



Newsletter 8, Term 4, 2022

Friday 25th November



Father,

Let your hope arise in our hearts!

Lift our eyes up to see that you alone are where our hope comes from. Help us to shake off discouragements and distractions that have filled this year.

May we pause to remember that we have hope in you.

Amen

Dear Parents/Carers,

I hope you have had a great week and have managed to keep yourself warm and dry as the weather continues to be cooler than usual. We now only have three weeks until the end of the 2022 school year and there is a great deal happening. Please refer to the important dates for the remainder of the year in the date section of this newsletter.

This coming Sunday marks the beginning of the liturgical season of Advent, the season that we wait in joyful anticipation for the birth of Jesus at Christmas. As a Catholic community this is a very important time of year for us. During Advent we

spend much time reflecting on what it means to be a follower of Jesus, and praying for peace in our world. We pray for the peace and love that the birth of the Christ child promises. Over the coming weeks our students will be hosting a number of Advent Liturgies. I encourage all members of our school community to attend these and join with our children in joyful anticipation.

Student Reports will go home to all families on Friday December 9th. These reports will provide you with a snapshot of your child, their achievements throughout Semester Two and the many qualities that assist them in their learning. Congratulations to our students on their wonderful achievements throughout 2022 and many thanks to our dedicated teachers who have worked so hard in recent weeks in producing these reports. Learning Conversations will be held on Monday 12th of December 1.30 pm - 8.00 pm, these will be held virtually and your child/ren are to attend. Please see next week's newsletter for booking details. A reminder school concludes at 1.00pm on this day.

As you are aware there appears to be another COVID wave on the rise, we have only had a few reported cases of COVID in our community and we would like to keep it that way. This is a reminder we need to remain vigilant to ensure that we stop the spread and keep our students, staff and community safe ahead of the upcoming school holiday break. Please make sure that if your child is unwell and displaying COVID symptoms that they are kept at home until they are well again. Today another installment of Rapid Antigen Tests will be given to your child to help with early detection. Your ongoing support is greatly appreciated as we continue to work together to ensure all in our community remain healthy and safe.

As you are aware we are committed to creating and maintaining a child safe and child friendly school. We work collectively to create a place where all children and young people are safe and feel safe. In a recent newsletter to families, we announced the implementation of new Child Safe Standards that took effect from July 2022 across all schools

and organisations. This change has resulted in an increase in the number of standards from seven to eleven and aimed at further strengthening practices across all organisations, including schools. As part of the implementation process, we have begun reviewing important child safe policies, ensuring they align with these new changes. Please see our school website for a comprehensive list of all policies relating directly to child safety.

A reminder next week Friday 2/12/22 is our 2023 Planning Day - No students are to attend.

School Advisory Council 2022 Annual Report

Thank you to the School Advisory Council (SAC) for their ongoing commitment and support of the school this year. They have played a pivotal role in developing the Building and Landscape Master Plan which has been used to secure funding for the refurbishment of the library and two key learning spaces. For further details please see the report below. We look forward to continuing to work with the School Advisory Council as we bring our school vision to life.



Our Lady Help of Christians Catholic Primary School

Enlivened by the life of Jesus with the love and compassion of Our Lady, we are a community of faith and learning; valuing diversity and respect for all.

*To live justly, love tenderly and walk humbly with your God.
(Micah 6:8)*

Parent Association News



After months of planning and rescheduling, pivoting and more planning, it was all over in 4.5 hours! The OLHC Family Dinner and Disco Fundraiser was a raging success - thanks to you! The school community came out in force to have a good time, celebrate our beautiful school and continue the fundraising efforts for our much anticipated Kitchen Garden. We are humbled to announce that this event raised a total of **\$10,724.50**, taking the grand total dedicated to installing a beautiful and functional Kitchen Garden to \$28,095.73 which includes the \$17,371.23 raised by this year's Triathlon.

This would not have been possible without the support of some local businesses and our generous school community. We'd like to thank everyone involved in this function, up front and behind the scenes. To the people who donated time to run the bar; gather items to be auctioned; provide the tunes; and decorate the hall beautifully; those who donated goods or services for the raffle prizes, auction items or delicious dessert bar - we thank each one of you! In addition, all of the external vendors and suppliers on the night were carefully selected for their high quality product/service, as well as their commitment to this community. We plan to use them again and would recommend them. Please contact the PA for their details.

Thank you to everyone who attended or supported the event in some way - the school community is made better by all of you!

OLHC
Parent Association



Updating Chromebooks

Today we saw the arrival of 90 new chromebooks. These chromebooks will help replace some of our existing suite which have served us well during the remote learning period. We look forward to this hardware hitting our learning spaces within the next fortnight.



Lost Property

We have a number of items in the lost property cupboard. Please ensure your child's uniform items are labelled with their name as this makes their return a

swift process. If your child is missing a uniform or swimming item please check the lost property cupboard outside the school office.

Swimming Reminder



A reminder our swimming program continues next week Monday 28/11/22 - Thursday 1/12/22 . We are still awaiting confirmation from the Melbourne Baths as to when the additional swimming day will take place. Once this has been confirmed it will be communicated to you next week.



Reminder Our Lady Help of Christians Christmas Carols

Our Christmas Carols will be

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

Year 6 Guard of Honour

On Friday the 16th of December at 3.00pm we will be holding our Year 6 Guard of Honour to farewell our 2022 Year 6 students. The Miller St gate and Nicholson St gate will be open at 2.45pm to allow parents to enter the yard. A reminder school concludes on Monday 19/12/22 at 1.00 pm.

Second Hand Uniform Shop

Second Hand Uniforms will be sold on Tuesday 13/12/22 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.

Reminder Around the World



Arrangements for the OLHC ***Around the World In A Day*** are well underway. **Children are invited to come to school in costumes or clothes which represent their cultural background. Alternatively, they can wear casual clothes.**

We are seeking assistance from parents in running a few of our fun activities, including relay races, beading and granita making. If you are available on Monday 5th December from 8.45am - 1.30pm, please contact Angela at adefrancesco@olbrunswickeast.catholic.edu.au.

Crafty Advent

Look for something purple in your communication folder today!

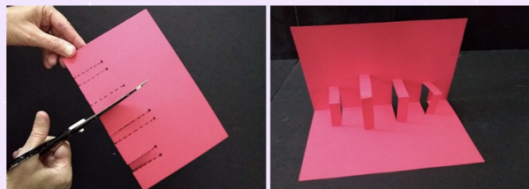
Advent is fast approaching and the parish warmly invites you to join in the Children's Liturgy as part of our Sunday Family Mass @ 10:30 AM @ St Ambrose's on Sydney Road.

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

Please refer to the flyer below. All are welcome! Elisa Ronzoni and Nicolette Cumbo- school parents and Parish Council members.

Let's make an Advent pop-up card!

1. Find in your COMMUNICATION FOLDER a **PURPLE** A4 piece of paper;
2. Fold it into half to obtain an A5 card;
3. Along the fold, cut four sets of slits as per image A:
 - Leave 2cm from each edge
 - Make the slits 2cm wide and 3cm long
4. Bend each slit to the inside with good creases to create four steps (image B);
5. Glue the paper onto a thicker card, for better support and to hide the cuts;
6. BRING THE CARD TO ST. AMBROSE'S over the next four Sundays at 10:30AM a receive the missing pieces to gradually complete the card!



27 November & 4/11/18 December

You're invited!



Advent

St Ambrose's church
287 Sydney Rd,
Brunswick

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

parenting  ideas
schools

Our Lady Help of Christians Primary School is a member of the Parenting Ideas School. Parenting Ideas Schools is a comprehensive online resource that is full of relevant, topical articles to support parents and teachers. A parenting article, written by Michael Grose, is included at the end of this newsletter. This week's article is titled 'Growing Up is not Straight Forward'.

Student Birthdays



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

Olivia Mc 3S, Mila 2V, Basil Prep B, Jordan 2C, Lexie 3C, Stevie 2V.

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
Majok M	PA	For the way you show kindness and patience to others in the classroom. You always listen attentively during whole class discussions and show respect to your friends and teachers through your actions. We are so lucky to have you in Prep A Majok. Keep up the great work!
Jessica L	PO	For your respectful and responsible behaviour during swimming lessons this week. Jessica you have demonstrated fantastic self-management skills, ensuring you are listening to the teachers and swimming instructors. You assisted your peers and put in lots of effort during your swimming lessons. Jessica you are a great role model, keep up the great work!
Eesha H	1 DL	Thank you for the positive and helpful attitude you have brought to swimming classes everyday. Even though you have not been able to participate, you come fully prepared to enjoy your time at the pool, and also offer assistance to myself and the other helpers. Thank you for setting a great example to your peers. Well done Eesha!

Clara F	1P	For always helping out in the classroom - you see something that needs to be done and quietly go about achieving your goal. You have such a positive attitude towards your learning, you lead by example and treat your classmates with kindness and respect. Well done Clara, you're a superstar!
Milo S	2C	For your perseverance and determination during swimming lessons this week. I am so proud of the way you are overcoming your nervousness and apprehension to put in a wonderful effort during your swimming lessons. I love the way you give everything a go and listen to your teacher so you can learn new skills. Well done Milo.
Ivy B	2V	For the way you lead by example, both in the classroom and on the playground. You are always quick to follow instructions from your teachers and you treat everyone with genuine care, kindness and respect. We are so lucky to have you in 2V Ivy!
Joshua Di S	3C	For a superb presentation on Vietnam. Your research and drafting was detailed and thorough, which resulted in your digital presentation being engaging and informative for the audience. Your entire Inquiry project is a demonstration of the effort you put into learning. Thank you for being a wonderful role model for our class and for teaching us some fabulous facts about Vietnam. Well done!

Kallista I	3S	Always being a responsible and positive role model in our classroom. Everyday you diligently present me with your best learning. Keep it up! You're a Superstar!
Biniyam W	4B	You have read, researched and comprehended information about Brazil and the cultural aspects of the country with enthusiasm. You used the information to explain different aspects of Brazil in detail and create an interesting report. Keep up the great work. I enjoy seeing you excited about your learning! Well done!!
Mia N	4M	For making excellent choices in the classroom. Effectively organising your belongings, listening carefully to instructions, starting tasks immediately and asking questions enable you to extend your learning. This maturity makes you a role model for the rest of us. Keep it up Mia!
Claudia U	5P	Claudia, well done on blowing everyone's minds in the camp talent quest. You and your group members did a phenomenal job and we all could not believe how confident you were and how you all knew how to captivate an audience. Your camp recount was simply delightful to read and you impressed me with your expansive knowledge of vocabulary (descriptive words). Remarkable effort! Keep up the great work!
Jarvis T	5L	For your continued enthusiasm and engagement in all aspects of learning at Our Lady's School. You participate in all activities with a positive attitude which is a great attribute to have.

Rania A	6A	For your consistent participation and involvement in all aspects of school life. You take on all learning opportunities, seek to extend yourself and always ask insightful questions. You are also to be commended for the effort you put into your Home Learning. You have shown me that you are ready for secondary school and beyond! Keep it up Rania!
John G	6KF	For taking on every aspect of school life with enthusiasm and as a leader. You participate in all activities, asking for clarification when needed. Well Done John, your self management skills demonstrate you are ready for Year 7.

2022 Dates

Term 4

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

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

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

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

Around the World in a Day 8.45am - 1.30pm -
Children to wear Multi Cultural Dress or Casual Clothes

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

Friday 9/12/21 Reports go home.

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

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

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

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

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

Second hand Uniform Sale outside Library at 3.00pm

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

Friday 16/12/22 Year 6 Guard of Honour at 3.00pm

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



OUR LADY HELP OF CHRISTIANS

Primary School Brunswick East

Exceptional Education

2022 Our Lady Help of Christians School Advisory Council Annual Report

Dear OLHC community,

With the end of the year approaching, we are pleased to present the 2022 Our Lady Help of Christians School Advisory Council Annual Report. The report summarises the key activities, achievements and challenges of the council and committees over the past year, and the focus for next year.

Background:

Late in 2021 the school called for interested parties to submit an expression of interest in devising a School Advisory Council. Membership to the council was advertised via the school newsletter and a submission of an Expression of Interest (EOI) was called for. Members were not elected but instead the EOIs were reviewed and members were appointed by the principal, as delegated custodian by the Parish Priest. Appointments considered diversity in gender, culture, skill and experience.

Membership and Committees:

The following membership appointments were made for 2022/2023 School Advisory Council: Sam Brumale (Chair), Carmen Roberts (Secretary), Sam Brumale, Howard McCorkell, Catherine Muhlebach, Alvin Ng, Carmen Roberts, Catherine Spurrirt, Samantha Thompson (Parents), Fr Greg Bourke, Fr Linh Phan (Parish), Maree McIntosh, Jackie McGrath (Staff).

The Terms of Reference for the School Advisory Council were presented by Robert Aron (Governance Team - Melbourne Archdiocese Catholic Schools), including a discussion on key and individual roles, as well as establishing the following Sub-Committees to focus on key areas:

- Community Engagement (Catherine Spurrirt, Maree McIntosh, Jackie McGrath)
- Master Planning (Sam Brumale, Howard McCorkell, Maree McIntosh, Catherine Muhlebach, Samantha Thompson)
- Media/Marketing (Howard McCorkell, Maree McIntosh, Carmen Roberts)
- Parent Association/Finance (Sam Brumale, Maree McIntosh, Alvin Ng).

During 2022, the School Advisory Council met four times on 22nd February, 5th May, 8th August and 25th October.

The Sub Committees each met six times during the year:

- Community Engagement Committee and the Parent Association/Finance Committee on 22nd March, 3rd May, 14th June, 19th July, 8th August, 11th October
- Master Planning Committee and Marketing/Advertising Committee on 23rd March, 4th May, 15th June, 20th July, 31 August and 12 October.

Key Highlights

Each of our meetings commences with Acknowledgement of Country and a prayer, to remind us of our commitment to respecting our First Nations People and our Catholic faith, to allow us a moment to centre our thoughts on what is important with a continued focus on the school's Vision.

Enlivened by the life of Jesus with the love and compassion of Our Lady, we are a community of faith and learning; valuing diversity and respect for all.

To live justly, love tenderly and walk humbly with your God.

(Micah 6:8)

The children's education and wellbeing are always at the heart of every discussion.

Our wonderful Principal Maree McIntosh, leadership team, teachers and support staff all work very hard to ensure the school Vision is met and to foster our children's future.

During the year, areas presented by Maree for discussion and review by the School Advisory Council included:

- Engaging Families in Child Safety Policy
- New Child Safety Standards
- Regular updates on Master Plan development of both building and grounds
- Updates about school enrolments and the Year Prep intake for 2023
- Updates about the school operations and teaching including the successful Inquiry program led by Jackie McGrath with participation from many members of the parent community.

The other main achievements and challenges covered by School Advisory Council and the respective committees are summarised below:

- Media and marketing committee advised on ways to promote the school and its values. It aims to support the school with enrolment initiatives as well as external learning experiences for our students. The Committee helped arrange updated photographs for the school website and new brochures and materials. The Committee also supported the 'Little Learners Love Literacy' banners on Nicholson and Miller Street frontages which have generated enrolment interest.
- Community engagement committee advised on ways to enhance engagement and involvement with our culturally diverse and rich OLHC community. During the year, the Committee has supported the schools Inquiry program and helped parent share their experience with the children.
- The Master Planning committee advised on the maintenance and projects for school buildings and grounds. The committee helped steer the development of the School Master Plan (for buildings and indoor spaces) and the Master Landscape Plan (for the outdoor spaces). The Committee assisted with a grant application to improve the school facilities. In October, the school was successful in its application securing \$1.97 million to carry out improvement works to the Miller Street buildings including the library and 2 learning spaces. You will start to see activity sometime next year! The Committee also endorsed the new Kitchen Garden which was a preferred suggestion from the children consulted during the development of the Master Landscape Plan. Smaller landscaping and tree planting projects for the main yard and along Nicholson Street were also endorsed. The picture below provides a snapshot of the design for the kitchen garden and images to indicate some of the proposed features.



GARDEN ARBOUR



RAISED GARDEN BED



GRASS MOUND



STEPPING STONES

- Parents Association / Finance Committee advised and supported the Parents' Association by focusing on targeted improvement projects and to help identify additional fundraising opportunities. We acknowledge the huge effort that the Parents' Association members put into the successfully run events including the recent end of year disco, the triathlon, pizza lunches and the fundraising raffles. All members are volunteers juggling family and their own work commitments. The events organised by the Parents' Association raised over \$30,000 which go back into the school. \$10,800 was used to buy new take home reading material generated by funds raised in 2021. This year \$17,371.23 was raised during the Triathlon and a further \$10,724.50 was raised at the Family Disco, these funds will go towards the establishment of the Kitchen Garden. We sincerely acknowledge and thank the Parents' Association for the work they have done for our school community. And we thank you for participating in these events and towards the funds raised.

In 2023, the School Advisory Committee will continue to represent the best interests of Our Lady's Help of Christians and support the principal and leadership team to provide the best possible education for our children.

Finally, as we near the end of the first year of the School Advisory Council, the first year free from lockdown since the commencement of the COVID 19 pandemic, the Council collectively extends our thanks to the principal and all the staff for their amazing work and endless hours.

I would also like to express my personal gratitude to all members of the 2022 School Advisory Council. Thank you for your passion and commitment, your respect and your kindness.

On behalf of the Council, I wish you all the best for the remainder of 2022, followed by an exciting and peaceful 2023.

Sam Brumale (SAC Chair)

INSIGHTS

Growing up is not straight-forward



The pandemic has delivered change and upheaval to families on an enormous scale. However upheaval is not new for some children, particularly those who've experienced illness, a loss of a loved one or who've moved home and changed schools. Each change requires acceptance, adjustment and an attitude realignment to help them fit the new circumstances. Every change is an opportunity for a child to grow and develop, if they are supported, and they're not overwhelmed by the experience.

The twists and turns of development

A child's pathway to adulthood, and the accompanying journey of their parents, is generally viewed as linear. Growing up is seen as a straightforward march from infancy, early childhood, childhood, adolescence, post-adolescence to adulthood. If COVID has taught us anything it's that a child's journey is full of twists and turns.

While your child has a developmental clock that keeps ticking over, it's their experiences that determine their maturity and their ability to reach fully-fledged adulthood with the resilience, grit and adaptability needed to thrive. These experiences that develop maturity and coping capacities fit into two broad areas – challenging experiences and positive experiences.

Challenging Experiences

The challenging experiences that a child encounters enable them to build their coping capacities and develop their emotional resources that contribute to their maturity. These challenges include:

Conflict

Disagreements, arguments and rivalry is part of growing up. Whether it's a dispute with siblings or a fallout with a friend, negotiating conflict is a developmental task.

Rejection

Rejection by a friend or group is hurtful and feels horrible, but it also builds a level of social smarts and judgement necessary for navigating relationships in later life.

Loss

This takes many forms including a friend moving away, the death of a pet or the passing of a family member. Loss is the cause of sadness, grief and heartbreak that can feel overwhelming. However, with time and support kids learn to cope and get on with their lives.

parenting*ideas

Disappointment

Losing a game, not being picked for a team, not receiving a gift they wanted are unpleasant but character-building experiences that help kids develop perhaps the most treasured resilience capability of them all – acceptance.

Failure

Mistakes are seen in three ways. They are activities to be avoided, signs of failure, or opportunities for further learning. Resilient learners know that mistakes, even initial failures, are part of every learning process so the risk of failure doesn't hold them back. Children and young people grow from these experiences as coping and recovery generally build character, confidence and resilience.

Positive experiences

Though children and young people will inevitably experience challenging experiences, positive experiences help to balance the experience ledger by building a child's identity, wellbeing and emotional collateral.

Love

Knowing that a child is loved and loveable is at the core of their self-worth. Self-esteem and identity built in adolescence needs a solid foundation of self-worth.

Friendship

Making and keeping friends is an essential life task linked to many aspects of happiness and wellbeing.

Contribution

The ability to belong to groups through contribution fulfils a basic need. It allows children to experience real gratitude and feel needed, which builds self-esteem.

Excitement

Fun, joy, excitement! Any activity that shifts a child's emotion from unpleasant, low energy to pleasant and high energy is a good thing.

Play

Involvement in enjoyable activities such as hobbies, interests, sports, music, games, creative and performance arts are central to healthy wellbeing. Activities that are fun, freely chosen and create flow (the ability to lose track of time) fit the criteria of play.

In closing

A child's age and related milestones is a recognised marker of their development. However, their life experiences, as much as the number of birthdays they've had, contribute to their maturity, resilience and readiness for the wider world.



Michael Grose

Michael Grose, founder of Parenting Ideas, is one of Australia's leading parenting educators. He's an award-winning speaker and the author of 12 books for parents including *Spoonfed Generation*, and the bestselling *Why First Borns Rule the World and Last Borns Want to Change It*. Michael is a former teacher with 15 years experience, and has 30 years experience in parenting education. He also holds a Master of Educational Studies from Monash University specialising in parenting education.

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

parentingideas.com.au

Crafty Advent at St Ambrose's!

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

Sundays @ 10:30AM

27 November

4 December

11 December

18 December

*You're
Invited!*



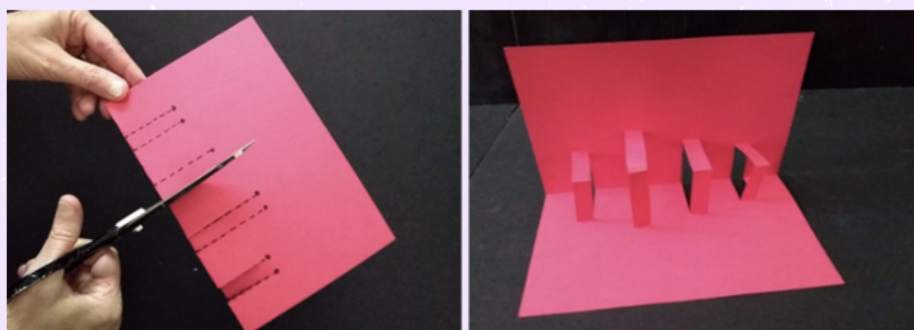
Advent

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

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

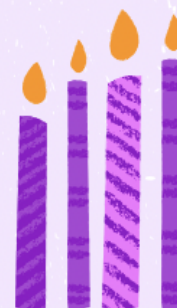
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