



CHRIST OUR HOLY REDEEMER SCHOOL

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Newsletter No 3

7th March 2019

'Inspired by the Spirit, we are a strong community, supporting and leading learners in a safe and inclusive environment.'



*As we journey through Lent
let us keep Christ at the heart of all our
words and actions.
Let us focus our lives more clearly on the way of
Christ and living the Christian life.*

Dear Parents and Carers,

Yesterday the whole school attended Ash Wednesday mass, marking the beginning of a new season in the church, **Lent**. Lent is a time of reflection and renewal. It is a time for Christians to consider how they live the word of God and to renew this living. The Lenten practices of prayer, fasting and almsgiving are ways in which Christians embody the values of justice, compassion and generosity and the giving up of oneself. It is a time when we should be asking ourselves, 'Do these practices have significance in our life during Lent? How can I live generously and justly during Lent?'

God and compassion are one and the same. Compassion is the joy of sharing. It's doing small things for the love of each other – just a smile, helping a neighbour in need or showing some simple kindness. These are the small things that make up compassion. Compassion means trying to share and understand the suffering of people.

Within our own school community and within the wider community of East Oakleigh there are people who experience suffering.

Over the coming weeks teachers will be discussing with children the significance of Lent. They will hold conversations and share ideas about how they can be signs of hope and compassion during Lent.

SHROVE TUESDAY

Many thanks to the parents who helped with the preparing and cooking of pancakes on Shrove Tuesday. We had 13 mums helping out which was a terrific show of support. The children thoroughly enjoyed the pancakes. They were delicious!

COMBINED SCHOOLS MASS - Monday 18th March

This year Christ Our Holy Redeemer will host the Annual Combined School Mass and activity day with Sacred Heart Primary School. During the day the students from both schools will join in combined activities and come together at a special Mass in the church at 11:00am. Parents are most welcome to join us at Mass. A sausage sizzle lunch will be provided on the day.

Parent helpers will be needed for this day. If you can assist please phone the office and leave your name.

Christ Our Holy Redeemer School - Celebrating 60 Years of Education 1958 - 2018

CATHOLIC EDUCATION WEEK 2019

Next week we (and all Catholic Schools in Victoria) celebrate Catholic Education Week. As part of the Catholic Education System in Victoria we acknowledge the great work of our Catholic schools and the contribution they are making to the lives of many Victorian children. Here at Christ Our Holy Redeemer we are very proud of our school and this week reminds us to stop and reflect about what it is that makes Catholic schools different from government schools.

We have been a number of activities planned for this special week; the **Open Day** on Tuesday 12th March, where prospective parents are invited to come along and see our school in action, our **School Sports** on Thursday 14th March and we also have nine of our senior leaders attending the **Mass of St Patrick** at St Patrick's Cathedral on Friday 15th March. In the week following we also have our **Combined Schools Mass** and Activity Day

OPEN DAY

This year we will have two Open Days to showcase our school to prospective parents. These will take place on;

Tuesday 12th March 9:00am – 4:00pm, and

Thursday 9th May 9:00am – 4:00pm

I would encourage you to extend this invitation to any friends or neighbours who may be looking for a great school for their child in 2020.

If these dates do not accommodate prospective families we are more than willing to make a mutually convenient time to take them for a tour of our school.



COHR SCHOOL SPORTS

The School sports event is being held next Thursday 14th March with children enthusiastically practising team chants and sporting events. It is important to note that school will finish at the usual time at 3:30pm with the School Sports commencing at 5:00pm. It's expected the Sports will conclude around 6:30pm. Families are encouraged to come along a share a picnic dinner on the oval either before or after the sports. The Parents Association will have food for sale commencing at 4:30pm. Please complete the CareMonkey notification if yet to do so.

SCHOOL CLOSURE DAY AND PUBLIC HOLIDAY

A reminder that tomorrow, Friday 8th March, is a school closure day and Monday 11th March is a public holiday. There will be no school for children on these days.

SCHOOL NURSE VISIT

Next Tuesday 12th March the school nurse, Melinda Wilson, will be visiting the Prep children. The school nurse supports student success by providing health care through assessment, intervention, and follow-up for all children within the school setting. The school nurse addresses the physical, mental, emotional, and social health needs of students and supports their achievement in the learning process.

PARENT'S ASSOCIATION

Last Wednesday the Parent's Association AGM was held with very few parents in attendance. With the need to recruit a new executive, discussion was held around alternative ways to operate the Parent's Association, continuing with our fundraising and social events while maintaining our strong sense of community. In the days following this meeting I had a number of parents approach me about taking on the necessary roles to maintain the Parents Association. I am very grateful to the following parents who have offered to take on various committee roles.

Co-Presidents: Anna Belmuda and Anna Perri

Vice-President: Anna Saraullo

Treasurer: Kerri Tarpey

Secretary: Sarah Oorloff

I would like to take this opportunity to sincerely thank our exiting Parent's Association President, Grace Leslie, for the wonderful contribution she has made to our community in this role over the past few years. Grace's effervescent personality and ability to coordinate fundraising and social events has been remarkable. Thanks Grace!



CONGRATULATIONS

To Bridget Duckett on being selected to exhibit her artwork at the Catholic Education Week Visual Art Exhibition for this year. Bridget's 'African Mud Cloth' was selected from a number of pieces submitted from COHR. The Visual Art Gallery can be viewed at the Catholic Leadership Centre from 12th-16th March. Well done Bridget!

BUILDING UPDATE

The tender process for our new building closed a couple of weeks ago and we have now received quotes from six building companies. These vary significantly. Analysis of the tenders and consultation with the architects will now take place to determine the successful building company. It is anticipated that work will commence early next term.

PREP PIZZA NIGHT

Tonight the Prep children and their families will be gathering on the oval for an informal get-together and a shared meal of pizzas. This will be a great opportunity for families to meet one another. It's going to be a lovely night for it!

Take care and enjoy the rest of the week.....AND ENJOY THE LONG WEEKEND!

Brendan Welsford
Principal

Term 1 Dates

Friday March 8th – SCHOOL CLOSURE DAY
Monday March 11th – Public Holiday
Tuesday March 12th – Open Day at COHR
Thursday March 14th – School Sports
Monday 18th March – Combined School Mass
Thursday 21st March – Reconciliation family Faith Night 7pm at COHR Hall
Monday 25th March – Education Board Meeting – AGM
Tuesday 26th March – Reconciliation Reflection day
Wednesday 27th March – Walk-a-thon
Wednesday 3rd April – Sacrament of Reconciliation 7pm in the church

MESSAGE FROM THE PAINE FAMILY

Isabella, Alessandro and myself would like to acknowledge the support that the school has offered us during this tragic and devastating time.

We felt the care that families offered us daily in their thoughts, prayers and multiple offers of assistance.

We thank you for the words of support in person and in written form. We have been nourished by the many meals and care packages delivered to the school or to our home. We are moved by your generosity and they have made Isabella and Alessandro feel very loved and special.

Thank you to the numerous staff and families that attended the funeral service - this was a lovely sign of support for us as a family.

Anthony would have been humbled by this and the care that you are showing us.

Christ our Holy Redeemer is a small community but big in heart.

We thank you and feel supported by your love and concern

We miss him daily but stand strong in his unending love for us.

Alessandro, Isabella Paine and Rosanna Spina.

Soft Plastics

As part of our sustainability program here at COHR, we are collecting all of our soft plastics into a communal bin, rather than putting it into landfill. We are asking for some volunteers to then take the bag each Friday, to either Coles or Woolworths. If you can assist with taking the bag, could you please write your name onto the sheet, which will be located in the school foyer.

Thank you,
Environmental Leaders

Sewers Wanted

I am looking for a sewer who can help make a curtain for the back of my classroom. I will supply the material and the curtain rod. If you can help, please see Kim Goddard in 1/2G or leave your name at the office.

Thank you.

PARENTS ASSOCIATION NEWS

HELPERS REQUIRED

Icy Poles

Icy Poles will be on sale again next Friday. It has been decided that lemonade icy poles will be sold for \$1.00 each.

Class Representatives

Thank you to those parents who have offered to be Class Reps for 2019. We are still after reps for 3/4T and 5/6CM.

| | |
|---------|--|
| Prep P: | Jodie Colabufalo, Sonia Sammut |
| 1/2 G: | Sarah Arnott, TBA |
| 1/2HO: | Paula Di Paolo, Elena Sansone |
| 1/2L: | Kathleen Windsor, Michelle Economou |
| 3/4D: | Mariela Llopart, TBA |
| 3/4GR: | Antoinette Tartaro, TBA |
| 3/4S: | Claudia Natoli, Vicki Gentile |
| 3/4T: | |
| 5/6C: | Kylie Paine |
| 5/6CM: | |
| 5/6F: | Vanessa Neet, Vicky Gentile |
| 5/6N: | Sarah McGrath-Campbell, Briely Sheehan |

School Sport Day

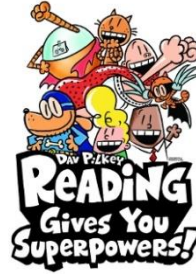
Thursday 14th March is our Twilight School Sports night. We are needing parent help on the night to cook and serve sausages and hot chips. Please let the office know if you are able to assist.

Combined School Mass

Monday the 18th March, we are hosting our combined school mass with Sacred Heart Primary School. We would appreciate help with cooking and serving sausages. Time to be advised.

Walk-a-thon / Hot Dog Day

Wednesday 27th March is Walk-a-thon day as well as Hot Dog Day. We would appreciate help with crossing supervisors, serving of cordial and preparing/serving hot dogs on the day.



COHR - READ TO

READ WITH

READ BY

Scholastic is launching a new reading campaign with "Dog Man" and "Captain Underpants" creator Dav Pilkey. "Reading Gives You Superpowers" celebrates reading at home, in school libraries and classrooms, highlighting Pilkey's message about the importance of associating reading with fun.

"I have fond memories of going to the library with my mum who let me pick whatever book I wanted to read," Pilkey said in a statement. "This led me to discover many other books from different genres. Reading for fun and without judgment was a turning point in my life and is what made me a lifelong reader."

The 'Reading Gives You Superpowers' campaign also celebrates school librarians and teachers, whom Pilkey considers "everyday superheroes," who also promote the benefits of reading for fun. Some activities for this campaign will be incorporated into our library lessons.

At COHR we have our own reading campaign in 2019, built in to our revised homework policy, where we are expecting all students to READ everyday, either by themselves or with someone and to experience many read alouds! The enjoyment and wonder of reading aloud in groups or individually, at school or home, and discovering what it means to listen to a story told through the voice of another, is very powerful. For many, this is a rare opportunity to hear the passion of a well-told story and fall in love with tales where hearing them reaches listeners on a level nothing else can.

Think back to your experiences. You probably sat with an adult, in their lap or curled up in bed. The way they mimicked the voices in the story, built drama, and enthused with you over the story and characters made you want to read more stories like that on your own. This is a favorite activity not just for pre-readers, but beginning and accomplished readers because it's not about reading the book; it's about experiencing it through the eyes of a storyteller.

Somehow, as lives for both the adults and children have gotten busier, as digital devices have taken over, as parents turned to TVs or iPads to babysit kids while they do something else, we've gotten away from this most companionable of activities. Read Aloud is an opportunity to get back to it.

"Reading Gives You Superpowers" works with this year's Book Week theme of "Reading is My Secret Power" which we'll celebrate in August. We're also planning to register for the Premier's Reading Challenge - so more information will come about that as well as our annual Book Fair that will be held in May this year.




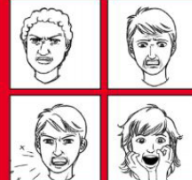
If you would like any suggestions for books that you can read to, with or by your children, please feel free to visit our school library or email Karen Wakeling for queries.

The **ZONES** of Regulation®

As part of the Social and Emotional Learning program at our school, students across the levels have been learning about the Zones of Regulation. This is a way of identifying and regulating emotions that is very effective for school aged children who often struggle to articulate how they are really feeling. The Zones of Regulation is a framework developed by Leah Kuypers.

The aim is to help students identify what emotional zone they are in and learn strategies to either move through the zones or remain in the zone they are in. The zones are

grouped according to our state of alertness and how we feel in our body and mind. For example, in the Yellow Zone we might feel jiggly or squirmy in our tummy, but in the Blue Zone we might feel slow or sleepy. This thinking helps children to 'listen' to their own body to identify how they are feeling. Children can then work to self-regulate their emotions and stay in control.

| | | | |
|---|--|--|--|
|  |  |  |  |
| BLUE ZONE Sad Sick Tired Bored Moving Slowly | GREEN ZONE Happy Calm Feeling Okay Focused Ready to Learn | YELLOW ZONE Frustrated Worried Silly/Wiggly Excited Loss of Some Control | RED ZONE Mad/Angry Terrified Yelling/Hitting Elated Out of Control |

The **Blue Zone** is used to describe low states of alertness, such as when we feel sad, tired, sick or bored. This is when our body and brain are moving slowly or sluggishly.

The **Green Zone** is used to describe a regulated state of alertness. This is when we feel happy, calm, focused or content. This is the zone we generally need to be in for schoolwork and in most social situations. Being in the Green Zone shows control.

The **Yellow Zone** is used to describe a heightened state of alertness. This may be when we are feeling frustrated, anxious, excited, silly, nervous or confused. In the Yellow Zone, we often feel wiggly or squirmy and can start to lose some control.

The **Red Zone** is used to describe extremely heightened states of alertness or very intense feelings. We might be feeling anger, rage, elation or over-excitement. Being in the Red Zone can best be explained by not being in control of our body.

When speaking to your child about how they are feeling, it can be helpful to first ask questions such as 'What zone are you in right now?' Once your child has identified their zone, you can ask for a more specific emotion such as 'If you are in the Blue Zone, are you perhaps feeling tired, or bored?'

Prompts such as 'You look like you're in the Red Zone,' or 'How can we get you back into the Green Zone?' might be useful ways to start off conversations.

It is important to note that every zone is acceptable and expected in certain situations. There are no 'bad' or 'negative' emotions. The Red Zone is acceptable at times, as long as we make good choices about how we act while in this state. At our school, we have a motto: 'Every zone is ok, it matters what you do and say'.

** Please feel free to talk to your child's teacher if you would like more information about the Zones of Regulation.

Commit to your child's **online safety**



Children are exposed to online content in their preschool years. Behaviours like cyberbullying begin at primary school. Peer pressure can cause poor online decisions for many teenagers.

Hear from the Office of the eSafety Commissioner on empowering young people, parents and carers to manage online issues.

Commit to your child's online safety by attending this presentation from one of Australia's leading online safety experts.

eSafety is important for every child from ages 1 to 18

Learn how to:

- Reduce accidental exposure to inappropriate content
- Initiate conversations about online stranger danger
- Identify age appropriate apps and websites

1-7



- Deal with online stranger contact
- Have a conversation about online issues including cyberbullying
- Manage apps and privacy settings
- Support your child using online safety resources

8-12



- Report serious cyberbullying and image based abuse
- Manage screen time and excessive use
- Have a conversation with your child about their online brand

13-18



Date: Thursday 21 March **Time:** 6.30pm-8.30pm

Venue: Clayton Library (Meeting Room)
Clayton Community Centre, 9-15 Cooke St

RSVP: By Monday 18 March
Please contact Rebecca Giles
on 9518 3571



A Leading
Catholic Secondary
College for Girls

Discover Avila



2019 Open Mornings & Twilight Tours

Twilight Tours
Tues 19 March, Wed 29 May
Thur 1 August, Thur 24 October

Open Mornings
Wed 20 March, Thur 30 May
Fri 2 August, Fri 25 October

Avila College
avila.vic.edu.au

Avila College 35 Charles St Mount Waverley VIC 3149 T: 03 9831 9600 Register online



DE LA SALLE COLLEGE

YEAR 7, 2021 ENROLMENT TIMELINE

| | |
|-----------------|--|
| 25 June 2019 | Information night for prospective families |
| 23 August 2019 | Application period closes |
| Aug-Sept 2019 | Enrolment interviews |
| 18 October 2019 | Offers of place made |

About De La

We are an independent Catholic College for boys in Years 5 – 12. Located on three campuses in Malvern and Malvern East, our College provides a respectful and encouraging environment where strong family values are reinforced.

De La Salle does not have designated priority parish catchment zones.*

*All applications are processed in accordance to our Enrolment Policy. Further details available on our website

College tours

We invite you to come and see our College 'in action' on one of our 2019 student-led tours. Bookings are essential; reserve your place via our website.

Wednesday 20 March, 9:15am

Friday 26 April, 2:00pm

Wednesday 19 June, 9:15am

Friday 19 July, 2:00pm

Wednesday 7 August, 9:15am

Friday 13 September, 2:00pm

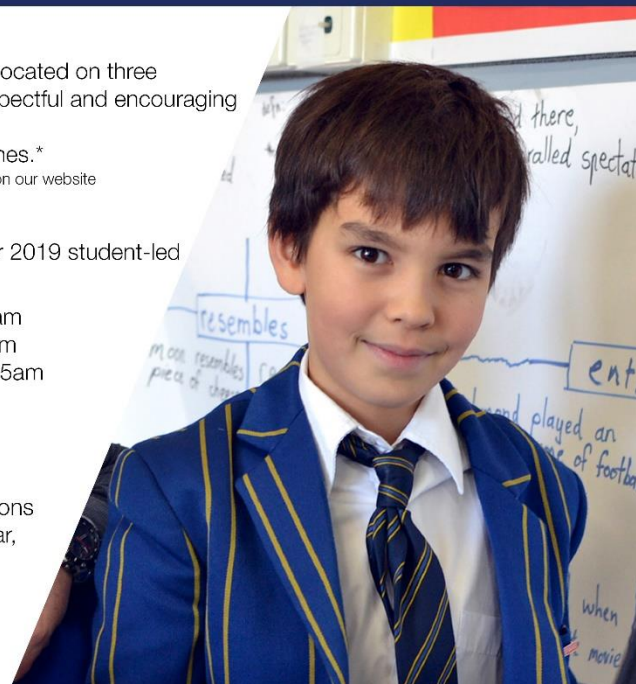
Wednesday 16 October, 9:15am

Further information

To receive a Prospectus and Application Pack, or to ask any questions about our enrolment process, please contact our Assistant Registrar, Ms Tanya Claudius on 03 9508 2194 or by email:

tclaudius@delasalle.vic.edu.au

LEARNLIVELEAD



Christ Our Holy Redeemer School - Celebrating 60 Years of Education 1958 - 2018



Register Now!

Oakleigh District

Princes Hwy Reserve Dandenong Road Oak East

Sunday 10.00am - 12pm Starts April 28th

Pat McGlenchy
Pat.McGlenchy@anz.com

Visit play.afl/auskick



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