



SCHOOL NEWSLETTER

Term 2 Week 6 2021

Tuesday 25th May

Rosary Park Catholic School

Station Street, Branxton NSW 2335

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We acknowledge the Wonnarua people-the first custodians of this land

Built on Faith, Knowledge, Respect

The Catholic Diocese of Maitland-Newcastle has an abiding commitment to promote the safety, welfare and wellbeing of children and vulnerable adults - particularly those who participate in the life of the Diocese. All employees are required to undergo a National Police Check and, where legislated, hold a Working with Children Check. Diocesan workers are expected to personally adopt and enact the Diocese's Safeguarding Commitment Statement.

IMPORTANT DATES

Weekly Mass Times: 6pm Saturday Branxton; 8am Sunday Greta

MAY		JULY	
24-28 th	Celebrating 200 years of Catholic Education in Australia	Fri 16 th	PUPIL FREE DAY
Fri 28 th	12:30pm tabloid games organised by year 6 1:30pm shared afternoon tea. Two adults/family are welcome. NO awards assembly today	Fri 23 rd	Grandparents/Friends Day
JUNE		AUGUST	
Mon 7 th	PUPIL FREE DAY	Thurs 12 th	School Photo Day
Mon 14 th	PUBLIC HOLIDAY	SEPTEMBER	
Fri 25 th	LAST DAY OF TERM 2	Thurs 9 th	Whole School Concert
		Mon 13 th	PUPIL FREE DAY

Principal's Message

He is waiting for you, He is close to you. He loves you, He is merciful, He forgives you, He gives you the strength to begin again from scratch! Everybody!	Pope Francis
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Dear Parents & Carers,

The Children and Young Person's (Care and Protection) Act 1998

Parents need to be aware that as teachers in the state of NSW we are required by law to report certain information to the Department of Communities and Justice (DCJ). Reports to the Child Protection Helpline (Ph. 132 111, 24 hrs/7 days) must be made where we have reasonable grounds to suspect that a child or young person is at risk of significant harm and our concerns are current. Risk of significant harm may occur from a single act or omission or to a series of acts or omissions.

We can get help to determine whether we need to report by using the DCJ online Mandatory Reporters Guide: <https://reporter.childstory.nsw.gov.au/s/>

We can also contact the Office of Safeguarding (Ph. 4979 1390 Mon-Fri). Information about the roles and functions of the Office of Safeguarding can be found here: <https://officeofsafeguarding.org.au/>

Rosary Park Self-Review

Today we hosted a panel from the Catholic Schools Office who came to discuss our school and its short- and long-term goals as part of the three-year school review process. The panel visited classrooms as well as meeting with the school executive to discuss our work. The panel commended us on the active approach we take to learning and engaging with families in the process.

Evacuation Drill and Lockdown

As part of our safety program at Rosary Park, we will be conducting an evacuation drill this Thursday 27th and a lockdown on Thursday 3 June. This Thursday will be a fire drill whilst children are on the playground and the students will practise leaving the playground and moving to our evacuation point. On Thursday 3rd we will practice a lockdown in classrooms.

Parents and Friends Association

Natalie Samaras resigned as President of our Parents & Friends association at our last meeting. As a result, we will need to vote in a new President for the rest of this year at our P and F Meeting at school from 6pm on Wednesday 9 June. The president would work with a supportive group of parents who work with us as a school community to achieve the best outcomes for our children. Please do not hesitate to contact me if you would like more information on what the role entails.

Staffing

Next term we will welcome Mrs Amanda Percival who will work in our school office Monday-Thursday, replacing Jane Johansen who is taking Long Service Leave for terms 3-4.

Afternoon Dismissal-Reminders

Thank you for the consistent efforts you have been making with pick up.

If you need to pick up a child for a medical appointment, please arrive at school and do this **before 2:30pm**.

Unless it is an emergency please do not call school after 2:30pm to get a message to your child about a change to their pickup arrangements. It is very difficult for staff to locate your child once we have started our afternoon pick up procedures.

Casual Teachers

As the winter season is almost upon us, teachers are even more susceptible to colds and illness in their role working with children every day. With such a demand across schools, it can be difficult to engage a casual teacher for the day so there may be occasions where we have to split classes for small groups of children to work in other classes for the day. Please be assured this is always our *last option* and teachers have already set work based on their class work for children in the class to work on should this situation arise.

As part of their award, teachers are also entitled to two days' Release from Face to Face (RFF) teaching per semester and many teachers have been using these recently to work on assessments and reports.

In addition, in weeks 2, 5 and 8 of each term, teachers are released for a half a day to participate in Professional Learning Team (PLT) meetings. During this time, teachers work with our Pedagogical Mentors to analyse and discuss children's reading data (as this is our school improvement goal) and make learning plans for the cohort of children in the grade. On such days, Rosary Park teachers leave casual teachers a very detailed plan to continue on with from the teaching program.

Semester 1 School Reports

Teachers are busily preparing these and these will be available via Compass on Monday 21 June.

Wellbeing Week

This week is wellbeing week. It is an opportunity for kids, parents and staff to take 'time out'. The wellbeing of our students, staff and families is of great importance at Rosary Park. As this is the first week where all children return to school in a full-time capacity, there will be some very tired children who go home each day. Enjoy quality time with your beautiful children. Here are some ideas for you and your child:

- Organise a play date with a friend.
- Get to a park for the afternoon.
- Play a board game or card game with your family.
- Have a special dinner.
- Go for a walk/bike ride/scooter ride.
- Have a milkshake or a special treat after school.
- Watch a movie.

- Cook or bake a meal together.
- Learn something new
- Reach out for support when you need it – from colleagues, friends, family, your GP, a psychologist, or an employee assistance program through your workplace. Lifeline – 24-hour telephone counselling 13 11 14.

Smart Watches

As our Mobile Phone and Device Policy states children are **discouraged** from bringing a mobile phone or wearing a smart watch to school.

The only reason that children are permitted to bring a phone or wear a smart watch is for safety on their journeys walking/riding to and from school.

Children are NOT permitted to use the smart watch or mobile phone whilst at school. If this does occur, our policy states that the child is no longer allowed to bring the phone or wear the smart watch to school.

Volunteers at Rosary Park

Anyone who wishes to volunteer at Rosary Park (or any school/parish in the Diocese) is required to complete the Volunteer Induction Handbook. This handbook covers all aspects of volunteering at school from induction through to code of conduct, WHS, confidentiality and privacy.

-Volunteers are required to have a Working with Children Check Number (this can be obtained from the Service NSW website).

-Complete a National Criminal History Check Consent Form (150 points of ID required - identification includes a Passport or Birth Certificate, plus a Drivers Licence and two other forms of ID such as a Medicare Card and Credit Card).

Also completion of a Registration Form, Volunteer Policy Declaration and Code of Conduct Declaration (all in the handbook). There is also a brief induction to complete. Volunteers are only able to assist in schools once all documents have been received and cleared (this can take up to 6 weeks). The handbook can be collected from our school office or sent home with your child upon request.

If you have any questions, please contact the office on 49381541

Online Safety

Throughout the colder months we often spend more time inside and online gaming can be a part of our activities. The following site gives some wonderful tips about when children play online with other people. Players sometimes can be mean, rude or say some hurtful things and how to deal with it can be confusing. Sadly, bullying can happen in games too. However, there is so much to do, see and explore when playing a well-developed, educational and creative online game. It can be fun to learn new things and to solve problems. The link below is a small clip that explains what children can do should this occur to them while gaming.

<https://kidshelpline.com.au/kids/issues/online-gaming-bullyin>

Parents need to ensure children are playing age-appropriate games and are supervised at all times.

Next Wednesday 2 June Police Community liaison officer Snr Constable Michael Steele will return to Rosary Park to talk with year 3-4 children about the dangers of online interactions and engaging with social media platforms. Once again, we point out to all parents to closely monitor what their child is accessing and to ensure that devices are always used in a public place in the family home.

Kindergarten 2022 Enrolments

These are now open although they will be closing soon. You can collect an enrolment package from the school office.

In a world where you can be anything, be kind.

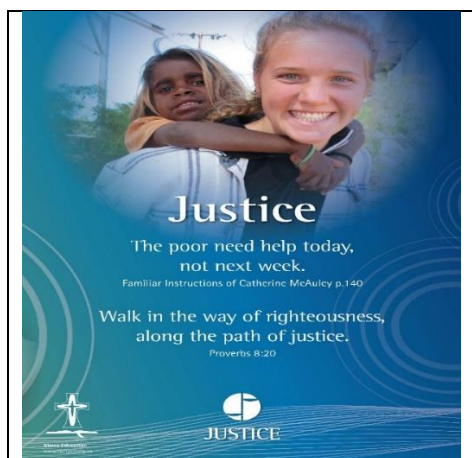
Kind regards,

Sallyanne Stanbridge (Principal)

Religious Education Co-ordinator's Message

Mercy Pillars- Justice

The Mercy value of Justice is about being responsible for one another and trying our best to be fair by taking turns and sharing. It is about making sure everyone is treated fairly and justly.



Questions you might like to ask your child:

1. **How do you treat others fairly and Justly?**
2. **Have you seen other people showing the value of Justice?**
3. **What did Jesus say about the value of Justice?**
4. **How did Jesus show that he was fair and just?**
5. **What way can you show the value of Justice this week?**

Prayer - Justice

God, seeker of true justice: You call us to do what is right, especially for the poor and powerless. Let us to join together to work for the good of all people. May no one be overlooked. May we look after the Earth and use well the gifts you have entrusted to us. Help us to be good stewards of the world you have made, in Mercy's name.

Amen.

Parish Mass Times:

It is always lovely for children to participate in Mass and Liturgical celebrations in our Parish. Currently Mass is celebrated at 5:00pm Vigil (each Saturday) at St. Brigid's Braxton and at St. Catherine's Greta at 8:00am.

Primary Co-ordinator Messages

Student Voice

We have been working recently on devising a survey for the children of Rosary Park. We are seeking student input around how we as a staff and school can support them best during their play times and with their social development. We aim to ensure each child at Rosary Park experiences a safe and supportive environment at school, not only academically with their studies, but in their relationships and on the playground as well. We aim to ensure all children have an idea of who might assist them, what they might do, or where they might go if they feel upset, alone or unsafe at school. By giving students a voice, we can ascertain whether there are areas of the school or playground that generally pose a concern for students and work as a staff and student leadership team to improve, change or eliminate these problem areas. We look forward to sharing some of these results and initiatives next term.

Wellbeing Week

Week 6 is Wellbeing Week at Rosary Park and we look forward to taking some time for ourselves this week. There is no homework and in place of this we are asked to take some time doing something we enjoy and being grateful for all the wonderful blessings we have in our lives.

Activities on offer during wellbeing week include organised sport and a fun teacher verses student netball game on Thursday. We also have "Funky Friday" where music will be played in place of the bell and the children will be able to dance at lunch times if they choose.

As well as hosting wellbeing week and activities at Rosary Park, we also have a mindfulness time in our classroom every Monday. We have a visiting educator who attends each class sharing relaxing and mindfulness activities with the students. The children can experience basic stretching and yoga, meditation, playing the relaxing UFO drum, singing bowl, finger breathing, positive visualising and gratitude. It is really enjoyable to listen to what the children are grateful for. So often on a Monday morning, the gratitude is directed towards family members and the time that has been spent as a family over the weekend. All activities are designed to help students navigate difficult times and situations in their lives that make them feel stressed or challenged.



12 Tips for Raising Confident Kids

How to build self-worth in children and help them feel they can handle what comes their way.

<https://childmind.org/article/12-tips-raising-confident-kids/>

Weekly Awards

Congratulations to the following students who received awards on Friday 14 May, 2021.

Class	Class Award One	Class Award Two	MJR Award
Kinder Blue	Mason Clarke	Jaxon Chaffey	Caelan Gough
Kinder White	Kurtis Fitzsimmons	Cooper Stamp	Finn Mulligan
Year 1 Blue	Blake Collins	Addison Saxby	Leah Wishart
Year 1 White	India Bailey	Evie Corry	Jaxon Brown
Year 2 Blue	Jema Matt	Kendra Collier	Hudson O'Connor
Year 2 White	Cooper Clarke	Parker Samaras	Sam Dodd
Year 3 Blue	Rawson Drage	Marley Gibson	Ty Issanchon
Year 3 White	Olivia Costa	Hudson Radcliffe	Elsa Gray
Year 4 Blue	Archer Kowalski	Ava Jacka	Asha Messenger
Year 4 White	Will Ledingham	Kai Mueller	Cade Little
Year 5 Blue	Teresa Le	Ari Samuelson	Ella Mathewson
Year 5 White	Leah-Rose Clifton	Jayden Slomka	Zoe Kendall
Year 6	Emmie McGregor	Kayne Standen	Isabella Theuma

Principal's Awards: Ivy Hanlon, Calen Crossman, Cohan Young, Layla Hedger, Sophia Hedger, Olivia Costa, Liam Russell, Isla Francis, Flynn Russell, Evie Smith, Korban Longmate, Willow Roberts, Hamish Alston, Joseph Alston, Michael Hardy.



INCLUSION.

EMPOWERMENT.

EDUCATION.

We are a new local gym and being new to the community, we want to share a bit about ourselves with you. We work from a group fitness timetable with morning and afternoon classes, that accommodates 8 styles of exercise. We assist with meal prep, have an 8 Week Challenge and also host social events every month. If this sounds like something you're interested in check out our website for more information: www.theshedfitnesshuntervalley.com.au/branxton-studio



@theshedfitness_



The Shed Fitness



theshedfitness@outlook.com

Good for Kids good for life



**HEAL
COUNTRY!**
4-11 JULY 2021

With the theme of NAIDOC this year being "Heal Country!", it is an opportunity for all Australians to come together to celebrate the rich history, diverse cultures and achievements of Aboriginal and Torres Strait Islander peoples as one of the oldest continuing cultures on the planet. Here's a healthy Indigenous recipe to share with your family from the Heart Foundation Cookbook 'Flavours of the Coast' Koori Cookbook!

Kangaroo Spaghetti

10 minutes preparation time + 25 minutes cooking time
By Terry Rankmore



Ingredients:

1 tablespoon of olive oil
600g of kangaroo mince
500g of fresh mushrooms, sliced
1 onion, diced
1 large green capsicum, sliced
1 large red capsicum, sliced
1 bunch of celery, sliced
1 can of diced tomatoes
Parsley
4 cups of cooked pasta
1 tablespoon of tomato paste

Method:

1. Heat 1 tablespoon of olive oil in wok or frying pan.
2. Brown mince then add onions, mushrooms, celery, capsicum and cook for 10 minutes.
3. Add the canned tomato and tomato paste and simmer for 5 minutes.
4. Boil the pasta until cooked.
5. Serve the mince on top of the cooked pasta and garnish with parsley.



Health
Hunter New England
Local Health District

HNELHD-GoodForKids@health.nsw.gov.au
<http://www.goodforkids.nsw.gov.au/>

Nutrition Snippet

HEALTHY SWAPS.

Check out our [healthy swap section at healthylunchbox.com.au](https://healthylunchbox.com.au/healthy-swaps) today!



Click on an unhealthy snack to see some healthy alternatives

Select a snack to see a healthy alternative



...for these healthy snacks instead



For this and more visit:
healthylunchbox.com.au



Cancer Council
Healthy Lunch Box

Remember these 4 steps to starting a conversation



1. Ask R U OK?



2. Listen



3. Encourage action



4. Check in

For more information and tips
ruok.org.au

R U OK?
 A conversation could change a life.

the *Carly Ryan* foundation. APP FACTS
TIK TOK
 (Including Musical.ly)



Tik Tok is a social media platform for creating, sharing and discovering short music videos. Every day, millions of people use Tik Tok as an outlet to express themselves through singing, dancing, comedy, and lip-synching. The app celebrates creativity with videos recorded in 15 seconds or less and shared across the Tik Tok community.

You have the ability to make cool, short videos-songs or short dialogues – that you can share with the world, and people can see them. Think MTV meets SNL meets karaoke meets Dubsmash meets American Idol meets Instagram.

Challenges

- 12+ content in the songs lyrics. Swearing and adult concepts in the provided music.
- Pornography, graphic content, suicide notes.
- Tik Tok users can search for other users to view or follow near their own location/city.
- User generated videos can be viewed and shared onto other social media and messaging apps increasing exposure.
- Bullying in comments.
- Users can publicise their messenger usernames or social media profiles on their Tik Tok profile.
- Many underage accounts with large amounts of followers.
- Easy for users to create multiple accounts and hide them from their parents.
- Fake Tik Tok apps on the app store that charge for download or offer followers.

NOTE: TikTok offers a live feature for users with 1000+ followers on their profile. This service is intended for ages 16+

How Do I Delete My Tik Tok Account?

- Open the Tik Tok app and login.
- Tap on the person icon at the lower right of your screen to open your profile.
- Click on the three dots located in the upper right corner.
- Click on 'Privacy and Settings'.
- Click on 'Manage my Account'.
- Add a phone number if you haven't already.

- A verified phone number is a requirement for removing your Tik Tok account.
- Scroll to the bottom of the page where it says 'Thinking about removing your account?' Tap it.
- Tap 'Send Code'.
- Wait for the code to be sent.
- Enter the 4-digit code within 60 seconds of it being sent to you. Then hit continue.
- Read over the implications of removing your account. Hit continue if you agree with the terms.
- Hit 'Delete Account'. You'll be logged out and your account will be deleted.

How Do I Block a Tik Tok Account?

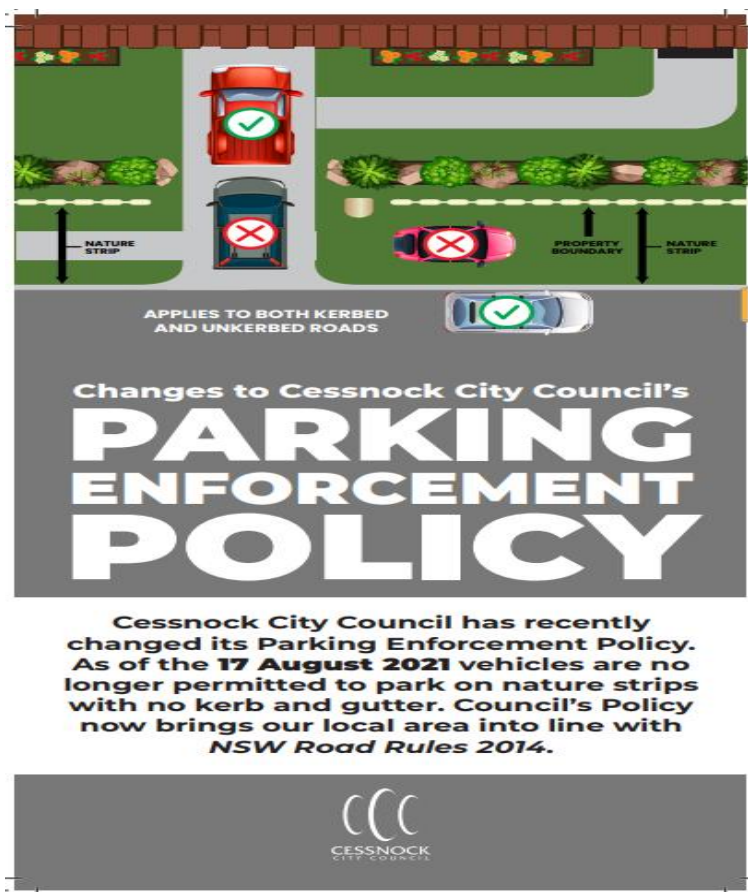
- Open the Tik Tok app and login.
- Tap on the magnifying glass.
- Search for the user you want to block.
- Tap their name or photo.
- Tap on the --- icon.
- Tap 'Block'.

How Do I Report a Tik Tok Account?

- Open the Tik Tok app and login.
- Tap on the magnifying glass.
- Search for the user you want to block.
- Tap their name or photo.
- Tap on the --- icon.
- Tap 'Report' and fill out the user report.

App Fact Sheets available from the Carly Ryan Foundation. Please email: info@carlyryanfoundation.com

carlyryanfoundation.com



Address: 1764 Wine Country Drive, North Rothbury 2335
Contact: 02 4044 0567

Email: info@thecottagepreschool.com.au

Service Opening Hours: 6:30am – 6pm, Monday – Friday

Long Day care providing care for children aged 6weeks – 6 years

VACANCIES AVAILABLE in ALL AGE GROUPS
TOURS AVAILABLE Mon – Fri

What we offer:

- Child care rebate approved
- Flexible session times to help families make the most of Child Care Subsidy
- We have 3 playgrounds throughout the centre, catering for each age group, that encourage children to explore our natural environment.
- All meals are provided and cooked onsite and we follow the Munch and Move Guidelines and cater for all children's dietary requirements.
- We provide nappies and cot sheets. Cot sheets only for 0-2yrs.
- We offer a full preschool program through our Play based learning curriculum.

At The Cottage Preschool we aim to provide children with a supportive environment to reach their maximum learning potential and learning outcomes, while belonging, being and becoming unique individuals. We respect children as capable learners by incorporating their perspectives, ideas and voices into their learning opportunities.

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