Dear Parents,

We hope that you have all enjoyed an extended break and are feeling refreshed for it. It is a timely break for the children and will hopefully rev them up for the remainder of the year.

Last week our Senior students ran their Carnival Day and it was a great hit. There was certainly a wide variety of activities; something for everyone, so all the children enjoyed their time at the Carnival. Congratulations and thank you to the Seniors on their planning, organisation and cooperative work, which all added up to a great day for the whole school!

We are deeply saddened to announce that, after a very long illness, Eloise Pedersen, mother of Summer (3/4T) and Isaias (1/2H) passed away peacefully this morning. As a school community we extend our heartfelt sympathy and continue to offer our prayers and support to the children, Eloise’s parents, Annette and David, her sister Cherie Pynaker and all her family.

Just another reminder that annual Art Show to showcase the children’s art will be held next Thursday in the hall. There is no cost involved and you just come and have a look around at a time that suits you between the 4.00 and 5.30pm. The children love to show off their learning in the Visual Arts!

Congratulations to our Students of the Week:

PB: Casey S  PF: Riley A  1/2F Teneal W/Amelie L
1/2U: Cody H  1/2H: Tommy P  1/2R: Lachlan C
3/4T: Summer P  5/6B: Bailey T  5/6L: Sebastian R
5/6F: Ebony D  5/6S: Connor S

With my prayers and best wishes for the coming week, Mrs Lynne O’Meara  Principal
# What's Coming Up!

<table>
<thead>
<tr>
<th>Week Five</th>
<th>Monday, 2nd November</th>
<th>10am – 12</th>
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<tbody>
<tr>
<td>Tuesday 3rd October</td>
<td>9.00am – 2.00pm</td>
<td>3.30pm – 10am – 12</td>
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<tr>
<td>Thursday 5th November</td>
<td>11.40am</td>
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<tr>
<td>Friday, 6th November</td>
<td>11.40am</td>
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- Curriculum Day – SCHOOL CLOSURE
- Cup Day – SCHOOL CLOSURE
- 2016 Prep Orientation Session 1
- 2016 Prep Parent Literacy session
- School Assembly

<table>
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<tr>
<th>Week Six</th>
<th>Monday, 9th November</th>
<th>9.00am – 2.00pm</th>
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<tr>
<td>Thursday, 12th November</td>
<td>3.30pm – 10am – 12</td>
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<tr>
<td>Friday, 13th November</td>
<td>4pm – 5.30</td>
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</table>

- Gr 1/2 Smart Start Program
- Ed Board Meeting
- Staff Meeting
- Prep Orientation Session 2
- 2016 Prep Parent Maths session
- School Art show
- School Assembly

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### The Heart of Eternal Love

**Leader:**

- Heart of Love, Source of all kindness,
  Teacher of the ways of goodness:

**All:**

- You are hidden in the pockets of daily life,
  waiting to be discovered.

**Leader:**

- Heart of Gladness, Joy that sings in our souls,
  the Dancer and the Dance:

**All:**

- You are Music radiating in our
  cherished times of consolation.

**Leader:**

- Heart of Compassion,
  the Healing One weeping for a world burdened and bent:

**All:**

- You are the heart we bring to the wounded, worn and weary.

**Leader:**

- Heart of Comfort, Sheltering Wings of Love,
  Refuge for sad and lonely ones:

**All:**

- You embrace all who bear loss,
  gathering their tears with care.

**Leader:**

- Heart of all Hearts,
  the First and Best of all Companions:

**All:**

- You are the gift hidden in our depths,
  connecting us with others.

**Leader:**

- Heart of Understanding, One who gazes upon the imperfect,
  the incomplete, the flawed, the weak:

**All:**

- You never stop extending mercy.

**Leader:**

- Heart of Freedom, the Uncontained Spirit bearing truth,
  Great Liberator, forever calling to us:

**All:**

- You urge us toward unrestrained trust.

**Leader:**

- Heart of Generosity,
  Abundance of insight and hope:

**All:**

- Daily you offer us gifts of growth,
  leading to continual transformation.

**Leader:**

- Heart of Deepest Peace, Centre of Tranquility,
  Resting Place at the core of our being:

**All:**

- You are waiting always for our return to this sacred home.

---

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ST MARY'S NEWS

CAR PARK RULES...... CAR PARK RULES...... CAR PARK RULES......

PARKING IN THE DRIVEWAY BEFORE 3.15pm IS PROHIBITED UNLESS ALL CAR PARKING SPACES ARE TAKEN.....

ST MARY’S MASS TIMES MOUNT EVELYN
Saturday 5.00 pm & Sunday 10.30 am & 5.00 pm

REMINDER THAT SCHOOL FEES......... need to be paid in full by the 20th of November unless other arrangements have been made with the office.

St Mary’s BSB/ACCOUNT Details
PLEASE SEE BELOW OUR BSB DETAILS FOR ONLINE TRANSFERS
St Marys Primary School
BSB 083-347 Account Number 676054930

UNIFORM SHOP - NEW OPENING TIMES
Opening hours
Tuesday Afternoon 3.00pm - 3.30pm &
Thursday Morning 8.30am - 9.00am
Order forms available at the office. Payment of cash or cheque MUST be included with your order.

ST MARY’S NEW WEBSITE
Check out our new website... The newsletter and other items are uploaded every week for your convenience. (Weekly newsletters will no longer be emailed)
Also including this week, Uniform Order Form, Tuckshop Menu & Car Park Rules
www.smmountevelyn.catholic.edu.au

2016 FEE INCREASE NOTICE
2016 annual family fee will stay the same at $990.00, the student levy will increase slightly to $245.00 per child.

School fees include course and subject levies, and the costs of all curriculum excursions and activities. School Fee Statements will be issued at the commencement of the school year on 3rd February 2016 with payment schedules and forms for direct debits. Reminder Statements will be issued at the beginning of each term for your information.

To pre pay fees or set up your own payment schedule through your internet banking, please include your eldest child’s name as the reference.

St Mary’s BSB/ACCOUNT Details
St Marys Primary School
BSB 083-347
Account Number 676054930
Dear Parents,
On behalf of Mt.Evelyn Primary School OSHC we would like to invite you to our Vacation Care Program open to your wonderful school. You can receive your Booking Form for January School Holidays from your school office. You may also email, phone or pop in and see Melissa at the School OSHC office at Mt.Evelyn Primary School 9736 2233  osh@mtevelynps.vic.edu.au  Monday – Friday 7.00am – 3.00pm
Melissa will be very happy to assist you and organise an enrolment package for your child/children. It is a great opportunity for our local school community to support a wonderful program.  Kind regards, Melissa Mc Donald

ITALIAN DAY- ST. MARY’S 2015

Dear Parents,

The annual St. Mary’s Italian Day will be held this year on Tuesday, November 24th 2015.

The day will include:
* Fun activities at each level
* A fashion parade to rival the catwalks of Milan and Rome
* Artworks that would amaze even Michelangelo
* Mouth-watering pizza and gelato.

Students can join in the fun by dressing in Italian colours or as their favourite character.

Please complete the form below and return to the class teacher no later than Thursday, November 19.

Looking forward to an enjoyable day.
Signora Bartilotta
(Italian teacher)

PIZZA

CHILD’S NAME: ______________________________________________ GRADE: __________

PIZZA: $1.50 per slice

MARGHERITA ________ slices  @ $1.50 __________
HAWAIIAN ________ slices  @ $1.50 __________

GELATO: Max 1 Dixie cup per child  @ $1.00 Chocolate or Lemon (please circle flavor)

TOTAL: $______________

(Please enclose correct amount no change will be given!)
A reading from the holy Gospel according to Mark

This poor widow has put more in than all who contributed.

In his teaching Jesus said, ‘Beware of the scribes who like to walk about in long robes, to be greeted obsequiously in the market squares, to take the front seats in the synagogues and the places of honour at banquets; these are the men who swallow the property of widows, while making a show of lengthy prayers. The more severe will be the sentence they receive.’

He sat down opposite the treasury and watched the people putting money into the treasury, and many of the rich put in a great deal. A poor widow came and put in two small coins, the equivalent of a penny. Then he called to his disciples and said to them, ‘I tell you solemnly, this poor widow has put more in than all who have contributed to the treasury; for they have all put in money they had over, but she from the little she had has put in everything she possessed, all she had to live on.’ The Gospel of the Lord

Class Masses this week: 3 / 4 C and 1 / 2 U will celebrate Mass in the church on Thursday at 9.00a.m. All welcome to attend.
St. Mary’s Parish School Community warmly invite your family to our **ANNUAL ART SHOW**
to be held between 4.00pm & 5.30pm on Thursday 12th November
In the hall

Mount Lilydale Mercy College Old Collegians Memorial Mass
You are cordially invited to a special Mass for Old Collegians and their families who have entered into Eternal Life.

**Venue:** Our Lady of Mercy Old Collegians’ Memorial Chapel
**Address:** 120 Anderson Street Lilydale
**Date:** Sunday 15 November **Time:** 2pm.
Mass will be followed by afternoon tea in the Staff Dining Room. The Heritage Rooms will also be open for all those interested in our rich history at Mount Lilydale Mercy College.

If you have any queries, kindly contact Patricia Olson or Leonie Ziolkowski on 9735 4022

St. Mary’s Christmas Eve Family Mass

Thursday 24th December 2015

If your child would like to participate in this special occasion, please fill out the form below and return to the office by the 29th November.

Please tick which part you would like to be considered for:
**Gospel Play:**
- Angel
- Mary
- Joseph
- 3 Inn Keepers
- 3 Wise Men
- Shepard

**Readings:**
- Prayers of the Faithful
- Offertory
- Collection
- Entrance Procession
- Choir

Childs Name: ___________________________ Grade: _______________
Parent Contact Mobile: ___________________ Email Address: ___________________
CRAFT CLUB VOLUNTEERS REQUIRED

Term 4 at craft club we will be focussing on Christmas. We have loads of activities planned but for us to be able to run these sessions properly we are desperate for some volunteers.

If you can help on any of the following days please fill out the form below and return to the office.

Craft Club is run every Friday during first recess. Volunteers are required from 10.50am until 11.50am (1 hour duration approximately)....

We are still taking donations of any craft type items......Drop them off at the office if you have anything we can use.

Name ______________________ Contact Phone Number ______________________
I am available on the following Friday/s from 10.50am - 11.50am

☐ Friday 30th October ☐ Friday 27th November
☐ Friday 6th November ☐ Friday 4th December
☐ Friday 13th November ☐ Friday 11th December
☐ Friday 20th November ☐ Friday 18th December

Please tick and return to the office...

LAST WORKING BEE 2015

We believe that having a safe and pleasant school environment is important. Thank you to all families who have helped with school maintenance during last year.

To assist planning for this year we are asking each family to attend ONE Working Bee and to indicate which session,(listed below) suits best.

In an effort to cater for everyone, we will hold Working Bees across a range of days and times.

The alternative to attending a Working Bee is to complete the payment details below which are for a $60.00 contribution toward hiring maintenance help as required.

Please complete and return the form below as soon as possible (families who have not replied by Feb 16th will be contacted).

Yours faithfully,
THE MAINTENANCE COMMITTEE. EDUCATION BOARD.

NAME: __________________________  ELDEST CHILD’S GRADE: ____________

Wednesday 2nd December ☐ (8:45-10:45am)
Please debit my credit card for $60.00: (Please circle) Visa / Mastercard

Name on the card __________________________

Credit Card Number:[ ] [ ] [ ] – [ ] [ ] [ ] [ ] – [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] Expiry Date: [ ] [ ] [ ] [ ]
FACEBOOK  A reminder that there is a St Mary’s parent Facebook group (St Marys Mt Evelyn - parents). This group is run by the parents for the parents not by the school. It’s very handy if you need to ask for lost spelling words or find out which days uniform shop is open if you forget!

FOOD BANK - DONATIONS REQUIRED
We are still asking for donations of lasagne sheets, pasta sauce, tomato paste, cheese, stock and anything else we can use to make up trays of yummy lasagne and Bolognese sauce. We would also appreciate monetary donations so we can purchase food stuffs to try some new recipes.

If you know of anyone from St Mary’s Primary school that may need some help with a meal for their family, please contact the office.

NEXT COOK-UP TBA AT ST MARY’S TUCKSHOP.
HELPERS REQUIRED
FOR ALL ENQUIRIES PLEASE CALL Karla 0418271755

CHRISTMAS FAIR

Our School, St Mary's is having a Christmas Fair!

DATE: Thursday 3rd December
TIME: 5:00 - 7:30pm

STALL HOLDERS WANTED
We are looking for people who are interested in holding a stall at this year’s Christmas Fair. If you are interested please contact either Michelle Jones, Jane Ward or Rebecce Dunn on the details below to secure your spot. Stalls will be $20 each (This money will be donated to the school) and a donation of your product for the raffles.
To secure your spot we MUST know by Friday November 6th.

DONATIONS WANTED
We are currently seeking donations to put together raffles for the event. If you know of any businesses that may like to donated some vouchers or gifts, or you have any new unused gifts yourself you'd like to donate we would appreciate your help and donations.
The donation box will be located in the office from Monday 26th October.

Michelle Jones - 0425 754 906
Jane Ward - 0425 712 144
Rebecce Dunn - 0418 352 88
MOUNT LILYDALE MERCY COLLEGE

Year 7 2017
Applications for Year 7 2017 are now DUE!
If you wish to enrol please forward applications to:
The Registrar
120 Anderson Street
Lilydale VIC 3140
No later than Friday 9 October 2015
Ph: 9735 8222

RAVAE
Acupuncture and Chinese Medicine

Acupuncture
Chinese Herbal Medicine
Cosmetic Acupuncture
Chinese Remedial Massage (Tui Na)
Cupping, Moxibustion & Gua Sha
Dietary & Exercise Therapy

6 Hereford Rd, Mt Evelyn
www.ravae.com.au | 9736 2888

LEARNING MUSIC IMPROVES CONCENTRATION

YOUR CHILD DESERVES THIS CHANCE
Enrol NOW in ............
PIANO ON KEYBOARD LESSONS
$16.50 per half hour lesson

* Convenient – at school time
* Inexpensive
* Learn with Friends (max 3 per group)
* All equipment provided
* INDIVIDUAL tuition

ONE FREE LESSON IF YOU ENROL NOW
Phone 9761 9058

EXTENSIVE RESEARCH SUGGESTS THAT ......
ORDERING: Please put your child’s Name, Grade, Order and Amount (and change) clearly on a paper bag. Correct change if possible (wrap money in paper). For Families paying together, please write on each bag name and grade of each child.

<table>
<thead>
<tr>
<th>HOT FOOD</th>
<th>DRINKS</th>
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<tbody>
<tr>
<td>Beef Pie</td>
<td>Nippies Milk (Choc, Strawberry)</td>
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<tr>
<td>Party Pie</td>
<td>Mineral Water</td>
</tr>
<tr>
<td>Party Sausage Roll</td>
<td>Orange, Cola, Apple Raspberry or Blue Heaven</td>
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<tr>
<td>Hot Dog</td>
<td>Just Juice</td>
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<tr>
<td>Dim Sims</td>
<td>Party Pasties</td>
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<tr>
<td>Chicken tenders</td>
<td>Fruit Tingle Flavoured Water</td>
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<td>Party Pasties</td>
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<tr>
<td>Lasagne</td>
<td>Zooper Dooper</td>
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<tr>
<td>Mac n Cheese</td>
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**Extras** (Please write as a separate item)

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<tbody>
<tr>
<td>Soya Sauce</td>
<td>.30</td>
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<tr>
<td>Tomato Sauce</td>
<td>.30</td>
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<tr>
<td>Brown Paper Bags</td>
<td>.20</td>
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**ROLLS** (white only)

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<tr>
<td>Vegemite</td>
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<tr>
<td>Cheese</td>
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<tr>
<td>Mayo</td>
<td>.20</td>
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<tr>
<td>Lettuce</td>
<td>.50</td>
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<tr>
<td>Tomato</td>
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**SNACKS**

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<tbody>
<tr>
<td>Jam Doughnut</td>
<td>1.10</td>
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<tr>
<td>Ring Doughnut</td>
<td>.90</td>
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<tr>
<td>Chocolate or Strawberry</td>
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<tr>
<td>Choc Chip Cookie</td>
<td>.70</td>
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<tr>
<td>Low Salt Popcorn</td>
<td>1.00</td>
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<tr>
<td>Chips:</td>
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<tr>
<td>Vegie Chips Salt &amp; Vinegar</td>
<td>1.20</td>
</tr>
<tr>
<td>Low salt plain</td>
<td>1.20</td>
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<tr>
<td>Honey and soy</td>
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**SPECIAL TREATS**

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<tbody>
<tr>
<td>Red Skins</td>
<td>.30</td>
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<tr>
<td>Milko Sticks</td>
<td>.30</td>
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<tr>
<td>Ovalteenies</td>
<td>.90</td>
</tr>
<tr>
<td>Sunfruit Lollie Bag</td>
<td>.90</td>
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Manage like a cat, nurture like a dog

Here’s how to get the mix of firmness and nurturing right when communicating with young people.

**Finding your inner cat**

We all have some cat and dog in us. It’s just a matter of accessing those parts and bringing them out when we need them. The cat is the credible side we all have, but find difficulty accessing. It is always expressed through your non-verbals – that is, your tone of voice, your posture and your head.

A cat speaks with a flat, clipped voice. His or her head is very still and body upright and confident. The quickest way to access your inner cat is to speak with you palms facing the ground. You can try this now. Stand up with both hands in front of you with your palms facing the ground. Now start speaking. You’ll find you’ll naturally speak like a cat – clipped voice, still head and body and more serious expression. This is your credible (and calm) side.

When you speak from your cat side people will usually believe what you have to say. It gives you authority.

Australia’s foreign minister Julie Bishop is a good example of using cat behaviour.

Like her or loathe her you can’t deny she has authority. That’s because she accesses the cat side of her nature in public.

You manage a teen like a cat by speaking calmly, quietly and staying still when you speak. Cats will also withdraw eye contact rather than stand and argue so look away or respectfully walk away rather than become involved in argument.

Cats also look for ways to manage visually (look away to indicate not arguing) or kinaesthetically (a touch on the shoulder, move close and whisper) rather than repeating themselves. If they do repeat themselves they are more likely to lower their voice than raise it to get attention. These cat behaviours work well when managing teens.

**Using your inner dog**

We also have a dog side to our nature. This is the approachable, conversational, relationship-building side. When you access this side you’ll speak with lots of inflection in your voice.

Want more ideas to help you raise confident kids and resilient young people? Subscribe to Happy Kids newsletter, my FREE weekly email parenting guide at parentingideas.com.au. You’ll be so glad you did.
... Manage like a cat, nurture like a dog ...

Your head will bob up and down. You’ll probably lean forward as you speak and you’ll smile a lot. The quickest way to access your dog nature is to speak with your palms up. You can try it now. Stand up; put your hands out with your palms up and start speaking. You should notice a big difference in how you deliver your message from when you spoke with palms facing down. If not, alternate speaking with palms up and down until you see a difference.

The dog side of our natures is what many of us feel more comfort able with. If you are in a management position there is a fair chance that you spend more time accessing your cat then your dog. Although effective managers will move seamlessly between the two accessing their dog when networking and relationship-building then finding their cat for negotiations or when making decisions.

Actor Hugh Jackman is an example of a public figure who is dog-like as he usually speaks with lots of cadence in his voice, a big smile and open body language. However, I’ve seen him switch to cat mode in interviews when he talks about something serious. He will invariably speak quietly, calmly and his head will stay very still. We believe him when he speaks. He’s no lightweight. It’s his ability to switch from cat to dog and back again that makes him so charismatic.

Bringing cat and dog to your parenting

From experience I’ve found that effective parents nuance their communication. That is, they alter their style to suit the situation rather than let their moods dictate their communication styles. This is not necessarily conscious. However do it often enough and switching from cat to dog and back again becomes a habit.

My challenge for you is to bring your cat to the table when you want to manage teenagers and access your dog side when you encourage them, build relationships and listen to them.

Get your cat and dog wrong and you’ll be ineffective. Manage like a dog and you’ll do one of three things:

1. Whine at your kids
2. Use an angry voice
3. Do nothing because you don’t want to offend them.

Build relationships like a cat and you’ll be distant, stiff and unapproachable. Get the mix right and you’ll be able to give your young person exactly what they need. That is, the leadership and safety that cats provide and the nurturance and encouragement that comes naturally to dogs.

So does the cat side or the dog side come more naturally to you? Think about it. When you discover what you default to then you need to be aware of two things. First, you will need to work a little harder to access the other side. Second, make sure you don’t rely on one side of your nature to do the work in your communications with your young people. If you do then you will more than likely either manage or nurture well but rarely do both well. However get the mix right and your parenting (or leading of any group of people) and you’ll have discovered the key to charismatic parenting and leadership.

‘Manage like a cat, nurture like a dog.’ Who would have thought it’s that simple!

Michael Grose