



Our Lady of the Angels School, Rouse Hill

1 Wellgate Ave Kellyville 2155 Phone: 8808 7300 Fax: 8814 5716 Email: ola@parra.catholic.edu.au Website http://www.olarousehill.catholic.edu.au



Week 10 Term 1

5th April, 2019

"Celebrating 10 years of Education"

Dear Parents.

It is a sad fact that many of us have experienced the pain of losing someone who has taken their own life. To be in such a state of despair, total lack of hope, is inconceivable. In hindsight it is not unusual to hear comments like, 'Why didn't they say something? Why didn't we know!".

In my own circumstances recently, I observed how a culture exists in some families around 'unmentionables'; things 'we don't talk about'. This is a concern.

In Genesis, we hear how Adam and Eve walked naked in the Garden of Eden. This nakedness does not refer to the physical but rather their relationship with God and each other was one that they had nothing to hide. It occurred to me that we need such a relationship among, at the very least, our own families - where everything is 'out in the open', and we love and accept regardless, so that no one ever feels they need to hide or feel shame. Above all, we need to nurture and keep faith. In the Matthew 14:25-33 says...

"25 Shortly before dawn Jesus went out to them, walking on the lake.26 When the disciples saw him walking on the lake, they were terrified. "It's a ghost," they said, and cried out in fear. FOCUS ON ME, NOT THE STORM

²⁷ But Jesus immediately said to them: "Take courage! It is I. Don't be afraid."

²⁸ "Lord, if it's you," Peter replied, "tell me to come to you on the water."

²⁹ "Come," he said.

Then Peter got down out of the boat, walked on the water and came toward Jesus. 30 But when he saw the wind, he was afraid and, beginning to sink, cried out, "Lord, save me!" ³¹ Immediately Jesus reached out his hand and caught him. "You of little faith," he said, "why did you doubt?"

 32 And when they climbed into the boat, the wind died down. 33 Then those who were in the boat worshiped him, saying, "Truly you are the Son of God."

In the troubling and desperate times in our lives, focus on Jesus, not the storm. There is always hope.

Principal's Award

Congratulations to the following students who are this term's recipients of the Principal's Award. This award goes to a student who has consistently shown application and the face of Jesus to others throughout the term. Sometimes, it can be a student who has made dramatic change for the better. I look forward to having morning tea with them in Week 11.



771 M M M M M M M M M M M M M M M M M M					
Kinder B	Maximilian Suarez	Year 2 G	Ilana McGrath	Year 4 W	Gabriela Ribeiro
Kinder G	Ciaran McKeever	Year 2 W	Alexandra Craven	Year 5 B	Amity Oxspring
Kinder W	Melina Lesar	Year 3 B	Paityn Ng	Year 5 G	Ireen Yoo
Year 1 B	Sienna Ng	Year 3 G	Abbey Buxton	Year 5 W	Raymon Chayban
Year 1 G	Locke Singh	Year 3 W	Eva Bond	Year 6 B	Bailey Knowles
Year 1 W	Esther McDonald	Year 4 B	Malenna Graczyk	Year 6 G	Lucas McLuskey
Year 2 B	Lola Quinlan	Year 4 G	Lachlan Heaney	Year 6 W	Akeesha Gunasekara

Dates to Remember

5th April - Infants assembly 1B Friday

Week 11:

Tuesday 9th April – Principal's Morning Tea

Thursday 11th April - Kindergarten Excursion to Calmsley City Farm

12th April – Last day of Term 1 **Friday**

Monday 29th April is a STAFF DEVELOPMENT DAY Children do not attend school on this day.

Tuesday 30th April – First day for Students for Term 2

The term calendar events can be found on our website at

THANK YOU TO THE TEACHERS AND THEIR **EXTRA HARD** WORK THIS WEEK – 3 LATE **NIGHTS FOR** MOST.

Fifth Sunday of Lent: Gospel Reflection (Jn 8:1-11) Sunday 7th April

A reading from the holy Gospel according to John

Let the person without sin be the first to throw a stone.

Jesus went to the Mount of Olives. At daybreak he appeared in the Temple again; and as all the people came to him, he sat down and began to teach them. The scribes and Pharisees brought a woman along who had been caught committing adultery; and making her stand there in full view of everybody, they said to Jesus, 'Master, this woman was caught in the very act of committing adultery, and Moses has ordered us in the Law to condemn women like this to death by stoning. What have you to say?' They asked him this as a test, looking for something to



use against him. But Jesus bent down and started writing on the ground with his finger. As they persisted with their question, he looked up and said, 'If there is one of you who has not sinned, let him be the first to throw a stone at her.' Then he bent down and wrote on the ground again. When they heard this they went away one by one, beginning with the eldest, until Jesus was left alone with the woman, who remained standing there. He looked up and said, 'Woman, where are they? Has no one condemned you?' 'No one, sir,' she replied. 'Neither do I condemn you,' said Jesus 'go away, and don't sin anymore.'

Gospel Reflection

This entire scene is a conspiratorial 'set-up' to trap Jesus. Jewish law dictated that adultery was to be punished by death for both parties. However, the Roman occupation had forbidden the Jewish authorities to carry out the death penalty. By bringing the woman to Jesus they sought to place him in a no-win situation. If he upheld the Jewish law and ordered the death penalty, then he was flaunting Roman law. If he did not uphold the law then he could be branded as a false teacher. They thought it was a perfect trap!

But where is the man with whom the woman was committing adultery? When he is not also brought forward for judgment as any legitimate accusation would demand, Jesus senses the trap being set for him. He realises that those accusing the woman must have somehow been involved in setting her up so that she could be 'caught committing adultery'. In Jewish law, accessories to a crime were equally guilty and subject to the same penalty. When Jesus says to the gathering, 'If there is one of you who has not sinned ...,' he's letting them know that he's aware of their part in this crime and what judgment is due them also! If they persist with their accusation, they'll also be tried as accessories! So they quietly walk away.

Jesus' words to the woman sum up his message throughout the gospel: 'Neither do I condemn you, go away, and don't sin anymore.' As with others in the gospels, Jesus recognises that the woman has indeed sinned, but he does not condemn her for it. By telling her not to sin anymore he is calling her to conversion. He is saying, yes, you've made mistakes, but you can do better and I'm challenging you to try. (LiturgyHelp.com, Greg Sunter)

Living the Gospel – Forgiven, not forgotten

The words Jesus speaks to the accused woman could as easily be addressed to each of us. We all feel at times that we've done the wrong thing – something we don't deserve to be forgiven for. However, Jesus says to us, I know you've done the wrong thing, and you are already forgiven, but you need to make a commitment to change and not repeat the error. It is Jesus' promise not to give up on us – not to forget about us – that we can draw strength from as we try to respond to his challenge to change.

(LiturgyHelp.com, Greg Sunter)

2018 saw the launch of a new Learning Framework for Religious Education in the Diocese of Parramatta. The Bishop's own motto 'Duc in Altum' (Go out into the deep) has provided the inspiration for this ambitious project. This new Learning Framework will be the basis of a new approach to Religious Education which will replace "Sharing Our Story" the current curriculum that has been in place for over 20 years.

The process of developing a new Learning Framework for Religious Education has been a co-creation with students, parents, teachers, clergy and system leaders. At the heart of the process was the commitment that the student wonderings about their faith would be the catalyst and the inspiration of the Learning Framework. The new approach is based on an experiential and inquiry based pedagogy and responds to learning elements of the Review of Religious Education that took place in 2014.

The draft Learning Framework for Religious Education is being trialled in Term 2 and our school has taken up the exciting opportunity to be a part of the trial in **Stage 1**. This will replace the current Sharing Our Story Program for Term 2. All our teachers will participate in a Professional Learning Program for the new Learning Framework throughout 2019 and will be well prepared for its implementation. This is an exciting opportunity for our community to further enhance our approach to Religious Education and promises to offer great learning for our staff and students.

We look forward to sharing this wonderful experience with you throughout the year and will keep you abreast of the details of the trial as it proceeds.

OLA IS A PILOT SCHOOL FOR THIS PROJECT, PARTICULARLY YEAR 6 AND YEAR 3

Please join your child's class for their Easter Liturgy in their classroom



In Week 11, each grade will be holding a Holy Week prayer. We invite families to join their children to attend these mornings to reflect on the events of Holy Week. Below is the timetable for grades Kindergarten to Year 6.

TUESDAY 9th April

Year 1: Year 1 classroom @ 9am Year 4: Year 4 classroom @ 9.15am

WEDNESDAY 10™ APRIL

Kindergarten: Kindergarten classroom @ 9am Year 5: Year 5 classroom @ 9.15am

THURSDAY 11th APRIL

Year 3: Year 3 classroom @ 9am Year 6: Year 6 classroom @ 9.30am

FRIDAY 12th APRIL

Year 2: Year 2 classroom @ 9am

INTO THE DEEP LEADING FOR MISSION Parent Retreat Do not be afraid" DATE MAY 1 2019 TIME VENUE ST JOSEPHS RETREAT CENTRE 33 BARINA DOWNS RD, BAULKHAM tta Diocese in a day HILLS in parents from the Parra of personal TRANSFORMATION as you nurt CLICK TO REGISTER faith through reflection, small group discussion and Explore the concept of WITNESS as you interact with Scripture, God, Self and Others FOR MORE INFORMATION:

Palm Sunday Procession, Mass and WYD Event

Who: Primary and secondary school students and staff When: 5:20pm – 8:00pm on

Sunday 14 April

Where: Parramatta Town Hall & St

Patrick's Cathedral

Good Friday Night Walk

Who: Secondary school students

and staff

When: 10.00pm on Friday 19 April - 6.00am on Saturday, 20 April Where: Starting at Guildford or

Blacktown Parish

Project Compassion-A time to

Thank you for your kind gold coin donations last Friday. Each family at OLA received a Project Compassion Box on Ash Wednesday. Can you please return your Project Compassion Box by the end of this term, or the first week of term 2

Leading for Mission Parent Retreat Day

CEDP have planned a variety of retreats for staff and parents in the Parramatta Diocese. A short description of the Parent Retreat is below and the flyer is attached to this week's newsletter for more information.

'Join parents from the Parramatta Diocese in a day of personal TRANSFORMATION as you nurture faith through reflection, small group discussion and creative activities. Explore the concept of WITNESS as you interact with Scripture, God, Self and Others.'

Literacy News

Holiday Tips for Parents-Avoiding the Holiday Slide in Reading

Many children, especially struggling readers, forget some of what they've learned or slip out of practice during the holidays. Try these strategies to help your child improve their reading during the break and beyond:

- 1. **Six books to success:** Research shows that reading just six books during the holidays may keep a struggling reader from regressing. When choosing the six, be sure that they are just right not too hard and not too easy. Take advantage of your <u>local library</u>. Ask for help selecting books that match your child's age, interests, and abilities. Libraries often run reading programs that motivate kids to read, so find out what's available in your area.
- 2. **Read something every day:** Encourage your child to take advantage of every <u>opportunity</u> to read. Find them throughout the day:
 - *Morning:* The newspaper even if it is just the comics or today's weather.
 - *Daytime:* Schedules, TV guides, magazines, online resources, etc. For example, if your daughter likes the food channel, help her look for a recipe on the network's Web site then cook it together for more reading practice.
 - *Evening:* End the day by having your child read to you from the book he is currently reading (one of the six books, above). Have them rehearse a paragraph, page, or chapter before reading to you. Rereading will help them be more fluent able to read at an appropriate speed, correctly, and with nice expression.
- 3. **Keep reading aloud:** Reading aloud benefits all children and teens, especially those who struggle. One benefit is that you can read books your child can't, so they will build listening comprehension skills with grade-level and above books. This will increase their knowledge and expand their experience with text, so that they will do better when they read on their own.

It's hard to keep up a reading routine in a season packed with distractions and diversions. These suggestions will fit into a busy schedule and make reading fun!

Source.

http://www.scholastic.com/parents/resources/article/developing-reading-skills/three-ways-to-prevent-summer-slide

Book Covering Volunteers

A **BIG** thank you to our wonderful parents who volunteered for our book covering morning last Friday. We are hoping to continue this little working bee next term. If you are available on a Tuesday or Wednesday afternoon at 2:10-3:10, please contact the office. We hope to continue this until all our new books are covered.

Thank you in advance

Lisa Hurst Literacy Coordinator



Parent/Teacher/Student Conferences – Week 10

From the Classroom of Year 2

This term we have been learning about how we can see and learn about the past today. For our PBL task we have researched significant sites and this week we created a brochure about our significant sites. Look at the great work we have done!













OLA Sports Report –

On Wednesday 27th March Lachlan Hollier (right) competed in the MacKillop trials for swimming at Sydney Aquatic Centre in breaststroke. There was some very strong competition on the day but Lachlan pushed himself to achieve a personal best of 42.87 seconds, placing him 5th overall. We are very proud of his amazing achievement!





OLA has its first student representing the Parramatta Diocese in cricket. (right) Zachary Nicholls has made the team and will attend the Combined Sydney trials next term.

Congratulations also to Bowen Cleary (left) on being selected into the Parramatta Diocese Open Rugby League team. Bowen will attend the MacKillop trials next term in Canberra. We wish both boys the best of luck at their next trials.



Dance fever!!!!!!

What a fabulous night it was!!!!!!!!!

Congratulations to all the students – who looked beautiful and handsome - and to the families who came along to support them and allow them this terrific opportunity.

If you missed out, you can get a sense by viewing a video of the whole school performance





What is Positive Behaviour Support for Learning?

- PBS4L is a whole school framework that helps us create positive learning environments for all students at Our Lady of the Angels.
- The PBS4L framework is a research based and proactive school wide system that establishes clear behaviour expectations.

Respect for Self, Others

Our fortnightly focus this week surrounds the expectations of maintaining a clean school environment.

Below are the expectations for maintaining a clean school environment.

Focus	Respect for Self.	Respect for Others.	Respect for the Environment.
Caring for our property and our environment.	 Looking after our personal and school belongings. Clearly labelled belongings. Sitting down whilst eating. 	 Returning others' belongings. Placing lost items in Lost Property. Ensuring a clean school environment for others to work and play. Using play equipment appropriately around others. 	 Putting our belongings into zipped up school bags. Garbage in blue classroom bins. Paper and cardboard in green recycling bins. Rubbish into playground bins. Returning play equipment to the correct area.

And the Environment!!



Archangel Award Congratulations to our Archangel Award recipients for this fortnight:Leonardo Rosano, Sean McKeever, Chloe Holden, Harriet Preston. Gianluca Russo, Juliana Aguilar, Jack Maher. Georgia McQuaid, Bowen Cleary









PBS4L Term 1 Class Award...

Congratulations to 4G who have the highest average Angel Cards for this term. They will have a celebration organised by Mrs Borg next week.



P&F NEWS



EASTER RAFFLE

Tickets are \$2 each or 3 for \$5. We have 5 prizes available.

These include Nights stay at Kookaburra Farmstay, Family passes to Early Start

Discovery Space valued at \$60 each, \$30 Woolworths Giftcard, \$10 Target

Giftcard, Chocolates, Aftershave to name a few.

This will be drawn Tuesday next week, so send in your envelope to the office with your money, name and class.

Like Fresh Organic Produce, picked fresh from the farm?

We have a local organic farmer at Richmond who is offering Weekly Organic Vegetable Boxes, which can be delivered to OLA each week.

If you would be interested in this, can you please send us an email



Regular Size - 6 week signup \$258 Large Size - 6 week signup \$378

The produce is selected from those in season. We also need a minimum of

10 signups to get these delivered to OLA.

First Aid Training

Last chance! This is being organised for the middle of next Term.

If you would be interested in completing the course, can you please email you interest to olapfc@gmail.com

(cost to be partially subsidised)





SpecialTreats - Thank you to our volunteers

 $\underline{12^{\text{th}}}$ April - Annamaria Farrugia, Candice Buda, Adrianna Attard, Monique Falzon, Iarni Harvey, Katrina Mazza and Sharon Tierney

Next Terms roster will be sent out next week, please let us know if you would like to be added. For those new to special treats, you arrive at 1.20pm at the canteen then serve the children until approx. 2pm the treats for the day. Clean up and lock up. Toddlers are welcome.



https://www.facebook.com/ourladyoftheangelspf/ olapfc@gmail.com

Our Lady of the Angels PSF Association

Helping your Child Manage Anxiety

Thank you to Anna Farrugia and Marian Vickers who attended the PRC Meeting on 4/3/19 held by CEDP. The guest speaker, Anoushka Houseman (Clinical Psychologist/Wellbeing Co-Ordinator CEDP) was very informative and shared with those in attendance some tips to help us support our children who may display symptoms of anxiety. Below are some of the key points taken from the Parent Information Session:

What is Anxiety and when can it be a problem?

Anxiety is a natural part of life and is a useful emotion. It becomes a problem when it dominates someone's life and stops them from doing things they really want to do.

It can become a problem when it results in a 'significant change' in the functioning of the person. It results in a physical, emotional, cognitive and behavioural symptoms.

Some tips for Parents:

Helping young people to understand anxiety can really help them regain their sense of power and control over their emotions.

- Have clear expectations and limits for your child
- Build on their strengths
- Avoid rescuing your child from experiencing negative emotions
- Make a clear message that anxiety is ok and they can handle it
- Use emotion coaching by helping them label, articulate and understand emotions rather than fear them
- Try not to lose control over your own emotions
- Have a calm and clear consequences if the behaviour is unacceptable
- Be aware and involved in your child's technology use
- Teach our children that bad feelings don't last
- Get enough sleep, fatigue exacerbates anxiety
- Encourage our children to talk about 2-3 good things that happened and they are grateful for
- Practice mindfulness, relaxation training

Support Available

CEDP Initiatives: Positive Behaviour Support for Learning (PBS4L), Youth and Teen Mental

Health First Aid, ProACTive Anxiety Groups, Attendance Team and Family Clinic

Kids Helpline: 1800 55 1800

Beyond Blue: www.beyondblue.org.au
Brave Online www.brave-online.com
Smiling Mind www.smilingmind.com.au

Sibling Enrolment for 2019 – If you have a sibling to commence in 2020, can you please email the office and advise us of your child's name, date of birth and the class of the sibling at OLA. We will then send an enrolment form home. We would like all forms with attachments to be returned by the end of this term, ie 12th April. Please bring in the ORIGINAL documents at the time you lodge the paperwork, so that we can sight and mark these off. Please note that we do require to sight 'proof of residence' when you lodge the paperwork (drivers' licence is sufficient).

From the Parish Office...

First Communions 2019

The First Communion Program will commence in Term 2 with the first meeting a Parent Only Session on Thursday, May 2^{nd} at 7.00pm. This is compulsory for ALL parents.

Youth - Year 5 and 6 students

MEXICAN FIESTA – Sunday 7th April

Following 5:30pm Youth Mass

FREE ENTRY FOR MEMBERS \$5 single/\$15 family entry

RSVP for catering to Monica: 0422 887 731

Youth Camp 2019

Wednesday 175h - Friday 19th July @ Point Wolstoncroft

Year 6+/\$250 per person

We are now taking \$50- deposits to save your place!

FUNDRAISING OPTIONS AVAILABLE: email youth@ourladyoftheangels.org.au

Angels Hang Out – every Friday during term: 3:30pm – 6:00pm

EASTER SERVICES at OLA

Palm Sunday: Normal Mass times

Solemn entrance at the 10am Mass

Holy Thursday: Evening Mass of the Last Supper 7:30pm

Adoration will be available till night prayer at 10:00pm

Good Friday: Stations of the Cross 10:00am

Confessions available after the Stations

The Passion Liturgy 3:00pm

Easter Vigil: Saturday evening 6:00pm **Easter Sunday**: 8:30am, 10:00am and 5:30pm

Children's Prayer Group "Mary's Rose Garden"

Our new Saturday Children's Prayer Group will be gathering again next Saturday, 13^{th} April to come together to listen to the explanation of Bible Stories. From $10:00 \, \text{am} - 12:00 \, \text{noon} - \text{in}$ the Parish Hall.

OLA Playgroup

Operating weekly from the OLA Community – all ages are welcome. Every Thursday morning 9:00am – 11:00am in the Parish Hall (during the school term). For further information contact Melissa 0425 423 680

Mass times:

Sat Vigil: 5:30pm Sunday: 8:30am, 10am & 5.30pm. Weekdays: Mon -Sat: 9 am

Confessions: 9:30 am Sat

Baptisms & weddings: By appointment **Parish Priest**: Fr Warren Edwards

Parish Secretaries: Geraldine Farrugia and Rose Sultana

Email: parishoffice@ourladyoftheangels.org.au **Website**: www.ourladyoftheangels.org.au

Contact information: O.L.A. Parish Office, 1 Wellgate Avenue, Rouse Hill

Ph: 8883 4063 Fax: 9629 7603

Congratulations to the following students who received awards...

Term 1 Week 9							
Whole school							
Student	Academic Merit Award	emic Merit Award St Francis Award					
Kinder B	Matisse Sims	Ivy-Mae Bonevacia	Tristan Cappello				
Kinder G	Hayden Spiteri	Arlo Nobleza	Lyla Sofiak				
Kinder W	Noah DeLeon	Katherine Cameron	Preston Georges				
Year 1B	Benjamin Robertson	Emily Gomes	Aiden Harvey				
Year 1 G	Jeremiah Mataia	Ilaria Buda	Sofia Krkac				
Year 1W	Olivia Harris	Keeley Vaughan	Cruz Camilleri				
Year 2 B	Noah Cleary	Juliana Wassef	Dean Jones				
Year 2 G	Cooper Ross	Caleb Xuereb	Roderick Radd				
Year 2 W	Vienna Bizzanelli	Kaley Chown	Giacomo Crosato				
Year 3 B	Sophia Ocampo	Axel Pace	Patrick Pacella				
Year 3 G	Natasha Cabarles	Taylor Saward	Ethan Mihalic				
Year 3 W	Maraya Macario	Grace Wallis	Luka Kurcubic				
Year 4 B	Alexandra Triador	Paige Mitrovich	Lucious Cappello				
Year 4G	Natalia Zahorsky	Aiden McGrady	Russell Rochaix				
Year 4 W	Lucas Cleland	Tahnia Arora	Gabi Ribeiro				
Year 5 B	Olivia Sims	Amelia Bond	Jericho Cruz				
Year 5 G	Madison Zahra	Stella Signorelli	Denison Cu				
Year 5W	Lachlan Connellan	Julia Zammit	Solomon Montgomery				
Year 6 B	Eva Sultana	Marc Skoljarev	Lauren Eyles				
Year 6 G	Grace Bennison	Marcus Castellan	Rishi Pillai				
Year 6 W	Manas Rawal	Janelle Mensah	Isaac Xuereb				

Term 1 Week			
10			
Student	Academic Merit Award	St Francis Award	Einstein Award
Kinder B	Nicholas Smith	Ariah Clark	Eniola Odejayi
Kinder G	Korbin Bruckard	Oliver Coughlan	Andre Youssef
Kinder W	Xander Kumar	Charlize Fresta	Gianni Mangano
Year 1B	Alexander Gobran	Xavier Fava	Adel Sibayan
Year 1 G	Alana Apap	Antonio Dinos	Calvin Scoulou
Year 1W	James Boje	Alessia Costa	Alissar El-Khoury
Year 2 B	Luca Signorelli	Molli Singh	Ryan Salac
Year 2 G	Eva Perry	Fionn Galway	Ilana McGrath
Year 2 W	Mirelle Ferdinands	Leonardo Rosano	Felicity Gresser

Congratulations to the Vozzo family on the arrival of Baby Leah, a little sister for Hugo and Alex. We hope to meet her soon. (3)



Until next time, God bless and stay safe. Eva La Rocca, Principal