



# Our Lady of the Angels School, Rouse Hill

Newsletter  
Vol. 2 No. 23

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30<sup>th</sup> July, 2021  
Term 3, Week 3

# NEWSLETTER

Dear Parents,

**Please know:-**

- **You are doing a great job**
- **We are proud of you and your children for doing the best you can during remote learning**
- **We are here to assist in any way we can**
- **You do not need to be overly concerned if your child cannot get to everything**
- **Everyone is finding the lockdown challenging in one way or another**
- **You too need to stop and take care of yourself.**

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Parenting is a challenge for each one of us. The holidays can often be a time for reflecting on this important role. With so many varying opinions of what successful parenting entails, the following extract is worth a read:-  
These twelve principles are the basis of successful parenting as presented by Michael Grose – one of Australia’s foremost parenting experts: -

1. Treat children as you want to be treated at all times – with love, respect and human dignity.
2. Manage children’s behaviour by managing yourself first and focusing on your own behaviour.
3. As children learn what they live, model the attitudes and behaviours you want them to learn. In particular, model optimism, generosity, persistence and forgiveness of self and others.
4. Mirror back to your children that they are competent and capable. They see themselves in the same way as significant adults in their lives see them.
5. Build happy childhood memories by having plenty of positive one-on-one interactions and enjoyable family times. Build a strong family upon the building blocks of tolerance, rituals and open communication.
6. Children feel secure when there are limits and boundaries but they also like a say in setting some of those boundaries. Use behavioural consequences to teach children to be responsible for their actions.
7. Childhood is to be protected, treasured and preserved as long as humanly possible. Childhood is something children need to grow into, not out of.
8. Give responsibility, invite co-operation and expect participation in all aspects of family life.
9. Develop resilience in children by promoting independence, problem-solving and real participation in family life. Ensure you look after yourself, so you have perspective and energy to look after your children.
10. Surround yourself and your children with healthy, positive adults who look out for you and your children.
11. Foster your children’s passions and interest so that they can find something that they can excel at.
12. Treat your children as if you have many. That way, you can give them the space to grow away and be themselves.

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In addition to the important Online Learning Update – sent on 28<sup>th</sup> July – please note that if you are receiving a call from a ‘No Caller ID’ or ‘Private Number’ etc. during school hours, it may well be your child’s teacher or a member of staff contacting you to touch base, offer support or just to see how it is all going.

Teachers have been certainly impressed with the work that children have been submitting. Work is always sighted and feedback given across the week, not necessarily every day. Although the work day of a teacher extends well beyond normal hours, please note any emails etc out of school hours will be addressed the following day.

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This Monday is the Feast of Our Lady of the Angels. The children will celebrate this special day with a number of online activities and an opportunity for prayer. Please take the time as a family to gather and give thanks for the blessings we have, particularly during this time.

We look forward to the next four weeks working with you in partnership. We ask Our Lady of the Angels to bless our community each and every day but particularly during this period of remote learning.

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

Tony Calabria  
Principal

## WEEK 3: Eighteenth Sunday in Ordinary Time (Year B)

### Sunday 1st August 2021



#### Gospel Reflection [John 6:24-35](#)

The people ask Jesus for a sign, like the manna bread that Moses and their ancestors received in the desert. Jesus tells the crowd that he himself is the 'bread of life'.

How strong is your faith? Do you feel connected to Jesus and believe he is present to you? Or do you wish you could have more miraculous signs – perhaps like bread falling to you from the sky?

Jesus recognises that the people are more concerned with perishable food to fill their stomachs. He urges them to be concerned with the food that will not perish, with food that is eternal and that feeds the soul, not just the body.

No one will deny that food for the body is necessary. But most of us never think about eternal food for the soul. What feeds our souls? What feeds yours? What helps your faith? What or who gives life to your relationship with Jesus? What or who helps you believe? How are you a person who brings 'food for the soul' to others?

Teenagers seem to be preoccupied with the latest fashion statement, the kinds of pants and shirts that are in style, the music that is currently topping the charts, and even the words and phrases that are popular in teen language.

These are all fads that come and go, certainly like the 'perishable food' Jesus talks about. What would Jesus say about teenagers and their love for these things? What do you think about them?

#### Living the Gospel

Christ is present in the Eucharist in many forms: in the people gathered; in the celebrating priest; in the Word proclaimed; and in the consecrated bread and wine – the Body and Blood of Christ. In relation to receiving Christ through the reception of communion, St Augustine wrote, 'Be what you see, and receive what you are.' We not only receive the Body of Christ through Eucharist, we are called to be the Body of Christ because of what we have received; and we receive the Body of Christ because we are already part of the Body of Christ.



#### OUR LADY OF THE ANGELS FEAST DAY

**This Monday on the 2nd of August, we come together as a community to celebrate the feast of Our Lady of the Angels. We remember that Mary is the Queen of the Angels and we ask Mary to intercede for us as we pray for our community.**

#### LET US PRAY

Mary Most pure  
With the angels in heaven  
I sing of your glory and your holiness  
before God.  
Through the angels who guard me,  
May the petitions of my heart  
Be brought to you.

Protect and guide me  
As my queen and  
My Mother  
All the days of my life.

Hail Mary full of grace, The Lord is with you.  
Blessed are you among women and blessed is  
the fruit of your womb, Jesus.

Holy Mary Mother of God  
Pray for us sinners now and at the hour of  
our death.  
AMEN

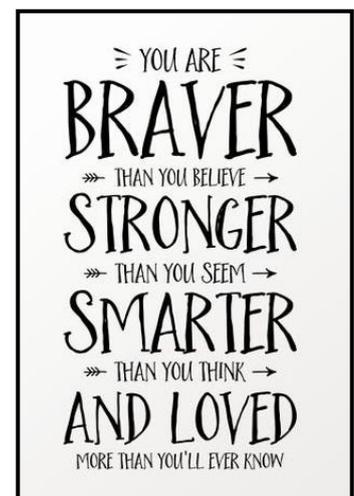
#### Supporting Young People Impacted by COVID-19

In response to the current lockdowns, **HeadSpace** is running additional parent/carer mental health education sessions, over the next 6 weeks. The sessions are titled Supporting young people impacted by COVID-19, and provide parents/carers with information and strategies to support their young people during these uncertain times.

The following sessions are available via zoom and scheduled over the next few weeks.

- 4 August 2021, 6:30pm – 7:45pm, South Western Sydney
- 5 August 2021, 6:30pm – 7:45pm, Cumberland
- 9 August 2021, 6:30pm – 7:45pm, Northern Sydney
- 10 August 2021, 6:30pm – 7:45pm, Georges River
- 11 August 2021, 6:30pm – 7:45pm, South Eastern Sydney
- 17 August 2021, 6:30pm – 7:45pm, Western Sydney
- 19 August 2021, 6:30pm – 7:45pm, Randwick

Here is the [link](#) to register for these sessions.





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

**Sun 1<sup>st</sup> Aug**

Declan Leach  
Maddison Kuea Vilila  
Natalia Ponturo  
Sebi Liptak

**Mon 2<sup>nd</sup> Aug**

Olivia Ross  
Noah De Leon  
Alexis Kenyon

**Tue 3<sup>rd</sup> Aug**

Damien Pendlebury  
Flynn Richardson

**Thur 5<sup>th</sup> Aug**

Blaize McDonald  
Taylor Saward  
Charlotte Naim  
Abhi Sundaram  
Miss Clare Crozier  
Mrs Sarah McBrien

**Fri 6<sup>th</sup> Aug**

Stella Mancia

**TERM 3 DATES**

Thurs 16<sup>th</sup> September – Last day of Term 3 for students.

Fri 17<sup>th</sup> September – Staff Development Day  
(Pupil Free Day for students)

**IMPORTANT**

**Change of Circumstances - Important**

If there has been a change of circumstances in your home ie moving house, parent separation etc could you please email the office to advise us of any new address/es, phone numbers, etc. All up to date information is required by CEDP so that we can all work in better partnership with you.

**Email Addresses**

As most school notes are emailed, please don't forget to let us know if your email address changes. We encourage you to check your email (and/or spam) regularly for emails from OLA.

*Values Matter at OLA*

**"Doing Your Best"**

(taken from The Nine Values for Australia Schools from the National Values Education Program)

This week we are focussing on the value of:-

DOING YOUR BEST – Seek to accomplish something worthy and admirable, try hard and pursue excellence.

This value includes the following characteristics:-

- Having a go! – How do you as parents, encourage this characteristic?
- Being positive about learning.
- Learning from your mistakes – Tell them how proud you are of their efforts.
- Discovering what you're good at and enjoy doing it.
- Doing things to the best of your ability.
- Using your talents – Discuss your child's God given talent/s with them and how these gifts should be used to the best of their ability.
- Setting worthwhile goals and making plans to achieve them. Do you have goals?

The overall message:-

*Attaining personal success in a range of human endeavours, pursuing individual excellence and displaying pride and satisfaction in personal achievement.*

**Theme for the Week**

**"Doing your Best"**

Our theme this week focuses on always doing your best in everything you do, in academics, behaviour, relationships etc. Expecting the 'best' from our children and encouraging them to always give their best allows their true potential to shine. Children who always do their best are usually content with the effort they have put into a given task or the behaviour they have displayed and are not continually saying 'I could have done better'. Doing your best at your own level is one key to success; it does not always mean coming first.

**Thank you for your Kind Words of appreciation.....**

*'We just wanted to say thank you for all the effort you are putting into engaging with and keeping the kids motivated. We love your feedback. I can only imagine how challenging it is for you all as teachers, but you are all doing an amazing job and we are so thankful for all you are doing.'*

*'I appreciate all the time you are putting in – please know it doesn't go unnoticed and is greatly appreciated.'*

*'I would just like to say a big thank you to all at OLA, Principal, teachers and staff for the support and encouragement you have given to our family.'*

*'Thank you and the teachers for all your support during this difficult time.'*

Congratulations to the following students for completing the Premier's Reading Challenge.

Amelia Pendlebury KB & Adrian Farrugia 1W



Remember to Read, Read, Read.....  
Read to Succeed



Everyone on our starship is thrilled and nervous. How will the creature of this planet feel about our arrival? What will they look like? Will they have six legs? Green tails? No hair? My parents say that many strange creatures lived on Earth over the millions of years. How strange will the inhabitants of this planet be?

New the moment of truth approaches. Our starship is sinking towards the planet's surface. Just one ship will land at first, while the rest of the fleet waits in orbit.

It is night. We can see nothing of the world below us. Then the sky is filled with the thunder and flame from our engines. Strapped into our seats, we feel the ship lurch as it descends through the clouds. There is a jolt, a swaying, another jolt. The engines whirrer into silence. We have landed.

I hear an airlock door hiss open. Our advance party jacked for their courage and keen eyesight, have gone out to explore the area. They disappear into the darkness. The rest of us can only wait. My parents smile at me, but I can see their nervousness.

Then we hear excited noises. The advance party is returning. Voices grow along the corridors. Voices raised in joy and wonder.



### Across the Milky Way

story by David Hill | illustrated by Douglas Holgate

**MY PARENTS WERE** born on Earth. So were my grandparents, and their grandparents before them.

But I was born in space. I was born on a great starship—part of a fleet of starships hurtling towards a new home, far off in the galaxy.

Thousands of years ago, Earth's sun began to swell. Scientists said it would grow till it destroyed the planets closest to it. Earth's inhabitants had to escape.

So our engineers built huge starships. And when the time came, my parents and billions of others sadly boarded these great crafts, taking a last look at their beautiful Earth.

They left behind a world where many strange creatures once roamed. Dinosaurs had come and gone. So had pterodactyls, mammoths, the great apes and

is there already intelligent life on this planet? The robots' flight path was too far away to see.

Our starship is huge. There are great freezers of food—meat, milk, everything to keep us healthy. There are schools, and play areas where my friends and I run and jump and chase one another.

My parents have brought laser discs and photos of their homes on Earth. There they are, scampering and playing when they were young. There are my grandparents, starting to grow grey. I feel proud when I think of the great voyage they planned.

Ever since I was born, I have watched the yellow star grow closer. Now it blazes in the sky, just like Earth's sun in my parents' pictures. There are its four planets—ours is second from



Lisa Hurst  
Literacy Coordinator

**School Census Day – Next Friday 6<sup>th</sup> August**

Friday 6<sup>th</sup> August is School Census Day. All children should be in attendance on this day, either online or at school (those of essential workers etc) and absence should only be if it is absolutely necessary.

**If your child is unwell on Friday 6<sup>th</sup> August, and they will not be completing any online learning, please email [ola@parra.catholic.edu.au](mailto:ola@parra.catholic.edu.au) advising the reason for the absence and when they will return.**

This is of course a requirement that applies to every day of the school year, however, Census data is directly related to Government funding for our schools and the requirements outlined above are set by the Department of Education.

Thank you for your co-operation.

## Zoom Meetings

It has been wonderful to see the beautiful smiling faces of all our students through Zoom.

**Please note the times for Zooms will continue the same as this week:**

- 9.00am - Years 5 & 6 (Monday – Friday)
- 9.30am - Year 1 and Kindergarten (Monday, Wednesday, Friday)
- 10.00am - Year 3 & 4 (Monday, Wednesday, Friday)
- 10.30am - Year 2 (Monday, Wednesday, Friday)

Please keep an eye on your child's google page, particularly infants, for reading session zooms that will commence from Monday.

## Men In Black

*Still coming...  
Still in production...*



## COVID-19 Financial Assistance during Lockdown 2021

All families received a letter this week from CEDP describing financial assistance during lockdown 2021. Please read this letter and do not hesitate to contact the school to discuss your options for fee support or deferment. To ensure that this process is fair and aimed at those most in need, you may be required to provide supporting documentation about your circumstances. If you still have questions or concerns following initial discussions with the school, please contact the Community Liaison team at [cl@parra.catholic.edu.au](mailto:cl@parra.catholic.edu.au)

### Keep Active

Whilst online learning is taking place, we encourage you to ensure that your children have regular breaks from a screen (whether they are using it for learning or just playing) to be active, ie to stretch, run, jump etc. It is easy to lose track of time and be sedentary for long periods. Why not set your alarm on your phone and do some regular fitness together.

### Reflection

*A kind word or acknowledgement goes a long way in lifting a person's spirit.*

*Drop a pebble in the water, just a splash and it is gone,  
but there's half a hundred ripples circling on and on and on,  
spreading, spreading from the centre,  
flowing on out to the sea,  
and there is no way of telling where the end is going to be.*

*Drop a careless, unkind word,  
and in a minute, it is gone,*

*But there's half a hundred ripples circling on and on and on.  
They keep spreading, spreading, spreading from the centre as  
they go and there is no way to stop them,  
once you've started them to flow.*

*Drop a word of cheer and kindness,  
just a flash and it is gone,*

*But there's half a hundred ripples circling on and on and on.  
Bearing hope and joy and comfort on each splashing,  
dashing wave,  
'til you wouldn't believe the volume of one kind word you  
gave.*

## OLA Facebook Page

"Keep up to date"

Be sure to look at our Facebook page  
<https://www.facebook.com/OLARouseHill>

### COVID-19 symptoms



Fever



Cough



Sore throat



Shortness of breath



Loss of smell



Loss of taste

### Stay Safe

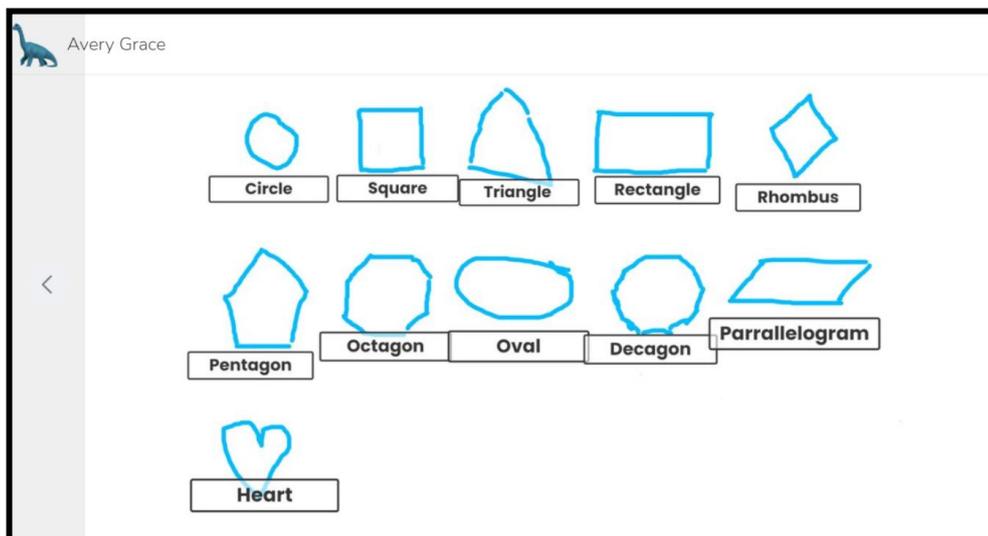


**Clean your hands thoroughly** for at least 20 seconds with soap and water, or an alcohol-based hand sanitiser



**Cover your nose and mouth** when coughing and sneezing with a tissue or your elbow. Put the tissue in the bin and wash your hands

Here is a snippet of some of our wonderful student's work from this week.....



### Show.....don't tell!

This week we have been practicing using our imagination and our 5 senses to write interesting and exciting descriptions. Can you describe this scene without 'telling' us what we already know.

Instead **Show** us what it would feel like to walk through this forest.

Make sure you choose a variety of adjectives!

#### The Forest Camp

As I am walking on the hard, cold ground of the forest I see a shadow and some movement, I feel a little scared. When I smell ash and hear the crackling and popping of the fire it makes me feel warm and safe. I think of Christmas when I smell the pine tree leaves. I can hear an owl hooting in the trees and look in all different directions but couldn't see the owl in the dark. I also hear crickets and the wind and I think I see a squirrel running up a tree. - Arlo 2G

