



OUR HOLY REDEEMER

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Newsletter No 31
15th October 2020

*"Mindsets are just beliefs. They're powerful beliefs,
but they're just something in your mind, and you can change your mind."
Carol Dweck*

DATES TO REMEMBER

TUESDAY, 20 TH OCTOBER	7.30	PSEB
FRIDAY, 23 RD	7.30	GRAND FINAL PUBLIC HOLIDAY (VIC)
WEDNESDAY, 28 TH OCTOBER	7.30	PFA

FROM THE PRINCIPAL

Dear Parents and Parishioners,

As teachers at OHR, we have often encouraged the children to have a 'growth mindset'. The evidence behind every person possessing the capacity for developing such a mindset is based on the work of Dr Carol Dweck.

Over 30 years ago, Carol Dweck and her colleagues became interested in students' attitudes about failure. They noticed that some students rebounded while other students seemed devastated by even the smallest setbacks. After studying the behaviour of thousands of children, Dr. Dweck coined the terms fixed mindset and growth mindset to describe the underlying beliefs people have about learning and intelligence. When students believe they can get smarter, they understand that effort makes them stronger. Therefore, they put in extra time and effort, and that leads to higher achievement.

Recent advances in neuroscience

have shown us that the brain is far more malleable than we ever knew. Research on brain plasticity has shown how connectivity between neurons can change with experience. With practice, neural networks grow new connections, strengthen existing ones, and build insulation that speeds transmission of impulses. These neuroscientific discoveries have shown us that we can increase our neural growth by the actions we take, such as using good strategies, asking questions, practicing, and following good nutrition and sleep habits.

Teacher practice has a big impact on student mindset, and the feedback that teachers give their students can either encourage a child to choose a challenge and increase achievement or look for an easy way out. For example, studies on different kinds of praise have shown that telling



children they are smart encourages a fixed mindset, whereas praising hard work and effort cultivates a growth mindset. When students have a growth mindset, they take on challenges and learn from them, therefore increasing their abilities and achievement. Similarly, this has implications for us, as parents, in the way we provide feedback to our own children.

Acknowledgement: Mindsetworks

You may find the following short YouTube clip interesting. It focuses on Carol Dweck's work with praise and its impact on children's development:

[A Study on Praise and Mindsets](#)

Happy Students, Happy Teachers

The school returned to normal on Monday with the resumption of all our students. The sound of excited voices, both within classrooms and outside, punctuated the atmosphere. Within the first hour students were engaged in games, craft activities, and/or outdoor experiences, all of which were designed to ease them back into school life and re-kindle friendships.

We are so proud of all the students for returning to school displaying such positivity and optimism. In looking closely at some of the photos below, you may notice the new classroom furniture that arrived during the recent school holiday break.







Prep 2021 Transition Program

- The first component of the Prep Transition Program was a webinar held on Monday evening for the parents of our prep 2021 children. Those unable to make the live event, received a recording on the following day.

For our first transition webinar, we engaged Carley McGauran from CALM Psychology Services to be the guest speaker. She talked on the topic, 'Starting School – How your family can thrive, not just survive'. Carley's brother, Marty, filtered parent questions entered via the chat bar which were addressed by Carley towards the end of her presentation.

The evening concluded with a video message from our prep teachers, Mrs Tina Hautot, Mrs Michelle Hollow and Mrs Naomi Hart. We felt that it was important for our new parents to see the faces of their children's teachers while being provided a viewing of the Prep learning area.
- Our first Prep 2021 Transition Morning for students was due to be held this Monday 19 October. However, in light of the current directive from the DET and CECV, schools are unable to host transition sessions under the current restrictions. We are awaiting advice on when this program can proceed.

Book Week

The school will still be recognising Book Week in just over a week, albeit in a stripped-back format. Mrs Leone Gole has arranged for Book Day to be held on Monday 26 October.

Over recent months, Mrs Gole has also been guiding and supporting the Year 6 students with the development of their picture-story books, which has been an annual tradition. The Year 6's will launch their books during the morning of 26 October and during that week will visit the other year levels and read their books to the students.

The Arts/Library Team will run a simple activity in classrooms on Book Day.

School Closure Days

- As previously advised, the Premier of Victoria recently announced that the Friday public holiday before the AFL Grand Final will be moved from its original date (Friday 25 September) to Friday 23 October 2020. The Friday public holiday before the AFL Grand Final is based on the AFL playing schedule, which was altered as a result of COVID-19.
- There will be no school for the children over the Melbourne Cup long weekend, inclusive of Monday 2 November and Tuesday 3 November.
- Note: There will be no school closure days for staff professional learning this term.

Wishing everyone a great weekend,
Frank

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

The Pharisees went away to work out between them how to trap Jesus in what he said. And they sent their disciples to him, together with the Herodians, to say, 'Master, we know that you are an honest man and teach the way of God in an honest way, and that you are not afraid of anyone, because a man's rank means nothing to you. Tell us your opinion, then. Is it permissible to pay taxes to Caesar or not?' But Jesus was aware of their malice and replied, 'You hypocrites! Why do you set this trap for me? Let me see the money you pay the tax with.' They handed him a denarius, and he said, 'Whose head is this? Whose name?' 'Caesar's' they replied. He then said to them, 'Very well, give back to Caesar what belongs to Caesar – and to God what belongs to God.'

The Gospel of the Lord

DISCUSSION QUESTIONS

1. In today's Gospel who are the people who planned to trick Jesus?
2. What did the Pharisees say to Jesus?
3. What did Jesus say to them?
4. Jesus says that we can serve God and serve our country at the same time. How do we show respect for all people?
5. How can we serve God by being a good Australian?



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