



**OLA NEWSLETTER NO: 8**

**28 May 2021**

A PRAYER FOR  
FIRST COMMUNION

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**MAY YOU ALWAYS**

*know the*

**PEACE OF JESUS,**

*the* **LIGHT** *of*  
**HIS LOVE**

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**& the joy**

*of His*

**LIFE**

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**Within You.**

[catholiccompany.com](http://catholiccompany.com)



Dear OLA Families,

*OLA will close for a little while so we can stay at home and keep healthy and safe. You may feel frustrated, angry, worried, sad or happy that the school is closed but it will be ok because you can do your learning at home using an iPad or a chrome book. You will see your teacher and attend lessons via Zoom. You can still see your friends using the chrome book or iPad. If you need help with your school work you can ask mum or dad, or your brother or sister. Mum or dad will let you know when OLA is opening again and it is safe to return. See you on Zoom.*

These are the words we used in talking with the students yesterday about this short seven day 'Circuit Breaker' Lockdown.

It is with much disappointment that we do confirm the Victorian Government have introduced restrictions, effective from today, Friday 28 May. In accordance with guidelines, **Our Lady of the Assumption Parish Primary School will be closed from Friday 28 May - Thursday 3 June.** This means that **all students who can stay at home must stay at home.**

## Take Care

We sincerely thank you and trust that we will continue to do our very best for our students under these circumstances. As always, we encourage students and families to do their best during this time. We appreciate that there will be times when tasks can not be undertaken, due to family commitments, illness, unreliable access or high demand for the internet. If students are unable to access the OLA Google platform at some stage, we ask that the student/s take a break and return to their learning at a later time. Be assured, teachers will be understanding of these issues. **At the end of the day, do what is possible, your wellbeing and family's wellbeing is more important than any academic skills. Look after each other and we will do all we can to support you.**



## Faith Formation

It has been wonderful to see our Grade 3/4 students making their final preparations for the Sacrament of First Holy Communion. Thank you to Caitlan and the Grade 3/4 Team for preparing such a thoughtful and reflective program. We look forward to the coming weekends when each of these students will make this special Sacrament. We also loved seeing the Grade 1/2 families coming together for the Family Faith Night focussing on the environment and our important role in taking care of creation. Thank you to all involved - it was a precious time where families were able to spend time with scripture and prayer. One of the children said, "This is the best night of my life!"



## Classroom Helpers

It has been wonderful to see so many parents and grandparents assisting across the school in recent weeks during the Literacy and Mathematics blocks. Parental involvement in children's learning/ schooling has been demonstrated to be a key factor for children's academic outcomes. Countless studies have found that students perform better in school when parents are involved with their schoolwork. Schools with engaged parents simply get better outcomes. Involvement in school based activities sends a clear message to the children that adults other than their teacher value their learning and their school journey.

## Working Bee

Thank you to our Term 2 Working Bee families who volunteered their time to take pride in beautifying our OLA grounds and gardens a couple of weekends ago. Thank you to Caitlan, Tim and Mark for leading the day and supporting the workers.



## District Cross Country

Congratulations to our Grade 3-6 students for representing OLA with pride at the District Cross Country. Thank you team for giving your best.



## Junior Mayor

Congratulations to our School Captains for representing OLA at the City of Kingston Junior Mayor Competition. You made us very proud and thank you for writing a piece for our newsletter too.

## National Reconciliation Week & National Sorry Day

The 2021 theme for National Reconciliation Week is 'More Than a Word - Reconciliation Takes Action'. Reconciliation is a journey for all of us and at the heart of this journey are relationships between the broader Australian community and Aboriginal and Torres Strait Islander peoples. At OLA we believe we all have a role to play when it comes to reconciliation, and in playing our part we collectively build relationships and communities that value Aboriginal and Torres Strait Islander peoples, histories, cultures and futures. Throughout this week the children at OLA have listened to many indigenous stories and participated in activities that celebrate our indigenous history. The stories have engaged the students and evoked many thoughtful questions. We thank our FIRE Carriers, Ollie F, Neve, H, Kara S and Will J as well as Fiona Lee and Gen O'Meara for leading the activities this week. We look forward to finishing these when we return to school.



## Prep 2022 Interviews have begun

We continue to lead OLA school tours for prospective families. This week Caitlan, Josy and I had the privilege of meeting many of our new and current 2022 Prep families. We had 2 days of back to back meetings and we look forward to continuing these in June. These invaluable meetings are such an important step in the transitioning of children from Kindergarten to Prep. We have been so proud to showcase our school to the many families interested in learning more about OLA over the last couple of months. Whilst the first round of offers have been offered we continue to welcome enrolment applications. Thank you to our community for speaking so highly of our great school - your connections and affirmations of OLA are greatly appreciated.



## [2021 School Calendar \(click here for the link to the calendar\)](#)

### Key Dates - Term 2, Week 7

Monday 31 May - Thursday 3 June	Circuit Breaker Lockdown  Please know that we will do all we can to reschedule the postponed events of this week
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## Key Dates - Term 2, Week 8

Wednesday 9 June	9.15am Grade 5/6NC Parish Mass
Thursday 10 June	Direct School Support Mathematics (Professional Learning)
Friday 11 June	ISS - OLA vs Cheltenham East
Friday 11 June	Feast of the Sacred Heart Poor Man's Prayer Service
Friday 11 June	End of St Vincent de Paul Winter Appeal
Sunday 13 June	9.00am & 11.00am Sacrament of First Eucharist

## Gratitude



It has been wonderful to celebrate so many great moments over the last two weeks, like the Working Bee, First Eucharist Reflection Day, National Simultaneous Storytime, Grade 1/2 Royal Botanic Gardens Excursion, Grade 1/2 Family Faith Night, National Reconciliation Week, National Sorry Day, City of Kingston Junior Mayor and we continue to host many school tours and Prep 2022 interviews for prospective OLA families. Thank you all for helping to make our community such a special place to be.

We hope that some of our community made it outside on the pavement a couple of times on Wednesday night to see the changing super blood moon - the rare coming together of a supermoon and lunar eclipse.

All the very best and take care.

Richard Jacques  
Principal



***All students attending Our Lady of the Assumption Parish Primary School have the right to feel safe and be safe. The highest possible standard of care, safety and wellbeing of children and young people is a fundamental responsibility of all within our school community.***

## Religious Dimensions

### Grade 3/4 First Eucharist Reflection Day

*On the day it was very peaceful. We had lots of fun doing the activities. Our favourite was writing, drawing and decorating our name tags. We also loved doing a comic strip about the Last Supper and making unleavened bread. We learnt more about the Last Supper story a bit more deeply. It was a great experience to make new friends from our group. The bread was delicious and kneading it was fun. We loved learning lots of things about Jesus. By Isabelle and Ben - 3/4MV*



*We met with all of our Grade 3/4 teachers, Mrs Taig and Mrs Gleeson.*

*Miss Congerton's activity was to decorate your surname with the Eucharist symbols of bread, wine, grapes and wheat. We got to use colourful squares for the border. They will look great on the church seats on our First Eucharist day.*

*Mrs Vella's art activity was to use kinder squares to make a stained glass window behind a chalice of wine. We are going to put this up in the office foyer for everyone to know that we are celebrating the Sacrament of the Eucharist.*

*Mrs Taig and Mrs Gleeson's activity was all about the Last Supper. Mrs Taig told the story physically using her Godly Storybox. After that we got to choose whether to draw, do a comic strip, write a story or to physically retell the story of the Last Supper.*

*Mrs Doyle's activity was to make the bread to represent the bread we receive at Mass. We then watched a short movie about a boy called Mario and his family making bread together and celebrating his first Holy Communion.*

*We enjoyed everything but our favourite parts were decorating our surnames, kneading the bread and telling the story physically with Mrs Taigs' golden storybox.*

*We learnt that life takes patience. We learnt how to make bread and that bread nourishes us. We learnt that Jesus shared bread with his special friends at the last Supper. By Charlotte B and Sara T - 3/4JD*



## Religious Dimensions

### Grade 3/4 First Eucharist

Our Grade 3 and 4 students have been busy preparing to receive the Sacrament of First Eucharist. These special celebrations will begin on Sunday 6th June. We will be in contact with families of students who were rostered to receive First Communion this weekend to reschedule.

Date TBC	Date TBC	Sunday 6 June 9am	Sunday 6 June 11am	Sunday 13 June 9am	Sunday 13 June 11am	Sunday 20 June 9am	Sunday 20 June 11am
Philipp T Dylan K Abigayle S Connor W Amelia B Lily Mc Harry F Olivia W Miller H Molly Mc	Alexander T Namie Z P Zali P Giselle W Maggie F Beau M Daniel R Michael W Sara T Vincent R	Imogen M Alice W Olivia H Andy D Aston P Indie O Alastair D Alana I Matthew R Lewis A Chloe M	Shea W Hudson S Maria C Isabelle M Tabitha V Lucas W Liam S Alessio P Kiara M Peter K Isabella K	Ben J Juliette R Tom D Olivia B Mason V Nina V Noah Mi Autumn W	Darci H Alicia M Kobi J Emilie V Mason G Charlotte B Katherine A Mia Mc Frankie A Tony Mc Lilly R	Niamh C Joseph C William K Ben S Ciara P Tynan P Max J Henry B Max L Jesse P	Alexa C Eliza O Luke R Max W AJ C-W Blake S Sam G Jonathan W Olivier M Isabella F Annabel E



### OLA Mini Vinnies Winter Appeal

Thank you to those who have already brought in donations for the OLA Mini Vinnies Winter Appeal. Any donations of non-perishable food, toiletries, scarves and beanies would be much appreciated. The donations will be collected from OLA by the St Vincent De Paul Society on Friday 11th June.

### Grade 1/2 Parent/Child Workshop

Thank you to all the Junior families who attended the Grade 1/2 Parent/Child workshop last Thursday evening. These faith evenings are fantastic opportunities to learn more about what students experience during Religious Education at school and share in discussions as a family. We thank the Junior team for their hard work in preparing the evening!



**Caitlan Taig**  
Religious Education Leader

Wellbeing

at

OLA



## INFORM AND EMPOWER CYBERSAFETY

Carley has written an open letter to all parents of primary school parents. Carley is a psychologist, cyber safety educator and parent and writes her letter to both increase awareness and also provide some practical steps to get started. We encourage you to read [this link](#) and refer to the resources provided.



# YOUNGMINDS

## *How can I support my child during lockdown?*

- Talk with them about what's going on, keeping communication as open as you can. Let them know that it's okay to feel however they feel – whether that's scared, worried, angry, sad or something else. You can find our tips on starting a conversation with your child [here](#).
- Try to answer your child's questions and reassure them in an age appropriate manner. While you don't need to know all the answers, talking things through can help them feel calmer.
- Encourage your child to do the things that help them when they're finding things difficult. This will be different for everyone – it could include things like doing exercise or going for a walk, watching a favourite film, reading a favourite book, cooking or baking, talking to friends, or drawing or writing.
- Reassure them this will pass, you're there for them, and you will get through this together. Having returned to some of their normal activities for a while, going back into stricter measures might feel frustrating for your child. They may even be worried that things will never get better. Recognise how difficult this is, while also letting them know that the pandemic will not last forever.



- Spend time doing a positive activity together. This can help them to feel calmer by giving them a short break from everything that's going on. It's also a great way of providing a space for them to talk through their concerns, without having a 'big chat'. You can have a look at our [activity ideas](#) for younger children, and for [teenagers](#), to help you.
- Keep as many regular routines going as possible to help your child feel safe and secure. This can include things like having regular times for going to bed, waking up, eating meals and doing hobbies.

## YOUNGMINDS



# **WELLBEING IS THE KEY**

Free Remote Learning Resources to help boost your students' wellbeing. These activities draw on resources to give your students a wide variety of options, such as:

- personal hygiene tips,
- solo brain breaks,
- creative craft,
- indoor exercises,
- mood-boosting music,
- mindfulness colouring,
- gratitude reflections,
- wellbeing quotes, and
- student-friendly podcasts.

Click this link <https://www.teachpeec.com/curriculum/primary/remote-learning-resources/1-1-remote-learning-resources>



**Josy Reeder**  
Learning Diversity/Wellbeing Leader

# Teaching and Learning



Royal  
Botanic  
Gardens  
Victoria

Our Grade 1/2 students went to the Royal Botanic Gardens on Monday as part of their Inquiry Unit. The children explored the cycles in nature and fascinating plant and animal interrelationships and adaptations that exist in different environments.



## QUOTES

*'We got to make a creation from clay using materials like sticks, gum nuts and leaves'* – Willow

*'We saw a fig growing on a tree'* – Noah W

*'I loved going into the greenhouse. It was very very hot and we saw lots of plants even banana's'* – Dolores

*'I liked when we got to go inside the spikey tree'* – Cleo

*'We got to see the water volcano, it was really pretty'* - Kara

*'I enjoyed making the clay things and that we got to see the water volcano'* – Brigitte

*'I enjoyed going into the green house and seeing the venus fly traps and seeing little baby goldfish'* – James

*'I learnt that trees can grow from other trees'* – Abbey



*'When we were leaving the greenhouse, I saw a plant that had water inside it'*  
– Abbey

*'Trees make bad air into good air called oxygen'*- Luke

*'In the green house we saw a carnivorous plant shaped like a jug, I took a photo with it'* – Noah C

*'I liked when we went into the tree'* – Luke

*'I learnt about trees that like in tropical weather'* – Max W-S

*'I liked when we made the stuff out of the clay'* – Eden

*'I learnt that plants and trees need water, sun and bad air to survive'* - Alexander



*'I like when the tree fell over and they made the fallen tree into a seat area, we got to eat lunch there'* – Christian

# Learning and Teaching



On Wednesday 19th May the whole school stopped at 11am to listen to "Give me some Space" by Philip Bunting



## Grade 1 students working together and Grade 2 students working together.

One day a week, students come together as separate year levels to participate in different activities. These activities have been focussing on Wellbeing. Students have been alternating between a craft activity one week and yoga the following week. During their craft rotation, students have created observational drawings and God's Eyes; they have used materials such as pom poms, wool and charcoal. They have been learning how to practice mindfulness and move their body during yoga sessions. The two rotating activities will change each term in order to provide a range of opportunities for all students to find success. So far this term the students have been enjoying time with others outside their class group.

## Grade 3 students working together and Grade 4 students working together.

Once a week the Grade Three students and Grade Four students come together as a level. The focus this term being Wellbeing and Social Skills where students play card and board games in small groups. Some weeks the groups are changed for students to experience new interactions with others and build on social skills. The Middle students are enjoying time with peers outside their class group, and the opportunities provided to learn about active listening, communication, respect and empathy.

## Grade 5 students working together and Grade 6 students working together.

Twice a week the Grade Five and Grade Six students come together as a level. Each week the Grade 6 students meet with their Prep Buddies and engage in activities to help them develop social skills. The Grade 6

# Learning and Teaching

students also assist the preps with digital technology, reading and art activities. It is a wonderful leadership opportunity as the older students demonstrate responsibility as role models. The Grade 6 students also represent OLA at Interschool Sport each week and enjoy the opportunity of playing as a team, developing their skills and meeting students from other schools. The Grade 5 students get together and participate in a variety of activities each week including Art, Craft, STEM and digital technologies. They work collaboratively in paired and small groups and enjoy designing 3D models using Tinkercad. They have also created Stop Motion videos on the theme of kindness demonstrating Make Jesus Real values.



The President and Committee of the Bentleigh RSL, Cheltenham Campus appreciate the support your school donated to the ANZAC Day Appeal by selling on behalf of the RSL.

OLA raised a total of \$258.40

The money raised provides welfare support to ex-servicemen and women in necessitous circumstances, to assist providing for:

- War veterans & dependents
- Care of the aged
- Family Welfare
- Community/Aged Care Visiting

We look forward to you ongoing support with the annual ANZAC Day Appeal in 2022.

Yours sincerely,

Tammy Gardner  
Aged Care Support

**Josy Reeder**  
Learning and Teaching Leader

# FIRE CARRIER

## Fun fact!

FIRE CARRIER



### Ollie

#### **What does the theme of National Reconciliation Week 2021 "MORE THAN A WORD" mean?**



'More than a word' is the theme for National Reconciliation Week this year. 'More than a word' means that saying sorry should not be just a word, it's a brave and impactful action. 'More than a word' means we should be more aware that Sorry day isn't just an apology, it's an important day for indigenous people and all other Australians. It's not just a word, it's a part of the indigenous people's life where they have been ignored and denied because they were different and this is now recognised. So, it's not just a word, it's a big occasion and it's important we all think about actions as well as words.

### Neve

#### **What is an acknowledgment of country?**

An acknowledgment of country is something that you either say or do that recognises the traditional owners of the land upon which you stand. By doing this we show that we respect all of the Indigenous people for who they are and that they were first on country. An example of doing this is when we say our school acknowledgment, it shows that we acknowledge the Boon Wurrung people. This week is about acknowledging National Reconciliation Week and all Indigenous Australians. We recognise when Australia apologised for what we have done wrong in the past and how we mistreated First Nations peoples.



### Kara

#### **What is the Sorry Day flower and why did we plant it at school this week?**



On Friday the 28th of May the FIRE carriers were due to assist one SRC from each class with planting a native Hibiscus, which is the official symbol for National Sorry Day. The purple colour of the Hibiscus symbolises healing and compassion. The Hibiscus is found widely across Australia and is known as a survivor, much like the stolen generation and their families. We will plant the native Hibiscus at school when we return as a reminder of Australia's history.

### Will

#### **Why did Kevin Rudd apologise on behalf of the Australian Government?**

In 2007 the Prime Minister of Australia Kevin Rudd, began asking Indigenous Australians in what form a national apology should take. On the 13th February 2008, Kevin Rudd said these exact words to the Stolen Generations in Parliament...

"We apologise for the laws and policies of successive parliaments and governments that have inflicted profound grief, suffering and loss of these our fellow Australians."



This apology was an important step towards building a respectful new relationship between Indigenous and non- Indigenous Australians. Many Stolen Generations members felt that their pain was acknowledged and that the nation understood the need to right the wrongs of the past.

# iSea iCare Newsletter Tip

## Wonder Recycling Rewards for Schools

### Tip #3

Want to reduce your single use plastics even further and reward the school?

Start collecting any bread bag and tag and place them in the pink boxes in the office. For every 5kg of bread bags collected the school earns 500 points towards new sporting equipment.

Check out this clip.

[https://images.rhsports.com.au/pdf/wonder/WonderRecyclingRewards\\_ProgramVideo.mp4](https://images.rhsports.com.au/pdf/wonder/WonderRecyclingRewards_ProgramVideo.mp4)



RHSport and redcycle have teamed together to promote this great initiative. Collection ends on Friday 25th June.

Francine Jorgensen on behalf of the iSea iCare Ambassadors



## Junior Mayor 2021



Over the past couple of months we've been working really hard on a speech for the City of Kingston Junior Mayor Election. The topic was 'If you could create anything to help the community what would it be and why?' We designed an eco-friendly fidget toy called a "Just Fidget Withit". Our design was a square based pyramid with each face personally designed by the four of us. This toy is aimed at people who need assistance concentrating, but anyone could play with it. It's quiet and non distracting so you can fidget and not distract others. Zara designed a model of a 'Just Fidget Withit' using Tinkercad. Gil was our speaker and presented the two minute speech on Wednesday. Gil did an excellent job presenting this and we all contributed to it. There were 30 schools at the election and it was really interesting hearing everyone else's ideas. We got to meet an ex-OLA student, Georgina Oxley, who is a former Mayor and now Councillor for the City of Kingston. The whole Junior Mayor program has been a fantastic experience and we were all very proud to represent OLA.

**Gil E, Zara S, Josh M, Emily G**

# CROSS COUNTRY

On Tuesday 25th May 57 students went to Mentone Grammar Playing Fields to represent OLA in the Cheltenham District Cross Country. Despite the windy conditions the children did a fantastic job with many beating their personal records. A big thank you to Mr Buccilli, Miss Jorgensen, Mrs Dooley, Lauren K and Melissa M for their help on the day and to the parents who came down to cheer the children on. We have 7 students finish in the top 10 of their event and we wish those going to Division Cross Country on Tuesday 1st June all the very best.

<b>12 Girls</b> Emily G Gemma S	<b>11 Girls</b> Neve H	<b>12 Boys</b> Cash C Daniel M Xavier K	<b>11 Boys</b> William C
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*This Tuesday some of the year 3's,4's,5's and 6's went to district cross country. The year 5's and 6's had to run 3km and the year 3's and 4's had to run 2km. There were a couple of different races according to your age. If you made it into the top 10 in your race you would get to go to division. It was heaps of fun and we all loved running and cheering on our team mates. We played with our friends there and enjoyed being together on this special day. We all finished the race with a smile and enjoyed running. It was an amazing experience for so many people. Lots of children that were there from our school made it into division and we are all so proud of what we have done. **By Macy and Neve***

*Today we had district at Mentone Grammar playing field. It was a bit windy but we all had lots of fun. The run was quite long and we got tired easily but we kept on going until we all crossed the finish line. Lots of schools competed and some had very fast runners. We did really well and everyone tried their best. The top 10 people that won are now going to the division part of the race and we actually got quite a few people into division. OLA is very proud of what we accomplished. **By Conor and Xander.***

*On Tuesday we had our District Cross Country. We weren't blessed with amazing weather but everyone still had a great attitude and tried their best. Will - I competed in the 11 year old age group and finished third. I enjoyed the competition and the encouragement from all of the OLA students. Everyone was very enthusiastic and helpful throughout the morning. I had an awesome time and can't wait to be there again next year! Cash - I competed in the 12 year old age group and finished second. Everyone was extremely encouraging towards each other. I really liked the course that we ran on. It was a mix of terrain, road, grass and dirt. Hills were scattered throughout the course too. We had a blast! **By Cash and Will***

**Liz Thompson**  
PE Coordinator

A banner with the word 'FETE' in colorful letters (F: blue, E: red, T: yellow, E: teal) hanging from a black string. The background is a light blue grid with scattered orange and blue dots.

# OLA FETE 2021: CALLING ALL PLANT LOVERS AND GREEN THUMBS!

THE PLANT STALL IS ONE OF THE MOST SUCCESSFUL AND MOST LOVED STALLS AT OUR FETE. BUT THIS YEAR WE NEED YOUR HELP TO MAKE SURE IT IS BLOOMING AND BIGGER THAN EVER.

We are looking for people who can:

- Donate indoor/outdoor plants, indoor/outdoor plant pots (can be creative) or source donations for the stall; or
- Propagate plants that you may have in your garden/home to donate to the fete. Even if it is just a few – every little bit helps;

We are also looking for a plant stall coordinator.

If you think you can do a good “seed” and lend a hand for the plant stall – it’s thyme to get growing. Please email me at [fete@olacheltenham.catholic.edu.au](mailto:fete@olacheltenham.catholic.edu.au) to let me know if you can coordinate or donate.

Many thanks

Claire Melican  
Fete Chair





## MICHAELA MORRISON- CARR

### ROLE

Educator

### QUALIFICATION/S

Cert III in Early Childhood  
Education and Care

### HOBBIES

Travelling  
Cooking - baking  
Arts & Crafts  
Movies  
Hiking

### LANGUAGES

English

### ABOUT ME

Hi my name is Michaela, I am from Melbourne and I'm 22. I have worked in early childhood education for 4 years and also as a nanny. The reason I choose to work in this industry is because I love interacting with children, I enjoy coming up with new things to do with them and watching them grow in interesting and amazing ways.

### MY FAVOURITE ACTIVITIES

Painting, baking lots of different things (but especially shortbread), going for walks.

### FUN FACT

Did you know that Octopuses have 3 hearts and 9 brains!!!

### MY GOAL AT OSHC THIS YEAR

My goal for working with OSHC this year is to bring balance and patience to the practice, so I can grow and develop a good relationship with the children and their families. I would also love to introduce more baking activities as I believe cooking helps with the creative and independence side of their development.

## CANTEEN NOTICES

BAKED IN THE CANTEEN  
FRESH THIS FORTNIGHT  
**Choc-Coconut Slice**  
**50¢ each**



**FOOD ALLERGY WEEK®**  
ALLERGY & ANAPHYLAXIS AUSTRALIA  
23 - 29 MAY 2021



### KNOW THE FACTS

- With one in 10 children developing an allergy before their first birthday, Australia has one of the highest rates of food allergies in the world.
- For many, managing severe allergies doesn't stop when you grow up. Individuals in their teens and 20's are at the greatest risk of an allergic reaction.
- Over half a million Aussies have a diagnosed food allergy and research shows this number is growing.
- Whilst 90% of food allergic reactions are caused by 10 foods, there are more than 170 foods known to be triggers. Bananas, kiwi fruit, mustard and celery just to name a few!



FOOD ALLERGIES AFFECT  
ONE IN 10 INFANTS



### KNOW WHAT TO DO

- Do you know the signs and symptoms of an allergic reaction? It's surprising how many Aussies don't. Educate yourself and others with this [video](#) during Food Allergy Week.
- We've all been guilty of a self-diagnosis on the Internet. But if you suspect you have a food allergy, it's important to consult your general practitioner (GP).
- Do you have a family or friend with a food allergy? Make sure you [know when and how to](#) administer their adrenaline (epinephrine) autoinjector.
- Be careful, not fearful. Allergies can be life threatening but there are a number of strategies you can put in place to help reduce the risk of a reaction. Learn how to manage your allergy [here](#).

Visit [allergyfacts.org.au](http://allergyfacts.org.au) for more information

**Order Your Lunches Online.** No need to find the coins or paperbag to write lunch orders on...it's so easy. Go to [www.flexischools.com.au](http://www.flexischools.com.au) and sign up.



BAYSIDE CANTEENS

## ADDITIONAL NOTICES

**OLSH COLLEGE**  
BENTLEIGH



# Year 7 2023

Accepting enrolments now

Book a Virtual Tour

[www.olsch.vic.edu.au](http://www.olsch.vic.edu.au)

## Bookings Now Open Holiday Program

### July 2021 School Holiday Programs

School holiday programs are a great way to introduce your child to lessons or to provide a continuous focus on skill development in between regular term lessons. A lesson every day builds terrific skills and confidence for new swimmers or anyone looking to return to swimming after a break. Also great for regular swimmers moving into new level or looking to improve and consolidate skills developed during term.

Week 1: Monday 5th July - Friday 9th July 2021 (5 Days)  
Week 2: Monday 28th June - Friday 2nd July 2021 (5 Days)

Lessons: From 9:00am - 11:00am.  
Beginner to Level 5 Lessons are 30 minutes

Cost: \$85.00 per child (5 Days)

Stroke Clinic Session: 10.0am - 11.00am daily  
Level 6,7 & all Squad levels

Cost: \$105 per child (5 days)

#### Private Lessons:

One Child: \$40.00 per lesson (30 minutes)

Two Children: \$60.00 per lesson (30 minutes)

Bookings are Essential

Enquire Now  
Ph: 9584 3777  
[www.swimright.com.au](http://www.swimright.com.au)

**swim** learn the right way  
**right**



**ST BEDE'S COLLEGE**  
**BENTLEIGH EAST CAMPUS**  
**OPEN DAY**  
**WEDNESDAY 17 MARCH 2021**

Enrolments open to all Year 5 students who will be entering Year 7 in 2023.

Everyone welcome to view the College.

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

Tour bookings are essential.



Mentone Campus 2 Mentone Parade, Mentone VIC 3194  
Bentleigh East Campus 156 Bignell Road, Bentleigh East VIC 3165  
P: 03 9582 5999 E: [stbedes@stbedes.catholic.edu.au](mailto:stbedes@stbedes.catholic.edu.au)



**ST MARY'S**  
**COLLEGE**

**CREATE YOUR**  
*Tomorrow*

**Kilbreda College**  
A Kildare Education Ministries School in the Brigidine Tradition

*Kilbreda College - a top 10 Victorian Catholic secondary school\**

## Become a Kilbreda Girl

At Kilbreda, we recognise that each young woman is unique, bringing different gifts, talents and individual needs with her. Our programs are tailored to foster an inclusive, nurturing culture that encourages a sense of pride, purpose and belonging.

Join us for one of our regular open events to discover all that Kilbreda can offer your daughter.

**Please refer to our website for further details.**

\* Based on 2020 VCE results

[f](https://www.facebook.com/kilbredacollege) [i](https://www.instagram.com/kilbredacollege) [in](https://www.linkedin.com/company/kilbredacollege) [tik](https://www.tiktok.com/@kilbredacollege) [yt](https://www.youtube.com/channel/UC...) [kilbreda.vic.edu.au](http://kilbreda.vic.edu.au)

## ADDITIONAL NOTICES



**NETBALL**  
SPRING  
SEASON  
2021

**New Players Welcome**

- Teams being finalised for the 2021 Spring Season
- New Players please register your interest NOW!
- Your child must be 8 years of age before December 2021 to participate

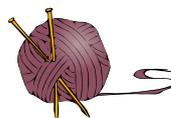
Contact Monique Bate ([netta@assumptionnetball.com.au](mailto:netta@assumptionnetball.com.au))

SPRING SEASON 2021  
JULY - NOVEMBER  
TRAINING HELD AT OLA  
GAMES SATURDAY MORNINGS (DALES PARK)

**REGISTER  
NOW**



The OLA knitting group will be having their stall before & after all masses on Sunday 20th June in and near the meeting room. We thought as most of our items are for young children and babies the parents may like to browse on Friday 18th June between 2-30 & 3-30. We have jumpers, toys, beanies, all shapes and sizes, including footy colours, plus much more. All proceed go to St Vincent de Paul Conference, Cheltenham.



**Barbara Torely**