Welcome back everyone after this mid term break. The staff have had two productive days together looking at Inquiry Learning and Mindfulness.

The following prayer was part of our opening session conducted by Catherine Moore, this blessing was indicative of the focus for our first day. Catherine also shared a beautiful YouTube clip that depicted the wonderful world of a child’s discoveries. If you are interested in viewing this, Google – Best friends – a kid, dog and a puddle.

*Creator God, open our eyes, our thoughts, and our minds to the wonderful world you have gifted to us. Your love is so immense and the gifts you have given are forever challenging and inspiring. Just when we think we have the answer another question arises to intrigue, fascinate and ignite our passion to learn more. Help us to guide our children so that they can always feel the excitement of wondering, proposing, searching, re-evaluating and learning. May we truly praise God through our never-ending appreciation of the yet to be discovered wonders and intricacies of our world.*

Deb Vietri, an Education Consultant, facilitated our first day of Professional Development. We looked at the latest updates related to the Australian Curriculum and focused particularly on the content subjects that will allow us to develop rich integrated Inquiry units for our children at OLR. We were able to develop a new two-year cycle of these units inline with the Australian curriculum. Deb will be working with each levelled team during 2015 to plan and implement rich units of work focused on inquiry learning.

Georgina Manning facilitated our second day; Georgina works with schools, parent groups and also runs sessions in the corporate world. The focus of this workshop was around wellbeing and how mindfulness can play a significant role in people’s lives. The session also highlighted how the act of mindfulness can support children in our schools who may be suffering from stress or anxiety.

This was a most valuable time for our staff to come together on a professional level and also enjoy sharing a meal and relaxing on the Monday evening. It was wonderful that all part time staff, SSO staff and office staff were able to join us on the Monday evening and attend the session with Georgina on the Tuesday. I would like to thank all staff for committing to these two important days; I appreciate that this time is away from families and involves an extra time commitment compared to their normal working week.

It seems like such a long time ago that we were in Canberra with our Year 5/6 students. This camp was a wonderful experience for the children and one we hope they will remember for a long time. Children should be congratulated on their excellent behaviour; they were most respectful wherever they went and adults at the different venues commended them on their attentiveness and manners. Thank you to all the wonderful staff who attended this camp, your diligence in ensuring all children felt safe and happy was very much appreciated. There is a display of photos in the main foyer, please feel free to call in and have a look.
KYNETON CARNIVAL
Please see information continuing to come from the committee. Finances are currently being finalised. Please remember that wine orders are available until tomorrow, November 7. We will inform families of the revenue raised on the day and confirm what these funds will be used for as soon as banks and balances are finalised.

Thank you to all families who are attending to the final payments of their fees for the school year. If you are interested in setting up a direct debit for school fees please do not hesitate to contact the office for assistance in doing so. Father Joe, Brian Donavan and myself will meet again next month to look at outstanding fees for the year. Please do not hesitate to call or make an appointment to see me if you would like to discuss family fee payments.

NEW BUILDING
Our new learning space is now completed and we will soon begin to move classroom supplies into the building. We are hoping to move the Year 5/6 classes at the end of November; we will look at a time that will be least disruptive to the children’s learning time. We are currently working with a landscape designer who is renowned for his designs in Victorian schools and has a strong emphasis on creating sustainable gardens. The landscaping will be completed in stages according to our budget. I am currently taking different year levels through for a little tour, if you or a group of friends would like to have a walk through feel free to call and I will make a time to give you a guided tour.

CAR PARK
It has come to our attention that cars without disabled parking permits are using the disabled car park space. These spaces are reserved for people who are eligible. Could all parents adhere to this please.

Father Joe is in Vietnam for the month of November, we wish him all the best for his trip. Father has a busy schedule for the duration of his stay; we hope he manages to build in some R&R and we look forward to seeing him back in the first week of December.

Please keep the Power family in your prayers following the sad passing of Nadia McDonnell, grandparent to Nadia and Jackie Power.

If you had a punt on the Melbourne or Kyneton Cup I hope you had a win, if not a win a bit of fun!

Jenny

Dates to Remember

P & F Golf Day                  Sunday November 30 @ 1pm
Year 6 Graduation              Wednesday December 17
2014 Final Day of School for Students Thursday December 18 @ 3.25pm

Various Events
Kyneton Carnival               Saturday October 25

Upcoming Camps
Year 3/4                        December 1—December 2
Mindfulness - Focusing on the present moment

This week staff participated in a Mindfulness session where mindfulness was explained and practised.

Mindfulness is recognised as one of the most powerful social and emotional tools we can teach children and is now taught across schools worldwide.

Mindfulness has been scientifically proven to dramatically increase the wellbeing of students as well as increasing the ability to learn more effectively, think more clearly, perform better, feel calmer and significantly reduce the symptoms of anxiety and stress.

Mindfulness is:

- Focusing on the present moment without getting caught up in your thoughts
- Being highly aware of present sensations, thoughts and feelings
- Paying attention with flexibility, openness and curiosity
- An awareness process, not a thinking process

Mindfulness has been proven to decrease stress and anxiety and bring a sense of peacefulness and clarity to both children and adults.

Staff were given an opportunity to practise Mindfulness Meditations including breathing meditations and body scan meditations. There are many Mindful movements and practises which can help to keep you ‘In the flow” where you can be engaged in a particular activity and be so absorbed that you lose track of time. It was stressed that young children need unstructured activities or hobbies where they can become completely absorbed in. Whilst extended time on phones, ipads or computers can heighten stress - time completing a puzzle or building with Lego is more likely to help relax a child.

For links to an audio to take you through the steps to Mindfulness Meditation go to:
www.smilingmind.com.au

Parents & Friend Golf Day

Calling all Mums, Dad and friends to be a part of the first ever P&F Golf Day!

When: November 30, 1pm
Where: Kyneton Golf Course
Cost: $20 pp incl. round of 9 holes followed by BBQ and drinks.

Prizes for teams on the day!

Everyone is welcome – from new starters including Mums, weekend warriors and seasoned professionals!

Register your interest with Andrew Raynor on 0408 566 416.
During October classes have spent time in their Religious Education lessons deepening their knowledge of The Rosary. This has been of special importance to us here at Our Lady of the Rosary School. We look to Mary for guidance as we pray and meditate on the different Mysteries. The children have become more knowledgeable about the different events of each of the Five Mysteries, with many classes choosing one to study in depth whilst praying the Rosary each day. Some year levels have also focused on Mary in the Bible and have read and discussed the different references from the New Testament. Other classes have delved into the interesting topic of women in the Bible and especially the type of life that Mary would have lived. This has helped children to make closer connections to Mary and to understand that she was a ‘real person’ who would have worked in her home just as our parents work, felt happiness and sadness just as we do. As you help your child to bed in the next few weeks, just take a few minutes to make the sign of the cross and pray a Hail Mary and an Our Father with them, thereby supporting them as they begin their wonderful Faith journeys.

The Joyful Mysteries:
1. The Annunciation.
2. The Visitation.
3. The Nativity.
4. The Presentation.

The Luminous Mysteries (Mysteries of Light):
1. The Baptism of the Lord.
2. The Wedding of Cana.
3. The Proclamation of the Kingdom.
4. The Transfiguration.
5. The Institution of the Eucharist.

The Sorrowful Mysteries:
1. Agony in the Garden.
2. Scourging at the Pillar.
3. Crowning with Thorns.
4. Carrying the Cross.
5. The Crucifixion.

The Glorious Mysteries:
1. The Resurrection.
2. The Ascension.
4. The Assumption.
5. The Coronation of B.V.M.

Canteen
The cake of the week tomorrow will be Banana & Golden Syrup, Yum! Tomorrow is the first Friday of the month so it’s also pie day! Beef Pies, Shepherds Pies and Sausage Rolls will be $2 each, the usual menu will also be available.