Welcome back everyone to our final school term for 2015. The children have come back full of beans despite having to adapt to daylight saving and some very extreme weather at the beginning of the week. It has been a rather frightening time for the community of Lancefield and surrounding areas; please keep these communities and those working tirelessly to protect them in your prayers.

Yesterday was the Feast of Our Lady of the Rosary. As a school we celebrated this day with a school Mass and on Friday will continue celebrations at our annual sports day. Please come along and join in the fun; if you are able to assist with activities please contact Gab Graham or Kristy Torney via the school office.

Our 2015 Carnival is happening in just over two weeks. The committee has been working on this event since early in second term and are now very busy with final arrangements. There are a number of school families and parishioners who have offered to be stall holders for this year and are now looking for volunteers to support them on the day. You will be getting information on how to offer your help via an online volunteer schedule please look out for this, YOUR HELP IS NEEDED and will be very much appreciated.

Next Tuesday will be a casual clothes day for the children. On this day families are asked to send along an item for the gourmet hampers that will be put together for the carnival day. Please look out for more information coming home this week. Any donations of baskets/boxes would also be appreciated.

Thank you to all families who are calling into the office when children are absent. Could I ask that families follow this up with a note explaining absence and give this to your child’s class teacher? This is still a requirement of schools and these need to be filed at the end of the school year.

At the end of this term children will be involved in our swimming program. This is a very important part of our curriculum and we are extremely lucky to have the aquatic centre so accessible for these sessions. Detailed information will be coming home to families in the next week.

Please take note of dates on the newsletter and the communication sheet each week, as there are a number of things happening during this busy final term of the year. Remember parents can also access the school calendar via our website and school app.

Enjoy your weekend everyone,
Jenny

Dates for Term 4 Assembly
Monday October 12 at 3.00pm
Monday October 26 at 3.00pm
Monday November 9 at 3.00pm
Monday November 23 at 3.00pm
Monday December 7 at 3.00pm
CANTEEN

Cake of the Week
Sports Colours

Due to our Sports Day being held this Friday and the early lunch time, the Canteen will have a limited menu available.
The only items available to order will be:
Sushi $3.00,
Ham & Salad rolls $3.50 (Ham, Lettuce, Tomato & Cheese) and Chicken Caesar Wraps (Chicken, Bacon, Lettuce, Cheese & Mayo in a wrap).
The Canteen will open as usual at Recess and lunch for the children to purchase Drinks & Snacks. Please also note that the Hot Chocolate Machine has been put away and we now have Fruit Slushies for the warmer weather.

Kyneton Carnival Update October 24, 2015

Things to think about:
Raffle Books
Do you need a new book and do you need to return the first book?
Gourmet Hampers
Casual Clothes Day next Tuesday, all children to bring an item for our very popular Gourmet Hampers. Also if you have any baskets or boxes you think might work, please send them in too.
Volunteers
An online booking will be available soon for you to register your help on the day.

Important Dates

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<th>Event</th>
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<tr>
<td>School Sports Day</td>
<td>October 9</td>
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<tr>
<td>Year 5/6 Camp</td>
<td>October 14—October 16</td>
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<tr>
<td>Kyneton Carnival</td>
<td>October 24</td>
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<tr>
<td>OLR Golf Day</td>
<td>November 15</td>
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<tr>
<td>Year 3/4 Camp</td>
<td>November 23—November 24</td>
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<td>End of Year Finishing Date</td>
<td>December 17</td>
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School Closure Days

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<th>Event</th>
<th>Dates</th>
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<tr>
<td>Teacher Professional Development</td>
<td>November 2 &amp; 3</td>
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<tr>
<td>Kyneton Cup Day</td>
<td>November 4</td>
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OLR SPORTS DAY—TOMORROW OCTOBER 9

We have a wonderful coffee van onsite from 8.30am
Come along to cheer the kids and have a great day.

Cooma Uniting Church Male Choir

The choir was formed as a quartet to sing at the opening of the Cooma (Victoria) Methodist Church in 1926. With the exception of the Second World War the choir has provided music each year at the church anniversary. The men practise in August and September and accept up to ten invitations to perform at district venues.

During its 89 years, there have been four conductors. The first conductor Alf Poole was succeeded by his nephew Lindsay Clapp. He was in turn succeeded by his nephew Stewart Anderson and the current conductor is Stewart’s son Peter. There have been nine organists.

The Choir will be singing in the Kyneton Uniting Church on Sunday 18th October at 2:30pm. From all accounts they are beyond fabulous! Come and enjoy a pleasant Sunday afternoon with the Cooma Uniting Church Male choir followed by afternoon tea. Admission is a donation to the Refugee Council of Australia. All welcome.
Young Children and Anxiety

This week is Mental Health week and there has been discussion in the media about the increasing number of young children who are diagnosed with Anxiety.

Fearful and anxious behaviour is common in children. Most children learn to cope with a range of normal fears and worries. However, extra help may be needed when:

- children feel anxious more than other children of their age and level
- anxiety stops them participating in activities at school or socially
- anxiety interferes with their ability to do things that other children their age do easily
- the fears and worries seem out of proportion to the issues in their life.

When children become anxious more easily, more often and more intensely than other children, they may be diagnosed with an anxiety disorder. The most common anxiety disorders in children of primary school age are Phobias, Generalised Anxiety Disorder and Separation Anxiety. Research estimates that between approximately two and nine per cent of children and adolescents in Australia have anxiety disorders.

Professional help might be needed if a child’s anxiety stops them from joining in at school or in social activities, or stops them doing things that other children their age do easily. Fearful and anxious behaviour is common in children. Some children can become more anxious than others and experience difficulty coping with a range of normal fears and anxieties.

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 with anxiety may develop their own strategies to try to manage situations that cause them distress. Often this involves trying to avoid the situation or having a parent or other adult deal with it for them. Avoiding a situation makes it more likely that the child will feel anxious and be unable to manage it the next time. This behaviour makes it more difficult for the child to cope with everyday stresses at home, at school and in social settings.

At home

- Fear and avoidance of a range of issues and situations.
- 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.
- Lots of worries and a strong need for reassurance

At school

- Wanting things to be perfect. For example, a child may be so dissatisfied with his/her own work that he/she will tear it up and redo it several times.
- Reluctance to ask for help. Sometimes anxiety creates an obstacle that prevents children asking for help from the teacher about a problem with learning.
- Children who ask too much for reassurance may also be overly anxious.
- Difficulty joining in. Children with high levels of anxiety may be afraid to join in class discussion, take part in sport or games or go to school camp.
Requests to go to sick bay. Anxious children often complain of stomach aches and headaches.

Fearful of test situations. Some children do not do as well as they can in test conditions because they are struggling with anxiety. They may also be too self conscious to perform in front of the class.

Anxiety can also result in physical difficulties such as sleeplessness, diarrhoea, stomach aches and headaches (sometimes referred to as somatic complaints). It can also involve irritability, difficulty concentrating and tiredness. Parents and other adults can help by supporting children to be brave. In order to be brave children need to have skills for understanding and managing their feelings. They need to learn about helpful thinking that they can use to encourage themselves to have a go, and they need to gradually build up their confidence by taking on small challenges.

How Parents can Help

Help to recognise and understand anxiety
A first step in helping children gain some control over anxiety is recognising when it occurs and how it affects them.

Model helpful coping
Being a good model involves showing children how to cope with emotions (not just telling them). Show children with anxiety how you use helpful self-talk in a difficult situation (eg “This looks a bit scary, but I’ll give it a go”).

Discourage avoidance
Sometimes when children say they feel sick, they are describing feeling anxious. It is important that children do not avoid things like school or homework unnecessarily.

Praise having a go
Encourage children with anxiety to attempt new things and praise them for trying. It is very important to emphasise trying rather than success when anxiety is an area of difficulty.

Introduce challenges gradually
Children build strength and resilience by learning to face challenges. It is important to begin with small challenges that children can meet. For example, a child who is frightened of dogs might start by walking past the house when the dog is barking without having to cross the road. This improves confidence for taking on more challenging steps.

Start small
Help the child to choose goals for becoming braver and to take small steps towards achieving them. Celebrate his or her success at each step. Experiencing even small successes helps to reduce anxiety.

Practise coping skills
Practise using coping strategies for challenging situations. Help children talk about problems and support them to come up with possible solutions.

For more information go to: www.Kidsmatter.com
Yesterday our whole school gathered together to celebrate the Feast of Our Lady of the Rosary. It was a wonderful celebration and the children were involved in all aspects of this important event. Thank you to the families who also came along to pray with us. We are very fortunate to be a part of a community which is named in honour of Mary the Mother of Jesus and our mother too.

Mary has many titles and many Christians have a deep devotion to Our Lady, but for so many within the Catholic Church, Our Lady of the Rosary and that simple prayer taught to them so often as young children, offers guidance, comfort and counsel in so many different times throughout life. It is interesting to investigate the history of the Rosary and its development throughout the centuries.

The Use of Beads in Prayers
Throughout history, Christian and non-Christian religions alike have used different forms of prayer counters with which to repeat shorter invocations many times each day. Christians of both Western and Eastern Rite traditions have a long acquaintance with such counters, prayer beads or rosary beads.

It is also important to note that the early Christians used various means of counting prayers. St. Paul of Thebes, for example, used to have a bag with three hundred pebbles and placed one pebble for each of the prayers he said into another, empty bag. This was also how the sister of St. Francis of Assisi, St. Clare, prayed.

The word Rosary is said to come from the Latin 'rosarium' meaning Rose Garden. A Rosary is a system in which a set number of prayers are recited. A string of beads is usually used to keep count. The string of beads is what is known as a Chaplet ... but it is often referred to as a Rosary.

One of the beliefs about the origins of the practice is that it was started by the Eastern Christian Monks in the Third Century. The Roman Catholic Rosary is associated with St. Dominic in the 13th Century.

In the Western church, the rosary commonly consists of 5 (originally 15) decades, or sets of 10 beads, for the recitation of the Hail Mary (Ave Maria), separated by a single bead for the recitation of the Our Father (Paternoster, or Lord's Prayer). The Glory Be to the Father (Gloria Patri) is generally said after each decade. During the recitation of the prayers we are called to meditate on a series of biblical themes, called the joyous, sorrowful and glorious mysteries and also the mysteries of light. These mysteries lead us through a journey of significant events from the lives of Jesus and His mother Mary.

A feast of the Rosary is kept on October 7, the anniversary of the Christian victory over the Muslim Turks at Lepanto (1571).

**Our Lady of the Rosary pray for us**
**Guide and keep safe our families, our children and all those who belong to this special Community named in your honour.**
OLR Fundraiser for Cystic Fibrosis

Congratulations to the CF committee - Hannah Raynor, Nic Hanna and Abby Randle for their work in organising Crazy Hair Day and to the Social Justice Leaders, Sophia Gossetti, Reagan Matheson, Anna Donnelly and Seb Smith for their work in helping to judge the crazy hair.

Congratulations to all winners including Mr Penhall who won the staff prize for making the least effort with his hair.

Report from the CF Committee

On September 18 we had a CF Crazy Hair Day to raise awareness about CF. We asked everyone in the school to make their hair as crazy as possible. The children were judged on the most weird, most colourful and the most creative in each House Colour. Each House had a parade so that the judges could judge each category. Claire Beatson and Mr Brennan (Leigh) came to talk about living with Cystic Fibrosis. Claire did the talking and Mr Brennan did the supporting. It was a really fun morning and everyone loved it.

We raised $561.35 for Cystic Fibrosis research.

Nic Hanna, Abby Randle and Hannah Raynor