



Holy Spirit  
Community School  
120 Oban Road  
North Ringwood 3134  
Email—  
Administration  
ebegley@  
hsringwoodnth.  
catholic.edu.au  
Phone: 98761103

FOR ALL  
EVENTS  
AND DATES  
PLEASE GO  
TO THE  
SCHOOL  
CALENDAR  
Under  
current  
parents tab

# *Holy Spirit Community School*

[www.hsringwoodnth.catholic.edu.au](http://www.hsringwoodnth.catholic.edu.au)

No 10

Date 18 June 2020

## Message from the Principal

17-6-20

Dear parents, friends and Father Arsenio

It has been great to finally get our teeth back into full time school with all students back on site. The underlying philosophy of getting things back to normal coupled with a definite wellbeing approach has worked well so far. That said, I am sure that I am not the only one looking forward to the holidays at the end of next week.

One of the few things yet to be changed is the staggered finish. We are required to minimize the number of adults on site and the staggered finish is one way we do this. Please be mindful of the need to maintaining social distancing at all times. I am also asking all car park users to slow down and drive with caution. Car are allowed to park and under no circumstances should any other car drive around the cars who are parking. Again, all cars are required to reverse into parking spaces both morning and afternoon.

I am also requesting that parents are mindful of providing supervision at all times when students are online. Unfortunately, a couple of incidents have been brought to my attention in the past week all occurring on applications recommended for people 13+ and outside school hours. If you would like to hone your skills in this area Ben arranged an excellent training session on line recently. It is still available for viewing here: <https://youtu.be/oeGsK01zvC4>

Remote assembly will continue for several more weeks at least. I am incredibly proud of our school leaders who have grabbed this initiative and run with it. Caeleigh and Kayla have also been instrumental in making sure that we celebrate the learning and teaching that occurs at our school. My thanks to all of you.

Our prep intake for next year will close next week. If you are aware of anyone who may not have enrolled their eligible child yet please urge them to move quickly.

Have a great week

Duncan



# PARISH NEWS

Some small changes in being able to go out for a coffee, to a restaurant for a meal in small groups or catching up with family. And how good is it to have football back!!

Masses will continue in the Chapel on Wednesday and Friday mornings at 10 am and Saturday 6pm and Sunday 9am (no Sunday 5pm mass yet). At this stage a maximum of 10 per weekday masses and 20 at weekend masses. Bookings need to be made by ringing Jacinta on the Parish mobile 0434 224 483. Father Arsenio is now available for Reconciliation but by appointment only and by ringing the Parish mobile number and he will call you back to make a time. Reconciliation will be held on a Saturday morning.

Families please don't forget to send to the Parish House any of your children's drawings, stories or prayers on "What are you missing about Church during this COVID time". We would enjoy sharing them for all to see and read in the Church.

We also come to the end of Term 2 on Friday 26<sup>th</sup> June. Look after yourselves and above all, stay safe.

*Ruth Frangeskakis*

*Parish Secretary*

*Holy Spirit Parish*

*120 Oban Road, Ringwood North 3134.*

*Phone: 9876 3077 or 9876 3717*

*Work days: Tuesday & Wednesday 9am-4pm*



# Prayer of the Week

Refugee  
Week



*Sunday June 14  
to Saturday June 20, 2020*

## **Celebrating the Year of Welcome A Prayer for Refugees**

God of our Wandering Ancestors,  
Long have we known  
That your heart is with the refugee:  
That you were born into time  
In a family of refugees  
Fleeing violence in their homeland,  
Who then gathered up their hungry child  
And fled into alien country.

Their cry, your cry, resounds through the ages:  
“Will you let me in?”

Give us hearts that break open  
When our brothers and sisters turn to us with that same cry.  
Then surely all these things will follow:  
Ears will no longer turn deaf to their voices.  
Eyes will see a moment for grace instead of a threat.  
Tongues will not be silenced but will instead advocate.  
And hands will reach out—  
working for peace in their homeland, working for justice in the lands where they  
seek safe haven.

Lord, protect all refugees in their travels.  
May they find a friend in me  
And so make me worthy  
Of the refuge I have found in you.

**AMEN**

# SCHOOL NEWS



## Congratulations to our Stars of the Week



*\* Hamish McKenzie \* Aisha Sithole \* Martin Bertram  
\* Amelie Porter \* Ethan Teitz \* Julian Kinski \* Chloe Eastwood  
\* Elania Schmid \* Jessie Bartlett \* Xavier Surkitt  
\* Chloe Tymms \* Tom Laurence \* Charli Manners \* Harvey Rosel  
\* Olivia Valentine \* Ethan Sontag \* Gabrielle Miguel  
\* Elissa Newton \* Aaron D'souza \* Alfie Brancatella  
⇒ Jemima Markic-Hearn \* Tabby Boschetti \* Ben Radford  
\* Alicia Hasell \* Henry Davis \* Eadie Foster \* Gemma Buyck  
\* Ajay Watt \* Rachel Cefai \* Emily Wallace \* Sam Oracz  
\* Abbie Barclay \* Kade French \* Sadie Doherty  
\* Eliza Brown \* Isla Fitzsimons \* Hayley Papadopoulos  
\* Milly Foster \* Ryder McDonald*

## Annual Report School Banking

The annual report is now available on the school website:

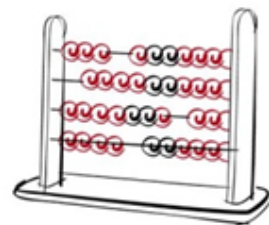
- ⇒ Current Parents
- ⇒ School Policies
- ⇒ Annual Report

School banking is not currently running due to Covid-19 restrictions.

We will re-assess in Term 3.  
Thank you for your understanding



# Maths Day 2020



On Monday June 22nd, we will be celebrating our Annual Maths Day at Holy Spirit. Until lunch time the children will take part in Maths activities and investigations, either in their own classroom or through rotational activities across their level. Each class will take part in a fun Maths Guessing Competition. The child from **each class** who makes the correct or closest guess will receive a small prize. We look forward to this being a day of wonderful Maths experiences with lots of fun and learning for the children.

## UNSW Maths & English Competitions 2020

Just a reminder that this year all entries for the Maths and English Competitions need to be entered and paid for through the UNSW Portal. The details are below:

The web link is: <https://shop.unswglobal.com.au/pages/pps>

Our school's unique access code is: KQU581

Online parent payment closes Friday, **17 July 2020**.

Sitting dates: English: **Tuesday August 25<sup>th</sup>**

Maths: **Wednesday September 4th**

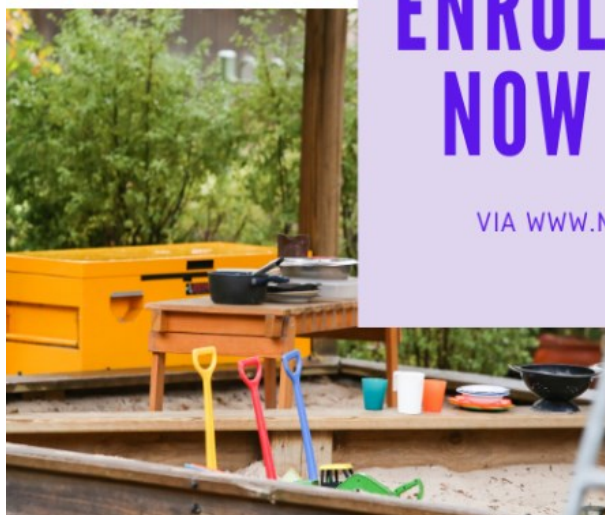
## Lunch Orders



Please note that lunch orders are not being accepted at the moment.

Please **DO NOT** order them from the shops across the road.





NORTH RINGWOOD PRE-SCHOOL

# 2021 ENROLMENTS NOW OPEN

VIA [WWW.MIKA.ORG.AU](http://WWW.MIKA.ORG.AU)

## MAROONDAH RUGBY UNION CLUB



**JUNIOR BOYS & GIRLS  
ALL AGES AND ABILITIES**



## WELCOME

JUNIORS TRAINING EVERY THURSDAY NIGHT

From - 5:30pm until 6:30pm

**COVID-19 CONTROLS IN PLACE**



IF INTERESTED PLEASE CONTACT: **ANDREW COUSINS**

Mobile: 0480 166 946

Email: [andrewcousins@outlook.com](mailto:andrewcousins@outlook.com)

**TRAINING AT: GRIFF HUNT RESERVE  
54 LYONS ROAD CROYDON NORTH**

# ENTER SHARK TERRITORY



## Footy Season 2020 to commence mid July

Many sports may not be able to commence for the winter season.

**Be a shark in 2020 - give footy a go.**

**Contact: [footy@sharksjfc.org.au](mailto:footy@sharksjfc.org.au)**

PARK ORCHARDS NORTH RINGWOOD PARISH JUNIOR FOOTBALL CLUB

**SHARKS J.F.C.**



**All Ages Welcome**

Boys and Girls U8-U17 Youth Girls U18



**[sharksjfc.org.au](http://sharksjfc.org.au)**

# Seasons For Growth

Dear Parents and Guardians,

This coming week Lee Hodge and Jess O'Reilly are attending professional learning to become Holy Spirit's next trained companions for the Seasons for Growth program. This program is of great value for students from Years 1 - 6 who require support and strategies to help them deal with change as well as grief and loss. This program is evidence based and has been very successful at Holy Spirit Community School for several years now and we welcome students to attend again.

I have attached a fact sheet for your information and if you would like your child to be part of this in Term 3 during school hours, please let me know by sending an email to [mbuscema@hsringwoodnth.catholic.edu.au](mailto:mbuscema@hsringwoodnth.catholic.edu.au) I will then send you a permission form via caremonkey.

Take care everyone.



**Seasons for Growth**  
CHILDREN & YOUNG PEOPLE'S PROGRAM

An innovative grief and loss program that uses the imagery of the seasons to illustrate the experience of grief.

The program was first developed 20 years ago and has been revised and updated to incorporate new evidence and ensure that it continues to provide relevant and valuable experience for participants.

It does not provide counselling or therapy.



**What does it do?**

*Seasons for Growth* aims to strengthen the social and emotional wellbeing of children and young people (aged 6-18) who are dealing with significant life changes by:

- Exploring the impact of the change and loss on everyday life
- Learning new ways to respond to these changes

**Who is it for?**

Anyone who is living with the effects of change and loss. Many factors can cause change such as:

- Friends can come and go
- Loss of someone or something you love
- Parents and families separate
- Moving to a new place
- Impact of illness
- Family work-life changes

Change affects everyone differently, as does grief. It's the impact of the change, not the event itself that *Seasons for Growth* focuses on.

We suggest that anyone affected by bereavement wait 6-12 months before participating in a *Seasons for Growth* program.



**How does it work?**

*Seasons for Growth* is a small group program that combines psychology and education with peer support, within a person centred learning approach. It uses the metaphor of the seasons to explore the cyclic nature of grief, and is underpinned by William Worden's tasks of grieving. The Children and Young People's program contains developmentally appropriate discussions and activities. *Seasons for Growth* normalises participants' experiences, and can increase protective factors (including building personal resilience and social skills) while minimising some risk factors (including isolation) that influence mental health and wellbeing. The program also supports the development of communication, decision making and problem solving skills.

**How is it delivered?**

The Program is run over 8 sessions with small groups of 4-7 participants and is facilitated by trained adult "Companions". The participants are provided with a safe space to learn, share and reflect and are supported by richly illustrated participant journals. Companions may be school staff, agency staff, endorsed parent volunteers or other suitable adults who have undertaken a two-day training workshop and receive a subsequent accreditation for Good Grief Ltd to deliver the program.

**Outcomes**

*Seasons for Growth* provides the support and space for children and young people to:

- **Learn** about how different people respond to change, loss and grief
- **Understand** that it is normal to experience a range of grief reactions
- **Explore** new approaches to dealing with change, loss and grief in their lives
- **Build** communication, decision making and problem solving skills
- **Participate** in a supportive network of peers and adults
- **Integrate** their new learning into their relationships with family, friends and others

**Evidence**

*Seasons for Growth* has been evaluated extensively over the last 15 years. The most recent evaluation was conducted by Southern Cross University in 2010 and concluded that the *Seasons for Growth* Program:

- Builds understanding and skills
- Improves participants' emotional wellbeing
- Enables participants to express their views, thoughts and feelings
- Strengthens participants' social and support networks.

The complete Southern Cross University Evaluation is available at [www.goodgrief.org.au/research](http://www.goodgrief.org.au/research)

The *Seasons for Growth* Children and Young People's Program has a 4 Star rating in the Mind Matters Program Evidence of Effectiveness Ranking: [read more](#)

The *Seasons for Growth* Children and Young People's Program is now listed with the Australian Government, Child Family Community Australia website as an evidence based program.

[www.goodgrief.org.au](http://www.goodgrief.org.au)



## Raising resilient problem solvers



by Michael Grose



*Read the full article at  
[www.parentingideas.com..  
au](http://www.parentingideas.com.au)*

The ability to solve your own problems is usually developed in childhood. This proactive approach to life is immensely rewarding in terms of personal effectiveness and independence.

With repetition and practice, problem-solving becomes a valuable life-pattern used in the workplace, in the community and in family relationships. Here Michael Grose shares his approach that he outlined in his book *Spoonfed Generation: How to raise independent children*.



**AQUINAS COLLEGE**  
— ILLUMINARE ET ARDERE —

**Embrace** your spirit.  
**Discover** your place.

**Tuesday 23rd June** 10.00am - 10.45am  
**Thursday 25th June** 4.45pm - 5.30pm

As our Open Day had to be cancelled in March this year, we would like to invite prospective families to join our Principal, Head of Middle Years, and College Registrar at one of our Virtual Open Day sessions.  
[sites.google.com/aquinas.vic.edu.au/virtual-open-day2020](https://sites.google.com/aquinas.vic.edu.au/virtual-open-day2020)



# Supporting Local Business



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\$40 per hour (incl GST.)