

**NEWSLETTER No . 11 : 28th April, 2016**

Dear Parents,

ANZAC DAY

On Monday I attended the Heathcote ANZAC ceremony. Riley, Eve and Jack read very well and Riley presented a wreath from our school. The presence of the students is very much valued by our Heathcote RSL members as they are by all Community groups in the town. I am very proud of how we present ourselves and how we are involved in community activities. Thanks for your support in this. Thank you to Mr Geary and Mrs Short for preparing the children and ordering the wreath. The children have a greater understanding of ANZAC day because of the work completed in class over the last few weeks.

Riley, Eve and Jack.

They did a great job and were proud to represent their school.

**Parent Reading Surveys**

Thank you to all families for returning the Parent Reading Surveys. This data will assist our learning and teaching as we continue our focus on reading comprehension. The staff at Holy Rosary continue to amaze me as they strive to improve learning for our students through constant research, development and trials. Such a consistent approach to education will create success for our students. I thank you all for supporting the teachers in this endeavour.

O'Keefe School Challenge

Once again Heathcote is turning on a great event with the Marathon on Sunday. I encourage as many of our students, teachers and parents to become involved in some way. This could be as a participant in the Mile challenge or it could be as a volunteer or supporter. Looking forward to seeing as many as possible there on Sunday morning.

Cross Country

Next Monday, 2nd May, Holy Rosary will be completing our school cross country in conjunction with Heathcote Primary School. The event will take place at Heathcote Primary School from 2.00pm until 3.00pm and will involve students from grades 2 to 6. Students are asked to wear their sports uniform on this day.

We will also be holding a Foundation and Grade 1 race at 11.30am at Holy Rosary Heathcote and invite any parents/grandparents and friends to come along and support our younger students when they compete in their cross country event.

Parents/grandparents and friends are encouraged to come support both the younger and older students as they race around the track.

Road Safety

Parking and Animal Services from the City of Greater Bendigo have contacted our school and requested that the following information be conveyed to our school community.

The illegal parking of vehicles adjacent to our school poses a safety concern to children, pedestrians and other road users. Parents are reminded that it is essential to comply with parking restrictions when dropping off and collecting children from school.

Motorists must not stop in no stopping areas, even briefly, with or without the motor running. They must not stop next to a continuous yellow edge line, on nature strips, too close to school crossings, park over driveways or double park. Drivers should also be aware that they cannot perform a U-turn over an unbroken or continuous dividing line.

With regard to children's crossings, the law requires that a driver approaching a children's crossing must drive at a speed at which the driver can, if necessary stop safely before the crossing. Please slow down and take extra care when driving in school zones.

City of Greater Bendigo Parking Officers and Bendigo Police do conduct random patrols throughout the school year at various locations to ensure that motorists are adhering to the Road Rules.

Yours sincerely,



Paul Dullard
Principal

LEARNING CONVERSATIONS **TUESDAY, 24th May (3:30-6.00pm) &** **THURSDAY, 26th May (3:30-7:30pm)**

This term we will be holding three way Learning Conversations (parent/guardian, teacher and child). These will take the place of the existing Parent/Teacher Interviews held in previous years. Each student and their parent/guardian will have a 15 minute Learning Conversation with their child's classroom teacher, in a time slot from the designated times above.

The reason we are adapting the existing structure is that research has shown that Learning Conversations strengthen teaching practice and improve learning student outcomes. One of the main features of the Learning Conversations is establishing goals and expectations, which according to Viviane Robertson [2007] can 'positively influence student learning'.

More information about the Learning Conversations will be in next week's newsletter.



*Celebrating 140 years of
Mercy education in Bendigo*

ENROLMENT FOR YEAR 7, 2017

The enrolment process for Year 7, 2017 commences in Term 2. Families are warmly invited to visit our College.

OPEN EVENING*

at La Valla, McIvor Hwy, Junortoun
Wednesday 27 April from 4.00-7.00pm

TRANSITION DAY: Wednesday 18 May

PRINCIPAL'S TOURS at La Valla
Thursdays 5 May & 2 June, 9.00am

*The Open Day previously advertised for Sunday 1 May has been cancelled.

Parents of students in Grade 6 please note:

- Transition information has been distributed to families. Please call Mrs Martin with any queries.
- Enrolment packs will be sent in the week beginning 26 April.

Tour Bookings & Enrolment Enquiries:

Mrs Trish Martin,
College Registrar
(03) 5449 3466
tmartin@ccb.vic.edu.au
www.ccb.vic.edu.au



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TERM 2 DATES FOR 2016

May		
Monday 2nd	-	Cross Country - Grs. 3/4/5/6
Wednesday 4th	-	Mother's Day Stall
Friday 6th	-	Mother's Day Luncheon
Saturday 7th	-	Bush Market
Saturday 8th	-	Mother's Day
Friday 13th	-	Breakfast Club
		Lunch orders
Saturday 18th	-	Farmers Market
Friday 27th	-	Pupil Free Day



Class Masses - Parents welcome to attend

Once again over the course of the year, each class will join St Mary's Parish community for a morning mass in our School chapel. We welcome all parents to attend with their son or daughter on their scheduled date. Below is a list of Classes attending Mass this term.

Thursday 5th May - Class Mass in Chapel @ 9:00am (3/4B)

Friday 13th May - Mass - Whole School @11:30am in the Church

Please note change in time and date because of Mother's Day Luncheon

Thursday 12th May - Class Mass in Chapel @ 9:00am (5/6)

Thursday 19th May - Class Mass in Chapel @ 9:00am (F/1)

Monday 23rd May - Our Lady Help of Christians Whole School Mass @ 9.30am

Thursday 26th May - Class Mass in Chapel @ 9:00am (1/2)

Thursday 2nd June - Class Mass in Chapel @ 9:00am (3/4A)

Friday 3rd June - First Friday Mass - Whole School @11:30am in the Church

Thursday 9th June - Class Mass in Chapel @ 9:00am (5/6)

Thursday 16th June - Class Mass in Chapel @ 9:00am (3/4B)

Thursday 23rd June - Class Mass in Chapel @ 9:00am (F/1)



BOOK CLUB ISSUE 3

Order forms have been sent home today. Money and orders to be returned to school by Tuesday, 3rd May.

**BREAKFAST CLUB AND CANTEEN
WILL COMMENCE ON
FRIDAY, 13TH MAY**

MOTHER'S DAY LUNCHEON : Friday, 6th May, 12Noon – 2.00pm

This year's event will be a High Tea and, as always, we will be catering to vegetarians and those with Gluten intolerances as well as those with no food allergies and providing a delicious array for both savory and sweets for you.

This year we would invite everyone to bring along a copy of their own school photo for us to display around the room. These will be returned to you as you leave.

Entertainment this year will be provided by the Holy Rosary School Choir, as well as a special guest to perform for us to help celebrate our mothers.

Raffle tickets are no sale now for \$2.00 each. Tickets are attached to this newsletter and can be obtained at the school office. Tickets for the luncheon are \$30.00 each and can be purchased from the school office. Round up your mum, your sister or even just a group of friends and come along and join us.



Play Space Revamp

This year I have been accepted into the Loddon Murray Community Leadership Program which has given me the opportunity to work on a project in our community. I have nominated to work towards revamping the play spaces at school, paying particular attention to the court space at school for the students.

As part of that project, I would like to get some of your thoughts as members of our school community in what YOU might like to see for our students. Also, remember to include your children in the discussion, after all, it is their space and we would love to see some of their ideas come to life.

To get this started, I have created a small survey and ask anyone interested in providing feedback to please visit <https://www.surveymonkey.com/r/L3YWL178> and complete the survey. There are only a few questions so it will not take long.

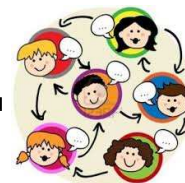
So please, help us make our school an even better place.

Fee Bradshaw

CHILDREN'S CHATTER MATTERS

Children's Chatter Matters!

Activities will be provided over term two to help develop your child's vocabulary at home (you may need to adjust the activity to suit your child's level). See if you can think of more activities!



Have a box of different items collected from around the house e.g. items found from the playroom, the kitchen, the bathroom and the bedroom. An object is picked out of the box and is named, the next person must supply another word that is related to it. The game continues until a player gets stuck and cannot think of another word. Ask your child to justify how the words are related also – the relationship between the word may not be immediately obvious until they explain it e.g. Pig – Sheep – Cow (*all farm animals*) – flamingo, galah (*all pink*)

Chaplain/Pastoral Care

Thank you to the parents and carers who have handed in the permission form to provide Chaplain/Pastoral Care to you're their child. Please call or email on a Thursday or Friday if you feel my service is needed. , Alternatively, you can leave a note for me at the office.

Kind regards,

School Chaplain

Work Days: Thursday and Friday : 9.30am - 3.00pm

jdawson@hrheathcote.catholic.edu.au

FREE 'Connecting with Kids' parent workshop!

Family Education Services team will deliver, at no cost, a 2 and 1/2 hour workshop focusing on using emotional intelligence to understand and guide children's behaviour as well as information on brain development and children's emotional development.

This will be open to parents in the wider Heathcote community as well. Heathcote Primary, Holy Rosary and Community House are working in partnership to facilitate the workshop. Axedale Primary have already run this workshop and the feedback from parents was very positive. This is one of many workshops and courses available. So come and try out this one, and we can see what others you' may be interested in having made available in Heathcote.

At this stage we plan to have the workshop on a Thursday morning during school hours at Heathcote Primary School. We will provide morning tea and if needed childcare for those with pre-school and/home schooled children.

Please indicate your expression of interest below and return to either Heathcote Primary School, Holy Rosary Primary School or Heathcote Community House. We can not run the program if we do not meet a specified minimum number of participants.

Kind Regards,

Megan (Heathcote Primary School Chaplain) 03 5433 3090

Jess (Holy Rosary School Chaplain) 03 5433 2057

Vicki (Coordinator, Heathcote Community House) (03) 5431 0930

Free 'Connecting with Kids' Parent Workshop at Heathcote Primary School

Names of those interested in attending workshop

.....

Number and age of children required child care

Contact information

Dietary restrictions or food allergies

.....

Parents and Friends Committee



MOTHER'S DAY STALL

Wednesday 4th May

*The Mother's Day stall will have items
available from 50c to \$5.*

*Please ensure you bring along your money on
this day so you can choose a special gift
your Mum, Grandma, or Great Grandma.*

Mother's Day Luncheon

HIGH TEA

RSL Hall, High St, Heathcote

Friday 6th May **12**
midday

\$30 per head

Limited seats available

Bookings are essential

Phone: 5433-2057



We are pleased to introduce a new Parents Page to our school newsletter. Being a parent can be one of the toughest jobs in the world, therefore, this page aims to provide information and tips on current evidence based research regarding parenting and child wellbeing. The information will be collected from various sources and compiled by Mrs Jess Dawson, our School Chaplain.

Parenting Ideas #1

Problems with Sleep

All children can have trouble getting to sleep and staying asleep. These problems with sleep can have many different causes.

Bedtime routine and sleep environment: Your child needs about an hour of quiet time to wind down and relax for sleep. Too much excitement, noise and activity before bed can get kids revved up and make it harder for them to settle down for sleep when it's time. Likewise, a sleep environment that's too noisy, light, cold or hot can make it harder for children to get to sleep. Sometimes changes to children's normal bedtime routine or environment can affect how well they settle down. For example, daylight saving, jet lag, an unfamiliar bedroom or a sleepover can have a child bouncing around when he'd normally be asleep.

Nutrition : What your child eats and drinks can affect her ability to settle down at night. For example, if children consume caffeine – in energy drinks, coffee, tea, chocolate and cola – especially in the late afternoon and evening, this might keep them awake at night.

Night terrors, nightmares and sleepwalking : If your child sometimes wakes up screaming or crying, it could be a night terror. [Night terrors](#) are normal in children aged 4-12 years, and most children outgrow them by the time they're teenagers.

Your child might also have [nightmares](#). Nightmares or bad dreams can wake children up and make it hard for them to get back to sleep.

Your child might [sleepwalk](#) – that is, walk around the house as if he's awake when he's actually in a deep sleep. Sleepwalking doesn't harm your child, but it can upset your family's sleep. Some parents find it hard to sleep because they worry that children might fall and hurt themselves while sleepwalking.

Although night terrors, nightmares and sleepwalking are all pretty normal, it's best to talk to your doctor if you're worried or if your child's behaviour seems severe. Sleepwalking can sometimes be a sign of an illness or medical condition.

Bedwetting and toileting : If your child isn't dry at night, she might wake because she's [wetting the bed](#). Or she might wake to go to the toilet and then find it hard to get back to sleep.

You can talk with your child's doctor if toilet training and bedwetting are problems for your child.

Health and wellbeing : Some children can suffer from illnesses – for example, [colds](#) or [ear infections](#) – that make it hard for them to settle or sleep well. Chronic illnesses such as [asthma](#) or [epilepsy](#) can also affect children's sleep.

Some children [snore](#). If your child snores all the time, even when he's well, consider talking with your child's doctor. Snoring can sometimes be a sign of [sleep apnoea](#).

[Anxiety](#) can affect children's sleep too. If your child is really anxious or worried about something, she might find it hard to get to sleep, or get back to sleep if she wakes in the night. It's a good idea to talk with your child's doctor if your child has sleep problems and a chronic illness or anxiety.

(Raising Children Network Website)

HEATHCOTE BUS SERVICES

Public Transport Victoria Junortoun bus consultation

Wednesday, May 18 at 5 PM - 7 PM

Bendigo Baptist Church - 757 McIvor Highway, Bendigo, Victoria 3551



Important for Heathcoteans who use or would like to use Public Transport Services Victoria to attend tis opportunity to be included in the consultation process.

As we need the Junourton bus service to be part of a corridor service from Heathcote, through Axedale and then into Junourton and on to Bendigo, it will be important for the views of the Heathcote and Axedale communities to be represented at the Junourton consultations.

Car Pooling available at the Heathcote Community House, if enough people interested we can consider using a small bus or two.

Call the Heathcote Community House on 5431 0930 and leave your name and contact number if you are interested in attending and needing a lift from the community house or main street perhaps.



The O'Keefe

RAIL TRAIL MARATHON

RACE BRIEFING, START TIMES AND PRESENTATION



All entrants as a condition of race entry must be at the race briefing to hear the officials discuss further new characteristics of the event and course. The briefing will be sent out also before the event.

Event	Race Briefing	Race Start Time	Start Location	Race Presentation
Marathon	8.10am	8.30am	Bendigo	1.00pm
Ekiden Relay	9.05am	9.20am	Heathcote	1.10pm
Half Marathon	9.21am	9.30am	Heathcote	11.45am
Quarter Marathon	9.35am	9.45am	Heathcote	11.05am
Mile	9.45am	9.55am	Heathcote	10.55am
500m	10.15am	10.20am	Heathcote	11.00am

Name: _____

Phone: _____

Student: _____



1st prize: Coffee Machine & Hamper
Kindly donated by Heathcote Mitre 10 & Liz Allen Value \$300

2nd prize: Tea Set & Hamper
Kindly donated by Cook's Gallery Bendigo & Liz Allen Value \$175

3rd prize: Lady's Leather Handbag
Kindly donated by Sally Pitt Value \$70

Tickets \$2 each. Drawn Friday May 6th 2016 at the event.



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Phone: _____

Student: _____



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