

# THE HOLY HERALD

## HOLY SPIRIT SCHOOL NEWSLETTER



Term: 4 | Week 2 | Date: October 19, 2021

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### MESSAGE FROM THE PRINCIPAL

#### APPLYING THE CREED TO OUR LIVES.....

Last weekend a large number of our Year 3 students celebrated their First Eucharist. During the celebration of the Mass just before the Prayers of the Faithful, all those in attendance recited The Creed.

What is a creed?

'A creed can be a formal doctrine, or system of beliefs, for a church or religious group. It can also be a philosophy or personal set of beliefs. The origins of the word are in the Latin *crēdō*, "I believe", once specific to the Christian faith, but by the 17th century, it was used for many different faiths. Companies, societies, and disciplines might also adopt a creed — as in a political creed, a national creed, or a management creed — that lays out a particular belief-system or way of doing things.'

In the Mass, it is not only spoken but also spoken in front of others. By doing so we are stating that this is our belief and that we are judged by how well we strive to live this creed out.

When I was a teacher, as part of the preparation for this Sacrament, I would ask students to write their own creed. They were asked to write a series of statements beginning each time with "I believe..." We did a fair bit of preparation and discussion of what a creed is and why it was important and the importance of 'being true to your word'.

Each student was asked to read their creed out to the class once they were happy that it really reflected their beliefs. It was really powerful across the rest of the year to have students reread their creed in moments of conflict. To reread the creed out loud when their actions or behaviours or attitudes were not matching what they had written down, for themselves.

Imagine how awesome our school community would be if we all (staff, students, parents and principals) tried just 10% more to live a positive creed in all situations. A focus on what we can do, what we can change and what we can take responsibility for, not what others are lacking, doing wrong or not supporting.

I wonder what creed will we live out this week?

Matt Kean  
Principal

# HOLY SPIRIT WHAT'S HAPPENING AT HSS

## CANTEEN

As advertised via Compass last week, our Canteen will be open for lunch orders each Monday between the 18th of October and the 29th of October. Many thanks to Nina and the volunteers for providing this service. All volunteers require double vaccination between the 8th of November until our last day on the 29th.

## BOOK WEEK DRESS-UP REMINDER

The book week dress up parade is held tomorrow Friday 15th October. As the theme is Old Worlds, New Worlds and Other Worlds, your child can dress up as almost anything from a book. We hope to see everyone dressed up.

The last day for the Book Fair is today. We are still waiting on the posters, they are on backorder.

## SCHOOL COUNCIL FUNDRAISING PROJECT

The School Council has committed over the coming years to a fundraising project to pay for our new drink stations (bubblers). New drink stations will be installed in time for the start of the 2022 school year. These new stations will be a sizable and well overdue investment. Starting the fundraising next year we are looking at holding a social event (Covid-19 permitting), a pie drive (or similar), a Bunnings BBQ and other fun food days. Early new year we will be asking for your support of these events.

## KINDER SNAPSHOTS & ORIENTATION DATES

We are fortunate that we are able to still go ahead with the Snapshot & Orientation sessions. However, these sessions will be under strict guidelines. Parents will only be able to stay for 10 minutes when dropping their child off. It is very important if you think your child will struggle with this, to contact the School for further advice on 0260 251122.

**Snapshot Session Dates:** Tuesday 9<sup>th</sup> November 2021 - 9:30am-11am  
Thursday 18<sup>th</sup> November 2021 - 9:30am-11am  
Wednesday 24<sup>th</sup> November 2021 - 9:30am- 11am

**Orientation Date:** Friday 3<sup>rd</sup> December 2021 - 9:30am-11am

## UNIVERSITY MATHS AND ENGLISH TESTS

There will be catch-up sessions for the University Maths and English Tests for those students who have already paid and enrolled:  
English - Monday 18th October  
Maths - Monday 25th October

KEEP CONNECTED





# Religious Education

## Mission Day — 22nd October



This year Catholic Mission is supporting Thailand. This Socktober we are encouraging students to learn what life is like for children from Thailand, specifically those from slum areas in Bangkok, the capital.

Thailand exhibits staggering wealth inequality. In 2018, the wealthiest 10% of Thai people held over 85% of the nation's wealth, while the poorest half of the population accounted for under 2% of all wealth. Around 7% of the Thai population of 69,480,520 people live under the poverty line.

The children most at risk are those living in poverty in city slum areas, especially if there is nowhere safe to stay during the day when their parents are working.

Many organisations and missionaries are working to eliminate some of the root causes of these issues, focusing on alleviating poverty through education.

## Mission Day at Holy Spirit

Holy Spirit School Mission Day will be held on Friday 22nd October. Due to the regulations preventing Year levels from mixing, we will organise our fundraising in a different way, while still raising money for Catholic Mission.

This is how Mission Day will run....

- Students will wear coloured clothes and pay a gold coin donation. This money will be collected in the morning by the Home-room teacher.
- Wear crazy socks to school!
- Each child will bring as many coins as possible to create a money line. Each class will then place their money on the line. We will have 4 money lines: **McRae, Dwyer, O'Connell and Esler.**
- Each home room will make a sock ball. ([youtube clip](#)) Sock balls can be used in a soccer shootout competition, knee-ball competitions etc. We are making sock balls as that is what children in poor countries do.
- We would like each student to please donate an old, clean t-shirt and an old pair of socks. That would help us to make a sock ball.

*Rise-up from the couch – with your boots laced  
- and turn your hands into signs of love...  
- Pope Francis*



Sacrament of Reconciliation - Friday 5th November @2pm. A note will go home to those Year 2 Catholic students who will be making their First Reconciliation on Friday.

## Congratulations

The Year 3 students made their First Holy Communion on Saturday night. The students were very reverent and well prepared. Thank you to everyone, at home and at school, who helped them prepare for this special Sacrament.



### Reminder

Bishop Mark Edwards has made the sad decision that there will be no public or private Masses with a congregation taking place and that our churches will close between Monday 11 October and Sunday 24 October inclusive. After Monday 25th October, 80% will be completely vaccinated and Churches should open again.

Regards,

Jo Davies

Religious Education Coordinator

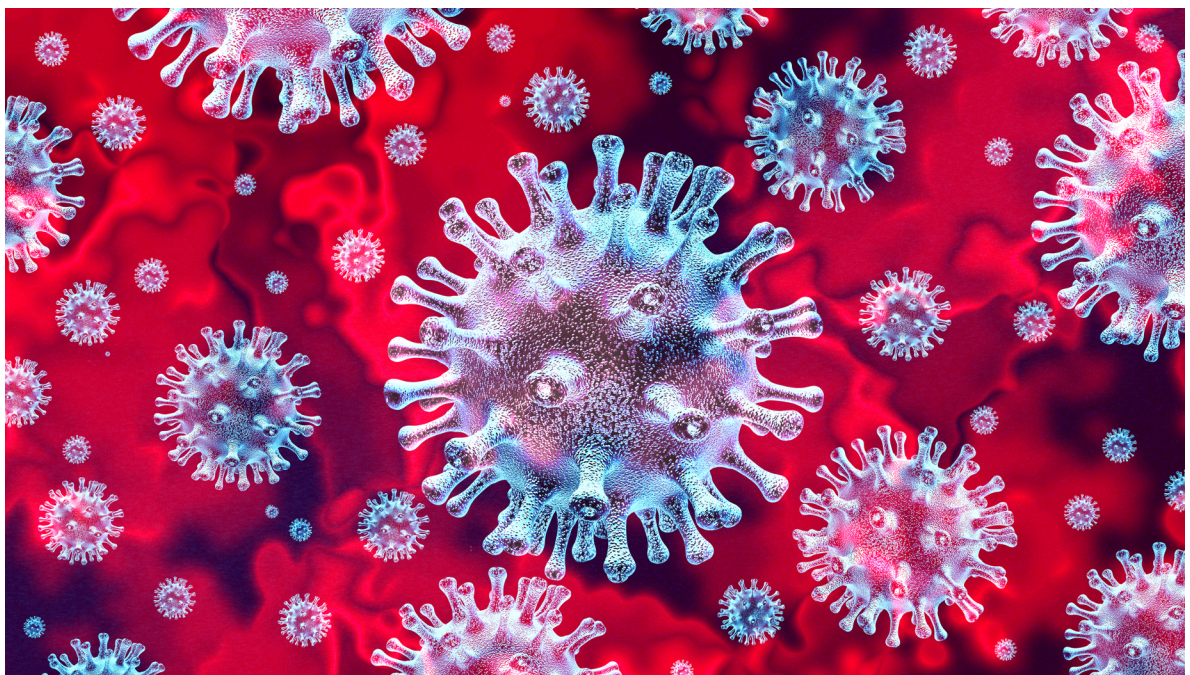




## **COVID REMINDER**

Given the Covid situation in Albury currently, as per our Compass notification earlier today, we need to remain vigilant for the health and safety for our entire school community. Please adhere to the following guidelines.

- Students do not attend school if they are unwell
- Students absent or sent home due to flu-like symptoms need to be tested
- Staff and students must not return to school or work until they return a negative COVID-19 result and are symptom-free
- Schools must sight and receive a copy of the negative COVID-19 test result prior to allowing students to return to school
- Students should be very conscious of their teachers, fellow students and other staff in the school and be sensitive to their health and wellbeing during interactions. At all times, students are to follow the instructions given by staff.



# HOLY SPIRIT SCHOOL NEWS

## VALE TO REMEMBER IN YOUR PRAYERS

Condolences to Tyrell (6MT) and Jayla (3OH) Hodge on the recent passing of their grandfather.

*Eternal rest, grant unto them O Lord and let perpetual light shine upon them, May their souls and the souls of all the faithful departed, through the mercy of God, rest in peace.*



## WORLD TEACHER DAY

Last week morning tea was provided for our awesome teachers to celebrate World Teachers Day. Our teaching staff should be extremely proud of what they do for our school and students, especially during these Covid times. Teachers have had to learn new tech online platforms and systems, juggling online and face to face learning whilst trying to keep learning fun and interesting and be there for students. Teachers, we appreciate you and your contributions and hardwork to make this school as wonderful and smooth running as it is.

## DATES TO REMEMBER

**Book Week Parade: Friday 15th October (tomorrow)**

**Mission Day: Friday 22nd October**

**Orientation Day (Years 1-6): Monday 13th December**



## Sinder the dog in Year 1 for Science and Writing



**Socktober reminder  
from Sinder**





HOLY SPIRIT

BOOK PARADE FRIDAY 15TH OCTOBER (TOMORROW)





## NEWS

### CLUB CRICKET REGISTRATIONS NOW OPEN:

- Local Cricket Clubs are currently taking registrations for the upcoming cricket season.
- There is something suitable for boys and girls aged 5 and up.
- Cricket is a great way to be active and make new friends

Head to <https://play.cricket.com.au/> to find your local club.



**woolworths**  
**CRICKET BLAST**

**SIGN UP TODAY**

**ACTIVE KIDS** **YOU COULD PLAY FOR FREE!**

## NEWS

PCYC Albury are excited to advise that we are reopening on Monday 18 October.

We are also very excited to introduce the following activities;

- Free G – Parkour**
- Tumbling**
- Futsal**
- European Handball**
- Lacrosse**
- Netball Skills**

As we are limited in numbers per session due to current NSW Health Orders, please visit <https://www.pcycnsw.org.au/albury/activities> to book your spot.

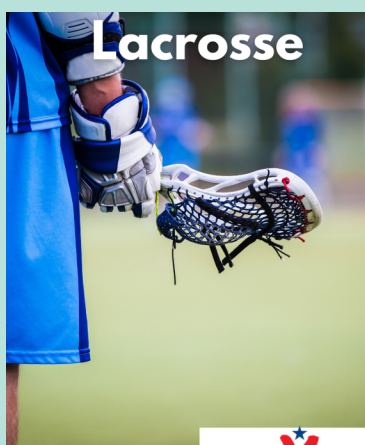
As per current NSW Health Orders, the following rules must be followed;

- Anyone 12 Years and above must wear a face mask. This may be removed when undertaking physical activities
- Everyone must sign in via the QR Code or registration sheet at reception
- Proof of double vaccination must be shown for anyone entering PCYC 16 years and over

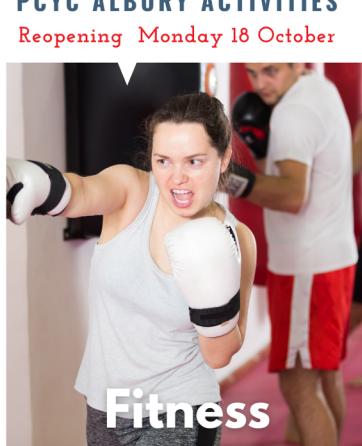
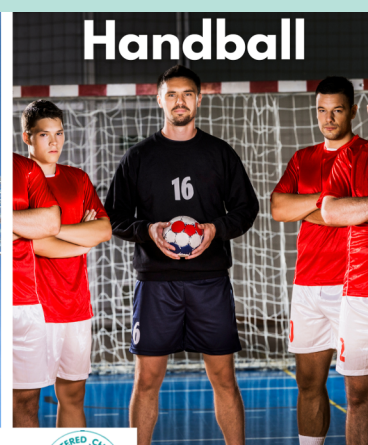
# HOLY SPIRIT SPORT



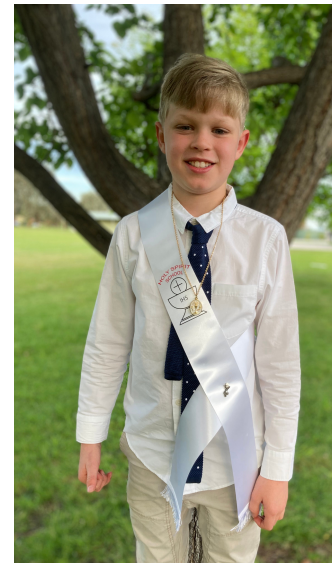
**PCYC ALBURY ACTIVITIES**  
Reopening Monday 18 October



**PCYC ALBURY ACTIVITIES**  
Reopening Monday 18 October











Faith



Thanksgiving





# Supporting Sensory Regulation - For Parents

This workshop will include interactive activities, discussion and the presentation of evidence-based strategies to support the regulation and sensory needs of children and young people experiencing mental health complexities, with a specific focus on Autism Spectrum Disorder and Developmental Trauma. The workshop will be delivered from an occupational therapy perspective, with additional reference to key neuroscience and attachment- based research.

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## **Presenter:**

Kate Piromalli  
Clinical OT Advisor

Friday 19 November  
10:00pm – 12:00pm

**Cost:** \$30

[Book here](#)

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This Workshop is suitable for :

- Parents
- Carers



**Contact for more information:**

Lisa Campbell    [lisa@aass.org.au](mailto:lisa@aass.org.au)    Phone: 02 9601 2844





# NOW YOU HAVE YOUR NDIS PLAN

A WORKSHOP FOR PARENTS, CARERS & PARTICIPANTS

## THIS WORKSHOP WILL COVER

- Going through an NDIS Plan
- Support Coordinators and their role
- Linking with services
- Plan Review
- Advocating for your child or yourself

Friday 12th  
November  
10am - 12noon  
Cost \$20

**REGISTER HERE**  
**VIA EVENTBRITE**

Email: [lisa@aass.org.au](mailto:lisa@aass.org.au)



# Sunsmart Snippet

## Don't forget your eyes



### Sunglasses don't have to be expensive to be effective

When choosing sunglasses, ensure they meet the Australian Standard for eye protection, choose category 2 or higher and look for an Eye Protection Factor (EPF), ratings of 9 or 10 provide excellent protection.



# Nutrition Snippet

## HEALTHY HALLOWEEN SNACKS.

Healthy snacks don't have to be boring!



Swap out the usual snacks for these healthier ideas:

- Witchy guacamole face
- Veggie and tzatziki skeleton
- Banana ghost and mandarin lanterns

For ideas and recipes visit:  
[healthylunchbox.com.au](http://healthylunchbox.com.au)



**Cancer Council**  
Healthy Lunch Box



# Healthy Lunch Box recipe

## Couscous cakes



### Ingredients

$\frac{3}{4}$  cup couscous, preferably wholemeal  
1 tsp reduced-salt vegetable stock powder  
1 cup boiling water  
1 clove garlic, crushed  
 $\frac{1}{4}$  cup parsley or coriander  
 $\frac{1}{2}$  cup tinned chickpeas, drained & rinsed  
2 large eggs, lightly beaten  
1 lemon, zested  
Olive oil

- Makes 8 patties

### Method

Place the couscous and stock powder in a large bowl and add boiling water. Stir, cover and sit for 5 minutes.

Chop the garlic in a food processor. Add the parsley or coriander and pulse until finely chopped. Add the chickpeas and pulse until chopped.

Fluff the couscous with a fork. Add the chickpea mix, eggs and lemon zest and mix well. Refrigerate for 15 minutes. Press into a  $\frac{1}{4}$  measuring cup to create cakes. Repeat with the remaining mix.

Heat olive oil in a frypan over medium heat. Add the couscous cakes in batches so not to over crowd. Press them down gently with a spatula to flatten. Cook until golden on both sides.

For more recipes visit:  
[healthylunchbox.com.au](http://healthylunchbox.com.au)



**Cancer Council**  
Healthy Lunch Box

# ***Nutrition Snippet***

## NEED SOME LUNCH BOX IDEAS?



Check out our range of healthy lunch box examples to give you inspiration!

For ideas and recipes visit:  
[healthylunchbox.com.au](http://healthylunchbox.com.au)



**Cancer Council**  
Healthy Lunch Box

# Nutrition Snippet

## SPRINGTACULAR FRUIT AND VEG.



### Try these seasonal recipes:

- [Pea and zucchini risoni](#)
- [Bliss balls](#)
- [Celery with cream cheese](#)

For these recipes and more visit  
[healthylunchbox.com.au](http://healthylunchbox.com.au)

