



## COMING UP AT OLSH...

### APRIL 2025

Wed 2nd	<b>PUPIL FREE DAY</b>
Fri 4th	<b>Last Day of Term</b> Pilgrims of Hope—Immersive Experience Caritas Walkathon
Mon 21st	<b>EASTER MONDAY—PUBLIC HOLIDAY</b>
Tues 22nd to Thurs 24th	<b>PUPIL FREE DAYS</b> — Staff Professional Development
Friday 25th	<b>ANZAC DAY—PUBLIC HOLIDAY</b>
Mon 28th	School returns—first day back for students

### May 2025

Mon 12th	Catholic Education Week
Thurs 15th	School Open Day
Wed 21st	Simultaneous Story Telling

### **A small note from Joan:**

Welcome back Matt, We hope you enjoyed your holiday. I would like to say how much I have enjoyed being at OLSH whilst Matt has been away. OLSH is a beautiful school and full credit must go to the staff for their dedication and hard work. The students are a delight! They are so friendly and well mannered . I feel very lucky to have been here and would like to wish everyone in the community the very best for the year ahead. - *Joan Coldwell*

Dear Parents,

It's great to be back in Australia and back at OLSH after my trip away to China. We certainly live in the lucky country. Our wide open spaces, natural environment and lack of congestion would be the envy of the ordinary Chinese people who live in cities of over 22 million people. I would like to thank Joan Coldwell, who

replaced me over the past 8 days, she said she really enjoyed being amongst the students and staff of OLSH and commented on the beautiful culture and feel of the school.

Next Wednesday the 2nd April, the teachers will be undertaking professional development in Bendigo on the topic of developing calm and safe learning environments for the students. The staff will also get to spend the day with Lisa Hitchcock, who is the new principal for OLSH starting in Term 2. It will be a good opportunity for the staff and Lisa to work together and get to know each other.

Due to the school being closed next Wednesday, the newsletter will be sent out next Friday 4th April. (Last day of term).

### **Pilgrims of Hope Day**

Please see attached the flyer on page 3 for this years Caritas Fundraiser. We welcome parents to attend on the day and are asking for donation of supplies in the form of old tarps, sheets, blankets rope, sleeping bags, cushions etc.

There will also be a sausage sizzle on the day, forms are being sent home today, please return promptly to indicate if your child/ren would like to contribute to raise money for Caritas. Each sausage is \$2.50. Please ensure the form and money is returned by Tuesday the 1st of April to ensure we cater appropriately.

Thanks,  
Matt.

# School News

## LEARNERS OF THE WEEK



Term 1, Week 8: Congratulations to Ken, Nate, Mackenzie and Dawn for being named our Learners of the Week!

## MHiPS (Mental Health in Primary Schools)



Hello OLSH School Community,  
Just sharing the BRAVE Program, which is an interactive, evidenced based online program for the prevention and treatment of childhood and adolescent anxiety. The programs are free and provide ways for children and teenagers to better cope with their worries. There is a parent and child program. Please see the link below if you would like to learn more or to register.

<https://brave4you.psy.uq.edu.au/>

Anxiety is a common feeling. However, 8-10% of children and adolescents experience an anxiety condition that can impact on their daily life.

**The BRAVE PROGRAM.**

BRAVE Self-Help is an online program for the prevention, early intervention and treatment of anxiety in young people and children. The program was developed at the University of Queensland by experts in anxiety in young people and children, and has now been running for 13 years throughout Australia. The program is fun, interactive, based on cognitive-behavioural principles and has been found to be effective in reducing social anxiety, phobias, separation anxiety, phobias and general anxiety in hundreds of children and adolescents.

In 2014, for the first time, BRAVE Self-Help will be available to all young people and children living in Australia between 8 and 17 years and their parents.

BRAVE Self-Help is made possible through a partnership between UniQuest, The Brave Team and beyondblue.

THE UNIVERSITY OF QUEENSLAND AUSTRALIA  
Griffith UNIVERSITY  
UNIVERSITY OF SOUTH QUEENSLAND  
UniQuest

For more information, or to access the program, please visit [www.brave4you.psy.uq.edu.au](http://www.brave4you.psy.uq.edu.au). You can also find us on Facebook at [www.facebook.com/braveforanxiety](https://www.facebook.com/braveforanxiety)

beyondblue Depression Anxiety  
Find us on Facebook

# School News



# Catholic Identity



## Pilgrims of Hope

Dear Families,

Each year during Lent, OLSH students raise funds for Caritas, demonstrating their commitment to social justice. Last year, they organized a bake sale and the "Fashion into Compassion" initiative, showcasing their creativity and dedication to a worthy cause.

This year, in the spirit of solidarity—a core principle of Catholic Social Teaching—students will take part in an immersive experience on Friday, April 4th. Working in their family groups, with senior students guiding younger learners, they will construct makeshift huts or homes. This activity aims to foster empathy by offering a small glimpse into the challenges faced by refugees worldwide.

The day will commence with an early BBQ lunch (helpers needed please).

A prayer and quick introduction.

Approximately 12:00 the learners will create their huts within their family groups.

There will be time for a snack and a walkathon at 1:45pm.

The students will walk a block of the school and be sponsored by parents/friends/relations. Donations can be given through a QR code from Caritas Australia. We will need parent helpers to encourage and walk with the students.

The day will conclude at an early finishing time at 2:30pm

If there are any questions regarding the day's events, please email-

[dnihill@olshelmore.catholic.edu.au](mailto:dnihill@olshelmore.catholic.edu.au)

To help our family groups bring their huts to life, we need materials such as hessian, blankets, camp chairs, and tarps. If you're able to contribute, please send these items to school as soon as possible so students can begin planning and preparing for this meaningful experience.

Your support is greatly appreciated.

Ms Nihill



OLSH School is walking in solidarity to fundraise for Caritas.



OUR LADY OF THE SACRED HEART - ELMORE

### Our Lady of the Sacred Heart Elmore

I'm Uniting Against Poverty, as part of Project Compassion.



I'm taking part in Caritas Australia's Project Compassion by taking part in The Big Water Walk.

In 2025, I'm joining Caritas Australia's Project Compassion, an initiative that empowers vulnerable communities to lift themselves out of poverty. Through this project, we come together as a community to turn our collective goodwill into lasting change.

Individually, we can make a difference, but when we unite through Project Compassion, our kindness is amplified. Your donation today can help provide essential resources and opportunities to people in need, empowering them to build better futures.

Let's work together to create BIG, lasting change—for today and for generations to come. Donate now and make this Lent a season of transformation.



Donate by scanning the QR code

# Community News

ELMORE FOOTBALL NETBALL CLUB PRESENTS

## SEASON LAUNCH

### FAMILY DAY

# \$1000 DRAW

**EXTRAVAGANZA**

**SATURDAY 5TH APRIL 12PM**

**AT ELMORE REC RESERVE**

**TICKETS \$30 ADULTS KIDS FREE\***

TICKET INCLUDES:  
 LUNCH & NIBBLES  
 TICKET INTO \$1000 DRAW  
 LIVE ENTERTAINMENT

Join us to celebrate the start of the 2025 season

**\$1000 cash draw**

Come mingle with new and current members

Meet the coaches

Our Family Fun Day is packed with activities for all ages, including:  
 FACE PAINTING  
 KIDS ENTERTAINMENT  
 LAWN GAMES  
 FAIRY FLOSS

**TICKETS AVAILABLE THROUGH WEBSITE AND SOCIAL COMMITTEE**

NOTE: THERE WILL BE FOOTBALL & NETBALL TRAINING ON FROM 10:30AM, SPECTATORS WELCOME

ELMORE PS 150 YEAR CELEBRATIONS

## COMMUNITY FAIR

SATURDAY 29TH MARCH 10AM - 3PM

**UNLIMITED ACTIVITY PASS**  
EARLY BIRD PRICE \$25 OR \$30 ON THE DAY

**FOR THE KIDS**

JURASSIC ADVENTURE

INFLATABLE BUNGEE-RUN

- INFLATABLES
- INTERACTIVE REPTILE DISPLAY
- PLAYGROUP PLAY CENTRE
- TEMPORARY TATTOO
- CFA FIRE TRUCK
- VICTORIA POLICE CAR + STAND

INCLUDES 1 X SAUSAGE AND SOFT DRINK

**FOR THE GROWN UPS**

- 25+ Market Stalls
- Extensive historical Displays
- Student Art Displays
- Commemorative tea towel, pavers and local wine
- Food and Drink
- Live entertainment
- Licensed Bar

**PAST AND PRESENT STUDENT AND STAFF PHOTO AT 1PM**

CONTACT THE SCHOOL ON 54326247 OR EMAIL ELMORE.PS@EDUCATION.VIC.GOV.AU TO PRE-PURCHASE UNLIMITED ACTIVITY PASSES, TEA TOWELS, PAVERS AND WINE. ALL ITEMS CAN BE PURCHASED ON THE DAY

**BENDIGO PALM SUNDAY WALK for Justice, Freedom and Peace.** Bendigo Churches and community groups ask you to stand up for justice, decency and compassion on **13<sup>th</sup> April at Lake Weeroona from 12.00 – 1.00 pm.** Thousands of refugees and people seeking asylum are still in limbo waiting for justice and certainty about their future. Join at the north end of the Lake; register, sign our letter of support, and walk around Weeroona as a gesture of solidarity with these forgotten people. Palm Sunday is when we remember how Jesus rode determinedly into Jerusalem to challenge authority with the demands of love. For us, it is an opportunity to demonstrate our discipleship in doing the same.



**BE A GOOD EGG THIS EASTER** and make sure your Easter chocolate is slavery-free. A significant portion of chocolate comes from cocoa beans harvested by child labourers enduring enslavement and exploitative working conditions. As Pope Francis says: **“Every person ought to have the awareness that purchasing is always a moral – and not simply an economic – act”.** Scan the QR code to check out how your favourite brand rates? (Note Cadbury is owned by Mondelez.) Use these logos to identify slavery-free chocolate.



# Community News

## Rochester Secondary College

### Key Dates:

#### Open Night – March 26

All prospective parents, carers and students welcome. Come along and discover all that Rochester Secondary College has to offer. Two sessions: 4.30pm and 5.30pm.

#### Primary School Visits – May 5 (All week)

Current Year 7 students will visit Primary schools to share their experiences since starting at the college.

#### Experience Day – June 17

Grade 5/6 students will spend a day at the college, exploring several different curriculum areas.

#### Primary School Visits – October 11 (All week)

Our staff will visit with primary schools to collect information about 2026 Year 7 students

#### Family Interviews – November 10-12

Families will be invited to come in for an interview to share information about their child.

#### Extra Transition – November 24-27

Sessions will be offered to those students needing extra support with their transition.

#### Orientation Day – December 9

2026 Year 7 students will spend a day at the college, meeting their new classmates and teachers.

Year 7 2026 Information Night – Join Us at RSC!

We're excited to welcome future Year 7 students and their families to Rochester Secondary College's Information Night! This is a great opportunity to explore our wonderful school, meet our staff, and learn about the exciting journey ahead.

 Date: Wednesday March 26... [See more](#)



**OPEN NIGHT**

All prospective parents, carers and students welcome.

Come along and discover all that Rochester Secondary College has to offer.

**MARCH 26TH: TWO SESSIONS - 4:30PM & 5:30PM**

[Learn More](#)  Our Contact (03) 5494 1844  More Information [www.rochsecvic.edu.au](http://www.rochsecvic.edu.au)



**OPEN DAY 2025**

 **CATHERINE MCAULEY COLLEGE BENDIGO**  
*celebrating 150 years*  
1876 - 2026



**HOLIDAY FOOTY FRENZY**

**MONDAY 7TH & TUESDAY 8TH APRIL**  
**8.30AM - 5PM**

**ATKINS ST, NORTH BENDIGO**

**AGES: 5 - 14**

**SNACKS AND LUNCH PROVIDED**

**1 DAY - \$80**  
**2 DAYS - \$150**

*Who will win the Fitzpatrick Cup?*

**MORE INFO AND SIGN UP HERE**



**LEARNING FOR LIFE**

Do you want to learn how to think independently and be adaptable?  
Join our welcoming community in 2026 to learn the skills you need to thrive and serve.

Attend our Open Day to see our innovative educational facilities and spacious grounds, including the new Mercy Junortoun Sporting Precinct. Learn about the College's academic, creative and sporting programs.

- Learning activities
- Guided tours
- Information stalls
- Live music
- BBQ

**Open Day**  
When: 4.30-7pm, Wednesday 26 March  
Where: Coolock Campus, Junortoun

**Enrolments for Year 7, 2026**  
Open: Wednesday 26 March 2025  
Close: Friday 9 May 2025

**Discover more!**  
Visit our website – [cmc.vic.edu.au](http://cmc.vic.edu.au)

**Enrolment enquiries:**  
Audra Petri, College Registrar  
5445 9100 | [enrolment@cmc.vic.edu.au](mailto:enrolment@cmc.vic.edu.au)

A Ministry of Mercy Education Ltd | ABN 69 154 531 870

Register online – [cmc.vic.edu.au](http://cmc.vic.edu.au)





**OUR LADY OF THE SACRED HEART  
ELMORE**

**2026  
ENROLMENT**

*Quality education for all - welcoming every belief*



Choose  
Excellence  
and  
Awe



Choose  
Courage  
and  
Compassion



Choose  
Teamwork  
and  
Achievement

*All inclusive fees from \$10 a week - no more to pay\**

**ENROL NOW**

(03) 5432 6254

**More Information**

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

*\*Subject to eligibility*



## **Our Lady of the Sacred Heart**

32 Jeffery Street, Elmore

**Ph:** 5432 6254

**Web:** [www.olshelmore.catholic.edu.au](http://www.olshelmore.catholic.edu.au)

**Email:** [admin@olshelmore.catholic.edu.au](mailto:admin@olshelmore.catholic.edu.au)  
[principal@olshelmore.catholic.edu.au](mailto:principal@olshelmore.catholic.edu.au)

**Principal:** Lisa Hitchcock

### **School Information Morning:**

Thursday 15th May 9.00am – 11.00am

### **Principal Learning Tour:**

Tuesday 6th May @ 9:00am

Thursday 8th May @ 9:00am

*For any alternate time, please contact the school office.*

### **Orientation Day:**

Tuesday 9th December, 2025

11.45am – 1.45pm

### **Foundation Orientation Program – Little Chevies**

Friday Oct 24th – 9:00am – 11:00am

Friday Oct 31st – 9:00am – 11:00am


Friday Nov 7th – 9:00am – 11:00am\* *OLSH Mission Day*

\*optional but must attend with a parent\*

Friday Nov 14th – 9:00am – 11:00am

Tues Dec 9th 11:45am – 1:45pm

We are  People

- who TOUCH the  of others
- who are Faith Filled
- who Pursue Excellence

**Please contact the school for any further information or to discuss alternative tour options**