



From the Heart



Newsletter No. 33

20th October 2022

COMING UP AT OLSH...

OCTOBER 2022

Sun 23	World Mission Day
Thu 27	Rochester Community Fundraising Day
Fri 28	Pupil Free Day – Curriculum Day
Mon 31	Pupil Free Day – Report Writing Day

NOVEMBER 2022

Tue 1	Melbourne Cup Public Holiday
Fri 4	OLSH Mission Day
Tue 8	Advisory Council Meeting
Fri 11	Remembrance Day
Friday 18	Swimming & Gym
Tue 22	OLSH Baptisms @ 12pm
Friday 25	Swimming & Gym
Sun 27	First Sunday of Advent

DECEMBER 2022

Friday 2	Swimming & Gym
Friday 9	Swimming & Gym
Tue 13	Reports go home
Thu 15	Last Day Term 4 (students)
Fri 16	Last Day Term 4 (staff)

From the Principal ...

Dear Families,

We are thinking of all those in our community who are doing it particularly tough at the moment with recent flooding having a major impact on their properties and personal lives. Also, we are thinking of, praying for, and doing all we can to support our friends and family in Rochester, who as we all know, copped a massive hit and will take many months to overcome the devastation that this caused. In particular, we are trying to work out how we can best support those students who attend St. Joseph's Primary School so that when the time is right they can re-engage with school on some level, with our support.

FLOOD ADVICE TO SUPPORT CHILDREN

Some good advice from Red Cross came via my email this week, in regards to supporting children's mental health in relation to recent flooding. The 3 main points were:

- As adults, be really mindful of **what you say** around the children, they pick up on everything you say (as you know!)
- Be mindful of having **the television news** on around the children as this tends to sensationalise everything that happens
- Carefully monitor your child's access to **social media** (if they are on it) as this tends to lead them down a rabbit hole of bad news

ROCHESTER FUNDRAISER

Next Thursday, we will be having a casual dress and a pie / sausage roll day to help raise some funds for the Rochester community. Inside this newsletter, please find the information slip to fill in to see how many pies and sausage rolls we will need for the day.

MISSION DAY

Today, students have bought home notes that we need you to look at and respond to in regard to our upcoming Mission Day on Friday November 4th. Included in these notes are:

- Parent support we will require on the day – BBQ & slice and cake baking.
- Lunch Order & Volunteer Form

I know there is a lot going on at the moment, but I think it is important that we keep this going as the kids are super excited about it and have already put in quite a deal of work in preparing their stalls etc.

THURSDAY 27TH
OCTOBER

GOLD COIN DONATION FOR
CASUAL CLOTHES
PIES & SAUSAGE ROLLS
AVAILABLE - \$1 EACH

**ROCHESTER
COMMUNITY
FUNDRAISER**

ALL FUNDS RAISED
GOING TO ROCHESTER
COMMUNITY

EXTRA DONATIONS ARE WELCOME

Our Lady of the Sacred Heart School promotes the safety, wellbeing and inclusion of all children.

W: olshelmore.catholic.edu.au

PH: 54326254

E: principal@olshelmore.catholic.edu.au

YEAR 5/6 CAMP

Thankfully our year 5 and 6 students were able to attend the Anglesea Camp this week. As I write this newsletter, I am hearing very positive reports about how things are going, with the weather being superb. Many thanks to Kim Portwine and Kira Niven who accompanied the students throughout their stay. Next week we will have a few reports from the students filling in the details of their time at camp.

PUBLIC HOLIDAYS AND PUPIL FREE DAYS IN TERM 4

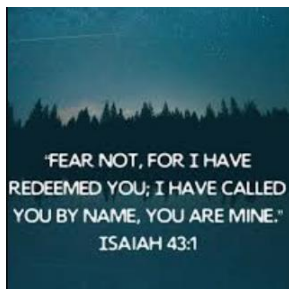
Remember to put these dates into your calendars please:

- Friday 28th October - Pupil Free Day - Staff Curriculum Day
- Monday 1st November - Pupil Free Day - Report Writing Day
- Tuesday 2nd November - Melbourne Cup Public Holiday

Have a great week everyone!

Craig Simpson (Principal)

School News



SACRAMENT OF BAPTISM

We ask that you keep Nate, Jimmy, Reece and their families in your prayers as they prepare to receive the Sacrament of Baptism on Tuesday 22nd November.



Spend some time with this image:

What have you noticed and experienced about humility and community building this week?

How has your spirit been buoyed by a sense of endurance, community and hope in the midst of disaster, destruction and disorientation?

SCHOOL UNIFORMS

As the weather changes again, a reminder that school uniforms can be ordered at any time by:

- Calling Hip Pocket on 5480 1027 or
- Visiting Hip Pocket at 173 Pakenham St, Echuca.

We are grateful to them for working with us to provide school uniforms.

Note: School hats can be purchased from the office at any time for \$13.



Community News



Please note, for the safety of all involved, the Children's Week activities advertised in last week's newsletter have unfortunately been cancelled.

Courage & Crowns FOR MUMS



HEY, MUMS OF GIRLS!

This workshop is for you if:

- You know how damn precious your daughter is & you want to see her thrive.
 - You feel confused about how to help her with her big feelings.
 - You are worried about her sadness, anger, or the amount of time she spends in her room.
 - You'd like to teach her how to negotiate rather than shut down conversations.
- You want to teach her she CAN face ANY challenge in life.
 - You'd love your relationship with her to feel more connected.
 - You've been to **Courage & Crowns** with your daughter & you know it will be FUN, & amazing learning.
 - You'd like to relax into loving her, rather than worrying about her.



FRIDAY 11TH NOVEMBER
7PM - ONLINE

TICKETS @ EVENTBRITE VIA:

Facebook:
Megan Simpson - Creating
Connection

Instagram:
meganjsimpson



WORKING BEE

Sunday 6th November 2022 @10am



Please come along and lend a hand to get the pool and grounds ready for the opening in December.

We will be giving the kiosk, changerooms and toilets a general tidy, cleaning under the verandah and the footpaths, mowing, whipper snipping the lawns and edges, tidying the pool surrounds and along the fences and carpark area.

We would appreciate if anyone could bring along lawn mowers (preferably with a catcher), whipper snippers, blowers and general cleaning/gardening gear

Thank You!

For more info contact Ellie on 0438129386



THURSDAY 27TH
OCTOBER

GOLD COIN DONATION FOR
CASUAL CLOTHES
PIES & SAUSAGE ROLLS
AVAILABLE - \$1 EACH

ROCHESTER
COMMUNITY
FUNDRAISER

PIE/SAUSAGE ROLL ORDER – THURSDAY 27TH OCTOBER

STUDENT NAME: _____ CLASS: _____

MEAT PIE OR SAUSAGE ROLL

(Please circle your choice)

Please note we will only be able to supply **ONE full size pie or sausage roll per student**. If your child does not wish to eat either option, please supply a packed lunch as normal.