



Our Lady of the Angels School Rouse Hill

Newsletter
Vol. 4 No. 33

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17th November, 2023
Term 4, Week 6

NEWSLETTER

Dear Parents

PRAISE LESS, ENCOURAGE MORE

Taken from the work of Michael Grose – one of Australia's leading parent and educational writers and speakers

Teaching Kids to Keep Trying is more Beneficial to Them than Easy Praise

Encouragement is the key to promoting a sense of self-esteem and a strong sense of self. A confident child is one who takes on different challenges and opens themselves up to many different experiences in life, and that sort of confidence requires a great deal of courage. That's what makes encouragement important.

Encouragement is different from praise. Praise is like fast food: there's not a lot of nourishment in it. Encouragement is like a good healthy diet: it's very nourishing. We, as parents, need to be aware of the difference between praise and encouragement, and be heavy on encouragement and light on the use of praise, which focuses more on results.

Value Kids as They Are

The notion of encouragement is about giving kids heart, but if we look at the difference between the two, praise is more results focused.

"You did really well in that test", "You played a fantastic game", "You are the best", are examples of praise. They focus on winning the game and a job well done. There's nothing wrong with telling kids they've done well, but it needs to be balanced with encouragement.

Encouragement focuses more on a child's effort, the improvement, their contribution or the enjoyment gained from an activity rather than the results. Competitive kids and perfectionists benefit from a diet high on encouragement and light on praise as they don't have to strive to please their parents.

Encouragement and positive expectations go hand in hand. Encouraging parents expect kids to succeed, not necessarily straight away, and not necessarily with ease. They also value kids as they are, not for who they are going to be.

Keep an eye on next week's newsletter for the six phases Grose suggest we use more to balance encouragement and praise.

Family Week

This coming week is once again OLA 'Family Week'. Feedback for Family Week held in Week 7 of each term is always extremely positive. Family Week will see 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 and the family. You may choose an activity that you can do as a family each afternoon with your child. Examples in the past have included playing cards, storytime, baking biscuits, having a picnic, kite flying, family reading, dress-ups, family bike ride 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.

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

Tony Calabria, Principal

Welcome

We would like to welcome two new families to Our Lady of the Angels this week:-

The Weng family (Janice 4W & Alice KB)

The Marelic family (Tyler 4B)

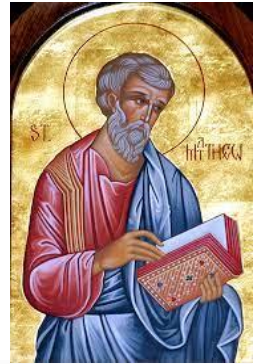
We hope that your years here with us at OLA will be richly blessed and that you will make good friends and experience learning that is meaningful, exciting and growth promoting.

THIRTY-THIRD SUNDAY IN ORDINARY TIME YEAR A (19.11.2023)

Gospel Reflection Matthew 25:14-30

In its original usage, a 'talent' was a measure of weight. It came to designate a weight measure of silver. One talent was roughly equivalent to a labourer's wages for 10 years. It was a huge amount of money! Due largely to the reference in this gospel parable the word eventually came to its more common meaning of a special natural ability. Although in its original use in the gospel, 'talent' meant nothing more than a large sum of money, it is a happy development of language that makes this scripture passage such a favourite of teachers and retreat providers!

Like the original audience of Matthew's gospel, we can sometimes rely too much on God to bring about the Kingdom in our world. Like the lazy servant in the gospel, we can fall into the trap of handing the world back to God in exactly the same condition that we received it. We have to make a difference in the world! We are called to change the world and bring it closer to the realisation of the Kingdom. The only way that we can do that is to live our lives as if the Kingdom is already here.



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 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

What's happening with RE in the classroom...

This term in Year 1, students have been learning about the Church and how it is a special community described as God's family. Students have been looking at the Mass and the role of the priest and bishop. Here is some of the wonderful work they have been doing in Religion recently. This term in Year 1, students have been learning about the Church and how it is a special community described as God's family. Students have been looking at the Mass and the role of the priest and bishop. Here is some of the wonderful work they have been doing in Religion recently.



CHRISTMAS ST VINCENT DE PAUL HAMPER APPEAL

Below is a list of items we would like each grade to donate. Please send your donations to school on Tuesday 5th December.

Please ensure that donated items are still in date.

Kindergarten: Bon Bons, Christmas serviettes, confectionary, chips

Year 1: Pancake mix, cereal, muesli bars, sweet and savoury biscuits

Year 2: Christmas pudding, custard, Christmas cake, Fruit mince pies, jelly

Year 3: Milo, hot chocolate, tea, coffee, long life milk, soft drink, cordial

Year 4: Tinned vegetables, tinned fruit, tuna, pasta, pasta sauce, jam, honey

Years 5 & 6: Dignity packs – deodorant, soap/body wash, face washes, hand cream, toothbrush, shower gel, tissues, shampoo, conditioner, toothpaste, toothbrush, soap holders and shaving cream.

"Never see a need without trying to do something about it." Saint Mary of the Cross

MacKillop

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.**



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

Mon 20th Nov

Izzy Bayly
Alegra Shaw

Tues 21st Nov

Archer Adams
Remy Buda
Marcus Medjumurac

Thurs 23rd Nov

Joshua Basile
Sienna Ng
Max Suarez

Fri 24th Nov

Scarlett Hagopian
Lila Naim

Sat 25th Nov

Samuel Ewer

PARRAMATTA DIOCESE TEAM SPORT TRIALS

Please see the information flyer attached to this newsletter regarding the 2024 Parramatta Diocese Team Sport Trials Expression of Interest registration window open - AFL, Cricket, Football, Hockey, Netball, Rugby League, Rugby Union, Softball & Touch Football ONLY.

Please make note of the registration closing dates as they are different for each sport and they are very strict with not accepting late registrations.

Dates to Remember

Week 7

Tues 21 st Nov	9.00am Years 3 & 4 Parish Mass. All Welcome Year 6 Surf Ed – Dee Why Beach
Wed 22 nd Nov	Kindergarten 2024 Orientation Session #2
Thurs 23 rd Nov	OLA Celebrating World Teacher's Day
Fri 24 th Nov	Year 6 Special Mufti Day (ONLY YEAR 6)

Week 8

Wed 29 th Nov	P&F General Meeting 6.30pm All Welcome
Thurs 30 th Nov	Kindergarten 2024 Orientation Session #3
Fri 1 st Dec	2024 Swimming Carnival Years 2-5 Blacktown Aquatic Centre
Sat 2 nd Dec	Parent Run Year 6 Graduation Dance

Week 9

Mon 4 th Dec	Year 6 Fun Day – Strike Bowling
Thurs 7 th Dec	Spelling Bee Final 2.15pm Yrs 3-6 All Welcome
Fri 8 th Dec	9.00am End of Year School Mass All Welcome
Sun 10 th Dec	Parish Carols on the Green

Week 10

Mon 11 th Dec	8.50am Principal's Award Assembly
Tues 12 th Dec	1.30pm – 3.00pm Christmas Concert All Welcome
Wed 13 th Dec	Waterslide Fun Day
Thurs 14 th Dec	Year 6 Graduation Pizza Lunch 2.40pm Year 6 Guard of Honour 6.00pm Year 6 Graduation Mass

Our thanks and appreciation to our amazing Year 6 students and teachers for their entertaining and informative whole school assembly this afternoon. Thank you to all who attended.

Thank You for your Kind Words. They are very much appreciated.

Please see the emails below that we have received this week.....

From Starr Planetarium:-

'Thank you for having me at your school today. It was good to meet you. I just wanted to say that it was a pleasure visiting your school. Your students were great. They were engaged, respectful and well-behaved. They asked some excellent questions, and I hope I have inspired them to learn more about our universe. You and your staff should be very proud of them.'

From a Parent:-

'We are writing this email to express our sincere gratitude and appreciation to the teachers who were on after school duty on Thursday 9th November during the heavy torrential rain. Upon collecting our child via drive-through, it was to our comfort that the children were being ushered to their car with umbrellas by teachers to ensure they didn't get drenched from the rain. We completely acknowledge that this was not an easy task given the weather and the number of children in a small area undercover, but we strongly believe the teachers and anyone involved went above and beyond for the care and safety of our children. We thank the staff for all their efforts and we believe they are the reason that makes OLA a great school for our children.'

At OLA, we READ TO SUCCEED!

Helping your child to read with expression

When your child reads aloud, what does it sound like to you? Are they reading with expression, or are they saying everything in a monotone voice?

Young readers often sound like a robot when they read. That's because they're busy trying to sound out the words on the page and don't yet have the ability to think about how they sound as they read. As your child's skills improve and they no longer have to think about how to decode every single word, they can start reading with expression. To help your child make the transition, here are some expert tips to try.

What Is Reading With Expression?

Reading with expression means reading aloud with feeling. It puts emotion into the words on the page so that the listener can understand the author's intent.

When a reader's voice is expressionless, the text sounds boring. This makes it hard for the listener to stay interested. It's difficult to follow the storyline and pay attention when you're unsure of how the characters feel.

One of the best ways to encourage expressive reading is to let your child hear what good readers sound like. Read aloud to them yourself or listen to audiobooks with expressive narrators.

Use different voices to represent the various characters as you're reading aloud. In addition, model how you use inflection and pauses for effect.

By listening to you, your child can better understand this literary concept and will start trying to mimic your expressions when they read themselves.

As you model this behaviour, take some time to talk about why you've modulated your voice for different characters. For instance, if a character is angry, tell your child, "I'm using a loud voice because the character is mad."

Keep in mind that, sometimes, we don't realise what a character should sound like until we get more clues further down the page. If that happens, use the opportunity as a teaching experience.

You can say, "Oh, I read that with the wrong expression. Let me reread it." This teaches your child that it's OK to go back and try again.

You can also add a further explanation. For instance, say, "This character must be sad right now, and I used a cheerful voice. Let's try it again."

By going back and reading the passage with the appropriate tone of voice, you reinforce the idea that reading with expression is essential.

OLA Spelling Bee

The OLA students received their Spelling Bee words today. The Primary OLA Spelling Bee Final for the eight Years 3-6 students will be held on Thursday, 7th December at 2:15 pm.

Years 1 to Year 6 will attend, and the Kindergarten students will join in at the end of the final for the presentation of the Spelling Bee Champ awards. **All are welcome** to attend. We will follow the

['The Premier's Spelling Bee Competition Procedures'](#) during the Spelling Bee Final.



Lisa Hurst, Literacy Coordinator

Final General Parent Meeting for 2023 Wednesday 29th November at 6.30pm

All parents are welcome to attend our last meeting. In addition to President's report and the Principal's report we will re-cap a successful 2023 and discuss initiatives for the 2024 school year.

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.**

Technology Tip - Week 6

Screen time and digital technology use can be part of a healthy lifestyle when they're balanced with other activities that are good for your child's development. These activities include physical play, outdoor play, creative play, reading and socialising. Getting the right balance also includes making sure screen time doesn't interfere with sleep.

Here are some tips:

Make rules about screen time and digital technology use

Your family's rules might cover:

- Where your child can use digital technology- for example, only in family rooms or not in the car.
- When your child can use digital technology- for example, meal times are free of tv, computers and phones.
- How your child can use digital technology- for example, for making animations or checking a netball shooting technique, but not for playing Candy Crush.
- How you handle digital technology use for children of different ages- for example there might be some games that your older child can play only when their younger sibling is out or has gone to bed.
- How your child can stay safe online- for example, by letting you know if they come across upsetting and inappropriate content, or by checking privacy and location settings and personal data safety.

Aim for short screen sessions

You can do this by encouraging your child to:

- Use a timer to set breaks
- Do something active when the timer ends, like play outside
- Make use of natural breaks in screen time - for example, encourage your child to do a victory dance when they finish a level in a game.

Get your child moving, especially outside

Imagine, create or build something

Encourage play and friendships with others

Avoid screen time and digital technology use before bed

Screen time and digital technology use before bed can affect how quickly your child falls asleep. If your child avoids mobile phones, tablets, computer screens or TV in the hour before bed, your child is likely to get to sleep more quickly

Keep digital technology out of bedrooms at night

Diocesan Gymnastics Gala Day

OLA Awarded First Place

Last Friday some Our Lady of the Angels students were lucky enough to participate in the Diocesan Gymnastics competition at Rooty Hill.

When we were there we competed in 4 events: mini tramp, Static, vault and floor. Before the competition we practised during our break time in order to get the score we wanted.

Mini tramp was 2 different types of jumps/skills off a small trampoline landing onto a mat. Static is a series of skills that flow together to make one routine. The vault was a handstand flatback to a mat and finished in a dish, then the cartwheel to your belly landing in Superman. Finally, the floor was a variety of gymnastics skills where we had to stick our landings after each move.

After the competing part of the day, we sat down and listened to the awards which is when we were given our first-place overall team medal from the blue division. Congratulations to Hamish Clarke, Patrick Cleary and Juliana Aguliar who also won a number of individual medals.



Juliana & Abigail Year 6

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.

Remaining Kindergarten Orientation Sessions

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.



Years 3 & 4 Little First Aiders

On Tuesday, Stage Two rotated through six different activities to learn about the importance of first aid. We learnt what to do when someone is injured sick or unconscious. We also learnt about how to help people who are having an asthma attack or have bitten or stung by an insect. Finally, we learnt about what we should have in a first aid kit and how to use the items including bandages. It was really important to learn about these things so that in the future we could help someone if they were in need. Overall it was a great day of fun activities.

Asher and Ella - Year 4



Year 5 Sun Surf Program

On Tuesday the 14th of November, Year 5 students engaged in the Float to Survive Program at Dee Why beach. There were 3 rotations guided by the instructors that included drills in the water involving floating, identifications of rips as well body surfing. Year 5 enjoyed their day and are looking forward to practicing these skills further during their Christmas summer holidays!



We Bounce Back at OLA

The students at OLA have been learning about the importance of gratitude.

Gratitude

We can make gratitude a priority in our daily lives. Not only can children benefit, but adults will likely get a boost in happiness and well-being also. At home families can experiment with different strategies to help determine which gratitude practices help everyone best experience and express their grateful feelings. Of course, there will be times when children seem to be ungrateful. So turn these times into teachable moments. Work on new gratitude strategies and keep modelling how to be thankful, and you'll likely see these moments of entitlement fade away.

Look for the Silver Lining

Help children see that something good can come from difficult circumstances. Ask questions that help your child discover the potential silver lining in a tough situation. Ask, "What's something good that could come from something hard like this?"

In a really tough situation, asking that question too soon might seem insensitive. So you might give it some time before encouraging your child to look on the bright side. But helping your child do this often, you'll teach them to begin doing it on their own and they'll start to see that they have a lot to be grateful for, even on their worst days.



We Love our Band Calling any new 2024 Band Members

Children from Years 2 & 3 had a band demonstration today showcasing instruments available if they wish to join the band in 2024. See the flyer your child would have received from Teaching Services Australia, which is also attached to this newsletter if your child in Years 2-5 in 2024 is interested in participating.

Assessment Strategies

Teachers employ a variety of assessment strategies. One of the initial strategies is by:-

- **Observation.** Teachers are able to gauge the children's levels of understandings through observation of their practices and behaviours when undertaking a task. Checklists and anecdotal records help in the recording of these observations.
- **Anecdotal records** are a more informal form of assessment where the teacher takes observational notes on a student's achievements, beliefs, attitudes and skills as they are engaged in a task.
- **Questioning** is another form of assessment and can be either written or oral. Higher order questions indicate not only facts retained by the student but also if the student is able to apply the known facts. Open ended questioning allows for more than one answer to a problem and involves thinking beyond facts or skills.

Another assessment strategy widely used by teachers is **Testing**.

- **Diagnostic tests** assess specific concepts through written or oral questioning. They are used to diagnose areas of difficulty so that suitable teaching can take place.
- **Performance Base Testing** involves a practical test where the teacher assesses the student as they are involved in an activity.
- **Pen and paper tests** are used to assess skills and facts recently taught and are designed to assess a variety of outcomes.
- **Multiple choice tests** are generally included in more formal tests such as the NAPLAN test completed by the Years 3 and 5 students. **Problem solving** requires the student to reach a solution to a problem without the need to use a normal procedure or algorithm.

Finally, teachers often ask the students to self reflect on their learning by recording their thoughts and experiences. This and other forms of self evaluation help the teacher to understand how a child feels about their learning and any difficulties they may be experiencing.

In this edition of SchoolTV -

School TV Term 4 Week 6

In this edition of SchoolTV - CYBERBULLYING

With the advent of the internet, smart phones and tablets, there is now a whole new digital dimension added to traditional schoolyard bullying. There was once a time when bullying victims were given some respite outside of school hours, but sadly these days, online bullying can occur 24/7. In today's world, teaching your child about online and cyber safety, is as important as learning to swim or cross the road! Cyberbullying can be identified as being the repeated behaviour by an aggressor with the intent to harm or embarrass. Technology enables these aggressors to share information widely and quickly, making this form of bullying extremely dangerous and harmful. However, the answer is not to shun the internet nor social media. Instead, parents are encouraged to embrace it and instil a family internet policy to protect their children without limiting the freedom to learn, explore and communicate online. In this edition of SchoolTV, parents are provided with useful guidelines and advice on how to minimise the risks. Children have the right to feel safe, regardless of whether it is in the schoolyard or online. 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 Cyberbullying edition of SchoolTV

<https://olarousehill.catholic.schooltv.me/newsletter/cyber-bullying>



Year 2 -5 Swimming Carnival Friday 1st December at Blacktown

A google form regarding the swimming carnival will be emailed soon. This carnival is for all students in Years 2 – 5 and any Year 1 students who will be turning 8 in 2024. Any Year 1 students who wishes to attend, must be a confident and independent swimmer.



Spare Clothes

If your child needs a change of clothes at school from sick bay, due to a little accident, etc, could you please ensure that the items are washed and **returned to school as soon as possible**. We do mark our clothing with 'OLA Spare' on the tags for ease of identification. Our stocks have totally depleted as they are not being returned.

Student Leaders 2024

A letter outlining this process was recently emailed to Year 5 parents. Best wishes to the Year 5 children who this coming week will be presenting speeches as candidates for student leadership positions.

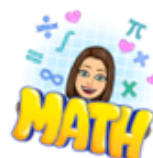
We have such a depth of leadership within our Year 5 co-hort. The first round of the short-listing process, which took place earlier this week, now sees 16 Candidates presenting their speeches this coming Tuesday. The speeches are only a minor part of this process. Congratulations and well done to the children who have been nominated. Children in Year 5 and our teachers are involved in the voting for School Captains, Vice Captains and Colour Captains. Speeches and voting for Colour Captains will take place this coming Thursday.

School Fees

Thank you to all families who have paid their fees for 2023. If you have any fees outstanding, please note that they should all be paid by the end of November, unless you are on a payment plan. Families will be contacted in the coming week if there are fees outstanding.

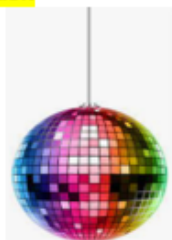
MATHS FUN

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



Infants Learning Task

The OLA Disco Dance Floor had an area of 24 squares. Draw some arrays and write matching number sentences to show what this dance floor might have looked like!



Primary Learning Task

Sienna went to the shops to buy an outfit for the disco. She had \$50. She found a skirt that was \$30, but was on sale at 25% off. How much would the skirt have cost, and how much change would she be left with?



Student Awards

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

Term 4 Week 6		
Student	Academic Merit Award	St Francis Award
KB	Lila Reid	Chiara Dib
KG	Kiara Valdez	Heath Champion
KW	Olivia Andrews	Eleena Singh
Year 1 B	Romain Moujalli	Noah Lesar
Year 1 G	Lincoln Seguna	Grace Leahy
Year 1 W	Stella Bunda	Dannilee Vilila
Year 2 B	Saif Bhangu	Mia Camilleri
Year 2G	Bianca Wallace	Sierra Marquet-Maurel
Year 2W	Imogen Grace	Sofia Barbara
Year 3 B	Scarlett Leahy	Jasmine Lau
Year 3 G	Koby Hughes	Emma Marsden
Year 3 W	Emily Cook	Ashvith Kanigelpula
Year 4 B	Johanna Torre Islas	Maria Gioiello
Year 4 G	Isabella Deur	Lyla Sofiak
Year 4 W	Kate McKeever	Ryan Scanes
Year 5 B	Flynn Coughlan	Sienna Galea
Year 5G	Xavier Fava	Lucas Dobaj
Year 5W	Cooper Keating	Avi Pawar
Year 6 B	William Conn	Isaiah Balangon
Year 6 G	Lola Quinlan	Liam O'Conner
Year 6 W	Mirelle Ferdinands	Eva Perry

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'

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.**