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**Newsletter No: 10    18<sup>th</sup> April 2013**

Dear Parents,

Welcome to Term Two! I hope that you enjoyed a wonderful Easter and that the holidays proved a welcome break of routine.

As you may be aware the years 5/6 children are on Camp. This year they have travelled to Briars Outdoor Education camp, Mt Martha. Staff accompanying the children are: Antonietta Corp, Jennifer Smith, Michella Pradel, John Killeen, Michelle Seel, Sue Tobin and myself. Tracey Heenan will be acting Principal while I'm on camp. The children will participate in a number of activities including canoeing, ropes course, archery, flying fox, giant swing, initiative course.

**OPEN DAY**

Next Wednesday 24<sup>th</sup> 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 24<sup>th</sup> May.

**FIRST EUCHARIST**

Parents of children preparing for first Eucharist are reminded of a Eucharist meeting (in the Church) on Wednesday 1<sup>st</sup> May at 7pm and the Eucharist Commitment Mass on Sunday 5<sup>th</sup> May at 11am. During the mass the children will receive an 'Our Father' prayer. It is expected that children wishing to receive the Eucharist for the first time will attend this Mass.

**WALK-A-THON**

Our annual Walk-a-thon will be held on Wednesday 1<sup>st</sup> May. Proceeds raised from this year's event will be directed towards new computers for the children. At our Parents' Association it was decided that families who donate more than \$5 will be entered into a draw for some prizes. More information will be detailed next week. The Walk-a-Thon forms are included in the Newsletter.

**CHESS**

We have introduced a Chess program to our year 3/4 children. The children will have six lessons this term. Their first lesson was on Tuesday.

**WORKING BEE**

Our first Working Bee will be held on Friday 3<sup>rd</sup> May from between 4pm and 5:30pm.

**WINTER UNIFORM**

Winter uniform is worn in Terms 2 and 3. There is a two week turn around at the beginning of term.

**TERM TWO DATES**

- April  
 Friday 19<sup>th</sup>            5/6's return from Camp (approx. 3pm)  
 Wednesday 24<sup>th</sup>    Open day  
 Thursday 25<sup>th</sup>       ANZAC day holiday
- May  
 Wednesday 1<sup>st</sup>     Walk-a-Thon; First Eucharist meeting  
 7pm  
 Friday 3<sup>rd</sup>            Working Bee  
 Sunday 5<sup>th</sup>            Eucharist Commitment Mass  
 Wednesday 8<sup>th</sup>     Family faith Night (Prep – Yr2)

Tom Coghlan  
 PRINCIPAL

**ENTERTAINMENT BOOKS**

Entertainment Books can be purchased from the school office at a cost of \$65.

**AVILA COLLEGE 'OPEN SCHOOL' MORNING – THURSDAY, MAY 9**

Avila College would like to invite prospective students and their parents to our next Open School Morning on Thursday, May 9. The morning commences at 9am with a College tour followed by a presentation by the Principal, Ms Louise Gunther and the College Leadership Team. Other dates for 2013 are: Term 3 – Thursday, August 15 and Term 4 – Tuesday, October 29. For further information, please contact the College Registrar, Mrs Maria Nankervis on 9831 9600. Parking is limited, so please allow time for parking in nearby streets.

**FOOTY TIPPING COMPETITION**

Thank you to everyone who purchased tickets in the Footy Tipping Comp. We raised a total of \$650 for the school. We will give regular updates on who is still in the competition.

**WOOLWORTHS EARN AND LEARN**

You can begin collecting your stickers as of this week. You will find the box for the Earn and Learn stickers in the foyer.

**MCMNAMARA TENNIS**

Enrol now for Tennis lessons at Holy Redeemer.  
 WHO: all age groups and standards/MLC hotshots for beginners 10 years and under.  
 Before school and Saturday mornings  
 Mums tennis program mid week am.  
 WHERE: Holy Redeemer tennis club  
 PHONE: David McNamara (Tennis Australia Club Professional) Home 9803 5754 Mobile 0413 058 876

## PARENT SEMINAR SERIES 2013

### GIRLS RULES

Presenter: Theresa Sheedy

Ages: Primary and Secondary

*For a long time there has been discussion that raising girls is different from raising boys. This seminar looks at girls' relationships with each other and the adults in their world. How is power used within girl peer groups – who's in and who's not? What does bullying look like within girl groups? We discuss how to help your daughter manage social popularity and social isolation. Focusing on preventing depression, anxiety and eating disorders in young people, this seminar can introduce you to how you can support your daughter be herself in this ever-changing social context and examine what kind of parenting style works in developing a lasting relationship with your daughter.*

DATE	TIME	LOCATION
22 April	7.00 pm – 9.00 pm	Our Lady Star of the Sea - Ocean Grove (Melway Map 234 F4)
7 May		St Josephs - Malvern (Map 59 C8)
30 May		Catholic Regional College – North Keilor (Map 14 B1)

### BUILDING RESILIENCE IN CHILDREN and ADOLESCENTS

Presenter: Chris Daicos

Ages: Primary and Secondary

*Young people in our schools today need the skills, knowledge and practice opportunities to build social relationships, to cope with difficulty and to work collaboratively. Resilient children are socially competent, can solve problems, have a sense of autonomy and independence, and a sense of purpose and future. As a consequence, these children have an increased capacity to learn. This seminar will:*

- *provide an overview of the recent research in the area of resilience*
- *examine the profile of the resilient child and the protective factors that enhance these qualities*
- *provide an opportunity to identify and associate current work/parenting with protective factors*
- *explore ways of increasing and maximising these protective factors for children and adolescents.*

DATE	TIME	LOCATION
1 May	7.00 pm – 9.00 pm	St James College - East Bentleigh (Melway Map 78 B3)

### Registration/Further Information

Contact Catholic Education Office Melbourne, Parent Seminar Series Coordinator: Mr Doug Sandiford on 9267 0258 or dsandiford@ceomelb.catholic.edu.au.

**Seminar Cost: \$10** (Payment options provided when you register).

### A for ATTITUDE to POSITIVE PARENTING

Presenter: Julie Davey

Ages: Primary and Secondary

*Julie Davey presents proven strategies to build resilience in children and enhance wellbeing for the whole family. Topics will cover:*

- *Positive attitudes for Health and Happiness includes:*
  - *tips & techniques to reduce stress and anxiety in children*
  - *improving personal performance, health & success for yourself and your child*
- *The Fabulous First 5 Minutes Program includes:*
  - *teaching children how to deal with problems as opportunities*
  - *the importance of setting achievable goals & reach their full potential*
  - *building confidence in children and helping them focus in class.*
- *Food for Thought provides fun ways to:*
  - *convince your child to eat nutritious foods*
  - *focus on their positive traits and potential*
  - *become more resilient.*

DATE	TIME	LOCATION
23 April	7.00 pm – 9.00pm	St Michael's – Ashburton (Melway Map 60 E10)

### RAISING MIGHTY BOYS

Presenter: Michael Grose

Ages: Primary and Secondary

*This seminar will provide a better understanding of the needs of boys so you can adapt your parenting. You will get essential information, strategies and the reassurance to help you raise your mighty boys into mighty fine men.*

DATE	TIME	LOCATION
21 May	7.00 pm – 9.00 pm	St Mary's - Ascot Vale (Melway Map 28 F9)
23 May		St Monica's – Footscray (Map 2S J8)



**CHRIST OUR HOLY REDEEMER  
PRIMARY SCHOOL  
EAST OAKLEIGH**

**CHRIST OUR HOLY REDEEMER SCHOOL  
WALKATHON**  
Wednesday 1<sup>st</sup> May 2013

**Child's Name:** \_\_\_\_\_ **Class:** \_\_\_\_\_

**Note to Sponsors:** Prep to Year 2 will be walking 2 km. Years 3-6 will be walking 5 km.  
Anyone who sponsors a total amount of \$5 or more will go into raffle draw.

**Note to Parents:** Children should not be permitted to approach strangers  
for sponsorship without a parent/guardian present.

**FORMS TO BE RETURNED NO LATER THAN FRIDAY 10 MAY 2013** to be  
eligible for the raffle.

Sponsors Name	Contact Number	Amount per km or donation	Total Amount	Amount received with thanks
<i>Total Amount Received</i>				\$

