



OUR HOLY REDEEMER

311 MONT ALBERT ROAD
SURREY HILLS 3127

Telephone 9898 2315

Fax 9897 1137

Email ohradmin@ohrsurreyhillscatholic.edu.au

 <https://twitter.com/OHRLearning>

Principal
Frank Dame

Parish Priest
Brendan Reed

Newsletter No 25
12th August 2021

*"It is not the length of life,
but depth of life."*

Ralph Waldo Emerson

DATES TO REMEMBER

SATURDAY, 14TH

**PFA FRENCH FOOD
& WINE NIGHT
– LOCKDOWN VERSION
BOOKINGS CLOSE TODAY**

TUESDAY, 17TH

**7.30PM OHR S A C MEETING
- VIA GOOGLE MEET**

WEDNESDAY, 18TH

**6.30PM SCIENCE AND STEM EVENING
- TO BE RE-SCHEDULED**

FRIDAY, 20TH

**9.00AM BOOK WEEK PERFORMANCE
- LIVE STREAMED**

MONDAY, 23RD

**BOOK WEEK: *OLD WORLDS,
NEW WORLDS, OTHER
WORLDS***

WEDNESDAY, 25TH

7.30PM PFA MEETING

FRIDAY, 27TH

8.45AM BOOK WEEK ASSEMBLY - TBC

SUNDAY, 29^H

**FATHERS' DAY SPORTS
NIGHT - TBC**

MONDAY, 30TH

WORKING BEE #3

TUESDAY, 31ST

GATEWAYS AT OHR

MASH ROTARY SPEECH

COMPETITION

3RD SEPTEMBER

OHR CHILDREN'S DISCO

FROM THE PRINCIPAL

Dear Parents and Parishioners,

There was plenty of debate in the lead-up to the Tokyo Olympics as to whether they should proceed in the midst of the pandemic gripping Japan. In the end the Olympics did go ahead and proved to be the great distraction for many Australians, particularly the near 11 million finding themselves in the grip of lockdown.

These Olympic Games were filled with many memorable moments that made the heart soar, and not all involved the winning of a gold medal although some were very medal worthy.

Who could forget the important lessons that our children learn from such inspiring stories as Ash Maloney and Cedric Dubler's shared decathlon triumph?

Australia had never won a medal in the Men's decathlon before Ash Maloney won bronze in Tokyo. But the moment that sticks in everyone's mind was the effort of his Australian teammate Cedric Dubler in the 1500m.

Maloney went into the race, the last event of the decathlon, in third place with his lead slowly dwindling. With American Garrett Scantling and Canada's Pierce LePage hunting him down, he needed to finish within seven seconds of Scantling to ensure the medal. Halfway through the race, it looked like Scantling was going to steal the medal from Maloney's grip. However, Dubler ran alongside Maloney and began yelling at him and motivating him to give it his all. The experienced Dubler was keeping track of what Maloney needed to do as he was well behind the pace. This act inspired Maloney to take it up a few gears and power home. As he crossed the finish line, in the background you could see Dubler pumping his fist in the air, knowing that his teammate had secured a medal.



An incredibly special moment where one athlete unselfishly inspired another to give his all.

The OHR Art Show

The OHR biennial Art Show is on again this year. This is a special family evening in which artworks of every student are showcased throughout various parts of the school. The official launch date is **Thursday 14 October**, which falls in the second week of Term 4. The Art Show Committee and staff are preparing a very special event. More details to follow.

In the event that there is a restriction on numbers that can attend the event, we will advise on an alternative format. Regardless, we are determined that the show will go on!



Science News

Science Talent Search

Over the past few months, a small group of students has been diligently working in their own time on their entry for the 2021 Science Talent Search. This is a truly commendable effort given the additional demands of remote learning during this time. All students have represented the school very well and I was so proud to submit their work last week. Congratulations to Alexis P (Year 2), Zoe C (Year 2), James G (Year 3), Will G (Year 4), Madeleine S (Year 5), Alba L (Year 5), Lizzy H (Year 6) and Matilda D (Year 6).



SCIENCE TALENT SEARCH

Science & STEM Family Evening

Thank you to the families who registered to attend the Science and STEM Evening by the cut-off date. It's been great to hear from so many families who are excited to attend. However, in light of

the current lockdown extension, the event will have to be re-scheduled. We will advise of the new date as soon as we have some clarity surrounding the easing of restrictions

Mrs Axon

The Academy of Imperfection

Two weeks ago, I shared a link to a podcast by The Imperfects, comprising Hugh van Cuylenburg (of The Resilience Project fame), Ryan Shelton and producer Josh van Cuylenburg. Each episode in this series of podcasts hosts a different guest speaker. The guests are interesting people who are willing to make themselves vulnerable, by sharing their own struggles and imperfections. The guest speaker at the time was Dr Billy Garvey, a respected and in-demand Paediatrician at the Royal Children's Hospital Melbourne. Since then, a number of parents have approached me commenting on how informative they found the podcast.



Over the weekend, while washing three of our cars, I tuned into another podcast hosted by The Imperfects where Ben Crowe was the special guest. Ben has worked, and in some instances continues to work, with the likes of Andre Agassi, Ash Barty, Cathy Freeman, Dustin Martin, Steph Gilmore and Trent Cotchin.

The themes explored by Ben, include:

- why it's important to embrace your imperfection;
- understanding that you are worthy of belonging and love (no matter who you are): and
- the importance of purpose and having a purpose mindset.

Apple Podcast: [The Academy of Imperfection - Ben Crowe](#)

Podcast on Spotify: [The Academy of Imperfection – Ben Crowe](#)

Minds That Matter Psychology (MTMP)

Samantha Davies has been the resident MTMP psychologist at Our Holy Redeemer for the past two years. Sam is on-site every Thursday catering to children with varying needs who have been referred by their parents.

If you would like your child to see a psychologist at school, please speak to your child's teacher or the Wellbeing Leader, Ms Mary Denning, to obtain a Parent Pack. Once you have completed all the questionnaires and information, simply return your parent pack to either Trish or Mary who will pass it on to the psychologist.



MindsThatMatter
PSYCHOLOGY
For Children + Adults

Note, that commencing in Term 4 sessions will be billed at a cost of \$162.80 per session. If you choose to use a Medicare rebate, you will receive a rebate of \$110.80. This leaves an out of pocket payment of **\$52** for families.

Further in today's Newsletter is a letter explaining the rationale for the fees.

It's Ok to Say 'No'

Most parents want to give their kids everything they want in life. But according to parenting experts, saying "yes" to every demand that children make may not be the right approach when it comes to instilling the right values in them.

Traversing the journey of becoming an assertive parent from a passive one can often be hard, especially for those who remain busy with work for the most part of the day, and do not get time to spend with their young ones. So naturally, when such a parent comes back home only to find their kid throwing tantrums, sometimes the easier option is to succumb to the demands.

Whatever be the reason, it has been observed that some modern parents find it harder to say "no" to their children. "I think the pendulum has swung completely another way from parenting 30 or

40 years ago. It has swung from an authoritarian parenting style to a permissive parenting style," **Georgina Manning, the Director of Wellbeing For Kids** told the International Business Times.

"This has been partly due to the self-esteem movement and also the wellbeing message that has been hijacked to a certain extent," she added. "Somewhere in the middle of these two extremes is a more effective way where parents are still in charge but also emotionally tuned in and supportive of our children, where we can be present and involved in our children's lives but also teach limits and positive values."

Manning also underlined that no matter how difficult parents may find it to deny their children their immediate wishes, it is important for the kids to hear the word "no."

"Children need to feel a range of emotions and it is important we don't shield our child from these," she said. "We want children to become comfortable with the uncomfortable over time. Children don't suddenly learn about feeling a range of emotions or handling strong emotions at 18 — we need our kids to learn about their emotions from a young age and be coached in how to manage these feelings over time."

Delayed gratification, as a life skill, is often taken for granted and some parents today assume their children learn about earning what they get in life as they grow up.

"As adults, we have to wait for things and work hard for rewards," according to Manning. "Teaching children to wait for what they want and they may not always get what they want are lessons best learned early. Having a false sense of how the world works is setting our kids up for failure. We are also at risk of developing entitlement in children if they get what they want when they want. As adults, we would not be able to hold down a job or have healthy deep relationships with an entitled attitude such as this."

According to Bea Marshall, a parenting coach based in the United Kingdom, contrary to the popular belief and the negative notion attached to the word "no," it actually does not end up lowering self-esteem in children, when spoken by parents in a limited manner.

From an interview with Georgina Manning, "Saying No to Your Children is Good for Them"

Georgina Manning, Director of Wellbeing for Kids, has previously presented a number of parenting workshop at OHR.

Working Bee

Our next Working Bee was due to take place this Saturday 14 August. However, due to the current lockdown the Working Bee has been optimistically 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**

MACSIS: Repeated

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.



MELBOURNE ARCHDIOCESE CATHOLIC SCHOOLS

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.

8 Things the Olympic Games Taught Us

And from Mrs Golds ...



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 Luke

Mary set out and went as quickly as she could to a town in the hill country of Judah. She went into Zechariah's house and greeted Elizabeth. Now as soon as Elizabeth heard Mary's greeting, the child leapt in her womb and Elizabeth was filled with the Holy Spirit. She gave a loud cry and said, 'Of all women you are the most blessed, and blessed is the fruit of your womb. Why should I be honoured with a visit from the mother of my Lord? For the moment your greeting reached my ears, the child in my womb leapt for joy. Yes, blessed is she who believed that the promise made her by the Lord would be fulfilled.'

And Mary said:

'My soul proclaims the greatness of the Lord and my spirit exults in God my saviour; because he has looked upon his lowly handmaid. Yes, from this day forward all generations will call me blessed, for the Almighty has done great things for me. Holy is his name, and his mercy reaches from age to age or those who fear him. He has shown the power of his arm, he has routed the proud of heart. He has pulled down princes from their thrones and exalted the lowly. The hungry he has filled with good things, the rich sent empty away. He has come to the help of Israel his servant, mindful of his mercy – according to the promise he made to our ancestors – of his mercy to Abraham and to his descendants for ever.'

Mary stayed with Elizabeth about three months and then went back home.



The Gospel of the Lord

DISCUSSION QUESTIONS

- 1.
2. In today's gospel whom did Mary visit?
3. How did her cousin Elizabeth greet her?
4. Mary is joyful because she knows that God does great things. What does she praise God for?

We have many things to praise God for. Let us make a prayer of thanks and pray to God, just like Mary did.

ADMIN NEWS

2021 SCHOOL FEES

Currently, one third of our families have not yet paid any money in reduction of their Fee Account and we have over \$250,000 outstanding. Would those families who have yet to do so, please make a payment – thank you. If you would like to change your payment options, please either give me a call, or send me an email.

Trish

SCIENCE NEWS



The *Science and Steam Evening* scheduled for next Wednesday, 18th August, has been postponed. Watch this space for the new date.

PFA NEWS

The *Try Booking* site for this Saturday's French Night has gone live! We're asking that orders are submitted by midday Thursday to allow kitchen preparation. Pre-order Food and Wine here: <https://www.trybooking.com/events/landing?eid=799335>



FRENCH FOOD & WINE NIGHT Lockdown 6.0 Edition

Together with Surrey Hill's very own Bistro Chez Nous, we bring to you a curated Saturday Night French Lockdown 4 Course French Winter Cook-at-Home Feast: \$45pp - Charcuterie -Soup a l'oignon (Veg) - Casulet, with sides of creamy mash, French beans and fresh baguette (Veg opt French Goats Cheese Tart with caramelised onion) -Petit Fours 2 Collectible French Wine Night Wine Glasses with first 70 order. Matched wines from \$29.50 per bottle (also

available for half (6) & full (12) case purchase). www.trybooking.com

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)

Only 2 weeks to go til.... 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!

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

COMMUNITY NEWS



MindsThatMatter
PSYCHOLOGY
For Children + Adults

Dear Families

Re: introduction of fee for service

Minds That Matter Psychology has been so pleased to work with your child at Holy Redeemer Primary School. Our psychologists have done an amazing job supporting children's mental health and wellness at school, particularly during these unprecedented times of COVID.

As you know, Minds That Matter Psychology strives to provide schools and families with exceptional service that is cost effective. However, with the increasing cost of overheads, we will need to introduce fees for our service.

With the increasing demand on psychologists, increasing overheads and inflation, we are unfortunately no longer able to offer bulk billed services. *Effective from Term 4, sessions with a psychologist at school will be billed at \$140.25 per session, with a Medicare rebate of \$88.25 (leaving a gap payment of only \$52 per session).*

The introduction of a fee will enable us to continue to provide the quality and continuity of service that families have come to expect from clinicians at Minds That Matter Psychology. Fees will be introduced from Term 4.

If you would like more information about how to access psychology, please contact your child's teacher or speak to Mary Denning, Well-being officer.



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.

