

Dear Parents

Thank you for the positive feedback re, the first half of the article in last week's newsletter on Praise Less, Encourage More. The following is the final part entitled Six Phrases to Use'.

Six Phrases to Use

"You do a good job of...."

Encourage children when they least expect it. Even a comment about something seemingly small and insignificant can make a child feel good about him or herself.

"You've improved in...."

Children will generally continue to try if they can see improvement in any activity they put their minds to. Sometimes they just don't know they are getting better and they need someone to tell them.

"I like you, but I don't like your behaviour."

Love the sinner, hate the sin is the principle here. When dealing with children, whose behaviour can test you, it is best to separate the deed from the doer, the act from the actor.

"So you made a mistake. What can you learn from it?"

Don't overreact when kids don't get the perfect score or make mistakes. As any golfer knows, mistakes are part of learning.

"You'd like me to think you can't do it, but I know you can."

Sometimes it's hard to know whether to push a child or let them avoid a situation or activity. If in doubt, err on the side of challenging kids rather than letting them avoid an activity that will benefit them. Kids so often surprise themselves and exceed their own expectations, so they can benefit from a little nudge from their parents.

"I'm sure you can do it. Don't give up." Resilient kids learn that there is a link between success and effort, and they may not achieve straight away. Push your kids to hang in there when times get tough. Persistence is a great lesson for any child to learn. Think about how many of these you use already and which strategies you would like to find out more about. Effective parents do the basics well. Encouragement is a basic parenting skill that can have an enormous impact on kids and one that we can all learn more about.

Dance! Dance! Dance! – What a night to Remember!

What a fun filled evening of 'Dance like No One is Watching' excitement as over 400 children gathered to dance, dance, dance. Thank you to the P&F led by Mrs Valensiese and assisted by a multitude of parent helpers for making the night possible. The children are so grateful for your time and efforts in providing the opportunity to create such great memories.



I wish to announce that Mrs Abby Buckley, who has been with OLA for the past 10 years in a full time and then part-time capacity has decided to have a well earned break. We take this opportunity to thank Abby for her dedication, expertise and care to the children she has taught over so many years. She has been a blessing to our community. We look forward to seeing Mrs Buckley in a casual teaching capacity in the future.

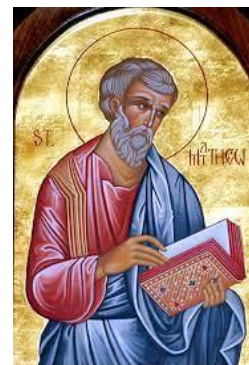
Thank you for your continued support. It is in partnership that we can achieve great things for our children.

Tony Calabria, Principal

OUR LORD JESUS CHRIST, KING OF THE UNIVERSE YEAR A (26.11.2023)

Gospel Reflection Matthew 25:31-46

This week's liturgy marks the end of the liturgical cycle. Next week begins the new year with the season of Advent. The liturgy is celebrated as the Feast of Christ the King – reminding us of a very imperial model of church and theology that reflected the structure of the Roman Empire and later, Feudal Europe. To have this reading on the feast of Christ the King is a powerful reminder of how Jesus envisaged the Kingdom of God. For Jesus, the Kingdom was not a rule of power and status but a rule of justice and peace for even the lowliest. It is an apt conclusion to the liturgical year. We must remember that the focus of the gospel passage is on the call to action for justice.



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 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



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.....

Sun 26th Nov

Eva Naim

Mon 27th Nov

Saif Bhangu

Alessio Smith

Tues 28th Nov

Tyler Marelic

Amalia Gergely-Hollai

Wed 29th Nov

Abigail Holland

Thurs 30th Nov

Ella Ciantar

Brandon Ciantar

Marcus De Guzman

Alissar El Khoury

Fri 1st Dec

Gabriella Dinos

Jaxon Hili

Lily Maher

Akira Malik

Sat 2nd Dec

Grace Maddaford

Eddie Heyes

Ciaran McKeever

Kate McKeever

Cooper Ross

Mr Robert Borg

Dates to Remember

Week 8

Wed 29th Nov

Thurs 30th Nov

Fri 1st Dec

Sat 2nd Dec

P&F General Meeting 6.30pm All Welcome

Kindergarten 2024 Orientation Session #3

2024 Swimming Carnival Years 2-5

Blacktown Aquatic Centre

Parent Run Year 6 Graduation Dance

Week 9

Mon 4th Dec

Thurs 7th Dec

Fri 8th Dec

Sun 10th Dec

Year 6 Fun Day – Strike Bowling

Spelling Bee Final 2.15pm Yrs 3-6 All Welcome

9.00am End of Year School Mass

All Welcome

2.20pm Pre-loved Uniform Sale

Parish Carols on the Green

Week 10

Mon 11th Dec

Tues 12th Dec

Wed 13th Dec

Thurs 14th Dec

8.50am Student of the Term/Principal's Award Assembly

1.30pm – 3.00pm Christmas Concert

All Welcome

Waterslide Fun Day

Year 6 Graduation Pizza Lunch

2.40pm Year 6 Guard of Honour. All Welcome

6.00pm Year 6 Graduation Mass. All Welcome

LAST DAY OF SCHOOL FOR STUDENTS

PARRAMATTA DIOCESE TEAM SPORT TRIALS

Please see last week's newsletter or our Facebook page 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.

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.

START OF SCHOOL DATES FOR 2024

Week 1

Tues 30th Jan

Wed 31st Jan

Thurs 1st Feb

Mon 5th Feb

Pupil Free/Staff Development Day
Staff return

Maths Assessment (MAI)
Pre-booked for students in K-2 ONLY

Years 1 – 6 First Day of School

Kindergarten First Day of School

Easter: 29th March – 1st April

Last Day of Term 1: 12th April

PLEASE NOTE: Years 3 – 6 will not need to attend for Maths Assessment (MAI) as has been the usual practise in the past.

Only Years K – 2 will be required to attend as part of the new Diocesan direction in Mathematics. Children in Years 3 – 6 will undertake a variety of other mathematical assessments within the context of concepts they are learning.

Kindergarten will have pre-booked assessment sessions on either Wednesday 31st, Thursday 1st or Friday 2nd February.

At OLA, we READ TO SUCCEED!

Celebrating Academic Excellence! ✨ We are thrilled to congratulate our outstanding students for their remarkable achievements in the Gold and Platinum categories of the Premier's Reading Challenge. Their dedication to reading and literacy is truly commendable. These awards not only reflect their individual commitment but also highlight the vibrant reading culture within our school. We're proud of their accomplishments and look forward to more literary journeys ahead. Well done students.

Gold Awards:

- Asmara Arora
- Valentino Balayan
- Joshua Fitzsimons
- Koby Hughes
- Alexander Kerollos
- Evelyn McKee
- Benjamin Nicholls
- Myra Shokeen
- Harrison Vella
- Aariah Clark
- Noah DeLeon
- Jai McLuskey
- Ryan Scanes
- Caleb Tan
- Noah Baba



Platinum Awards:

- Elizabeth McKee
- Luke Scanes
- Alegria Shaw
- Ethan Zachariah



All other participants received their participation certificates. Your love for literature shines bright! Keep turning those pages and inspiring us all.

The OLA students have had a fabulous week participating in their mini class Spelling Bees. We will follow [‘The Premier’s Spelling Bee Competition Procedures’](#) during the Spelling Bee Final. It is important that the students spell unseen words during these finals to determine the OLA Spelling Bee Champ for 2023.

Lisa Hurst, Literacy Coordinator



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

Have you looked at the apps of your child's device? How often do they use them? Are there some that haven't been used for a long time? Are there videos and photos in the photo reel that can be deleted to free up space? Is there a variety of apps that include creating and making apps? Below are two examples of creating and making apps.

Scratch

Creating:

- Games
- Animations

Ideal for programming your own interactive stories, games and animations. FREE

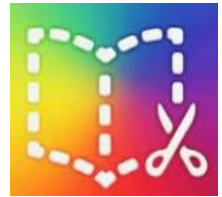


Book Creator

Creating:

- Books
- Original imaginative stories
- Retells
- Informative reports
- Cartoons/comics

Ideal for making all kinds of books, including children's picture books, comic books, photo books, journals and more. FREE VERSION AVAILABLE



KINDERGARTEN 2024

Please note the final Kindergarten Orientation Session being held this week. We ask parents to stay for the first 45 minutes for a brief Information Session.

Final Kindergarten Orientation Session

Thursday 30th November
9:15am-12 noon

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



Year 3 Incursion – Travelbugs

This week Year 3 enjoyed a fantastic incursion when Jacqui from Travelbugs visited us. She brought lots of different bugs like millipedes, stick insects, praying mantis and even a huntsman spider!! We loved learning about their life cycles and environments and even got to touch some of them! We couldn't believe how big the Goliath stick insect was!! We learnt lots of great information to help us with our science unit.



We Bounce Back at OLA

Meditation

Guided meditation has so many benefits. Using a meditation script is a relaxing way to encourage mindfulness with your child. Meditation is a great mindfulness tool that you can equip your child with.

What is Guided Meditation?

In guided meditation, one is led by another person's voice. For instance, a parent can read a guided meditation script to their child before bedtime. Being guided can help the meditator focus, prevent their mind from wandering and offer them an entirely new experience.

The Benefits of Guided Meditation for Kids

The benefits of meditation are numerous – both at home and in the classroom. And good habits early on can lead to a lifetime of well-being.

Meditation can

- improve a child's positive thinking, happiness, and empathy
- help reduce pain and headaches
- improve self esteem
- help children fall asleep faster, and improve sleep quality
- lower cortisol levels, resulting in decreased stress in the body
- help kids focus and concentrate
- encourage the use of imagination during guided meditation and help them access their natural creativity both during and after the session
- connect kids with their own emotions as well as the emotions of others, leading to more compassion and a keen sense of emotional intelligence
- improve active listening skills

Some studies have found that kids who are taught to improve their learning or thinking process early on are lifelong better learners and become more resilient.

Meditation and Prayer

Meditation is one of the three "expressions of prayer" described by the Catechism

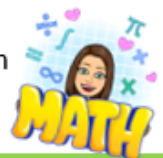
Meditation is a prayerful quest for God "engaging thought, imagination, emotion, and desire" (Catechism #2723). The goal of prayerful meditation is not to understand, grasp, or intellectually "possess" the object, but to use it as a pathway to meet God.

Prayerful meditations can be found on various Catholic websites



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

Xavier and Sienna sold Christmas wreaths to make some money. Xavier sold 3 times as many wreaths as Sienna. If Sienna sold 8 wreaths, how many did Xavier sell?



Primary Learning Task

Mrs Vella bought 3 boxes of Christmas ornaments for \$11.85 each. She paid for them with two \$20 notes. How much change will Mrs Vella get back?



In this edition of SchoolTV - FRIENDSHIP & BELONGING

Learning how to make new friends and keep them involves a number of skills every young person needs to understand and develop. For some these skills will come very naturally, allowing them to easily move between different friendship groups, sharing their experiences and opening up to new people. For others, this can be much harder to navigate. Belonging to a group that is like-minded with similar interests is highly beneficial to a young person's wellbeing. It gives them a sense of security helping them feel valued which in turn builds their confidence.

Positive friendships are an important part of the journey to adulthood. Adult carers can support their child or teenager by providing guidance in the many social and emotional skills required for a healthy relationship. This will help them to obtain, retain and maintain friendships. However, not all friendships are regarded as positive. Sometimes young people develop negative or toxic friendships. Therefore it is also important for them to learn how to identify, avoid or deal with such a friendship.

In this edition of SchoolTV, adult carers can learn how to support their young person's friendship so that they experience a sense of belonging.

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 Friendship & Belonging edition of SchoolTV

<https://olarousehill.catholic.schooltv.me/newsletter/friendship-belonging>

Christmas Treats

In these last weeks of school, children like to carry out the Christmas spirit by sending and receiving Christmas cards with lovely messages of joy and thanks. This is a lovely gesture. As there are a number of children at OLA who have severe allergies we kindly ask that you **do not send** in any edible treats for the children to give to each other, particularly as it is still present in the wider community. This particularly includes candy canes. We ask this so that our school community remains safe for all of our children.

Thank you for your co-operation in this important matter.

LOST PROPERTY

PLEASE LABEL, LABEL, LABEL...

We have an extraordinary amount of clothing in the lost property tub, many of which are not labelled, or the writing is now illegible. We regularly go through the tub today and sent home everything that we can.

All unclaimed items will soon be sent to the P&F to go in their next sale.

By the same token, if your child brings something home accidentally with the wrong name on it, please return it to school so that it can be given to the correct child.



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

A google form regarding the swimming carnival was emailed home this week 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.



Year 6 Sun Surf Program

On Tuesday the 21st of November, Year 6 students and teachers travelled to Dee Why Beach to participate in the Sun Surf program.

Throughout the day, students were able to learn about:

- Rip education and identification and survival by demonstration
- Still water assessment and basic aquatic survival skills
- Paddling a foam surfboard and catching waves
- Surf negotiation and body surfing.

The whole day was a success and we thank everyone involved in the planning of our day out.



End of Year Reports

Reports will be coming home soon. Our reports (Year 1 to 6) by law are required to award an achievement level to each child using a mandated A to E scale for each Key Learning Area. It is imperative to note that under this system the mid-year report refers to the first half of the year's teaching and learning and subsequently **the end of year report refers to the second half of the year.**

The second half of the year introduces different concepts, content units and skills. It is therefore possible that your child's achievement in a particular Key Learning Area may be different.

Example one: Half Year Achievement Level of C
End of Year Achievement Level of C

Your child is continuing to have a sound understanding of the main areas of content and has achieved an adequate level of competence in the processes and skills.

Example two: Half Year Achievement Level of B
End of Year Achievement Level of C

In the first half of the year your child had a thorough knowledge and understanding of the content and a high level of competence in the processes and skills. In the second half of the year different concepts have been covered with different learnings gained. Both examples may well illustrate that your child is working to their potential.

As you can appreciate, these reports present many challenges including determining what on average constitutes an A, B, C, D or E given the achievement level is for the whole Key Learning Area.

As directed by the Diocese, Year 1 – 6 will also have comparative data included in their reports. This will apply to all Diocesan Schools.

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'



Staff were yesterday treated to a delightful morning tea co-ordinated by the P&F and organised on the day by Mrs Zabaneh (Celine 1B) and Mrs Evans (Olive 1B). Thank you for your efforts in making staff feel so special for World Teachers Day, celebrated yesterday at OLA.

Student Awards

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

Term 4 Week 7		
Student	Academic Merit Award	St Francis Award
KB	Soham Chotalia	Oliver Psaltis
KG	Eli Maizey	Gianna Lobo
KW	Luke Cassano	Thomas Burge
Year 1 B	Dylan Dalton	Mia Kovacevic
Year 1 G	Charlotte Robertson	Ayla Coughlan
Year 1 W	Riley Johnson	Leonardo Denisenko
Year 2 B	Benjamin Pisani	Ana <u>Vrijic</u>
Year 2 G	Audrey Pedavoli	Adriana Donzow
Year 2W	Samuel Cauchi	Alyssa Albertini
Year 3 B	Aurora Crosato	Valentino Balayan
Year 3 G	Minnie McManus	Samuel Meighan
Year 3 W	Alexander Dib	Marcus Medjumurac
Year 4 B	Benjamin Andrews	Oliver Coughlan
Year 4 G	Amelia Fava	Preston Georges
Year 4 W	Cooper Foley	Grace Maddaford
Year 5 B	Ava Phelps	Jackson Navarro
Year 5G	Elisa Reece	Dexter Wijaya
Year 5W	Ilaria Buda	Lachlan Riley
Year 6 B	Ryan Salac	Gael Casino
Year 6 G	Makayla Streater	Ethan Zachariah
Year 6 W	Abigail Holland	Ethan Dyke

PARISH

CAROLS ON THE GREEN



OUR LADY
OF THE ANGELS



****Gold or Fold donation for entry****

Any funds raised will go towards the cost of the event and to pay off the Church loan

10th December, 6:30pm on OLA School Grounds