vegetarian (V, GF)
Pic(k)nic Box with Ham (GF)
Pic(k)nic Box with a Whole Egg (GF)
Steamed Veg: Corn wheels, Broccoli & Carrot
Mexican Inspired Salad (V, GF)
Tuna Mix with Brown Rice & Quinoa Cakes (V, GF)
Main course of Fresh Fruit Salad (V,GF)

#### SUSHI

Teriyaki Chicken Hand Rolls (2) Cooked Tuna Hand Rolls (2) Avocado Hand Rolls (2) Cucumber Hand Rolls (2) Vegetarian Hand Rolls (2) Tofu Hand Rolls (2)

#### BAKERY

Cheese and Bacon Roll
Cheese and Vegemite Scroll (w/m)
SCROLL with Ham & Cheese
Semi Dried Tomato and Olive ROLL
Topped with Only Cheese Roll
GOZLEME - Lamb & Beef (H)
GOZLEME - Mushroom & Spinach (NO CHEESE) (Vegan)
GOZLEME - Spinach and Cheese (V, H)

#### **BAKED FRESH PIZZAS**

(PLEASE NOTE: Baked this morning -Served at room temp)

Margherita Pita Pizza Ham and Pineapple Pizza Slice

#### SANDWICHES, ROLLS & WRAPS

Turkey, Cranberry, Lettuce and Cheese Sandwich
Gluten Free Ham & Cheese Sandwich (GF)
Simple Salad Roll (V)
Cucumber & Ham Sandwich (GF)
Vegemite Sandwich (2)
Mild Salami and Salad Roll
Plain Cheese Sandwich (2)
Roast Beef, Fruit Chutney, Cheese and Lettuce Roll
Cheese and Salad Roll
Wholegrain ROLL with Cheese and Tomato
WRAP (GF, DF) Ham and Salad

Wholegrain Ham and Cheese Sandwich

Chicken MAYO and Lettuce Roll (H)

Garden Salad Wrap (GF,DF,V)

Healthy, Interesting & Affordable Lunches Delivered to School!

More information about Our Offering including Pricing, Ingredients and Portion Size is available on the Our Menu Page at

www.classroomcuisine.com.au

We acknowledge the Wurundjeri people as the traditional custodians of the land upon which our school stands

School: 8388 5900

#### **LUNCH ITEM TWO/THREE**

#### FRESH FRUIT & VEG

Freshly chopped Strawberries with Grapes
Fresh Fruit Combo
Celery & Carrot Sticks with Sultanas
Chopped Carrot, Cucumber, Red & Yellow Capsicum
Apple pieces with Lemon Juice, Cinnamon & Brown Sugar
Sugar Snap Peas, Beans & Cherry Tomatoes
Cantaloupe & Honeydew pieces
Freshly chopped Watermelon Pieces
Edamame (Lightly Salted)
Cherry Tomatoes with Tasty Cheese & Rice Crackers
Freshly chopped Orange Segments
Whole Fruit – Banana

#### YOGHURT/BOWLS

Dairy Farmers - Strawberry Yoghurt Dairy Farmers - Classic Vanilla Yoghurt Chia Bowl with Banana, Coconut & Strawberries Stewed Rhubarb & Apple with Custard (V)

#### **BAKED GOODS**

Choc Chip Cookie
Cornflake Cookie
Finger Bun with Sprinkles
Hedgehog Slice
Choc Cup Cake (GF,DF)
Blueberry Muffin
Hot X Bun
Jam Drop Biscuit (GF, NF, H)

#### **DIPS & CRACKERS**

Tzatziki Dip with Rice Crackers Avocado Dip with Rice Crackers Spring Onion Dip with Rice Crackers Spicy Capsicum Dip with Rice Crackers

#### POPCORN/SNACKS

Dried Fruit Medley with Yoghurt Sultanas
Popcorn - Lightly Salted
Popcorn - Slightly Sweet, Lightly Salted
Roasted Chick Peas.
Lime & Black Pepper Chick Peas
Balsamic & Sea Salt Fav'va Beans

#### DRINKS

Nippy's Chocolate Milk Full Cream Milk Apple Juice Orange Juice Strawberry (Lactose Free) Milk So Good Soy Milk

Presbytery: 9380 1023

Out of School Care: 0430 112 743



Visit us in Northcote and experience the Santa Spirit

REMAINING TOUR DATES BEFORE AUGUST CUT OFF: 24 June 9.00am, 18 July 9.00am, 6 August 9.00am



**BOOK A TOUR or APPLY ONLINE** 

Year 7 2026 enrolments close August 16 Very limited places for Year 7 2025

Phone: 9488 1600 Email: registrar@santamaria.vic.edu.au



# **Navigating the Digital World:**

Parenting in an Age of Gaming & Gambling!

A free information session to support parents & caregivers

#### About

The link between video games and gambling is a growing concern in today's digital landscape. Modern video games can expose young players to gambling-like behaviours that can lead to increased vulnerability to real-life gambling activities.

It's important for parents & guardians to talk to their children about responsible gaming habits, and this workshop will help you do that!

Come along to our workshop which will provide:

- information about the link between gaming and gambling
- strategies and tips to help you help your child be a responsible gamer
- snacks!

Facilitated by Kirrily & Simran from The Salvation Army Gamblers Help, and supported by Merri-bek Youth.





# **Program details:**

#### When

Monday 17 June 6pm - 7pm

### Where

Oxygen Youth Space, 4-8 Gaffney Street, Coburg North

#### Register

Please scan the QR code or visit https://bit.ly/3Vfz42e



For more information please email Vanessa on <u>vportaro@merri-</u> <u>bek vic.gov.au</u> or call 1800 699 688.

#### Merri-bek Language Link

العانمان العانمان 9280 1911 Ελληνικά Greek 9280 1912 Arabic 9280 1913 Türkçe Turkish 9280 1914 Tiếng Việt Vietnamese 9280 1915 น้ำาชิโ Nepali 9280 0751

普通话 Chinese (Simplified) 9280 0750

National Relay Service: 13 36 77 or relayservice.com.au

Web <u>www.olbrunswickeast.catholic.edu.au</u> School: 8388 5900 Out of School Care: 0430 112 743 Presbytery: 9380 1023 We acknowledge the Wurundjeri people as the traditional custodians of the land upon which our school stands