Dear families,

There are moments in the term where by glancing at my calendar I gain an appreciation of what’s been happening within the school in the past week or two. I have highlighted below some of the many activities that have been undertaken at Holy Family in the past week or in the coming days. Hopefully these activities combine to make the life of our students, staff and parents a highly engaging and beneficial experience.

**Wed 29th** - Prep 100 Days Celebration
St Kevins Secondary Community Service Students in.

**Fri 31st** - All Grade 3-6 Students complete Insight SRC surveys on school performance.

**Mon 3rd** - Grade 5/6 Super Speak - Public Speaking Program
Staff Professional Development Session at St. Joseph's Hawthorn

**Tue 4th** - Grade 5/6 Community Partnerships Program - teams of approx. 4 Gr 5/6 children based in workplaces throughout Mount Waverley and surrounding suburbs. This program runs for a month.
Class Mass Grade 3/4NB & Whole School Meditation led by 5/6H

**Wed 5th** - Grade Prep Parent Literacy Information Session
Grade 5/6 Cooking Program - Nice dumplings!
Grade 3/4 Student Reps visiting Commonwealth Bank
Prep 2016 New Family Interviews
Art Learning Celebration - Thank you for your support of the evening
Staff Meeting - Literacy Focus
Sacrament of Confirmation Family Evening
ACU University Student Teacher in for teaching experience.
St Kevin’s Secondary Community Service Students in.

**Thu 6th** - Staff lunch with Father Nicholas Pearce
Grade 3/4 Inquiry Unit guest speaker
Meeting with PSW re-Uniform supplies

**Fri 7th** - School Closure Day - Focus on Assessment & Reporting

**Mon 10th** - Prep Excursion to CERES
Grade 3/4 visit from Commonwealth Bank at school
Grade 5/6 Super Speak - Public Speaking Program

My thanks to the staff for their efforts in providing a challenging and enriching school experience for our children.
Art Learning Celebration

Thank you to our many families who visited the Art Learning Celebration held on Wednesday evening. The Art Celebration will remain on the walls of the corridors for the coming few weeks if you are yet to see the children’s work. We are also inviting parishioners to have a walk through of the Art Celebration after 10.30am Mass on Sunday.

Our thanks to Karen Boyle for her preparation for the Art Celebration and for her continued passion for visual arts. Our thanks also to the many parents who volunteered their time to assist with the set up of the Art Celebration. And of course, a congratulations to the artists whose work is on display! A brilliant exhibition!

Winter Illness

With the chills of winter comes a high rate of illness at school. We have noted in the past fortnight that our sickbay has been a hub of activity and phone calls to home to have parents collect children have been frequent. We request of parents to please keep children at home if they are ill. Thank you.

Woolworths Earn & Learn Program

It’s Back! Woolworths Earn & Learn 2015. This year we will be participating in the Woolworths Earn & Learn program. Through this program we will be able to get new educational resources for our school – and all we need you to do is shop for your groceries at Woolworths. From Wednesday 15th July to Tuesday 8th September, we are collecting Woolworths Earn & Learn Stickers. You will get one Woolworths Earn & Learn Sticker for every $10 spent (excluding liquor, tobacco and gift cards). Place the Woolworths Earn & Learn Sticker onto a Woolworths Earn & Learn Sticker Sheet and when it’s complete, the Sticker Sheet can be dropped into the Collection Box here at the school or at your local Woolworths. At the end of the promotion, we’ll be able to get some great new equipment. The range is extensive and offers lots of items ideal for our students – including resources for Maths, English, Science and some fantastic fun supplies for Arts & Craft, Sport and for our library. If you’d like to know more visit www.woolworths.com.au/earnandlearn

Term 3 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
Assessment & Reporting Focus - The staff will spend the majority of the day reviewing our Assessment and Reporting practices. The areas of focus for the day will be on the Student Progress Reports as introduced in 2015, the ‘3 way interviews’, the work habits/general comments and Religious Education sections and the parent feedback from the recent parent survey. The feedback from the parent surveys will be published in the newsletter after our closure day.

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.

Camps, Sports and Excursions Fund

The Victorian Government have unveiled a new $148 million initiative to ensure all Victorian students can take part in school trips and sporting activities.

The Camps, Sports and Excursions Fund (CSEF) will run over four years and provide payments for eligible students to attend camps, sports and excursions.

Families holding a valid means-tested concession card or temporary foster parents are eligible to apply. $125 per year will be paid for eligible primary school students, with $225 per year paid for eligible secondary school students. Payments will go directly to the school and be tied to the student.

It is expected that more than 222,000 Victorian school students will directly benefit from the Fund.

Applications to the Camps, Sports and Excursions Fund are now open and will be promoted via school newsletters and websites.

Application forms can be downloaded from this website.


Father's Day Golf Day 'Holy Cup' Friday 4 September 2015 10.00am. Waverley Public Golf Course Any Dads interested in leading us to win the 'Holy Cup' as we compete against Holy Family and Holy Saviour are welcome to join us for a fun day of golf following our Father’s Day breakfast at school. Players of all abilities are welcome to play. $35 includes golf, BBQ, drinks and prizes. Please return the form as distributed previously.
I hope everyone has managed to stay somewhat dry over the last few days! This week we will explore more definitions in light of recent discussions and action on bullying. I wonder if you have had time over in the fortnight just gone to explore the Bullying No Way website at www.bullyingnoway.vic.gov.au?

Before we jump into some definitions, I was most excited late last week as the years 3-6 students, parents and teachers embarked on the journey that is completing the Insight SRC Annual Survey. It is the first year that the Year 3/4 students have been given allocated the responsibility of filling out this survey. These surveys provide for us, an insight into the perception of students, parents and teachers at the present time.

The data is used in many ways, such as concrete evidence on our past, current and future practices. This year, I am most excited to get my hands on the data, to use as evidence for our current work on bullying, to see how the data will shape our future direction with this, as well as to see how it aligns with the Student Perception Surveys that were completed in April and redone in September. The SPS were completed across the school to give teachers an insight into the students perception of their learning relationships with their teachers. Teachers have met with a significant other to share their celebrations and challenges with this data over the last term and a half, and will continue to do so for the rest of the year.

Anyway, back to the definitions. In the last Wellbeing Wonder, I provided for you the government approved definition of bullying. This week I would like to introduce you to two different types of bullying. These are labelled as Covert and Overt. When you read the following definitions, please keep in mind that bullying is defined as ongoing, targeted behaviour and is not, mutual arguments and disagreements (where there is no power imbalance), not liking someone or a single act of social rejection, one-off acts of meanness or spite isolated incidents of aggression, intimidation or violence.

**OVERT BULLYING**

Overt bullying (sometimes referred to as face-to-face or direct bullying) involves physical actions such as punching or kicking or overt verbal actions such as name-calling and insulting.

**COVERT BULLYING**

Covert bullying (sometimes referred to as indirect bullying) is a subtle type of non-physical bullying which isn't easily seen by others and is conducted out of sight, and therefore often unacknowledged by teachers. Covert bullying behaviours mostly inflict harm by damaging another's social reputation, peer relationships and self-esteem. Covert bullying can include repeatedly:

- using hand gestures and weird or threatening looks
- whispering, excluding, turning your back on a person
- blackmailing, spreading rumours, threatening, stealing friends
- breaking secrets, gossiping, criticising clothes and personalities.

I will leave you with an invitation to read the flyer on the following page, which is an invitation to attend a presentation led by Dr Michael Carr-Gregg on anxiety and resilience in young people. Tickets are $20, reserve online and pay at the door. I may just see you there!

Have a fabulous week and don’t forget to hug your kids!

Treasa Barwick
Wellbeing Leader
Tackling Anxiety and Building Resilience in Young People

Presented by Dr Michael Carr-Gregg

7pm to 9pm

Wednesday August 12th, 2015

This is a Community Event
Everyone welcome!

Anxiety in children is a normal part of childhood development. But it’s estimated that 8-22% of children experience anxiety more intensely and more often than other children, stopping them from getting the most out of life. In this presentation one of Australia’s leading child and adolescent psychologists will discuss what is normal anxiety and what is not, what are the common anxiety disorders and what parents and carers might do to build happy and resilient young people.

Dr Michael Carr-Gregg works as a nationally registered child and adolescent psychologist. He is passionate about delivering evidence based psychology workshops and seminars that make a difference to the health and wellbeing of young people. His training and approach incorporates cognitive behaviour therapy (CBT), Acceptance and Commitment Therapy (ACT), mindfulness skills and interventions drawn from positive psychology research. He is a founding member of the National Centre Against Bullying and Chairs their Cybersafety Committee. In October 2010 - he was appointed the official advisor to the Queensland government on cybersafety. He is a Director of the The Young and Well Cooperative Research Centre, an Australian Government Initiative administered by the Department of Innovation, Industry, Science and Research. Michael Carr-Gregg has extensive experience in the media and is currently a regular on the top rating ‘Sunrise’ program on Channel 7 and on Melbourne radio 3AW and is a frequent contributor to the Australian Print media.

Critical Agendas
Year 5/6 Inquiry Project
How does our community come together to 'make cents'?

This week the students of the senior school are venturing out to our 23 local businesses to continue investigating the inner workings of running a business. This week we had our second visit and we look forward to sharing our experiences and new knowledge about the product, service or trade at our businesses with you through the school newsletter and level blog. We are thankful to the parents who are supporting us in making it possible to send groups out into the community.

Week 2 Mana Fitness

On the 4th of August we went to Mana Fitness solutions for our second week of visiting a local business in our community. Mana fitness is a personal training company run by two parents at Holy Family, Ana and Jose. They help with keeping people fit and healthy.

When we arrived at the gym Ana and Jose told us to get changed so we could start warming up. When we went into the gym we did some stretches to get ready for our exercises. We did a skipping competition to get us warmed up and Stephanie won!

The first exercise we did was we had to play a game of throwing soft colour balls at each other. First it was Stephanie, Monica and Taylah throwing the colour balls at Michael, Jacob and Jose. After one minute the boys swapped with the girls and they started to throw the balls at Stephanie, Taylah and Monica.

After a couple more exercises we went upstairs to cool down. We stretched our legs and arms. After that Jose told us about the six primary movements - Lunge, Twist, Pull, Push, Bend and Squat. Then we talked for a bit more about nutrition and we made up seven quick exercises using the six primal movements. At 10:30 we went downstairs to get our bags and go back to school.

This week we had loads of fun and we can't wait for next week to start week three of our four week project.
The senior school would like to acknowledge and thank the following businesses in our local community for their wonderful support of our inquiry program.
Just a friendly reminder to you all that the Order forms for the IVAN’S PIE FUNDRAISER are due next week.

Please ensure that all forms are filled out clearly. You can return your Pie Drive order forms with full payment (Cash or Cheque made out to Ivan's Pies) **NO LATER THAN THURSDAY 13 AUGUST 2015**. This will ensure that we get our pies delivered to the School for collection at school pick up on **FRIDAY 21 AUGUST 2015**. PLS NOTE THAT THE PIES WILL BE DELIVERED FROZEN!

For any queries, please do not hesitate to be in contact with Natalie Hattersley on 0412 888 446.

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**Bunnings Sausage Sizzle**

The Parents & Friends Community Sausage Sizzle at Bunnings Notting Hill will take place on **Saturday 30th August from 9am to 4pm**. Drop in, do some father’s day shopping, enjoy a sausage and say ‘hi’!

Thank you to all parents assisting on the day.

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**Holy Family DISCO COMING SOON**

**FRIDAY 11TH SEPTEMBER**

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**Book Swap**

As advertised on the ‘school app’ throughout the week the Parents & Friends Committee are coordinating a ‘Book Swap Stall’ for the month of August. The concept being that families donate any unwanted books to the stall and hopefully you will discover some books for you to take home in return for your generosity. With Book Week approaching this is an easy way to promote a love of literature with your children whilst also providing the opportunity to tap into our school community as a literary resource. The book stall is housed in the office foyer. Please use the playground entrance when possible to gain access to the book stall.

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**PIE FUNDRAISER**

Don’t forget to send in your order. Last day for orders is Thursday 13th August 2015
FREE MOVIE NITE ON FRIDAY 14 AUGUST: BIG HERO 6
(RATING: PG)
6.45 pm for a 7.00 pm Movie Start in
the Parish Hall
Enjoy a relaxed evening with
your school and parish community!
BYO Snacks (No Nuts please)
Enquiries: Lucy Phillipos: 98062472;
Tricia Tan: 9511129

Mount Waverley Cricket Club
Season 2015-16
Looking for new players.
Email mwccjuniors@hotmail.com

The Mt. Waverley Junior Cricket Club offers children in the Monash community the facilities, know-how and support to nurture and develop their cricketing talent, aspirations and dreams. Run exclusively by volunteers, the Junior Club prides itself on the quality, values and vision of those charged with the responsibility of assisting children through their developmental years in the sport. The Club offers junior player development from beginners through to advanced, supporting various pathways for development and where possible, our U15 and U17 teams play Sunday home games on turf.
Last season saw the Club support ~180 junior players participate in competitive inter-club cricket with five teams participating in finals and two going on to win premierships in their respective age groups.