



OUR HOLY REDEEMER

311 MONT ALBERT ROAD
SURREY HILLS 3127

Telephone 9898 2315

Fax 9897 1137

Email ohradmin@ohrsurreyhills.catholic.edu.au

 <https://twitter.com/OHRLearning>

Principal
Frank Dame

Parish Priest
Brendan Reed

Newsletter No 24
5th August 2021

*"The world never puts a price on you higher
than the one you put on yourself."*

Sonja Henie



DATES TO REMEMBER

MONDAY, 9 TH	YEAR 3/4 CAMP AT CYC THE ISLAND
TUESDAY, 10 TH	CAMPERS RETURN
MONDAY, 16 TH	GATEWAYS AT OHR - TBC
TUESDAY, 17 TH	7.30PM OHR SAC MEETING
WEDNESDAY, 18 TH	6.30PM SCIENCE AND STEM EVENING
MONDAY, 23 RD	GATEWAYS AT OHR BOOK WEEK: <i>OLD WORLDS, NEW WORLDS, OTHER WORLDS</i>
WEDNESDAY, 25 TH	7.30PM PFA MEETING
FRIDAY, 27 TH	FATHERS' DAY SPORTS NIGHT
SUNDAY, 29 ^H	WORKING BEE #3
MONDAY, 23 RD	GATEWAYS AT OHR
TUESDAY, 31 ST	MASH ROTARY SPEECH COMPETITION
3 RD SEPTEMBER	OHR CHILDREN'S DISCO

FROM THE PRINCIPAL

Dear Parents and Parishioners,

Yesterday our Prep students celebrated 100 days of learning. The children came to school dressed in a range of outfits from yesteryear. The entire day was devoted to celebrating this milestone in the children's first year of schooling.

All activities throughout the day were designed around the number **100**. The senior buddies assisted the Preps in creating decorative crowns. With their senior buddies, the Prep students skip counted by twos to 100. They also hey counted backwards from 100. Amongst their class, the Preps each shared the collection of 100 items brought from home and the strategies they used to count and collect their items.



The senior students also ate lunch with their younger buddies.

Perhaps the biggest surprise that greeted our Prep students on the day were the 100 colourful helium balloons tied to their bags. This was totally unexpected and their delight was palpable!

Thank you to the parents of the Prep children, their teachers and the senior teachers, who made sure that this was a memorable day for our Preps of whom we are all so incredibly proud. It really is remarkable to reflect on how far they all have come in their first six months of schooling!



Year 3/4 Camp

This Monday morning the students in Years 3 and 4 will be travelling to Phillip Island for a two-day adventure camp. The students will be accompanied by Mrs Canty, Miss Busuttil, Mrs King, Mrs Pettinato, Mr Byrne and me.

The camp is located at CYC The Island, which is in Cowes. On the way to the camp we will be visiting Maru Koala and Animal Park. Over the two days, the children will be engaged in a variety of activities that are designed to encourage teamwork and bonding. We are due to arrive back at school on Tuesday afternoon at approximately 3.00pm.

I would like to take this opportunity to thank the staff who will be attending the two-day camp.

Here's looking forward to some great weather ... hopefully.



OHR Olympics Day

Our Olympics Day started out very cold and overcast, but about an hour into the events the sun came out and blessed us with a beautiful day.

The students were all placed in 12 groups comprising Prep through to Year 5. Throughout the morning each group rotated through the 12 activity stations. The activities were led by our Year 6 students, who were supported by the staff.

It was pure pleasure to see the delight in the student's faces as they honed their skills at each station.

As mentioned in last week's Newsletter, the morning concluded with an inspiring talk by one of our dad's, David Crawshay, who competed in three Olympic Games. He took away gold in the double sculls at the 2008 Beijing Olympics.

The day concluded with a Netball match between the Year 6 students and the staff. Needless to say, the older cohort came away with the spoils!

Look further in today's Newsletter for a report from Mrs Golds.





Supporting Children's SEL Wellbeing

Further in today's Newsletter, Ms Mary Dening – Student Wellbeing Coordinator – has included an article on *Supporting Children's Social and Emotional Wellbeing* which you may find helpful in the event of any future lockdowns.

Working Bee

Our next Working Bee was due to take place on Saturday 14 August. However, due to uncertainty surrounding the current COVID restrictions, the Working Bee has been rescheduled to Sunday 29 August. The Working Bee is planned to run from 8.30am – 10.30am. We have had good attendances at our first two Working Bees and are hoping that this trend will continue. Impressively, some families have supported both Working Bees. If you have not attended a Working Bee this year, you may consider attending this one.

For catering and task management purposes, we ask that you contact either of our two Working Bee coordinators, Justin or Luke, by email: Luke.Torpey@jrtpartnership.com.au or Justin.trees@hotmail.com

**Next Working Bee:
Sunday 29 August
at 8.30am**

Science Week

This year National Science Week will be celebrated all across Australia from 14 – 22 August.

One of the ways in which Science Week will be recognised at OHR is through an interactive **Science and STEM** evening for families on the evening of Wednesday 18 August. An email was sent to all families on Tuesday. Please note that the times differ to those previously advertised as the evening will now commence a little earlier.

In order to assist with the planning of the event, Mrs Axon will need to know how many people hope to attend the evening.

Please RSVP to Mrs Axon by no later than 9 August including your family name and the number of family members intending to attend (inclusive of adults and children):

saxon@ohrsurreyhills.catholic.edu.au

YOU ARE INVITED TO A SCIENCE WEEK EVENT TO CELEBRATE
SCIENCE and STEM
AT OUR HOLY REDEEMER, SURREY HILLS

WEDNESDAY
6.30PM - 8 PM
18 AUGUST

6.30 - 7.10PM Science Passport Activities
7.10 - 8.00PM Family STEM Challenge

RSVP: Before 9 August
Please note that places are strictly limited due to Covid restrictions.

MACSIS

The Melbourne Archdiocese Catholic Schools Improvement Surveys will be open from the end of August.

Throughout each year, we pause to listen to our students, families and staff to gauge how our learning community is travelling. This feedback is invaluable to our progress as effective school communities and is backed by evidence-based research and best practices.

The surveys will be made available to

- students in Years 4 – 12
- families
- teachers and non-teaching staff.

Further information will be communicated next week.

MACSSIS

Imagine if, in about 20 minutes,
you could help improve your
child's school.



The MACSSIS family survey is open 30 August–17 September 2021.



Wishing everyone a great weekend,
Frank Dame

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 questions for discussion with your child/ren.

Nick Byrne, RE Leader

A reading from the holy Gospel according to Matthew

Jesus said to his disciples:

I am telling you not to worry about your life and what you are to eat, nor about your body and what you are to wear. Surely life is more than food, and the body more than clothing! Look at the birds in the sky. They do not sow or reap or gather into barns; yet your heavenly Father feeds them. Are you not worth much more than they are? Can any of you, however much you worry, add one single cubit to your span of life? And why worry about clothing? Think of the flowers growing in the fields; they never have to work or spin: yet I assure you that not even Solomon in all his royal robes was clothed like one of these. Now if that is how God clothes the wild flowers growing in the field which



are there today and thrown into the furnace tomorrow, will he not much more look after you, you have so little faith? So do not worry; do not say, "What are we to eat? What are we to drink? What are we to wear?" It is the gentiles who set their hearts on all these things. Your heavenly Father knows you need them all. Set your hearts on his kingdom first, and on God's saving justice, and all these other things will be given you as well. So do not worry about tomorrow: tomorrow will take care of itself. Each day has enough trouble of its own.

The Gospel of the Lord

DISCUSSION QUESTIONS

1. What is the message Jesus is giving us in today's Gospel?
2. What are some things that we should not worry too much about?
3. What are the things that we should set our hearts on?
4. What does Jesus say about the birds and flowers?
5. God created (and continues to create) many wonderful things. Do you ever stop and realise that you are one of those wonderful things?

AWARDS FOR WEEK 4

SOCIAL SKILLS AWARD

Prep HH	Darcy MK
Prep HT	Otis H
1/2DE	Henry C
1/2MJ	Mia C
3/4CB	Lars R
3/4PK	Poppy T
5/6DU	Millie S
5/6HN	Matilda D

MERIT AWARD

Emme A
Dan C
Aksel R
Alessia V
Julian C
Thomas S
Lucas T
Zac C

MATHS NEWS

Maths Talent Quest (MTQ) 2021

MTQ is back for 2021.

The MTQ allows students to investigate mathematics on an individual, group or class basis with the opportunity to have fun exploring mathematics in real life situations. It aims to promote interest in mathematics and foster positive attitudes amongst students, teachers and parents. The Maths Talent Quest involves looking at real life situations and finding that mathematics is everywhere. It helps capture the imagination of both teachers and students alike.

This year Our Holy Redeemer is entering four class entries (1/2DE, 1/2MJ, 3/4PK and 3/4CB) The students and teachers are finalising their Maths Investigations this week and they will be uploaded to the Maths Association of Victoria portal for assessment in the next couple of weeks.

The children are very engaged in their mathematical learning and are not only learning Maths, but also a great deal about research, organisation, problem solving and independent and collaborative working.

The topics for investigation are wide and varied.

1/2DE: What a Load of Rubbish!

1/2MJ: What's For Lunch?

3/4PK: The Time of My Life!

3/4CB: Interruptions Galore!

Please look out in future newsletters for photographs and updates of the 2021 MTQ results.

Cara Mitchell, Mathematics Leader

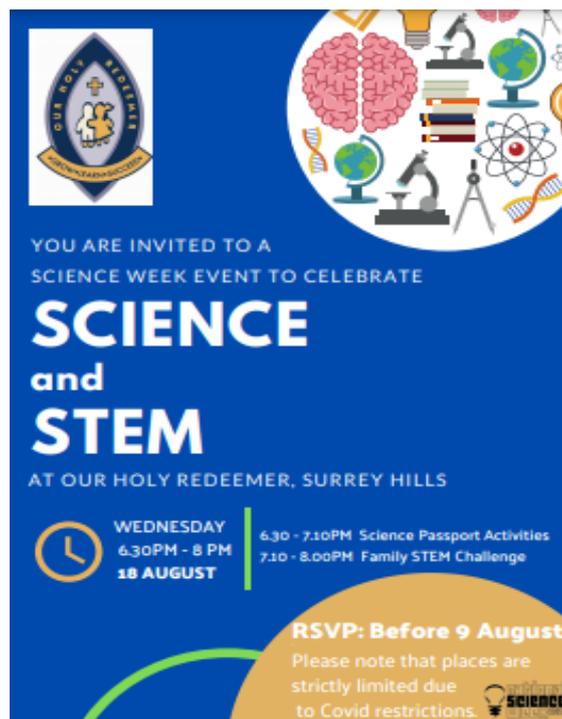
SCIENCE NEWS



National Science Week is just around the corner!

Check out the activities available at **scienceweek.net.au**. Just enter your postcode in the 'Find an Event' tab and you will see a list of activities available- many of these are free and online!

To celebrate Science Week this year we are hosting an **Evening to Celebrate Science and STEM at OHR**. This will be a fun-filled event with science activities and STEM Challenges for families to participate in. Please note that due to COVID restrictions, families must RSVP to attend.



TOKYO 2020



OUR HOLY REDEEMER OLYMPIC FUN DAY

Straight out of lockdown #5 and into the OHR Olympic Fun Day last Thursday. The students had a blast with NO screens and plenty of fresh air and sunshine. We participated in lots of sports including Boccia, which is one of our paralympic sports. Thanks to David Crawshay who came and spoke to the students and showed us the GOLD medal he won for rowing at the Beijing Olympics.

These days are priceless and there was lots of fun and laughter. We finished off the day with a Student vs Staff netball game (even though it's not in the Olympics).

Thank you to all the staff, a wonderful day was had by all.

Bring on France 2024!

Jo Golds, HPE

PFA NEWS

Only 3 weeks to go til....

READY TO PLAY?

OHR FATHER'S DAY SPORTS NIGHT

FRIDAY AUGUST 27TH
OHR SCHOOL GROUNDS

COMMENCES AT 5PM SHARP

PIZZA AND DRINK AFTERWARDS

DADS \$10
CHILDREN \$6 EA

PURCHASE TICKETS VIA
[HTTPS://WWW.TRYBOOKING.COM/BTION](https://www.trybooking.com/BTION)



The OHR Father's Day Sports Night 2021!

Dads and kids, put your runners on and be prepared for a jam-packed night of sporting activities that is sure to test your physical and mental abilities.

Please see below for the event details:

Friday 27th August 5-7pm

Sports commence at 5pm sharp, so please arrive 10 mins early - Held on OHR school grounds

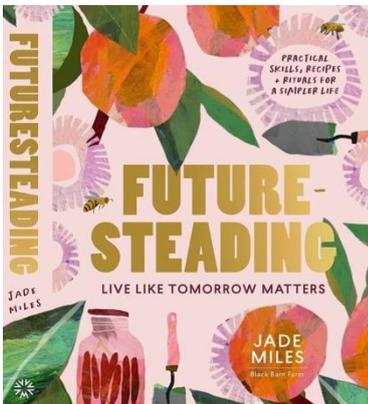
Pizza and Drinks to follow

Cost: Dads \$10 Children \$6 each

Tickets can be purchased via Trybooking link: <https://www.trybooking.com/BTION>

Hope to see as many Dads as possible there on the night!

COMMUNITY NEWS



Course and Book Launch with Jade Miles and Melissa Dioguardi

Jade Miles is the founder of the podcast '*Futuresteading*' and regenerative apple farmer at Black Barn Farm in Stanley.

As part of her book launch, Surrey Hills Neighbourhood Centre is lucky enough to have her visit from Stanley, Victoria and share her knowledge. Jade has a wealth of knowledge and experience and is highly respected throughout the regenerative farming and whole food community.

This 3-hour course includes a copy of Jade's beautiful new book *Futuresteading* (RRP \$39.95), some seeds for your Spring

vegetable patch and a tour of Melissa Dioguardi's vegetable garden, where you can ask Jade more about her book and Melissa about her productive vegetable garden.

 black_barn_farm ...



Sunday 12th September 12pm-

3.30pm, bookings available through

the neighbourhood centre website and

office on Union Road or the link attached to the QR code.

Limited tickets.

'*Futuresteading*' is a practical and inspirational way of living that values tomorrow: a slower, simpler, steadier existence that is healthier for you, your home, and the environment.

The principles of '*Futuresteading*' offer easy-to-understand information and hands-on ideas. Grow, store, eat, preserve and share food that deepens the connections you have with your household, your soil, and those around you through the seasons.



Surrey Clothing



facebook.com/stationstreetboxhill
to receive updates on our sales and opening hours

We are open this Saturday,

7th August 10am-1pm

Shop opening hours:

Monday - Friday 10am - 5pm



WINTER OFFER EXTENDED
Valid for the rest of August



Spend \$80 or more on your **online order** and receive a **FREE**
HOUSE T-SHIRT

Please specify the size and colour in the notes section of the order,
use code **WINTER OFFER** at checkout

Shop online for free delivery to school
www.surreyclothing.com.au

Using your school login: username: OHR password: OHR

Home delivery is available for a
flat rate of \$15

OUR HOLY REDEEMER PRIMARY UNIFORM

424 Station Street, Box Hill, Vic 3128
P: (03) 9890 3487
admin@surreyclothing.com.au

3RD
SEPTEMBER
2021

PREP - GR 2
5 - 6:30PM

.....
GR 3 - 6
7 - 8:30PM



OHR
CHILDREN'S
DISCO

TICKETS \$10 PER CHILD
[HTTPS://WWW.TRYBOOKING.COM/BTIOR](https://www.trybooking.com/BTIOR)

DJ JESSIE J

FOOD, DRINKS AND PRIZES

OHR SCHOOL HALL



Supporting Children's Social and Emotional Wellbeing

COVID-19 continues to shape who we can see and what we can do - at home, school, work and play. No-one really knows yet what the long-term impact, if any, will be on children. What is known though, is that a caring, consistent and open parent or carer, who is coping as positively as they can, is likely important. The evidence shows that this relationship helps support children's resilience and wellbeing when they adapt to big changes, whatever they are.

However, snap lockdowns can put pressure on these relationships when stuck at home together on short notice. Here are some tips ...

Listen and Involve

Check in regularly with each child. Listen carefully: their concerns might be different to what you expect. Calmly acknowledge and validate their feelings. Then problem solve together as best you can, such as around different ways to stay connected to friends or ideas for a virtual birthday party. Working together supports wellbeing and models positive coping, creative problem-solving and shared decision-making. These are important resilience skills.

Get Outside, Get Active

Exercise reduces stress and boosts mental health. Get everyone active outside as much as the regulations will allow and, where possible, spend time in parks or nature.

Make Memories

Ongoing lockdowns and restrictions can be frustrating and tiring but they won't last forever. Try to keep using these times to try out new things you may not usually do together, such as, games nights or virtual meals with grandparents or friends.

Be Present

Put down your phone, turn off the TV. Put thoughts of the crisis aside. To have quality time together, really be there.

Do Things Together ... and Apart

Make sure there are times every day when you are each doing your own thing. Try the handy Octopus Tool. It can help kids learn to manage boredom positively and independently.

Keep in mind: Home is not a safe place for all children or for some adult/s who care for them. Where this is the case, many of the suggestions above won't likely make it safer. Please seek support from organisations set up to assist families where safety is a concern due to 'stay at home' requirements with ongoing lockdowns.



Managing Big Feelings

Worried? Upset? Bored? Frustrated? It's normal. Feelings like these are important. They let us know when something doesn't feel right and can help remind us to do important things, like wash our hands or call Grandma to cheer her up. Sometimes though, feelings take over our behaviour. Other times, we can get stuck in our thoughts and feelings and it stops us having fun or making the best of the situation. This handy Octopus Tool provides some steps for managing feelings in a positive way. It can be helpful for parents, carers and kids stuck at home. And, for learning emotional literacy.

Handy Octopus Tool

1. Draw an octopus shape and choose an emotion that's bothering you.
2. Think of 8 things you like to do and that you can do by yourself. The more unusual and creative the better! Draw or write them on the tentacles.
3. Stick your octopus somewhere you can find it easily.
4. Now the tricky part ... notice when you are feeling the emotion. Don't try to stop or ignore it, just spot it. Then choose one or more of the activities from your octopus instead.
5. Make a new octopus as often as you want. Try different designs if you prefer - spider, jellyfish, flower, stack of cards ...

★ Top Tip:

It's not always easy to know how you feel, but often your body or behaviour is showing you. For example, if you are whining, feeling grumpy, looking for a snack or bugging others you might be feeling bored. That is a good time to look for your octopus.



★ Keep Talking and Listening

Check in regularly with how each other is feeling about the situation. If you are concerned that you really aren't coping it is important to seek professional advice (many services are available on-line or by phone).

★ Top Tip for Parent/Carers:

Make sure you lay out the resources so children can find these themselves when they need to.



NEXT WEEK'S OSHC PROGRAM

Date:	Program Highlights BSC	Program Highlights ASC	Menu
Monday 9 th August	Science experiment- 'Exploding Baggies'	Make spring decorations for our room	Fresh fruit & veggie platter Rice cake funny faces
Tuesday 10 th August	Optical Illusion Art-Distorted horizontal lines	Make cute paper trolls	Fresh fruit & veggie platter Warmed Turkish bread
Wednesday 11 th August	Game- 'Wrap it up with toilet roll'	Make a Pikachu Paper Cup	Fresh fruit & veggie platter DIY wraps
Thursday 12 th August	<i>Make awesome paper planes</i>	Play Tower Rush	Fresh fruit & veggie platter Wholegrain rice crackers with cheese
Friday 13 th August	Dice numbers- Make largest and smallest numbers	Play Capture the Flag	Fresh fruit & veggie platter Warmed dinner rolls

Last week in BeforeCare.....



Last week at BSC, Last week, Ned enjoyed working with a Tangram puzzle. This puzzle which originated from China 200 years ago, has pieces which can be rearranged to form hundreds of different patterns and shapes that resemble animals, people, geometric shapes and much more. Ned showed perseverance with this challenging task. Well done Ned!

Last week in AfterCare.....



Last week we made stained glass windows. Alicia and Hailey paid close attention to staying inside the lines even though the paint was runny. They did a great job!