



Our Lady of the Angels School Rouse Hill

Newsletter
Vol. 3 No. 6

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4th March, 2022
Term 1, Week 6

Catholic Schools Week 2022

This year we join with more than 600 Catholic schools across NSW and the ACT to celebrate Catholic Schools Week. There is so much faith, fun and learning that takes place at OLA that our Catholic Schools Week will be held over a two week period, from 6th March to 17th March

Additionally, this coming week (Week 7) we will once again have our termly **"Family Week"**. Family Week sees the children have a break from formal home learning (although we ask that every child still reads each night) to spend time with you as a family, or helping you for the family. You may choose an activity that you can do as a family each day with your child. Examples in the past have included playing a board game, sitting and sharing stories, cooking a meal together, feeding the pet, playing cards, helping put away laundry, setting the table, reading mum or dad a book, washing the car, gardening (hopefully once the rain stops), writing mum and dad a thank you note, spending time in prayer-saying the Rosary, going for a family walk etc. Family Week is aimed at freeing children up to assist and/or spend time with those who love them most, their greatest heroes, you their parents and family.

The theme for Catholic Schools Week 2022 is once again 'Celebrating 200 Years of Catholic Education'. It is a special time which encourages schools to celebrate the many learning opportunities available to students and acknowledge our unique Catholic schools.

Catholic Schools Week is about strengthening relationships between all those who have a stake in our schools – students, staff, families, priests, parishioners and members of the wider community. Many events are still on hold due to the unpredictable weather and the number of children who are away due to testing positive or are close contacts. We look forward to slowly but steadily welcoming parents to join us for celebrations of faith, fun and learning.

As part of Catholic Schools Week each class will join in prayer and reflection why they love being at OLA. Some of these will be posted on our Facebook page and newsletter. Our Kinder 2023 Presentation & Tour will be held this coming Thursday, commencing at 9.30am. We are currently organising Stage Masses for the children that you are most welcome to attend. Also in the pipeline, once the weather improves, will be our Reading afternoons in which you can join in with the children. Starting in Term 2, we will resume with grade assemblies and if all continues to improve a lovely Mother's Day assembly, a community cuppa and a visit to the classrooms to spend time undertaking learning activities with your children.

Our school has a wonderful, supportive community of staff, parents and clergy who work together to focus on giving students the best education possible, encouraging success, promoting disciple, supporting creativity and instilling compassion. Everything we do in our OLA Christ-centred community is underpinned by our Gospel values. I would like to take this opportunity to thank you for all your support of OLA and I look forward to celebrating Catholic Schools Week with you.

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

Tony Calabria



NEWSLETTER

KINDERGARTEN 2023 ENROLMENT INFORMATION SESSION AND SCHOOL TOUR

This Thursday 10th March

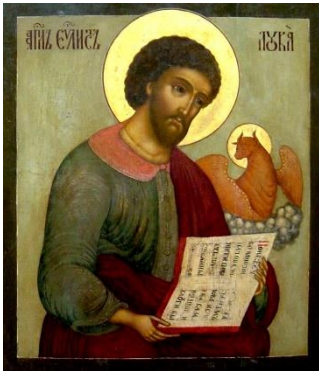
Commencing at 9.30am with a presentation and tour (for approximately 1 hour)

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

First Sunday of Lent (6th March 2022)

Luke 4:1-13

GOSPEL REFLECTION



The 40 days that Jesus spent praying and preparing in the wilderness is reflected in the season of Lent that lasts 40 days from Ash Wednesday until the day before Easter Sunday (not counting Sundays in the season). It has been traditional that during the time of Lent Christian people renew their efforts in prayer, fasting and almsgiving. All three of these practices are actions of preparation. Just as Jesus prepared for his ministry in the wilderness, so too is Lent an opportunity for us to be deliberate about our reflection on what we are called to do in this world. (LiturgyHelp.com @ Greg Sunter)



LENT is a time where we reflect on our relationship with God and those around us. We take time to pray, make a sacrifice through fasting and give of ourselves to others through almsgiving. Please see our family Lenten calendar attached to the email.

Thank you to Fr Omar who celebrated the Ash Wednesday Mass with students and staff. It was a lovely celebration of our faith and a reminder of God's blessings upon us. The children in Years 2-6 especially enjoyed returning to the Church.



Caritas – Project Compassion 2022

Project Compassion is Caritas Australia's annual Lenten fundraising and awareness-raising appeal. Millions of Australians come together in solidarity with the world's poor to help end poverty, promote justice and uphold dignity.

This year we will be fundraising in a different way for Project Compassion. Donations can be made throughout the Lenten Season using the **QKR App** (under Fundraising), or directly through the Caritas site at <https://fundraise.projectcompassion.org.au/ourladyoftheangels>. All fundraising proceeds made through the QKR App will be forwarded to Caritas at the beginning of Term 2.

To promote children's understanding of giving to others this Lent, why not ask your children to help around the house to earn some money for Project Compassion. Instead of receiving coins to go into the traditional Project Compassion Box, maybe you could run a tally that they can see, and at the end of it make the donation online together.

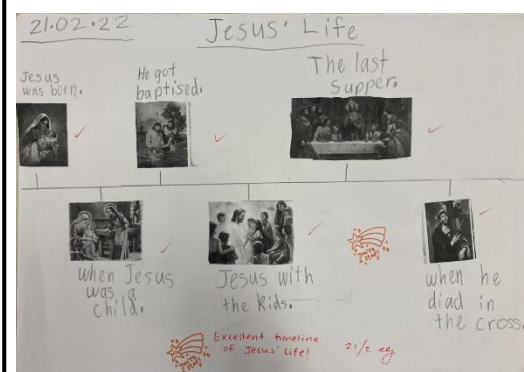
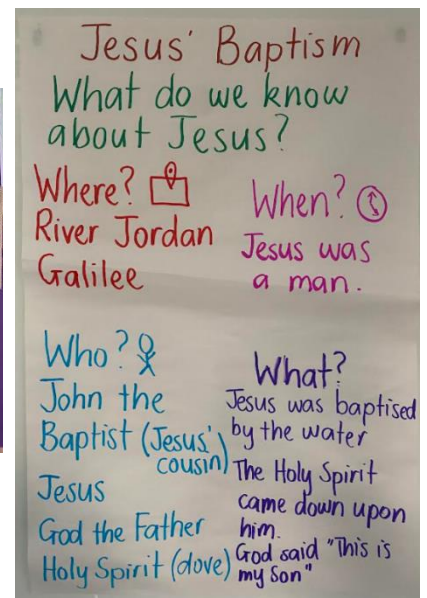
First Reconciliation:

Please keep in your prayers our OLA students preparing for the Sacrament of First Reconciliation.



WHAT IS HAPPENING IN RELIGIOUS EDUCATION: YEAR ONE

This term Year One has been learning about who Jesus was. This week we have been also looking at Lent and remembering that Jesus gave up a lot for us and we must do the same.



Literacy News



Ways to improve reading comprehension at home

Reread to build fluency. To gain meaning from text and encourage reading comprehension, your child needs to read quickly and smoothly — a skill known as fluency. By the beginning of Year 3, for example, your child should be able to read 90 words a minute.

Rereading familiar, simple books gives your child practice at decoding words quickly, so they'll become more fluent in their reading comprehension. **Repeating, Reviewing, and Remembering**

The more we engage with a story, the more we take away from it. That is often why, as adults, we choose to reread those classics we were assigned to read as students in school. We're sure to get more out of the book that second or third time we read it.

Similarly, when kids listen to the same story multiple times, they pick up new information, dive deeper into the meaning of the book, and make connections between themselves and the book — as well as between the book and other books they've heard.

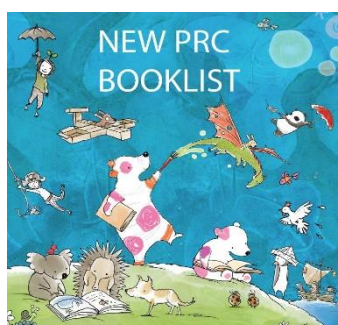
Source:

Premier's Reading Challenge (PRC) All OLA students have been registered. Teachers will distribute the student's login details. The **2022 NSW Premier's Reading Challenge** was launched on Monday **28th February**. Thank you Mrs Wagner (library assistant) for coordinating this fabulous reading challenge. If there are any problems with the logins, please contact Mrs Wagner via the school email. More information can be found on the **PRC website**.



At OLA we would love **all** students to participate in this year's challenge. There will be a pizza lunch for the grade with the greatest percentage of participants.

If your child has participated in the PRC in the past, you can start entering books using their previous login details. If your child hasn't participated, they can still begin the challenge and record any PRC books they read on paper and record them online when they receive their login. **HAPPY READING EVERYONE!!!!**



Please click [here](#) for the 2022 New Booklist

Challenge Level	Number of books needed to complete the Challenge	Minimum number of PRC books for your Challenge	Maximum number of personal choice books	PRC booklist selection
K-2	30	25	5	K-2, 3-4, 5-6
3-4	20	15	5	3-4, 5-6, 7-9
5-6	20	15	5	5-6, 7-9



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

Mon 7th Mar

Elijah Atkins
Brae Aldaba
Mrs Nicole Hodgess
Mr Tony Calabria

Wed 9th Mar

Ezra EnosiTuipulotu

Thurs 10th Mar

Teresa Dalla

Tues 8th Mar

Eva Perry
Emily Parame
Mrs Sara Wagner

Fri 11th Mar

Lola Quinlan
Chloe Bassili
Miguel Rivera

Mackillop Hoodies

- We are proud of our school uniform and how smart the children look. As the representative season begin, children that represent MacKillop often purchase a hoodie to mark the event. A few students have been wearing these to school as a substitute to the normal school jumper/jacket. This MacKillop sports hoodie is not part of our school uniform.
- From Term 2 onwards, MacKillop representative clothing will not be permitted to be worn at OLA.
- Many thanks for your continuing support in this area.

Do you have the Information you Need?

Thank you to the many parents who contact the teachers, the office, Mr Cauchi or Mr Calabria directly with questions, concerns, feedback, issues and more importantly to seek clarification. Society is such that information is often misconstrued or acts like 'chinese whispers'. Common sense should always prevail. Today's sensationalistic media does not help with the dissemination of accurate information. It is always paramount that if you are unsure that you speak to the people that know and have the correct information.

*To that end, please always send any emails to ola@parra.catholic.edu.au and these will be forwarded to your child's teacher, Mr Cauchi or Mr Calabria. Please **DO NOT** send any emails to your child's teacher directly.*

Wet Weather

Please note that umbrellas are not to be used by the students inside the school grounds. It is essential that the students, if need be, only use a raincoat.

With the current wet weather, we have had a number of children having various types of umbrellas at school, ranging from small 'Frozen' umbrellas to golf umbrellas. The temptation to twirl these when open, along with the wind taking them, as you can appreciate in a group of children can be problematic.

As an exception, if children are walking home, we ask that they wear a raincoat and if they wish to use an umbrella, they may do so once they are outside the church gates and they are away from other students.

Please assist us by support us in this area.



Kindergarten 2023 Sibling Enrolment Intention

Enrolment packs have been sent home to all families who have registered their intention to enrol a sibling in 2023. If you have not received your enrolment forms, please email the office as soon as possible and we will sent it home to you on Monday. **All sibling enrolment forms need to be submitted by next Friday, 11th March.**

School Fees

All families should have received their school fees in the mail over the last week. If you have not received them, can you please send an email to [hgoldswothy@parra.catholic.edu.au](mailto:hgoldsworthy@parra.catholic.edu.au) and a copy will be forwarded to you.

If you are not opting to pay by the flexible payment plan, the fees are due and payable by 18th March. If you have any queries at all or would like to set up an extended payment plan, please do not hesitate to contact Mrs Goldsworthy.

IMPORTANT NOTICE

If your child has an accident at school and needs a change of clothes, we always do our best to accommodate them. If they come home in changed underwear, socks and/or uniform, can you please ensure that the items are washed and **returned to school as soon as possible.**

Thank you for your assistance with this matter.

Dance Off on 22/2/22

As mentioned in last week's newsletter, on the 22/2/22 at 2.22pm for 2m22s to the song '22' the students had a dance off. Click [here](#) hereto see it on Facebook.

We 'BOUNCE BACK' at Our Lady of the Angels

Students at OLA have been learning about using 'I' statements. These statements are encouraged to be used to express what has happened and how it made them feel. It also allows the child to suggest a possible resolution. Mastering an 'I' statement can take time. It is important that opportunities are given to children to practise using these statements in a variety of situations.



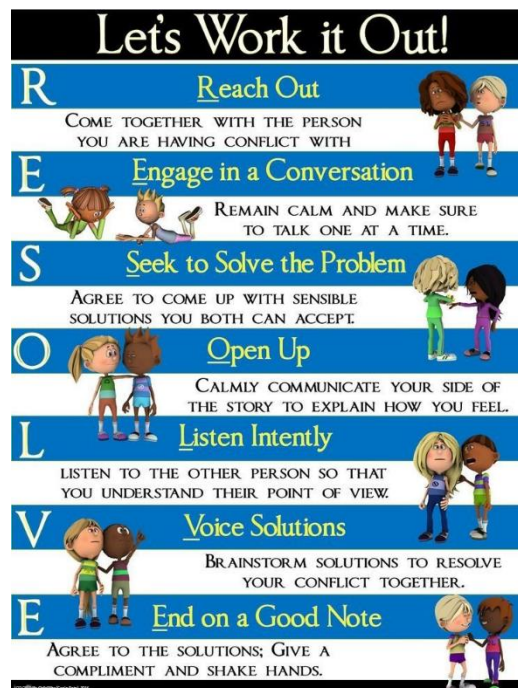
How can I construct an 'I' statement?

'I' statements allow children to **name what happened**, **state how it made them feel** and **identify what they would like to happen next**.

Example: 'When you took my pencil, I felt upset because it is my favourite pencil, so I would like it if you asked me before you used my pencil.'

Example: When you kicked the ball away from the game, I felt angry because it disrupted the game. I would like it if you played the game according to the rules.

Example: When you choose the game that we play everyday, I feel frustrated because I would like to play something different. I would like it if we could take turns choosing the game.



We are all capable of developing skills and strategies to 'Bounce Back' and build resilience. When faced with conflict, students at OLA are encouraged to...

1. Calm down by taking a deep breath, taking a break or thinking of something calming
2. Take turns speaking using 'I' statements
3. Agree on a solution

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

Eating Healthy is Good for You

Last Wednesday OLA was invited to speak to The Telegraph regarding the excellent healthy food habits of our beautiful students. Thank you to our parents, in partnership with the school, in educating our children about the benefits of healthy eating. Healthy Food equals a healthy body which equals a healthy mind.

Below are some of the children's quotes recorded by the journalist.

What have you learnt about healthy eating?

If you eat healthy you won't get a sore tummy or holes in your teeth.

(Chloe - Year 1)

It's good for you because it helps you grow.

(Liam - Year 1)

When you eat healthy it's good for your body because some food have potassium and vitamins. If you eat bad food all the time it can turn into a bad habit.

(Lauren - Year 4)

What do you like eating for lunch at school?

Pasta, nectarine or a pear and yoghurt.

(Lauren - Year 4)

Lettuce and tomato sandwich, grapes and strawberries.

(Chloe - Year 1)

Vegemite sandwich and a cut up apple.

(Liam - Year 1)

Ham and cheese sandwich cut up, apple and juice.

(Julian - Kindergarten)



Tech Tip Week 6

Have you created a safe gaming environment for your child?

Here are some steps to creating a safe environment.

- **Prepare:** Have computers and/or games consoles in an open area of your home. Activate parental and safety features on the device or in the app or browser.
- **Build good habits:** Protect their privacy online by using a screen name that do not reveal their real name. Use timers as signals that game time is nearly over to help them switch off.
- **Stay involved:** Talk regularly with your child about their gaming interests and who they play with online. Help them understand the risks. Play alongside your child to get a better sense of how they are handling their personal information and who they are communicating with. Monitor the time your child spends online and keep a look out for any changes in their activity, school, or social behaviours.
- **Be aware of what they are playing.**

For more information, please [click here](#) for more information.

Sport House Names

Do you know who your colour house is names after?

Marian House (Blue House)

The Blue House has been named after Our Lady also known as Our Lady of the Angels. Throughout the year there are many occasions we honour Mary through Marian devotions.



Gabriel House (Gold House)

The Yellow House has been named after the angels Gabriel, who visited Mary at the annunciation. Angels are part of our school namesake and were present at Mary's side.

Francis House (Green House)

The Green House has been named after our Franciscan background of our parish Our Lady of the Angels. Also known as Santa Maria degli Angeli (St Mary of the Angels) is a church situated at the foot of the hills in Assisi. Our Lady of the Angels Church is attached to the Franciscan Monastery and was founded by St Francis.



Clare House (Red House)

The Red House has been named after St Clare, who was taken in by St Francis and joined the Benedictine nuns. St Clare heard St Francis of Assisi preach during a Lenten service and he helped her devote her life to prayer and live her life according to the Gospel.

High School Open Days

Santa Sophia College

See website for details.

Marian College Tours

Tuesday, 15th March 2022. 4.30pm – 6.30pm

Please register: www.mariankenthurst.catholic.edu.au

Oakhill College Open Day

Sunday, 6th March, 2022. 10.00am – 2.00pm

Please register: www.oakhill.nsw.edu.au

Mount St Benedict Open Day

Sunday, 6th March, 2022. 10.00am – 2.00pm

Please telephone the school office for more details.
9980 0444

OLMC Open Day

Sunday, 6th March, 2022. 10.00am – 2.00pm

Please register: www.olmc.nsw.edu.au

Gilroy College

Applications close: 18th March, 2022

SMS Absence Text

Please DO NOT send a message through the absence texting system other than in response to the 10.30am absence text sent out stating the reason for your child's absence. **If your child tests positive to Covid-19, please ensure you email the office so that we can respond and send home the home learning link.**

We love our pet dogs but.....

Please be aware that dogs are NOT permitted to be within the church/school grounds at anytime (exceptions are guide dogs & those organised specifically by the school). As you may appreciate there are children that are scared and unfortunately pets can be unpredictable. This is a ruling in all schools. Thank you for your support in this area.



Zone Swimming Carnival

Congratulations to the 17 swimmers (and their parents) who braved the wet conditions last Tuesday representing OLA at the Hills Zone Swimming Carnival. We are very proud of all your efforts.

Special congratulations to Luca Clarke, Erica Sommer and the Junior Girls Relay Team (Erica, Divena, Eva and Lauren) for successfully qualifying for the Parramatta Diocesan Carnival to be held at Blacktown Pool on 11th March.



Dates to Remember

Week 7

- Mon 7th Mar** Beginning of Catholic Schools Week
- Wed 9th Mar** Police Youth Liaison Officer visiting Stage 2
- Thurs 10th Mar** Kindergarten 2023 Presentation & Tour – 9.30am
- Fri 11th Mar** Diocesan Swimming Carnival

Week 8

- Thurs 17th Mar** St Patrick's Day – Mufti Day

Dropping off too early??

Please be aware that student supervision officially begins at 8.20am when the school gates are open. If, on the odd occasion you arrive a little early, your child **must be seated** near the entry gate next to Admin until the teachers on duty arrive at 8.20am.

Thank you for your support in this area.

Student Awards

Congratulations to the following students who received awards this week:

Term 1 Week 6		
Student	Academic Merit Award	St Francis Award
KB	Ashton Sleiman	Samara Whitsed
KG	Dylan Dalton	Emmett Chong
KW	Georgia Arnott	Juliana Palacio Rosero
Year 1 B	Penelope Sofiak	Teresa Dalla
Year 1 G	Ana Vrljic	Saif Bhangu
Year 1 W	Sebastian Liptak	Addison Lawler
Year 2 B	Mia Pennati	Connor Chatterton
Year 2G	Isaac Hartz	Minnie McManus
Year 2W	Noah Phillips	Aiden Ajay
Year 3 B	Lyla Sofiak	Fraser Filipo
Year 3 G	Luca Moujalli	Eniola Odejayi
Year 3 W	Audrey Summerhays	Hunter Donzow
Year 4 B	Cooper Roberts	Alessio Russo
Year 4 G	Madison Ross	Hailey Ocampo
Year 4 W	Cruz Camilleri	Ruby Masters
Year 5 B	Tony Dinh	Kaley Chown
Year 5G	Vincent Cappello	Makayla Streater
Year 5W	William Mallard	Zoe Bell
Year 6 B	Gianluca Russo	Georgia Sourial
Year 6 W	Leah Ocampo	Marcel Dalla

Opal Card – We ask parents to remind their children that it is very important that they tap on and off the bus as this helps to determine the demand for buses. Failure to do this may result in a service being cancelled due to lack of recorded patronage. This is a condition of using an Opal Card.

NRL BEGINS

This Thursday the NRL season begins. We look forward to a Manly v Parramatta grand final.