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Dear Parents,

In this weekend's Gospel reading, we reflect on future perceptions. Whilst the community who were the intended audience of the Gospel of Mark were expecting the return of Jesus and the end times to occur during their lifetimes, nearly two thousand years later we realise that wasn't the case. Today, as in Mark's time, many people approach the future and change with fear and apprehension. As Christian people we are called to be optimistic and hopeful as we approach the future. We know that God is good, that God loves us unconditionally and there is a plan for the future. That is the simple basis of Christian hope.

We pray that here at Christ Our Holy Redeemer, we look forward as a community with hope and optimism.



REMEMBRANCE DAY

Yesterday we participated in a ceremony to commemorate Remembrance Day. The school reflected on the commitment of those involved in war efforts and prayed for future world peace. Thanks to Andrew Proy (Madeleine Prep H) who attended in full navy uniform and read the Pledge of Remembrance.

RECONCILIATION

Congratulations to children who received the Sacrament of Reconciliation for the first time last weekend. We continue to keep these children in our thoughts and prayers as other students attend this weekend's Reconciliation.

NIGHT MARKET

A reminder of the Night Market next Thursday 19th November from between 6:30 and 9pm. This is a wonderful initiative of the Parents' Association as we look outwards raising funds for the Cancer Council. There are opportunities for parents to assist with the night – rosters are in the Foyer ready for you to add your name. More information on the following page.

2016 FOUNDATION ORIENTATION

Last night we held a meeting for parents of 2016 Foundation students. We presented details about our school in the area of five spheres: Religious Education, Learning and Teaching, Student Wellbeing, Leadership and Management & School Community. Thank you to those who attended and also presented on the night. Over the next two weeks (Wednesday 18th and Wednesday 25th), next year's Foundation (Prep) children will visit the school between 11:40am and 1pm. Parents are most welcome to remain in the Hall.

SCHOOL CLOSURE DAY Friday 27th November

On our school closure day on Friday 27th November staff will be working on planning next year's curriculum. This is an important planning day as it will enable us to commence the year well organized and planned.

This is the 4th of our permitted four school closure days – the others were on Friday 6th March, Friday 5th June and Monday 2nd November.

TOMORROW'S ASSEMBLY

At Assembly tomorrow as well as 1/2W sharing, Kevin Meese from Catholic Missions will attend to accept our donations raised during Mission Month. There will be a special announcement regarding a project next year, and the THREE AFL Premiership Cups will also pay a visit. Classes will have the opportunity to have a photo with the cups.

SCHOLASTIC BOOKCLUB

THANK YOU to Jacinta Chetwin (Harry 3\4L & Bonnie 1\2 SP) who has been our book club organiser for the last two years. In fact it was Jacinta who approached me to get it back up and going at COHR! It certainly has been a profitable resource, not just for our library but continuing to highlight the importance and enjoyment of books and reading. Jacinta is handing over the coordinating to Anna Sarullo (Antony 3\4 L & Julia Prep D) and we are appreciative to Anna for taking it on. It is not a hard job but we are thankful to Jacinta and Anna for the couple of hours that it takes to collate orders for each issue.

Scholastic Book-club Issue 8 has arrived and this is the last issue for the year. Maybe there are some Christmas presents within this issue? Look over the flyer with your children, select the books you want, mark them on the order form on the back of the flyer, and **return the order form to school by Tuesday 24th November with payment or complete your order online.** If you would like to order and keep the books a surprise, please just let Virginia in the office know or write a little note when you submit your order and we'll give you a call when they arrive.

This year has been very profitable from Scholastic Book club, with over \$700 in credit points. Last issue we were able to redeem over \$250 in rewards to replace some of our popular series books which were well read and falling to bits. We are very grateful to those that buy up from each book order. Enjoy looking through this last issue.

Sincerely,

Karen Wakeling and Jacinta & Anna

BUILDING A BETTER SCHOOLYARD

The final session of the Building A Better School Yard for year 5 and 6 looked at the awareness of peer pressure and how it can affect people in different ways. There is a flyer attached which explains the session. If you would like more information please see Michelle Seel.

TERM 4 DATES

November

Thursday 12 th	Parents Association Meeting
Saturday 14 th	Reconciliation COHR 10am; SH 4:30pm
Wednesday 18 th	Prep Orientation 11:40am – 1:00pm
Thursday 19 th	Night Market
Friday 20 th	Yr 5/6 Basketball Gala day
Wednesday 25 th	Prep Orientation 11:40am – 1:00pm Parents' Association meeting
Friday 27 th	School Closure day
Sunday 29 th	Reconciliation certificates distributed

December

Friday 4 th	Carols in the Park
Thursday 10 th	Yr 6 Graduation Mass & Dinner
Friday 11 th	Reports, Portfolios & Class information sent home PA Christmas Party
Tuesday 15 th	School Mass 9:15am Yr 6 Assembly 2:30pm
Wednesday 16 th	Term 4 ends – children dismissed at 3:30
Thursday 17 th	School Closure day

With best wishes

Thomas Coghlan
Principal

Night Market - 1 week to go!

Thursday 19th November 6:30-9pm

The COHR Night Market is a bi-annual event raising awareness and funds for Cancer Council Victoria. It's our way of showing support to those who suffer with Cancer related illness.

We have 30 fabulous stalls as well as BBQ, Coffee, Bar and snacks.

There is no set entry fee however a donation would be appreciated - funds go directly to the charity.

We invite all families to attend this great community event and bring their friends and family along. Children are welcome, however they do need to be supervised at all times.

HELPERS- Rosters are up in the school foyer, please add your name to one of the lists. If you can't get in please leave your details with the office and we can add you on the list.

BBQ- As of yesterday there were no names on the BBQ roster, this stall cannot run without helpers!

DONATIONS- Any families that are able to contribute by providing new items to sell on the COHR stall or prizes for the raffle please leave items at the office or contact Christine Morgan 0419 812 320.

We look forward to seeing you in the hall next Thursday evening.

Building A Better Schoolyard

Term 4, Level 4

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

Friendship and bullying are sometimes different sides of the same coin. There is a common misconception that friends cannot bully one another and it is all harmless. The idea of a “frenemy” is common in the teen years- someone who is both friend and enemy. This relationship is both mutually beneficial or dependent while being competitive, fraught with risk and mistrust. A frenemy is the type of “friend” whose words or actions bring you down.

This final session of Building A Better Schoolyard looked at the awareness of peer pressure and how it can affect people in different ways. Taking time to look at friendship groups and the extent to which they are willing to be loyal.

There are certain qualities which are always essential in deciding whether someone is a friend or not (honesty, integrity, caring, supportive, and the like). Friends have many things in common, like values and interests, and friendship groups welcome new friends. Cliques on the other hand are restricted, have a leader and are focused on rules and popularity, not ideas and beliefs. Youth may be drawn into a clique as a need to be accepted, not because they share the same values. Character and confidence also have very important roles to play when it comes to individual decision making in group situations. Some kids will naturally find it easier to stand up for themselves and their beliefs where other kids will find it a far greater challenge.

The need to feel accepted can be particularly strong during the adolescent years, when self-identity is still being formed. During this time of uncertainty, many young people will succumb to a level of conformity. The need to feel accepted can lead young people to

act in ways that they would not normally, behaviour in a group situation can be quite different to if they were in the same situation as an individual. Peer pressure can be negative, such as feeling the pressure to try alcohol or drugs in order to be fully accepted into a group. However, peer pressure can be positive as well, encouraging and supporting kids to do great things and take on healthy habits.

Peer pressure plays a crucial role in bullying. Bullies don't want to be disliked, and research has shown that they may exhibit that behaviour out of their own sense of self-loathing. The bully usually picks an easy target and someone that other people are unlikely to defend. The peer pressure to be liked combined with the peer pressure to reject the person who appears to be different leads to bullies picking on kids who may already be struggling with their own social issues.

Children have many influences coming at them from every angle. There are numerous ways peers can influence each other and many different ways they can be pressured into doing things they may not want to do. The key to resisting negative peer pressure is feeling support from your peers. Youth need to know how they feel about certain issues such as bullying, smoking, alcohol. When they have a clear idea on where they stand, they will be more in control when the negative influence is present. Are they doing something because they truly want to do it for themselves, or are they doing it because other people are expecting them to? Knowing their no and how to do it will really help them out in tricky situations. If they know there might be a peer pressure situation, get them to think ahead and plan how they will handle it.

Know How to No

Here are some ways that you can resist negative peer pressure.

Be in control.

Know the reasons that you don't want to participate in that behaviour.
Be prepared with comeback to their pressure.
Know that not everyone is doing it, and that it's okay for you not to do it.
Manage your feelings so that you feel confident and in control.
Choose to surround yourself with positive friends who respect your choices.

Refuse.

Say things like, "Nope," "No way" or "No thanks."
Repeat if necessary, be persistent.
Give reasons ("If I get caught, I could lose my place on the team" or "My parents would ground me for the rest of my life").
Use humour ("No way, I value my brain cells").
Be careful not to use statements such as "not right now," because this might give the impression that you would be open to it in the future.

Suggest an alternative.

Think of something else you can do, either with a friend or as a group.
Plan to spend some time with friends in places where you know this behaviour is not going to occur.

Avoid the situation

Walk away.
Think ahead. If you see a situation arising where you might be pressured, avoid the situation.

www.albertahealthservices.ca

**Building A Better Schoolyard
Term 4, Level 4**