

SCHOOL NEWSLETTER

Term 3 Week 6 2021
Tuesday 17th August

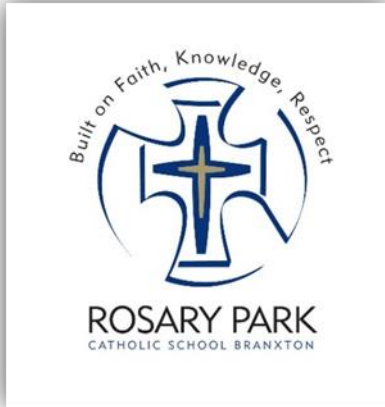
Rosary Park Catholic School

Station Street, Branxton NSW 2335

P: (02) 4938 1541 E: admin@branxton.catholic.edu.au

Website: www.branxton.catholic.edu.au

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

Monday 13th September: **PUPIL FREE DAY** Summer uniform to be worn from this date. (Parents can use their discretion in the week prior to this).

Friday 17th September: **LAST DAY TERM 3**

Tuesday 5th October: **FIRST DAY TERM 4**

Principal's Message

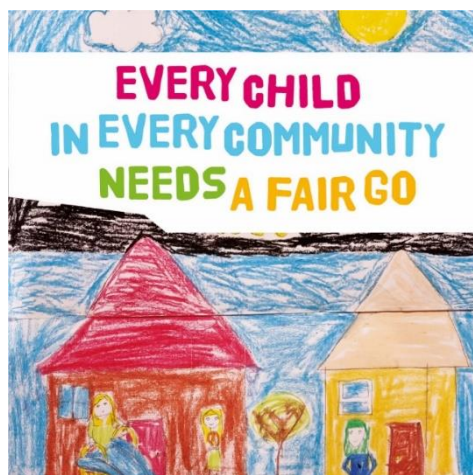
Dear Parents/Carers

Go out to all the world and tell the Good News

Strong is God's love for us;

He is faithful for ever.

Mark 16:15



National Child Protection Week is a campaign held annually across Australia to raise awareness of child abuse prevention. This year's campaign will be held between 5 – 11 September. National Child Protection Week aims to engage, educate, and empower Australians to understand the complexity of child abuse and neglect, and work together to prevent it. The campaign does this through the sharing of events and resources to encourage communities to engage in conversations around children's safety and wellbeing. This year's theme is: Every child, in every community, needs a fair go. To treat all of Australia's children fairly, we need to make sure every family and community has what kids need to thrive and be healthy. As a diocese, our goal when it comes to child protection is to always recognise and uphold the dignity and rights of all children and vulnerable adults, in-line with the Catholic Diocese of Maitland-Newcastle's abiding commitment to their safety, welfare, and wellbeing.





The COVID-19 pandemic means there is added pressure on families and communities so more than ever, we all need to play our part in protecting children.

We can all play a part by creating stronger, happier communities. This can be achieved by checking in and helping your neighbours and friends, being a good role model, supporting and being kind to parents rather than judging or being competitive and speaking up if you see something that is unsafe.

It is important that we listen to, and value, what children have to say. Where possible, include their voices in decision making and be advocates for their best interest.

The Catholic Diocese of Maitland-Newcastle has an abiding commitment to promote the safety, welfare and wellbeing of children. The Office of Safeguarding (OoSG) is the structural expression of the Diocese's commitment to demonstrate the highest standards of recognising and upholding the dignity and rights of all children.

The below links, or QR codes, can access a Padlet created by the Diocesan Office of Safeguarding aimed to encourage discussion about online safety. There is a Padlet aimed at primary school aged children, high school aged children and carers. To access the Padlet via the QR code, download the "QR Scanner" app.

Kindergarten to year 2 https://padlet.com/OfficeofSafeguarding/K2 	Year 3 to year 6 https://padlet.com/officeofsafeguardingmn/years3_6 
High School https://padlet.com/Office_of_Safeguarding/high_school 	Parents https://padlet.com/officeofsafeguardingmn/parents 

Support Bravehearts' White Balloon Day

On Friday 10 September we will display white balloons as it is National Braveheart's Day. White Balloon Day is Australia's largest and longest-running campaign dedicated to preventing child sexual assault. It unites communities to commit to protecting kids.

During this week, our Personal Development, Health & Physical Education (PDPHPE) will focus on protective behaviours to empower and educate our children on this very important topic.

Office of Safeguarding

The following site <https://www.esafety.gov.au/key-issues/esafety-guide> offers tips for parents about how to keep their children safe online. The site gives a summary for the most recent downloaded apps, such as Tik Tok, House Party and as well as some of the older sites such as Instagram. For anyone who needs advice or just more information about these of social media sites, this site has some very useful information.

Uniform

We will move to full Summer uniform from Monday 13 September. If the weather is warmer in the week before this, children can wear FULL summer uniform.

Our students adhere to our school's Uniform Policy with a high degree of consistency and we greatly appreciate parental support shown in this aspect of school. Adherence to our policy strengthens pride in our School and promotes a positive image.

Just a few reminders regarding jewellery and nail polish

- Students may wear one small stud or one sleeper in each ear lobe (silver or gold)
- One single signet ring
- One plain gold or silver golf bangle
- *No nail polish* to be worn at school

Hair must be neat and tidy. Collar length hair must be worn in a ponytail or plait. Scrunchies, hair clips, rubber bands, ponytail holders, etc must be **blue/white** in colour and is to be worn in the hair and **not worn on the wrist**.

Tracks and patterns cut into the hair are NOT permitted. Thank you for your cooperation in this regard.

Kind regards,

Sallyanne Stanbridge (Principal)

Religious Education Coordinator's Message

Prayer for home:

A Loving Presence

Loving God,
We come before you as a Catholic
Community,
In humble trust.
In this time of trial,
Immerse us in Your love and compassion.
Grant us wisdom and patience,
Especially those enduring lockdown.
May we be open to Your healing touch,
And remember, with gratitude,
Your presence with us,
Always and everywhere.

Mass:

Fr Anthony and Fr Thomas will be making Mass available on the Parish Facebook page (<https://www.facebook.com/SingletonBranxtonCatholicParish>) and Website (<https://singletoncatholicparish.org.au>) at 7.30am on Sunday mornings or you can tune into Mass from Sacred Heart Cathedral on Sundays at 9.30am on the Diocese YouTube page which you can link from their website (<https://www.mn.catholic.org.au/places/live-stream/>).

Mindfulness during Isolation: Here are three activities that you might like to try while in isolation.

- One way to help children calm their anxious thought and relieve overwhelming feelings is through having breathing breaks. Focus on counting inhalations and exhalations. You could try to slow breaths, which promotes relaxation and counting aloud after each breath. Observe the rise and fall sensation that is created in your body.
- Play games that involve the senses. Touch: Put a bunch of mystery items in a paper bag and take turns feeling one object at a time and guess what it is as you describe the texture and shape. Sight: Look around the room in silence for one minute and point out all of the things you've never noticed before. Sound: Set a timer for one minute and count how many different sounds you can hear with your eyes closed and then share what you heard with each other.
- Cooking! Encourage your children to help you out with the daily cooking, teaching them small skills and keeping them engaged. Focus their attention of tasks such as stirring, mixing and weighing. The repetitive actions and gentle rhythms when mixing or kneading can help relax the mind. Cooking is very rewarding and the best part of this mindful activity is the delicious aroma of the cooking filling the house.
(Sarah Romotsky, Headspace, March 26 2020)

You might like to Download Headspace on the App Store or Google Play, or visit <https://www.headspace.com/covid-19>.

Some other ideas for home:

- Set up a prayer space in your home. Family members can write the names of people you are praying for on post-it notes and place in the prayer space.
- Start the day by praying the Rosary Park School Prayer with the family.
- Try meditation for children [click here](#)
- Make a list of what you are grateful for each day.
- Write a prayer for all your classmates and those suffering in the world and send it to your teacher.

Message of Hope:

You're invited to create a message of HOPE to share with our community!

The COVID-19 pandemic has caused many to experience feelings of isolation and despair as our everyday lives change on a daily basis. In the first lockdown, community initiatives such as painting rainbows and teddy bears in windows helped develop a sense of connection and sparked joy for many. However, months on, and in the face of ongoing restrictions, such tangible symbols of hope have begun to diminish.

This week, the Catholic Diocese of Maitland-Newcastle encourages individuals and families to renew their sense of HOPE.

Rosary Park is inviting families to create a poster with the word HOPE and place it in your front yard or front window. In doing so, you will be taking part in an initiative that's happening in communities across the Diocese that includes more than 19,000 students. It's also a fun activity to do with your children while learning from home and one that we hope will inspire many in the community as they go about their exercise.

Please know that this request is very much invitational, and by no means an expectation.

If you do wish to take part, follow these simple steps:

1. Make a poster with the word **HOPE**. Lots of colour, particularly the use of the colour yellow (as it is the colour of hope) is strongly encouraged.
2. Place the poster in your front window/ front yard by Friday 20 August.
3. If you are happy for your child's photo to be published in an online gallery which showcases children from across the region with their signs of HOPE, please email

mediainbox@mn.catholic.org.au and include;

- A copy of the photo
- Your child's name (first name only will be published)
- The school your child attends including the location e.g. St Joseph's Primary School, Taree
- **Due by Friday 20 August**

The gallery will be online from Friday 20 August and available for viewing at www.mnnews.today

Content will also be shared on the Catholic Schools Office Facebook page www.facebook.com/mncatholicschools and Instagram page www.instagram.com/mncatholicschools.

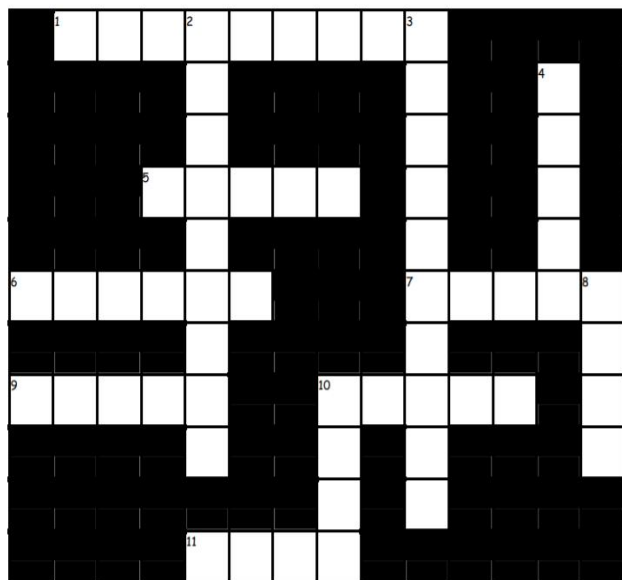
May God bless you and your family,

Amber van Duuren

Acting Religious Education Coordinator

God has done great things for me

Lk 1:39-56



Across

- 1: this woman was Mary's cousin
- 5: infant or young person
- 6: the Lord gives good things to eat to those who feel this way
- 7: God gives _____ to those who are humble
- 9: Mary went to stay in a town in this area
- 10: God shows _____ to those who worship him
- 11: a newborn child

Down

- 2: The husband of Mary's cousin
- 3: the _____ came down upon Elizabeth (two words)
- 4: Mary stayed with Elizabeth for this many months
- 8: the opposite of poor
- 10: Jesus' mother

Primary Coordinator's Message

Student Wellbeing Survey 2021

We place an important focus on the development of relationships at Rosary Park- at all levels, between students and staff/students. Children at Rosary Park know that they are loved and valued. As a staff we continually review and reflect on trends in behaviour and how we can change our practices to best support them. It is, therefore, very important that we seek the voice of our children to gain insights into how they are feeling and how we can best support them at school.

At the beginning of the term, teachers organised a survey for primary students to anonymously share their opinion about their time at Rosary Park. This included sharing their experiences building relationships at school, that is, whether they feel safe at school and their personal experiences with bullying. Students understood that the survey was anonymous, so if there was anything they wanted teachers to investigate further, they were able to arrange a time to talk with a staff member they felt comfortable with.

The results of the survey revealed that a large majority of our students at Rosary Park feel safe and supported coming to school each day. There was quite substantial positive feedback for our staff. Many students went out of their way to send nice messages to their teachers about the support that is offered to them and their friendships at school. It was lovely to read comments from our students showing such gratitude towards their teachers.

An area of concern that arose from this survey was that 30% of students identified that they saw negative behaviours regularly at Rosary Park. The playground and bus were the areas identified as the spaces where these behaviours occur. Another area of concern was that 30% of students believe that the negative behaviours they see at Rosary Park are not being addressed by the staff.

From this feedback we have made some changes to better support students on the playground. We have identified new play spaces in the area to increase the variety of play opportunities for students. There are extra staff on the playground to watch team games closely and provide support when needed. Students were also encouraged to identify the staff at Rosary Park they are most comfortable talking to so they can reach out to them when they need assistance on the playground.

We understand that supporting children on the bus can be difficult as there is minimal adult support. If your child is experiencing difficult situations on the bus, we have put together some steps to help support your child.

- First talk to your child about the situation and gauge the severity of the incident. Is this a one off or is it ongoing? Is this happening between students from the same school or different schools?
- Put some strategies in place with your child to avoid these incidents in the future. Can they sit closer to the bus driver?
- Teachers are always more than happy to arrange for a 'bus buddy' for children where peers or older students sit next to them on the bus and provide support.
- If you are concerned that the behaviour is repetitive, or your child is experiencing heightened anxiety when travelling on the bus, please contact your child's teacher and the school can address the behaviour more formally.

Performance News

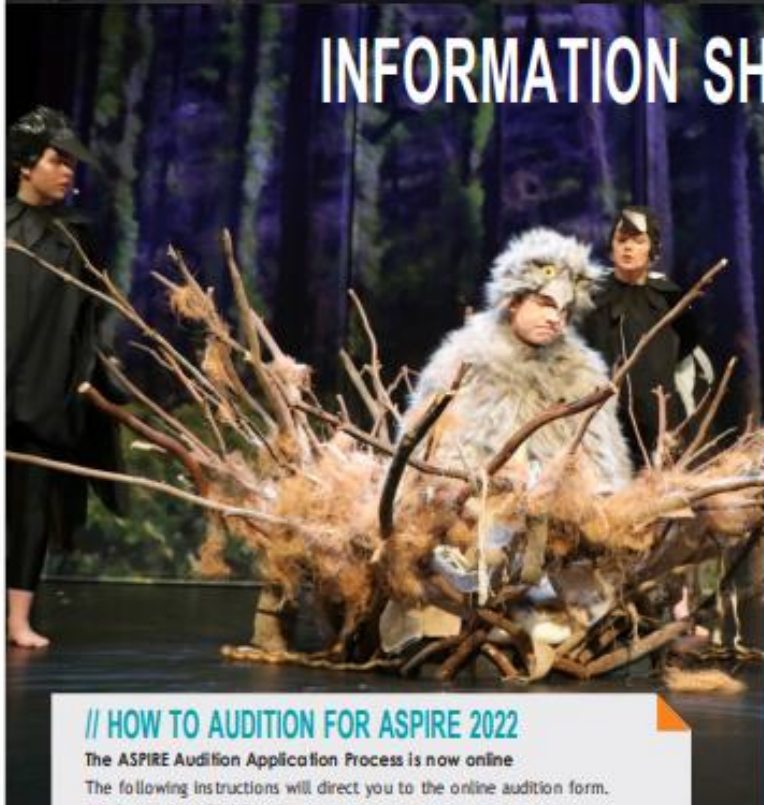
Due to the extended lockdown we do not have enough time to prepare the students to learn their dance and perform for our school concert which was scheduled for 9 Sept 2021. Staff are working with the Cessnock Performing Arts Centre staff discussing options for a COVID safe performance in the future. More details will be released once they are available.



ASPIRE

MUSIC.DANCE.DRAMA

INFORMATION SHEET 2022



// HOW TO AUDITION FOR ASPIRE 2022

The ASPIRE Audition Application Process is now online

The following instructions will direct you to the online audition form.

1/ Go to the ASPIRE website: aspire.mn.catholic.edu.au

2/ Click on JOIN US

3/ Click on 2022 AUDITIONS

4/ Click on the link: [CLICK HERE TO APPLY ONLINE FOR ASPIRE 2022](#)

Please contact Anne Atkins if you have any queries regarding auditions by email: anne.atkins@mn.catholic.edu.au or by phone 02 4979 1331

Please note: Registration for Audition needs to be completed and submitted by no later than Friday 17 September 2021

// AUDITION DATES

NEWCASTLE EXHIBITION AND CONVENTION CENTRE (WESTS NEWCASTLE)
SITE OF THE OLD NEWCASTLE WORKERS CLUB

**DANCE,
INSTRUMENTAL**
Monday 18
October 2021

JUNIOR DRAMA
Tuesday 19
October 2021

**JUNIOR DRAMA
AND SENIOR
DRAMA**
Wednesday 20
October 2021

VOCAL
Thursday 21
October 2021

// ABOUT ASPIRE

ASPIRE is the Diocese of Maitland-Newcastle Catholic Schools Office's creative and performing arts program. With an emphasis on fostering creativity, ASPIRE has a large number of programs on offer including in school workshops and production support, professional development for staff as well as special projects in areas such as songwriting, scriptwriting, devising theatre and choreography. ASPIRE also produces an original theatrical performance annually where students audition to be part of either the design, drama, vocal, dance, instrumental and production ensembles.

// SAVE THE DATE 2022

ASPIRE @ THE CIVIC THEATRE

Wednesday 27 July 2022 at 11.00 am

Thursday 28 July 2022 at 11.00 am

Friday 29 July 2022 at 11.00 am

Friday 29 July 2022 at 7.00 pm

Saturday 30 July 2022 at 7.00 pm

\$13.50 PER STUDENT

Accompanying teachers free.

Tickets through Civic Theatre Box Office in Term 2 2022

aspire.mn.catholic.edu.au

Please refer to the ASPIRE website for all ASPIRE information, forms, updates, photos and the newsletter.

ASPIRE

FREE

Email to
receive a
Zoom link



Dr Justin Coulson is back!

...to share with us his wisdom and advice around the issue of
“Entitlement” and parenting our children and young people.

To get you thinking, consider the following message from Justin...

It's normal that your kids will complain about how they are overworked, and you're the worst slave-driving parents in the world. It's normal that they'll want you to do everything for them.

Don't.

*If you do it all for them, or if you are too easy when setting limits, your child will feel **entitled** to expect you to do things for them. If your children want for nothing, they will not feel responsible for anything.*

So make sure they have responsibilities. Responsibility breeds responsibility.



The Federation of P & F Associations is very pleased to provide this FREE opportunity to the parents and carers of children and young people enrolled in our Catholic schools.

Join us to listen to Dr Justin Coulson share his experience and advice on this very relevant topic.

WHEN:	<u>THURSDAY 19 AUGUST 2021</u>
TIME:	6.30 – 8.00pm
WHERE:	From the comfort of your home...via ZOOM
RSVP:	Email cath.garrett-jones@mn.catholic.edu.au By midday 19 August to receive a ZOOM link



FREE WEBINARS FOR PARENTS – SUPPORT HEALTHY BODY IMAGE IN YOUR CHILD

01 SEPT 2021 (FREE)

7PM – 8.15PM

VIA ZOOM

Live – No recording
available

BOOK NOW



LET'S TALK BODY CONFIDENT CHILDREN AND TEENS

Delivered by Butterfly Foundation, this webinar for carers of primary and secondary age children provides practical tips to help you better understand and promote positive body image in the home and healthy eating and exercise behaviours. **Learn about:** the power of positive role modelling; reducing toxic body talk; developing resilience to social media pressures; and what to do if you are concerned. For a full session outline visit: www.butterfly.org.au



09 SEPT 2021 (FREE)

7PM – 8.15PM

VIA ZOOM

Live – No recording
available

BOOK NOW

LET'S TALK BODY IMAGE IN BOYS

For parents/carers of pre-teen and adolescent boys this webinar explores the challenges young males are facing and practical strategies to support the development of a healthy body image in boys. **Learn about:** the common concerns for boys and who is at higher risk; how stereotypes, social media and the sport and fitness industry drive appearance pressures; common signs that training, exercise and eating may be problematic; and what to do if you are concerned.

Links not working? Copy and paste into your browser:
<https://events.butterfly.org.au/portal>

These webinars are offered as part of Butterfly's BodyKind Families initiative designed to help parents support their teen's body image. Register for either webinar and gain automatic access to additional BodyKind Families resources – videos, factsheets, family activities and audio materials. For more information: www.butterfly.org.au/bodykindfamilies

Contact:

E: education@butterfly.org.au

T: 02 8456 3908

www.butterfly.org.au

nib foundation



Butterfly
LET'S TALK eating disorders

nitstuff[®] HELPING FAMILIES CONQUER HEAD LICE THE SAFE WAY WITHOUT HARMFUL CHEMICALS

— PLANT BASED —
PREVENTATIVE



The solution to your head lice headaches. A spray a day keeps the nits away.



— PLANT BASED —
HEAD LICE TREATMENT



The gentle plant-based formula suffocates head lice & helps destroy eggs.



AVAILABLE AT HUNTLEE PHARMACY

FIRST DENTAL VISIT!

Children can begin to see the dentist from birth to assess for issues such as lip or tongue tie. However generally we advised that check ups begin from the age of 2



Its never too late to start!

Dont panic if your child is older than two years and hasnt been to the dentist yet! Its never too late to start, but the earlier the better to ensure good oral health habits

CHECK

Children's teeth are checked to ensure:

- the right number of teeth are present for their age
- no dental abnormalities
- assessed for tooth decay
- hygiene and brushing efficiency

CLEAN

Your child's teeth will be cleaned in one of two ways, age and compliance dependant

1. using the "electric toothbrush" (prophy cup) & bubble gum tooth paste
2. using Airflow technology



FLUORIDE

Age appropriate fluoride treatment will be applied to help ensure the strength of your child's teeth!

WHATS INVOLVED?

The aim of the first dental visit is to introduce your child to the dental environment and meet our friendly and caring staff. Age dependant, children usually have a ride in the dental chair, count their teeth using the dental mirror and receive a dental goodie bag.

AND OF COURSE! WE HAVE SO MUCH FUN!

Hunter Dental Group

CALL TODAY 4088 8084

Nutrition Snippet

DITCH THE HAM SANDWICH.

Click on our [sandwich filling ideas](#) tab for lots of healthier alternatives



Read more about why we need to limit ham at healthylunchbox.com.au

For this and more visit:
healthylunchbox.com.au



Sunsmart Snippet

How does sunscreen work?

When we protect our skin by applying sunscreen correctly, we reduce our risk of skin cancer.



Sunscreen reduces the amount of UV radiation reaching your skin by providing a barrier to absorb or filter UV rays away from you skin. This prevents damage to the cells below.

When UV levels are 3 or above, sunscreen should always be used with other forms of sun protections such as clothing, hats and shade.

www.sunsmartnsw.com.au





ST DOMINIC'S CENTRE



St Dominic's Centre, Mayfield, is a specialist systemic Catholic school that actively supports the Catholic mission. We have proud Dominican traditions which are evident in our relationships and rituals.

In partnership with families, St Dominic's Centre is a Kindergarten to Year 10 school that provides excellence in education for children who have differing abilities. All programs offered at St Dominic's aim to promote spiritual, personal, social and academic growth, with an emphasis on family and community.

Enrolments are now open!

Contact us today.

P | 4968 1295

E | admin@mayfieldsd.catholic.edu.au

Unless otherwise stated, the advertisements placed in this newsletter are placed by independent third parties who have no legal relationship with The Diocese of Maitland-Newcastle. The activities or services of the advertisers are not supervised or controlled in any way by the Diocese. The Diocese is not in a position to endorse the advertisers or the services provided and makes no representation about these matters. Accordingly, the Diocese cannot accept any responsibility for the advertisers or the activities or services that are subject of these advertisements.