



OUR HOLY REDEEMER

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Newsletter No 26
19th August 2021

*Science defined:
Experiment – Fail – Learn – Repeat*

DATES TO REMEMBER

FRIDAY, 20 TH	9.30AM	BOOK WEEK PERFORMANCE - LIVE STREAMED
MONDAY, 23 RD		BOOK WEEK: <i>OLD WORLDS, NEW WORLDS, OTHER WORLDS</i>
WEDNESDAY, 25 TH	7.30PM	PFA MEETING – VIA ZOOM
FRIDAY, 27 TH		FATHERS' DAY SPORTS NIGHT – RESCHEDULED TO 16 TH SEPTEMBER
SUNDAY, 29 ^H		WORKING BEE #3 – POSTPONED
MONDAY, 30 TH		GATEWAYS AT OHR – RESCHEDULED TO TERM 4
TUESDAY, 31 ST		MASH ROTARY SPEECH COMPETITION - POSTPONED UNTIL TERM 4
FRIDAY, 3 RD SEPTEMBER		FATHERS' DAY STALL - FORMAT TO BE CONFIRMED OHR CHILDREN'S DISCO – POSTPONED
MONDAY, 13 TH		SCHOOL NURSE VISIT
TUESDAY, 14 TH		SCHOOL NURSE VISIT
FRIDAY, 17 TH		FOOTY COLOURS DAY
1.00PM		TERM 3 CONCLUDES

FROM THE PRINCIPAL

Dear Parents and Parishioners,

The Feast Day of Mary MacKillop, now known formally as Saint Mary of the Cross MacKillop, was recognised earlier this month on 8 August. She was the first Saint of Australia, and her influence in the country has spread far and wide. She is recognised for her commitment to the poor, and helping those who needed it the most in any way she could. She was canonised a saint on 17 October 2010 at a public ceremony in St Peter's Square at the Vatican.

Mary MacKillop was born in Brunswick Street, Fitzroy, in 1842. She was the eldest of eight children. Her family were quite poor, and from the age of 14, Mary needed to work to help support the family. She eventually moved to Penola in South Australia to be governess to her uncle's children. She spoke with the local priest, Father Julian Tennison Woods, about her wish to become a nun and together they dreamed of starting a religious group. Six years later, in 1866, Mary wore a plain black dress to show that she had begun a religious life.

Within two years over 120 women had joined the religious group that Mary had begun. These women took on the work of teaching children in small parish schools, and caring for orphans and needy women. Little did Father Woods and Mary know what was to spring from so small a beginning. These 'Josephite' Sisters walked around the streets to visit the poor. The Sisters lived and shared their belongings as equals. Mary overcame many challenges to follow her dream, but she never lost hope. Mary's motto was '*never see a need without trying to do something about it.*'

Her feast day offers the opportunity to reflect on the life of Mary and the contribution she made to the lives of so many ordinary Australians. Her life speaks to all Australians, in a unique way, of the message of God's love for all, especially the 'underdog' and the 'battler'. She symbolises all that is best in our Australian nation and its people.



CBCA Book Week

Each year since 1945 the Children's Book Council of Australia (CBCA) has brought children and books together across Australia through CBCA Book Week. During this time schools, libraries, booksellers, authors, illustrators and children celebrate Australian children's literature. Teachers and librarians conduct activities relating to the theme to highlight the importance of reading.

This Friday, the CBCA Book of the Year Awards are announced with Book Week commencing on the following day.

The theme for Book Week in 2021 is *Old Worlds, New Worlds, Other Worlds*.

The following link will take you to [The CBCA Shortlist - 2021](#)
As a prelude to Book Week at OHR, several months ago Mrs Leone Gole booked a live performance for the students by Perform Education. However, this event will now be **live streamed tomorrow morning**. The show - *Bigger, Better,*



Brighter! – will commence live streaming at exactly **9.30am**. Your child's classroom teacher will provide details in Friday's Learning from Home Program. Further details on how we will recognise Book Week at OHR will be communicated by Mrs Gole once we come out of the current lockdown. In the meantime, she has been sharing a variety of resources which the teachers will incorporate into their planning.



Science Week

Original plans to celebrate Science Week at OHR were put 'on ice' this week due to lockdown, however the students celebrated the national event with an opportunity to conduct a choice of science experiments which involved colourful chemical reactions. We look forward to running our planned '*Celebration of Science and STEM at OHR*' upon our return to school.

Mrs Stephanie Axon

Behind the News, or BTN as it is better known, has aired on ABC TV since I was in primary school (and that's a fair while ago). Anyway, my age aside, BTN is still a great educational news program for students primarily in the 10 – 13 year old age group. It unpacks and explains news and current affairs to young people in a 'dynamic and creative way'. Some stories may not always be suitable for younger students.

You may be interested in viewing the current episode which makes the most of the opportunity to recognise Science Week: [BTN Classroom Episode 23, 2021](#)

Specialist Subject Areas Commenced Google Meets

At OHR we value the rich specialist subject areas of Science, Phys Ed, Performing Arts and Mandarin. During our *learning from home* program these curriculum areas support the learning and wellbeing of the students in providing a balanced and well-rounded curriculum.

The specialist teachers commenced their Google Meets this week. Different year levels will be targeted by the specialist teachers each week.

'Riding the Coronacoaster' - a Free Webinar for Parents

COVID continues to impact our lives in unpredictable ways. The City of Boroondara is hosting a free event suitable for parents with children of primary school age.

Dr Michael Carr-Gregg will discuss how parents can navigate the reality of remote school work, prolonged family time and the uncertainty of the COVID-19 impact on families and children.

The live webinar will air **this Tuesday, 24 August between 7.00pm – 8.00pm**.

A flyer with details can be found further in today's Newsletter.

Register online: www.boroondara.vic.gov.au/families

When prompted with the question, 'What activity are you looking for?' simply enter '*Riding the Coronacoaster*' and hit *Search*. You will then be taken to a page where you can register.

PFA French Wine Night

Félicitations to our PFA on what proved to be an extremely successful event last Saturday night. It was just what the school community needed during Lockdown 6.0. We may not be able to meet in parks but it was certainly nice to share great food and wine with those in our families, secure in the knowledge that many within our school community were doing the same.

Thanks to Cam Jackson and Lisa Cuteri for taking care of all the logistics in the lead up to the night, not to mention many others in the PFA who took on an active role to make sure the wining and dining experience was such a success.

If you feel you missed out last Saturday night, fear not, for an evening with an Italian twist is on the horizon. Further in this Newsletter, our PFA President – Lauren Gardiner – has provided a wrap up of Saturday night's event and some details of the next wining and dining experience on offer.



The OHR Art Show

As mentioned in last week's Newsletter, the OHR biennial Art Show is on again this year. This is a special family event in which artworks of every student are showcased throughout various parts of the school. The official launch date currently is **Thursday 14 October**, which falls during 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 in one way or another!



Working Bee

Our next Working Bee was due to take place on 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.

Next Working
Sunday 29 August
at 8.30am
Bee:

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 John

After hearing his doctrine many of the followers of Jesus said, 'This is intolerable language. How could anyone accept it?' Jesus was aware that his followers were complaining about it and said, 'Does this upset you? What if you should see the Son of Man ascend to where he was before?

'It is the spirit that gives life, the flesh has nothing to offer. The words I have spoken to you are spirit and they are life.

'But there are some of you who do not believe.' For Jesus knew from the outset those who did not believe, and who it was that would betray him. He went on, 'This is why I told you that no one could come to me unless the Father allows him.' After this, many of his disciples left him and stopped going with him.

Then Jesus said to the Twelve, 'What about you, do you want to go away too?' Simon Peter answered, 'Lord, who shall we go to? You have the message of eternal life, and we believe; we know that you are the Holy One of God.'



The Gospel of the Lord

DISCUSSION QUESTIONS

1. What are the important things that you have to do each day?
2. Why do you do them?
3. Which are the hardest for you to do?
4. Why do you keep doing them?
5. In today's Gospel some people could not believe Jesus. What did these people do?

Following Jesus is not always easy but our faith gives us strength. We pray that we will choose to follow Jesus in all we say and do this week.

ADMIN NEWS

2021 SCHOOL FEES

Thank you to those families who have cleared or reduced their fee account debt over the past couple of weeks. Unfortunately, there are still 30 families who have yet to make any payments this year and therefore we still have in excess of \$250,000 outstanding. Would those families who are able, 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

PFA NEWS

Hi everyone,

I hope you are going okay in all of this. I hope you can find a moment to do something for yourself every day to breathe and recharge. I find my moments in walks around the neighbourhood and (too much) Netflix!

1. **Invitation for proposals for use of PFA funds**

A couple of weeks ago we invited everyone in this community to submit proposals for the allocation of PFA funds to support and enhance the education and welfare of the children at OHR.

In previous years, the PFA has allocated funds to a range of useful initiatives, including school furniture and technology. We'd love to see some of our fundraising efforts go towards worthy initiatives for the benefit of OHR children this year too.

Proposals are due by 4 September. An application form and relevant information about the submission and assessment of applications is included separately to this newsletter.

2. **French Food and Wine Night + reload: Italian Food and Wine Night**

A big thank you to everyone from this community for your support of last Saturday's French Food and Wine Night. We were thrilled to put on an event that was met with such energy, enthusiasm and interest. While we couldn't physically share a meal and a glass (or two) of wine together as a community, it really felt like we did in spirit! As well as the gastronomic benefits and family fun with the quiz and *wordfind*, the event also raised approximately \$1,800 for the PFA and supported a small business in COVID times.

A big thank you to members of the committee for pulling this together in record speed – special mentions to Cam and Esther Jackson, Mandy Dominello, Lisa Cuteri, Katie and Dave McIntosh, Josephine Harrison and Spiro Vouzas.

Given enthusiastic support for a follow up, we've decided to run an Italian food and wine-inspired reload. More details are to come, but it's safe to say we have


your next Saturday dinner (Saturday 28 August) sorted! This time round we're also encouraging the OHR community to reach out to family, friends and neighbours in the Surrey Hills and Mont Albert area – please share the details as they become available.

Best wishes everyone,
Lauren Gardiner
PFA President

COMMUNITY NEWS

BOROONDARA FAMILIES

Growing Together



Free live webinar

Riding the Coronacoaster

7pm to 8pm, Tuesday 24 August 2021

Navigating the reality of remote school work, prolonged family time and a ton of uncertainty about what happens makes for tough times for many. For families not used to this much together time, irritability and tempers may flare.

Dr Michael Carr-Gregg is one of Australia's highest profile psychologists working in all forms of media. A successful author, speaker, broadcaster and mental health advocate, Michael will give families with primary school aged children the strategies and tips to create calm, connected and respectful interactions, promote wellbeing and mental health for all.

This webinar will be available to view for 7 days following the live event for registered participants.

Register online:
www.boroondara.vic.gov.au/families





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.

