



OUR LADY HELP OF CHRISTIANS

Primary School Brunswick East

Exceptional Education

Newsletter 5, Term 4, 2022

Friday 4th November



Lord,

We thank you for our wonderful Grandparents.

They bring such joy and happiness into our lives.

Thank you for all the special times that we have with them.

Please watch over them, protect them and care for them now.

May they know your goodness and love always.

Amen

Dear Parents/Carers,

What an amazing morning we have had. We thank Fr Greg for commencing the day with a Grandparents and Special Persons' Day Mass. We had over 120 Grandparents/Special People in attendance. Thank you to Ms Cath for organising a delicious morning tea which was thoroughly enjoyed by all. The feedback provided has been very positive as this is the first time this event has been held at Our Lady Help of Christians. Several guests commented on the excellent behaviour exhibited by the children during class visits and the welcoming, attentive and friendly nature of our staff. A wonderful accolade for all concerned. We are extremely excited about our Grandparents/Special

People joining us for our fun filled afternoon of sport.

We are now entering that very busy time of year in the lead up to Advent and Christmas and there is much to look forward to. Our teachers are busy writing student reports that will inform families of student achievement in all areas of school life. Students are busy consolidating their learning and working towards their goals that will hold them in good stead for future learning.

I encourage you to check the Term Four 2022 dates below for the remainder of the year. You are welcome to attend as many school functions as you can. It is a great way to build community and for you to enjoy your child's educational experiences. We look forward to your attendance.



As we begin the month of November, we enter a time traditionally set aside by Catholics to remember both the Saints, and those who have died. On Tuesday our Catholic community celebrated All Saints Day and on Wednesday All Souls Day. Tuesday's Feast of All Saints reminds us the Saints are our ancestors and friends. In their humanity, the Saints were far from perfect, but in that imperfection they found a way to God. Their story is one of inspiration to us today. We believe that they "intercede" for us here on earth, and in a special way, they are linked with us in what we call "The communion of Saints." Wednesday's Feast of All Souls is a source of consolation and hope for each of us. It is dedicated to the memory, not just of the Saints but also to all the faithful departed. The pain of death and loss touches all people and our

Catholic faith encourages us to turn to our traditions for some answers and consolation in the loss of loved ones. Please keep in your prayers all who have departed, especially friends and family.

2023 Prep Transition

It was wonderful to have our 2023 Prep families join us last night for our 2023 Prep Information Evening. I would like to thank Jacquie Atley, Olivia Tallarico, Jackie McGrath and Andrea Wals for their engaging presentation. It is always such a positive experience welcoming new families into our community and last night was no exception. We look forward to the 2023 Preps joining us next Thursday 10/11/22 2023 at 9.15 am – 10.15 am. for their first Prep Orientation session.

Welcome - Wurundjeri Elder Ian Hunter

On Monday 7th November we will welcome Wurundjeri Elder Ian Hunter to Our Lady Help of



Christians. Ian will start the day with a whole school introductory ceremony at 9:00 am. He will visit all classes across the day, explaining his rich indigenous culture of a First Nations person. This week students will be TUNING IN by viewing a photo of Ian in his ceremonial dress. Students will pose wondering questions and will have an opportunity to make new discoveries from this visit. Parents are welcome to join in the Acknowledgement of Country ceremony as a whole school at 9:00 am. This learning experience will enable us as a whole community to learn together about First Nations culture, identity, traditions and beliefs.

Reminder Year 6 Wonder of Living Family Night.

A reminder to our Year 6 families the Wonder of Living Family Night presentation to our Year 6

students will be held in the Centenary Centre on Thursday the 10th of November at 7.00pm.



Remembrance Day Commemorative Service

Next week on Friday the 11th of November we look forward to commemorating Remembrance Day. Our School Captains and Civics Leaders will lead us in commemorating this event which will be held at 11.00am in the Middle Yard, all families are welcome to attend.

Reminder Year 5 and Year 6 CYC Phillip Island Camp

We are thrilled to be taking our Year 5 and Year 6 students to CYC Phillip Island Camp on Monday the 14th - Wednesday the 16th of November. Camp payment, permission and medical forms are now due so please attend to this as soon as possible.

Reminder 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.



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. Further details will be shared soon.

Reminder Parent Association News



Raffle Tickets: Your child brought home a book of raffle tickets a couple of weeks ago with some fantastic prizes up for grabs. It's now time to return them, along with the money you've raised - thank you! To go into the draw to win this great assortment of prizes, please put them in your child's communication folder or return directly to the office on Monday 7th November.

Buy your Disco Tickets: This week is your **last chance** to buy your tickets for the whole family to attend this fun-filled event! With over \$10,000 worth of prizes and auction items, live entertainment, delicious food and fantastic games, this event is not to be missed! Buy your tickets now via My School Connect under the Tuckshop icon or after 3.00pm at school pick up on Friday 4th Nov. Please call or text Chrystal on 0413 878 238 or email olhcpa@gmail.com if you have any questions.

Carlton Guernsey Raffle: Tickets in this incredibly exciting raffle are on sale NOW in My School Connect under the Raffle tab, or by following the link below (no My School Connect account required). This prize is a must have for any Carlton (or AFL) supporter! Signed by the 2022 team, match-worn and professionally framed, this is worth over \$1,200! Tickets are only \$10 each or buy 5 for \$40. Remember, share the link with your friends, family and on social media - someone lucky will win this prize and anyone can buy tickets! <https://www.myschoolconnect.com.au/olhc-raffle>

Volunteers Required at Disco

Volunteers at the Family Disco (12th November)

- Wine raffle game (no wine sales, just raffle ticket sales plus drawing of lucky tickets) duration: 45 mins, 2 people (adult volunteers)
- Chocolate raffle game: duration: 45 mins, 2 people (adult volunteers)

- Greeters: duration one hour or less, 2 people (adult volunteers)
- Dessert table: duration approx 30 mins 2 people (adult volunteers)
- Set up on Friday (adults only, non-school/ younger children welcome during set up). The more helpers we get on this day will mean it won't take us long to get the hall Disco-ready!
- Set up on Saturday- 2 hours, mid afternoon - 4 people (adults only, non-school/ younger children welcome during setup)
- Clean up Saturday night (suitable for the whole family to help, the more helpers we get the quicker this will be! Duration 45 mins)

Please email the P/A olhcpa@gmail.com if you can help.

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 **'Helping Your Young Perfectionist.'**

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:-

Amar 1P, Aston 4B, Genevieve 6A, Lucia 1P, Tamara PO, Virgil 3C, Vivienne 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 |
|------------|-------|--|
| Leonardo S | PA | For your wonderful questioning and input into our discussions about culture and identity. It has been so wonderful to see you engaged and sharing information about Italy and Germany with your peers! Keep up the great work Superstar! |
| Neve P | PO | For being a kind and inclusive member of Prep O. Neve, you are a friend to all and have shown your wonderful imagination and creativity through learning and play. You have created a wonderful lunch time 'show' and have created a role for anyone wanting to join. Keep spreading joy and laughter! |
| India M | 1 DL | For your consistent and admirable effort during Term Four. You have done a great |

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| | | job to use effective thinking strategies in Mathematics, especially in our unit on time. Thank you as well for continuously showing leadership through the example you set in the classroom. Keep it up India! |
| Nhan L | 1P | For improving the way you apply yourself when completing tasks, especially in literacy. It is exciting to see you write more and read aloud to your classmates. Keep showcasing all you know. You're a superstar Nhany! |
| Lily L | 2C | For your determination and positive attitude towards your learning. You always try your best and it has been especially pleasing to see your dedication to narrative writing this term. You have described characters and settings in a wonderfully imaginative and detailed way. Well done Lily. |
| Mila R | 2V | For being such a friendly and considerate member of our class, always looking out for your classmates and I. The way you are so kind and patient when helping others has not gone unnoticed. We are so lucky to have you in 2V Mila, well done! |
| Eleni V | 3C | Outstanding effort on 'magic corners' during mathematics. You worked efficiently and carefully to demonstrate your understanding of all four operations and to show your mathematical thinking. Very clever problem solving - fabulous work! |
| Sebastian I | 3S | For demonstrating our school values of learning as you follow directions and diligently complete tasks. You have been a positive |

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| | | role model in our classroom this week, keep it up. You're a superstar! |
| Zuri C | 4B | Congratulations for your dedication to your learning this year. You have worked hard to challenge yourself and develop your understanding of your learning. Your presentation skills are outstanding and your work is always completed to an excellent level. It is a pleasure to teach you and you are a valuable member of our class. |
| Raphael R | 4M | You are always willing to share your knowledge in class discussions. You listen carefully to your classmates and always speak with courtesy and kindness. Thank you for sharing your knowledge of different cultures in particular! |
| Meredith L | 5P | Meredith, you have conducted yourself so admirably well this year. It hasn't been easy commuting a very long way to school each day, but you still come each and every day with a smile on your face and a willingness to learn. You were very brave on Friday, informing all of your peers that you will not be a student at OLHC next year, due to moving homes. We wish you all the very best on your next learning adventure and we all know that you're destined for great things. Keep pursuing your dreams of dance and fashion design. |
| Samet D | 5L | For your continued inspiring class presentations you have shared with Year 5L this term. We really have |

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| | | enjoyed participating in these activities, especially your brain breaks. Keep the great ideas coming!! |
| Noah K | 6A | For coming to school everyday with a smile and a kind word for all. Teachers are always commenting on your manners and how friendly you are. It's also great to see you so involved in your leadership role as Sports Captain which you fulfill with reliability and responsibility. Keep it up this term Noah! |
| Joshua Mc | 6KF | For your wonderful efforts when working collaboratively on Maths problems. Explaining your thinking out aloud and listening to others explain their thinking has helped you to solve challenging problems involving angles. Keep up the excellent work. |

2022 Dates

Term 4

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

Wednesday 9/11/22 Year 5 and Year 6 Excursion
to NGV and Ian Potter Gallery.

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.

Friday 11/11/22 Prep Excursion to Werribee Zoo.

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

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

The OLHC family
DINNER
and **DISCO**
fundraiser



Saturday November 12
6–10pm

Guest DJs

Games and Prizes for All Ages
OVER \$7000

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 & Treats**

Available for Purchase

Tickets available NOW via My School Connect

Tickets MUST be Pre-Purchased Before Nov 4th

Questions: OLHCPA@gmail.com or Measha 0492 998 184



Buying Tickets for
*The OLHC Family Dinner
& 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.

STEP 3.



Enter student details

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

STEP 4.



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'*

STEP 6.



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

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!



Made with PosterMyWall.com

**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



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**A DAY FOR THE
WHOLE FAMILY!**

MARKET DAY

*Grab some great
bargains and
Christmas gifts*

Sunday, 20th November 2022

9am - 3pm

Eolian Hall, 836 Lygon Street, Carlton North

Come along and find various stalls with a great selection of goods for sale:

clothes | arts & crafts | jewellery | cakes | fruit and vegetables |

home-made bread | biscuits | jams | bric-a-brac and more!

Delicious Food & Coffee

Sausage Sizzle

Lucky Chance Spinning Wheel

Pop Corn

Face Painting

Ice-Cream

Raffle

Eolian Food Specialities

Stall spaces are available for the day

For any enquiries please contact Bernard Mandile on 0412 035 490

email: info@eoliemelbourne.com.au web: eoliemelbourne.com.au

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INSIGHTS

Helping your young perfectionist



There's a perception in our society that perfectionism is a good thing, akin to 'being perfect.' That it's something we should strive for or drop into conversation in job interviews... Yet the reality is quite different.

Perfectionism leads us to place unreasonably and often unrealistically high expectations on ourselves. Essentially, it causes us to raise the bar so high, that we frequently wind up feeling like failures, consumed by frustration and self-blame.

Of course, this can be very unsettling to witness in our kids and it can be hard for us to know how best to help. It can start when our children are very young and grow with them in intensity and impact. Perhaps you have a young child who refuses to draw because her drawings don't look exactly like those of an adult artist. Or maybe your little guy becomes so distressed by a small mistake in his homework, that he insists on starting all over again in his unhealthy quest for perfection.

If you have older kids, perhaps they refuse to submit an assignment because it's not perfect, or they won't run the cross country because they know they won't win.

While it's great for our kids to hold high expectations of themselves, aiming for perfection actually sets them up to fail. Their habitual 'all or nothing' thinking leads to the unhelpful belief that if they don't achieve 100%, they've as good as flunked. Their focus on their mistakes rather than on their successes often affects their self esteem, fuelling a vicious cycle that can lead to stress, depression and anxiety if left unchecked.

The sooner we help our kids break this unhealthy habit, the better. So let's look at a few tips for doing just that.

Reduce your praise

There are two ways in which we tend to praise children. '**Content praise**' often draws attention to the end product, for example, "What a fantastic drawing!", or to a fixed quality in a child, such as "You're so clever". In contrast, '**process praise**' focuses on how your child got there. When we use process praise, we draw attention to their good ideas, problem solving approaches, effort, persistence, concentration and enthusiasm.

While it's helpful for all children to experience more process praise than content praise, this is particularly true for children with perfectionistic traits. This allows us to draw the focus away from how impressive the end result might (or should) be and instead highlight the importance of having a go, trying their best and learning along the way.

For example, rather than saying, "What a fantastic drawing! You're an amazing artist - what were you worried about?", it's more helpful to say something like, "It's great to see you having a go at drawing. I love watching you try new things"; or, "I love seeing the ideas you come up with when you draw".

Of course, most of the time we needn't praise children at all. Saying simply, "Drawing is fun isn't it?", is often enough to provide children with that all important sense of connection.

parenting * ideas

Model making mistakes

At my children's school, they're taught to embrace 'flearning' – learning through failure. Admittedly, my children witness me 'flearning' all the time at home, but in the eyes of your child, you might seem perfect. It's helpful for your kids to see that you make mistakes too, and importantly to learn through your modelling how mistakes can be managed.

Look for (or create!) opportunities to do this. When you're planning on bringing some spoons to the dining table, you could bring knives over instead and say, 'Oops, my mistake. Not to worry. I'll just go back and swap these over.' Or, perhaps you could draw alongside your toddler and deliberately keep from drawing inside the lines, commenting to your little one as you go, 'I love drawing with you'. By doing so, you model for your child that mistakes are okay, that they needn't hamper their enjoyment of a task and importantly, that the end result isn't all that matters.

Teach your child to speak to themselves as a friend

How does your child talk to themselves?

Would they speak to a friend in the same way?

No? Then what might they say instead?

We all know how much our inner voice can affect how we feel. Teach your child to be kind to themselves. To be supportive, forgiving and encouraging, even when they make mistakes.

Consider how you react when your child behaves in an 'imperfect' way

Do you respond calmly when your child accidentally spills cereal all over the kitchen bench or do you tend to overreact? It's important when we're teaching our children that they needn't be perfect, that our responses back this up.

By accepting our children as they are – wonderful, 'good enough' young learners – we teach them to do the same. And that's so much better than perfect.



Dr Kaylene Henderson

Dr Kaylene Henderson is a trusted Child & Adolescent Psychiatrist and one of Australia's leading parenting experts. She's also a grateful mother of three. Find her online 'advice packs', free website resources, social media channels and popular seminars at www.drkaylenehenderson.com. You can also watch Dr Kaylene Henderson's free video tip for tackling perfectionism here: <https://ado.seofawesomeness.com/free-video-tip-series/>