Dear Families,

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I hope you were able to enjoy some family time over the past week and maybe even back a winner at the races!

**Remembrance Day Liturgy – Wednesday 10:45 am**

All family members are invited to join us for a Remembrance Day Liturgy to be held on Wednesday 11th-beginning at 10.45am.

![Remembrance Day](image)

**Pledge of Remembrance**

Australian soldiers – hear this pledge – your flag flies in the sun
And now we take a minute to remember what you've done
When you went away to battle, you were proud as proud can be
And you did it for your country, yes, you flew the flag for me
Now we live our life with freedom when we work and when we play
For that, my heart says 'Thank you' on this very special day
And as we go, we take the words that sing Australia's song
“I am young and I am worthy, I am brave and I am strong
In the face of any challenge, I will strive to rise above
I deserve this opportunity to live, to learn, to love
I can truly make a difference; my path is up to me
And this is my commitment – be the best that I can be.”

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**2016 Class Structures**

After consultation with the staff and the Education Board the following class structures are confirmed for 2016.

<table>
<thead>
<tr>
<th>Grade</th>
<th>Class Structure</th>
<th>Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Prep 2</td>
<td></td>
<td>24/24</td>
</tr>
<tr>
<td>Grade 1/2 x 4</td>
<td></td>
<td>27/27/27/28</td>
</tr>
<tr>
<td>Grade 3/4 x 4</td>
<td></td>
<td>22/22/23/23</td>
</tr>
<tr>
<td>Grade 5/6 x 4</td>
<td></td>
<td>28/28/28/28</td>
</tr>
</tbody>
</table>

Total enrolments - 359
The class numbers as listed above may change slightly as enrolments are finalised throughout the forthcoming weeks.
**Junior School Literacy Testing**

Parents please note that in the coming week’s members of the junior school team will be released to work one to one with children to complete the necessary curriculum testing to fulfil requirements for our data collection and for the end of year reporting process.

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**School Fees & Swimming Levies**

The final school accounts for the year have been distributed previously with the swimming levy included. Swimming Levies must be paid before your child commences the swimming program. It is an expectation that all children in grade prep to grade four will attend the swimming program. We remind parents that the swimming program is a key component of our curriculum, whilst also being a life skill for our children as summer approaches. Should you have reason for your child to be excluded from the program please notify the school in writing at the earliest possible opportunity. We require final numbers for the swimming program so that we are able to organise the buses and timetables.

*Swimming Program Permission Forms Due 20th November*

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**Prep Transition Program 3 - Wednesday 11 November - 1.30pm-3.00pm**

The fourth Prep Transition Session will be held next Wednesday from 1.30pm. The children will be participating in Italian and Physical Education/Sport lessons.

**Prep Transition Program 4 - Tuesday 17th November - 1.30pm-3.00pm**

The third of the Prep Transition Sessions will be held on Tuesday 17th November. The children will be participating in library and music sessions.

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**2016 Stationery Orders - Due 7th December**

2016 Booklists have been distributed to all students in Years 1-5. Booklists for students in Grades 1-6 are individual, as some items may be carried over from the previous year, and will not need to be reordered. These individual packs attract a few options-school delivery (Mount Waverley Secondary College-Tues. Jan.19), home delivery, self-service or shop collect.

**1-6 orders need to be finalised by Monday 7th December.**

ALL BOOKLISTS NEED TO COMPLETED either online or delivered directly back to school. Instructions on how to order online (Years 1-6 2016) and delivery options for Years 1-6 are printed on the order form.

Please contact Eithne King if you have any queries.
Within our school community and especially at this time of the school year with regards to transition into a new school year, there appears to be an increased level of anxiety in our student. This week, I aim to improve parent understanding of anxiety and include some strategies which may be of assistance to your situation.

Young people with anxiety can experience anxiety in three ways; generalised anxiety disorder (GAD), panic attacks and or phobias. You may have anxiety because of your family history and genes or it could be down to something else like trauma in childhood. Some physical or mental health problems can make you anxious, for example, around half of people with depression have panic attacks at some point. It can be a mixture of things or part of your personality.

How then, do anxiety disorders develop? Humans are primed for survival to respond to situations where there are dangers or threats. Some people, including children, react more quickly or more intensely to such situations where there is danger or threat. The physical symptoms of anxiety (eg increased heart rate, faster breathing) are more easily triggered in children with anxious temperaments. Having an anxious ('internalising') temperament often means that children react more to threats in the environment. This appears to be partly an inherited characteristic. Children with anxious temperaments are often cautious in their outlook and shy in relating to other people. Sometimes stressful events trigger problems with anxiety.

Children who experience more stressful events over their lifetime than others or who have gone through particularly traumatic events may experience increased anxiety. Learning may also play a part in the development of an anxiety disorder. Some anxious children may learn that the world is a dangerous place. They may learn that it is easy to get hurt either physically or socially. They may fail to learn positive ways to cope and depend more and more on unhelpful ways of dealing with situations that cause them anxiety. Sometimes families may contribute to children’s natural cautiousness by being over-protective. This can unintentionally encourage children to avoid situations they feel anxious about. The KidsMatter Primary information sheet on children’s temperaments provides suggestions for parenting practices to suit differences in children, parents and carers. How anxiety affects children In addition to feeling highly anxious, children's thinking is usually affected. The threat or danger they are concerned about appears to them to be much greater than it actually is. Thinking about the situation that causes them to be anxious makes them more worried and tense.

Children who are anxious can have increased fear or avoidance of a range of issues and situations. They can get headaches and stomach aches that seem to occur when the child has to do something that is unfamiliar or that they feel uneasy about. Sleep difficulties, including difficulty falling asleep, nightmares and trouble sleeping alone can also be apparent. Finally, students can have lots of worries and a strong need for reassurance.

General principles for assisting children with anxiety disorders include:

- Increasing children’s helpful coping skills. Anxious feelings are fed by anxious thinking. It is important not to dismiss children’s anxious feelings, but to help children see that the situations they are worried about may not be as bad as they think.
- Teach by example in showing children how you cope positively with feeling anxious or stressed and remaining calm and positive when they are feeling anxious can help them to feel more confident.
- Avoid taking over as children with anxiety are usually very happy for someone else to do things for them. However, if adults take over, it stops children from learning how to cope themselves.
- Encourage children to ‘have a go’ at what they are anxious about. Having a go helps to show children that they can cope.
- Praise or reward them for every step they manage to take.

Whilst this is a short introduction to anxiety within children and young people; please feel free to look at the anxiety section of the wellbeing wonders link on the school website.

Added to this, please check out the advertisement on the following page for an evening presentation for a bargain price of $20! I may just see you there.

Enjoy the next few days and remember that my door is always open
Treasa Barwick
Wellbeing Leader
Anxiety in Children

Anxiety is something we all experience and is in fact a natural survival response. But anxiety can start to impact our children in an unhealthy way, negatively affecting their journey into life. School pressure, family pressure, social pressure and toxic thoughts, can all see anxiety spiral out of control.

By recognising the signs and symptoms of anxiety, we can provide sound support in assisting our children to build on their resilience and internal coping mechanisms.

In two hours, Jules Haddock, Mental Health First Aid Instructor and, REACH facilitator, will share her support strategies with you when dealing with anxious children.

Session outline:

- Understand anxiety as a natural response to life events
- When to worry about anxiety
- Learning how to recognise anxiety signs and symptoms, as it takes hold upon a child's thoughts, emotions and in turn behaviour.
- Learning how to support a child to manage their anxiety

Thursday November 19th, 2015, 7pm to 9pm
Matthew Flinders Hotel
667 Warrigal Rd, Chadstone
(On site FREE Car Park)
5 Minute walk from Holmesglen train station

$20 per person (at the door) NO EFTPOS

Please secure your place!

Email   rick@criticalagendas.com.au
Include your name and number of tickets required
Collect and pay for tickets on the night at $20 each. (No EFTPOS)
Enquiries: 0433 616 771

About the Presenter:

Jules Haddock has worked in the non-profit community sector for approximately 14 years, prior to accredited training in the last 12 years
Jules enjoys sharing a creative delivery with her participants, and has a sound reputation as a vibrant and humorous presenter.
BOOK FAIR

When: Monday 23rd November to Friday 27th November
Where: Holy Family School Foyer
Times: 8:30am to 9:30am
       3:00pm to 4:30pm

Come along and browse a huge selection of children’s books for all ages.
There will be fiction, non-fiction, and a great selection of activity packs, posters, and so much more.
This is a great opportunity to do some shopping for Christmas.
Please see the back of this flyer for payment options.

Parents & Friends Committee Nominations Extended

The Parents and Friends Committee will be holding its Annual General Meeting on Tuesday 17th November. At this meeting we will be referring to nominations to join the Parents and Friends Committee for the 2 year period 2016/2017. There remain positions available for this committee. Parents wishing to join the committee are required to complete a nomination form that can be found on the School website, refer to the school community tab, or through the school office.
Nomination Forms for 2016-2017 – Due Thursday 12 November

Term 4 Newsletter Distribution - Email only - Please check your email inbox

To gain access to the weekly newsletter please email the school office with the preferred email addresses to which the newsletter will be delivered. There can be multiple email addresses for each family. Please email your email address/es to office@hfmw.catholic.edu

Term 4 Calendar – refer to School Website

We refer all families to our school website for the term 4 calendar. The website address is www.hfmw.catholic.edu.au. Please refer to the ‘News Events’ page to find the calendar link. Please make note of all the events that will be taking place in a very busy term 4.

Students Departures/Future Numbers

If your children (Grade Prep-5) will not be returning to Holy Family in 2016 we ask that you notify us in writing at the earliest possible time. This information is essential as we plan for 2016 class structures.

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Holy Family Italian Day 2015
“A Day in Ancient Rome”
Thursday 19th November 2015

What to wear: Come dressed as an Ancient Roman or Gladiator
Wear a stola, toga or Roman tunic
Dress in Italian Colours – green, white and red.
Wear anything or anyone Italian.

On Italian Day, the students will explore and discover what life was like for children living in Ancient Rome. The students will participate in various activities such as playing Ancient Roman games, making the Bulla a type of good luck charm the Roman children used to wear, making mosaic tiles and learning about the eruption of Mount Vesuvius in 79AD.
This year La Comica Variety will visit our school’s amphitheatre and present “Mangiabanane 2” (Mission Gnocchi). The much loved characters “Pippo and Pasquale” from “Ristorante Mangiabanane” return with a brand new cooking show, this time taking place in the kitchen. Pippo and Pasquale attempt to make the traditional dish “Gnocchi Alla Panna”. Through their crazy and comical antics, students will learn the basics of Gnocchi as well as exploring La Cuccina and some of the most popular items found in it. Some characters, whole new show, with songs, audience participation, slapstick comedy and of course—Italian language.

In keeping with the Italian theme, we are offering students an Italian lunch of pizza and gelato. Order forms are still to come, so please watch this space.

Grazie,
Silvana Cetola
Italian Teacher.

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YOU’RE INVITED
INFORMATION EVENING
FOR FUTURE FAMILIES

Date: Wednesday 11 November 2015
Time: 7:00pm
Location: Manlie Campus, 41 Kelly Street and
Cranbourne
RSVP: Go to www.salesian.vic.edu.au and click on ‘Book this event’

Addressed by Principal Mr. Robert Brennan, our
Prospective Parent and Student Information Night
shares key educational and transition material, as well
as the opportunity to ask those questions you would
prefer to speak about face-to-face.

Christ Our Holy Redeemer
Night Market
&
Cancer Council Fundraiser
STALL HOLDERS WANTED

Date: Thursday 19th November
Time: 6:30 - 9:00 pm
Contact: Sarah Dias on 0431 813 944
Email: cohrmarket@gmail.com
**Kids Café Term 4**

In Term 4, Kids Café will open at lunchtime on days over 30 degrees. Icy-poles and ‘Moosies’ will be the only items for sale at lunchtime. A message on the school app will be posted the day before indicating if Kids Café will be open the next day at lunchtime.

Kids Café will continue business as normal on Thursday and Friday at recess during term 4.

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**BAREFOOT BOWLS SOCIAL NIGHT**

Friday 13th November 2015, 6pm - 10pm

Come and kick off your heels for the night and join in the frivolity of barefoot bowls at Mt Waverley Bowling Club.

This social night is a chance for both parents and teachers to kick back, relax and have some fun!

Time: 6pm - 10pm. Bowls will start at 7:30pm. Bar will also be open from 6pm and closes around 9pm

Venue: Mt Waverley Bowling Club
Corner Alfred Road and Wadhams Parade, Mt Waverley

Cost: $15 per person includes bowling and BBQ outside during bowls. Drinks at very reasonable club prices.

RSVP: Monday 9th November. Please return unacknowledged envelope with reply slip & payment addressed “P&F Social Night” to the office.

Please note: This is an adult event and suitable for children.

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I/we will be attending the Social Barefoot Bowls night

Name: _____________________________

No. of people attending: _____________________________

Dietary requirements: _____________________________

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**ITALIAN DAY**

Thursday 19th November

**LUNCH ORDER**

Please return orders by Thursday 12th November, 2015. No later orders will be accepted after this date.

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Please contact Marice Collin at mcollin@optusnet.com.au if you cannot attend the day you are allocated.
MOVIE NIGHT AGAIN!!

Holy Family Parish is holding the last of our free monthly movie nights for the year for school and parish families.

Date: Friday, 13 November
Time: 6.45 pm for a 7.00 pm Movie Start
Venue: Parish Hall
Movie: LION KING

BYO Snacks (No nuts please)
Happy times such as these with school and parish community are an easy opportunity to build on your child's positive association with your parish...

KOREAN CATHOLIC COMMUNITY CHARITY FETE at
HOLY FAMILY CHURCH

The Korean Catholic Community invites members of the Holy Family community to come along to their Fete on Sunday 15th November from 11.30am in the Parish Hall. There will be a Jumping Castle and face painting for the children and many stalls selling cakes, jams, clothes, books, toys, Korean Food, household appliances and more. There will also be raffle tickets to buy with some great prizes to win. All money raised from the Fete will be donated to support a HIV Rehabilitation Centre in India. Please come along and enjoy an afternoon of fun and entertainment.

Sunday : 15th November 2015
Time : 11:00am – 5:00pm

PLAYERS WANTED FOR NEW ALL GIRL JUNIOR SOCCER TEAMS

Mount Waverley City Junior Club is seeking girls aged 7-14 interested in playing for a progressive, enthusiastic and professionally run Community soccer club.

Previous experience is great, but we are also keen to welcome anyone interested in playing the great game for the first time.

Please contact us:
phone: 0419 941 275
email: enquiries@mountwaverleycitysoccer.com.au
or visit our site: www.mountwaverleycitysoccer.com.au to register and find out more information.

We are based at Gardner's Creek Reserve, 545A Avenue, Berwick.