



**NEWSLETTER No . 34 : 5th November, 2015**

Dear Parents,



**“HONESTY AND TRUST”**

(Taken from the M. J. R Gr 5/6 booklet)

In a survey of Grade 5/6 students who do the “MJR PROGRAM” well over 90% of students stated that TRUST and HONESTY were very high on the list of the most important aspects of FRIENDSHIP.

To practise honesty, which is also the first cousin to trust, we have to be HONEST WITH OURSELVES. Never tell a lie to yourself - link this with BLAMERS and CLAIMERS. People who blame others are very often not honest with themselves. They can never make a mistake, and they rarely say “sorry” - which takes a bit of humility and strength of character to do - so they are all linked. Honesty, Trust, Forgiveness, Humility, Being Reliable, they are sensational qualities to practise and admire!

Being reliable is connected with TRUST. Being reliable is never letting people down. One of the most sacred things people give you is TRUST. Once you let them down it is very hard to build up that trust again!

Kindest Regards.  
Bernie O’Keefe  
Acting Principal



**Flying Start Program/Transition for 2016 Foundation students**

Monday, 9th November  
Monday, 16th November  
Monday, 23rd November  
8.45am – 10.45am

Please pass the word around to families in Heathcote that have a child starting school next year. The transition program is an excellent way to transition the children into school.

So that we can organize class structures for 2016, please bring your child’s enrolment form to the next Transition



**“GRANDPARENT & SPECIAL FRIENDS DAY”**

We are looking forward to a lovely day tomorrow with grandparents and special friends coming along and spending time with their loved ones at school.

We are starting our day with Mass at 9.30am, followed by morning tea at 10.30am, then a Special Assembly at 11.15am.

Visitors will then spend time mixing with the children in their classrooms. We are all very excited about tomorrow’s gathering!

**“GRADE 5/6”**

I would like to thank all our Gr 5/6 students and Mrs Leechman who today have been cooking and preparing goodies for our special morning tea tomorrow. All have willingly pitched in to help make this day memorable. It is always terrific to see our students displaying responsibility and working together for a common goal! Well done!

**TERM 4 DATES FOR 2015**

**November**

- Friday 6<sup>th</sup> : Grandparents and Special Friends Day  
9.30 Mass - 10.30am Morning Tea and class visit
- Monday 9<sup>th</sup> : Transition 8.45am – 10.45am
- Wednesday 11<sup>th</sup> : Remembrance Day
- Monday 16<sup>th</sup> : Transition 8.45am – 10.45am
- Tuesday 17<sup>th</sup> : Cricket Carnival 3/4
- Thursday 19<sup>th</sup> : Cricket Carnival 5/6
- Monday 23<sup>rd</sup> : Transition 8.45am – 10.45am
- Monday 30<sup>th</sup> : Swimming begins  
Spirit of ANZAC Centenary Bendigo 5/6

**December**

- Tuesday 1<sup>st</sup> : Orientation day and last session Transition
- Wednesday 2<sup>nd</sup> : Grade 5 Caritas Leadership Day
- Wednesday 9<sup>th</sup> : Graduation mass 6.30pm
- Friday 11<sup>th</sup> : Swimming Sports
- Saturday 12<sup>th</sup> : Christmas Carols
- Wednesday 16<sup>th</sup> : Term 4 ends for students' 3.15pm
- Thursday 17<sup>th</sup> : Planning Day at School



**STUDENT ABSENCES**

Please contact the school by 10.00am if your child is not attending school for the day. On returning to school, students must bring a signed, written note explaining their absence and give it to their classroom teacher. Notification can also be made via the school phone app.

**SCHOOL TIMES**

- 8.45am-10.45am - Class time
- 10.45am-11.30am - Recess
- 11.30am-1.30pm - Class time
- 1.30pm - 2.15pm - Lunch
- 2.15pm - 3.15pm - Class time

**UNIFORM SHOP**

The shop will be open on a Monday straight after assembly and also each Thursday.

**Students should now be in summer uniform**

**BOYS**

- School polo shirt
- School windcheater
- Grey shorts **(NO CARGO)**
- Black shoes or sandals
- Grey ankle socks
- School hat

**GIRLS**

- School windcheater
- Blue/White check dress
- Black shoes/sandals
- White ankle socks
- School hat

***"TUCKSOP / CANTEEN"***

*I would like to take this opportunity to sincerely thank Michelle Scoble for all the tremendous work that she has contributed to our school community via the Breakfast Club, school lunch days and other special occasions. The school community has greatly benefitted for all the time and effort Michelle has given and I can certainly understand that Michelle has decided to take a break from these duties at this time. Thank you again Michelle for all you have done!*

**CANTEEN / TUCKSHOP**

Lunch days will continue as usual with the help of Nat and Heidi. We wish to thank Heidi and Nat for their continued support with our canteen.

I would also like to invite any parent or carers who may wish to help with canteen, to please contact Heidi, Nat or myself and become part of the team! We are all here to do the best we can for our students and many hands make light work.



**CATHOLIC COLLEGE BENDIGO**

**PRINCIPAL'S TOURS at La Valla**

Principal's Tours offer the opportunity to meet our Principal, **Mr Brian Turner**, and walk around the La Valla Campus during a regular school day. Tours take approximately one hour. Bookings required.

Dates for the remainder of 2015:

**Thursday 5 November at 9.00am**

**Thursday 3 December at 9.00am**

Enrolment opportunities are available at all year levels for 2016, from Year 7 to Year 12.

**Tour Bookings and Enrolment Enquiries:**

Mrs Trish Martin, College Registrar

(03) 5449 3466; [tmartin@ccb.vic.edu.au](mailto:tmartin@ccb.vic.edu.au)

**CAR PARK**

Some parents are travelling too fast when driving in the carpark.

In the best interests of everyone, **PLEASE** do not travel faster than 10km in the car park.



There are numerous items in the lost property box. Parents are requested to please take a look and see if any of them belong to your child/children.

All items left at the end of the year will be taken to the uniform shop to be sold as secondhand.

*Combined Annual General Meetings of Holy Rosary Primary School Board and Parents & Friends*

**Wednesday, 18th November, 2015 at 6.00pm**

**Venue: O'Dee**

The night will include drinks and nibbles.



**CHRISTMAS FUNDRAISER**

Over the next few weeks your child/children will be designing their very own Christmas card and 2016 calendar. These will be professionally printed by Art by Kids, [www.artbykids.com.au](http://www.artbykids.com.au). They will be available for order and will make wonderful Christmas present ideas.

**Nominations are called for membership of the Parents and Friends and School Board.**

**Please consider nominating for a position on either the School Board or the Parents and Friends**

*Holy Rosary Heathcote Primary School  
SCHOOL BOARD Nomination Form*

Position: .....

Nominee: .....

Name: .....

Signature: .....

Date: .....

*Holy Rosary Heathcote Primary School  
P & F COMMITTEE Nomination Form*

Position: .....

Nominee: .....

Name: .....

Signature: .....

Date: .....



## Basketball Players Wanted Summer 15/16

Are your kids looking for a sport over the summer that won't take away your weekend? Well basketball could be for you.

Currently looking for players in:

Under 10: Boys and Girls (Born 07/08)

Under 12: Boys (Born 05/06)

Under 16: Boys (Born 01/02)

Training Barrack Reserve Heathcote, games at Bendigo Stadium

For information contact:

Rheannon Willoughby 0402 198 042

Fiona Bradshaw 0403 618 560

Steve Bradshaw 0403 387 943

### Go Panthers!

#### **HAND, FOOT AND MOUTH**

We have had a report that one of our students has Hand, Foot and Mouth. Please read the information supplied and keep an eye out for any symptoms.

#### **Hand foot and mouth disease**

Hand foot and mouth disease (HFMD) is a viral infection. It is not linked to the foot and mouth disease that affect animals. HFMD is mainly seen in children under the age of 10 or in young adults. It is easily spread from one person to another. Most people have had HFMD by the time they are adults. It rarely causes further complications and is very rarely fatal.

#### **Signs and symptoms**

Symptoms usually start three to seven days after catching the infection and can last from seven to 10 days. Admission to hospital is rarely needed. The common signs and symptoms include:

- high temperature (fever)
- sore throat
- small blisters on the inside of the mouth, the sides of the tongue, palms of the hands, fingers, soles of the feet and nappy area (the blisters should not be itchy like chicken-pox blisters)
- poor appetite (drinking and eating can be painful because of the mouth blisters) tiredness.

#### **How to stop it spreading**

- Washing hands after touching these bodily fluids is the best way to prevent the spread of HFMD.
- Not sharing items such as cutlery, drinking cups, towels, toothbrushes and clothing will help to reduce the spread to others.

Your child should stay home from school, crèche, playgroup, kindergarten or child care until all the fluid in the blisters has dried.

#### **Treatment**

- There is no treatment for HFMD. Because it is a virus, antibiotics will not work to treat it.
- Give pain relief for mouth blisters. Ask your pharmacist or family doctor about what medicines are good to use.
- Give your child frequent sips of drinks. This will stop them from becoming dehydrated.
- Leave blisters to dry naturally. Do not pierce or squeeze them.

If your child gets a headache, stiff neck or back pain seek medical advice immediately from your family doctor or nearest hospital emergency department.

#### **Key points to remember**

- Hand foot and mouth disease is easily spread from one person to another.
- It is not life threatening.
- There are no specific treatments, vaccine or cure.
- If your child has symptoms of a headache, stiff neck or back pain, seek medical advice immediately.

There is no known risk to pregnant women or their unborn babies

**CANTEEN : THURSDAY, 12th November, 2015**

NAME:  
.....

CLASSROOM: .....I wish to order .....serve/s

Hot Dog  Cheese  Onions

**Cost: \$2.00 PER SERVE**

Treat : \$1.00 extra   
Icy Poles : 50c. extra   
Money enclosed \$ .....

Please return order & money in an envelope  
to your classroom by Wednesday, 11th November

**CANTEEN : THURSDAY, 12th November, 2015**

NAME:  
.....

CLASSROOM: .....I wish to order .....serve/s

Hot Dog  Cheese  Onions

**Cost: \$2.00 PER SERVE**

Treat : \$1.00 extra   
Icy Poles : 50c. extra   
Money enclosed \$ .....

Please return order & money in an envelope  
to your classroom by Wednesday, 11th November

**NO LATE ORDERS ACCEPTED**

**CANTEEN : THURSDAY, 12th November, 2015**

NAME:  
.....

CLASSROOM: .....I wish to order .....serve/s

Hot Dog  Cheese  Onions

**Cost: \$2.00 PER SERVE**

Treat : \$1.00 extra   
Icy Poles : 50c. extra   
Money enclosed \$ .....

Please return order & money in an envelope  
to your classroom by Wednesday, 11th November

**NO LATE ORDERS ACCEPTED**

**CANTEEN : THURSDAY, 12th November, 2015**

NAME:  
.....

CLASSROOM: .....I wish to order .....serve/s

Hot Dog  Cheese  Onions

**Cost: \$2.00 PER SERVE**

Treat : \$1.00 extra   
Icy Poles : 50c. extra   
Money enclosed \$ .....

Please return order & money in an envelope  
to your classroom by Wednesday, 11th November

**NO LATE ORDERS ACCEPTED**



**Breakfast as usual on Thursday,  
12th November : 8.00 - 8.30am  
in the O'Dee**