

**NEWSLETTER No. 29****15th September, 2016**

As we approach the holidays, for many (particularly parents), it can be a stressful time. We ask God to keep us safe and to help us overcome the stress that many feel at this time.

Prayer for Holiday Stress

Heavenly Father, there are times when I almost wish that there was no holiday period, because I find that as the holiday approaches, the more I am overtaken by stress and panic. In my heart I prefer to keep things as they are and yet I know that holidays are an important times of refreshment.

Lord, I believe that You actually designed holidays into man's schedule, so that they would have times of fun, feasting and family relaxation – and a time of good fellowship, when friends and families get together and enjoy each others company, in a relaxed and happy atmosphere.

Lord I ask that You would remove far away from me this inherent stress that seems to rear its unfortunate head every time a holiday approaches, and replace it I pray, with a perfect peace of heart within, that only You can give.

I ask Lord that You would help me to recognise when the feelings of stress and panic start to emerge within, and help me to hand every stressful thought and each pang of panic over to You, and enable me to rest in Your love and to relax in Your grace – this I ask in Jesus name,

Amen



Dear Parents and Guardians,

Again we have encountered a significantly wet week here at Heathcote which has caused minor flooding around our region and further West of here. Our last three months have been some of the wettest for 30 years.

Having grown up on the farm, I am well aware of how our farmers depend on the weather. I still recall Dad being quite animated towards the Weatherman on the TV of an evening as he either relayed news of more wet weather or continued dry spell. At this time it is important to spare a thought for those who are effected by abnormal weather events.

The most famous verse of the Dorothea Mackeller poem 'My Country' really does sum up our part of this nation and how our climate is so variable;

**Are you heading to university in 2017?
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*"I love a sunburnt country,
A land of sweeping plains,
Of ragged mountain ranges,
Of droughts and flooding rains.
I love her far horizons,
I love her jewel-sea,
Her beauty and her terror
The wide brown land for me!"*

Our combined school sports day held on Monday was a tremendous event for the Heathcote community as our two schools came together in very good spirit to participate not as two schools but as one community in four colours.

The small window of dry weather that we experienced in the morning allowed us to conduct the running events however the field events will need to be run at each school next term.

Mr Geary and Mr Clayton have organised for these to be completed, results tallied and both schools to come together for a games afternoon in Term 4. This will complete what has been a disrupted but successful sports campaign.

Thank Mr Geary for your great organisation and extra time you have put into this.

After the sports, the staff from Holy Rosary and Heathcote Primary gathered down the street for a social gathering. It was a great opportunity to get to know each other and to share ideas about how we can work together around educational matters in Heathcote.

School finishes at 2.15pm on Friday 16th September. There will be an assembly at 1.30pm in the O'Dee on Friday as well.

Term 4 begins on Monday 3rd October

Term 4 will see all of our students in Full Summer School Uniform. Students will have until Monday 17th October (Week 3) to be in full summer uniform. Hats are also required during Term 4.

Uniform price lists can be collected from the school office. Please contact myself or Kate Hamilton if you feel you will have issues obtaining a uniform for your child.

The community of Holy Rosary would like to thank Ariana Te Arihi our Teaching Assistant for her work throughout the year. Ariana has been a very important member of our staff and one of our 'young ones' who have been such great support for our students and teachers. They also bring such great enthusiasm to our school.

Ariana has been employed at St Luke's in Bendigo teaching Numeracy and Literacy to 12-18 year olds. Good luck Ariana and thank you.

Thank you to all families for their continued support of their children, our staff and the school over this very busy term. The weather has not been the kindest, however hopefully we come back to beautiful Spring weather in Term 4 and with a new energy for learning. I encourage all students to read and write at every chance they get while on holidays. So many of our students are improving in these two areas and we really want them to keep up the effort while they are away.

Yours Sincerely



Paul Dullard

FOOTY COLOURS DAY

This Friday, 16th September, will be a Footy Colours Day. You can wear your local football or netball colours or the colours of your favourite sports team. We encourage everyone to come dressed in their colours!

Teachers will also be getting into the spirit and running footy themed activities in their classrooms.



We ask that each child bring a GOLD COIN DONATION for the day.

There will be an assembly at 1.30pm in the O'Dee.

School will be dismissed at 2.15pm.

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.

Chickenpox

Early yesterday, we were informed by the State school that one of their students who attended our sports day has chickenpox.

Chickenpox is an infection caused by the varicella virus. Chickenpox is highly contagious, which means it is very easy to catch. It can be spread by either having direct contact with the person who has chickenpox, for from fluid in the air from coughing. Children with chickenpox are infectious from one to two days before the rash first appears until the last blisters have dried up.

The symptoms of chickenpox include:

- low-grade fever
- general discomfort, illness or lack of wellbeing
- intensely itchy skin rash - appears as small blisters surrounded by irregularly-shaped patches of inflamed skin known as 'dew drop on a rose petal' (blisters first form on the body and later on the head and limbs and the blisters usually burst and develop crusts after about five days)

If you believe your child may have chickenpox, please consult a doctor as soon as possible and let the school know. Children with chickenpox should be kept home until all blisters have dried.



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ADIDAS SCHOOL FUN RUN

We will be holding the **adidas School Fun-Run** as a major fundraising event this year. The event will be held on **28th October**! This event is being held to fundraise much needed money towards **Sport & Resources to Promote Health and Wellbeing**.

About the Program

The *School Fun-Run* promotes healthy and active lifestyles while helping us raise funds! It's all about participation, with students treated to a great day and rewarded for their fundraising efforts with fantastic incentive prizes. Family support is key to our fundraising success and we encourage all students to get involved.

How Does My Child Fundraise?

All students will receive a Sponsorship Form where the money collected is to be noted. In the Sponsorship Form you will find many other benefits such as the chance to win a Samsung Galaxy Tablet every week (42 to give away)!

Students who raise just \$10 or more will receive a reward for effort. We have educated students on the dangers of door knocking without adult supervision, please reiterate this at home. The best people to ask for sponsorship are people you know (e.g. friends, family, work colleagues and neighbours).

Online Fundraising

The easiest way to help your child raise money is through online fundraising. Students raise an average of \$103.38 using online fundraising, which really benefits all involved; plus you don't have to worry about handling money! To set up an online student profile please visit: schoolfunrun.com.au/students.

Training & Nutrition

Exercise and nutrition are an important part of preparing for any physical event, be it big or small! Visit the Bupa Training Hub for access to training tips to help your child prepare for their fun run, along with healthy and nutritious recipes for your family to try before and after the event! Access the Bupa Training Hub at bupatraininghub.schoolfunrun.com.au or by clicking on the Bupa Training Hub icon in your child's online profile.

Getting Involved on Event Day

Not only can you support the school and participants with your sponsorship – but you can join in on the fun! We would like to welcome parents and family members to attend the *School Fun-Run* event day on **28th October** to help cheer on the students. If you would also like to volunteer and help out on the day please contact me on the details below. I would love to see you at our event.

Ordering Prizes

To reward your child for getting involved, they'll receive a prize based on the total amount they've fundraised. Please help them with *Step 4 – How to Claim Prizes*, this can be found and filled out on the back page of the Sponsorship Form. This will need to be returned along with all money raised to the front office on or before **2nd October**, student prizes will arrive shortly after.

Thank you, good luck and happy fundraising!



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Talking to children about mental illness

A workshop for parents and guardians

Talking openly about mental illness within families can be a good way to support your children and help them to understand what is happening. How much parents want to tell is a personal choice.

This workshop is designed to help parents and guardians make an informed decision about what to tell their children, and provide guidance and support around what and how much to say.

**When: Thursday 6th October
1.00pm**

Where: 8 Olinda St. Bendigo

Cost: free

To register or for more information contact Faye Hayman on 5454 7757 or email fhayman@bendigohealth.org.au



FREE DRAMA WORKSHOPS for students: grade 6 to year 10



RANTERS THEATRE

EVERYONE has a talent or a skill and a story to tell.

Ranters' Artistic Director Adriano Cortese and the Ranters ensemble provide a supportive, creative and nurturing environment to allow young people to create, build skills and confidence to take forward into day-to-day life.

Heathcote

RSL Hall, Mon 19 to Fri 23 Sept

Bendigo

The Engine Room, Mon 26 to Thu 29 Sept.

Information & bookings:

<http://tinyurl.com/RantersBendigo2016>

For enquiries, email: r.phillips@bendigo.vic.gov.au

or phone: 5434 6478



Capital venues
events

Heathcote Basketball Clinic

Run by the City of Greater Bendigo &
the Heathcote Panthers
For Children and Young People

HAVE FUN!!!
TRY NEW SKILLS
**LEARN FROM
THE BEST**

Part of the City of Greater Bendigo's Program of School
Holiday Activities

Wednesday 21st September @ Barrack Reserve Stadium

Arrive at 09:30. Fun starts at 10:00.
Finish at 12:00. Free Sausage Sizzle Afterwards.

Ages 7 to 15 - All skill levels welcome.

WNBL team Bendigo Spirit Coach and Player will be there to
share basketball knowledge and skills!!!



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FRIDAY 30 SEPT
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LIVE MUSIC & AUSKICK SUPER CLING
MARKET STALLS
FUN FOR THE WHOLE FAMILY

FREE FOOTY FOR THE FIRST 500 KIDS

