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Newsletter No: 8 20<sup>th</sup> March 2014

Dear Parents,

Sunday's Gospel tells of Jesus' encounter with a Samaritan woman at the well. The meeting with Jesus is one which transforms the woman. The meeting with the woman at the well would have been quite scandalous – a woman, a Samaritan, and alone – and the disciples' surprise is recorded. However the woman's encounter with Jesus encourages her to start spreading the good news about the amazing man she has met. In a way she is a reflection of all of us who are baptised and who are asked to give witness in our lives. In this period of Lent, let us strive to be recognised as Christians in the way we interact with those in our community.



#### AMENDMENTS TO THE PRIVACY ACT

From 12 March 2014, amendments to the Privacy Act resulted in new Australian Privacy Principles replacing the National Privacy Principles. The Act regulates the collection, storage, use and disclosure of different types of personal information.

A copy of our school's updated Privacy Policy, and collection notice will be posted shortly on our school's website: [www.cohroakeast.catholic.edu.au](http://www.cohroakeast.catholic.edu.au).

#### PARENT/TEACHER INTERVIEWS

Parent/Teacher interviews will be held during the first week of next term – on Wednesday 23<sup>rd</sup> April (from 3pm – 6pm ~ children will be dismissed at 2:30) and Thursday 24<sup>th</sup> April (from 4pm to 6pm). Shortly each family will receive details about how to make a booking using PTO online.

#### VEGGIE GARDEN "SAVE THE DAY"

Next Monday morning 24<sup>th</sup> March at 8.50am we are having a mini working bee to top up the garden beds in the veggie garden. Please come and help us ... many hands make light work. If you are able to bring along shovels that would be very helpful.

#### PARENT PROGRAM

After the successful Parent Information evening at the beginning of the year, the school is hosting a Parent Workshop on Friday 2<sup>nd</sup> and 9<sup>th</sup> of May here at school. This is a wonderful opportunity to join with other parents to assist parents in the (sometimes) challenging job of being a parent. Please see the flyer for details on the workshops and of how to book your place.

#### SPORTS DAY

Our annual Sports day will be held on Monday 31<sup>st</sup> March at Davies Reserve.

The Sports will commence at 3:30pm and the children will be dismissed from school at 2:30pm to enable a 3:30pm start. We aim to finish at around 6:30pm. Parents are invited to assist in many ways and you are invited to add your name to the list in the foyer or speak with either Sue Tobin or John Killeen. We would also appreciate help in setting up (from 1pm) and packing up after the sports.



#### MINDFULNESS

On Monday the staff worked with Georgina Manning who introduced us to 'mindfulness'.

Have you noticed something different at COHR this week? After a fantastic session on Monday with Georgina Manning (Wellbeing for Kids), the staff are teaching Mindfulness techniques to the students.

Mindfulness techniques help students

- focus on school work
- stay calm
- learn better
- think more clearly
- get along better with others
- worry less
- enjoy each moment in our life rather than worry about things that could happen

Every class is beginning the day at 8.50am with Mindfulness so please be "Mindful" and do not disrupt this important learning time. Parent helpers are welcome to participate.

Michelle Seel  
 (Wellbeing Coordinator)

#### NATIONAL DAY OF ACTION AGAINST BULLYING AND VIOLENCE

The 2014 National Day of Action against Bullying and Violence is on Friday 21 March 2014.

This annual day provides a focus for all schools to say **Bullying. No Way!** and to strengthen our existing everyday messages that bullying and violence at school are not okay at any time. On Tuesday each student received a wrist band to remind them of our expectations about non-violence and no bullying.

### PICK UP ARRANGEMENTS

It would assist us greatly if parents could clarify with their children when and where they will pick up their children after school. Presently we are receiving many calls asking us to pass that information on to children – often near the end of school. It is sometimes difficult to get the message to the child or it is disruptive to the class. Thanks for your co-operation.

### GALA DAY

Tomorrow our Years 5 & 6 students will be participating in an Inter School Sport "Gala Day." They will compete against 7 other schools in Rounders and Basketball (at Princess Highway Reserve); Softball (at Jells Park) and Basketball (Girls here at COHR; and Boys at Clayton North). Parents are very welcome to assist us on the day.

### VISUAL ARTS EXHIBITION

Congratulations to the students who had their work exhibited in the Catholic Education Visual Arts Exhibition during the week. The Exhibition closes on Saturday.

### MASS FOR SCHOOLS

Today I am accompanying 8 of our student leaders to Mass at St Patrick's Cathedral to celebrate catholic Education week.

### OPEN DAY

On Wednesday 30th April, enrolment applications for next year's prep will open. It will also be our 'open day' during which our senior students will act as host and 'tour' guides for prospective parents. Please note that enrolment for exiting families will close on Friday 30<sup>th</sup> May.

### NUT POLICY

A number of our students are highly allergic to nuts. In order to keep all of our students safe we highly recommend that no nut products be sent to school in lunches. This includes Nutella. Please be mindful of this when packing your child's lunch and perhaps keep these products as home food.

### PARENTS ASSOCIATION

The next meeting of the Parents' Association is on Wednesday 26<sup>th</sup> March at 7:30pm in the staffroom .... All are welcome.

### FETE COMMITTEE

The Fete Committee will meet on Thursday 3<sup>rd</sup> April at 7:30pm. Once again all parents are welcome to come and support our major fundraiser for the year

### TERM ONE

February

March

Thursday 20<sup>th</sup>

Mass for schools at St Patrick's Cathedral

Friday 21<sup>st</sup>

National Day against Bullying & Violence

Wednesday 26<sup>th</sup>

7:30pm

Parents' Association meeting

Monday 31<sup>st</sup>

School Sports day (children dismissed at 2:30pm)

April

Thursday 3<sup>rd</sup>

Fete Meeting 7:30pm

Friday 4<sup>th</sup>

Special Assembly – Stations of the Cross

Term 1 ends (children dismissed at 2:30pm)

### TERM TWO

Tuesday 22<sup>nd</sup>

Term 2 commences

With thanks

Thomas Coghlan

PRINCIPAL

**HOOPSMART** April Holidays 2014  
**BASKETBALL CAMP**



**Damien Ryan**  
Former NBL, European and Australian Boomer player will be conducting an innovative and fun HOOPSMART basketball camp.

**EDUCATIONAL WORKSHOP**

- \* Team building
- \* Life Skills
- \* Leadership
- \* Goal Setting

**PLAYERS : All levels - Boys/Girls 6-14 years**  
**COST : \$135** \*Early Bird Special\* Registered & Paid before 6th April ONLY  
\*\*\*\*FREE NBA ball & Prizes\*\*\*\*  
Registration closes Tue 15th April 2014

**Special Guests & Coaches!!!**

Where : GESAC 200 East Boundary Rd, Benleigh East - Wed 16th & Thurs 17th April 2014 - 9.30am-3pm



**Register at: [hoopsmart.com.au](http://hoopsmart.com.au)**  
Enquiries : 0406 488 313 admin@hoopsmart.com.au

NEW Hoopsmart online store

# '5 secrets to develop confidence and resilience'

*Comprehensive workshop to support parents develop  
resilience and confidence in their child*



#### Parents learn:

- Practical strategies to support their child to build confidence
- The effective parenting styles that foster resilience
- How to teach their child positive and effective thinking habits
- How to support their child to build a positive self-concept
- The fundamental life skills that all children need to be happy, confident and successful

#### Parents are supported to teach their child how to:

- Lessen their anxiety
- Cope with life's ups and downs
- Develop independence and persistence
- Become more resilient
- Develop more confidence
- Solve problems independently and deal with conflict

**9 – 11 am Friday 2<sup>nd</sup> & 9<sup>th</sup> May**  
**Christ Our Holy Redeemer**

#### Workshop Details

- Runs over 2 weeks – 9am to 11am, 2<sup>nd</sup> & 9<sup>th</sup> May
- Cost: \$95 per parent
- Bookings online only – [www.wellbeingforkids.com.au](http://www.wellbeingforkids.com.au) (go to bookings tab)
- Maximum of 25 parents per workshop
- Supportive small group with enough time to ask questions and for parents to receive support with concerns
- Range of reading material and tip sheets are given after each week
- Enquiries: Georgina Manning 0419 020 891

#### Contact

Georgina Manning 0419 020 891  
[info@wellbeingforkids.com.au](mailto:info@wellbeingforkids.com.au)  
[wellbeingforkids.com.au](http://wellbeingforkids.com.au)



# Anxiety in Children

**What is Anxiety?** Anxiety is a normal feeling people experience when faced with threat or danger, or when stressed. Most people including children feel anxious at times and this is perfectly normal. Anxiety presents itself in 3 ways; behaviour, thoughts and feelings. When children experience anxiety they may experience some of the following:

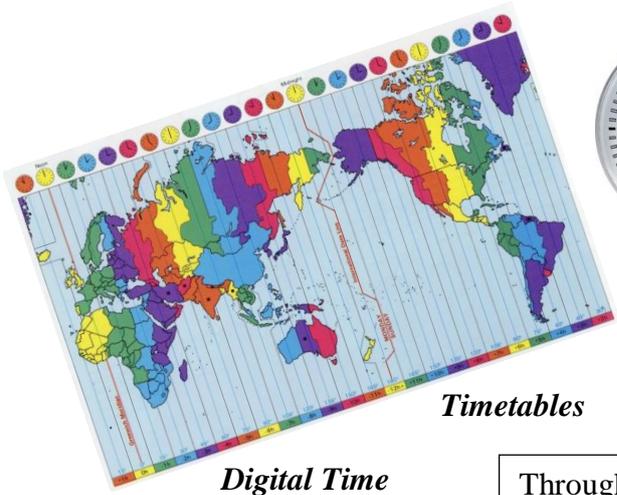
Anxious Behaviors	Anxious Thoughts	Anxious Feelings
<ul style="list-style-type: none"><li>• Difficulty sleeping</li><li>• Restlessness</li><li>• Fast heart beat</li><li>• Sweating</li><li>• Headache</li><li>• Nausea, vomiting, diarrhoea</li><li>• Tense muscles</li><li>• Difficulty breathing</li></ul>	<ul style="list-style-type: none"><li>• Not being able to think clearly or to concentrate</li><li>• Perceptions of threat or danger appear greater than it is</li><li>• Excessive worry, or 'catastrophising', about life circumstances that have no factual or logical basis</li><li>• Recurrent and persistent intrusive ideas and thoughts</li></ul>	<ul style="list-style-type: none"><li>• Feeling anxious or tense</li><li>• Irritability, uneasiness</li><li>• Feeling 'out of control'</li><li>• Fear that something dreadful is going to occur</li><li>• Feeling dizzy, unsteady, light-headed or faint</li><li>• Feeling upset and uncomfortable</li></ul>

We all experience anxiety at some time during our lives when we are faced with difficulties, faced with challenges or when we are feeling out of our comfort zone. Some children experience anxiety over everyday life activities and this can be incredibly draining and take the fun out of life.

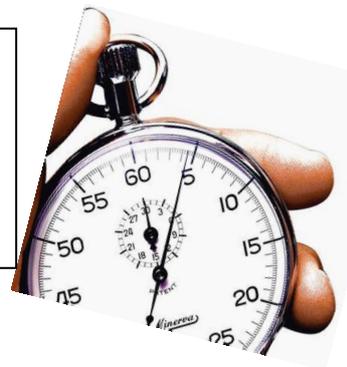
**Although feeling anxious from time to time is normal for children, extra support may be needed when:**

- Children feel anxious more than other children of their age and year level and talk about their worries a lot.
- Anxiety stops them participating in activities at school or socially.
- It interferes with their ability to do things that other children their age do easily.
- Children find it hard to separate from parents.
- Children are afraid to take healthy risks and have a go at new things.
- Children need a lot of reassurance before beginning tasks or socialising.
- There is a need for perfectionism particularly with academic tasks.
- There are ongoing physical symptoms such as an upset tummy and headaches.

*If you would like to learn more about how to support your child with anxiety look out for the flyer attached in this week's newsletter on a 2 week Parent Workshop '5 Secrets to develop resilience and confidence in your child'. We will be offering this workshop over 2 weeks on Friday 2<sup>nd</sup> & 9<sup>th</sup> May from 9 to 11am at school.*



# Mathematics: Elapsed Time in 5/6 CS



*Timetables Timelines Timezones*

*Digital Time  
Analogue Time T-charts  
24hour time 12 hour time*

5:40pm	6:12pm
Hour	Minute
	5:45
	5:50
	5:55
	6:00
	6:06
Elapsed Time	32 minutes

Throughout the last couple of weeks we have focused on time, particularly elapsed time. We have used a variety of ways to work out the time elapsed such as timelines and t-charts. We have used train/bus timetables, television and movie session times, racing times etc to further develop our skills in finding the elapsed time. We used the working backward method to find the starting time and/or the end time of a given problem. We used a timeline to match 12hr and 24 hr times. During this area of Mathematics, we also learned:

- There are 24 time zones in the world.
- In a 24 hr day the earth has made one rotation on its axis.
- The earth rotates about 15 degrees each hour. To work this out, we divide 360 degrees by 24.
- The line of longitude every 15 degrees marks a new time zone.

Your Name: \_\_\_\_\_

### Elapsed Time

Record Minutes

Complete the table by filling in the elapsed times.

Start Time	End Time	Elapsed Time
5:00 A.M.	8:37 am	3 hours and 37 minutes
8:00 P.M.	10:44 P.M.	2 hrs 44 mins
11:55 P.M.	12:18 am	23 minutes
1:35 P.M.	7:15 pm	5 hours and 40 minutes
2:45 am	4:16 A.M.	1 hour and 31 minutes
3:18 P.M.	7:09 P.M.	3 hrs 51 mins
2:20 am	4:20 A.M.	2 hours
Noon	2:35 P.M.	2 hrs 35 min
7:58 am	8:10 P.M.	12 minutes

