



Our Lady of the Angels School, Rouse Hill

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Newsletter
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11th February, 2022
Term 1, Week 3

NEWSLETTER

Dear Parents,

I would like to extend a warm welcome to all our new families throughout the school and particularly to our 2022 Kindergarten cohort. The kindergarten students have been just beautiful and are well and truly already part of our OLA community. Kindergarten through to Year 6 are very settled and enthusiastic about their learning. I have been most impressed with the children's behaviour, manner, and love of learning. This is a credit to you, the first educators of your children.

On Wednesday you would have received an email outlining Teacher/Parent 'Meet and Greet' zoom or phone call sessions.

Please take note of the following when logging in or waiting for a phone call:-

- Please be on time. These are only 10-minute meetings to allow you to connect with your teacher.
- If zooming, we ask you to be patient as you wait for your host to let you in.
- Please do not go overtime. If you require additional time your class teacher will organise to contact you.

As communicated the kindergarten meetings will be held in Week 5.

These meetings provide an opportunity for you to discuss your child's needs with their teacher. Parents know their child better than anyone else and sharing this knowledge gives teachers a valuable resource to assist them in progressing your child's learning. Bookings are undertaken online and opened on Wednesday afternoon at 4.00pm (please see the email sent on Tuesday if you have not booked).

The Opening School Mass and Student Leaders Commissioning this morning was a lovely celebration of our Christ Centred community. Our Appreciation to Fr Omar for celebrating such a beautiful mass and for his blessings upon the year ahead. Thank you to Mrs Byrne, our Religious Education Co-ordinator (REC) for her dedication in co-ordinating our celebrations and to the OLA staff for their efforts in making the morning so special.



As communicated RAT kits for the next two weeks (Weeks 4 & 5) have been sent home with your child. To help ensure the wellbeing and safety of all without our OLA community, we have many Covid safe procedures in place. Many thanks for continuing to administer Rapid Antigen Tests to your children and for supporting the many regulations, procedures and routines in place.

If there is a positive case in a grade an email will be sent home. We ask parents to continue to monitor for symptoms and regularly test their child. Children only need to stay home if they test positive or a member of the family they live with is positive. As per normal, children that are not well in any other capacity should also remain home until they are well enough to return to school. Please do not hesitate to contact the office if you have any questions.

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

Tony Calabria
Principal

Sixth Sunday of Ordinary Time (13th February 2022)

Luke 6:17-261

GOSPEL REFLECTION

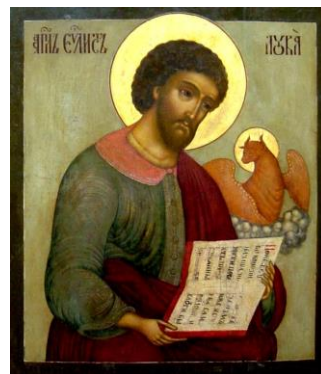
Blessed are the poor? – the hungry? – those who mourn? What is Jesus doing in these Beatitudes? Jesus was not a 'pie in the sky' dreamer saying: 'You are destitute, hungry now. Don't worry, you will be okay in paradise in the long distant future.' That would be a cruel celestial joke.

Rather, Jesus was setting about the task of creating a new sort of society, the Kingdom of God on earth, in which the destitute, the starving, the weeping, are *blessed* in the sense that they can expect their suffering to be alleviated, companions to be found in their distress.

The Divine imperative is that His followers break out of their comfort zone of plenty of money, full stomachs, much to laugh about. They must enter into the harsh reality of other people's destitute, starving, weeping lives. Woe to them if they do not.

Can Our Lord look into the heart of each one of us living in our comfortable world, and then with confidence turn to that *other* world and recite the Beatitudes?

We might pause for a moment, recognise that Jesus' credibility is on the line, and pray that His Father's will be done on *earth* as it is in Heaven. (LiturgyHelp.com @ Fr Michael Tate)



RELIGIOUS EDUCATION IN THE CLASSROOMS

This week Kindergarten had their first visit with Our Lady of the Angels Assistant Priest 'Fr Omar'. Fr Omar will come to visit a different grade each week. The children love it when our parish priests visit their classroom.



Year Two

In Year Two we are learning about how we can show love towards our neighbour. The focus is to include everyone, just like Jesus teaches us in the bible. This week, students have been reconnecting with their peers and make connections with one another. In their groups, they have planted seeds and decided how they will take care of their seeds to help them grow.



Thank you from St Vincent de Paul for our Christmas Appeal last year. It was very much appreciated.

KINDERGARTEN 2023 ENROLMENT INFORMATION SESSION AND SCHOOL TOUR

Thursday 10th March

Commencing at 9.30am with a presentation and tour (for approximately 1 hour)

Please pass this information onto family, friends, neighbours etc who may wish to enrol their child into our school.



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

Sun 13th Feb

Sophia Gobran
Charlise Mitrovich
Noah Baba

Wed 16th Feb

Olivia Medjumurac
Liam O'Connor
Marcel Dalla

Mon 14th Feb

Cooper Cameron

Thurs 17th Feb

Emily Godden

Tues 15th Feb

Zavier Dabit
Ollie Coughlan

Sat 19th Feb

Mia Pennati

SRC Representatives

This year we will continue with the structure from 2021, in order to afford this leadership opportunity to more of our students.

There will be two SRC members for each class in Years 1-6 elected for the first semester (Terms 1 and 2) and another two SRC members elected for the second semester (Terms 3 and 4). There will be a boy and girl SRC member each semester. **The presentation of SRC badges will need to change as previously advertised due to Covid regulations. Presentations will now take place as follows across a number of days. This will help adhere to Government regulations around the mixing of cohorts and number of parents attending.**

- **Friday 18th February at 9.00am – Year 5 (Stage 3)**
- **Monday 21st February at 9.00am – Years 3 & 4 (Stage 2)**
- **Wednesday 23rd February at 9.00am– Years 1 & 2 (Stage 1)**

Parents of successful candidates will be advised beforehand and invited to attend the short assembly if they wish, with COVID regulations in place. Kindergarten will have two SRC members for the second semester only (ie Terms 3 and 4).

School Hats

OLA has a “NO HAT, NO PLAY” policy

Please ensure your child has their school hat with them each day to assist in promoting sun safety and awareness in your child/ren. Any child not wearing a school hat at play times will need to play under the sheltered areas. Please ensure that your child’s hat is clearly labelled.

Grade Overviews

A detailed grade overview for the term was emailed to all families earlier this week. It include important information specific to your child’s grade to assist you in knowing what your child is learning.

SPORT NEWS

Hills Zone Swimming Carnival

Congratulations to all the students who will be representing OLA at the Hills Zone Swimming Carnival on Tuesday 1st March.

Wishing you the best of luck!

Ruby Millers
Addison Galvin
Chloe Carey
Eva Bond
Heidi Nicholls
Zara Buchanan
Erica Sommer
Divena Sundaram
Ava-Belle Chong
Eva Millers
Ruby Masters
Lauren Myhre-Fox

Lucas Clarke
Ryan Knipler
Isaac Meighan
Fionn Galway
Isaiah Balangon
Phoenix Rich
Lachlan Riley
Harrison Dolahenty

Sports News - Diocesan Trial News

Congratulations to Max Masters and Isaiah Balangon who tried out for the Parramatta Basketball team. The boys were successful in making the top 14, however they just missed out making the representative team. Well done boys, we are very proud of you.

Good luck to Ethan Zachariah who is attending the Tennis Trials.

OLA Cross Country

This year due to Covid we will be having an optional competitors only cross country event. Children who do not wish to attend will remain at school for normal lessons. Please see the email sent home yesterday.

Lyndelle Batten

Physical Education Teacher & Sports Co-ordinator

Literacy News

Ways to improve reading comprehension at home

Developing reading comprehension skills is important for absorbing story books as a young child. As children get older, this skill will help them understand textbooks, newspapers, and other more complex texts.

1. **Have your child read aloud.** This forces them to go slower, which gives them more time to process what they read and in turn improves reading comprehension. Plus, they are not only seeing the words — they are hearing them, too! You can also take turns reading aloud.
2. **Provide books at the right level.** Make sure your child gets lots of practise reading books that aren't too hard. They should recognize at least 90 percent of the words without any help. Stopping any more often than that to figure out a word makes it tough for them to focus on the overall meaning of the story

Source:

Premier's Reading Challenge (PRC) aims to encourage a love of **reading** for leisure and pleasure in students, and enables students to experience quality literature. The **challenge** encourages students to **read**, to **read** more and **read** more widely. The **2022 NSW Premier's Reading Challenge** will be launched on **28 February** this year and further information can be found on the [PRC website](#).



NSW Department of Education

2022 NSW Premier's Reading Challenge

Start reading now!

Key dates for students in K-10:
Challenge opens
Monday 28 February
Challenge closes for
student entries
Friday 19 August

Artwork by Stephen Michael King

www.premiersreadingchallenge.nsw.edu.au



Mrs Lisa Hurst, Literacy Co-ordinator

Theme of the Week

"Together we are a Community"

Our theme this week helps acknowledge and appreciate our wonderful OLA community, in which each one of us plays a vital role. Together we gather, bonded by our Catholic values and relationships. As a community we examine just how we treat each other so as to continue to foster our sense of community and create harmony.



Keeping our Children Safe

Reminder: For the safety of all in our community, please park 'Rear to Kerb' and use the designated crossings in the car park (ie, not trample across the gardens).

Late/Early Leavers - If your child is late for school or needs to be collected early, you must attend the office and fill out the Late/Early Leavers Slip. If your child arrives **at 8.50am or later**, you need to come into the office to sign them in. If there is a need to pick up your child early, please **DO NOT CALL THE OFFICE** to ask that your child is ready for when you get here. They will be called only when a parent has arrived to collect them. This is in the interest of minimising work in what is already a very busy office and in reducing the amount of lost learning time for your child. It is also recommended that appointments are made out of school time, wherever possible.

Student Information Form

Thank you to all parents who have completed the Student Information Form. A reminder if you have not already done so, please return forms on Monday 14th February in preparation for our Meet & Greet sessions.

Uniform Shop

Due to COVID, the Uniform shop is not open for parents to attend. However, uniform orders can be left at the office, through the notebag, via email or over the phone at any time throughout the week, and they will be **filled on Mondays and Wednesdays**. No cash will be accepted. Eftpos only.

Please note that we are **unable** to supply a hat or any other item first thing in the morning from the office as the uniform shop is not in the admin building.

PLEASE NOTE that there will be a slight price increase on some items as of **Monday 14th February**, due to an increase in the suppliers' costs last year. A new price list is attached for your attention.

Our School is a Nut Aware School Community

At Our Lady of the Angels School, we have children who have severe allergies to nuts. While allergic reactions are common and most are not serious, for these children the reaction can be life-threatening. This is called anaphylaxis and can occur in minutes of an exposure to a trigger, in these children's case, nuts.

We see prevention as a major part of providing a safe environment for these children. So as to support our community's effort in this regard, parents are requested not to send nuts or foods containing nuts to school with their children.

The following list gives examples of such foods:-

- Peanuts, hazelnuts, almonds, cashews, macadamia nuts
- Peanut butter
- Nutella
- Biscuits and cakes containing nuts
- Snack packs containing nuts
- Chocolate bars containing nuts, eg Picnics, Mars Bars (almond), Nut Breaks and Fruit & Nut Chocolates
- Marzipan and nougat
- Muesli bars and snack bars containing nuts
- Yoghurt and nut mixer packs
- Confectionery items such as Lolly Gobble Bliss Boms and Rocky Road
- Uncle Toby's yoghurt museli bars

We realise that there may be trace elements of nuts in a variety of other foods. However, if you use the above list as a guide you will be doing your part. Parents can also reinforce with their children that sharing food is not allowed at OLA.

SCHOOL CANTEEN

Canteen begins this **Monday, 14th February** and will continue with online sales only utilising the Flexischools App.

For those new to OLA, please download the Flexischools App to your phone as all sales must be made through the app. Please note that orders must be placed by 7.15am on the day (Monday, Wednesday & Friday).

If you have placed an order and your child is then away, please email the school office before 9.00am to advise that your child will not be at school and to move the order to another day. It is important that you mark the email 'Attention Canteen'.

Student's Birthdays

Celebrating a birthday is something all children look forward to! In regard to birthday treats that are sometimes sent in, we kindly ask that you refrain from sending anything 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 Website

Another form of communication at our school is the school website.

<http://www.olarousehill.catholic.edu.au/home>

The website is regularly updated with stories of different things that have occurred, upcoming events, the term calendar and access to permission notes. This section can be found in 'News and Events' then 'Parent Notes' or <http://www.olarousehill.catholic.edu.au/parent-notes>

In Parent Notes you will find an up to date school uniform list, medication notes and leave of exemption forms. Throughout the year, it will be updated as needed with excursion notes, sporting notes and special event notes.

Are you missing out?? Join our Facebook page.

Keep up to date with news from OLA
See what is happening at OLA
Visit our Facebook page

<https://www.facebook.com/OLARouseHill> Or Click on the facebook f in the top corner of our school website

Be sure to 'like us'

Technology Tip Week 3

For Parents: Helping your children stay safe while browsing the internet.

Set Rules - Create a standard for your child to know what kind of content they should be looking at/sharing while they are on the internet. Encourage them to use the same behaviour online that they would use in real life.

Encourage your child to browse the web in a shared or visible place at home and explore the internet with them.

Teach- Teach your child how to deal with any inappropriate content or messages they come across using block or mute functions as well as reporting it. If necessary, quit the webpage or shut down the device. This also includes teaching your child how to tell a trusted adult.

Remind - Remind your children about the importance of private information staying private online and how private information can be used to identify them.

Technology in the Classroom.

On Tuesday, 8th February, it was Safer Internet Day. In Year 4, we learnt the following things about this important day...

- Don't bully anyone online. If someone is bullying you, take a screenshot and tell an adult you trust. (Zara P)
- Always use a strong password to protect your accounts. (Madison R)
- Don't share personal information online (Lachlan N)
- Anything you do online leaves a digital footprint. (Harrison D)
- Only let people you know follow you on social media. (Lachlan R)
- Think before you share. (Esther A)

It is important to be safe online all the time, not just on Safer Internet Day.







We 'BOUNCE BACK' at Our Lady of the Angels.

Returning to school is an exciting time. Reconnecting with friends in the classroom and on the playground will bring new experiences and at times challenges.

Acknowledging that we all experience different emotions and naming them is an important element of being able to 'Bounce Back' from situations that did not go the way that we wanted or expected. Developing strategies to help ourselves is vital in developing resilience.

Students will discuss a variety of strategies including:

- Take 10 deep breaths
- Go for a walk
- Have a drink of water
- Draw
- Visualise a peaceful place
- Talk to an adult
- Write in a journal
- Do a puzzle
- Paint
- Listen to music
- Dance
- Meditation
- Stretch exercise
- Use a weighted blanket
- Go outside
- Jump on the trampoline
- Give someone a hug
- Build with lego

ZONES OF REGULATION!			
Blue	Green	Yellow	Red
			
Sick Sad Tired Bored Moving Slowly	Happy Calm Good to Go Focused Ready to Learn	Frustrated Worried Silly/Wiggly Anxious Excited	Mad/Angry Mean Yelling/Hitting Out of Control I Need Time and Space

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We ask that you continue this conversation at home to identify the strategies that work best for your child/ren. You may like to discuss the strategies that can be used at home and the different strategies that can be used at school.

Take a breath.

Breathing in through the nose for three seconds and then breathing out through the mouth slowly for 10 seconds is a beneficial strategy to help someone calm down. Perhaps you could ask your child/ren to show you the 'Calm Breathing' technique.

You may like to watch this catchy music clip together. [The Playground Craze - BounceBack Video on Youtube.](#)

From the Office....

Thank you to all parents for your patience during the first week of school. The office desk and phone is often at its busiest at this time of year and so we do appreciate your patience.

Just a few reminders:-

Going Cashless - From 2022 we, like many schools in the Diocese, are going cashless. We ask all parents to download the Qkr App (instructions attached to this newsletter) as this and EFTPOS will be our only options for payments (other than fees). You cannot pay school fees on the Qkr App at this stage. If any payments are due to be made eg, gala days, sport trials etc, a note (email) will be sent home asking you to use the Qkr App.

Change of Details - It is **critical** that the school has up-to-date contact details for all students at all times. Please ensure that any phone, address or contact details that change are relayed to the office as a matter of urgency. It is particularly important to advise the office if there is a change in the home situation (eg separation). It is most distressing for children and staff if we are unable to contact parents in the case of a child being ill or injured.

School Fees - Catholic Education Diocese of Parramatta (CEDP) will be sending out the school fees over the next few weeks. Diocesan policy is moving towards no cash being accepted over the counter from 2022. If you wish to pay your fees by cash (as opposed to credit card, direct debit, bpay) you may do so via Australia Post. Once you have received the fees, please do not hesitate to contact Mrs Goldsworthy if you have any queries at all.

Are you Receiving Emails?

As information & various notes are emailed from the school, please ensure that we have your correct/preferred email address on our system.

Thank you.

School is Cool – but not if you're late

Being at school on time in the morning is paramount. Your child's learning is often disadvantaged if they are late. They also often feel embarrassed arriving after everyone else. They miss important messages and/or the start of their lessons, in all their learning results can suffer. If on the odd occasion you arrive after 8.50am (**you will know it is after 8.50am if the teacher is no longer on duty at the kiss and drop**) you, as the parent **MUST** visit the office to sign a late slip for your child to take to class. Many thanks for your support in this area.

Our students have settled beautifully into filling each day with faith, fun and learning....






Congratulations to our students who have received awards this week:

Term 1 Week 3		
Student	Academic Merit Award	St Francis Award
KB	Jericho Mittiga	Maci Cusack
KG	Keilan Peacock	Olive Evans
KW	Maxine Montalbo	Veselko Topic
Year 1 B	Amelia Pendlebury	Leonardo Borgiani
Year 1 G	Rosario Borbajo	Jack Lambert
Year 1 W	Annabelle Delaney	Sienna Benitez-Taalili
Year 2 B	Marcus Medjumurac	Elena Valensise
Year 2G	Julian Fonsdituri	Mila Annamalay-Sanchez
Year 2W	Emma Marsden	Cooper Cameron
Year 3 B	Oliver Coughlan	Kate McKeever
Year 3 G	Ryan Scanes	Caleb Tan
Year 3 W	Arlo Barry	Abbey Zahra
Year 4 B	Aurelia Gresser	Jackson Navarro
Year 4 G	Lachlan Newman	Vienna Gergely-Hollai
Year 4 W	Flynn Coughlan	Olivia O'Connor
Year 5 B	Divena Sundaram	Brandon Ciantar
Year 5G	Noah Falzon	Erica Sommer
Year 5W	Abigail Holland	Noah Baba
Year 6 B	Harrison Jones	Luciana Salib
Year 6 W	Ruby Martin	Johann Gonzales

I don't mean to brag, but I put together a puzzle in 1 day and the box said 2-4 years.

Cool Funny Quotes

Some relationships are like Tom and Jerry... They tease each other, knock down each other, irritate each other, but can't live without each other!

LEARN A Musical Instrument AT SCHOOL

JOIN THE BAND

- Teaching Services Australia can help you achieve your creative potential
- Take lessons at school individually or as part of a group
- Affordable, flexible and easy to enrol

FOR FURTHER INFORMATION

enrolments@teachingservices.com.au | 9651 7333

Attached to this email:-

- Qkr App Instructions
- Uniform Price List
- Teaching Services Expression of Interest Form