



Melbourne Archdiocese Catholic Schools

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Holy Family School Newsletter

Issue 1 · (publish date will display here)

In this issue



NEWS FROM MRS DAVID'S DESK



WELLBEING NEWS



RELIGIOUS EDUCATION NEWS



PHYSICAL EDUCATION NEWS



LEARNING AND TEACHING NEWS



PARISH NEWS



AUSLAN NEWS



COMMUNITY NEWS



NEWS FROM MRS DAVID'S DESK

2023 SCHOOL THEME - 'WE BELONG'

PUBLIC HOLIDAY (Monday 13th March)

SCHOOL CLOSURE DAY (Monday 27th March)

Dear Parents/Carers,

Term One is always action packed and this year isn't any different!

The last couple of weeks have had 'welcome' events for our Prep families, Annual School Sports and organisation is well underway for our BIGGEST fundraiser of this year - 'Holy Family School Colour Run'. Please refer to Skoolbag and upcoming newsletters for information about this event.

Catholic Education Week 2023

This year, Catholic Education Week will be celebrated across the Archdiocese of Melbourne from Sunday 12 March to Sunday 19 March.

The week is an opportunity for our school to join all 334 Catholic schools in the Archdiocese to celebrate our distinctive Catholic identity, our achievements, and the role our school plays within our parish and local communities.

The theme for this year's celebrations is 'Forming lives of faith, hope and love in the light of Christ'.

Catholic education seeks to provide students with a high-quality education that is inspired by the example of Jesus Christ and fosters the development of the whole person, forming individuals with more than just skills, but with the virtues to live life as transformative agents in our communities.

Some of our students will attend the Mass of St Patrick for Schools held on Friday 17th March and celebrated by Archbishop Peter, followed by the Concert in the Park for primary school students or the Young Speakers Colloquium for secondary school students.

The Creative Arts Exhibition, which showcases the wonderful artwork of primary and secondary students in the Archdiocese of Melbourne, will run from Tuesday 14 March to Saturday 18 March and is open to the general public.

NAPLAN

Our students in Years 3 and 5 will be participating in NAPLAN assessments. Please keep these students in your thoughts.

School Sports

Last Friday our school community gathered to cheer on our students at our Annual School Sports. The weather was perfect and all of our students tried their best and encouraged each other. Thank you to our staff and families for supporting this event.

The Highbury Team took out first place as well as the Spirit Award for 2023.

Congratulations to Dylan Harris and Imaya Weerakoon who won the Year 6 2023 Gift!

Prep News

Welcome Dinner

Our Prep families have had a busy couple of weeks starting with our 'Welcome Dinner' last Thursday. Thank you to Miss King, Mrs Dib and Mrs Dimovski for supporting this event and engaging with our Prep parents during the evening.

Welcome Mass

On Sunday Father Justel invited our Prep students and their families to celebrate Mass with our Holy Family Parish community. Thank you to those families who were able to attend this Mass and to our Parish Community for providing a delicious sausage sizzle after Mass.

Curriculum Evening

Last night our Prep parents came to school to find out how they can work in partnership with the Prep teachers to support the learning of their children at home.

St Patrick's Day

On Friday 17th March we are celebrating St. Patrick's Day.

Our School Captains, Vice Captains, Wellbeing Leaders, Arts Leaders and Liturgy Leaders will accompany me to St Patrick's Cathedral for Mass with Archbishop Peter and a concert in the Park with other students from Catholic Schools in the Melbourne Archdiocese.

On this day the other students are invited to -

- Wear a touch of 'green' to school (please remember no green makeup or hair spray)
- Bring along \$2 to purchase a cup of green jelly

Harmony Day/Lots of Socks Day

On Tuesday 21st March our school is celebrating Harmony/Lots of Socks Day. Everyone in our community is invited to wear 'crazy' socks to school on this day to celebrate diversity and inclusion.

Operoo Notices

We have some families who are not receiving Operoo notices as you have not completed your child's profile. This needs to be urgently completed.

Have you responded to the following notices on Operoo?

*Photography/recording permission

*Class contact (friendships lists)

School Absences

If your child is absent from school please inform the school via one of the following avenues-

-email absent@hfmw.catholic.edu.au OR

-via Skoolbag App

Open Days

Please remind your family and friends that we have Open Days coming up. There are two sessions each day 9:15am and 2:30pm beginning with a Principal Address followed by a school tour. Appointments can be made on other days or at other times by phoning the office 9807 3300.

- Wednesday 15th March
- Tuesday 21st March

School Car Park

A reminder to parents and families that the school car park is for staff parking only. Please use our Kiss and Drop procedure for drop off and pick up, or alternatively you need to park across the road or in surrounding streets.

Term One Dates

- Monday 13th March (Labour Day Holiday) No school
- Monday 13th March - Catholic Education Week (Forming lives of faith, hope and love in the light of Christ')
- Friday 17th March (St Patrick's Mass at the Cathedral and concert in the Park)
Student Leaders and Mrs David attending
- Friday 17th March - St Patrick's Day (Children can wear clothes, socks and shoes that are green)
- Friday 17th March - Green Jelly Cup Day (\$2 donation)
- Tuesday 21st March - Crazy Socks Day (Harmony Day)
- Monday 27th March (School Closure Day - Dan Petro PL) No school
- Friday 31st March (SDSSA Athletics Carnival)
- Friday 31st March (Colour Run) Biggest fundraiser 5-7pm
- Tuesday 4th April (Parent/Teacher/Student Conversations) No early finish
- Wednesday 5th April (Parent/Teacher/Student Conversations) No early finish
- Wednesday 5th April (School Photos)
- Thursday 6th April (Holy Thursday)
- Thursday 6th April (Last day of Term 1 - 1 pm finish)

Enrolments for 2024 Now Open

Don't forget to pop into the office to get an enrolment form for Prep - Year 6 2024. We are now accepting enrolments.

Enjoy your well deserved long weekend,

Julie David (Principal)



RELIGIOUS EDUCATION NEWS

Dear Families,

We have a busy fortnight ahead in relation to Catholic Education. It is Catholic Education Week from the 12th–19th March 2023.

The theme for this year's celebrations is 'Forming lives of faith, hope and love in the light of Christ.'

Christ is our inspiration, the very life of our purpose as Catholic educators. Everything we do is illuminated by this. The vision for education week is 'Every student is inspired and enabled to flourish and enrich the world.'

The word 'flourish' is another form of 'living life to the full' (John 10: 10). 'Enrich the world' takes our impact beyond the student, beyond the school gate, to the positive impact our students will have on the world around them.

During this time, students will learn and reflect on how Jesus was an example who showed us how to live a life following the principles of faith, hope and love. It can be very helpful when facing difficult times to remember God's love for us is enduring.

Lent is also a time to pray and think of others' needs before ourselves. We have hope that our efforts will improve the lives of others in any way — big or small.

Harmony Day is 21st of March and we will celebrate this by having a Crazy Sock Day. The message for Harmony week is everyone BELONGS. It's about inclusiveness, respect and a sense of belonging for every Australian regardless of their background.

As it is, these remain: faith, hope and love, the three of them; and the greatest of them is love. 1 Corinthians 13:13

Vicky Pejic

Religious Education Leader



LEARNING AND TEACHING NEWS

The Productive Struggle

It is noted that many of the jobs our children will have when they finish school have not yet been invented. Twenty first century graduates require skills such as problem solving, collaborative communication, global awareness to help them to be job ready in a global economy.

So what does that mean for our children now?

At the parent information evening, teachers across the levels talked about the “Productive Struggle”. I thought today we would further explore the concept of the productive struggle.

When planning for learning and teaching at Holy Family teachers often refer to learning dispositions. These dispositions are a reflection of our individual attitude as learners.

As parents and caregivers you may not realise how much your dispositions to learning may affect your children. If you perceive ourselves as not good at something such as maths or reading you, without knowing, may impart that disposition to your children.

Of course this comes from the heart as this often happens when you are empathising with the struggles of your children. If they are learning a new skill or concept at school or in any other activity. If we ourselves struggled, we might say something like “I found that difficult too” or “I was never good at that either”. Whether it be throwing a ball or solving a mathematical problem our dispositions as parents can affect the disposition of our children.

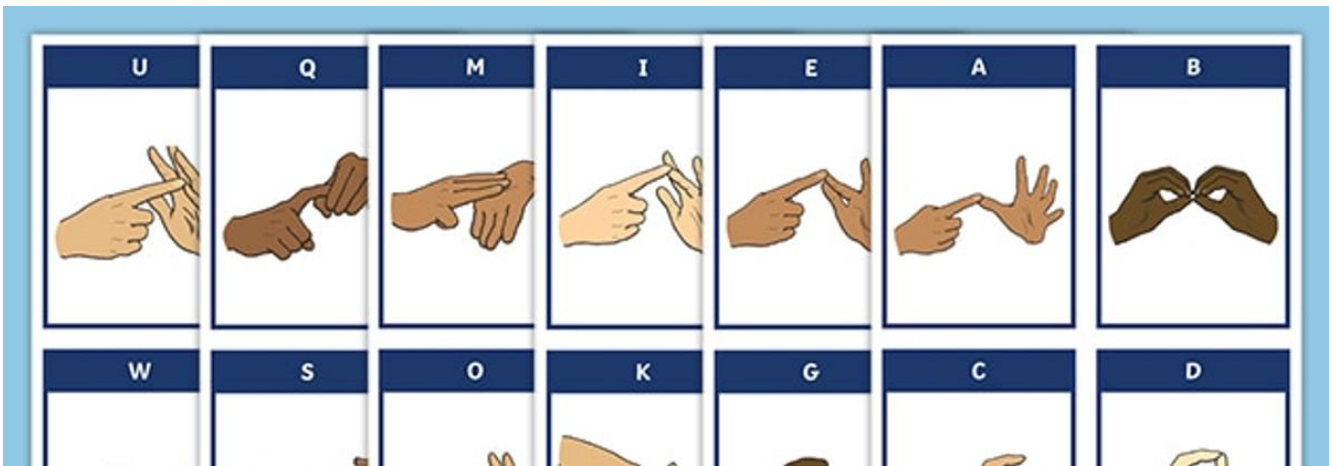
Whilst it is important to empathise with the struggle of our children, to encourage our children through the productive struggle we might ask them to persevere, to search for another solution, to try a different approach. It is through this struggle that our children’s brains are working the hardest. For each failed attempt the learning brain grows.

Complex mathematical problems often require a high level of cognitive demand, there is often more than one solution to a problem and we want our children to seek as many solutions as possible.

In the next couple of weeks we will be asking students to take part in a survey to identify their current dispositions to mathematical learning. This information will help teachers know our students better and target teaching aimed at developing those dispositions.

As our children continue to be challenged to work their way through a productive struggle, to find a way to work through a problem and to investigate more than one solution, we aim to empower a sense of “I can” and “I will” in our children, preparing them for a future that we can only imagine.

Jennifer Young
Learning and Teaching Leader



AUSLAN NEWS

Dear Holy Family Primary School community,

I am pleased to introduce myself as the new Auslan teacher, Dianne Herrmann. It has been an absolute pleasure to teach your children, and I'm delighted to say that so far, the enthusiasm they have shown towards learning Auslan has been exceptional.

As an experienced Auslan teacher, I believe that learning sign language is a valuable skill that can benefit students in many ways. It enhances communication skills, promotes inclusivity and understanding, and provides students with the opportunity to connect with the deaf and hard-of-hearing community.

I believe that learning Auslan is a valuable addition to the school curriculum, and I'm committed to continuing to develop the program to provide students with the best learning experience possible. I'm confident that our students will develop practical language skills and gain a deeper understanding of the deaf and hard-of-hearing community through this initiative.

From Prep-Year Six, students have been focussing on key sign theme on 'school items' with simple basic sentences such as 'I want to have paper' as well as signing the alphabets A-Z. Many student from year twos onwards are now able to finger-spell their own names. Please feel free to practise with your child finger-spelling using this YouTube link:

<https://www.youtube.com/watch?v=3mdl7bViOI&t=8s>

Thank you for welcoming me to the Holy Family Primary School community. I look forward to working with you all and helping your child achieve their full potential.

Please see photos of our learning so far.

Sincerely,

Dianne Herrmann



WELLBEING NEWS

The Resilience Project @ HFMW



The Resilience Project is committed to teaching positive mental health strategies to prevent mental ill-health and build young people's capacity to deal with adversity.

Last week, the teachers and students started our weekly lessons and activities around the key principles of Gratitude,

Empathy, Mindfulness (GEM) and Emotional Literacy to build resilience.

If you would like to read more about The Resilience Project please visit their website:

<https://theresilienceproject.com.au/>

As part of our involvement in the program, you can also visit the Parent/Carer Hub-

<https://theresilienceproject.com.au/2023-parent-carer-hub-engage/>

Another great resource is TRP@HOME; a place filled with inspiration and activities for the whole family, to help improve your wellbeing and build resilience.

TRP@HOME- <https://theresilienceproject.com.au/at-home/>



The Resilience Project program focuses on three key pillars proven to cultivate positive emotion; Gratitude, Empathy and Mindfulness (GEM).

Key Pillar- Gratitude

Working on gratitude helps us to be thankful and appreciate what we have in our lives, rather than focusing on what we don't have or what we want. When we practice being grateful, we start to scan the world to look for positives–this only takes 21 days! Practicing gratitude every day increases our levels of energy, helps us to feel happier and more focused, determined and optimistic. It even helps us have a better sleep, lowers levels of anxiety and depression and we are less likely to get sick. So many benefits–let's all try to be grateful for the things and people in our lives every day!

Whole Family Activity: Gratitude Scavenger Hunt

• As a family create a scavenger hunt list of things that make you happy or you are grateful for, you can make your own list or use the examples below:

- Something that makes you happy
- Something you love to smell
- Something you enjoy looking at
- Something that is your favourite colour
- Something you like in nature
- Something that is useful for you

- Each member of the family uses the list, and has to find as many things as they can.
- You can hunt for things inside or outside, or both. You can hunt for real things, or you can also do this using magazines or pictures from the internet.
- After a set amount of time hunting, come back together, have a look at what each person collected and let them explain why they are grateful for each item.

Family Habit Builder: Every night at dinner, have each person talk about their favourite thing about that day.

The NoDISMOMENT Challenge

TRP would love to learn about what makes you happy, and the moments when you are grateful.

"The next time you see something you're really grateful for, something you're happy to have... stop. Point to it. Just say "DIS!"

Watch these videos for Hugh and Martin's explanation of the DISMOMENT challenge, and share your DISMOMENTS with us:

<https://www.youtube.com/watch?v=cFrhwrWnihY>

https://www.youtube.com/watch?v=4J93pi0Hg_s



PHYSICAL EDUCATION NEWS

Syndal District Tennis Trials 2023

District tennis trials will be on **Tuesday, 4th April** at 12.00pm – 3.00 pm at Tally Ho Tennis Club, Bennett Ave. Those students who progress will compete in the Monash Divisional Tennis Championships.

The invitation to trial is for **talented players in tennis who are presently playing competition tennis (level C grade or above)**. If you think your child is suitable and would like him or her to participate please inform Mrs Michelsson by **Friday March 24th**. The present level of tennis that is being played by your child is required to assist with seeding on the day. There is a payment of \$5 required to trial.

Parents are required to accompany their child and remain to supervise.

The Division competition for those students who advance following the trials are held at Notting Hill / Pinewood Tennis Club (TBC), in the morning of Wednesday, 26th April at 9.00am-1.30pm.

Thanks

Mrs Michelsson

PE Coordinator

smichelsson@hfmw.catholic.edu.au

Division Swimming

Congratulations to Lewis T who competed in the backstroke at the Monash Division Swimming Championships. He finished 7th in his heat. Only 1.12 of a second separated 5th-7th! Well done Lewis, we are super proud of you.

Summer Round Robin Day

Our Summer Round Robin Day has been rescheduled to Friday March 10th. All our Year 6's will be attending. We are still looking for another parent helper (will require umpiring or scoring) in either T20 cricket, Hot Shot Tennis or Tee-ball. Please let me know if you can assist.

District Athletics Trials

Well done to all our students in Year 3-6 who participated in our District Athletic Trials on Monday March 6. Our Athletics Team will be announced shortly. Thanks to all the staff, parents and Avila VET students that assisted on the day.

The Syndal District Athletics Carnival will be on Friday March 31.



PARISH NEWS

HOLY FAMILY PARISH

FASTING

*Take a moment
and just breathe....*

THE SILENT PARISH
MEDITATE AND WORK IN SILENCE WITH
YOUR FELLOW PARISHIONERS.
AN ALTERNATE FORM OF FASTING

Program:

- Sat 25th February - 10.00am
Parish Gardens
- Wed 1st March - 10.00am
Church
- Sat 11th March - 10.00am
Parish Gardens
- Sat 18th March - 10.00am
Parish Gardens
- Sat 25th March - 10.00am
Parish Gardens
- Wed 29th March - 10.00am
Church

A photograph of a green plant with several leaves, positioned on the left side of the flyer. The plant's shadow is cast onto the light-colored, textured background of the flyer.



COMMUNITY NEWS

**HOLY FAMILY SCHOOL
PARENTS & FRIENDS
COMMITTEE**

**COLOUR
EXPLOSION**

31ST MARCH 5pm START
Sausage sizzle and drinks
available to purchase

Finish

211 721 118 007

A colorful poster for a 'COLOUR EXPLOSION' event. At the top left is a circular logo with 'P&F' and various icons. The main title 'COLOUR EXPLOSION' is in large, multi-colored letters. Below it, the date and time '31ST MARCH 5pm START' are written in bold, colorful text. Underneath, it says 'Sausage sizzle and drinks available to purchase'. In the center, there's a banner that says 'Finish' with a star. At the bottom, four cartoon children are shown wearing colorful clothing and bibs with numbers: 211, 721, 118, and 007.

**St. Patrick's
Day**

FRIDAY 17th Mar

Jelly Cup
\$2
per Cup

A poster for St. Patrick's Day. At the top left is a pot of gold. The title 'St. Patrick's Day' is in a green, bubbly font. Below it is a cartoon leprechaun wearing a green hat and holding a white paper. The date 'FRIDAY 17th Mar' is written in bold black text. The main text 'Jelly Cup \$2 per Cup' is in large green letters. At the bottom, there's a green jelly cup with a shamrock on it, flanked by two green jelly cups.