



Our Lady of the Angels School Rouse Hill

Newsletter
Vol. 4 No. 30

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27th October, 2023
Term 4, Week 3

Dear Parents

Each year, I like to publish the following extract which always receives very positive feedback. I thought it would be once again timely to repeat it, especially given that last Friday so many wise, experienced and extraordinary people visited our school for Grandparents Day. 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 is 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

NEWSLETTER

We have Amazing Teachers at OLA !!

As communicated in last week's newsletter, today is World Teacher's Day. At OLA we will acknowledge and celebrate this day of appreciation on Thursday 23rd November due to teachers being in Bathurst with our Year 5 children and a number of other events.

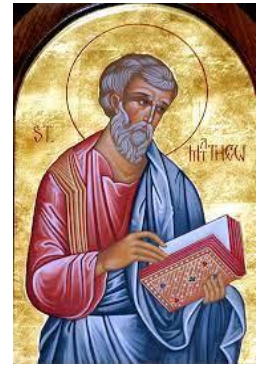
Thank you to all of our OLA teachers for all that you do. You are simply amazing. We are blessed that you have chosen this important vocation that makes a difference in the lives of others.



THIRTIETH SUNDAY IN ORDINARY TIME YEAR A (29.10.2023)

Gospel Reflection Matthew 22:34-40

Jesus' words call us to love our neighbour as ourselves. We are called to treat others as we would like to be treated ourselves. To be able to do this, we need to picture ourselves in their place – experiencing all that they are experiencing; not imposing our own values and circumstances. To see ourselves in the place of another is the key to responding with compassion. The origin of the word 'compassion' means experiencing with. If we are able to truly 'experience with' another person perhaps then we can genuinely recognise and respond to their needs. There is an implicit, or understood, commandment within the command to love your neighbour as yourself. That is, we must first love ourselves. Whilst to say someone 'loves themselves' is used as a criticism of a person who is a bit too vain, that is not what is intended here. If we are to love others as we love ourselves we must first be content and happy with who we are. It is only when we are comfortable with who we are that we are able to reach out to those around us with compassion.



Parish Mass:

Please see below the timetable for remaining Parish Masses and school Masses that the children will attend this term. Parents are most welcome to join the children at any of the Masses as we celebrate the Sacrament of the Eucharist.

WEEK 4: Whole School Mass - All Saints Day - Wednesday - 1st November at 10am

WEEK 5: Stage Three/Kindergarten - Wednesday-8th December at 9 am

WEEK 6: Stage One - Tuesday - 14th November at 9 am

WEEK 7: Stage Two - Tuesday - 21st November at 9 am

WEEK 8: Stage Three/Kindergarten - Wednesday - 29th November at 9 am

WEEK 9: Whole School Mass End of Year Mass - Friday-8th December at 9 am

WEEK 10: Christmas Concert - Tuesday 12th December at 1:30 pm – 3.00pm

ALL SAINTS-1st November 2023

OLA will celebrate this Feast Day with a whole school mass at 10.00am. All are welcome to join us.

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.



ALL SOULS- 2nd November 2023

On 'All Souls' Day is a day we remember all the faithful who have passed. Especially our loved ones.

Eternal rest grant unto them, O Lord, and let perpetual light shine upon them. May their souls and the souls of all the faithful departed, through the mercy of God, rest in peace. Amen.

O Lord, your sorrowing Mother stood by your cross; help us in our sorrows to share your sufferings.

Saints Task:

As a family select one saint and learn more about them. Come and share your new understanding of the selected saint with Miss Grima.



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

Sun 29th Oct

Jasmine Lau
Gianni Mangano

Mon 30th Oct

Cooper Keating

Tues 31st Oct

Alessia Costa
Georgie Tomic

Wed 1st Nov

Arella Bautista
Edie Mallard
Hayden Muscat
Amelie Pelaez

Fri 3rd Nov

Vince Cappello
Fraser Filipo
Olivia Sourial

Sat 4th Nov

Hudson Cameron
Mrs Carmen Savoia

Birthday Treats

We kindly ask that you continue to **NOT** send in any birthday treats of any kind, edible or non-edible. This is to ensure that children are only eating food that is supplied and/or prepared by you at home. **Continuing this practise at this time is aimed solely at doing everything we can to ensure the safety of your child particularly given that COVID is still present in varying degrees.**

OLA Disco – Years K-6

Friday, 17th November

5.30pm – 8.00pm

It's time to Dance – We hope to see you there
(Details to be sent home shortly)

Dates for Whole School Assemblies

The dates for the Term 4 whole school assemblies, where a grade will be showcasing and presenting their learning are:-

Friday 10th Nov – Presented by Kindergarten

Friday 17th Nov – Presented by Year 6

All are most welcome to attend.

If you are attending these assemblies, we would suggest that you park across the road at the ovals.

Dates to Remember

Week 4

Mon 30th Oct

Wed 1st Nov

Thurs 2nd Nov

Year 3 Excursion to Penrith Lakes Centre

All Saints Day – Whole School Mass 10.00am

All Welcome

All Souls Day

Year 1 Science Incursion

Week 5

Mon 6th Nov

Wed 8th Nov

Fri 10th Nov

Year 2 Science Incursion

Year 3 Science Incursion

10.40am Remembrance Day Prayer

2.30pm Whole School Assembly

Presented by Kindergarten. All Welcome

Week 6

Tues 14th Nov

Wed 15th Nov

Thurs 16th Nov

Fri 17th Nov

9.00am Years 1 & 2 Parish Mass. All Welcome

Year 5 Surf Ed – Dee Why Beach

7.00pm P&F Meeting. All Welcome

Kindergarten 2024 Orientation Sessions

2.30pm Whole School Assembly

Presented by Year 6. All Welcome

OLA Disco 5.30pm – 8.00pm

Week 7

Tues 21st Nov

Wed 22nd Nov

9.00am Years 3 & 4 Parish Mass. All Welcome

Year 6 Surf Ed – Dee Why Beach

Kindergarten 2024 Orientation Sessions

OLA 2023 CHRISTMAS CONCERT

(Given the busyness of the season, our daytime Christmas Concert slot last year was extremely well received. We will once again celebrate at this time)

**Tuesday 12th December
at 1.30pm – 3.00pm
We hope you can join us as
we celebrate the birth of
Christ our Saviour.**

Change of School

To estimate enrolments for 2024, it would be appreciated if the school could be notified in writing of any children who may be leaving OLA at the end of the year from grades other than Year 6. The Notice of Withdrawal Form can be found on our website.

Bathurst

Our Year 5 students are having a wonderful time in Bathurst and will return later this afternoon. See next week's newsletter for a Bathurst wrap-up.



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 but also hearing them! You can also take turns reading aloud.

2. Provide books at the right level. Ensure your child gets lots of practise reading books that aren't too hard. They should recognise 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:

Strategies for Monitoring and Self-Correcting

For a reader to read and understand a text, they must do a great deal of work in their head. Readers use a variety of strategic actions and strategies to process what they are reading.

Strategies Change Over Time

When young children begin reading, they may use simple strategies like memorising or remembering the words in a story and reciting them as they see the pictures. As they learn more about letters, words, and books, they will begin using strategies like:

- Pausing when something doesn't make sense (self-monitoring)
- Looking at the picture, thinking about the sentence, and looking at the first letters to make sure what they have read "looks right," "sounds right," and "makes sense." (cross-checking sources of information)
- Reread a word to read it correctly when they misread the word the first time. (self-correcting)

As young readers have more and more time to read and experience books, they develop their ability to use more sophisticated strategic actions as they read.

How can you help?

You can prompt your child to back up and fix a part they misread by asking the following questions:

Does that go with what you just read? Let's back up and think about what might be happening here.

- Do those pages connect?
- What was confusing here?
- What made that fact confusing? (nonfiction)
- Based on what you just read, do you think you read it incorrectly the first time?

Source:



Technology Tip - Week 3

App of the Week: Math Slide

Math Slide: Add and Subtract is a multiplayer game helping children to learn addition and subtraction basic number facts. Players play and learn by sliding tiles into the centre to match an image, answer or equation. This app is designed to help children to easily recall basic number facts. Math Slide is a fun way to learn and practice this key skill.

There are more in this series...



Math Slide: tens & ones
Education



Math Slide: multiply &
divide
Education



Math Slide: hundred,
ten, one
Education



Math Slide: Basic Facts
Education



Math Slide: Place Value
Education

Please note that basic facts and place value cost \$4.99 while addition and subtraction, multiplication and division are free.

Important Allergy Information

At OLA we have a number of children who have severe allergies to nuts. While allergic reactions are common and most are not serious, for some people, the reaction can be life-threatening. This is called Anaphylaxis and can occur within 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 and Nutella
- Biscuits and cakes containing nuts
- Snack packs containing nuts
- Chocolate bars containing nuts, eg. Picnics, Mars Bars (almond), Nut Breaks and Fruit and Nut chocolates, Rocky Road
- Marzipan and nougat
- Breakfast cereals containing nuts, eg. Crunchy Nut/Honey Nut Cornflakes, Muesli, Nutrigrain
- Muesli Bars and snack bars containing nuts
- Yoghurt and nut mixer packs
- Uncle Toby's yoghurt muesli 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.

If you have any concerns or questions, please contact the school. Thank you for your support and understanding in helping us cater to the health needs of all of our children.

It's Great to Have you as Part of our Family

Our Kinder 2024 Information Night was held on Wednesday with a large number of new and existing parents gathering to learn more about how to best support their child in transitioning to school. Many thanks to Ms Grima, Mrs Hurst, Mrs Vella, Mrs Cordukes, Mrs Savoia, Mrs Buckley, Mrs Robertson, Mrs Grunsell, Mr Cauchi and Mr Calabria who presented on the evening.

KINDERGARTEN 2024

If you have a child commencing in Kindergarten 2024, please take note of the following upcoming dates for the Parent Information Session and the childrens' orientation days. Please note which session your child needs to attend. Parents are not required to remain at the orientation sessions.

Kindergarten Orientation Sessions

Thursday 16th November

9:15am-10:45am

11:45am-1:15pm

Students with surnames **A-C and D-L**

Students with surnames **M-R and S-Z**

Wednesday 22nd November

9:15am-10:45am

11:45am-1:15pm

Students with surnames **A-C and S-Z**

Students with surnames **D-L and M-R**

Thursday 30th November

9:15am-12 noon

All students - Parents are asked to stay for the first 45 minutes.



OLA SPORT

Congratulations – What an amazing achievement

Earlier this week, the Primary State Athletics Championships were held. This competition is for all primary schools within the State of New South Wales. To have five students representing at this elite level from OLA absolutely outstanding.

Congratulations to:-

- Noah Falzon (Yr __) who competed in the 1500m event, placing 20th overall
- Lucas Richardson (Yr __) who participated in the Long Jump event, placing 17th overall
- The Senior Relay Team consisting of Magnus Myhre-Fox, Khai Aldaba, Lucas Richardson and Tony Dinh who placed extremely well in their heat and semi-final, making it to the final and becoming the 6th fastest team in the State.

We are extremely proud of the boys and their amazing achievement.



Year 6 Excursion to Western Sydney Parklands

On the 24th of October, Year 6 travelled to Lizard Log in the Western Sydney parklands. There we had the opportunity to experience an informative science excursion with a focus on the states of matter. We discovered that matter can be classified into solids, liquids, gases, plasma and non-newtonian fluids. We even had the opportunity to make some of our own. We saw various experiments involving liquid nitrogen and chemical reactions, exploding water bottles and flying rockets. It was such a fun-filled and informative day.



We Bounce Back at OLA

Emotional Literacy

Developing emotional literacy skills is an important element of maintaining positive relationships. There are some simple things that adults, teachers, relatives and other primary caregivers can do to support a child's emotional literacy skills.

- Provide a good model: if your child is expressing their emotions in a negative or inappropriate way, ask them if they're able to explain what they're feeling and why. Similarly, if you are experiencing an emotional response to something and your child asks what's wrong, explain to them simply how you are feeling using simple language.
- Promote empathy where you can: now your child is starting to recognise their own feelings, why not encourage them to think about others? For example, when reading a book with your child, ask them questions like, 'how do you think that made them feel?' or 'how would you feel in that situation?'
- Show your children that you're here to listen: create an atmosphere where children can share their emotions freely by modelling good emotional literacy yourself. If your child is displaying a strong emotion, ask them about it. You could even help them by explaining how you handle the same emotion.
- Encourage them to talk: as with the above point, you can let your child know you're there to listen to them, but they need to know the language of emotion first. Some children will need more guidance recognising their own feelings, meaning that they might need more support. Use statements like 'I can see that you

Using 'I' statements.

These statements are encouraged to be used to express what has happened and how it made the individual 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**.

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



IMPORTANT NOTICE Facebook/Messenger

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.**

OLA FACEBOOK PAGE

For up to date information and events,
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'

In this edition of SchoolTV - ANXIETY

School TV Term 4 Week 3



Youth Anxiety



What is the difference between 'good' and 'bad' anxiety?



Most young people today experience anxiety at some point in their life. Sometimes that slight rush of anxiety that occurs prior to an exam or sporting event, can enhance their performance. However, experiencing too much anxiety, over long periods of time, can be extremely damaging to their health and wellbeing. There is a difference between 'good' and 'bad' anxiety.

Statistics show, that the psychological health of young people today is far worse than it was a generation ago. This is having an adverse affect on children in both primary and secondary levels. Some of their issues of concern include stress, school, study, body image and friendship.

Parents need to be aware of the warning signs of 'bad' anxiety. There are preventative measures parents can implement as well as teaching kids the skills to cope more efficiently with their anxiety.

We hope you take time to reflect on the information offered in this edition of SchoolTV and we always welcome your feedback. If you have any concerns about your child, please contact the school counsellor for further information or seek medical or professional help.

Here is the link to the **Anxiety** edition of SchoolTV

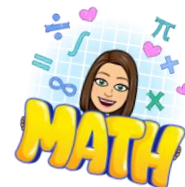
<https://olarousehill.catholic.schooltv.me/newsletter/youth-anxiety>

MATHS FUN

Can you solve our Maths problems for this week? Please bring your answers to share with Mrs Vella next week!

Infants Learning Task

We bought some balloons for our party. 7 balloons popped. How many balloons did we buy? How many balloons were left? Find as many solutions as you can.



If I roll a six sided dice multiple times, and add together each result, I end up with a total of 35.


1. What numbers did I roll?
2. How many times did I roll the dice?
3. Find as many solutions as you can.



Student Awards

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

Term 4 Week 3		
Student	Academic Merit Award	St Francis Award
KB	Eli Vella	Aiden Lawler
KG	Christopher Wang	Ariella Barbara
KW	Zoey Meli	Grace Azar
Year 1 B	Chloe Molnar	Jethro Torre-Islas
Year 1 G	Alvaro Barbara	Lucas Mikhael
Year 1 W	Mischa Donzow	Jagger Chen
Year 2 B	Jasmine Azimi	Gabriella Dinos
Year 2G	Noah McCrory	Angeline Garcia
Year 2W	Klay Icaro	Grace Muscat
Year 3 B	Perla Tawadrous	Ashton Ko
Year 3 G	Lucy Roberts	Natalie Balangon
Year 3 W	Connor Chatterton	Alannah Said
Year 4 B	Caleb Tan	Sean Mburu
Year 4 G	Oliver Jager	Divit Bammi
Year 4 W	Riddy Loona	Audrey Summerhays
Year 5 B		
Year 5G		
Year 5W		
Year 6 B	Kaley Chown	Samantha Ocampo
Year 6 G	Noah Baba	Ava Hili
Year 6 W	Dempsey Hughes-Nichols	Noah Falzon



Donations Needed!

Our shelves for pre-loved school uniforms are running low.

- ❖ Do you have a spare school uniform that you no longer need?
 - ❖ Maybe it doesn't fit?
 - ❖ Why not donate it!

Donations of clean, in good condition, pre-loved uniforms can be dropped to the front office.

Thank you for helping and supporting our School Community!

