

**HOLY ROSARY SCHOOL HEATHCOTE**

Registration No. 1252

18 Pohlman Street, Heathcote (P.O. Box 61)

Tel. No: (03) 5433 2057 Fax No: (03) 5433 2601

Email: [principal@hrheathcote.catholic.edu.au](mailto:principal@hrheathcote.catholic.edu.au)



Last Sunday we celebrated Father's Day. Fathers' Day is a great opportunity to celebrate the gift of the wonderful males in our lives. It is a ritual we have become accustomed to and look forward to as a way of showing our love and appreciation for all that our Fathers and significant adults do for us. We also honour all men who act as a Father figure – Stepfathers', Uncles, Grandfathers. Although it is termed Fathers' Day, it is appreciated that many other significant adults and mothers play the role of 'dad' in the children's lives.

*God our Father,*

*We give you thanks and praise for fathers young and old.*

*We pray for young fathers, newly embracing their vocation; may they find courage and perseverance to balance work, family and faith in joy and sacrifice.*

*We pray for our own fathers, strengthen them with your love.*

*We pray for men who are not fathers but still mentor and guide us with fatherly love and advice.*

*We remember fathers, grandfathers, and great grandfathers who are no longer with us but who live forever in our memory and nourish us with their love. Amen*

- Liz Tobin REC

Dear Parents,

As I write this newsletter I am looking outside at the beautiful Spring sunshine, yet having just spoken to Miss Hogan and Mrs Scott who are in Adelaide and wished they had taken their rain coats, I am well aware that a rather large cold front is approaching from the West. We live in such a fantastic part of Australia where we have such diversity of weather events.

Unfortunately this means that tomorrow's Sports Day will be postponed as the predicted storms will present an unsafe environment for our students. A note to this fact went home today. A copy is attached below.

**HOLY ROSARY SPORTS DAY**

**Dear Parents, Due to the reports of very wet and wild weather predicted for tomorrow Friday 9<sup>th</sup> Sept, our sports will be postponed and will be rescheduled for Monday 12<sup>th</sup> Sept.**

**The sausage sizzle that was to be held on Friday will now be held on Monday and orders can be sent to the office.**

**Children are to wear full school uniform on Friday 9<sup>th</sup> and sports uniform on Monday 12<sup>th</sup>.**

**THERE WILL BE NO SPORTS AND NO SAUSAGE SIZZLE ON FRIDAY 9<sup>TH</sup> SEPT.**

**Kind regards Paul Dullard and Ollie Geary.**

This week I met up with Miss Hogan, Mrs Scott and a group of Sandhurst Educators in Melbourne. The group was participating in the National Walker Learning Tour.

Walker Learning foundations is in the mix and balance of explicit teaching of literacy and numeracy drawing upon children's own interests and lives to make literacy and numeracy meaningful and relevant to culture and the individual. It provides a balance of children actively investigating a range of skills and experiences for life either through planned play or projects.

Kellie and Mikayla will come back from the tour and will provide a report of their experiences to all of our staff. Our staff are to be commended on their desire to participate in continuous school improvement and to discuss this in depth at Professional Learning Communities.

It is great to have Mrs Nicole McDermott back teaching in Grade 1/2 this week. For those parents who are new to our school in 2016, Mrs McDermott is a long term member of our Holy Rosary staff and is currently on Maternity leave.

On Tuesday Miss Mitchell attended a Victorian Curriculum day at Shepparton. The Victorian Curriculum will be in place in 2017 and as Leader of Learning, Miss Mitchell will work closely with our staff as we begin to adapt the new curriculum to our planning for 2017.

In the last week of each term our staff have a social staff meeting to relax and reflect on the term. This term we will combine this with the staff from Heathcote Primary school as we build a stronger relationship with them and in the future begin to share skills and resources. In a small community like Heathcote it is important to come together and celebrate the connections and similarities between groups.

On Thursday 15<sup>th</sup> September, Miss Mitchell, Mrs Hamilton, Liarna Bradley and myself will be attending an in-service in Tatura. The content of the day will be around a new software package that all Sandhurst schools will be adopting. This package called SIMON will assist us with reporting, communication and every day operations. Holy Rosary will be adapting it in 2017. It will compliment what is already in place with emails, apps and website.

Yours Sincerely



Paul Dullard

We contributed \$2,854 to the Costerfield CFA's new water tank.

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**LOST PROPERTY:** Please note that there is quite a lot of jumpers etc.. currently in lost property. Could you please arrange to collect before the end of term.

### Hand Foot Mouth

This is to inform you that we have had a re-ported case of Hand Foot & Mouth Disease at our school.

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.

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 chickenpox blisters)
- poor appetite (drinking and eating can be painful because of the mouth blisters)
- Tiredness.

Minimum exclusion times are recommended under the Public Health Act 2005.

Some medical conditions require exclusion from school or childcare to prevent the spread of infectious diseases among other children and staff.

### 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.



## School-age child development at 5-6 years: what's happening

### Playing and learning

Even as your child gets older and starts school, [play is important](#). It's still [how your child learns](#) and builds social, emotional and thinking skills.

Your child's play is more complex now, filled with lots of fantasy and drama. You might notice your child taking on more standard gender roles in pretend play – for example, girls tend to pretend play as mothers and boys as fathers.

Your child is becoming more social and prefers to play with [friends](#) rather than on her own. She might find it hard to share her special toys, but [she can share](#) – most of the time, at least!

Games with rules sometimes challenge your six-year-old, and he might even accuse others of cheating when he doesn't win.

### Feelings

Your child can express her [feelings](#), although she might need help and time to identify and talk about tricky emotions like frustration or jealousy. She has much better control over her feelings too and she might have fewer unexpected outbursts of anger and sadness.

You might see more patience, and your child might even be open to reasoning with you. This means there could be fewer disagreements in the future.

Although your six-year-old loves to be independent, he still needs lots of your love and attention. [Connecting with you and his family](#) is the most important thing in his life. He wants your approval, is proud of his achievements – and probably doesn't take well to criticism or discipline.

Your child's growing understanding of the world around might lead to some [fears](#) – for example, some children might be afraid of supernatural things (like ghosts), criticism or tests, failure, or physical harm or threat.

### Thinking

Your child's attention span has increased and she can pay attention for longer. She understands simple concepts like time (today, tomorrow, yesterday), knows the seasons, recognises some words by sight and tries to sound out words. She might even read on her own.

Your child is better at seeing other people's points of view, which helps him to make friends and meet new people.

And if your child sometimes comes across as if she 'knows everything', she's not alone!

### **Talking and communicating**

Your child will talk lots, sometimes even when nobody is in the room.

He'll talk in full and complex sentences and have adult-like conversations although he might still find it hard to describe complex ideas or events. He understands jokes and riddles, and toilet humour is particularly fun. Your child also enjoys the opportunity to do 'show and tell' at school.

Your child understands more words than she can say, and is learning as many as 5-10 new words each day. Vocabulary growth is so rapid at this age that your child's brain often thinks faster than he can say what's on his mind.

### **Moving**

Your five-year-old is more coordinated and loves to show off new physical skills – you'll often hear shouts of 'Look at me!'

Your child can ride a bike, jump rope, balance on one foot for a short period of time, walk downstairs without needing to hold your hand, skip and catch a large ball. Many six-year-olds will also be interested and able to play team sports, like soccer.

Does it seem like your six-year-old can't ever keep still? Wriggling and squirming while watching TV, at the dinner table or even while sleeping is all pretty normal.

Your child's **fine motor skills** are improving, which leads to more independence with things like tying shoelaces, using zips and buttons, and brushing hair. She might still find it hard to cut up her food with a knife, but enjoys the chance to practise.

### **Daily life and behaviour**

Your five-year-old is becoming more independent and loves making small decisions, like what clothes to wear or what to eat for lunch.

[Starting school](#) opens up a whole new social world – which comes with a whole new set of rules. This might be demanding or challenging for your child. School can be tiring for children so don't be surprised if he's a little moody or easily upset, especially after a long day. On these days you might want to try and keep your child quiet at home after school and aim for an early bedtime.

Whether your child is feeling worried about starting school or bursting with excitement, a bit of planning and preparation can ease the transition.

At this age, **your child might also:**

- copy simple shapes with a pencil
- write her own name
- copy letters and even write some from memory
- say her full name, address, age and birthday
- draw more realistic pictures – for example, a person with a head with eyes, mouth and nose, and a body with arms and legs
- read simple picture books
- understand the importance of rules, and the simple reasons behind rules
- show a strong sense of 'gender-appropriate' behaviour
- engage in more complex social play.

### **Helping school-age child development**

Here are some simple things you can do to help your child's development at this age:

- Encourage [moving](#): play different sports and do recreational activities together or with others. These teach social skills like taking turns, cooperating, negotiating, [playing fairly](#) and [being a good sport](#).
- Include your child in simple [household chores](#): setting the table or helping you to put clean clothes away develops moving and thinking skills, while also teaching cooperation and responsibility. These skills are important for school.
- Play with your child each day, even if it's just for 10 minutes. Play gives you the chance to enter your child's world and find out what he's thinking and feeling. It also shows your child that you care about him and want to [spend time with him](#).

- Practise classroom behaviour: for example, you could give your child small tasks that keep her attention or that need her to follow simple rules or instructions. Have conversations about her favourite animal or sport and encourage her to listen, respond and question. This all helps your child get ready for school.
- Arrange playdates: spending time with other children, especially if they go to the same school, helps your child's social skills and gets him used to being apart from you.
- Talk about your child's feelings: you can help your child work out why she's feeling something and help her put words to these feelings. This will help her form friendships and show empathy.

### **Parenting a school-age child**

Every day you and your child will learn a little more about each other. As your child grows and develops, you'll learn more about what he needs and how you can meet these needs.

In fact, as a parent, you're always learning. Every parent makes mistakes and learns through experience. It's OK to feel confident about what you know. And it's also OK to admit you don't know and ask questions – often the 'dumb' questions are the best kind!

Your own **physical and mental health is an important part of being a parent**. But with all the focus on looking after a child, lots of parents forget or run out of time to look after themselves. [Looking after yourself](#) will help you with the understanding, patience, imagination and energy you need to be a parent.

Sometimes you might feel frustrated or upset. But **if you feel overwhelmed**, put your child somewhere safe or ask someone else to look after her for a while so you can take some time out until you feel calmer. Try going into another room to breathe deeply or call a friend or family member to talk things through.

**Never shake or hit a child**. You risk harming your child, even if you don't mean to – for example, shaking can cause bleeding inside the brain and likely permanent brain damage.

### **When to seek help with child development**

See your [GP](#) if you have any concerns or notice that your child has any of the following issues at 5-6 years.

### **Communicating and understanding**

Your child:

- is difficult to understand when he talks or isn't speaking in full sentences
- has trouble following simple directions like 'Please put your pyjamas on your bed after you've put your clothes on'.

### **Behaviour and play**

Your child:

- uses lots of inappropriate or challenging behaviour – for example, has a tantrum whenever she doesn't get her own way
- shows no interest in letters or trying to write her own name
- is very withdrawn, worried or depressed or gets very upset when separating from you
- doesn't interact well with others – for example, is aggressive or shows no interest in interacting with other children or adults.

### **Everyday skills**

Your child:

- still wets or soils his pants during the day (night-time wetting is typical up until the age of 6-7 years, especially for boys)
- has difficulty falling asleep at night or staying asleep.

You should see a child health professional if at any age your child experiences a noticeable and consistent loss of skills she once had.

*Taken from the Raising Children Network website 2016*



## Term 3 Holiday Program Registration

**AFL Victoria's Holiday Programs are back for the Term 3 School Holidays!**

### Be quick and don't miss out!

The one-day programs are designed for boys and girls aged between 5-12 and cater for all kids regardless of their ability.

Running from 9.00am - 3.00pm, the programs provide an exciting and safe environment for children to develop their skills and meet new friends along the way.

All programs are delivered by Level 1 accredited coaches and builds on the skills of children who have already been introduced to the game and also teaches children with limited to no experience of Australian Football to the skills of the game.

### Term 3 Holiday locations include:

- Sunbury
- Box Hill
- Kyabram
- Moorabbin
- Essendon Football Club
- PLUS MANY MORE!!

For more information on our Holiday Programs, please go to:

<http://www.aflvic.com.au/wp-content/uploads/2016/08/Holiday-Program-Flyer-T3-2016-Metro-Reg.pdf>

## To register now visit

<http://aflvicholidayprograms.com.au/register.html>

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