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Newsletter No: 17 6th June 2013

Dear Parents,

Congratulations to the children who received the Eucharist for the first time last Sunday. They are to be commended for the manner in which they prepared and presented themselves on Sunday. It was a wonderful day – not only for the children, but also their families and the school.

The Gospel reading on Sunday relates Jesus raising a widow's son to life. In effect Jesus was restoring the son back to his mother. Whenever we encounter someone who has been cast out by life circumstances or by the cruel actions of others, we have the capacity to restore them to a fuller life through our actions. We restore life when we restore dignity; when we refuse to participate in grinding someone down and instead extend a hand to help them up. This is the notion of how we use 'Restorative Practices' here at school – when there is conflict we work with the children to restore the relationship that was harmed.

SCHOOL CLOSURE DAY

There will be school closure day on Friday 7th June. During the day all staff will be undertaking training in the Management of Anaphylaxis. Later staff will be investigating the use of contemporary learning tools in the curriculum.

EDUCATION BOARD

The next meeting of our Education Board will be on Thursday 13th June at 7:30pm. This will be the Annual General Meeting of the Education Board, and all parents are welcome.

'POWER OF ONE' BULLY PREVENTION INCURSION

As Part of our Social and Emotional Learning (SEL) we have been focusing on the Gospel Value of Inclusion. On Wednesday 12th June all students will be watching a performance called the 'Power of One'

The 'Power of One' is a series of skits presented by actors who use boxes, colours, and masks to vividly portray what bullying is, what can be done about it, and how every child has the power of one, the power to report and deal with bullying when they see it. The Power of One:

- Explains the roles in bullying: Bully, Target, and Bystander
- Shows vivid examples of different types of bullying: Physical, Verbal, Exclusion, and Cyber bullying
- Alerts children that Targets need help and intervention
- Encourages students not to be bystanders
- Emphasises the need for individual action to make the community a safer, better place
- Refers children to parents, adults, and teachers for further assistance and instruction

Parents are welcome to attend the performance.

Prep to Year 2 (9.00am to 10.40)

Year 3 to Year 6 (10.00 to 10.40)

Michelle Seel Wellbeing Coordinator

CONFIRMATION

The Sacrament of Confirmation will be administered on Friday 16th August.

Following are important dates:

Tuesday 18th June: Parent Information meeting 7:30pm (Hall)

Sunday 21st July: Commitment Mass 11am

Wednesday 7th August: Reflection day

Thursday 8th August: Family Workshop 7pm

Friday 16th August: Confirmation 7pm

HOT DOG DAY

Many thanks to the parents who assisted with Hot Dog day yesterday – your efforts were greatly appreciated – especially by the children!

TERM TWO DATES

Friday 7th School Closure day

Monday 10th Queen's Birthday holiday

Wednesday 12th Power of One Incursion

Thursday 13th Education Board - AGM

Friday 14th Interschool sport

Friday 21st Disco (Prep – Yr2: 6pm; Yr 3-6: 7-8:30pm)

Mid-Year Reports sent home

Tuesday 25th Parent/Teacher interviews 4pm-6pm

Wednesday 26th Parent/Teacher interviews 3pm-6pm

Children dismissed at 2:30pm

Friday 28th End of Term – children dismissed at 2:30

With best wishes

Thomas Coghlan

PRINCIPAL

BEFORE & AFTER SCHOOL CARE

A reminder that Before School Care is now open every day from 7am to 8:45am with breakfast being served until 8am and fun activities.

Before School Care 7-8:45am \$15

After School Care 3:30 -6pm \$19

Curriculum Day 7am-6pm \$45

If you receive C.C.B. and C.C.R. you are entitled to 50% off your weekly fees.

Call Cherie on 0412 958 605 or stop at the hall today.



SECOND HAND UNIFORM DONATIONS & SALE

At COHR donated second hand uniforms are sold to raise funds for our school. Please leave any uniform donations at the office as soon as possible.

NEXT SECOND HAND UNIFORM SALE THURSDAY 13th JUNE.

8:30-9:00am AND 3:00-3:40pm

BREAD TIES

We are asking for your help in collecting bread tags from the loaves of bread which will be used to purchase a wheelchair for a local senior citizens home. Please leave at the school office.

SLEEP AND SCHOOL AGED CHILDREN (5-12 years)

Children aged 5-12 need 10-11 hours of sleep a night. However, there is an increasing demand on their time from school (e.g. homework), sports and other extracurricular and social activities. Also school aged children become more interested in TV computers and the internet as well as caffeine products. These can lead to difficulty falling asleep, nightmares and disruptions to their sleep. Sleep problems and disorders are prevalent at this age.

Inadequate sleep can lead to:

- * Mood swings and irritability.
- * Behavioural problems such as hyperactivity.
- * Reduced concentration and an inability to focus which impacts on the ability to learn in school.
- * Weight gain and sickness.

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Sleep tips

Emphasise the need for a regular sleep schedule and bedtime routine

- * Make your child's room conducive to sleep – dark, cool and quiet.
- * Keep TV, computers, phones, ipods/ ipads out of the bedroom.
- * Avoid caffeinated drinks.

MY NAME IS LUCY AND I AM A HEALTH COACH.

I am offering you to attend a FREE Health & Wellness Seminar on a date to be advised at the school. A date will be confirmed soon.

Statistics show that 70% of the population is obese and lots of people suffer from a diet related health issue.

If any of the following items below interest you, then this will be a most appealing session to attend.

1. Assist children with Attention Deficit Disorders, hyperactivity and concentration levels.
2. Control and normalize your appetite so you don't feel hungry in between meals.
3. Eat the foods you love without feeling like you're on a diet.
4. Get balanced nutrition daily through the programme and build lean muscle and maintain it.
5. Feel dynamic health everyday with cellular nutrition - increase energy levels.
6. Enhance sports performance.
7. Manage your weight by losing, maintaining or gaining.
8. Overall wellbeing from existing health issues you may have.

If you are interested, or somebody you know, please complete the form below and return to the school asap.

I look forward to meeting you soon.

Lucy

Name: _____

Contact No: _____

Would like to attend a session: Yes No am/pm
(please circle)

I would like more information or a FREE Wellness Evaluation done



SALESIAN

College Principal, Mr Robert Brennan
invites **you** to visit and experience
Salesian College in action!

A tour with the Principal
is available on
Monday 17 June 9:30am.

For bookings please contact the
Public Relations Office on,
9807 2644 or email
enrol@salesian.vic.edu.au

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