



Our Lady of the Angels School, Rouse Hill

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Newsletter
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Term 4, Week 3

NEWSLETTER

Dear Parents,

We congratulate and keep in our prayers Fr Carlos who this Sunday at the 10.00am Mass will be officially installed as the Parish Priest of Our Lady of the Angels by Bishop Vincent Long. We extend our best wishes to Fr Carlos and thank him for the important role he has as our Parish Priest.

Around this time of year to put things into perspective amongst the busyness of life, I like to publish the following extract which always receives very positive feedback. I hope you enjoy reading it.

Some Good Advice From a 90 Year Old (by Regina Brett, 90 years of age)

To celebrate growing older, I once wrote the 40 lessons life taught me. It is the most requested column I've ever written. My odometer rolled over to 90 in August, so here is the column once more;

- Life isn't fair, but it's still good.
- When in doubt, just take the next small step.
- Life is too short to waste time hating anyone.
- Your job won't take care of you when you are sick. Your friends and parents will. Stay in touch.
- Pay off your credit cards every month.
- You don't have to win every argument. Agree to disagree.
- Cry with someone. It's more healing than crying alone.
- Save for retirement starting with your first pay cheque.
- When it comes to chocolate, resistance is futile.
- Make peace with your past so it won't spoil the present.
- It's OK to let your children see you cry.
- Don't compare your life to others. You have no idea what their journey is all about.
- Take a deep breath. It calms the mind.
- Get rid of anything that isn't useful, beautiful or joyful.
- Whatever doesn't kill you really does make you stronger.
- It's never too late to have a happy childhood. But the second one I up to you and no one else.
- When it comes to going after what you love in life, don't take no for an answer.
- Over prepare, and then go with the flow.
- Be eccentric now. Don't wait for old age to wear purple.
- No one is in charge of your happiness but you.
- Frame every so-called disaster with these words "In five years, will this matter?"
- Always choose life.
- Forgive everyone everything.
- What other people think of you is none of your business.
- Time heals almost everything. Give time.
- However good or bad a situation is, it will change.
- Don't take yourself so seriously. No one else does.
- Believe in miracles.
- God loves you because of who God is, not because of anything you did or didn't do.
- Don't audit life. Show up and make the most of it now.
- Growing old beats the alternative - dying young.
- All that truly matters in the end is that you loved.
- Get outside every day. Miracles are waiting everywhere.
- If we all threw our problems in a pile and saw everyone else's, we would grab ours back.
- Envy is a waste of time. You already have all you need.
- The best is yet to come.
- No matter how you feel, get up, dress and show up.
- Life isn't tied with a bow, but it is still a gift.

*Thank you for your continued support.
It is in partnership that we can achieve great things for our children.
Tony Calabria
Principal*

**Friday 20th November is a Staff
Development/Student Pupil
Free day.
Staff will gather for professional
learning in the Key Learning
Area of Spiritual Formation.**



Gospel Reflection

Saints are sometimes regarded as 'Catholic superheroes'. Stories of miraculous and remarkable deeds abound, though more in the vein of conversions and cures than speeding bullets and tall buildings. But to get caught up on the Saints of the stained glass windows is to overlook the vast majority of saints. You see, a saint is anybody whose soul is in heaven. The Church celebrates a certain number of Saints whose lives provide a glimpse of God for the rest of the Church. But there are many, many more saints whose glimpse of God was only ever experienced by their family, friends and those with whom they worked. The feast of ALL Saints is an opportunity to remember and reflect on the lives of those saints who've been known and loved by just a few and whose sphere of influence was such that they will never be recognised as Saints by the universal Church.

Today's gospel, the Beatitudes, from the Sermon on the Mount describes perfectly those 'lowercase' saints we celebrate on this feast day. The Beatitudes are sometimes referred to in parallel with the Ten Commandments. However, the Beatitudes are not 'rules' or 'instructions' for life as the Commandments are. They are more in line with a strategy that today we would call 'positive reinforcement'. They celebrate those who respond to God's call through particular attitudes towards life and towards others. Jesus presents them to the disciples and the crowd as images to inspire imitation. They're not hard and fast rules for life, but attitudes for life; the Be-Attitudes, so to speak. Those who live with these attitudes in this life are to be celebrated – 'Happy are you' – for they will be saints. They will be welcomed into communion with God in heaven.

Living the gospel – Calling on the Saints

Saints play an important role in the devotional life of many Catholic people, but it is a role that causes some confusion for other traditions. Whilst all prayer is directed to God, sometimes that prayer may be directed through one of the Saints or a Saint is called upon to pray on behalf of the petitioner. Images of people kneeling before statues of Saints has led to a misconception that Catholics pray to Saints, rather than to God through the Saint. The Litany of the Saints, with its 'Pray for us' response, calls on the Saints to intercede for us.

(LiturgyHelp.com.au, 30-10-2020)



The Mount of Beatitudes is a hill in northern Israel, in the Korazim Plateau. It is where Jesus is believed to have delivered the Sermon on the Mount.

Faithful Friday on FaceBook

This week we celebrate the gift of those who teach.
Kindergarten prepared a prayer to celebrate teachers.

Sacrament of First Holy Communion

Please keep in your prayers all the students at OLA preparing for their First Holy Communion.



Happy birthday to members of our OLA Community who are celebrating their birthday this coming week...

Tues 3rd Nov
Vincent Cappello
Alicia Gladwell

Sat 7th Nov
Kaley Chown
Jayden Thornton
Audrey Verzosa

Thurs 5th Nov
Mrs Kyra Giglio

Sun 8th Nov
Brayden Zhu

Fri 6th Nov
Luka Abdel-Malek
James Conn
Flynn Coughlan



Thank you once again to all who contributed to the lovely morning tea for 'World Teachers Day' earlier in the week and to the P&F committee for setting up etc. Our appreciation also to Kara, P&F President, for co-ordinating this treat for our staff. On behalf of all the staff, our appreciation and thanks to all our lovely families for their thoughtfulness.



ALL SOULS (2-11-2020)

The feasts of All Saints (Nov 1) and All Souls (Nov 2) can be seen as something of a twin feast that celebrates all those who have died. With the feast of All Saints we celebrate all those who have died and have entered into direct and immediate communion with God in heaven. With the feast of All Souls we celebrate and pray for those who have died but have not yet entered into that direct communion with God. These two different states revolve around the Church teaching on *purgatory* – a state or process of purification before entering into heaven.

To learn more about All Saints and All Souls please click on the links attached to 'ALL SAINTS' and 'ALL SOULS'.

OLA Band and Instrument lessons in 2021

We are excited to announce that commencing in 2021, OLA will be introducing a school band program and offering instrumental music lessons at school.

Teaching Services Australia (TSA) will be facilitating band rehearsals and lessons in 2021 for students in grades 3 – 6. Band instruments that will be offered are Flute, Clarinet, Saxophone, Trumpet, Trombone, Baritone, Bass Guitar, Percussion and Keyboard Bass. Instrument lessons will be approximately 30 minutes per week and will be held on a Friday during school hours.

The OLA school band will have opportunities to perform at school events as well as other performance opportunities outside of school that TSA will provide.

It is a proven fact that playing a musical instrument in a band has many beneficial social and educational values. The following short video outlines some of these benefits in an easy to understand format.

<https://www.youtube.com/watch?v=R0JKCYZ8hng>

On Friday 13th November, TSA will be visiting OLA to present a special virtual instrument demonstration to all students from grades 2 – 5. At this demonstration, an expression of interest with more details will be sent home and families will have the opportunity to express their interest in our band program.

Competitor Swimming Carnival (Student Only)

We have received information from CEDP that schools can proceed with organising a Swimming event. This event needs to comply with COVID guidelines established by the NSW Department of Education and CEDP.

Given the many challenges still present, we will be holding a Swimming Carnival for competitive swimmers only, (Student Only – No Parents) on Monday 30th November 2020 (Week 8) at Blacktown Aquatic Centre for students in Years 2 – 5, plus students who turn 8 in 2021 from Year 1. **This Competitor Carnival is only for students who are competent in swimming 50m and wish to be considered for Zone representation.** The Zone Carnival will be held in February 2021.

A competitor form will soon be sent out for you to complete if you wish your child to attend.

Birthday Treats – Reminder

We kindly ask that you refrain from sending any birthday treats of any kind, edible or not, in during this COVID 19 period.

This is to ensure that children are only eating food that is supplied and/or prepared by you at home.

At this current time, we also kindly ask that you do not send in non-edible items as birthday treats eg. pencils etc due to COVID 19 as it is always unknown as to who has handled the items from manufacturer to classroom. This restriction is aimed solely at doing everything we can to ensure the safety of your child.

School Hats

*Our Lady of the Angels has a
“No hat, No play” policy.*

Please ensure your child has their school hat with them each day to protect their skin and to assist in promoting sun safety and awareness in your child/ren. School hats are available for purchase from the school uniform shop for a cost of \$15. Any child not wearing a school hat at play times will need to sit under the sheltered area. Thank you for your support, assistance and co operation in helping keep our students sun smart.

If you are changing schools/moving and won't be returning to OLA in 2021, please email the school and we will forward the Notice of Withdrawal form for you to complete. This form can also be found on the school website.

Thank you

The Ukulele Club

On Thursday, 5th November, the Ukulele club will be performing at assembly to showcase what they have learnt in Terms 3 and 4. We will record/ live stream the event for our Facebook page. Stay tuned!



IF YOU'RE FEELING UNWELL

Stay home until your symptoms go away



Fever



Cough



Sore throat



Shortness of breath

Theme for the Week:

“Work, Rest and Play”

Our children's days (as with adults) alternate between work, rest and play. Unfortunately balancing these three important areas is indeed a challenge. For most, the main area that research seems to indicate as suffering is the 'rest' component. Many children tend to avoid sleep or don't get enough of it. Lack of sleep perpetuates itself in a child who lacks concentration, is always tired and doesn't have the energy to do their best. Why not take time to discuss and revise bed times.

Learning to write

- Encourage children to write, write, write! Provide many opportunities such as writing the shopping list, sending letters and cards to friends and relations, writing emails, keeping a diary, publishing personal stories, labelling photos in the family album, and leaving notes. Locating writing aps such as Book Creator.
- Writing should be relevant and meaningful rather than writing for the sake of writing.
- Give children opportunities to read their stories aloud (while you sit back and listen). Listen with a focus on the message they express. Comment on what they have done well, for example: 'I enjoyed how you used interesting words such as X, Y, Z.' 'The character you created seems so real. I can imagine how he looks.' Leave comments about spelling, punctuation, and grammar to another time — they are important if and when it is to be published.
- Draw children's attention to how writing is presented, for example, on brochures, billboards, books, and electronic media — these are models of writing for real purposes.
- Create a community of writers. Provide a quiet place for writing with lots of writing materials. Leave notes for each other, write poems for your children, and send messages in lunch containers. Play writing games, for example, one person writes the beginning, another the middle and the other the end of a family story. Write together.

Source: PETAA Parent Resource

Dates for diaries

2020 Spelling Bee

Week 5-K-6 Spelling Bee lists sent home.

Week 8-K-2 Spelling Bee Finals in learning spaces.

Years 3-6 Spelling Bee Final on Wed 2nd December



Year One 'Mad About Science' Incursion

On Monday Year 1 participated in an incursion with 'Mad About Science.' The students learnt all about living and non-living things where they were able to engage in many rich learning experiences in different groups. The students classified living and non-living things and also had a look at different living things through a microscope! The students thoroughly enjoyed their experience.



KINDERGARTEN 2021 STUDENTS TRANSITION PROGRAM ORIENTATION SESSIONS

Wednesday 11th November	Students with surname A-C and D-K	9.00am – 10.30am
	Students with surname L-O and P-Y	11.30am – 1.00pm
Thursday 19th November	Students with surname A-C and L-O	9.00am – 10.30am
	Students with surname D-K and P-Y	11.30am – 1.00pm
Friday 27th November	All Students (Children will need to bring recess, a drink and hat)	9.00am – 12.00noon

Please inform the school if your child is unable to attend any of their sessions.

Awards

Congratulations to the following students who have received awards this week:-

Term 4 Week 3		
Student	Academic Merit Award	St Francis Award
KB	Sienna Mataia	Noah Phillips
KG	Victoria Zakharova	Connor Chatterton
KW	Myra Batra	Mya Mitrovich
Year 1 B	Giuliana Barbara	Jenessa De La Cruz
Year 1 G	Lyla Sofiak	Caleb Tan
Year 1 W	Lily Tawadrouse	Korbin Pruckard
Year 2 B	Keeley Vaughan	Lauren Cauchi
Year 2G	Keyon Okunzuwa	James Boje
Year 2W	Emily Prnjak	Xavier Desira
Year 3 B	Makayla Streater	Roko Deur
Year 3 G	Olivia Iori	Brandon Ciantar
Year 3 W	Serenity Naim	Levi Cauchi
Year 4 B	Leah Ocampo	Evangeline Vargas
Year 4 G	Rose Montgomery	Prasaia Merrin
Year 4 W	Isaac Rapa	Declan Leach
Year 5 B	Lucious Cappello	Chloe Holden
Year 5G	Isaac Castellan	Orlaith McManus
Year 5W	Solomon Sloane	Russell Rochaix
Year 6 B	Solomon Montgomery	Riharna Pacella
Year 6 G	Madison Zahra	Gemma Haynes
Year 6 W	Emily Lenane	Charlotte Anderson

Artist of the Week

This week's display showcases talents across various mediums including: photography, painting, illustration, oil pastels and chalk pastels. Congratulations to these students who are our Artists of the Week:

Kinder - Jack Lenane
 Year 1 - Grace Maddaford
 Year 2 - Olivia O'Connor
 Year 3 - Braxton Conliffe
 Year 4 - Addison del Rosario
 Year 5 - Isabella Smith
 Year 6 - Emma Quijano



Tech Tip Week 3

Decide on the right level of supervision

Handy tips for parents and grandparents.

Depending on the age of your child and their readiness, decide which activities will be 'explore together', 'supervised' and 'independent'.

For young children, all new apps, games and content should be 'explore together' activities, when you sit with your child and play or watch together.

During 'supervised' activities, your child can control the activity, while you remain nearby and talk with them about what they are doing. Once you or your child know a game or app really well, it may be appropriate for them to engage in 'independent' activities, while you are nearby.

At the 'explore together' and 'supervised' stages, get younger children into the habit of asking your permission before they watch a new program, play a new game, explore a new website, download anything onto a device or communicate with a person who is not already their friend.

Older children and teenagers are likely to have their favourite programs and games they like to watch and play. They may already be accustomed to engaging in 'independent' activities. Nevertheless, it is still important to be aware of what they are doing online and to check in with them from time to time.

<https://www.esafety.gov.au/seniors/online-safety-grandparents-carers/book>

