Dear Parents,

This weekend, we come together for two important celebrations. Firstly, the Feast of Pentecost celebrates the power of the Holy Spirit coming upon the disciples and energising them to set about their mission of continuing the ministry of Jesus. In addition, we support our students who will receive the Sacrament of Eucharist for the first time. In listening to the Word and receiving the body and blood of Jesus, these children are blessed and strengthened. We keep them in our prayers and congratulate them for this special step in their faith journey.

The word Pentecost comes from the Greek for fiftieth day. Pentecost Sunday ends the season of Easter and comes as a Sabbath day after seven weeks of seven days. In Jewish tradition the 50th day after the Passover was celebrated as a blessing of the harvest and rather than the unleavened bread of Passover it was celebrated by leavening the bread. It was for this reason that the disciples were gathered together when they experienced the Holy Spirit empowering them. In Christian tradition, Pentecost is celebrated as the arrival of the Spirit, promised by Jesus, that animated the disciples to spread the gospel of Jesus and gather believers to form what would eventually become the Church.

FIRST EUCHARIST
The communicants have been preparing throughout the week leading up to Mass on Sunday afternoon. Yesterday, students participated in a range of activities including group discussions, bread making and a practice. Last night families attended a workshop evening to strengthen their preparation. We thank volunteers who assisted throughout the day and evening.

JOHN BURLAND CONCERT
Yesterday, our children were entertained by John Burland. He shared some of his well-known songs and invited people to join in with him throughout the afternoon. There was great enthusiasm and excitement and we are grateful for his visit.

CROSS COUNTRY
Today, selected students attended the District Cross Country event at Norton’s Reserve Wantirna South. Congratulations to all children involved and those who have been practising and attending Running Club over the past week. Thanks to parents to supported the day’s events. We also appreciate the work of teachers in assisting the students in the lead up to this event.

ENHANCING CATHOLIC SCHOOL IDENTITY (ECSI) SURVEY
You will have received a notice regarding the parent survey to complete next week. Please return this slip to indicate if you would like to fill this in at school during a scheduled session or in your own time.

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.

For families that wish to complete the survey at home, please contact the school as we can provide you with instructions on how to log on to access the survey.

CYBER SAFETY @ COHR - PARENT TIPS!
Please take some time to read the attached information – especially the minimum age for social media sites, many of which are being accessed by student here at COHR.

WINTER UNIFORM – 2nd HAND SALE
All students should now be wearing their winter uniforms. There will be a 2nd hand uniform sale tomorrow, Friday 22nd May at 8.30am. Any donations of uniforms will be gratefully accepted. Please leave at the school office.

EDUCATION BOARD
Our Education Board will meet tonight at 7:30pm in the staffroom.

PARENTS’ ASSOCIATION
There is a meeting scheduled for next Wednesday, 27th May, at 7:30pm.

WALKATHON
A reminder that walkathon money is now due.
VICTORIAN PRIMARY SCHOOL NURSING PROGRAM
Alison Baker, a visiting primary school nurse from the Department of Education and Training, will be attending the school to conduct the Prep grade Health assessments and to see other children as requested by parents or teachers (with parents’ consent).
The purpose of the visit is to provide all Victorian children with the opportunity to have a health assessment; to link children, families and school communities to services available in the community; and to provide information and advice that promotes health and wellbeing.
Parents are invited to contact the visiting primary school nurse if there are any issues they wish to discuss. The contact number for the visiting primary school nurse is 0412 161 473.
Parents of students (other than prep students) that wish their child to be seen by the school nurse need to complete a referral form that is available at the school office. This completed referral form needs to be returned to the school office.

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 5-6 sessions. If you would like more information about the program see Michelle Seel.

TERM TWO CALENDAR
May
Thursday 21st
Education Board meeting
Sunday 24th
Pentecost Sunday: First Eucharist 2pm & 4pm
Monday 25th
Our Lady Help of Christians (Patron of Australia)
Wednesday 27th
Parents’ Association meeting
June
Friday 5th
School closure day – First Aid staff training
Monday 8th
Queen’s Birthday holiday
Tuesday 9th
Maths Week commences
Friday 12th
Feast of Sacred Heart
Sat/Sun 13th & 14th
Eucharist Certificates distributed at any weekend Mass
Thursday 18th
Confirmation Parent night 7pm
Friday 19th
Disco (5 – 8pm)
Saturday 20th
Confirmation Commitment Mass 5:30pm (SH) or 7pm (COHR)
Wednesday 24th
Parents’ Association
Friday 26th
End term 2 – children dismissed at 2:30

With best wishes

Thomas Coghlan
Principal

SACRED HEART ASYLUM SEEKERS CHARITY
Thank you to all those who attended the Middle Eastern Mezze, The Sacred Heart Asylum Seeker Charity 2015 fundraiser on Saturday night. With almost 280 guests and donations from over 60 businesses, mostly local, we raised $15378.61 to support asylum seekers living in our local area. For any enquiries please contact Rachel Terkelsen 0439 338 368.

EMMANUEL KINDERGARTEN
VACANCIES FOR 3YO & 4YO KINDER 2016
Independent, non-zoned kindergarten
Conveniently located in Oakleigh
Catering to all nearby suburbs
Please phone: 9569 7117
Or Email: emmanuel.anglican.kin@kindergarten.vic.gov.au
Cyber Safety @ COHR- Parent Tips!

The online world is part of everyday life for many children and young people. It is a huge virtual playground where they can play, learn and socialize. It can be accessed by computers, mobile phones and other electronic devices.

Parents can help children get the most from the online world by being involved from the start and helping them learn how to stay safe. You don’t have to be an expert. Knowing where to find things out and get help is what’s important.

Social networking
Social networking sites enable you to keep in touch with friends and family, send photos and videos, download games, and even play online games with lots of other people. They make it easier to connect with more people and share more about your life than ever before.

The rules for most social networking sites state that users have to be over thirteen years of age. However, site operators don’t have to ask for proof of age. If a parent provides access to a social networking site for a child under thirteen it is important they supervise the child’s use as there can be many risks.

Having friends is very important to children and young people. They need to know it can be risky ‘friending’ people or accepting ‘followers’ if they don’t know them – how do they know if the person is who they say they are? They might intend to cause harm. There is also a risk that personal information or photos could be misused or their identity stolen.

Keeping up with the sites young people use can be hard as new sites emerge and trends change, for example, Facebook is less popular now that parents and even grandparents are using it.

Make sure young people know it is dangerous to use a mobile phone when driving a car or walking near traffic. Accidents related to mobile phones are increasing.

Visit these websites to find out more information:
What is the minimum age for account holders on these social media sites and apps?

13
Twitter
Facebook
Instagram
Pinterest
Google+
Tumblr
Reddit
Snapchat
Secret

14
LinkedIn

16
WhatsApp

17
Vine
Tinder

18
Path

18 / 13 with parent's permission
YouTube
WeChat
Keek
Kik
Foursquare
Flickr

Age specified in the platform’s terms of service as of 09/2014.
linneyville.com
Building A Better Schoolyard
Term 2, Year 5 and 6

The second installment of our social toolkit of strategies for Year 5 and 6 parents, teachers and students.

We all have a universal need for connection and a sense of belonging. However, we can meet this need in destructive ways. It is a fairly common practise in our culture to learn to connect with others by sharing negative information i.e. “Did you hear about...” or information that is not ours to share “Guess what I heard...” or by offering unsolicited advice or opinions i.e. “No offense but...”

Girls are particularly vulnerable to falling into this “trouble talk”. Girls are often socialised to develop close relationships with others by sharing secrets, some of which may be their own and often others as well.

Sharing other’s troubles may be a quick way into a conversation or a relationship; however it is a double edged sword which can lead to spreading rumours, taking on allies, and exclusion. Telling others stories often results in broken relationships and feelings of betrayal and mistrust. There can be harmful consequences to such behaviour, making it difficult to know how to fit in, whom to trust and how to make friends.

Relational aggression refers to acts of emotional bullying hidden among tightly knit networks of friends. Kids who emotionally bully others use words, stories and gestures as their weapons of attack.

Some suggestions to help children turn painful encounters into positive life lessons:

- Know that the other kids’ behaviours and attitudes has nothing to do with you. It is not your fault
- Hang out with kids who appreciate and like you for who you are
- Choose friends who make you feel accepted and safe
- Nobody is great at everything, and no one has it all—be more accepting you your strengths and weaknesses as well as those of others.
- Treat your friends the way you want to be treated. What do you look for in friends? What do other people look for in friends?

For many boys, teasing and kidding around is a way of showing affection and creating a feeling of playfulness with one another. It is okay when the teaser and the person being teased can easily change roles, as there is not an imbalance of power. A harmless teaser sees when the person being teased is obviously upset and stops immediately.

When the teasers intent is to hurt, humiliate, ridicule or diminish another person, then the teaser has crossed the line into taunting. Taunting is a form of psychological bullying that can have devastating and long term effects.

You are never ‘just kidding’ when your words or actions towards others are embarrassing, hurtful or mean spirited. A putdown is still a putdown, no matter how you say it.
There is a growing ‘I’m better than you’ attitude among children these days. While there is nothing wrong with a child feeling pride and a sense of accomplishment in his or her abilities, there is definitely something wrong with expressing these feelings in ways that are demeaning to others.

Arrogant children let others know of their superiority, and are usually quite tactless and always insensitive. These children dwell on their own capabilities and are usually quite blind to the capabilities of others.

Experts list numerous reasons for a child’s boastful behaviour:

- Self-centeredness
- Jealousy
- Feelings of inadequacy or insecurity
- Over the top parental praise of a child’s talents and skills
- A need to prove oneself to gain parental attention
- Acceptance and love
- An environment of one-upmanship when it comes to sports, grades, social status and materialism

Regardless of the cause, bragging or boasting is not the way to make and keep friends. Nobody likes to feel inferior, and kids who act superior lead lonely social lives. Kids with puffed up opinions about themselves take up so much space they tend to push friends away.

A child’s sense of self-worth should not be contingent on approval and accolades from others. The best self-esteem is internalised – with the child gaining a sense of pride and inner confidence by accomplishing something for the simple joy of doing it on their own.

What parents can do:

- Help kids recognise the impact their attitude has on others
- Focus more on character, not just performance. Help them understand their own strengths and weaknesses
- Acknowledge others accomplishments – look for the good in others, make frequent efforts to compliment peers on their skills, strengths, talents
- Reinforce humility and acts of kindness
- Bragging has nothing to do with the kid on the receiving end and everything to do with the kids on the giving end

"No one can make you feel inferior without your consent."

- Eleanor Roosevelt

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**Recommended Reads (Grade 3-6)**

- **Twerp** by Mark Shulman
- **Confessions of a Former Bully** by Trudy Ludwig
- **Wendy** by P.J. PALACIOS
# In 5/6 Maths we are learning about...

**FRACTIONS, DECIMALS & PERCENTAGES**

**VOCABULARY**
- Fractions
- Decimals
- Parts of a Whole
- Percentages
- Equivalent

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# MEMORY MATCH: Fractions, decimals and percentages

This game will focus on the following skills:
- Recognising different models of fractions
- Recognising how fractions, decimals and percentages relate to each other

**Players:** Two Players

**You will need:** a copy of the cards to cut up (see below).

**How to Play:**
1. Each player starts with 100 points. Cards are placed face down on the table. The aim is to match the cards with the same value.
2. Incorrect pairs deduct 10 points from the total score.
3. Correct matches add 60 points to the total.
4. Keep an eye on your score - ending at around 400 would be an excellent score.

**Variation:** Create your own version. Make another set of cards with your choice of fractions, decimals and percent that match. You can also play online, just go to: [http://rich.maths.org/1249](http://rich.maths.org/1249)

<table>
<thead>
<tr>
<th>Fraction</th>
<th>Decimal</th>
<th>Percentage</th>
<th>Fraction</th>
<th>Decimal</th>
</tr>
</thead>
<tbody>
<tr>
<td>$\frac{1}{4}$</td>
<td>0.25</td>
<td>25%</td>
<td>$\frac{1}{3}$</td>
<td>0.33</td>
</tr>
<tr>
<td>$\frac{2}{3}$</td>
<td>0.67</td>
<td>66%</td>
<td>$\frac{1}{2}$</td>
<td>0.50</td>
</tr>
<tr>
<td>$\frac{3}{4}$</td>
<td>0.75</td>
<td>75%</td>
<td>$\frac{25}{100}$</td>
<td>0.25</td>
</tr>
<tr>
<td>$\frac{10}{15}$</td>
<td>0.67</td>
<td>75%</td>
<td>$\frac{1}{7}$</td>
<td>0.14</td>
</tr>
<tr>
<td>$\frac{75}{100}$</td>
<td>0.75</td>
<td>75%</td>
<td>$\frac{25}{100}$</td>
<td>0.25</td>
</tr>
</tbody>
</table>

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**BLOGS**

Want to know more? Visit our level blog and see some of our learning in Maths.

[http://years5scohr.global2.vic.edu.au](http://years5scohr.global2.vic.edu.au)
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

RE @ COHR

FAMILY CONNECTION

Pentecost is sometimes called the birthday of the Church. The Gospel for Pentecost reminds us that the Church begins with the command to forgive.

Within the family, the domestic church, we learn how to forgive and how to accept forgiveness. The gift of the Holy Spirit enables us to do both.

Pentecost is a fitting time to share a family celebration of reconciliation. As you gather together as a family, sit quietly for a few minutes, inviting everyone to reflect upon their need to forgive and to receive forgiveness. If there is a situation or issue within the family that needs attention, spend some time reflecting on how your family might address it.

Read this Sunday’s Gospel, John 20:19-23. Talk together about how Jesus gave us the gift of the Holy Spirit to help us in the work of forgiveness and to bring us peace. Share with one another the Sign of Peace.

THIS SUNDAY’S GOSPEL
Year B – Pentecost Sunday
John 20:19-23
As the Father sent me, so I send you: Receive the Holy Spirit.

In the evening of the first day of the week, the doors were closed in the room where the disciples were, for fear of the Jews. Jesus came and stood among them. He said to them, ‘Peace be with you,’ and showed them his hands and his side. The disciples were filled with joy when they saw the Lord, and he said to them again, ‘Peace be with you. As the Father sent me, so am I sending you.’ After saying this he breathed on them and said: ‘Receive the Holy Spirit. For those whose sins you forgive, they are forgiven; for those whose sins you retain, they are retained.’