



From the Heart



Newsletter No. 34

27th October 2022

COMING UP AT OLSH...

OCTOBER 2022

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
Wed 30	PSG Meetings

DECEMBER 2022

Friday 2	Swimming & Gym
Friday 9	Swimming & Gym
Sat 10	Confirmation/Eucharist Mass @ 6.30pm
Tue 13	Orientation Day
Tue 13	Reports go home
Thu 15	Last Day Term 4 (students)
Fri 16	Last Day Term 4 (staff)

Christ has no body now but yours.
 No hands, no feet on earth but yours.
 Yours are the eyes through which He looks compassion on this world.
 Yours are the feet with which He walks to do good.
 Yours are the hands with which He blesses all the world.

Yours are the hands.
 Yours are the feet.
 Yours are the eyes.
 You are His body.

Christ has no body now on earth but yours.



young-catholics.com

From the Principal ...

Dear Families,

We are about to launch into a super long weekend, with students returning to school on Wednesday, November 2nd. I hope that this time provides some respite for families in amongst the busyness, and for some the trauma of recent heavy rainfall.

A huge thank you to everyone for your response to our Rochester Community Fundraiser. We managed to collect over \$380 which is an amazing effort! This money will go into the bank account that has been set up for this emergency fund.

YEAR 5/6 CAMP

It was wonderful to see our Year 5/6 students return safely from a thoroughly enjoyable camp experience at Anglesea last Thursday. Included in this newsletter are some reflections from the students that are well worth a read. A huge thank you to Kim Portwine and Kira Niven, who accompanied them on this trip.

MISSION DAY – FRIDAY 4TH NOVEMBER

With Mission Day looming next Friday, November 4th, please make sure that you have responded to the notes we sent home last week about:

- food orders for lunch for the students
- parent support we will require on the day
- as well as the slice and cake baking

We have already had a lot of responses, so thank you very much to everyone who has done so already. If you require the notes again please just contact the office and we will resend to you.

The children have been asking about wearing casual clothes on this day, which I am happy to run with. It would be nice if they could bring along a gold coin donation, which will go straight into our fundraising efforts.

FAREWELL

Today we farewelled Hamzah and Esra who will be moving to Melbourne next week. We wish them all the best together with Shabana and Mustafa and know that we will stay in touch.

ST. JOSEPH'S ROCHESTER

I am currently in regular communication with Catholic Education Sandhurst about how we can support the return to school for the students of St. Joseph's in Rochester, who will obviously be out of their school for a number of months. At this stage it looks as though we will be taking their junior students starting next Thursday. There will be about 50 students in total and they will access the Chevi Centre for their learning and then join us in the yard during break times.

Year 3 - 6 from St. Joseph's will be using the facilities of Catherine McAuley College in Bendigo during this time.

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

MOSQUITO REPELLENT

As you will be aware, there has been a significant mosquito infestation with the recent heavy rains. The school will purchase multiple insect repellent sprays to protect students whilst they are outside. Please contact the office if you would prefer for this spray not to be used on your child.

FLOOD ADVICE TO SUPPORT CHILDREN

Just to reiterate the advice coming from Red Cross last 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

Have a great week everyone!

Craig Simpson (Principal)

School News

LEARNERS OF THE WEEK

Congratulations to Amelia, Isabella, Esra, Scout, Hamzah & Lakota for being named our Learners of the Week!



MISSION DAY LUNCH ORDERS

Thank you to those families who have returned their lunch order & volunteer forms for Mission Day. If you have yet to return yours, please do so first thing next Wednesday morning.

If you are not planning to order any lunch, please let your teacher know so that we can make note of this.

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.





COMING UP AT OSHCLUB...

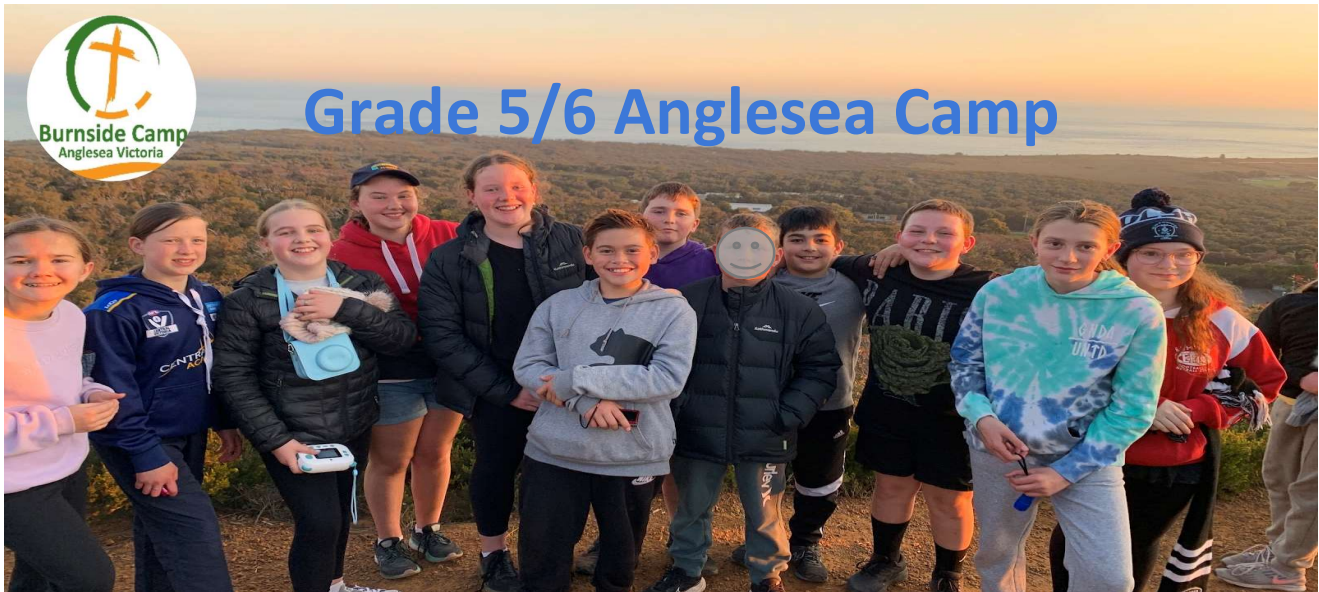
OSHClub is our provider of After School Care at Elmore Primary School! The program at Elmore Primary School is open for the children of Our Lady of Sacred Heart Primary School with students travelling by bus to Elmore Primary at no additional cost.

Want to speak to Casey, our friendly local Elmore OSHClub co-ordinator, about the OSHClub program? Send through an email to elmore@oshclub.com.au

Parents who are interested in using afterschool care with OSHClub at the Elmore Primary School can now enrol online at <https://www.oshclub.com.au/vic/elmore-primary-school/>

<i>This week...</i>	
Monday 31st	Curriculum Day - OSHClub Closed
Tuesday 1st	Melbourne Cup - OSHClub Closed
Wednesday 2nd	TBA (Art Lesson Incursion Postponed)
Thursday 3rd	Fit Kids
Friday 4th	Eco Warriors

<i>Next week...</i>	
Monday 7th	Magnetic Construction - <i>can we make a successful ball run?</i>
Tuesday 8th	Fit Kids
Wednesday 9th	Eco Warriors
Thursday 10th	Lego Cities - <i>how tall can we make it without if falling?</i>
Friday 11th	Bridge Building - <i>how stable can icy pole sticks and string be?</i>



Charlie - Last Tuesday we went to camp at Anglesea. The food was very good. My favourite activity was mountain bike riding. I enjoyed going down the big steep hill, I also enjoyed rock climbing.

Tarlı - Last Tuesday on the 18th of October 2022, our Grade 5/6s went to Burnside camp in Anglesea for our Grade 5/6 Camp. We went with all the other Grade 5/6's from the Campaspe Cluster. On the first day, I did archery and mountain bike riding and at night time we went for a night walk. The sunset was so beautiful. On the second day, my group did canoeing, zip lining and surfing, and on the last day I climbed the rock wall. The best part of the camp was surfing and the zip line. We were on the bus for about 4 hours and I sat next to Rubes. I shared a cabin with all the OLSH girls. In my group from OLSH were Rubes, Reno and Isabella. It was the best camp I have ever been to.





Scout - On the 18th of October, we went to Burnside camp in Anglesea. We went as part of the Campaspe Cluster. We got there and ate our lunch then went to our first activity. My first activity was canoeing and then archery. They were not my favourite activities but it was still pretty fun. When we got back everyone was finishing their activity. For dinner we had spaghetti. The next day our activity was ziplining and mountain bike riding. Mountain biking was so fun. Then we went surfing. It was my favourite activity. I caught a few waves. On the last day, we had breakfast and after that, we brushed our teeth and went to finish our last activity, mine was rock climbing. I enjoyed the rock climbing.

Axel - Last Tuesday, we went to the Burnside Camp with 4 other schools from the Campaspe Cluster. We all participated in lots of fun activities; surfing, rock climbing, archery, mountain bike riding, canoeing and zip lining. I loved the surfing the best and was able to get up and ride a few waves.



Rubes- Last Tuesday, Grade 5/6's hopped on a bus and went to Burnside Camp Anglesea. We went with 4 other grade 5/6 classes from the Campaspe Cluster. When we arrived, we participated in lots of different fun activities such as; mountain bike riding, archery, a night walk, canoeing, ziplining, surfing and the rock wall climbing. My favourite activity was surfing, but I enjoyed all the activities. I also had fun on the rock wall, especially when I reached the top. We came home on Thursday. We had lots of fun at Anglesea Camp. <3

Zyrah - Last week, we went on a Grade 5/6 camp to Burnside in Anglesea with 4 other schools. We did archery, canoeing, flying fox, mountain bike riding, rock climbing and surfing. I was in the Dolphin group. The food was delicious and I had lots of fun with my friends. I was in cabin 6 and my favourite activities were surfing and mountain bike riding. I had so much fun at Anglesea Camp and hopefully we can go back there sometime in the future.



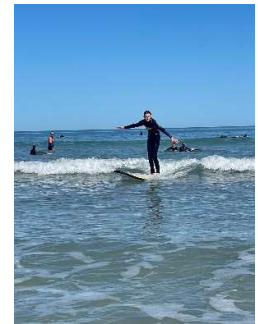
Reno - On Tuesday we set off for Anglesea. We made our way to the camp with the Campaspe Cluster. When we arrived, we set down all our stuff, we were allowed down at the game rooms to play, there was pool, ice hockey and plenty of other fun activities. We did our first activities after we had a break from the 3hr bus ride. My group, which was starfish, went on a mountain bike ride and made our way down the tracks. As we went along the track we saw lots of wildlife. We had the best time doing the activities. We had lots of fun, on the first day. While we did the first activity, the chef made us all food for dinner. We all had to write in our diary at the end of the day and of course we had to shower and all the necessities. The second day we had the most fun. My group did canoeing, ziplining and surfing. Surfing was the best. We all caught gnarly waves and we all had tons of fun. At the end of the day we got ready for bed and watched a movie but the projector burnt out so we had a talent show. I didn't show my talent because I was a bit nervous. The last day everyone did their last activities Olshmore, which was our group name when mixed with Elmore PS, was on our way to the 10 metre rock climbing wall, all of us made it up a decent way up the wall and after that we made our way back home. I really enjoyed Anglesea Camp.

HAMZAH - ON TUESDAY 18TH OF OCTOBER WE WENT ON CAMP TO ANGLESEA. MY FIRST ACTIVITY WAS CANOEING, IT WAS REALLY FUN. I WAS IN A CANOE WITH MAX AND AXEL. WHEN WE GOT BACK WE HAD FOOD AND PLAY TIME. PLAY TIME WAS REALLY GOOD. MY FAVOURITE ACTIVITY WAS SURFING, I WAS ABLE TO STAND UP AND SURF. IT WAS MY FIRST TIME SURFING AND IT WAS SO EXCITING. I SHARED A CABIN WITH MY FRIENDS FROM OLSH AS WELL AS MAX FROM ELMORE PS. WE HAD LOTS OF FUN TOGETHER AND IT WAS FUNNY WHEN I WAS SINGING IN THE SHOWER. RENO WAS THE LOUDEST IN OUR CABIN.



Ruby D - My most favourite bit about my camp experience was the food, ziplining and the talent show. The food was really yummy and the flying fox was really scary but then I pushed through and flew down at lightning speeds, and even did it twice. Also, the talent show was really cool seeing all the talents around the cluster schools. I got 2nd place for telling a joke. The surfing was probably the funniest part of camp. The cabin we stayed in were nice and big. I stayed with the OLSH girls.

Ellsie - On Tuesday last week we went to Grade 5\6 camp in Anglesea. It took four hours to get to camp. My first activity was ziplining, it was so high that you could see the ocean and more. Then my group, the Sea Dragons, did mountain biking and it was epic. On Wednesday I went surfing. I surfed a wave standing up which was so much fun. That night, we all were meant to watch a movie but the projector had a hissy fit and wouldn't work so we did a talent show instead. It was lots of fun.



Isabella - On Tuesday the 18th we went on a bus to Anglesea camp. It took about 4 hours to get there, we arrived at 12pm. We had lunch and did some fun activities that included mountain bike riding, ziplining, rock wall climbing, surfing, night walk, archery and canoeing.

My favourite activities were ziplining and rock wall climbing, after an eventful 3 days we went back home on Thursday the 20th.

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Brock - Grade 5/6 students from the schools in the Campaspe Cluster went to Anglesea camp last week. My favourite activity was archery. I shot two reds and 3 black scores. I learnt a lot about how to do archery and really enjoyed it and the other activities that were at camp too.



Community News

Tuesday October 25

Rochy News

Your daily update on what's happening in our community

WHAT IS THE 4R'S??? - THE BUILDING AT THE ROCHESTER LAWN TENNIS COURTS, 1 DIGGORA RD/NORTHERN HIGHWAY - ON THE LEFT AS YOU HEAD OUT OF TOWN TO ECHUCA.

Volunteers

Please head to the CFA and they will direct you from here

Donations update

Please follow this link if you would like to donate anything and someone will be in contact

[DONATIONS](#)

FREE Wifi

@ the Hall
[Username:](#) Telstra Flood
[Password:](#) Rochester1

Food News

FOOD SHARE/GROCERIES

There is SO much food at the Presbyterian hall, come and help yourself, please

****Nannella food share at the hall**

LUNCH AND SNACKS

A BBQ at the Hall
 Coffee Van - JR Coffee Please @ 4R's
 Coffee Van - Bluelight @ The Hall

Forms and links

[Carpet and Large Furniture Removal](#) -

[Volunteer Registration](#) - if you can help in some way please register here

[Evacuation Information](#) - Let us know where you are

There are hardcopy forms available in the hall and 4R's. If you know of someone who cannot fill these forms out and need assistance please comment on this post.

Government payments

Services Australia and the Victoria Government @ the 4R's to help get you some \$\$

Medical Information

Dr Fang - 54841034 and leave a message
 Campaspe Medical Centre; Dr Mike and Dr Adel - 54394422 via Telehealth
 Campaspe Medical Centre; Dr Eji - Telehealth 0401651868
 Available for existing patients > 9am - 5pm

Nurses - working from Dr Fangs (Rochester Medical Clinic)
St John's Ambulance - at the hall
 Social workers and counselors will be at the hall/church for a chat

Immunisations
 11:30 - 4:30 THURSDAY

Bendigo ICC update

Download the Vic emergency app or follow [THIS LINK](#) for the most up to date info.

Business, farming and Insurance Advice

Business Victoria, Suncorp Insurance and Ag Vic will be at the 4R's to give you advice and help with any grants you are eligible for.

Cleaning Equipment

Available at Evans welding

Trades that can help

Flood recovery hotline - 1800 560 760

Shane Connolly (Electrician) - 0427 857 799

Text with the following information: Name, Address, Insurance Y/N, Did the water come above or below your PowerPoint? Are you living in your house?
Darren Chugg (Plumber) - 0418 399 574
Snake Catcher - 0481 587 637

Pallets

Available out the front of AG Warehouse

School News

Liz Trewick will be at the 4R's today from 3-4 and tomorrow 10-11 for any families who would like to chat.

FLOOD RECOVERY HOTLINE

1800 560 760

Press 9 to speak to an interpreter

- Register for clean-up on private property
- Navigating financial and other support
- Access to temporary accommodation
- Mental health and wellbeing support

The Flood Recovery Hotline is open every day 7:30am - 7:30pm

Clothing

Senior Citizens Hall - enter via carpark beside the gym. Open 10 - 4

PLEASE COMMENT ON THIS POST WITH ANY ISSUES, QUESTIONS, OR REQUESTS FOR ASSISTANCE TO AVOID LOTS OF POSTS ON THE COMMUNITY PAGE

WORLD FESTIVAL OF MAGIC 2022

BENDIGO SHOW

✓ Accessible seating ✓ Sensory-friendly theatre

DATE THURSDAY, 8th DECEMBER 2022

SHOWTIMES 5.30 pm Duration: 60 - 70 minutes with no intermission.

VENUE BENDIGO STADIUM / RED ENERGY ARENA
 91 Inglis St, West Bendigo

ABOUT THE SHOW Astonishing magic and illusions, hilarious comedy and mind-blowing balancing and juggling acts!

- Thanks to the generous sponsorship from businesses across Greater Bendigo, this incredible spectacle provides children of all abilities and backgrounds with an opportunity to experience world-class acts.
- Enjoy an inclusive, accessible and flexible environment with a relaxed attitude to audience noise and movement.
- If you can't attend the live show, watch a professionally pre-recorded version with unlimited streaming and on-demand viewing. Auslan video interpreting is available!

All tickets are complimentary for children and young adults with additional needs as well as their families and carers. (One ticket per person is required when booking tickets)

To book tickets and to register for streaming access, please email your order and contact details to:
meredithnewman@showintent.com.au
 or call / text 0404-367-782



MACHILLOP ART EXHIBITION



L-R: Kookaburra, Jason Kelly, Yr 5 and Budgerigar, Bella Cail, Yr 5, St Theresa's PS Kennington - 2021 Winners General: Primary Group Art Award (P-6)

OPENING AND AWARDS CEREMONY
 Fri 11 November 2022
 Remembrance Day 🇺🇲
 6pm - 8pm
 Sacred Heart Cathedral Bendigo

Booking: trybooking.com/BXFWG (or scan QR code)
 Livestream: links.powerav.com.au/civ

OPEN FOR VIEWING
 11-27 November 2022
 Open Wed-Sat | 10am - 4pm

Peppers extracted from WWI, Action Comics, Yr 5, St Mary's PS Moorongra

ENQUIRIES
 Claire Spinelli | Education Officer: The Arts
 E: cspinelli@ceosand.catholic.edu.au | M: 0407 721 088

ONLINE
 From Mon 14 November 2022
ceosand.catholic.edu.au

VOTE FOR PEOPLE'S CHOICE AWARDS
 until Sun 27 November 2022

