



# Our Lady of the Angels School, Rouse Hill

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Newsletter  
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Term 2, Week 4

## NEWSLETTER

Dear Parents,

We are certainly looking forward to next Monday when the OLA family reunites for faith, fun and learning. Please ensure you have carefully read the information regarding returning to school that was emailed home yesterday with the heading 'OLA Return to School Information'.

With so much to be grateful for in our lives, particularly our family and friends, I thought it timely to include a passage on Gratitude. So many go above and beyond in their everyday lives in what they do for others. It is always good to stop for a moment and appreciate them. My own gratitude certainly goes to the amazing OLA staff for ensuring the learning has continued throughout COVID-19 and to you for being the 'Honorary Teacher' at home.

### **Why True Gratitude Improves Our Lives**

*Teaching our children to say 'thank you' is important, but truly instilling a sense of gratitude in them is another matter entirely. Gratitude goes beyond good manners – it is a mindset and a lifestyle. Studies show that children who count their blessings reap concrete benefits, including greater life satisfaction and a better attitude about school.*

### **Why Is It Important to Cultivate an Attitude of Gratitude?**

*First of all, gratitude is healthy for us, adults and children alike. Cultivating gratitude increases happiness levels. Gratitude can also help individuals live happier, more satisfied lives and enjoy increased levels of self-esteem, hope, empathy and optimism. Children who practise grateful thinking have more positive attitudes towards school and family.*

*Gratitude gives perspective. When you take into account the sheer number of opportunities, privileges and materials possessions most children enjoy through no effort of their own, it's easy to see why many of them feel entitled. After all, they get used to getting stuff without knowing or caring where it comes from. Practising gratitude, on the other hand, underscores the fact that all those toys and creature comforts don't just pop out of thin air. When children recognise that the things they own and the opportunities they have come from someone other than themselves, it helps them develop a healthy understanding of how interdependent we all are. Then they may be more inclined to treat others with genuine respect.*

*Gratitude improves relationships. Would you rather be around people who freely acknowledge and appreciate your contributions, or people who take your efforts for granted with a perfunctory grunt of thanks? It's a simple principle: gratitude fosters stronger, more positive and more genuine relationships.*

*Gratitude counteracts the 'gimmes'. Fundamentally, gratitude is about being aware of who or what makes positive aspects of our lives possible and acknowledging that. When children learn to think in those terms, they can be less apt to make mindless, self-centred demands. Plus, they begin to appreciate what they have rather than focusing on what they wish they had.*

*Acknowledgement: Andrea Reiser*

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

Tony Calabria  
Principal

Congratulations to Mrs Grunsell and her husband on the birth of their baby boy yesterday, Walter Thomas Grunsell. We cannot wait to meet him. We welcome him to the OLA community.



### **Congratulations**

**To Mrs Samantha Vella 4W, her husband Adrian and their family on the news that they will be expecting their third child towards the end of the year.**

## All OLA students are expected to return to school this Monday 25<sup>th</sup> May in line with the Premier's recent announcement

- The mode of learning from Monday onwards will be face to face onsite only. As directed by the governing bodies there will no longer be an online home learning option provided.
- We kindly ask that if your child is not able to attend due to medical reasons/doctor directed, ie a condition regarding themselves or their family that is impacted by Covid19, that you email the school. We will then contact you to see how we can support you and timetable their return.
- Please note that normal procedures for absences will be back in place. We have been directed that students are marked absent if not attending school (home-based learning will no longer apply).
- We are cleaning regularly throughout the day and after school, particularly touch points, ie. railings, door handles, desks etc. We have sanitiser available in all learning spaces for the children to use, along with constant reminders for children to cough into their elbows and most importantly, wash their hands regularly.
- **Children will be returning in their winter uniform. To celebrate the return to school, we will be having a MUFTI DAY on Friday 29<sup>th</sup> May. We ask that on that day your child brings in a 'gold or fold' donation (if you have not already done so) for a farewell gift for Fr Warren to say thank you before he leaves for Tasmania.**

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**Sunday 24th May**  
**Gospel Reflection**  
**Year A**  
**THE ASCENSION OF THE LORD**  
**Matthew 28:16-29**

### GOSPEL REFLECTION

#### 'YOU WILL BE MY WITNESS'



A witness in a court of law is called to give evidence about a matter; to 'testify' to the truth of what they have seen or what they know to be true. Some people are very good at

being a 'witness' to their faith by testifying to others about what they believe. Many others provide witness to their faith by simply living what they believe. Living a life based on Christian principles, including regular prayer and worship in your life, working for justice in the world, and taking time to celebrate the beauty of everyday life is a powerful witness to others.

### MAY IS THE MONTH OF MARY

The month of May is devoted to Mary. We pray to Mary for her gift of motherhood to Jesus. Her courage, strength, and unconditional love she showed to her son Jesus as a mother reminds us of all the



women in our lives who care and love us. May we continue to pray to Mary and spend time in reflective prayer by saying the rosary.



### **FEAST OF OUR LADY HELP OF CHRISTIANS**

On the 25th of May, we celebrate the feast day of Our Lady Help of Christians. 'This is your mother.' Under the title of Help of Christians, Mary was chosen as Patroness of Australasia.

Our Lady Help of Christians has been celebrated in Australia since 1844 but the history to this day dates back to the start of the 1800s. Australia has a special reason for turning to Mary because in the early days there weren't any priests sent to Australia and Mass was not allowed to be celebrated until 1820. In the early days, Catholics would gather to pray the Rosary to keep their faith alive. Catholic Australia remained faithful to Mary and was the first nation to choose her under the title Help of Christians

*We pray . . .*

***Almighty God, deepen in our hearts  
our love of Mary Help of Christians.  
Through her prayers and under her protection,  
may the light of Christ shine over our land.  
May Australia be granted harmony, justice, and  
peace.  
Grant wisdom to our leaders and integrity to  
our citizens.  
Bless especially the men and women  
of the Australian Defence Force and their  
families.  
We ask this through Christ Our Lord. Amen.  
Mary Help of Christians, pray for us.***



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

**Mon 25<sup>th</sup> May**

Madison Ross  
Ileesha Gunasekara

**Fri 29<sup>th</sup> May**

Max Masters  
Georgia Falzon

**Tues 26<sup>th</sup> May**

Mrs Samantha Vella

**Sat 30<sup>th</sup> May**

Mrs Nicole Arayon

**Wed 27<sup>th</sup> May**

Sid Gael Casino  
Astrid Cabunag

**Sun 31<sup>st</sup> May**

Makayla Streater  
Giselle Desira  
Xavier Desira

**WORKING TOGETHER TO KEEP OUR**

**OLA COMMUNITY SAFE**

*Please note a significant change that we ask for your support in is that we would like to limit the number of parents/adults within our school grounds. This will adhere to social distancing rules for adults and in turn minimise any potential risk.*

*We would envisage that students are able to independently enter through the gates and venture to their classrooms. We encourage you to use the drive through for pickup and drop off. If you normally collect your child in person from the COLA, we now ask you to please wait outside the gates near the Statue of Mary (keeping social distancing in mind) and we will deliver the students to you. As kindergarten leave a little earlier, they may wait outside the main gate next to the office.*

*We also continue to ask that contact with the teachers is via email (to the school) or phone only as there will currently be no face to face meetings.*

**Bubblers**

*The school bubblers will be temporarily closed so we ask that students bring their own water bottle to school when they return.*

**Quote of the Week**

"Among the things that you can give and still keep, are your word, a smile, and a grateful heart"

## Literacy News

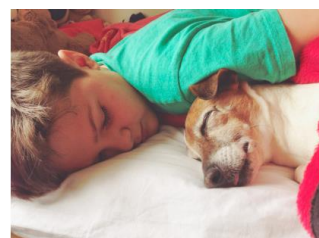
### What Happens in a Literacy Block at Our Lady of the Angels?

Our Lady of the Angels follow the Parramatta Literacy and Numeracy strategy called Focus 160. This means that every day, children will undertake 100 minutes of Literacy and 60 minutes of Numeracy.

#### Our Literacy Block consists of:

- ◆ Purposeful Talk
- ◆ Daily Reading Aloud to Students (5-10 mins)
- ◆ Daily Shared Reading (10-20 mins)
- ◆ Small Group Reading - Instructional Practices (15-30 mins at least once a week)
- ◆ Daily Independent Reading of familiar texts (5-15 mins)
- ◆ Daily Modelled Writing or Shared Writing (10-20 mins)
- ◆ Guided Writing (10-20 mins at least once a week)
- ◆ Daily Independent Writing (15-30 mins)

### Write On Competition 2020



**To participate in the competition, students compose an imaginative text of up to 500 words in length using the image above as a stimulus.**

Write On is an annual **writing competition** open to all NSW primary students in Years 1 to 6. It is designed to encourage students to develop their imaginative writing skills, and supports the teaching of writing. The competition aligns with the learning objectives in the NSW English K-10 Syllabus. The WriteOn 2020 writing competition closes in Week 10, Term 2 (3<sup>rd</sup> July).

Imaginative pieces may include:

- narratives
- letters
- poems
- scripts for radio, screen and stage
- interviews
- journal entries.

Schools submit their best entry from each stage.

The entries are judged by a panel of experienced primary teachers from each sector.

For more information, please visit the NESA site.

<https://educationstandards.nsw.edu.au/wps/portal/nesa/about/events/writeon-competition>



### Premier's Reading Challenge

**NSW Premier's Reading Challenge (PRC)** aims to encourage a love of **reading** for leisure and pleasure in students and enables them to experience quality literature. The **challenge** encourages students to **read**, to **read** more and **read** more widely.

For further information, please visit the PRC website.

Parents can access the 2020 booklist at the following address, <https://online.det.nsw.edu.au/prc/booklist/home.html>

Lisa Hurst  
Literacy Coordinator



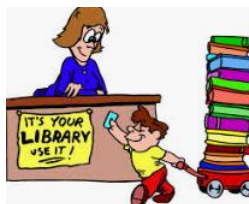
## IMPORTANT NOTICE

### Medication – Ventolin etc

With winter and the cold weather now with us, please remember that all medication, including ventolin, **MUST** be left at the office and a medication form completed. This can be found on the website. **CHILDREN ARE NOT TO HAVE VENTOLIN IN THEIR BAGS OR POCKETS.** It is best kept in the office. We thank you for your support and assistance with this matter.

## Birthdays Treats

In regard to birthday treats that are sometimes sent in, we kindly ask that you refrain from sending anything in at this early stage. This is to ensure that children are only eating food that is supplied and/or prepared by you at home.



## Library Books/Borrowing

We ask parents to return all library books on the day their child attends school over the next few weeks. The students will also have the opportunity to visit the library to borrow books.

## Canteen

Online canteen orders only will resume this Monday (no over the counter sales will take place due to the handling of money etc.)



## Theme for the Week

### *"Looking for the Good in Everything"*

*Our theme this week encourages the children and ourselves to look for and appreciate the good in others. This is often related to our outlook on life. The media often portrays the negative aspects of so many people and events. Looking for the good in everything helps us to appreciate how God has blessed us with His Abundance of Gifts. Good is always present, the challenge sometimes, is to bring it into the spotlight.*

## Morning Drop Off

We kindly ask that parents do not leave their cars to help their children out during the morning drop off. If your child needs assistance etc it is always best to park and walk them to the gate. For safety, no child should ever exit the car on the driver's side. If baby capsules are in the way, then once again it would be best to park first or alternatively practise climbing over the seats etc. My thanks for your co-operation in helping our drive through flow smoothly and quickly in the morning.



## Afternoon Pickup

You may have noticed a few changes to the afternoon drive through. Thank you for your support as we manage the increase of families using this service.

- Please drive to the parking bay where your child will be standing so that your child basically lines up with the passenger door.
- For both drop-off and pickup, the drive through facility is **not** intended as a place for drivers to get out of vehicles. Children need to be **independent** in entering/exiting the vehicle. It is **intended** that parents remain in their vehicles whilst in the drive through area.

Many thanks for your support.

## IMPORTANT NOTICE Facebook/Messenger

***We are resurrecting our OLA Primary School official Facebook page. We will let you know as soon as it is ready – be sure to like us...***

Please note: There are **NO** official grade Facebook pages. These pages are not to have a school crest/logo etc., as they are not endorsed, contributed to or seen by the school. As a result, there can often be inaccurate information regarding uniform changes, questions about reading levels etc. **Parents are always encouraged and welcome to direct questions to the school office, teachers, Mr Cauchi or Mr Calabria for accurate information.** An example of official vs unofficial was illustrated this week where a parent explained they read it on the Facebook page thinking it was endorsed by the school.

## Jokes of the Week

### **Solomon Montgomery 6B**

*Working in the mirror factory is something I can totally SEE myself doing!!!*

### **Eva-Grace Naim 1W**

*Why are fish so smart?  
Because they live in schools.*

### **Flynn Richardson 2B**

*What do you get from a pampered cow?  
Spoilt milk*

### **Luke Smyth 5W**

*How many tickles does it take to make an octopus laugh?  
Ten-tickles*

## Uniform – Winter Uniform from Monday 25<sup>th</sup> May

You just have to look around the streets to note just how important the school uniform is as a presentation of a student and also the image of their school. We have a very smart school uniform, and we thank you, as parents, to instil in your children the importance of wearing the correct uniform. These photos show what correct uniform looks like for boys and girls. We thank you for your cooperation.



Or knee high socks



Please ensure:-

- That the top button is done up, or at least the tie is tight enough that it appears to be buttoned up
- Black leather shoes, not black joggers, are to be worn with the uniform
- Jumpers are to be worn with the uniform for both boys and girls (not cardigans)
- The bomber jacket is **NOT** to be worn instead of the jumper
- Woollen vest can be worn by either girls or boys
- Sports zip jacket is to be only worn on sports days.
- Fluorescent sport shoes are not allowed.



### Acceptable Hair Styles for Boys.

The following is a passage in the parent handbook that refers to this...

*“Hair is to be neat and tidy, off the collar, of consistent natural colour, of gradual even grade and extremes of fashion are to be avoided. Some examples of the styles that are unacceptable include: ridges, undercuts, steps, any excessive shaping with products, and any shaving cuts.”*

This includes boys' long hair in pony tails.

Thank you to all those who have noted this expectation

