

**NEWSLETTER No . 12 5th May, 2016**

Dear Parents,

After much needed rain over the weekend we have suddenly been hit with quite a cold spell. The children are now wearing jumpers and often these are being removed at recess and lunch as they warm up. Can you please ensure that these valuable items are named so that we do not end up with a bulging lost property basket.

On the weekend I was involved in the O'Keefe Rail Trail Marathon day here in Heathcote. Our school is committed to Community Engagement and I seem to be handed a microphone at several events. It is great to be shoulder to shoulder with great community minded people in Heathcote as events such as the marathon take their form, generate energy and establish themselves as an event to be placed on our calendar. Holy Rosary was very well represented in the School Challenge Mile as well as several of our parents and Miss Mitchell taking on the more gruelling quarter marathon. Well done to all who ran as well as to all who came along to perform the theme song or to support.

Support for local initiatives is something that our school will continue to do, while at the same time ensuring that our children are well prepared and perform at their best. I think we will see Heathcote continue to present us with great events into the future.

**Cross Country.**

On Monday I attended the Cross Country at Heathcote Primary school. This was a very joyous occasion for me as I witnessed our students giving their best and performing so very well. I believe that the training that they have undertaken at school and at home over the past four weeks had given them every chance to be successful on the day. The children were respectful to others, well prepared and demonstrated their enjoyment for the event.

**Congratulations Nanny.**

Congrats to Mrs Malavisi who is now a nanny. Our staff acknowledged this with flowers on Thursday.

**Inquiry Mindset.**

On Monday, Miss Mitchell and Mrs Tobin attended a professional learning day around Inquiry Mindset in Shepparton. Our continued commitment to Learning and Teaching around Reading Comprehension is strengthened each time we as a leadership team are able to access these days. Once again, this new learning is shared with all staff at our very next Professional Learning Community meeting

**Behaviour and Engagement Framework development**

Our staff continue to work every week on strategies and initiatives that assist our students to be better engaged and behaved at school. As in all schools, there is always an incident that occurs that is unforeseen and unprecedented. This can cause distress to child and parent and the staff at Holy Rosary take such incidents very seriously.

There is a zero tolerance to bullying at our school.

When any incident does occur in our school however, our staff have strategies in place to address such poor behaviour. We encourage the children to inform their teacher if they feel they have been treated poorly, and then the staff member can address the issue.

As parents, we encourage you to be respectful to staff in your dealings with them and if you wish to discuss anything with me, my door is always open.

### 100 days at Holy Rosary.

Tuesday this week was a milestone date that I set for myself in this role as Principal.

It is 100 days since I was handed the keys to the school from Mr Dillon and Mrs Short. I know that the '100 days in office' thing is very much a politician line, but I felt I needed to set early goals around this time as Principal.

To be honest, it has been the best thing I have done in my 31 years in education, whilst at the same time one of the toughest. The deep love and passion I have for this school is something that I am very proud of. There are a few challenges, however, I am amazed with the collective support that our staff, parents and students have for the place. The desire of all to work together for better outcomes for our children is something that drives me to continue to improve in this role.

Thanks for your support so far, and let's continue to excel in all we do at Holy Rosary.

Yours sincerely,



Paul Dullard  
Principal

### TERM 2 DATES FOR 2016

May	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.

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)



**LEARNING CONVERSATIONS**  
**TUESDAY, 24<sup>th</sup> May (3:30-6.00pm) &**  
**THURSDAY, 26<sup>th</sup> 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, Mclvor 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](http://www.ccb.vic.edu.au)



A Ministry of  
Mercy Education Ltd  
ABN 69 154 531 870

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

**MOTHER'S DAY LUNCHEON : Tomorrow, 12Noon - 2.00pm : RSL Hall**

If you are going to the Luncheon, please take along one of your school photos for us to display around the room. These will be returned to you as you leave. Raffle tickets will be available at the function.

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.



Need a cleaner  
Call Dianne on 0427 332 387  
Not afraid of hard work

## The Secret Recipe

When God created mothers, it was well into overtime on the sixth day. An Angel dropped by and commented, "Lord, you are taking your time over this creature!"

God replied, "You should see the special requirements in the specification! She has to be easy to maintain, but not made of plastic, or have any artificial components. She has one hundred and sixty moveable parts, and nerves of steel, with a lap big enough for ten children to sit on at once, but she herself has to be able to fit into a child's chair. She has to have a back that can carry everything that is loaded onto it. She has to be able to mend everything, from a grazed knee to a broken heart. And she's supposed to have six pairs of hands."

The angel shook her head. "Six pairs of hands? No way!"

"The hands are easy," God said. "But I'm still working on the three pairs of eyes that she needs."

"Is this the standard model?" the angel asked.

God nodded: "Oh yes. One pair to look through closed doors, while she asks, "What are you doing?" even though she already knows the answer. A second pair at the back of her head, to see what she's not meant to see, but needs to know about. And, of course, the pair at the front that can look at her child, let him know that he is behaving badly and had better change his ways, while at the same time letting him see how much she loves and understands him."

"I think you should go to bed now, Lord, and get some sleep," said the angel.

"I can't do that," said God. "I'm almost there. I have nearly created a being who heals herself when she's ill, who can delight thirty children with one little birthday cake, who can persuade a three year old not to eat clay, a six year old to wash his hands before meals and a nine year old to use his feet to walk and not to kick."

The angel walked slowly around the prototype Mum. "It's too soft," she said.

"But tough," God retorted. "You wouldn't believe the wear and tear this Mum will tolerate."

"Can she think?" asked the angel.

"Not only think, but reach wise judgements and essential compromises," said God. "And she can do more than that. She can forget!"

Finally, the angel ran her finger across the model's cheek.

"There's a leak," she said. "I warned you that you were trying to get too much into her."

"That's not a leak," said God. "That's a tear."

"What's that for?" asked the angel.

"It flows whenever she feels joy or grief, disappointment or pride, pain or loneliness, or the depths of love."

"You're a genius," said the angel.

God looked again at his work of art, with pleasure and pride.

"The tear," he said, "is her overflow valve."





On Monday May 2<sup>nd</sup> all Holy Rosary students took part in our region Cross Country. Foundation and Grade 1 students participated in the morning with support of many parents and other students. Grades 2 to 6 warmed up with a walk to Heathcote Primary School at the end of the day to take part against other students from Heathcote. Holy Rosary students competed very well and we are all very proud of them.

Place-getters included:

8 Year Old Boys: 4th – Harlan Tavinor

8 Year Old Girls: 1st – Grace Anderson  
3rd – Chloe Johnson  
4th – Shanae Scoble

9 Year Old Boys: 1st – Ryan Foster  
2nd – Caleb Tobin  
3rd – Brock Cassidy



9 Year Old Girls: 1st – Ava Harris  
2nd – Sophie Scoble  
3rd – Madison Vincent

10 Year Old Boys 1st – Jesse Bruce  
3rd – Thomas Johnson

10 Year Old Girls 1st – Nicole Foster  
2nd – Lucynda Jaroslowski  
3rd – Telani Bibby

11 Year Old Boys 4th- Seth Creevey

11 Year Old Girls 1st - Alice Tobin  
2nd – Zoe Flynn  
3rd – Monique Scoble

12 Year Old Boys 1st – Riley Bruce  
2nd – Zavia Roberts  
3rd- Gabe Bradshaw

12 Year Old Girls 1st – Eve Beedle  
2nd – Mikaela Scoble

Well done to these, and all the children who competed and ran so



well.



## Parenting Ideas #2

Positive attention and your child

**Parents have hundreds of interactions with their children on an average day. What really counts is making the most of this time — showing positive attention and enjoying those daily moments with your child.**

### What is positive attention?

Positive attention is the way you show delight in your child and warmth in your relationship through:

- smiling at your child
- making eye contact and using caring facial expressions
- being physically gentle and caring with your child
- using words to celebrate and encourage your child
- showing interest in your child's interests, activities and achievements.

You have opportunities to give your child positive attention in your everyday interactions together.

### What children learn from positive attention

Right from the beginning, it's critical that children have experiences and relationships that show them they are valued, capable human beings who bring pleasure to others. Positive attention, reactions and responses from key grown-ups help children build a picture of how valued they are.

A **child's self-image** (or self-concept) is built over time with positive, loving messages from their mum, dad and other important people. A healthy self-image is very important, not only for a child's relationship with others, but also for confidence as they learn about the world.

**Children's feelings of security and safety** come from their interactions with parents and other grown-ups who care for them. When children are frightened, uncertain or faced with a new or unfamiliar situation, they'll look to you for reassurance and support to feel safe and secure.

In some extreme cases, where parents are regularly distracted or unavailable to focus on their babies' needs, babies can become distressed. Research has shown that if this happens over a period of time, beginning at infancy, babies as young as six months can show signs of stress.

### How you can show positive attention

From the moment they're born, children are paying attention to what you say and do – and, perhaps even more so, **how you say and do it**.

#### Newborns

Even newborns are ready to relate, communicate and learn from everything and everybody around them. The more you respond and initiate communication with babies, the more they benefit.

You can respond to newborn efforts to communicate by: comforting them when they cry

#### Babies, toddlers and older children

As your child gets older, your words and actions combine to give your child important messages.

Be aware of how your child might interpret the look on your face or tone in your voice. Even before babies can understand and use words, they are sensitive to your tone of voice, gesture, facial expression and body language.

**Make the most of everyday activities.** Bathing, nappy changing, feeding and dressing might seem like things to be endured, but these daily activities provide important opportunities for you to connect with your child in a meaningful way. For example, you might want to give your child cuddles and tickles while you're drying her after her bath.

Whenever you can, put aside preoccupations and planning, and **get into the moment with your child**. This could be as simple as squatting down to look at a caterpillar together, even if you're in a hurry to get somewhere. These kinds of interactions don't have to take up a lot of time to make a real difference.

Look at your child, smile at him, show interest, pay attention and engage with him in positive ways. This all sends the message that your child is special and important.

Focus on the positives. If you're always correcting your child, or you seem unhappy, angry or distracted when you're together, this sends the message that your child isn't capable, valued or worth your attention. So before you correct your child, **ask yourself: does it really matter?** Is it really important or could I just let it go?

### When it's hard to be positive

It's not realistic or even normal to be positive all the time. Children are quite capable of coping when their parents are occasionally insensitive, unavailable or distracted.

But when most, or even many, daily interactions are negative and distressing, or a parent is finding it hard to feel or act positively, this is frequently a sign of stressed parenting. If you find yourself in this situation, it's worth seeking professional help and advice.

# Holy Rosary School Heathcote



You are invited to join present and past colleagues, school children, parishioners and friends of

## Mrs Joan Short

as she completes 38 years of dedicated service to Holy Rosary School, Heathcote.

On Monday 23<sup>rd</sup> May, we will celebrate Mass at 9.30am  
at St Mary's Help of Christian's Church - 61 Ebdon St, Heathcote

The Mass will be followed by a morning tea at  
Holy Rosary School, O'Dee Centre.

Come along to celebrate the Eucharist with us and join the community for a cuppa afterwards.  
A fitting celebration for a life of dedication to the vocation of education.

For those who are unable to make the Mass and Morning Tea, there will be an assembly at the school at 2.30pm  
on the afternoon of Monday 23rd May when presentations will be made to Mrs Short.

**All are welcome to attend.**

For more information please contact Kate Hamilton on 5433 2057 (Monday and Tuesday)  
or [khamilton@hrheathcote.catholic.edu.au](mailto:khamilton@hrheathcote.catholic.edu.au)



The NetSetGo programme has been designed to:

Provide positive encouragement in a welcoming, fun atmosphere, where children share activities, make friends and develop important social skills, along with netball skills.

Help children build team skills and friendships, something they will benefit from for life.

Give children confidence, not only in their netball skills, but in social interactions, motor skills and life skills.

**COORDINATOR:** HELEN NAYLOR

**PHONE:** 0418 509 782

**REGISTRATION DATE:** WED 4<sup>TH</sup> MAY

**COMMENCEMENT DATE:** WED 11<sup>TH</sup> MAY 2016

(4PM – 5PM)

**TIME:** 4PM – 5PM

**VENUE:** BARRACK RESERVE STADIUM

**AGES:** 5 – 8

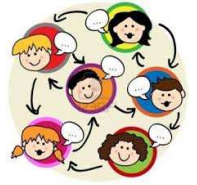
**Cost:** \$60 per child, includes a NetSetGo pack from Netball Victoria.



## 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!



Play a game of categories "I Spy" with you child – "I spy with my little eye something that belongs in the 'food', 'animal', 'transport', 'clothing', 'kitchen' category. Your child must tell you as many objects as they can. You can use a timer to make this game fun and ask your child to tell you as many as they can in ten seconds.

### 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 .....

.....