



## Newsletter 2, Term 4, 2022

Friday 14th October



Lord,

Grant us the wisdom to care for the earth and till it.

Help us to act now for the good of future generations  
and all your creatures.

Help us to become instruments of a new creation,  
Founded on the covenant of your love.

Amen

Dear Parents/Carers,

You may be aware that the Victorian Government has announced changes to the COVID-19 isolation requirements. This means that the mandatory orders around isolation for people with COVID-19 have ended and instead we move to health advice and recommendations for people with COVID-19 or COVID-19 like symptoms. Our school will continue to adhere to the Department of Health's recommendations to ensure that our school remains a safe environment for our students and staff.

The Department of Health **strongly recommends** that students and school staff:

- who test positive to COVID-19 stay home and isolate for 5 days and do not attend

school after 5 days if they are still symptomatic

- who are symptomatic but have not tested positive do not attend school. This does not include students with pre-existing conditions such as hay fever

If your child tests positive for COVID-19, please let us know. You should also continue to notify the Department of Health by calling 1800 675 398. We will no longer report positive cases to the school community.

The Department of Health recommends that masks should be worn by a person who is a close contact of someone who has tested positive for COVID-19 when leaving home. Additionally, the department recommends that masks should be worn by a person who has COVID-19 for 10 days after a positive test when they need to leave home.

Please continue to remain vigilant about preventing COVID-19 transmission. Any student who is unwell should continue to remain at home. This helps to keep staff and students healthy and well in our school and reduces the spread of both COVID-19 and other respiratory diseases. Parents and Carers will be contacted if their child shows symptoms while at school.

To keep our school as safe as possible, we will also continue to use air purifiers and other COVID-19 prevention measures.

Thank you for your continued efforts to keep our school community safe and well.



### Sports Carnival Rescheduled

A reminder due to the inclement weather our Sports Carnival has been rescheduled. Please note the change in date, time and venue.

**Date: Friday 4th November 2022**  
**Venue: Balfe Park - 64 John St Brunswick East**  
**Opening Ceremony: 12.45 pm**  
**Events: 1.00 pm - 3.00 pm**  
**Children will return to school and be dismissed at 3.30pm.**

**If you are still able to support as a volunteer please contact Ms Harriet Corder by [hcorder@olbrunswickeast.catholic.edu.au](mailto:hcorder@olbrunswickeast.catholic.edu.au) Friday the 20th of October.**

## Grandparent/Special Person's Mass and Morning Tea



The OLHC school community would like to invite all Grandparents/Special People to our Grandparents/Special Person's Day Mass, Morning Tea and class visit on Friday the 4th

of November. If you are able to attend this event please email Jackie McGrath so we can secure our numbers for catering.

[jmcgrath@olbrunswickeast.catholic.edu.au](mailto:jmcgrath@olbrunswickeast.catholic.edu.au)

Our Grandparents/Special People will then be invited to attend our Sports Carnival in the afternoon. Please see the details below.

**Date: Friday 4th of November**

**Grandparent/Special Person's Mass OLHC Church: 10.00 am - 11.00am**

**Grandparent/Special Person's Morning Tea: 11.00 am - 11.30 am**

**Grandparent/Special Person's Class Visits: 11.30 am - 12.00 pm**

## Sports Carnival

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**Events: 1.00 pm - 3.00 pm**  
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## Australian Mathematics Competition



Last term 70 students from Years 3-6 participated in the Australian Mathematics Competition. We congratulate all participants for their enthusiasm as they competed against students from Australia and New Zealand in a series of challenging problem solving tasks.



## SRC/Social Justice Leaders - First Nations Rosary Beads and Journey Stones

This week the SRC and Social Justice Leaders received a Journey Stone and a set of handmade First Nation Rosary Beads for each class. October is the month of the Rosary and each class will be learning the significance of the Rosary accompanied by Aboriginal art. Students will also be taught the significance of Journey Stones. Journey Stones have cultural significance for First Nations People. Aboriginal and Torres Strait Islander people developed and used expert knowledge to navigate their way through the country for many reasons – to trade, to find materials for tools, in search of seasonal foods, for social interactions and to find reliable sources of water. This knowledge also had to be shared with others and mapping techniques were developed to achieve this. Significant markers such as the direction of sunrise, unusual geological outcrops and stars were often used for this purpose. Journey stones were given to give individuals the strength to be the carriers of great wisdom and to pass this wisdom on to future generations. These journey stones will be placed on each prayer table as a reminder that every student has the responsibility to share their knowledge and wisdom in order to make this world a better place.

## Term Overviews

Term Four Overviews are now available on our website. These documents outline the concepts being taught across all curriculum areas for the term. Please take the time to familiarise yourself with these documents as they offer another means of communicating learning to parents.

## Regional Athletics

Congratulations to Orlando Ukovic (U 11 Boys Long Jump) and Tomas Endris (U 11 Boys Discus and Shot Put) for representing OLHC at the Regional Athletics Carnival on Wednesday. It was fabulous to see the rain didn't dampen their spirits as they demonstrated great sportsmanship while representing our school.



## Year 3/4 Excursion to the Melbourne Museum



On Monday the Year Three and Four students visited the Melbourne Museum. Our primary focus was to explore the First Peoples exhibition at the Bunjilaka Aboriginal Cultural Centre. Students went on a guided study of the exhibition to delve into the history, culture, achievements and survival of Victoria's Aboriginal people. The day links into our compelling question for our Term Four Inquiry Unit 'How does culture influence the identity of people

and communities?' The day was enjoyed by all. We would like to shout out to our parent helpers for assisting with supervision, we couldn't have attended without you!

## PA News - Disco Reminder

Dust off your dancing shoes, the Family Dinner and Disco is coming! Save the Date for an evening of fun for the whole family on Saturday 12th November. Tickets will be on sale soon.

The Parents Association plan to run a whole school raffle in the lead up to the Family Disco, and to have some fun prizes for games on the night. We would greatly appreciate donations of hamper items like wine, chocolates, lollies and savoury snacks to build prize bundles that the whole family can enjoy! See flyer below for more information.

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 '**Supporting a Highly Sensitive Child**'. See details below.

## Parish Mission Survey

The Brunswick Moreland Catholic Mission was created in 2020 and is the bringing together of four Church communities across three existing parishes – St Ambrose and Our Lady Help of Christians (Brunswick-Brunswick East), St Fidelis (Moreland) and St Joseph's (West Brunswick). The parish communities and schools who form part of the Mission are currently looking at how they can collaborate more closely and work together to be enlivened and faith-rich communities in the modern world. To assist this, a consultant, Sheree Limbrick from SLK Advisory, is assisting in a Mission Review, which includes opportunities for



parishioners, school parents, those not connected with the formal Church, anyone in the local community really, to provide input to the review. Please consider responding to these opportunities yourself, but also pass along to others you may know who may be interested and/or want to have a say.

A short, online survey is open now until Sunday 23 October. The survey will take between 8-10 minutes to complete and will provide valuable reflections and ideas for how the Catholic communities of Brunswick and Moreland may shape their ministries into the future. Please take some time to respond to the survey available here: [BRUNSWICK MORELAND CATHOLIC MISSION SURVEY](#)

A 'Parish Conversation' is being held in each of the three parishes, and this coming Sunday, October 16th. St Ambrose will host the conversation for St Ambrose and Our Lady Help of Christians. The conversation will be for one hour and will commence at 11.30am, straight after the 10.30am Sunday Mass, at the Luby Centre, St Ambrose's parish, 287 Sydney Rd, Brunswick. Light refreshments will be provided and again it would be great for families to participate.

### Reminder Invitation to Parish Weekend Away

The Parish invites you to join us for a weekend of reflection and socialisation on 21st-23rd October at Doxa Camp, please see the flyer below for details. Cost \$80 for families and singles. The program will be facilitated by Anne Slingo who is trained in Ignatian Spirituality. Children are welcome. Please email me (Bernadette Mercieca) for more details and Registration Form: [bernmercieca@icloud.com](mailto:bernmercieca@icloud.com)

### 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:-

Rosie 3C, Nora PA, Harrison 4B

### 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
Alana S	PA	For your fantastic creative narratives! You have done a wonderful job and using time connectives and adjectives to extend your writing this term. I also love the way you persist and use a range of strategies when faced with a challenge. Keep up the great work Alana!
Basil Q	PO	For your wonderful learning during numeracy this week. Basil you have demonstrated your strong knowledge of addition, and using a number line to solve worded addition problems. Keep up the fantastic work!
Jacob A	1 DL	For your wonderful work in writing. You not only worked hard to focus on your full stops, but you



		also ensured that you followed many of the methods we use to improve our writing. This meant your piece became even more enjoyable to read. You showed great leadership as well when you helped your peers with their own recounts. Keep up the good work!
Emilia G	1P	For being a responsible and caring member of our classroom. Thank you for the way you look out for others in 1P in lots of little ways each day. We are very lucky to have you in our class. Well done Emilia!
Agata B	2C	For the wonderful start you have had this term. I am proud of the way you have re-engaged with your learning after your holiday. It is fantastic to see you reconnecting with friends and contributing to class discussions. Keep it up, Agata.
Finn A	2V	For being such a kind and friendly member of our class, beginning each day with a big smile and warm greeting. You are always looking for ways to help both myself and your classmates, and I love the way you are always happy to include others in your games outside. 2V are so lucky to have you in our class Finn!
Lily P	3C	For outstanding work creating and labelling fraction strips during maths. You have worked diligently and efficiently to

		complete your learning tasks this week and it shows in your confidence naming fractions. Very well done Lily!
Ziata B	3S	For demonstrating our school values of learning as you actively participate and engage. I am so impressed with the way you contribute to class discussions and share your learning with your peers. Keep it up, you're a superstar!
Wayne B	4B	For his enthusiasm and interest in learning about Australia's first people as part of our Inquiry unit this term. Your interest in learning about the different artefacts at the Melbourne Museum showed the depth of your knowledge. Thank-you for sharing your passion with your classmates.
Thomas B	4M	For the outstanding effort you make to extend your learning. You complete all tasks to the best of your ability and share your learning with your peers. Keep up the good work!
Eleni A	5P	Eleni, well done on your amazing determination and consistent approach in applying yourself to your learning. I know it hasn't been easy coming to school with your ongoing swollen tonsils; however, you have not wanted to miss a beat, because of your immense love for school and learning. Well done on applying to be a part of the Kumon experience,

		this will assist you in learning your times tables and this will help you a lot in figuring out mathematical problems involving multiplication and division. Keep up the great work!
Lattisha A	5L	For applying yourself so well to your studies and always being a welcoming and friendly student. Keep up the great work Lattisha and have a fantastic Term 4 at Our Lady's.
Agnese B	6A	For settling back into OLHC life with enthusiasm and a positive attitude. We have loved welcoming you back, especially to hear you share your insights and learning with the class. Thank you for being a kind and friendly student of 6A!
Elliot M	6KF	For your enthusiastic participation when reading and discussing our class novel 'The One and Only Ivan'. You are making some wonderful connections when answering the questions during class discussions. Keep this up!

## 2022 Dates

### Term 4

Tuesday 25/10/22 SAC Meeting at 6.00 pm.

Friday 28/10/22 World Teachers' Day Lunch PA to organise.

**Monday 31/10/22 No students to attend Professional Practice Day for staff.**

**Tuesday 1/11/22 Melbourne Cup Public Holiday - No students to attend.**

Thursday 3/11/22 2023 Prep Parent Information Session at 7.00 pm - 8.00 pm.

Friday the 4/11/22 Grandparents/Special Person's Day and Sports Carnival  
 Mass: 10.00 am-11.00 am  
 Morning Tea: 11.00 am - 11.30 am  
 Class Visits 11.30 am -12.00 pm  
 Sports Carnival - Balfe Park  
 Opening Ceremony 12.45 pm  
 Events 1.00 pm - 3.00 pm  
 Students dismissed at 3.30pm

Thursday 10/11/22 2023 Prep Transition 1 at 9.15 am – 10.15 am.

Thursday 10/11/22 Wonder of Living Family Night at 7.00 pm book for Year 6 students.

Friday 11/11/22 Remembrance Day Service at 11.00 am.

Monday 14/11/22 - Tuesday 15/11/22 -  
 Wednesday 16/11/22 Camp CYC Year 5 and 6.

Thursday 17/11/22 2023 Prep Transition 2 at 9.15 am – 10.15 am.

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 6:00pm.

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](mailto: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



# Free Event for Children

*Join us to celebrate Children's Week 2022  
with fun activities for children aged 5 - 12*

The Mexican Music Man  
Mask Making with Lizette  
Lego giveaways  
(and Coffee Cart)

Saturday 29th October / 11am - 12.30pm

Registrations essential - call 9386 9418

Brunswick Neighbourhood House

43a De Carle St Brunswick

[www.bnhc.vic.edu.au](http://www.bnhc.vic.edu.au)

*Brunswick  
Neighbourhood  
House*





**WHAT'S ON**  
HOTSHOTS  
JUNIOR TENNIS  
ADULT TENNIS  
CARDIO TENNIS

# STARTS

## TERM 4

# 2022

enrolments now open

**NARRANDJERI STADIUM**  
Outside Tennis Courts  
281 Darebin Rd - Thornbury  
Wednesday & Thursday  
4:00pm onwards

**ORIGIN**  
TENNIS

enrolments

Chanel McKay  
Program Coordinator  
contact@three60group.com.au  
www.origintennis.com.au

OLHC  
Parents Assoc  
**FAMILY  
DINNER  
and DISCO  
DANCE PARTY**

**Saturday  
November 12, 2022**

**6-10pm**

*Guest DJs* Games and Prizes for All Ages  
**OVER \$6000  
IN PRIZES AND AUCTION ITEMS**

 fun for the Whole family  
Prizes for the Best  
Disco Outfits!

**Our Lady's Church Hall**  
49 Nicholson St Brunswick East

Tickets include Dinner  
Dessert, Drinks, Snacks and Treats  
available for purchase

**SAVE THE DATE – TICKETS AVAILABLE SOON!**

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We Need your Help!

# DONATION TIME!



Please Donate Hamper Items  
Like Wine, Chocolate, Lollies  
and Savoury Snacks

**PLEASE BRING TO SCHOOL  
BEFORE FRIDAY OCTOBER 14**

**Any alcohol donations MUST be brought  
directly to the office by an adult**

**THIS WILL HELP US BUILD  
INCREDIBLE PRIZES FOR A  
WHOLE SCHOOL  
RAFFLE AND FOR THE  
NIGHT OF THE  
FAMILY DISCO**

**THANK YOU!**

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## INSIGHTS

### Supporting a highly sensitive child



Does your child cry easily? Is she prone to becoming overwhelmed in loud or busy places? Does your child seem sensitive to the moods and emotions of others? Does he tend to "meltdown" or "shutdown" when there is a lot going on? Does your child startle easily? Do you consider your child to be highly sensitive?

Raising a highly sensitive child can come with a unique set of parenting challenges but it also gives you—the parent—more influence to positively shape your child's development! Yes, that's right. Parents have even more influence on the development and wellbeing of their highly sensitive child compared to less sensitive kids.

Research shows that highly sensitive children are more strongly affected by their environment, including parenting, than less sensitive children. Let me explain.

Just as we all differ on temperament traits such as extroversion, agreeableness, and consciousness, we also differ on another temperament trait: sensitivity. All of us fall somewhere on the sensitivity continuum from low sensitivity to high sensitivity.

Approximately 30% of us—and our kids—are highly sensitive. Highly sensitive kids tend to process information from the environment more deeply, are prone to overstimulation, have greater emotional reactivity (think more crying and more intense emotions) and higher empathy, and have a greater capacity for sensing subtleties in our environment. We can think of highly sensitive kids as living smoke detectors who are capable of detecting subtle changes in the environment that the majority of people may miss. It is thought that a finely tuned, highly reactive nervous system underpins high sensitivity.

Research shows that highly sensitive kids tend to do exceptionally well in nurturing and supportive environments but are at higher risk for developing a range of physical and mental health conditions in harsh and unsupportive environments compared to children who are less sensitive. In other words, highly sensitive children are more sensitive to their environment for better and for worse.

So how do we support our sensitive kids and provide them with the nurturing environment they need?

#### Understand and accept your child's sensitivity

Our temperament is biologically based, it is not something we can simply switch on and off or turn up and down. Learning more about our child's temperament will help us to understand them better.

By seeing our child's temperament as an important part of who they are, we can practice accepting their sensitivity rather than seeing it as something problematic that needs to be changed or 'fixed'. Your child doesn't need to be less sensitive. They need their sensitivity to be understood.

This can feel like a relief to parents who have been thinking that perhaps they had somehow caused their child to be sensitive. While nature and nurture do interact to shape our child's development, your child was born with their own unique temperament, including their sensitivity.

# parenting \* ideas

## Provide your highly sensitive child with the nurturing relationship they need to flourish

Highly sensitive children thrive in nurturing and supportive environments. We know that children don't benefit from harsh or punitive parenting, but this is especially true for our highly sensitive kids who need a more nurturing parenting approach. In healthy parent-child relationships, our kids use us as their "safe haven" to come back to for protection and nurturing when they are tired, sick, stressed, or experiencing big feelings.

Often parents of highly sensitive kids will report that their child is "clingy" and tends to stay close to their parent until they feel comfortable in a situation. This is rarely cause for concern. Clinging is a child's way of signalling that they need their parent to help them feel OK again. Sometimes they simply need our presence, other times they may need our affection and gentle words. We live in a society that has a history of discouraging children from being "too dependent" or "too clingy". Often this view comes from a place of not understanding child development and not understanding children's attachment needs. By trusting our child's needs and responding to those needs with attunement and sensitivity, we can provide our kids with the support they need so that they can grow-up feeling secure in their relationship with us (knowing that we have their back), and, in turn, feeling secure in themselves and the world.

## Be an emotion coach for your child

Highly sensitive children often have big emotions and lots of them! This means that your highly sensitive child will need your help to understand and manage their emotions. From as early as you can, label your child's emotions to help them develop their own emotional vocabulary so that they can express their emotions as they get older. You can say things such as, "you look sad" or "I can see you are angry". Once you've labelled your child's emotion, it's important to show your child that you accept their emotions—the good, the bad, and the ugly.

It's important that you validate your child's emotions and avoid dismissing their emotions, even when your adult brain might judge their emotion as an "over reaction". Instead of saying, "don't be so sensitive" or "it wasn't a big deal, she didn't mean to hurt your feelings", you can say things such as, "it's okay to feel angry, I get it" or "I know you feel sad, that hurt your feelings". By accepting and validating the full range of our child's emotion, we not only help to soothe them in the moment, we also teach them healthy ways of responding to their own emotions—this is a lesson they will carry with them throughout their lifetime.



### Rachel Samson

Rachel Samson is an Australian-based Clinical Psychologist and Family Consultant with a passion for supporting parents to develop healthy parent-child relationships that promote optimal child development. For further details visit [Instagram @australianpsychologist](#) and [Facebook @sensitivityproject](#).

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

[parentingideas.com.au](http://parentingideas.com.au)





# KARATE

Just for kicks! program

**OKUKAN**  
Coburg Dojo (near Vasili's)  
Quality KARATE  
programs  
for all levels.

Instructor:  
Sensei Sandra Contreras

Book a TRIAL  
**okukan.com.au**

The Corner Studio

# PAINTING DRAWING CRAFTING



"Children's Art  
Classes"



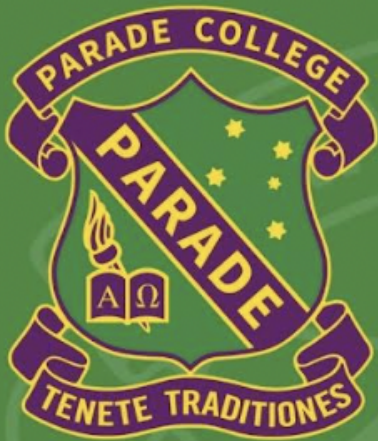
**MONDAY  
4-5PM &  
5:15-6:15PM**

**WEDNESDAY  
4-5PM**

Book online @ [www.thecornerstudio22.com](http://www.thecornerstudio22.com)  
Find us on Instagram @thecornerstudio22







# BOOK A FAMILY TOUR TODAY

## Parade College

**Bundoora Campus**

Yr. 7-12

**Preston Campus**

Yr. 8-12

**Visit [parade.vic.edu.au](http://parade.vic.edu.au)  
to book a tour!**

## TERM 4 DATES

- Friday 14 October
- Monday 24 October
- Thursday 10 November
- Thursday 17 November

**Tours commence at 9:15am  
& conclude at 10:45am**



#aworldofopportunities