



Our Lady of the Angels School Rouse Hill

Newsletter
Vol. 4 No. 13

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19th May, 2023
Term 2, Week 4

NEWSLETTER

Dear Parents,

Some Food for thought.....

Why True Gratitude Improves Our Lives

Teaching our children to say 'thank you' is important, but truly instilling a sense of gratitude in them is another matter entirely. Gratitude goes beyond good manners – it is a mindset and a lifestyle. Studies show that children who count their blessings reap concrete benefits, including greater life satisfaction and a better attitude about school.

Why Is It Important to Cultivate an Attitude of Gratitude?

First of all, gratitude is healthy for us, adults and children alike. Cultivating gratitude increases happiness levels. Gratitude can also help individuals live happier, more satisfied lives and enjoy increased levels of self-esteem, hope, empathy and optimism. Children who practise grateful thinking have more positive attitudes towards school and family.

Gratitude gives perspective. When you take into account the sheer number of opportunities, privileges and material possessions most children enjoy through no effort of their own, it's easy to see why many of them feel entitled. After all, they get used to getting stuff without knowing or caring where it comes from. Practising gratitude, on the other hand, underscores the fact that all those toys and creature comforts don't just pop out of thin air. When children recognise that the things they own and the opportunities they have come from someone other than themselves, it helps them develop a healthy understanding of how interdependent we all are. Then they may be more inclined to treat others with genuine respect.

Gratitude improves relationships. Would you rather be around people who freely acknowledge and appreciate your contributions, or people who take your efforts for granted with a perfunctory grunt of thanks? It's a simple principle: gratitude fosters stronger, more positive and more genuine relationships.

Gratitude counteracts the 'gimmies'. Fundamentally, gratitude is about being aware of who or what makes positive aspects of our lives possible and acknowledging that. When children learn to think in those terms, they can be less apt to make mindless, self-centred demands. Plus, they begin to appreciate what they have rather than focusing on what they wish they had.

Acknowledgement: Andrea Reiser

Author specialising in Positive Psychology & Gratitude

The A Team

Our talented and gifted staff team at Our Lady of the Angels undertakes numerous additional responsibilities and studies in order to help provide a high level of learning and up-to-date curriculum for all children in all Key Learning Areas. Teachers regularly meet to share, develop and discuss teaching and learning strategies and new innovations in learning. Staff meetings for this purpose are held each Wednesday afternoon. We also hold staff prayer and reflection on a Friday morning before school. In all, it is the commitment that the staff give to their role in Catholic Education at OLA that helps make the difference.

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

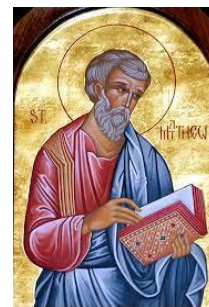
Tony Calabria
Principal

Quote of the Week

'Our family is a circle of strength. Founded on faith, joined in love, kept by God, together forever.'

Gospel Reflection (Matthew 28:16-20)

The message of the Ascension is a powerful one. It reminds us that Jesus, the human incarnation of God on earth, was limited to a specific time and place in history. Despite the physical limitations of his life on earth, Jesus ensured that his message and ministry would continue through those he had taught. Knowing that the disciples would need time to grieve and come to terms with all that had occurred in a relatively short space of time, Jesus promised that the Spirit would come upon them in the days to come. That visiting of the Spirit upon the disciples at Pentecost was the motivation to set about doing what Jesus had charged them to do. Without the Ascension, there is no Pentecost. A witness in a court of law is called to give evidence about a matter; to 'testify' to the truth of what they have seen or what they know to be true. Some people are very good at being a 'witness' to their faith by testifying to others about what they believe. Many others provide witness to their faith by simply living what they believe. Living a life based on Christian principles, including regular prayer and worship in your life, working for justice in the world and taking time to celebrate the beauty of everyday life is a powerful witness to others. (Greg Sunter at Liturgyhelp.com)



Remaining Parish (9.00am) and School Masses as indicated

Parents are most welcome to attend all masses with the children.

WEEK 5: Wednesday 24th May WHOLE SCHOOL MASS at 11:45 am- Our Lady Help of Christians Mass

WEEK 6: Tuesday 30th May- Stage One

WEEK 7: Tuesday 6th June- Stage Two

WEEK 8: Friday 16th June-WHOLE SCHOOL MASS at 11:45 am- Sacred Heart of Jesus (Vinnies Winter Appeal-More information to follow)

WEEK 9: Wednesday 21st June- Stage Three and Kindergarten

WEEK 10: No Parish Mass

Remaining Sacrament of First Holy Communion Sessions – facilitated by the Parish

Please keep the children preparing for their sacrament of First Eucharist in your prayers.

May 25- Session Four at 6:30pm

June 1- Session Five at 6:30pm

June 8- Rehearsal at 6:30pm

June 15- Rehearsal at 6:30pm

Sat - June 10 Holy Communion Ceremony – Group One at 3pm

Sun - June 11 Holy Communion Ceremony - Group Two at 12pm

Sat - June 17 Holy Communion Ceremony - Group Three at 3pm

Sun - June 18 Holy Communion Ceremony - Group Four at 12pm



May is the month of Mary - May is traditionally dedicated in a special way to honouring Mary as the Mother of God and Mother of the Church. Through the month of May, take some time to pray the rosary and dedicate your prayers to Mary.

What's Happening with RE in the Classroom

Today, in each grade, students experienced a short prayer service for The Ascension which is this Sunday. Students and teachers reflected on Sunday's gospel.



Sacrament of Confirmation

Notes from the Parish were emailed home yesterday regarding the registration of students for the Sacrament of Confirmation. Please ensure you register your child before the due date.





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

Sat 21st May

Alannah George

Sun 22nd May

Rosario Borbajo
James Farrugia
Liam Mitchell

Tues 24th May

Maci Cusack
Ayla Kajavshekan

Wed 25th May

Madison Ross

Thurs 26th May

Mrs Samantha Vella

Fri 27th May

Lincoln Seguna
Jasper Zhang

Dates for Whole School Assemblies

Our whole school assemblies for this term are on the dates below. Grades will take turns at presenting and showcasing their learning.

- Friday 26th May (Week 5) – Presented by Year 3
- Friday 23rd June (Week 9) – Presented by Year 2

All are most welcome to attend.

These assemblies will commence at 2.30pm sharp. We suggest that parents who wish to attend our whole school assemblies, please park across the road at the oval and walk across.

Save the Date
OLA ATHLETICS CARNIVAL
Monday 5th June at
Centenary Oval

Dates to Remember

Week 5

Mon 22nd May All Students return in WINTER UNIFORM
Wed 24th May 11.45am Whole School Mass
Our Lady Help of Christians. All Welcome
Stage 3 Northwest Basketball Competition
Thurs 25th May **Make-up Photo Day** –
Session 4 – Parish based Sacrament of
Holy Communion Preparation 6.30pm
Fri 26th May 2.30pm Whole School Assembly presented by
Year 3 (featuring Pentecost). All Welcome

Week 6

Tues 30th May 9.00am Years 1 & 2 Parish Mass. All Welcome
9.00am Parent Inservice (“Helping your Child
Succeed in Reading at Home”) and P&F Meeting
Thurs 1st June Kindergarten Excursion – Calmsley Hill Farm
Session 5 – Parish based Sacrament of
Holy Communion Preparation 6.30pm
Fri 2nd June Stage3 Girls Soccer Gala Day, Jamison Park,
Penrith
Year 3 Incursion

Week 7

Mon 5th June Athletics Carnival Year 3 – 6. All Welcome
Tues 6th June 9.00am Years 3 & 4 Parish Mass. All Welcome
Wed 7th June Stage 3 Boys Soccer Gala Day, Jamison Park,
Penrith
Fri 9th June Year 4 Excursion to Royal Botanical Gardens

School Travel Opal Card

Please note that there is a new link for the School Travel Opal Card. If you wish to apply to an Opal Card please click on the link below:-

transportsw.info/tickets-opal/ticket-eligibility-concessions/school-student-travel

Parent Inservice/ P&F Meeting

9.00am Tuesday 30th May

Please note the daytime slot

All parents are welcome to join us for a parent inservice, cuppa and a short P&F Meeting. There will be a short inservice for parents on “**Helping your Child Succeed in Reading at Home**” presented by Mrs Hurst, our Literacy Co-ordinator.

“We would Love to Hear from You to Help us Improve the Education we provide”

Tell Them from Me (TTFM) Survey

In the coming weeks, every diocesan school will be inviting students in Years 4 - 6 and parents to provide feedback on their experience of their school using an online ‘Tell Them From Me’ survey. The surveys are an important part of our whole school evaluation and planning process.

As we value the role of parents and your input within our school community, we would greatly appreciate your feedback. The information you provide will be used to maintain our commitment to working together in partnership, to further improve student learning and wellbeing at OLA.

The short survey is anonymous. **Please see the email sent home yesterday with further information. The URL link to access the survey will be coming home soon.**

UNIFORM – Winter uniform from this coming Monday, 22nd May.

You just have to look around the streets to note just how important the school uniform is as a presentation of a student and also the image of their school. We have a very smart school uniform, and we thank you, as parents, to instil in your children the importance of wearing the correct uniform. These photos show what correct uniform looks like for boys and girls. We thank you for your cooperation.

Please ensure:-

- That the top button is done up, or at least the tie is tight enough that it appears to be buttoned up
- Black leather shoes, not black joggers, are to be worn with the uniform
- Jumpers are the uniform for girls, not cardigans
- Bomber jackets are to be worn over the jumper, NOT instead of the jumper
- Woollen vest can be worn by either girls or boys
- Sports jacket is to be only worn on sports days.
- Fluorescent sport shoes are not allowed.
- **Please LABEL all jumpers, jackets & hats**, even the second hand items, as our lost property is overflowing and we are unable to hand them back, as they don't have current names on them.



Kinder Enrolments 2024

Our very high demand for a place at OLA (and wanting to be on our waiting list) has seen us once again be the school of choice for so many families. This is a true testimony and affirmation of the wonderful OLA community, the high standard of quality Catholic Education we provide, and the outstanding educators and staff present. Our school certainly has a great reputation, thanks to all of you. You, as parents, are our best ambassadors and we hope you are as proud of OLA as we are.

When prospective enrolment families for 2024 visited OLA in Term 1 for a school tour and information session, they stated how impressed they were and are certainly looking forward to their young ones starting in 2023.

Literacy News



OLA Debating

On Tuesday 23rd May, OLA's Debating Team 1 is competing in their first Debating Competition! We had forty three students express an interest in being in this team, so the first, very hard job was to choose just 12 students who would make up our three OLA teams for 2023.

Team 1 will be representing our school as the Away "Negative" team and they have the very tricky challenge of arguing against the topic **"Fiction is more valuable than non-fiction"**.

The dedication of our whole team has been outstanding, participating in extra preparation at home and during lunch times. All 12 students have participated in preparing for this debate and the camaraderie and support offered by everyone has been remarkable. We have some very strong arguments to present on the day and we are extremely excited to showcase our incredible debating skills! Watch this space for the outcome of this exciting event!

Mrs McBrien, Debating Team Teacher

Thank you to Mrs McBrien for leading the debating at OLA in 2023. We are so fortunate to have your expertise and coordination of such a fabulous literacy opportunity for our students. Wishing Team 1 all the very best as they represent OLA.

OLA Debating Team 1: Zoe, Ava-Belle, Olivia & William.



Premier's Reading Challenge

Congratulations to Charlotte Ranieri KG, Leo Nobili KW, Brianna Williams 1G, Lila Naim 3W, Emily Cook 3W, Oscar Meli 3B, Isabella Deur 4G & Sienna Galea for completing the PRC challenge this week.



Write On Competition 2023



To participate in the competition, students compose an imaginative text of up to 500 words in length using this image as a stimulus.

The WriteOn 2023 writing competition closes at 4 pm on **Friday 16 June (Week 8, Term 2).**

Lisa Hurst, Literacy Coordinator

OLA SPORTS NEWS

NSW Netball School Cup

Well done to our Stage 3 girls who attended this carnival on Tuesday. Plenty of smiles but

Soccer Gala Day

If you have received a google form regarding your child's selection to represent OLA, we ask you to complete the form as soon as possible. All teams will require a parent as a team manager. If you are selected for this job, we will be in touch. Thank you for all of your support and time to allow our OLA students to enjoy these wonderful and memorable days.

Upcoming Event

OLA's Athletics Carnival is happening on Monday 5th June (Week 7). This is our biggest sporting event and we rely on parent support for the day to run smoothly. If you are free and can offer to help for the day, we will need you! Please keep an eye out for communication coming home soon. Thank you in advance.

Mrs Lyndelle Batten, Sports Co-ordinator

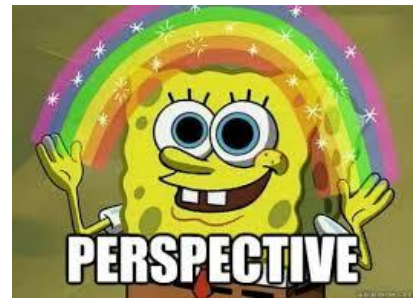


We Bounce Back at OLA

Perspective

We all experience different feelings and emotions. Perspective is the way that different people look at a situation. It can be seen as their point of view. There are a number of factors that influence people's perspective such as: previous experiences, beliefs and also knowledge of the situation. Students can assume that everyone will see things the way that they do and can therefore struggle with understanding different perspectives. They need to see that different perspectives are not right or wrong and can be helpful in expanding each other's thoughts and ideas on a topic or situation. We can help children develop an understanding of this concept by using role plays and talking about how others may feel about scenarios that occur at school and at home.

Role Play with a focus on Empathy and Perspective: Role play provides an opportunity for children to step into the shoes of others, enabling them to develop empathy and consider the perspective of others. As they act out different characters, they gain insights into the thoughts, feelings, and experiences of others, fostering a greater understanding and appreciation for diverse perspectives. You may like to have conversations with your child/ren at home about considering the perspectives of others.



Thank you for all the letters of appreciation in relation to our Mother's Day celebrations. Your gratitude is very much valued.



*"Hello team OLA,
Wanted to send this little message to thank you all for such a beautiful assembly for Mother's Day.
The DanceFever performance was very impressive, the beautiful band and the Anthony Browne book. Such a well planned and executed celebration. Thank you thank you!
I continue to feel it, and say to everyone I talk to, we are so blessed to be part of this community."*

Please note the change of date Photo Make-up Day Thursday 25th May, 2023

This day is for the Year 6 Student Leadership Team and for individual students who were absent on the day the photos took place and missed their individual portraits. These students are to wear their summer uniform on this day.

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 as Covid is still present within the wider community.**

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'

Technology Tip – Week 4

In last week's newsletter, information on Cyberbullying was provided from the eSafety Commissioner's website. This week, we continue with this theme and look at what you can do if it is happening?

What can I do?

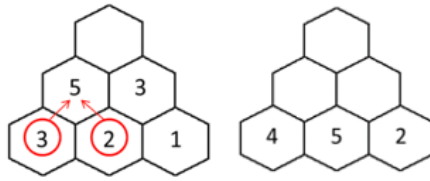
- Talk to your child about cyberbullying before it happens. Together you can work out strategies to address any potential issues and reassure them you will be there to support them.
- If your child is experiencing cyberbullying Listen, think, stay calm — talk to them about what happened, try to remain open and non-judgemental, ask them how they feel and ensure they feel heard.
- Collect evidence — it is a good idea to collect evidence, such as screenshots, of the bullying behaviour, in case you need to report it later on.
- Block and manage contact with others — advise your child not to respond to bullying messages and help your child block or unfriend the person sending the messages.
- Report to site or service — many social media services, games, apps and websites allow you to report abusive content and request that it is removed.
- Report to eSafety — if serious cyberbullying is affecting your child and you need help to get the material removed from a social media service or other platform you can make a cyberbullying report to us.
- Get help and support — check in with your child regularly about how they are feeling. If you notice any changes that concern you, get help through a counselling or online support service.

MATHS FUN

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

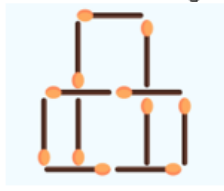
Infants Learning Task

Can you complete these Hexagon number puzzles?



Primary Learning Task

Can you move three matches to get 11 squares?



OLA FAMILY FIESTA

SUNDAY 6TH AUGUST 2023

A Parish/School/Community venture.

Funds raised through this amazing event will be shared between the School and the Parish.

If you would like further information about how you can be involved or give your support, please contact the parish office on 8883 4063 or parishoffice@ourladyoftheangels.org.au or the school.

Qkr App – IMPORTANT PLEASE READ



We noticed during the Mother's Day Stall preparations, that most student's profiles had **NOT** been updated to reflect their class for 2023. This created a big problem in sorting the students in readiness to purchase gifts.

Please note that it is necessary for you, as parents, to go in and change your child's profile each year to reflect their current class. It is also necessary for you to create a profile for each child you have at school, so that when you purchase gifts you allocate the number of gifts against each child. Otherwise, we do not know that you have purchased a gift for your second or third child, if you have allocated them all to your eldest child.

We have been advised that there is an issue with the QKR App on new Android devices and QKR is working on resolving this issue, however it will take a few weeks. In the meantime, we have been advised that payments can be made through the Website, so please go through this way.

Student Awards

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

| Term 2 Week 4 | | |
|------------------|-----------------------|--------------------------|
| Student | Academic Merit Award | St Francis Award |
| KB | Sabrina Malae | Nolan Duffy |
| KG | Theo Nicolaides | Aston Dabit |
| KW | Thomas Rossi | Alexia Turnbull-Lopez |
| Year 1 B | Noah Lesar | Scarlett Hagopian |
| Year 1 G | Cruz Keating | June Ye |
| Year 1 W | Zoe Tan | Xavier Williams |
| Year 2 B | Harlen Meneti | Ana <u>Vrijic</u> |
| Year 2G | Michelle Wilianto | Archer Adams |
| Year 2W | Samuel Cauchi | River-Rose <u>Vilila</u> |
| Year 3 B | Amalia Gergely-Hollai | Gabriel Palacio Rosero |
| Year 3 G | Hamish Clarke | Koby Hughes |
| Year 3 W | Riccardo Barbatano | Suhaan Shah |
| Year 4 B | Johanna Torre Islas | Lily <u>Tawadrouse</u> |
| Year 4 G | Lillian Maher | Brae Aldaba |
| Year 4 W | Kate McKeever | Nevaeh Macquet-Maurel |
| Year 5 B | Patrick Crowley | Olivia Jones |
| Year 5G | Charlotte Holden | Nadia Mileto |
| Year 5W | Cruz Camilleri | Ruby Masters |
| Year 6 B | Serenity Naim | Juliana Wassef |
| Year 6 G | Makayla Streater | Khai Aldaba |
| Year 6 W | Abigail Holland | Eva Perry |

Reflection

*A kind word or acknowledgement goes a long way in
lifting a person's spirit.*

*Drop a pebble in the water, just a splash and it's gone,
But there's half a hundred ripples circling on and on and
on.*

*Spreading, spreading from the centre, flowing on out to
the sea,
And there is no way of telling where the end is going to
be.*

*Drop a careless, unkind word, and in a minute it is
gone;
But there's half a hundred ripples circling on and on and
on.*

*They keep spreading, spreading, spreading, from the
centre as they go and there is no way to stop them,
Once you've started them to flow.*

*Drop a word of cheer and kindness; just a flash and it is
gone;
But there's half a hundred ripples circling on and on and
on. Bearing hope and joy and comfort on each
splashing, dashing wave,
'til you wouldn't believe the volume of one kind word
you gave.*

