



OUR HOLY REDEEMER

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Principal
Frank Dame

Parish Priest
Brendan Reed

Newsletter No 26
27th August 2020

"Connection is why we are here. We are hardwired to connect with others, it is what gives purpose and meaning to our lives, and without it there is suffering."
Brene Brown

FROM THE PRINCIPAL

Dear Parents,

We need to adapt our Church to meet the needs of people in the 21st Century. This [survey](#) seeks to find out what people in our parish communities need to actively express their faith in their own way and will only take 10-15 mins to complete. We encourage you to get as many people as possible to complete the survey within your families and across your friendship groups by sharing the link. It is only by hearing what people need to express their faith, that we can then work towards becoming an active Catholic community. We thank you in advance for completing the survey. <http://www.socialsurvey.com.au/CBDparish/2020>



With thanks,
Fr Brendan

Mary in the Modern World

At Christmas we honour Jesus as Son of God and Mary as his Mother.

However, we should remember that while on earth, for most of the time, they both led a normal human life and so are ideal models for us battlers in today's world.

It is worthwhile pausing to reflect on how Mary coped as an ordinary mother during her pregnancy.

The pregnancy experiences of mothers include excitement, anxiety, sickness, insomnia, heartburn, incredible love, a butt of all jokes, but above all an overwhelming sense of love and a fierce protection for the baby, giving life to a being that will live forever, "a true miracle".

Mary, to all appearances, was a normal Jewish teenager and would have had to cope with similar experiences.

She was betrothed to Joseph but not living with him when he noticed she was pregnant.

The Apostle Matthew tells us: Her husband Joseph, being a righteous man and unwilling to expose her to public disgrace, planned to dismiss her quietly. (Matthew 1:19).



Joseph is told in a dream that the “child conceived within Mary is from the Holy Spirit” and this clears it up for him but it was not made public and so the locals think of, and treat her as an unmarried teenage mother.

Things do not go smoothly for her.

Then she learns that her relative Elizabeth is also with child so she sets out in haste to undertake a difficult and dangerous journey to the hill country. Mary’s greeting to Elizabeth gives us an insight into her deep, joyful spirituality and trust in God.

“My soul magnifies the Lord, and my spirit rejoices in God my Saviour ... for the Mighty One has done great things for me and holy is his name.” (Luke 1:46, 49)

When Mary’s time was almost up, she and Joseph had to go to Bethlehem, a rugged journey of about three days.

Joseph and Mary, needing privacy above all else, get accommodation in a stable and this is where Jesus is born. It is an omen of what Jesus and Mary will have to cope with in future years.

So during Mary’s pregnancy, although she is aware of the honour, she has to battle her way through the usual trials, just like all mothers. She is indeed a model for us in today’s world.

As we go to her with our troubles and anxieties, see her smile lovingly as she comments, “Been there, done that” and then from her motherly wisdom, she would share with us how to cope with our modern world, “Trust in a God of unconditional love. It worked for me.”

Adapted from a reflection by Br John Venard

August is the Feast of the Assumption of Our Lady. Two weeks ago, the combined parishes of OLG, OHR and Our Lady’s shared a 10 minute virtual Marian prayer service.

Minds that Matter Psychology (MTMP)

In today’s Newsletter you will also find a **tip sheet for parents to help with Lockdown 2.0** that has been shared by Minds that Matter Psychology (MTMP). Samantha, from MTMP, is our school-based psychologist. MTMP are aware that there is information overload so have tried to include only those resources that they feel are most useful.

Year 5’s Learning from Home

Our Year 5 students have been engaging in all aspects of our Learning from Home program. Here are some examples ...

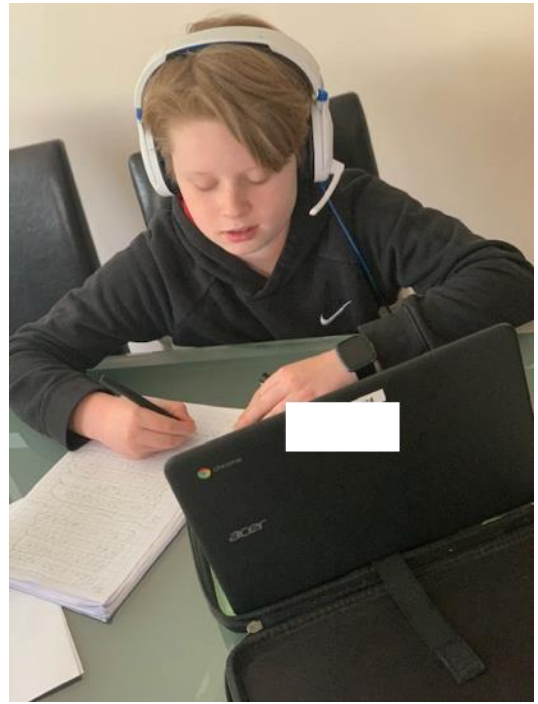


**Year 5’s
Learning
from
Home**

Phoenix working on Rubik’s Cube algorithms for his MTQ project



Lizzy making a cardboard house as a set for her stop motion movies



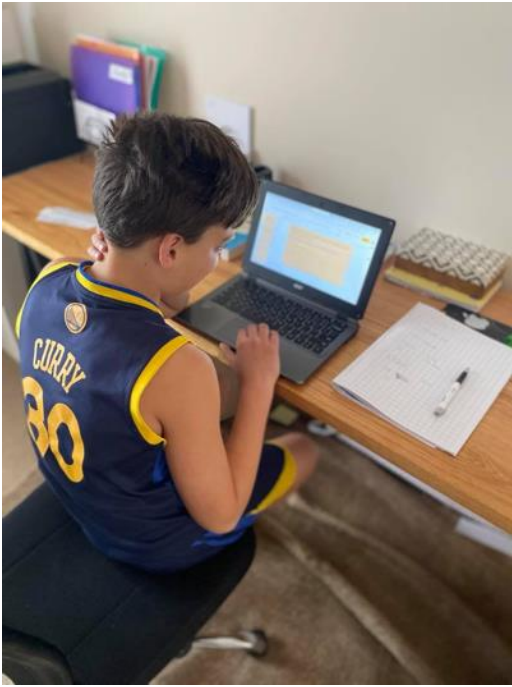
Will engaging in another Google Meet



Ryco getting active with his soccer ball (Shame about the jumper!)



Henry displaying his creative side!



Zac is excited to be learning about different cities
(Wishing he was anywhere but Melbourne)



Matilda working on her Mathematics



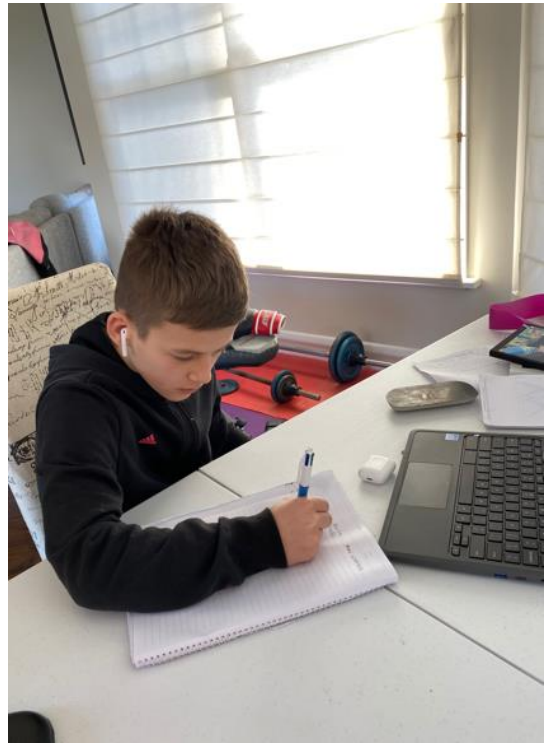
Maddie is building international landmarks
during her downtime



Matilda involved in one of her Google Meets



Elizabeth rugged up against the cold



Max showing great focus

Next week's Newsletter will feature images of the **Year 1's** learning from home. It would be great if images could reflect hands on learning completed by the children during the day. Images must be received by next Tuesday evening. Simply email to principal@ohrsurreyhills.catholic.edu.au Thank you.

National Health and Physical Education Day

The following is an important message from Mrs Golds regarding National Health and Physical Education Day:



National Health and Physical Education Day

The theme of HPE day this year is **Good for Children**, **Good for Schools** and **Good for Communities** and in 2020 OHR will celebrate National HPE day on Thursday 3rd September 2020!

Please join Mrs Golds next Thursday for a 1/2hr Pilates/Meditation Session for all the family. This will be the children's P.E class and will be included in your child's daily planner. Remember "GET ACTIVE" and "KEEP MOVING".

I look forward to seeing you then.

Jo Golds

Light in the Darkness

The Victorian Council of Churches, in cooperation with the Catholic Archdiocese of Melbourne, invites us to be witness to the hope and love at the heart of Christianity at this challenging time by participating in Light in the Darkness.

On the last day of winter, Monday 31 August at 7 pm, we are asked to spend some time reflecting, in silence, on those who have lost their lives to coronavirus or to violence.

More information about the event is contained in the flyer found further in today's Newsletter.

2020 OHR Family Reflections Reminder

Recently out two school captains, Bridget N and Meg M, proposed that each family prepare a page that will go towards a book reflecting how our school community have managed this time of COVID-19. The page will need to be **A3** in size and **landscape** orientation. A **margin of 12mm** should be left around the perimeter allowing for eventual binding. The page should include the **family surname** and be a reflection of these times including: what it was like, how they coped, and how they felt. This may comprise a combination of any of the following:

- Stories
- Drawings
- Artwork
- Photos of the family engaging in activities together
- Poems
- Words
- Recipes
- Song lyrics
- Celebrations shared during COVID-19 time.

When completed, each family will be required to make a **PDF** copy of their page. The family pages will be called for in approximately two week's time. The school captains will provide details of where to email the family page.

The books will be professionally produced. Two copies will be made for the school and families will be able to explore one of the proofs. At that time we will provide the necessary details, should families choose to purchase a copy.

Wishing everyone a great weekend,

Frank Dame

Our Holy Redeemer Social Media Accounts



The use of Social Media platforms can be a powerful tool to facilitate and enhance communication and learning, as well as build connected communities. Our Holy Redeemer currently has accounts on Facebook and Instagram.

Our use of social media aims to:

- Keep our community up to date with school-wide activities using a platform that is easy, portable and convenient for families to use.
- Provide a platform for our community to celebrate our students' successes and achievements.
- Build our school community and strengthen our school spirit.
- Advertise school events to the school and wider community.
- Share special interest articles that families may value.
- Provide the wider community with additional avenues for direct enquiry with Our Holy Redeemer
- Strengthen the school brand by building awareness of our school in the broader community.

We currently have 111 followers on our Facebook account and 72 people have found our Instagram account.

The link to the Our Holy Redeemer Facebook account can be found by searching in Google for Our Holy Redeemer Facebook or by this link:

<https://www.facebook.com/ourholyredeemerprimaryschoolsurreyhills/>

The school Instagram account username is: ourholyredeemerps and can be found by searching @ourholyredeemer or by this link

<https://www.instagram.com/ourholyredeemerps/>

Many thanks to all of our community for your support in following our social media as we continue to celebrate student learning and achievements as well as build a vibrant community.

Josephine Harrison
IT Manager

Merit Awards

Class	Name	For ...
Prep HH	Sebbie G	Always working so hard on our daily tasks and including interesting drawings and ideas
Prep HT	Phoebe C	For attending all the Google Meets ready and eager to go. Fantastic writing this week when working on our sentences together..
1/2DE	Christian M	The care you are putting into your handwriting and your persuasive piece on extra recess to improve our health. Awesome effort Christian!
1/2HN	Mia C	Striving to improve your handwriting and producing an outstanding letter to Australia reflecting on your Covid-19 experience. You are also improving your editing of your work. Terrific speech!
3/4CP	Eleanor J	Excellence in her Science work during our Remote Learning Program.
3/4TK	Angelina L	For all the care and attention that you put into completing your tasks. You're a star!
5/6DU	Christina A	For demonstrating and explaining multiplying by the power of 10 accurately. Excellent maths reasoning.
5/6MB	Matilda P	Applying herself to all home learning tasks and seeking feedback when required. You are taking great ownership of your learning - well done.

Social Skills Awards

Class	Name	For ...
Prep HH	Archer G	Contributing so enthusiastically in our Google Meets. You are always keen to share your work and ideas with class.
Prep HT	Aksel R	Attending all our Google meets with a positive attitude and respectfully responding to all my questions. Fantastic attitude
1/2DE	Ned K	Active participator in our Focused Maths Google Meet session and showing determination to problem solve multiplication tasks.
1/2HN	Amelia L	Always having a smile and showing enthusiasm in every class google meet. Thank you for your positivity and happiness when we come together. You shine bright!
3/4CP	Lucy E	Her participation in our Google Meets. You are always cheerful and enthusiastic.Thanks Lucy.
3/4TK	Brenda S	Her perseverance and hard work in completing all tasks to a high standard
5/6DU	Isabelle M	Demonstrating persistence and overcoming challenges in order to attend 'google meets' and complete your online work.
5/6MB	Anthony P	Participating confidently in Google Meets and working really hard to maintain a positive attitude. You should be very proud of yourself Anthony.

RE News

Sunday Gospel

The liturgy of the Catholic Church provides a framework for reflection which is used by Catholics throughout the world. Each week in the newsletter, you will find the Sunday Gospel as well as some discussion questions to have with your child/ren.

Nick Byrne, Education in Faith Leader

A reading from the holy Gospel according to Matthew

Jesus began to make it clear to his disciples that he was destined to go to Jerusalem and suffer grievously at the hands of the elders and chief priests and scribes, to be put to death and to be raised up on the third day. Then, taking him aside, Peter started to remonstrate with him. 'Heaven preserve you, Lord,' he said. 'This must not happen to you.' But he turned and said to Peter, 'Get behind me, Satan! You are an obstacle in my path, because the way you think is not God's way but man's.'

Then Jesus said to his disciples, 'If anyone wants to be a follower of mine, let him renounce himself and take up his cross and follow me. For anyone who wants to save his life will lose it; but anyone who loses his life for my sake will find it. What, then, will a man gain if he wins the whole world and ruins his life? Or what has a man to offer in exchange for his life?

'For the Son of Man is going to come in the glory of his Father with his angels, and, when he does, he will reward each one according to his behaviour.'

The Gospel of the Lord

DISCUSSION QUESTIONS

1. What are some of your favourite games?
2. In which of these games do people have to take turns?
3. What happens if people do not take turns?
4. Jesus tells us in today's gospel that we must forget about ourselves and put others first. What does Jesus mean by this?
5. How can we put others' needs before our own?
6. Why is it sometimes hard to do this?



We pray that we will think about others before ourselves this week.



Fight Cancer
Foundation™

*Giving hope.
Saving lives.*

Thanks for registering for Footy Colours Day 2020 !

From the bottom of our hearts, thank you for joining the Footy Colours Day team to support kids with cancer during such uncertain times.

By hosting a Footy Colours Day event, you are helping kids with cancer, who are especially vulnerable to COVID-19, keep up with school while they receive and recover from treatment.

2020 OHR FOOTY COLOURS DAY

Last day of Term

Friday September 18th

[Click Here to donate on the OHR Primary School Page](#)

Please make a donation, big or small and help this wonderful cause.

Share the link with your family and friends.



On the eve of Spring, an invitation from the churches of Victoria
to be a light in the darkness.

Light in the Darkness

Time Out for a Suffering World

Monday
31 August 2020
7.00pm

As the last light of the last day of winter fades, stand in your front garden and spend some time in silence, perhaps light a candle, to remember all those who have lost their lives to the Coronavirus or to violence. Then, as the first night of spring begins, look to the future with prayer and hope. Let us move from the cold and the dark into warmth and light together.





Minds That Matter
PSYCHOLOGY
For Children + Adults

Counseling, neuropsychology and
academic assessments for kids and adults

COVID-19 - lockdown 2.0

A carefully compiled list of helpful
family resources.

www.mindsthatmatterpsychology.com.au



WITH THE CONTINUATION OF RESTRICTIONS, MANY FAMILIES ARE FEELING FATIGUED AND EXHAUSTED. THE MENTAL HEALTH OF CHILDREN AND PARENTS HAS BEEN IDENTIFIED AS A MAJOR HEALTH CONCERN. BELOW ARE SOME HELPFUL TIPS AND RESOURCES.



TALKING TO CHILDREN ABOUT THE SECOND WAVE OF COVID-19

[https://
lens.monash.edu/
2020/08/06/1381020/
lets-talk-to-kids-about-
the-second-covid-19-
wave-and-new-
restrictions](https://lens.monash.edu/2020/08/06/1381020/lets-talk-to-kids-about-the-second-covid-19-wave-and-new-restrictions)

LOOK AFTER RELATIONSHIPS AS SOCIAL CONNECTEDNESS HAS BEEN SHOWN TO REDUCE STRESS

-HAVE A 'VIRTUAL' PIZZA AND MOVIE NIGHT WITH EACH FRIEND ORDERING FOOD FROM THE SAME RESTAURANT, WATCHING A MOVIE TOGETHER WHILE CHATTING ON SOCIAL MEDIA

-ORGANISE A DRESS UP PARTY AND HAVE EACH CHILD DECORATE THEIR OWN ROOM IN THE SAME THEME

- HAVE A 'VIRTUAL' SLEEP OVER WITH KIDS CAMPING IN THE LOUNGE ROOM

- PLAN A DINNER PARTY AND HAVE EACH MEMBER OF THE FAMILY TAKE RESPONSIBILITY FOR ONE ASPECT OF DINNER SUCH AS INVITATIONS, FOOD, DECORATIONS, MUSIC ETC.



UNDERSTANDING WORRY AND ANXIETY

An excellent guide to understanding how to live with worry and anxiety amidst global uncertainty. [https://
www.psychologytools.
com/assets/covid-19/
guide-to-living-with-
worry-and-anxiety-am-
idst-global-uncertain-
y-en-us.pdf](https://www.psychologytools.com/assets/covid-19/guide-to-living-with-worry-and-anxiety-amidst-global-uncertainty-en-us.pdf)

CREATE A NEW 'NORMAL' - CHILDREN BENEFIT FROM ROUTINE, STRUCTURE AND PREDICTABILITY

CREATE AND MAINTAIN NEW ROUTINES AROUND WAKE/SLEEP, LEARNING, EXERCISE AND RECREATIONAL TIMES. MAKE SURE THAT YOU MAINTAIN THESE!

LET YOUR CHILDREN KNOW THAT IT IS OK TO FEEL SAD, BORED, WORRIED, ANXIOUS, UNMOTIVATED

ALLOW CHILDREN TO TALK ABOUT FEELINGS AND VALIDATE THEM. AVOID EXCESSIVE REASSURANCE OR PROBLEM SOLVING - JUST LISTEN AND EMPATHISE.

SET UP SHORT- AND LONG-TERM PROJECTS

HELP MOTIVATE CHILDREN BY SETTING UP MEANINGFUL PROJECTS. ENSURE THAT YOU AND YOUR CHILDREN ARE ENGAGING IN AT LEAST ONE MEANINGFUL ACTIVITY EVERY DAY.

- PLANT A 'PIZZA' GARDEN (I.E. TOMATO, BASIL) AND MAKE YOUR PIZZA ONCE ALL THE INGREDIENTS HAVE GROWN
- MAKE ITEMS TO SELL AT A MARKET ONCE COVID-19 ENDS
- LEARN AN INSTRUMENT
- PAINT A MURAL
- LEARN NEW SKILLS BY JOINING AN ONLINE EXERCISE, YOGA, LANGUAGE OR COOKING CLASS
- PLANT A GARDEN
- RE-ARRANGE A ROOM



PARENTAL WELLBEING

Taking care of your own mental health will help you take care of children and respond to their needs

PODCAST SERIES FROM MURDOCH CHILDREN'S RESEARCH INSTITUTE: PARENTING IN THE AGE OF CORONAVIRUS

- HOW PRIMARY SCHOOLERS CAN SAFELY TRANSITION BACK TO SCHOOL
- HOW SECONDARY SCHOOLERS CAN SAFELY TRANSITION BACK TO SCHOOL
- HOW TO MAINTAIN WELLBEING IN PRIMARY SCHOOLERS
- HOW TO MAINTAIN WELLBEING IN SECONDARY SCHOOLERS
- HOW TO MAINTAIN WELLBEING IN PRESCHOOLERS

PARENTAL WELL BEING DURING COVID-19

COVID-19 HAS NOT ONLY PLACED A STRAIN ON CHILDREN, IT HAS ALSO LED TO A NUMBER OF CHALLENGES FOR PARENTS AND CAREGIVERS. MANY PARENTS ARE JUGGLING REMOTE LEARNING WITH WORK AND FINANCIAL PRESSURES, REDUCED ACCESS TO HOME-BASED HEALTH SERVICES AND PHYSICAL ISOLATION FROM FAMILY/FRIENDS – ALL OF WHICH CAN PLACE A HUGE STRAIN ON WELL BEING.

OFTEN PARENTS REPORT THAT THEY PUT THEIR CHILDREN'S NEEDS FIRST AND WILL ONLY TAKE THE TIME TO LOOK AFTER THEMSELVES WHEN EVERYONE ELSE IS "OK"... NOT SURPRISINGLY, THIS TIME RARELY, IF EVER, ARRIVES!

RESEARCH UNEQUIVOCALLY SHOWS US THAT GOOD PARENTAL MENTAL HEALTH IS ASSOCIATED WITH BETTER CHILD HEALTH – WHEN YOU LOOK AFTER YOURSELF, YOU ARE ALSO DOING A BETTER JOB LOOKING AFTER YOUR CHILDREN. BE SURE TO LOOK AFTER YOURSELF AND ENGAGE IN SELF-CARE ACTIVITIES. REACH OUT TO OTHERS FOR SUPPORT. SEEK PROFESSIONAL SUPPORT IF NEEDED.

NEED SUPPORT?

IF YOU OR YOUR CHILD WOULD LIKE SUPPORT, PLEASE CONTACT US ON ENQUIRIES@MINDSTHATMATTERPSYCHOLOGY.COM.AU OR

0435 910 447.

WWW.MINDSTHATMATTERPSYCHOLOGY.COM.AU

OTHER SERVICES

BEYOND BLUE 1300 22 46 36

KIDS HELPLINE 1800 55 1800