OUR LADY HELP OF CHRISTIANS



Primary School Brunswick East

Exceptional Education

Newsletter 4, Term 4, 2022

Friday 28th October



Lord,

We pray that we may see in our children an example of faith, and that through their joyful witness we may grow in wonder and awe at the gift of creation.

We pray that all children, who are among the most vulnerable in society, receive the love and support they need to grow and flourish.

We pray that all people recognise children as a gift and blessing from God.

Amen

Dear Parents/Carers,

This week is National Children's Week. Children's Week is a national celebration that recognises the talents, skills, achievements and rights of children. Each year, thousands of Victorian children take part in Children's Week festivities. During Children's Week, local councils and not-for-profit organisations organise open days, displays, special events, virtual spaces and online-based activities. These celebrate childhood and showcase children's achievements. All Children's Week events are free to families with children aged from birth to 12 years. It's a great opportunity for Victorian families to enjoy fun, engaging and educational experiences.

Click on the following link to search free events in our area.

https://www.vic.gov.au/childrens-week-events-2022

A reminder the following days next week are student free days.

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

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

Enjoy a well deserved long weekend.



Master Plan Funding Success

I am delighted to confirm our application for the 'Stage 1 Master Plan' funding has been approved by the State Government for the amount of \$1,970,000.00. We were thrilled to hear this news and are

currently finalising the working drawings with Hayball our architects and look forward to sharing these with you when they are completed. This funding will be used to refurbish the Max Chester Building facing Miller St which currently houses the library on the ground floor and two key learning spaces on the first floor. We are currently engaging with MACS (Melbourne Archdiocese Catholic Schools) in relation to the next steps we have to take in order for work to commence within 12 months. I will communicate any further information I receive as we begin to plan for this exciting project. I would like to thank Sam Brumale, Howard McCorkell, Jackie McGrath, Catherine Muhlebach, Alvin Ng, Carmen Roberts, Catherine Spurritt, Samantha Thompson, Fr Greg Bourke and Fr Linh Pham (School Advisory Council) for their support and guidance throughout the process which ultimately ended in a successful application. We

are excited about the positives this refurbishment will bring to our school.

Second Hand Uniform Shop



Second hand uniforms will be sold on Monday the 7th of November from 3:00 p.m. onwards. A table will be set up outside

the library and our friendly parents will be happy to support you with your purchase. All items require a gold coin donation. Gates will open at 3:00 p.m.

Inquiry Cultural Immersion

On Thursday our Year 1 and 2 students were immersed in a cultural extravaganza. We thank our parent experts for sharing their rich cultural backgrounds in order to grow our students' knowledge of rich traditions, customs and beliefs from around the world.













"The Italian cultural presentation was my favourite because we got to guess where the ancient Gods went".

Elijah H

"I want to learn more about Korea and what type of special occasions they wear their special outfits".

Kyra H

"I would like to learn more about Africa because there are lots of cool animals".

Agata B

"I would like to learn more about Irish culture and their dancing because they do it really fast".

Aiden S

"Yesterday I learnt about Greece from Soula and Elektra. Greek people celebrate Greek Easter and they eat red eggs and tsoureki bread".

Jacob A



World
Teachers'
Day
Thanks

Today we celebrate World Teachers' Day. Here at OLHC, we are incredibly lucky to have a hardworking, dedicated and caring team of teachers who work incredibly hard every day to provide the best possible learning opportunities for our students. On behalf of our entire school community, I would like to say a HUGE thank you to our teachers for all they do for our students and our school. The theme this year is 'Hats Off To Teachers'. This is to recognise the positive impact teachers have on the lives of children and their families. We thank the Parent Association for providing a wonderful lunch and class gift to each teacher, this gesture was greatly appreciated.

Parent Association News

The night of nights at Our Lady's is fast approaching! This fundraiser is going to raise the roof of the Church



Hall and obtain necessary funds to turn the Kitchen Garden concept into reality! We have an unprecedented number of wonderful items to be auctioned off in silent auction format on the night, as well as sought after items to go under the hammer of an expert auctioneer, in what is sure to be a fast paced and competitive bidding competition! We've also got a great many prizes to be awarded for individual and family costumes, as well cutting grooves on the dance floor! You'll be entertained by special guest dance troupes, DJs and frivolity! Food is included in your entry price, so all you need to bring is your sense of FUN and dancing shoes! Tickets are on sale NOW in the My School Connect App, under the Tuckshop icon. \$35 for adults and \$20 for kids, inclusive of delicious food! Please note that to ensure you receive the food you'd like, the cut off for ticket sales is Monday 7th November - get in quick so you don't miss out! Can't wait to see you there! To book see flver below.

Signed Carlton Guernsey Raffle

The PA is running a raffle with a twist! No paper tickets are required to be in with a chance to win this MATCH WORN, highly sought after piece of Carlton AFL Club memorabilia! Signed by every single member of the 2022 squad, professionally framed guernsey will take pride of place in any fan or collector's home. Tickets are \$10 each or 5 for \$40 and can be purchased by anyone, so please share the link far and wide - no My School Connect account is required. The raffle will be drawn at our Family Dinner and Disco Fundraiser, but the winner doesn't need to be present, they'll be notified by phone. The guernsey and framing were donated by Dean Agresta, a dad at the school and a big AFL fan - thank you Dean! Drop by the office to see this amazing prize in person!

Visit https://myschoolconnect.com.au/olhc-raffle or head to your My School Connect Account app or webpage and click the Raffle icon. Good luck everyone! See Flyer below for details.



We are taking donations for hampers so please give generously, please see the flyer below for details.



Reminder OLHC Sports Carnival

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 Cordner https://hocs.ncb/hcordner@olbrunswickeast.catholic.edu.au by today.

News Flash ******* Children are to wear their sports uniform on the day and are welcome to wear cloured ribbons, wristbands and hats to support their House Colour.

Reminder Grandparent/Special Persons' Mass and Morning Tea



The OLHC school community would like to invite all Grandparents/Special People to our Grandparents/Special Persons' 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. Thank you to those who have done so already.

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 Persons' Mass OLHO

Church: 10.00 am - 11.00am

Grandparent/Special Persons' Morning Tea:

11.00 am - 11.30 am

Grandparent/Special Persons' Class Visits:

11.30 am - 12. 00 pm

Sports Carnival

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.

Rapid Antigen Tests

A new set of Rapid Antigen Tests will be sent home today with every child, as a community we are continuing to follow all procedures and protocols the Department of Health and Human Services (DHHS) and Melbourne Archdiocese Catholic Schools Ltd (MACS) have stipulated. 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 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. Students who wish to wear a mask should continue to do so. 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 support in keeping our school community safe.



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 'Tricky Friendship Days.'



Parish Camp at Doxa

Last weekend some school families and people from our Parish

participated in

the Parish Weekend at Doxa Camp in Malmsbury, sharing fun activities as well as reflective moments in a spirit of joyous fraternity. The experience is so well received that the Parish intends to organise more in the future, so keep an eye out for it!

Some children commented on the weekend:

"I am happy I spent the weekend at Doxa camp because there were lots of fun activities like archery and the giant swing. One of my favourite bits was lunchtime, breakfast and dinner because I liked that we were all eating together and having a chat. I even liked lining up to get food". Agata B

"I enjoyed the giant swing because you had to be in a harness and you swung really quickly! I was so happy I won the paper plane competition". Thomas B

"Doxa Camp was really fun because of all the really great activities and I got to share it with my friends". Lucy B

"I had fun doing archery with my friends at Doxa camp". Gabriele S

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:-

Adeline PO, Sophia 6A, Eyuael 2V, Olivia 3S, Samantha 3C, Lea 6KF, Sebastian 6A, Charlotte 6A, Sarah 2V, Dagi 3S, Noah 6A.

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 |
|---------|-------|--|
| Molly M | PA | For your wonderful growth mindset in the classroom! You happily approach tasks with a 'can do' attitude and always try your best in everything you do! Well done Molly and keep up the great work! |
| Neo T | PO | For your wonderful learning during inquiry this week. Neo, you explored your culture as a part of home learning and participated in rich discussions, sharing knowledge of the different |

| | | languages you know. It's |
|-----------|------|---|
| | | been wonderful learning about your culture. Well done! |
| Jack D | 1 DL | For working well in the classroom and taking on feedback to write effectively. You do a great job sharing your extensive vocabulary in classroom discussions. This helps to create interesting learning opportunities, and supports the class to make connections and build their knowledge. Your writing this week also included some great descriptions of your characters. It made for a highly entertaining and frightful story. You have done an excellent job Jack! |
| Amar T | 1P | For demonstrating great persistence with all your tasks. You always come to school ready to learn and take on any tasks with enthusiasm. It's great you always try your best, give everything a go and ask for assistance when you need help. Well done Amar and keep working hard! |
| Gadio D | 2C | For demonstrating persistence with your writing and reading this term. It has been wonderful to see how hard you have worked to improve your writing, spelling and reading. Well done Gadio and keep up the great work! |
| Samaira P | 2V | For the positive attitude you have had towards your learning this term. I love your persistence, the enthusiasm you have shown and your willingness to take on feedback to make your work even better. You're a star! |
| Owen B | 3C | For detailed and accurate note taking during a class presentation on angles. You |

| | | have included all relevant details and made additional notes on angles that extend your thinking to a 'level up' standard. Excellent work Owen! |
|-----------|----|---|
| Malak M | 3S | For demonstrating persistence and determination during Mathematics. You have done a wonderful job sharing your new knowledge about time and fractions. Keep it up, you're a superstar! |
| Abdul A-E | 4B | For challenging yourself with your learning in all areas of the curriculum. You have set yourself short term goals in reading, writing and mathematics. You work hard to improve your understanding each session by asking for assistance when you need it or completing your independent tasks. Congratulations on your dedication to your learning. It is a pleasure to teach you and thank-you for being a respectful and supportive member of our school community. |
| Rory L | 4M | For extending yourself in Mathematics. You complete all tasks to the best of your ability and tackle difficult problems with enthusiasm. Keep it up, you are a star! |
| Alessia C | 5P | Alessia, well done on such a fabulous start to Term Three. You are always kind and supportive toward others. This week, you displayed your ability to move from a fixed-mindset to a growth-mindset. You displayed resilience and problem-solving skills. Your Narrative, on the prompt, 'What a Mess' was incredibly well written and highly engaging to the |

| | | reader. Keep up the amazing work! |
|------------|-----|---|
| Victoria G | 5L | For preparing and presenting to the class very informative information on our First Nations people during our Inquiry unit of work. Well done Victoria and keep the great work coming!! |
| Nicolo M | 6A | For being a friendly and positive member of our class. You always come to school with a willing attitude and take on any task with enthusiasm. It's great to see you ask questions to clarify your thinking, as well as continue to offer your insights during class discussions. Keep up the fantastic effort in Term 4! |
| Heike W | 6KF | For your enthusiastic participation when reading and discussing our class novel 'The One and Only Ivan'. You are making some terrific connections between the text and our world. Keep this up! |

2022 Dates

Term 4

Friday 28/10/22 World Teachers' Day Lunch

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 Persons' 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

Monday 7/11/22 Second Hand Uniform Shop 3.00 pm outside Library.

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 6:00 pm.

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



2022 Theme:

All Children have the right to a standard of living that supports their wellbeing and healthy development.

Fun and free family events are taking place across Victoria during Children's Week 2022, including online events.

Find out what's on at www.vic.gov.au/childrensweek







Come & Try day!





Book now for trial weeks.

Dance games, food and a taste of multiple dance styles!

Mon 5th Dec 4:15-5:30pm

*All ages welcome

Wed 7th Dec 9:30-10:00am

*toddlers/kinder age

Please contact Jayde on 0424250713

or email: darlingdstudios@gmail.com



213A Weston Street Brunswick Scout Hall 3057





Buying Tickets for MY SCHOOL CONNECT. The OLHC Family Dinner Making on line gasts & Disco Fundraisor ONLINE PORTAL & Disco Fundraiser on My School Connect



STEP 1.



Visit My School Connect

Visit https://myschoolconnect.com.au and Join Today.

OR Download the app on your Smart Phone or Device.

STEP 2.



Setup a child

Upon first login, setup your child/children.



Enter student details

Don't forget to add in all essential fields; name, school, class and any allergy information.



Add funds to your account

Visit the 'Top up and financial history' section to add funds into your account by following the following steps:

Top up

- a) Select payment type: Bank Account or Credit Card
- b) Select a \$dollar amount
- c) Enter payment details

Auto top up

- a) Select payment type: Bank Account or Credit Card
- b) Add top up parameters; minimum balance & auto top up amount

STEP 5.



Select an application from the dashboard

For the Family Disco, select 'My School Tuckshop'



Select Student and Click "BUY NOW"

Then Select "OLHC Special Lunches & Events" and follow the prompts to "Disco Dance Party Tickets"

STEP 7.



Select how many tickets you need and whether you'd like to order Additional Sliders or Fries

You can buy tickets for the whole family under the one student's name

Web www.olbrunswickeast.catholic.edu.au 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



Share the link https://myschoolconnect.com.au/olhc-raffle or QR code below! No need to be a My School Connect Member to buy

OLHC Parents Assoc Presents

Carlton Football Club Guernsey Raffle

2022 AFL Official Team Signed, Match Worn Guernsey. Valued over \$1200!



Share the links with family & friends!



TICKETS ARE \$10 EACH OR 5 FOR \$40

Competition closes Saturday 12th November at 7:30pm. Winner will be notified by phone

Generously donated by Dean Agresta, Director and Financial Planner at Intergenerational Wealth, and also a Dad from the school



www.igwealth.com.au



The OLHC School Community would like to invite all
Granparents/Special Friends to join us for a very special day.
Please join us for a special mass service at 10am at
Our Lady Help of Christians Catholic Church
49 Nicholson St Brunswick East.
We would then like to invite you to a Morning Tea in the
School's Centennial Hall from 11-11:30am
Followed by Class Visits.
If you are able to attend this event please email Jackie
McGrath so we can secure catering:
jmcgrath@olbrunswickeast.catholic.edu.au
You are also welcome to attend our Sports Carnival from

12:45 - 3pm at Balfe Park - 64 John St. Brunswick East.

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INSIGHTS

Tricky Friendship Days



Relatively small issues, like not being invited to a party, can arouse big, intense feelings in our kids. Because belonging is at stake, friendship challenges will always feel like a life-threatening experience – so be assured that most parents find themselves dealing with powerful tears and shattering disappointments after tricky friendship days.

It is easy for both parents and teachers to fall into the trap of trying to "dial down the drama" when our kids feel overwhelmed. However, minimising or dismissing strong feelings will only tend to ramp them up, because our tween's brains seek to be heard and understood in the process of regulating. I'd also like to suggest that it denies our children the opportunity to master these big feelings. Our kids need to feel to practise the emotional regulation strategies they need to navigate life well.

I want to share three practical strategies that parents can do to support their tweens during these moments. Friendship challenges are an incredibly rich platform to help kids learn emotional regulation strategies, as well as social skills, and we want to capitalise on both as we coach them forward.

Strategy 1: Let's not fight the intensity

The more I learn about emotions the more I am in awe of our body's way of coming up with solutions to discomfort, anguish and pain we experience. It doesn't make any sense to judge that process but rather appreciate it. That's why we want tweens to know there are no bad or good emotions. There are only healthy emotions, and each one of them is an acceptable and necessary part of being human. Ideally, we want tweens to feel safe to feel, without shame or guilt. This means accepting emotions within our home, in the same way we accept anything else about ourselves (or our experiences) that we cannot change – our age, our height, freckles or ears.

Strategy 2: Ask questions that empower

Although it's tempting (and much quicker) to offer children prescription answers to friendship problems, it won't help them in the long term. The problem with childhood conflict always being followed by adult intervention, is that kids can get into the habit of projecting their wishful thinking onto someone else who they perceive as being more powerful than they are.

If our children focus their energy on recruiting support rather than problem-solving, they miss vital learning opportunities. We are best to ask questions that express a sense of curiosity and empower them to take ownership.

Strategy 3: Find a positive expression

Whereas there are times that we suppress our painful emotions for our own survival, emotions are far better off moving through our kids rather than festering inside them.

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

parentingideas.com.au

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One of my dearly loved local psychotherapists wisely tells me that children who have imaginations become their own play therapists. Play is a distraction that pulls kids out of their heads and into their bodies. Any type of play including immersing themselves in craft, participating in drama, dance, or sport, or building forts, slides and adventure courses are all helpful...

In closing

Home really is the hero in kids' lives. It is the emotional shield from all that hurts us, bothers us, and tires us. It's a place where love is tangible, and we are cared for in ways that make it easier for us to move back into the world with a soft heart. It's the Utopia that we all yearn for and strive towards. When they feel disappointed, lost, afraid or disoriented it will be the predictability of home that continues to welcome them with open arms and wise words. As you implement these strategies, know you are offering your tween the home they deserve.

Michelle Mitchell presents: Handling tricky friendship days

Our school has a membership with Parenting Ideas. As part of this membership, you can attend the upcoming webinar 'Handling tricky friendship days' at no cost.

About

In this webinar, Michelle Mitchell offers a set of practical guiding principles to help empower children to handle tricky friendship days.

When

Wednesday 2 November 2022 8:00pm AEDT

To redeem

- Click this link: https://www.parentingideas.com.au/parent-resources/parent-webinars/webinar-handling-tricky-friendship-days.
- 2. Click 'Add to cart'
- 3. Click 'View cart'
- 4. Enter the coupon code FRIENDS and click 'Apply Coupon' Your discount of \$39 will be applied.
- 5. Click 'Proceed to checkout'
- Fill in your account details including our school's name to verify your eligibility. These are the details you will use to login to your account and access your webinar and resources
- 7. Click 'Place Order'

This offer is valid until 31 December 2022. If you're unable to make the broadcast time, just register anyway and you will get access to the recording.



Michelle Mitchell

Michelle Mitchell is an award-winning speaker, and bestselling parenting author. She has been termed 'the teenage expert' by the media and is sought after for her compassionate and grounded advice for parenting tweens and teens. Michelle started her career as a teacher, but soon discovered a special interest in wellbeing. For further details visit www.michellemitchell.org

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

parentingideas.com.au



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