

**HOLY ROSARY SCHOOL HEATHCOTE**

Registration No. 1252

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Always for Others - By Easter Almuena

You are the image and likeness of God  
But with you the morning awakens  
With the call to rise  
Not for you  
But always for others.

God handpicked you from a myriad of souls  
Molded you since you were a babe  
To prepare you for a journey  
Not for you  
But always for others.

God blessed you with wisdom  
To use to give form to his plans  
And love to carry them out  
Not for you  
But always for others.

Mary walks with you  
Guiding and loving you  
For to her you are a Christ  
Not for you  
But always for others.

You hold the Body of Christ  
Embrace his name and proclaim it  
And a father and counselor you have become  
Not for you  
But always for others.

God forever bless you  
Walk and carry you when your feet are weary  
Bring peace and joy to your heart  
For though your life is never for you  
It is Christ's and he delights in you.

- Liz Tobin REC

Father Antony has moved this week to look after the parish of St. Liborius Eaglehawk. Fr Antony has been a strong supporter of the School, a welcome visitor among the staff and students, and has provided challenging and appreciated perspectives to Church teaching and social justice to this community. He will be sadly missed. I would like to take this opportunity to thank Fr Antony for his friendship and guidance to Holy Rosary. We look forward to welcoming Fr Dell'Avo, who has spent the last fourteen years as Parish Priest of St Joseph's Rochester.

Dear parents and friends,

Greetings from Fr Antony . I write you a few words to let you know that I am leaving Heathcote by the end of this month to St. Liborius Eaglehawk. I avail myself of this opportunity to thank you all for the generous co-operation you have given me in the past five and a half years. Under the leadership of Mr Paul Dullard the school is having a better face in these days. Congratulations. The school board, the staff and the principal are fully dedicated in their respective fields. I whole-heartedly thank you all and wish you every success in the future under the new administrator Rev. Fr Peter Dell'Avo. Please keep me in your prayers. May God bless you all.

With Love and regards,

Fr Antony Pedickattukunnel  
Administrator, Holy Rosary School.

Dear Parents,

Today I attended the Sacred Heart Cathedral in Bendigo for the 140<sup>th</sup> Anniversary of the Sisters of Mercy in the Sandhurst Diocese. It was a great celebration with all of Catholic College Bendigo being present which included many young people from our Heathcote district.

My Aunty Sr. Kathleen Slattery has been a Sister of Mercy for 60 plus years and in that time been involved in education as a teacher, Principal and support person in schools. This type of dedication to the faith as well as to the teaching vocation is an inspiration to many and I was very pleased to be present to celebrate the milestone.

#### **Welcome Fr Peter Dell'Avo.**

I met with Fr Dell'Avo not long after he arrived here in Heathcote on Wednesday morning. It was nice to sit for a while and share a few stories of past, present and hopes for the future. Father has been Parish Priest in Rochester for the past 14 years, which takes in my home town of Lockington where mum and dad live, so we did joke that he has been unable to avoid the Dullard family.

Thursday Father celebrated his first Mass in the chapel with parishioners, Mrs O'Kane and her class and it was a great experience where Father Dell'Avo was able to explain the mass to the students and share a bit of his story.

Father will be in the school on Friday to meet with staff and the students and to get the lay of the land for Holy Rosary.

Welcome to Heathcote Father Dell'Avo.

#### **SAFETY FOR ALL**

New legislation around Child Safe Standards is being introduced on August 1<sup>st</sup>. This will impact on how things have been carried out in schools and especially at Holy Rosary Heathcote.

I am very appreciative of those that have come to see me in regards to what they feel can be improved around the school to ensure it is a safer place. Input from the school community has driven many of the changes around the school especially the redesign of the car park and other OHS refinements.

It is important to note that:

- Our car park is designed to ensure children are safe in our school as they are being dropped off and picked up. The Board is looking into feedback from the community that will ensure it suits our school numbers etc.
- Our school has been de-cluttered and new areas created to ensure that it is a safe place to be and work.
- A full OHS review has been conducted and all recommendations are being implemented this term.
- Working with Children Checks are being sought from all volunteers in our school to ensure our children are safe.
- All staff have a Level 2 First Aid certificate and have attended Catholic Education Child Safe training days.
- All procedures and practices of staff in regards to the wellbeing of students has been reviewed and updated.

### **Respect for Self, Others and the Environment.**

On Thursday the staff and I held an extra assembly for the students. The main item on the agenda was to remind the students of how they can be respectful to self others and the environment. It is often this time of the year after the coldest part of Winter when students can be tested in regards to their resilience and tolerance. We have fantastic children at our school and they were able to respond to the teachers requests for best behaviour after the assembly.

Ensuring our students are safe is a key focus of all staff at Holy Rosary and apart from the larger projects eg. car park, locked gates, safety signs, we have also worked on children ensuring they are safe by the way they play and work together. I encourage all families to talk to their children about how the school expectations are designed to ensure everyone at Holy Rosary is safe and successful.

### **Tree Day**

Holy Rosary has registered for School Tree Day which is held on Friday 29<sup>th</sup> July. Our planting day is going to be later in the term due to the wet conditions we currently have. Once it dries out, we will engage parents to contribute to where we can best plant our native plants.

### **Transition Flying Start Program**

Our second Transition Day for new Foundation class for 2017 will be held next Monday 1<sup>st</sup> August. Parents of these new students will park in front of the O'Dee. Mrs Tobin has once again planned several fantastic activities for the students.

If you are aware of any parents who are undecided about where to send their child next year, please get them to contact the school.

### **School Board**

Our school board meets next Monday evening 1<sup>st</sup> August. If you wish for any items to be added to the agenda, please write to the Board Chair and send into the office before close of school Monday 1<sup>st</sup>.

### **Parents and Friends**

The Parents and Friends committee will meet in the O'Dee on Friday 5<sup>th</sup> August at 9.15am. Please join them for a cuppa and a great meeting discussing how we can work together to make our school a better place.

### **First Friday Mass**

Our first Friday Mass for August will be at 11.30am in the church. All classes will attend and parents are most welcome.

### **Insight SRC**

Hard copies were due in the office today, however online surveys can be completed up til the end of Friday 29<sup>th</sup> July. Thank you to all who have completed the survey.

### **Pupil Free Day.**

Monday 22<sup>nd</sup> August will be a pupil free day at Holy Rosary as teachers will be working on Reading Comprehension strategies based on the work of renowned educationalist Deb Sukarna. Many staff have attended workshops with Deb over the year and this day will be a chance to pull all of these new ideas together to inform our teaching and learning. All initiatives at Holy Rosary are informed by research and the Deb Sukarna work is a strong influence on our planning and supports our Inquiry Mindset work with Helen Timperley (NZ)

### **Lunch Time Clubs**

One of the exciting new initiatives for students at school has been the Play and Lunch time clubs activities. Every day the students are offered the opportunity to come into the library to participate in a clubs activity. The students have consistently been lining up at the half way mark of each recess and lunch. Clubs offers the children an alternative to being on the yard for a whole 40 minutes and allows them to enjoy the recess and lunch period more.

Thanks to our teaching staff for taking on the extra duty each day and especially to our teaching assistants who design the craft activities and join the students each day.

I have attached several photos of the students enjoying the craft session.

Monday – Construction/ Lego

Tuesday – Reading and drawing

Wednesday – Craft

Thursday – Board games

Friday – Nature Videos

Working with Children Checks.

Yours Sincerely



Paul Dullard

## WORKING WITH CHILDREN CHECK



It is now an expectation that all parents who are involved in activities at school functions have a **Working With Children Check**. This applies to all parents who help out in classrooms, the canteen, go with the students on excursions and are involved with any sporting events.

The form can be downloaded on the internet. The school needs to keep a record of these so I would be grateful if they can be handed into the office as soon as possible.





**HELP NEEDED TO CONTACT BOOKS FOR THE LIBRARY....**

The library has recently purchased some new books that the students have been keen to read. The books have been catalogued, but we need some very kind helpers to contact the books to help protect them. If you are able to help in anyway, please see me at school on Tuesdays.

Many thanks, Prue Harris

**IMPORTANT DATES FOR 2016**

Monday 22<sup>nd</sup> AUGUST - PUPIL FREE DAY

Wednesday 24<sup>th</sup> August - Blurbs Performing

BOOK WEEK 20<sup>TH</sup> -26<sup>TH</sup> AUGUST

**Book Week** this year is the 20-26th August. The theme is "**Australia! Story Country**".

On Wednesday 24th of August the Blurbs will be performing at our school at 2pm. This will also be our dress up day. We will have a parade first thing in the morning and then do some rotation activities where each classroom teacher chooses a book that has been nominated, and does an activity on it.

Min from the Blurbs would like the kids to start learning the music for the concert.

The link for the songs is:

<http://theblurbsbendigo.wix.com/theblurbs#!media/c1e60>

There are also lyrics on the website.

For now, please start learning the songs and get your costume ready!!

We were thrilled to be able to shout the Heathcote Carers support group lunch this month. Thank you for all you do!

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# The Hunch Back Of Notre Dame

**Narrator Victor Hugo**

On Monday the 18<sup>th</sup> of July our grade 3/4 and 5/6 got the opportunity to go see The Hunch Back Of Notre Dame. We set off in the early morning at 9:00am to walk down to the RSL Hall.

On the way we saw Heathcote Primary and Toobarac Primary. As we went inside the RSL Hall all the schools combined and sat on the floor in front of the stage.

First they told us some of the safety rules and then the production started.

Some of the characters were, The Hunch Back/Cosie, The Gypsy/Esmerelda, Ghost/Hugo, Narrator/Quasimodo, Archdeacon/Frollo, Archdeacons and Cosies Mum/Mummy Frollo, The Crocodile/Phoebus, The Priest/Father.

My favourite part was the sword fight.

It looked extremely hard to learn and they put in some very risky tricks.

It was a little bit scary at times because they had real swords and it looked like they were about to cut each other's head off.

After a story full of action the production ended.

They came out and had a little dance and then asked us some questions.

If you had a really good question they would give you a wrist band.

Lucky for me I thought of a great question, "How many productions have you done and what are they".

It took a little while for them to answer but when they did it was worth it, we found so much information about them. It was finally time to go back to school and my feet were soaking.

The End By Eve Lily Beedle

Helped out by Monique Ebony Scoble







### Head Lice

We have reports of Head Lice in some classrooms. Many head lice do not cause an itch, so you have to look carefully to find them. We ask all parents to please check their children's hair regularly, especially at change of seasons, and treat if necessary. Once hair has been treated, children can be returned to school. Anyone can get head lice and given the chance head lice move from head to head without discrimination (washed or unwashed hair, it does not matter). Children get head lice from direct hair to hair contact with another person who has head lice. This can happen when children play, cuddle or are working close together. They do not have wings or jumping legs so they cannot fly or jump from head to head. They can only crawl.





## PARENTS PAGE

### Health benefits of yoga

The practice of yoga asanas develops strength and flexibility, while soothing your nerves and calming your mind. The asanas affect the muscles, joints and skin, and the whole body – glands, nerves, internal organs, bones, respiration and the brain. The physical building blocks of yoga are the posture and the breath.

#### Health benefits of yoga include:

- Cardiovascular system (heart and arteries) – asanas are isometric, which means they rely on holding muscle tension for a short period of time. This improves cardiovascular fitness and circulation. Studies show that regular yoga practice may help normalise blood pressure.
- Digestive system – improved blood circulation and the massaging effect of surrounding muscles speeds up a sluggish digestion.
- Musculoskeletal – joints are moved through their full range of motion, which encourages mobility and eases pressure. The gentle stretching releases muscle and joint tension, and stiffness, and also increases flexibility. Maintaining many of the asanas encourages strength and endurance. Weight-bearing asanas may help prevent osteoporosis, and may also help people already diagnosed with osteoporosis (if practiced with care under the supervision of a qualified yoga teacher). Long-term benefits include reduced back pain and improved posture.
- Nervous system – improved blood circulation, easing of muscle tension and the act of focusing the mind on the breath all combine to soothe the nervous system. Long-term benefits include reduced stress, anxiety and fatigue, better concentration and energy levels, and increased feelings of calm and wellbeing.

Yoga is an ancient Indian philosophy that dates back thousands of years. It was designed as a path to spiritual enlightenment, but in modern times, the physical aspects of Hatha yoga have found huge popularity as a gentle form of exercise and stress management. There are many different varieties of yoga, but each one essentially relies on structured poses (asanas) practiced with breath awareness.

Researchers have discovered that the regular practice of yoga may produce many health benefits, including increased fitness and normalisation of blood pressure. Yoga is a renowned antidote to stress. Over time, yoga practitioners report lower levels of stress, and increased feelings of happiness and wellbeing. This is because concentrating on the postures and the breath acts as a form of meditation.

The classical techniques of yoga date back more than 5,000 years. The practice of yoga encourages effort, intelligence, accuracy, thoroughness, commitment and dedication. The word yoga means 'to join or yoke together'. It brings your body and mind together, and is built on three main elements – exercise, breathing and meditation.

The exercises of yoga are designed to put pressure on the glandular systems of your body, increasing your body's efficiency and total health. Breathing techniques increase breath control to improve the health and function of body and mind.

The two systems of exercise and breathing prepare the body and mind for meditation, with an approach to a quiet mind that allows silence and healing from everyday stress. When practiced regularly, yoga can become a powerful and sophisticated discipline for achieving physical, mental and emotional wellbeing.

If you are interested in joining a yoga group in Heathcote please contact Michelle on 0418312991

Michelle offers yoga classes at 139 A High Street, Heathcote.

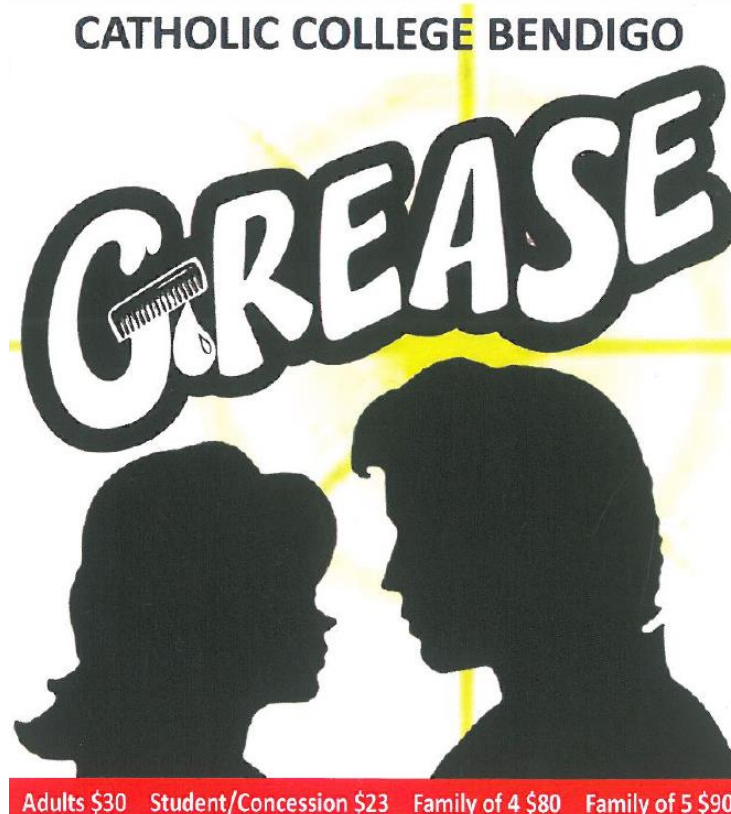
Michelle's yoga times are as follows:

Monday Yoga 9:30am-11am

Wednesday Yoga 6:30am-8pm

Wednesday Meditation 6-6:30pm

Saturday Yoga 8:30am-10am



Adults \$30 Student/Concession \$23 Family of 4 \$80 Family of 5 \$90

**August**

Thursday 18th, 7.30pm Friday 19th, 7.30pm Saturday 20th, 6.30pm

**ULUMBARRA THEATRE**  
Gaul Road

Tickets available from the **CAPITAL THEATRE BOX OFFICE** on 5434 6100  
Also available online [www.gotix.com.au](http://www.gotix.com.au) from Monday 18th July

Book, music and lyrics by JIM JACOBS and Warren Casey  
By arrangement with ORIGIN™ THEATRICAL [www.origintheatrical.com.au](http://www.origintheatrical.com.au)

# Parents and Friends Committee



## SCHOOL CANTEEN



## IMPORTANT REMINDER

**Next week's lunch will be  
Mash with Gravy  
Veg Soup  
Garlic Bread**

Lunches will be provided as part of our free lunch program, however you still need to hand in an order form by the Wednesday. Drinks can be purchased for \$2 & snacks for \$1. (These items do not need to be ordered)

### CANTEEN ORDER

NAME:

.....

CLASSROOM: .....

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

Mash with Gravy  
Vegetable Soup  
Garlic Bread

### CANTEEN ORDER

NAME:

.....

CLASSROOM: .....

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

Mash with Gravy  
Vegetable Soup  
Garlic Bread





## CECV Commitment Statement to Child Safety

A safe and nurturing culture for all children and young people in Catholic schools

The Statement is intended to provide the central focus for child safety<sup>1</sup> across Catholic education in Victoria, built around a unified understanding of the moral imperative and overarching commitments that underpin our drive for improvement and cultural change.

*The Catholic school sets out to be a school for the human person and of human persons. The person of each individual human being, in his or her material and spiritual needs, is at the heart of Christ's teaching; that is why the promotion of the human person is the goal of the Catholic school.*

(Congregation for Catholic education 1997, par. 9)

The Catholic Education Commission of Victoria Ltd (CECV) holds the care, safety and wellbeing of children and young people as a central and fundamental responsibility of Catholic education. This commitment is drawn from and inherent to the teaching and mission of Jesus Christ, with love, justice and the sanctity of each human person at the heart of the Gospel.

The CECV has a universal expectation for the protection of children. It is resolutely committed to ensuring that all those engaged in Catholic education in Victoria promote the inherent dignity of children and young people and their fundamental right to be respected and nurtured in a safe school environment. This is particularly so for the most vulnerable children, including Aboriginal and Torres Strait Islander children, children from culturally and/or linguistically diverse backgrounds, and children with a disability.

Catholic schools have a moral, legal and mission-driven responsibility to create nurturing school environments where children and young people are respected, their voices are heard and where they are safe and feel safe. When allegations of abuse concerning children and young people are raised, Catholic schools will take prompt action to have these appropriately referred and investigated. While the context and reality at each Catholic school will differ, the fundamental issues of understanding effective practices in child safety and identifying and responding to child harm remain the same. All schools must strive for continual improvement that is responsive to emerging thinking, evidence and practice, so as to eliminate the possibility of abuse occurring in the first place.

Creating child-safe school environments is a dynamic process that involves active participation and responsibility by schools, families and their communities. It is marked by collaboration, vigilance and proactive approaches across policies, procedures, curriculum and practices.

Every person involved in Catholic education has a responsibility to understand the important and specific role he/she plays individually and collectively to ensure that the wellbeing and safety of all children and young people is at the forefront of all they do and every decision they make.

<sup>1</sup>As defined by the Victorian Government Special Gazette No. 2 (2016), 'children and young people' in this document refers to those children and young people enrolled as students in Catholic schools in Victoria.





The CECV commits to providing **a safe and nurturing culture** for all children and young people in Victorian Catholic schools through:

## 1 Upholding the primacy of the safety and wellbeing of children and young people.

At all times, the ongoing safety and wellbeing of all children and young people will be the primary focus of care and decision-making, with particular attention paid to the cultural safety of Aboriginal and Torres Strait Islander children and children from culturally and/or linguistically diverse backgrounds, as well as the safety of children with a disability.

To create and maintain a safe and nurturing culture, schools will actively and continually develop and review all policies, processes and practices, informed by emerging thinking and evidence.

## 2 Empowering families, children, young people and staff to have a voice and raise concerns.

Schools, in partnership with families, will ensure children and young people, are engaged and active participants in decision-making processes, particularly those that have an impact on their safety.

This means that the views of staff, children, young people and families are taken seriously and their concerns are addressed in a just and timely manner. Children and young people are also provided with the necessary skills and knowledge to understand and maintain their personal safety and wellbeing.

## 3 Implementing rigorous risk-management and employment practices.

Schools will systematically and continually identify and assess risks to child safety and will eliminate (where possible) or reduce all potential sources of harm. Effective risk management will be embedded in school life through effective, transparent and well-understood policies, procedures and practices.

Schools will employ highly competent and professional staff who are formed and challenged to maintain the safety of all students. The high-quality of staff appointments will be upheld through rigorous employment and staff review processes and practices.

Catholic education will stay abreast of current legislation and will meet their legislative duties to protect the safety and wellbeing of children and young people in their care, including the Victorian Child Safe Standards (Victorian Government 2016), mandatory reporting, grooming, failure to disclose and failure to protect requirements.

### References

Congregation for Catholic education 1997, *The Catholic School on the Threshold of the Third Millennium*, Vatican, Vatican City, accessed 24 February 2016 [www.vatican.va/roman\\_curia/congregations/ccatheduc/documents/rc\\_con\\_ccatheduc\\_doc\\_27041998\\_school2000\\_en.html](http://www.vatican.va/roman_curia/congregations/ccatheduc/documents/rc_con_ccatheduc_doc_27041998_school2000_en.html).

State of Victoria, Department of Education and Training 2016, *Child Safe Standards – Managing the Risk of Child Abuse in Schools Ministerial Order No. 870*, Education & Training Reform Act 2006, Gazette No. S2, accessed 16 May 2016 [www.gazette.vic.gov.au/gazette/Gazettes2016/GG2016S002.pdf](http://www.gazette.vic.gov.au/gazette/Gazettes2016/GG2016S002.pdf).