

## Why Lend a Hand?

The ongoing social, academic and emotional success of our kids relies heavily on our amazing community of parents and guardians.

You might think you don't have anything to offer, or that someone else is a better fit, or better placed, to volunteer their time. Problem is, if it's always the same core group of people going to the meetings, planning the events, organising the fundraisers, and volunteering for canteen, they will end up burned out and even worse, lacking fresh ideas! Let's not let that happen at St Rose.

If everyone in our school community signs up to **Lend a Hand** and does at least one thing, we all benefit. Most of all, our kids.

[Please take 1 minute to nominate how you can help in 2019.](#)

### 5 Reasons to Lend a Hand

**1. A little goes a long way:** Maybe you work full time. Maybe you already manage your kids soccer team. Maybe you haven't had a decent shower since your firstborn arrived in 2010. Odds are most parents are feeling the same way - busy. The good news is: volunteering needn't be an "all or nothing" thing. When it comes to helping out, a little can go a long way. Offering your time once a week (literacy groups), once a month (canteen), or even once a year (athletics carnival) all spreads the load.

**2. Everyone has something to offer:** There's a lot of behind-the-scenes work to be done that doesn't require anything other than a willingness to give your time and energy. Everyone is good at something which means everyone has something to offer. There's always library books needing to be covered, and kids needing to be supervised on an excursion.

**3. Lead by example:** Parents who volunteer and show empathy are much more likely to inspire the same habits in their kids. By demonstrating your willingness to help out (remember, a little goes a long way), you model that behavior to your children. Additionally, this is a great way for your kids to get "special" time with you.

**4. Your child(ren) will directly benefit:** When we give our time to the school, our children benefit. Think about special events like discos, sports carnivals and gala days, and events to raise funds for specialist programs and equipment (e.g. robotics). All of these programs and events give our kids a more meaningful school experience.

**5. You'll feel good:** Not only will your volunteer efforts pay off by enhancing your child's experience at school, you'll feel pretty good about yourself too. Doing something for others feels right, and it's contagious.

As the saying goes, "it takes a village to raise a child". Further, it takes a village to create an amazing school. And isn't that what we all want for our kids?

### How will you help in 2019?

Please nominate way in which you can **Lend a Hand** at St Rose. If you can Lend a Hand in more than one way, please tick all the areas where you can help. If you're a two parent family, please consider both parents volunteering for at least one opportunity each.

### **Opportunities to Lend a Hand**

- Covering library books (whole school; 2-3 times per year/5 books each time, can be done at home)
- Assisting at Cross Country (whole school event; 14 March 2019)
- Assisting at Athletics carnival (whole school event; 28 June 2019)
- Assisting at Swimming carnival (whole school event; once per year)
- Assisting at Soccer gala days (Years 3 to 6 event; Term 1)
- Assisting at NRL/Eagle Day gala days (Years 3 to 6 event; Term 2)
- Assisting at AFL/Netball/Cricket gala days (Years 3 to 6 event; Term 3)
- Assisting with Literacy groups (Kindy and Year 1; weekly/per term)
- Assisting with Maths groups (Kindy and Year 1; weekly/per term)
- Canteen duty (volunteers needed 12pm-2pm on any Monday or Friday)
- Parent helper on an excursion (whole school event; once per year)
- Sourcing prizes and auction items for our major fundraiser (whole school event; once per year)
- Donating prizes and/or auction items for our major fundraiser (whole school event; once per year)
- Assisting with set up on the day of our major fundraiser (whole school event; Friday, 6 September 2019)

[Click here to nominate how you can help in 2019.](#)

We will be in touch with you closer to the time to confirm and organise your involvement.

Thank you for your support.

ST Rose PEN team



