

**NEWSLETTER No . 14 19th May, 2016**

Next week is our Parish Feast Day 'Our Lady Help of Christians' who is also Patroness of Australia. The Feast of Our Lady Help of Christians is usually celebrated on 24th May. This year our school will be celebrating it on Monday the 23rd May with Eucharist followed by morning tea and activities.

This feast day has been celebrated in Australia since 1844. The infant church in Australia had a special reason for turning to Mary. No priests were sent to the colony in its early days and Mass was not allowed except for one brief year until 1820. It was largely the Rosary in those early days that kept the faith alive.

The Australian Catholic community remained faithful to Mary and Australia was the first nation to choose her under the title, 'Mary Help of Christians' as principle Patroness.

The Feast of Our Lady Help of Christians is an opportunity for Australians to thank God for His blessings that we enjoy. The feast is also a prophetic call to all Australians to work against social trends that

marginalise sections of our community.

Lord, you place deep in our hearts the love of Mary, help of Christians.  
Through her prayers grant wisdom to our leaders and integrity to our citizens.  
Under her protection may Australia be granted harmony, justice and peace.

We ask this through Christ our Lord. Amen.

Dear Parents,

On Monday 23<sup>rd</sup> at 9.30am we have a whole school Mass to celebrate the Feast of Mary Help of Christians. This is always a special day at Holy Rosary, however, this Mass will also be the final Mass we share with Mrs Joan Short who will be retiring on Friday 27<sup>th</sup> May. We will have many parishioners and past colleagues who will be joining us for the Eucharist celebration and I would encourage as many current community members to join us as well.

There will be a morning tea afterwards in the O'Dee where you will be able to share stories and yarns with friends of Joan. All welcome. Some may wish to bring a plate to assist with catering. Joan will also be acknowledged at our assembly at 2.30pm on Monday 23<sup>rd</sup>. All welcome.

**LEARNING CONVERSATIONS**

Staff have been calling families to ensure that ALL families attend the Learning Conversations on Tuesday 24 and Thursday 26 May. **If you have not indicated a desired time, please return the slip to your teacher.**

**MAKING JESUS REAL**

On Monday we were visited here at Holy Rosary by Making Jesus Real founder Mr Peter Mitchell. Peter is currently touring Victoria from Tasmania and made his way to Heathcote over the weekend. Each of the senior grades spent some time with Peter and he was able to present at our assembly.

Our staff were engaged in professional learning with Peter after school, and from this session have been able to identify where Making Jesus Real now aligns with our Behaviour and Engagement Framework. It is how we are and how we prefer to be.

Please ask your child about Making Jesus Real and the positive actions that we can take in every day life.

### EMERGENCY MANAGEMENT DRILL

On Tuesday the school carried out an emergency Management drill where the school was locked down for 15 minutes. This drill gave us a chance to run our routine and to enact our Emergency Control Organisation. The scenario was a sudden storm and all classes were locked down. The staff were well rehearsed and the drill was a success. Post the drill we had a rigorous debrief and a one hour professional learning session on how to act in the case of any possible emergency situation. Holy Rosary is in a very good position to deal with any emergency scenario should it occur.

### PRINCIPAL'S GATHERING

On Wednesday evening I was able to gather with other Principals from Catholic Schools across the region at Moama. We had dinner together before partaking in professional learning around Principal Wellbeing on the Thursday. Such events are important in the workplace as they allow us to learn from others as well as share our experiences with colleagues.

Welcome back Miss Mitchell to 3/4. We trust that you are well and rested and ready to be your ever energetic self around our school.

As we approach our colder months a number of our students are coming down with head colds that are effecting their class time. Thank you to all our parents who respond so well when we call them to explain that their child is not well. We are aware that this is not always easy, however, the sick bay can become crowded when there are a few sick.

Yours sincerely,



Paul Dullard  
Principal

### TERM 2 DATES FOR 2016

<b>May</b>	
Saturday 18th	- Farmers Market
Monday 23rd	- Our Lady help of Christians Mass
<b>Friday 27th</b>	- <b>Pupil Free Day</b>



**Class Masses - Parents welcome to attend : Masses are in the school chapel.**

**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)



We place great emphasis on these visits, worshiping together strengthens and professes our faith developing an even closer relationship with our local parish community.

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 : 9.30am at the church  
The Mass will be followed by morning tea in  
the O'Dee Centre

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 23<sup>rd</sup> 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)



**CATHOLIC COLLEGE BENDIGO**

*Celebrating 140 years of Mercy education in Bendigo*

**ENROLMENT FOR YEAR 7, 2017**  
**Closing date Friday 3 June 2016**

If you have not already received a Prospectus and Enrolment  
Application booklet, please contact Mrs Trish Martin or visit  
our website.

**PRINCIPAL'S TOURS**

Due to high demand, additional Principal's Tours have been  
scheduled for:

**Thursday 19 May at 2.00pm**

**Thursday 26 May at 12.30pm**

**Thursday 2 June at 9.00am**

Join Brian Turner for a walk around the La Valla campus  
(Years 7 – 9) on a regular school day. The 1-hour tours allow  
plenty of time for questions.

**ENROLMENT ENQUIRIES & TOUR BOOKINGS**

Mrs Trish Martin, College Registrar  
(03) 5449 3466; [tmartin@ccb.vic.edu.au](mailto:tmartin@ccb.vic.edu.au)  
[www.ccb.vic.edu.au](http://www.ccb.vic.edu.au)



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Mercy Education Ltd  
ABN 69 154 531 870



# OPEN DAY

**MONDAY JUNE 6<sup>TH</sup> 2016**

**9.00AM – 10.45AM**

An information morning will be held for all parents and children entering Foundation in 2017. Tours of the school will be  
available and the children will participate in activities in the Foundation classroom.

As of Term 3, Holy Rosary is offering Transition mornings for students moving into Foundation in 2017 to help support  
their transition process.



**Transition Dates for Term 3**

Monday July 18	8.45am – 10.45am
Monday Aug 1	8.45am – 10.45am
Monday Aug 15	8.45am – 10.45am
Monday Aug 29	8.45am – 10.45am
Monday Sept 12	8.45am – 10.45am



## ***Holy Rosary School Heathcote***

For any further enquiries please contact the school on  
(03) 5433 2057 or email: [principal@hrheathcote.catholic.edu.au](mailto:principal@hrheathcote.catholic.edu.au)  
18 Pohlman Street, Heathcote



## CROSS COUNTRY

A big congratulations and well done to all our students who represented the school at the district cross country last Friday at the Bendigo race course. All students ran very well and were the best behaved students at the race course.

Special congratulations to Zavia Roberts who has been selected to represent the school at the regional cross country finals at St Arnaud on Tuesday, 31<sup>st</sup> May.

Well done again to all of our students, you have represented the school very well.

## CHILDREN'S CHATTER MATTERS

### Children's Chatter Matters!

Play a Game of 'Hot Potato' with synonyms.

Choose a word, and then your child has to think of another word that has the same meaning. Take turns until someone is stuck. For example, you may say, "Cold," and your child might say "Freezing." Then you could say "Chilly," and so on. You can also play this game with antonyms e.g. words that have the opposite meaning – For example, you may say "Cold", and your child may say "Hot". Then you could say "scorching" and so on.



## Parenting Ideas #3

### Lies: why children lie and what to do

Most children tell lies at some point, but it can be a surprise the first time you hear your child lying. Learning how to lie is part of a child's development – but so is learning to tell the truth. Here's how to give your child the message that honesty is important.

### Why do children lie?

Children might lie to:

- cover something up so they don't get into trouble
- see how you'll respond when you hear them lie
- make their story more exciting or make themselves sound better
- get attention, even when they know you know the truth
- get something they want – for example, saying to grandma, 'Mum lets me have lollies before dinner'.

### When do children start lying?

Children can learn to tell lies from an early age, usually by around **three years of age**. This is when your child starts to realise that you aren't a mind reader, so he can say things that aren't true without you always knowing.

Children lie more at **4-6 years**. Your child might get better at telling lies by matching her facial expressions and the tone of her voice to what she's saying. If you ask her to explain what she's saying, she'll usually own up.

When children reach **school-age**, they might lie more often and can be better at lying. The lies also get more complicated, because your child has more words and is better at understanding how other people think.

By eight years, children can lie successfully without getting caught out.

### Encouraging children to tell the truth

Once children grow old enough to understand the difference between true and not true, it's good to encourage and support them in telling the truth.

You can do this by **emphasising the importance of honesty in your family** and praising your child for honesty – even if it sometimes takes you a while to get it.

You can also send messages about honesty by telling your child that you don't like it when he lies to you. For example, you could try saying something like, 'When you don't tell me the truth, I feel sad and disappointed'.

#### Tips for encouraging honesty

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## Tips for encouraging honesty

Here are some tips for encouraging your child to be honest and tell the truth:

If your child is making up a story about something, you can respond by saying something like, 'That's a great story – we could make it into a book'. This encourages your child's imagination without encouraging lying.

Help your child avoid situations where she feels she needs to lie. For example, if your child has spilled some milk and you ask her whether she did it, she might feel tempted to lie. To avoid this situation you could just say, 'I see there's been an accident with the milk. Let's clean it up'.

'Big' stories that involve bragging can be a child's way of getting admiration or respect from others. If this is happening often with your child, try [praising your child](#) more – for example, when he learns something new. This can help to boost your child's [self-esteem](#).

Make sure that you have clear [rules](#) and [consequences](#) about what's acceptable behaviour in your family.

When your child owns up to doing something wrong, praise her for being honest. Say things like, 'I'm really glad you told me the truth. I like it when you're honest'. This sends the message that you won't get upset if your child owns up to something.

Try reading books or telling stories that highlight the importance of honesty. For example, '[The Boy who Cried Wolf](#)' gives a good example of how lying can work against you.

Children like to make things up. They exaggerate stories to give them a bit more 'flavour'. Pretending and imagining are important to your child's development, and it's good to encourage this kind of play. 'Tall tales' don't need to be treated as lies, especially for children under four years.

## How to handle lying and deliberate lies

If your child tells a deliberate lie, the first step is to let him know that lying isn't OK. Explain why and let your child know that you might not be able to trust him in future.

The next step is to use appropriate consequences. For example, if your child drew on the wall and then lied about it, get her to help you clean it up.

It's important to **deal separately with the lying and the behaviour that led to it**. If your child is lying to get your attention, consider more positive ways you could give him attention. If he lied to get something he wanted – for example, a new book – consider a rewards system that lets him earn it.

You might also need to look at [changing your child's environment](#) to help her avoid situations where she feels the need to lie.

## Tips for handling lies and lying

Make a joke, or exaggerate your child's lie. For example, a young child might explain a broken toy by saying, 'My teddy bear broke it'. You could say something silly like, 'I wonder why teddy did that?' Keep the joke going until your child owns up. This way, you uncover the lie and teach a lesson without any need for discipline or conflict.

If your child keeps sticking to a deliberate lie, you might want to reinforce the idea that lying isn't OK by using an appropriate discipline strategy.

Try to avoid telling your child that he's a 'liar'. This label won't be good for his self-esteem and might lead to even more lying. That is, if your child believes he's a liar, he might as well as keep lying. It's more helpful to label and talk about your child's behaviour.

## What to do when older children lie

As children get older, lies can become a habit.

If your child is lying a lot, it's a good idea to talk calmly about the issue with your child. Try making a time to talk, and then tell your child how her lying makes you feel, how it affects your relationship with her, and what it might be like if family and friends stop trusting her.

Always tell your child when you know for sure that he isn't telling the truth. Your child needs to know that honesty is important to you. But try to avoid asking him all the time if he's telling the truth.

It might seem like no matter what you do, your child keeps lying. But if you **keep praising your child for telling the truth and also using consequences** for lying, your child is less likely to lie as she gets older. It might take until your child is seven years or older.

It might also help to know that children of all ages who have good communication with their parents and talk with them about what they're doing are less likely to engage in antisocial behaviour.

Some children, particularly those over seven, might lie frequently as part of a larger pattern of more serious, negative or even illegal behaviour like stealing, lighting fires or hurting animals. If your child is involved in this kind of behaviour, think about getting professional help from a school counsellor or psychologist.

### **Lying about abuse and other serious issues**

Sometimes children lie to keep a secret or to protect someone. For example, a child who has been abused by an adult will often lie to protect that adult. Often the child fears that he'll be punished if he tells.

Here's what to do if you suspect your child is lying about something serious:

Give your child a lot of reassurance that she'll be safe if she tells the truth.

Do your best to convince your child that you can make things better.

If you have concerns about your child's safety or wellbeing, seek professional help as soon as possible. Your GP or school counsellor can give you advice on who to contact.

### **White lies**

A 'white lie' is a harmless lie told with good intention – usually to protect the feelings of another person.

For example, before your child gets a gift, you might encourage him to say he likes it. In this situation, some children will still tell the truth ('I don't like it!') even if they understand that this might hurt somebody's feelings. This is probably because children of this age and stage are more focused on moral development, which encourages truth-telling.

As children get to primary-school age, they get better at telling white lies. By adolescence, children regularly tell white lies to protect their friends' feelings.

### **Parents telling white lies**

Telling your child a white lie can be harmless. Some white lies can help protect a child's innocence, promote creative development or teach them important social skills.

For example, you might tell your child that your cuddles have magic powers that will fix your child when she's hurt herself. Some parents like to play games like finding fairies in the garden.

Although they're harmless, **white lies shouldn't be used too often**. The distinction between a white lie and a true lie – one designed to avoid punishment, for example – might not be as clear to children. Children who are used to hearing lies are more likely to tell lies themselves.

We're often tempted to tell children white lies to manage behaviour. For example, you might say, 'I can't buy you those lollies because I didn't bring any money'. This might work once, but it can also backfire if you get caught out (with a purse or wallet full of money) and lead to arguments and lack of trust.

It's more effective to manage children's behaviour in honest and productive ways. See our tips on [encouraging good behaviour](#) for more ideas

## Oral Health Screening at your School



Community Dental Services at Bendigo Health is sending a team to your school to conduct Oral Health screening for students.

The screening team is made up of a fully qualified Oral Health Therapist, who works for Bendigo Health, and a fully qualified Dental Assistant. All members of the team have "Working with Children" checks.

We will be providing this service free of charge.

### **Why are we doing Oral Health Screens?**

We will be looking for any signs of tooth decay or gum disease.

Up to half of kids can have tooth decay and gum disease. It can develop without any pain. If we catch tooth decay and gum disease early, we can avoid losing teeth.

### **What will happen in the Oral Health Screen?**

During the screen visit, your child will sit in a chair, and the Oral Health clinician will look in their mouth with a sterile mouth mirror and light.

They will be looking for any signs of tooth decay or gum disease.

It will take about 5 minutes. We hope it will be a bright and cheerful experience for all children.

We will send a brief report home with each child, telling parents what we have found. The report is completely confidential, and the details will be kept at Bendigo Health.

If further treatment is needed, it is available free of charge for eligible children, at Bendigo Health.

The oral health screening visit does not replace a full examination at a dental surgery, but it is a good way to check for any early signs of dental disease.

### **Fluoride treatment for teeth at risk**

Fluoride varnish is used for teeth at risk of tooth decay. The varnish is applied using a brush and painted onto teeth of concern. The procedure takes approximately 2 minutes. If you do not wish for your child to receive this treatment please indicate on the allocated section of the consent form.

Consent forms will be available to have your child seen

# Parents and Friends Committee



## SCHOOL CANTEEN

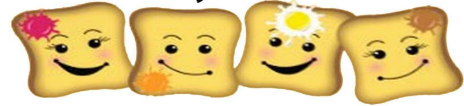


**20TH MAY  
SPAGHETTI  
BOLOGNESE**

Lunch orders to be handed  
in by Wednesday,

Volunteers are required for  
this program.

## Breakfast Club



Join us at  
**8AM FRIDAY**  
mornings for our **FREE**  
breakfast program.

If you are available to  
assist in this program

## WORKING BEE

**SATURDAY 28th MAY**  
10am - 1pm

**BBQ lunch will be provided at 1pm**  
(Please bring a salad/dessert)

**Please bring any tools that you think  
may be handy on the day!**

### LEARNING CONVERSATIONS

**TUESDAY, 24<sup>th</sup> May (3:30-6.00pm) &  
THURSDAY, 26<sup>th</sup> May (3:30-7:30pm)**

Learning Conversations will be taking place on Tuesday, 24th May (3.30pm-6.00pm) and Thursday, 26th May (3.30pm-7.30pm). Each child is expected to attend a Learning Conversation with a parent/guardian. The duration of each Learning Conversation will be 15 mins.

Please indicate the time slot that you would prefer for your Learning Conversation and return it to your child's classroom teacher as soon as possible. We will do our best to accommodate your request of allocating your child a time within your selected time slot and communicate this with you soon.

Child's Name: .....

Class: .....

**Your preferred Learning Conversation time:**  
(please circle one only)

**Tuesday, 24th May**

3.30-4.30pm      4.30-5.30pm      5.30-6.30pm

**Thursday, 26th May**

3.30-4.30pm      4.30-5.30pm      5.30-6.00pm  
(Staff dinner break will be from 6.00-6.30pm)

6.30-7.30pm





# Connecting With Kids

Axedale



Emotional Intelligence is the ability to identify your emotions, understand them and be in control of the way we express them.

- Do you often wonder why children do what they do?
- Would you like to learn how to help children manage feelings such as worry, frustration and anger?

Come along to this 2 hour workshop and find out more about how to use emotional intelligence to teach children about managing their feelings.



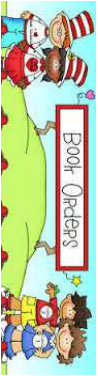
## Term 2, 2016

<b>When:</b>	Thursday 2nd June 2016
<b>Time:</b>	Arrival and registration 5.45pm Session 6.00pm - 8.00pm
<b>Where:</b>	Axedale Primary School - High Street, Axedale 3551
<b>Cost:</b>	Free
<b>Facilitator:</b>	Linda Lynch and Jo Rodriguez (CatholicCare Sandhurst)
<b>Childcare:</b>	Not available



**For bookings and enquiries contact Ricky Cawley (student wellbeing worker) on 5439 7232**

*Groups are subject to maximum and minimum numbers determined seven working days prior to the commencement date. Early registration is encouraged*



**BOOK CLUB :** Order forms for Book Club 4 have been sent home today. Money and orders to be returned to the classroom teachers by Tuesday, 24th May

If you put your child's lunch order in a bag or envelope, please write the classroom on it, i.e., FITM - 12KS - 34MH - 34MO - 56OG

**CANTEEN : Friday, 27th May, 2016**

NAME:

.....

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

Ham & Cheese Toasted Sandwich

☐

**Cost: \$3.00 PER SERVE**

**Please return order & money in an envelope  
to your classroom by Wednesday, 25th May**

**NO LATE ORDERS ACCEPTED**

**CANTEEN : Friday, 27th May, 2016**

NAME:

.....

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

Ham & Cheese Toasted Sandwich

☐

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**Please return order & money in an envelope  
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