



NEWSLETTER No . 20 : 16th July, 2015

Dear Parents,

A couple of years ago a family moved into a house on a somewhat busy road. Much to the annoyance of their neighbours they kept their Christmas lights burning long after the season was gone. The lights were on through January and February and drew critical remarks from those who passed by: "What a lazy lot live there; think they'd have the lights down by now." Towards the middle of March a large sign appeared outside the house; the sign simply said, "Welcome home, Michael". Word got around that the family had a son in Afghanistan and they had unashamedly left the lights on in anticipation of his return. Lights are a symbol of hope.

Each of us has had an experience when the power has failed and we are left in darkness. What was familiar and assuring to us is no longer visible and trickles of fear and apprehension course through our body. What a relief when a match is struck and our familiar surrounds come back to comfort us. Likewise, if we are out and have to walk through an area that is poorly lit, we might feel frightened and less hopeful about our safety till we reach where it is well lit.

It could be that as parents we experience a child of ours getting "off track" in life. It might appear to us that they are simply being in defiance of us, whereas, they might be struggling with self-confidence and a lack of hope about their ability to cope with life as we wish it to be. The following verses titled, "The Light upon the Sea", use the sea as an image of life:

"There was a time it seemed as though
My life was tossing to and fro
And I, left with nowhere to go,
Was subject to the sea.

But there, ahead, a beam of light
Peered through the darkness of the night
And granted me clearer light
That I might be set free.

I steered a course towards the land
To find a refuge on the sand
And maybe touch the gentle hand
That guided me along.

And when I reached the coast that night,
Upon a hill a shining light
Was tended by a welcome sight,
My friends had led me home." *Robert Bise.*

There is nothing more certain in life than that our children will forever appreciate "the gentle hand that guided me along" and for us to be "a shining light" that is always there for them. As Christian parents we, likewise, need our guiding light and when Jesus said, "I am the light of the world; he who follows Me will not walk in darkness but will have the light of life," John 8:12 He was offering Himself as our guiding light. The Catholic Catechism tells us that, "The light of Jesus illumines the eyes of our heart and teaches us to see everything in the light of His truth and compassion."

No. 2715.

The challenge for us as parents is to somehow be the shining light on the hill for our children when it comes to living Christian values such as truthfulness and compassion, love and forgiveness, patience and gentleness. In as much as God the Father revealed Himself to us through Jesus, so we can reveal Jesus to our children by the words and actions of our lives.

**God, our Father,
May hope be in our hearts,
because Your Spirit dwells there;
May we be living expressions
of Your kindness and compassion;
May our children see us, see other people, the way
Jesus did. Amen.**

Peace & Best Wishes
Noel Dillon
Principal

TEACHING AND LEARNING SCHOOL REVIEW

Our school will be involved in a school review of our Learning and Teaching and Religious education. Independent reviewers will be in our school next Monday, 27th July. Thank you to the staff for all their work preparing for the review.

ACTIVE SCHOOL FUNDING ATHLETICS DAY

We have received funding to allow us to spend a day at the Bendigo Athletics Centre on Friday 21st August. On this day, the students will be transported to and from the Bendigo Athletics Centre by bus. They will have an opportunity to participate in athletics activities on the day. It will just be our school as we prepare for the combined day with the state school on Friday, 4th September, at the Heathcote Primary School.

FINANCIAL ASSISTANCE

Camps, Sports & Excursion Fund (CSEF)

Every Victorian child should have access to the world of learning opportunities that exist beyond the classroom. The Camps, Sports and Excursions Fund will ensure that no student will miss out on the opportunity to join their classmates for important, educational and fun activities.

School camps provide children with inspiring experiences in the great outdoors, excursions encourage a deeper understanding of how the world works and sports teach teamwork, discipline and leadership. All are part of a healthy curriculum.

CSEF will be provided by the Victorian Government to assist eligible families to cover the costs of school trips, camps and sporting activities.

If you hold a valid means-tested concession card or are a temporary foster parent, you may be eligible for CSEF. The allowance will be paid to the school to use towards expenses relating to camps, excursions, or sporting activities for the benefit of your child. The annual CSEF amount per student will be: \$125 for primary school students

\$225 for secondary school students.

How to Apply

Contact the school office to obtain a CSEF application form or download from www.education.vic.gov.au/csef

Closing Date : 31st July. These forms are available from the office. For more information about the CSEF visit www.education.vic.gov.au/csef

BLUEARTH

Bluearth Health and Fitness program will be held every even week in term 3 commencing on Wednesday, 22nd July



You are invited to come along and join the Parent-Child Playgroup

Venue : O'Dee Centre at Holy Rosary School

When : Thursdays 10.00am - 11.00am

For parents and their children 0-5 years

For more information, please phone Jess on 0409 967 997 or Email:

jdawson@hrheathcote.catholic.edu.au

CARPARK

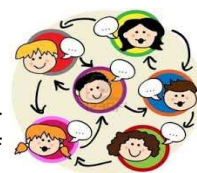
Please make sure that you are travelling at a safe speed when entering and exiting the car park.

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.

CHILDREN'S CHATTER MATTERS

Before reading a story with your child, you could use one of these trigger phrases to improve the complexity of your child's language. Model the entire phrase initially then gradually encourage your child to say the longer sentence by him/herself.



- I* I think this story might be about a because
- * The picture on the front makes me think about
- * I wonder if
- * I think I'll enjoy this book because
- * I don't think I'll like this book because

PORTFOLIOS

A number of Portfolios of students work have not been returned to school. If you have one at home, could you please return it to school, so a record of your child's work can be compiled for semester 2. The portfolios will be returned at the Parent Teacher interviews on 8th September.

TERM 3 DATES FOR 2015

July

Monday 27th : Teaching and Learning School Review
 Thursday 30th : Grade 5/6 attending Catholic College Musical Production
 Book Fair commences

August

Monday 3rd : Transition program 8.45am – 10.45am
 Monday 17th : Transition program 8.45am – 10.45am
 Friday 21st : Aths Day at the Bendigo Athletics Centre
Monday 24th – Friday 28th : Book Week
 Monday 24th : Blurbs Book Week Band 2.00pm
 Wednesday 26th : Grs 3-6 Gym session in Bendigo
 Friday, 28th : Grs 3-6 Gym session in Bendigo
 Monday 31st : Transition program 8.45am – 10.45am



September

Friday 4th : School Athletics Sports at the Primary School
 Tuesday 8th : Parent Teacher Interviews
 Wednesday 9th : Western Deanery Festival of the Sacred
 Monday 14th : Transition program 8.45am – 10.45am
 Monday 14th : Division Athletics Bendigo
 Friday 18th : Term 3 ends 2.15pm

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



30th October, 2015

Father's Day Classic

Watch this space



This term's assembly will go back to Monday mornings at 8.45am in the O'Dee when awards will be presented. Please come along.

Respect for Self

Tianna Azzopardi	Hudson Pianta-Cook
Myneta Craig	Ethan Kelly
Shanae Scoble	

Respect for Others

Making Jesus Real (for excellent manners)

Monique Scoble	Laura Foster
Ryan Foster	April Flood-Conway
Leah Robinson	



Flying Start Program/Transition for 2016 Foundation students

Term 3 dates :

Monday, 3rd August
 Monday, 17th August
 Monday, 31st August
 Monday, 14th September
 8.45am – 10.45am

Please pass the word around to families in Heathcote that have a child starting school next year.

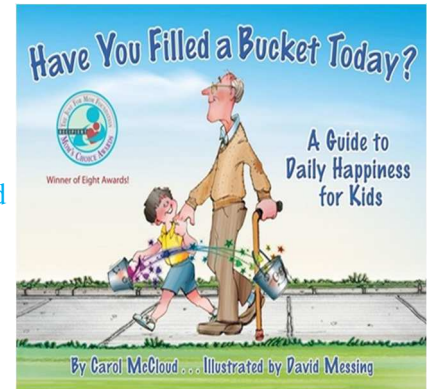
The transition program is an excellent way to transition the children into school.

MR is 24/7 : MAKING JESUS REAL

The Bucket Filling concept is based on the picture book 'Have you filled a bucket today?' by Carol McCloud

The following is an excerpt from the bucketfillers 101 website:

"The bucket concept is simple and profound: Two-year-olds can understand it and yet it so profound that therapists who use it are able to help their clients solve the many challenges they hope to overcome. The concept of a full or empty bucket gives understanding to the motivation behind behaviour, i.e., when our buckets are full, we are much more inclined to fill our buckets and the buckets of others and when our buckets are empty, we tend to find ourselves dipping."



General Questions About Bucket Filling

What is the "bucket"?

The bucket represents your mental and emotional self.

How do you feel when your bucket is full?

When your bucket is full, you feel more confident, secure, calm, patient, and friendly. Your thoughts are positive and you expect positive results. When your bucket is overflowing, you experience an intense happiness that can spread to those around you. Have you ever felt better after someone gave you a friendly smile or happy grin? This is the "ripple effect" of a full bucket.

How do you feel when your bucket is empty?

When your bucket is empty, it contains few, if any, positive thoughts or feelings. When your bucket is empty you can easily become sad, negative, insecure, nervous, angry, depressed, stressed, worried, afraid, or physically ill. When you experience any of these feelings, it's easy to believe that life is too challenging and that nothing you attempt will be successful. An empty bucket can affect your behavior and cause you to express your emotions in a way that empties the buckets of those around you.

What affects the level of happiness in your bucket?

Negative life events. The careless or even cruel words and behavior of others can also affect the level of happiness in your bucket. Your own self-talk and thoughts can dramatically reduce or raise the level of happiness in your bucket. It's important to know that you are responsible for what you choose to think and when your thoughts are positive and healthy, your bucket levels will reflect it.

What is Bucket Filling?

Actions or words that show that you care about someone. Saying or doing something kind. Giving someone a heartfelt smile. Using names with respect. Helping without being asked. Giving sincere compliments. Showing respect to others. There are hundreds of wonderful ways to fill buckets. The language of bucket filling has become synonymous with being kind and thoughtful. Your bucket will be filled when, at the close of each day, you reflect on the ways in which you have filled buckets.

What is Bucket Dipping?

Making fun of someone. Saying or doing unkind things. Refusing to help. Failing to show respect or being intentionally disrespectful. This is a partial list of ways in which it's possible to dip into another's bucket. Another is bullying, the behavior that has become the essence of bucket dipping. It is very important that we learn to understand the motivation for these behaviors.

Note: It is also dipping when we unintentionally dip into another's bucket with a thoughtless word or careless action. These are small and should be repaired with a swift, sincere apology.

What does "Use Your Lid" Mean?

Because your bucket represents your emotional and mental health, it is extremely important that you learn to protect the good thoughts and feelings you've collected. The "lid" represents a mental shield against anything that would dip into your bucket. When you consciously train yourself to stop and think through a situation as soon as you feel the hurt, pain, or anger from a painful, embarrassing, or otherwise unpleasant situation you will be able to prevent your bucket from being dipped. As you practice using your lid, you will build the necessary resilience to work through life's challenges. Both children and adults can be taught to use their lids to protect their buckets. It's true that every situation is different, however patience and practice in using your lid combined with trust in your basic bucketfilling instincts, will help you succeed more often than not.

P & F NEWS



5c DRIVE

Each class will be competing to see who can collect the most 5c pieces over this term. The class who raises the most 5c. Pieces will be treated to an end of term party lunch. As from next Monday, a money tin will be in all classrooms. All monies raised will be sent to Amani, our sister school in Africa.

WOOLWORTHS EARN AND LEARN STICKERS

Once again, Holy Rosary School is participating in this program. Last year we received some sports gear and educational resources from this program. Your support this year would be much appreciated.

From Wednesday, 15th July to Tuesday, 8th September, when you shop at Woolworths you can collect stickers from the checkout operator or through an online order and place them on your sticker sheet (attached). Every \$10.00 spent (excluding liquor, tobacco and gift cards) will earn you one sticker. Once completed, bring your sticker sheet to school and place it in the collection box which is near the library door.

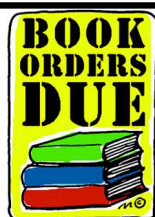


SCHOLASTIC BOOK FAIR

3rd - 4th August

Last year we held a Book Fair in the O'Dee which was a great success. \$1,200.00 was raised and some wonderful books were purchased for our Library. We will be holding another fair this year and students will have the opportunity to view the books and take home a 'Wish List' for parents to look at.

A colouring competition will be held and the winner in each classroom will receive a \$10.00 Scholastic voucher to be used at the Book Fair. A Principal's choice will be selected from all entries and will also receive a voucher.



BOOK CLUB

Orders and money for Issue 5 should be returned to the classroom teacher by next Tuesday, 28th July.

\$5 Entry

Donation Heathcote
Health Dementia Friendly
Town

HEATHCOTE

A CARING COMMUNITY EXPO

Thursday 13th August

Entry fee is a suggested donation only. All people are welcome regardless of ability to donate



CELEBRATING OUR COMMUNITY

Heathcote is a *genuinely, caring community* – we know our neighbours, we know our local shopkeepers, our bank staff and we know our emergency services personnel by name.

We can rest assured that if we're unwell, our community will look out for us, we'll help each other get to medical appointments, our pets will be fed and our groceries will be picked up.



If you or somebody you know requires some respite assistance or transport to enable you/them to come along & enjoy the day—please call 5431 0930 & leave a message for Pam Boyes.

Financial Info

Health Services

Be Medicine Wise

Massage

Chronic Illness Info

Free Lunch & Morning Tea

Meditation

Scale & other Modelling

Pampering

Caring for the Carer

Gentle Exercise

Programs are to be finalised and shall be released in due course. To register to receive one directly call 5431 0930 & leave your details.

ADOPTION & PERMANENT CARE

Make a realistic and positive difference to a child's life by becoming a permanent carer.

St Luke's urgently require enthusiastic and supportive individuals to care for children with special needs.



To find out more, please contact a member of the Adoption and Permanent Care team on 5440 1100 or email j.farrelly@stlukes.org.au
anglicarevic.org.au



ALL WELCOME

Friday 31st July 6:30pm

Small Hall – Barrack Reserve Complex

HEATHCOTE FOOTY OVAL

\$5 Inc BBQ & Drink

Snacks and drinks available

Bar open for parents



MARIAN LECTURE 2015

Thursday 6 August, 7.30pm

Catholic College Bendigo, Marian Centre

DR ELAINE WAINWRIGHT rsm

Professor Emeritus of the University of Auckland

Re-membering Mary in an Age of Ecological Imperatives



In the face of profound oppression and poverty, liberation theologians re-membered Jesus as Liberator. In response to feminist recognition of the idealization and stereotyping of women, Elizabeth Johnson re-membered Mary

as Truly our Sister. In this lecture Elaine Wainwright will re-member Mary anew in response to current ecological challenges and a striving for right relationships within the entire Earth community

Entry: \$10; \$5 concession. Raising funds for Mercy Works.

Book online or tickets at door: <http://www.trybooking.com/DCYD>

Please join us for supper following the lecture.

More information: www.ccbvic.edu.au

Mrs. Trish Schofield 5445 9100;

tschofield@ccbvic.edu.au

A Ministry of
Mercy Education Ltd
ASN 69 154 531 870



BREAKFAST CLUB
Thursday morning 29th July
8.00am - 8.30am
Crumpets : Eggs : Yoghurt : Fruit

CANTEEN : THURSDAY, 30th July, 2015

NAME:

.....

CLASSROOM:I wish to orderserve/s

Baked Beans Jaffle ☐

Spaghetti Jaffle ☐

Chunky Potato Bake ☐

Cost: \$2.00 PER SERVE

**Please return order & money in an envelope
to your classroom by Wednesday, 29th July**

NO LATE ORDERS ACCEPTED

CANTEEN : THURSDAY, 30th July, 2015

NAME:

.....

CLASSROOM:I wish to orderserve/s

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Spaghetti Jaffle ☐

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