Dear Parents,

At Mass this weekend, we celebrate the feast of the Ascension, which promises us that just as the Father raised Jesus from the dead, so too the Father, Son and Spirit will welcome us for eternity.

Francis of Assisi is credited with saying, ‘Preach the gospel at all times and when necessary, use words!’ In every interaction we have we say so much about who we are, what we think of the other person and what we believe – even without opening our mouth. Our actions and attitudes proclaim our beliefs more powerfully than our words ever do. When we are called to ‘proclaim the Good News’ we are called to do this first and foremost in action.

MOTHERS’ DAY STALL
Thanks to the wonderful team that organised the Mothers’ day stall – there were many excited shoppers! Congratulations to those who received raffle prizes.

PREP AND 1/2 FAMILY FAITH NIGHTS
Thanks to the families who attended the Family Faith Nights over the past two evenings. They have been based on Sacred Stories. It was wonderful to observe families working together.

MISSION MASS
Yesterday I accompanied 10 of our student leaders into the city for Mass at St. Patrick’s Cathedral for the Annual Mission Mass. The Mass was celebrated by Cardinal Wilfred Napier from Durban, South Africa.

NAPLAN
Over the past three days, students in year 3 and year 5 have completed the NAPLAN assessments, based on Language Conventions, Writing, Reading and Numeracy. This is a national assessment and results will be given later in the year.

ENHANCING CATHOLIC SCHOOL IDENTITY (ECSI) SURVEY
I am inviting parents to participate in the ECSI survey that will assist us in better understanding how our Catholic Identity is expressed in work and practice here at Christ Our Holy Redeemer. The Catholic University in Leuven, (Katholieke Universiteit, Leuven) was commissioned by the Catholic Education Commission of Victoria to design a process and tools to accomplish the goal of understanding our current Catholic Identity and where the school community might like to see us in the future. The survey is a key element in this process and we are hoping for a high parent participation rate. The online survey gathers responses from students in Years 5 & 6, all staff and from parents. We have set aside the following times for parents to undertake the survey here at school in our Resource Centre:

- Tuesday 26th May
  - 9am – 10am
  - 2:30pm – 3:30pm
  - 3:35pm – 4:35pm

We anticipate that the survey will take around an hour to complete.

I will also put further information in the next week’s Newsletter on how to complete the survey online if you wish to undertake the survey at home.

INTER SCHOOL SPORT
Senior students will play sport tomorrow morning against Oakleigh Primary School. This is a home game. Netball and Volleyball will be held at COHR. Soccer and Football will be at Scotchman’s Run.

WINTER UNIFORM – 2nd HAND SALE
All students should now be wearing their winter uniforms.

There will be a 2nd hand uniform sale next Friday 22nd May at 8.30am. Any donations of uniforms will be greatly accepted. Please leave at the school office.

EDUCATION BOARD
Our Education Board will meet next Thursday, 21st May at 7:30pm.

STRANGER DANGER
There have been a few reports regarding a man in an older white Ford last weekend. It’s a good opportunity to speak with your children about being wary of people whom are unknown to us.

FIRST EUCHARIST
Many of our Year 4 children are preparing for their First Eucharist on Sunday 24th May. This morning they undertook the Sacrament of Reconciliation, and next Wednesday morning will participate in a number of activities focusing on deepening their understanding of the Eucharist. On Wednesday evening there will be a Family Workshop for the children and their parents in the Hall at 7pm.

BUILDING A BETTER SCHOOLYARD
All students have been involved in our ‘Building a Better School Yard Program’ again this term. Attached to the newsletter is information about the Year 3-4 sessions. Next week we will include information from the 5-6 sessions. If you would like more information about the program see Michelle Seel.
CYBER SAFETY
Please read the attached information regarding Cyber safety.

JOHN BURLAND CONCERT – Wednesday 20th May
The children will be entertained by singer/composer John Burland. John writes many of the liturgical songs that we use at Masses and Prayer services.

WALKATHON
A reminder that walkathon money is due tomorrow.

TERM TWO CALENDAR

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>Thursday 14th</td>
<td>NAPLAN Numeracy (Yrs 3 &amp; 5)</td>
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<td>Sunday 17th</td>
<td>Reconciliation for Yr 4’s</td>
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<td>Wednesday 20th</td>
<td>Ascension Sunday</td>
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<td>First Eucharist Reflection day</td>
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<td>Eucharist Family Workshop 7pm</td>
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<td>Thursday 21st</td>
<td>District Cross Country, Education Board</td>
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<tr>
<td>Sunday 24th</td>
<td>Pentecost Sunday: First Eucharist 2pm &amp; 4pm</td>
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<td>Monday 25th</td>
<td>Our Lady Help of Christians (Patron of Australia)</td>
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<td>Wednesday 27th</td>
<td>Parents’ Association</td>
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<td>June</td>
<td>School closure day – First Aid staff training</td>
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<td>Friday 5th</td>
<td>Queen’s Birthday holiday</td>
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<td>Monday 8th</td>
<td>Maths Week commences</td>
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<td>Tuesday 9th</td>
<td>Feast of Sacred Heart</td>
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<tr>
<td>Friday 12th</td>
<td>Eucharist Certificates distributed at any weekend</td>
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<td>Sat/Sun 13th &amp; 14th</td>
<td>Mass</td>
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<td>Thursday 18th</td>
<td>Confirmation Parent night 7pm</td>
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<tr>
<td>Friday 19th</td>
<td>Disco (5 – 8pm)</td>
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<tr>
<td>Saturday 20th</td>
<td>Confirmation Commitment Mass</td>
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<tr>
<td>Wednesday 24th</td>
<td>5:30pm (SH) or 7pm (COHR)</td>
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<tr>
<td>Friday 26th</td>
<td>Parents’ Association</td>
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<td></td>
<td>End term 2 – children dismissed at 2:30</td>
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With best wishes

Thomas Coghlan
Principal

ENTERTAINMENT BOOKS
Entertainment Books are available from the school office at a cost of $65.

SCHOLASTIC BOOK FAIR
There is still time to put in a late order for the Scholastic Books. Please have your order in by tomorrow morning.

MOTHERS DAY RECALL
If you have received one of the candle holders below from the Mothers Day stall, could you please return it to school. There has been a recall of the item. Your child will be able to choose another gift to replace the candle.
Cyber Safety – Information for parents of COHR

At COHR our students are educated about being RESPONSIBLE, RESPECTFUL and POSITIVE users when online. From Prep we introduce the importance of Private and Personal Information and we build on this in each year level as to what to give out when we are online. We introduce the term that each of us has a Digital Footprint and when online we are always contributing to this.

Cyber Safety lessons are taught in Library lessons as well as in class lessons, and are regularly re-visited when students are working on devices or class blogs.

Cyber Safety is an area that is always evolving and we make use of the following website to assist us in preparing our students for issues that may arise whether on school or personal devices.

Cybersmart is a national cyber safety educational program managed by the Australian Communications and Media Authority (ACMA) as part of the Australian Government’s commitment to Cyber safety. The program is specifically designed to meet the needs of children, young people, parents and teachers. We have had ACMA come out twice over the last 6 years to inform all of us – parents/staff/3-6 students on cyber safety issues.

This website has many features that we can all learn from. There is a particular Parent link that includes articles and hints on cyber issues, resources and the technology that our students of the digital generation are using and being exposed to. We highly recommend for all parents to bookmark and visit this website regularly.


The informal and interactive nature of Chatterbox provides parents a fresh, new and jargon-free perspective on cyber safety issues. The Chatterbox conversations by Cybersmart can be accessed at home, on a mobile device or on-the-go. Parents are encouraged to submit questions and share stories.
Cybersafety Tips for Parents and Families

Parents and carers can help their children make smart choices about what they find online.

To help your children protect themselves you can:

- Spend time online with your children and check out sites together.
- Help your children use the Internet as an effective research tool.
- Learn what young people learn – you need to know about chatting, blogging, message boards, Youtube and social networking.
- Make your child aware of stranger danger, particularly in chat rooms.
- Talk to your children about their online experiences both good and bad.
- Teach your children about dealing with disturbing material and quitting sites.
- Teach your children that information on the web is not always reliable.
- Encourage children to treat others on the net the same way they would in real life.
- Know the best ways of avoiding spam and using filters, labels and safe zones.
- Teach your children to be careful about giving out personal details on the internet.

Supervision at home

- Place your home computer in a public area of your home, perhaps in the room the family spends most time in and not in the child's bedroom.
- Talk through internet use with your child and set some boundaries for computer use. Maybe the time of day they are allowed on the internet, how long they spend online, and what happens if they don't follow the guidelines.
- Supervise your child when they are working online and remind them about sticking to the agreed guidelines.
- Let your child know you are around when they are working online with some occasional "shoulder-surfing".
- Stay informed about who your child is communicating with online. Always supervise them when in chatrooms and never allow them to meet up with new online friends without your knowledge.

Most of all, encourage your child to participate in different activities like sports, dancing, even playing outside – and not to be always on the computer, texting or using other communication technology.

Protecting Personal Information

Parents and carers can do a lot to protect their children from inappropriate online material and their personal information:

- Download free internet content filters to protect your family online.
- Delete cookies on a regular basis.
- Select usernames and passwords carefully. Consider the personal information you may be disclosing in a username or email and make sure your password is not something anybody could guess.
- Avoid scams that can be sent via email, social networking and SMS. Check the SCAMwatch website for information on scams and how to avoid them.
- Ensure your home computer is protected from viruses and spyware.
- Ensure your firewall is active and install some parent control software.

More information on protecting personal information can be found at: Cybersmart.gov.au
In 1/2 Maths we have been learning about....

**SUBTRACTION**

**VOCABULARY**
- Take away
- Minus
- Difference
- Less
- Count back
- Count up to

**Known Fact** – using prior knowledge of numbers to solve a problem
  E.g. $27 - 4 = 3$ because I know $7 - 4 = 3$

**BACKWARDS ROLL**

This game will focus on the following skills:
- Counting back from 100
- Subtracting by counting back
- Subtracting using a known fact

**Players:** 2

**You will need:** 1 die, pencil & paper, calculator

**How to Play:**
1. Each player begins with the number 100.
2. Each player rolls the dice and subtracts the number shown using a known strategy (e.g. counting back, counting up to, using a known fact).
3. Players must record their running total.
4. The first player to reach zero is the winner.

**Variations:**
- Use the calculator to keep track of the total.
- Use a larger starting number.
- Roll two dice and subtract the total of the dice.

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**DOMINO MATHS!**

Here are some more fun games you can try with your dominoes collection...

**Domino Sort**

**SKILLS:** Sorting, classifying, ordering, adding, subtracting

- Sort dominoes according whether they have odd numbers, even numbers or both.
- Sort dominoes according to the totals when the numbers on both sides are added.
- Sort dominoes according to the differences when two numbers are subtracted.
- Find all the dominoes with a total of....4, 6, 7, 10 etc.

**Fair Go**

**SKILLS:** recognising odd/even numbers, probability

- Empty dominoes into a bag.
- Players take turns pulling one out and then returning it.
- If Player 1 pulls out an odd they get a point. If Player 2 pulls out an even they get a point.
- Play continues until one player has scored 10 points.
- **Discuss:** Is this a fair game? Why/Why not?
RE @ COHR

Catholic family life is an opportunity to recognise the grace of God in our daily lives. You are invited to nurture your family's faith with the readings, reflections and activities below...
For more resources, check out our COHR Religion Blog – http://recohr.global2.vic.edu.au

**THIS SUNDAY’S GOSPEL**

**Year B – Ascension Sunday**

*Mark 16:15-20*

_The Lord Jesus was taken into heaven and is seated at the right hand of God._

Jesus showed himself to the Eleven and said to them, ‘Go out to the whole world; proclaim the Good News to all creation. He who believes and is baptised is saved; he who does not believe will be condemned.

These are the signs that will be associated with believers: in my name they will cast out devils; they will have the gift of tongues; they will pick up snakes in their hands, and be unharmed should they drink deadly poison; they will lay their hands on the sick, who will recover.’

And so the Lord Jesus, after he had spoken to them, was taken up into heaven: there at the right hand of God he took his place, while they, going out, preached everywhere, the Lord working with them and confirming the word by the signs that accompanied it.

**FAMILY CONNECTION**

One of the greatest gifts that we are given in our family life is protection from harm. Families work together to keep one another safe from physical harm. Think of the effort a family makes to childproof its home for infants and toddlers. Families also work together to protect each other from emotional harm. For example, we attend to the ways in which family members talk to one another so that we do not hurt one another’s feelings by our words. Most importantly, families work together to protect each other from those things that might harm them spiritually. We shield our children from those things in our culture that might tempt them. When families work together to strengthen their sense of God and community, they build the spiritual strength to turn from those things that would lead them away from God and the Church. Jesus' prayer for his disciples can also be a prayer for family life.

Gather as a family and talk about the things that you want most for each other. Talk about the fact that as we work toward these things, we also work to protect one another from harmful things. What do you want to protect each other from? Observe that in this Sunday's Gospel, Jesus shows these same two tendencies as he prays for something he wants for his disciples and prays for their protection as well.

Read together this Sunday's Gospel. Consider what Jesus wants for his disciples and what Jesus wants to protect his disciples from. We know that when Jesus prayed for his disciples, he was praying for us as well. We pray for these things as well, for example, when we pray the Lord's Prayer. Conclude by praying together the Lord’s Prayer.

**During the month of May, we are CELEBRATING FAMILIES AT COHR!**

**Some important dates:**

**Wednesday 20th May**

John Burland Concert for Prep – 6 students in our School Hall.

Parents are also welcome to attend!
Every student can benefit from gaining knowledge and skills needed to safely and effectively address negative behaviours from peers. The Building a Better Schoolyard program is about working with students towards the goal of empowering children to stand up for themselves and others.

Prevention includes understanding and practice in the area of kindness and compassion, effective communication, problem solving and conflict management skills, strategies for standing up for themselves and others, and the importance of reporting negative behaviours to trusted adults.

Relational aggression refers to acts of emotional bullying hidden among tightly knit networks of friends. Kids who use others’ emotions negatively use relationships, words and gestures as their weapons of attack. It comes as no surprise to many parents that this is common at this age, particularly with girls. Using relationships to bully and hurt others is by nature covert, secretive and difficult to detect. Even adults can find it difficult to identify it, let alone deal with it. Girls tend to use this emotional aggression towards other girls and as a way to protect their reputation.

Boys are likely to target both other boys as well as girls, and they are more likely to default to physical aggression when feeling hurt or angry. Interestingly enough, boys who bully have a tendency to do so as a way of making a reputation for themselves.

Unfortunately many children – both boys but more prevalently girls – experience relational aggression at one time or another. However, this does not make it right and it doesn’t mean that is the way it has to be.

As responsible and caring adults we need to help break this vicious cycle of relational aggression. We need to bring the secrets of emotional bullying out into the open. We also need to provide targets with coping tools and prevent further acts of aggression by taking appropriate measures to stop all forms of bullying.

Making kids aware of their behaviours, and helping them gain insight into how their behaviour is affecting others, is of prime importance. In many cases it is related to the social and emotional intellect level of each individual student. Recognising the roles and responsibilities of targets, bystanders, teachers and parents are keys to success in this area.

Numerous anti bullying experts recommend the following helpful suggestions:

- Know that it is not your fault
- Know that you don’t deserve it
- Tell the kids who is acting negatively towards you to stop – only if you feel safe to do so
• If possible, remove yourself from the situation
• Report the incident each and every time to an adult you trust
• Hang out with people who let you be you
• Use harmless humour to deflect
• Don’t respond by bullying back

Although it seems there are many different reasons for someone to pick on another, in reality there is only one: it is because they are choosing to be mean. They want to make the other person scared, hurt or angry. If they can successfully push the other persons ‘hot buttons’, they get the reaction they want and it makes them feel more powerful. Some kids are power sucking machines and they just keep going, sucking the power out of someone else and putting it into them.

Most of us at one time or another has worn the bully hat. You don’t think so? Have you ever been mean to someone just because they did it to you first? It’s pretty easy to wear the hat. However, we choose whether we put it on or take it off. The choice is ours. Negative behaviours hurt everyone – even the kids that are doing it.

In reality, all kids have more power than they think. There are many ways we can stand up for ourselves without having to be mean back and make things work. Ask your kids about the invisible special tool belt that holds their empower tools. If a tool doesn’t work, don’t keep using it. And if they don’t feel comfortable or safe using any one of the tools, don’t use it and try another one instead.

In an attempt to further develop the culture of caring and compassion in the school community we did a powerful activity called “stand up in silence”. This influential lesson sensitizes students to the effects of bullying, stereotyping, prejudice, ridicule, teasing and other hurtful behaviours. Each student will have recognised a time when they have been hurt, and have caused the hurt.

It takes courage to stand up. We need kids to remember that it is a choice! If you don’t like how you are being treated or how you are treating others, do something about it. They choose which role they play.

“You have brains in your head
And feet in your shoes.
You can clear yourself in any direction you choose!”

- Dr Seuss

Recommended Reads by Trudy Ludwig

“Trudy Ludwig is an award-winning author who specializes in writing children’s books that explore the colourful and sometimes confusing world of children’s social interactions.”

www.trudy ludwig.com