

Dear Parents

The busyness of life is a reality of the modern day we live in but it is important to maintain and protect those things that are worthwhile. Meal times as a family is just one of these. The points below raised by Michael Grose (Child Psychologist) are certainly food for thought.

MAKE MEALTIME MORE THAN A PITSTOP

Mealtime is like a pit stop in many households, where children pull up to a table or bench for a quick bite before resuming their activities.

Eating can be a fantastic social experience that benefits the whole family rather than a refueling exercise. Sharing a meal provides an opportunity for parents and children to talk, exchange views, swap news and maybe have a laugh or two.

Meals have the advantage of anchoring children to one spot long enough to hold a conversation.

If you have very young children the notion of sharing a long leisurely meal maybe a little far-fetched. But it is worth persevering as family mealtimes can be the glue that binds children and parents together.

School-aged children, who have a great deal to share, are more than capable of making mealtime a great social event. Adolescents, in particular, often appreciate a forum where they can air their views.

If your family is pressed for time schedule in at least one night a week where you can enjoy a meal together and guard this time jealously.

Sometimes the meal table can turn into a battlefield as parents nag children to take one more bite or eat all the vegetables. Avoid fighting with children who refuse to eat. However, they shouldn't be permitted to eat a snack following their meal.

Mealtime is an opportunity for parents to listen rather than do all the talking. If your children are conversational clams ask questions that spark some conversation.

In an era when, it seems everyone is busy, a shared mealtime with the television off maybe the best regular investment you can make to your family well-being.

Michael Grose (Child Psychologist)

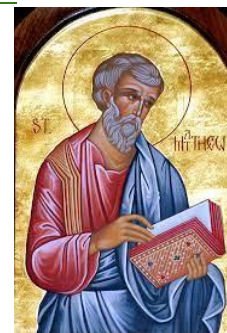


Thank you for your continued support. It is in partnership that we can achieve great things for our children.

Tony Calabria, Principal

THIRTY-FIRST SUNDAY IN ORDINARY TIME YEAR A (05.11.2023) Gospel Reflection Matthew 23:1-12

Jesus' description of the Pharisees' behaviour offers a stark contrast to his own way of bringing about the Kingdom of God. By their actions, the Pharisees place burdens on the shoulders of others – burdens of guilt, shame, duty and punishment. Throughout his ministry, Jesus acted to lift such burdens from the shoulders of the oppressed and marginalised. Jesus accuses the Pharisees of being motivated by drawing attention to themselves – the way they dress, the way they like to be addressed, even where they sit in the synagogues. In contrast, Jesus' ministry was typified by his humility and focus on others.



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 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

Vinnies Youth NSW Christmas Card Competition

Are you artistic? Do you love to create things? You might want to enter the Vinnies Christmas Card Competition.

You can use any artistic medium you like – draw, paint, craft, digital design – just keep in mind that it will need to look good when scanned or captured by photo and re-printed. And of course, all designs must be your own original artwork.

Vinnies is looking for five beautiful designs to use as the official Vinnies NSW Member Christmas Cards for 2024! The designs for these cards are used by Vinnies NSW Members to gift to one another at Christmas time, and in some cases to on-sell as a fundraiser for their Good Works. Winners will receive a Vinnies Prize Pack and have their designs professionally printed for 2024!

We're looking forward to seeing your festive designs!

If you create a card, [click here](#) to enter your design. Please seek parental consent first as if you create a winning card, it will be published.

Vinnies good works

2023 VINNIES CHRISTMAS CARD COMPETITION

What is the Christmas Card Competition?

This year, we are looking for five beautiful designs to use as the official Vinnies NSW Member Christmas Cards for 2024, designed by you!

These designs are used by Vinnies NSW Members to gift to one another at Christmas time.

You can use any artistic medium you like – draw, paint, craft, digital design – just keep in mind that it's going to need to look good when scanned or captured by photo and re-printed.

Winners will receive a Vinnies Prize Pack and have their designs professionally printed as the official St Vincent De Paul Society NSW Member Christmas card collection for 2024!

How to enter:

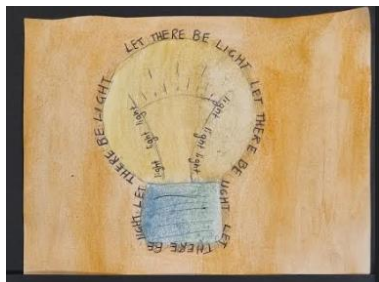
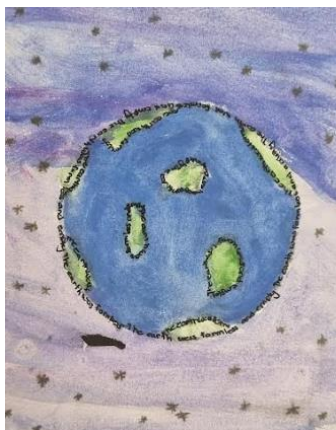
Visit: <https://youthnsw.vinnies.org.au/christmascardcompetition> or scan the QR code below.

If you have any questions, please email: youth.nsw@vinnies.org.au. Competition closes on Monday, 4th December 2023.

We are looking forward to seeing your festive designs!

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

This term in Year Four, students have been focusing on how God is present in their lives. This week, we reflected on how God's love is reflected in all creation. Students created a micrography which is an artistic exploration of a scripture passage. They needed to pick a line from the scripture passage that spoke to them and create an art piece. Here are some examples of their micrography.



All Saint's Day – 1st November

The Saints are very special people who teach us how to walk and live humbly in close relationship with God. Today OLA celebrated All Saints Day by attending Mass. After Mass the Mini Franciscans offered some activities for the infants' students of our school to complete. In small groups the Mini Franciscans presented information on a chosen Saint. They also had activities and games that were centered on their Saint's life and values. The students had a lot of fun sharing their knowledge and love of our Saints.





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

Sun 5th Nov

Charlotte Frater
Braxton Draper
Mrs Samantha Grunsell

Thurs 9th Nov

Justin Orlando
Ana Vrljic
Mrs Taneel Murray

Mon 6th Nov

Flynn Coughlan

Fri 10th Nov

Leonardo Denisenko
Gabiella Atalla
Nadia Mileto
Zara Farias
Isabella Turner

Tues 7th Nov

Audrey Verzosa
Kaley Chown

Wed 8th Nov

Brayden Zhu

Sat 11th Nov

Natalie Abd
Leonardo Fresta
Oliver Jagar
Noah Phillips

Dates to Remember

Week 5

Mon 6th Nov Year 2 Science Incursion
Wed 8th Nov Year 3 Science Incursion
Fri 10th Nov 10.40am Remembrance Day Prayer
2.30pm Whole School Assembly
Presented by Kindergarten. All Welcome

Week 6

Tues 14th Nov 9.00am Years 1 & 2 Parish Mass. All Welcome
Year 5 Surf Ed – Dee Why Beach
Thurs 16th Nov Kindergarten 2024 Orientation Session #1
Fri 17th Nov 2.30pm Whole School Assembly
Presented by Year 6. All Welcome
OLA Disco 5.30pm – 8.00pm

Week 7

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

Week 8

Wed 29th Nov P&F General Meeting 6.30pm All Welcome
(Note new date and time)
Thurs 30th Nov Kindergarten 2024 Orientation Session #3
Fri 1st Dec 2024 Swimming Carnival Years 2-5
Blacktown Aquatic Centre

Welcome

We would like to welcome the Shashidhara family (Sanvi 5W) to Our Lady of the Angels.

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.

Reminder – Year 5 Parents and Students

*Our Personal Development Program 'Growing & Changing' evening will be held this coming Tuesday 7th November at 6.00pm **via Zoom**. Please see the email sent home on 24th October for the Zoom link and details.*

OLA Disco – Years K-6

Friday, 17th November
5.30pm – 8.00pm

It's time to Dance – We hope to see you there
(Details were sent home on Wednesday 1st November by email)

Math's Olympiad/Games/Explorer

Congratulations to the 90 students who participated in Maths Problem Solving competitions this year.

On Tuesday 16th November we will present students who received a special award from the Australasian Problem Solving Mathematics Olympiads for their high level of achievement at our morning assembly commencing at 8.50am. Parents are welcome and will be notified if their child is receiving a special award.



Remembrance Day (11-11-2023)

Remembrance Day falls on the 11th of November each year. On the 11th hour on the 11th day of the 11th month, a minutes' silence is observed and dedicated to those soldiers who died fighting to protect the nation. ... Today the loss of Australian lives from all wars and conflicts is commemorated on Remembrance Day. We will hold a short reflection prayer with the children next Friday.

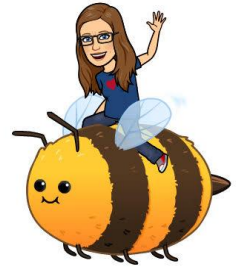
Our ceremony will be held on Friday 10th November (due to the 11th of the 11th being a Saturday) commencing at 10.40am and conclude at the significant time of the 11th hour, to signify the 11th day of the 11th month. All are welcome to join us.

At OLA, we READ TO SUCCEED!

OLA Spelling Bee

The OLA students will receive their spelling bee words on Friday 17th November. The Infants classes will conduct their spelling bees in their classroom in Weeks 7 & 8, and a spelling bee champ will be awarded.

The Primary Spelling Bee final for the eight Years 3-6 finalists 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 Champs Awards. All are welcome to attend. We will follow the [‘The Premier’s Spelling Bee Competition Procedures’](#) during the Spelling Bee Final.



“Children are made readers on the laps of their parents.”

- Emilie Buchwald

Many parents have heard their child’s teacher talk about ‘comprehension’. Comprehension is the understanding and interpretation of what has been read.

Here are some parent-friendly tips to help your child ‘comprehend’ what they are reading:

1. **Read, read, read:** Reading aloud and taking turns means that you can get through a book more quickly. Reading the first few chapters of a novel to your child often captures their interest, and then they can read on their own. Reading a variety of books also adds to their vocabulary. Model reading as an adult.
2. **Build links to the text:** Try to make links between the text and something in his own life. As questions such as: “Does character y remind you of....?” “Remember when we also did that, just like the x character?” “How is this book similar to....?”
3. **Try to guess what will happen next...:** Use the information that you have read so far to guess what might happen next. What clues can your child use to imagine where the story might lead?
4. **Ask questions to help clarify:** Don’t just use this strategy whilst reading books. Ask your child questions when you’re watching a favourite tv show or movie together. This is a good habit to develop (as they won’t associate questioning with only reading books!).

[Source](#)

Lisa Hurst, Literacy Coordinator

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.**

Technology Tip - Week 4

App of the Week: Tayasui Sketches

Do you children love drawing or sketching? Have they tried TAYASUI SKETCHES? Sketches is the most realistic, versatile and user-friendly sketching app designed for a mobile device. This app allows users to create dazzling sketches, cheerful paintings and smashing illustrations on the go.



This is a free app. However, please note there are in store purchases if you want the Pro Version.

Year 3 Excursion to EEC Penrith Lakes

On Monday 30th of October, Year 3 went on our excursion to Penrith Lakes Environment Centre to learn about life cycles and environments. We went with our teachers and our parent helpers as part of our learning in science and geography. We saw different species of birds and our favourite part was catching bugs in the lake. We all had a great time.



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.**

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.

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.



Year 5 Bathurst Overnight Excursion

EUREKA!!

Last week year 5 travelled to Bathurst to go back in time and experience what early colonial life would have been like on the goldfields in the 1850's. On our way to Bathurst we stopped at Katoomba to have morning tea and viewed the Three Sisters. We had a great view and enjoyed the cooler weather.

We continued our journey and arrived in Bathurst. We drove on the famous Mt Panorama on our way to the Bathurst goldfields. We participated in many fun activities including panning for gold, cooking (and eating) damper with golden syrup, becoming blacksmiths, making mud bricks and listening to stories of the early settlers. Later that night we gathered together to enjoy story telling, singing and danced to colonial folk songs and music.

The next morning, we made our way into town where we were shown around the museum at the Bathurst Court house. We saw artefacts from the past and listened to stories of Bushrangers and influential personalities from the past. Once we had our morning tea, we again travelled to Katoomba, this time stopping at Scenic World where we experienced the Scenic Railway which was very exciting and enjoyed the walk on the forest floor to the Cableway. It was AMAZING! *Our sincere appreciation to Mrs Cheadle, Miss Jurcevic, Mrs Dela Cruz, Mr Cauchi & Mr Campbell for generously giving up their time to take the children on this memorable learning experience.*



We Bounce Back at OLA

Students at OLA are learning about gratitude. Through class discussions and learning experiences students are reflecting upon the elements of their life that they are grateful for.

Various studies have found that gratitude is linked to happiness in children. This means that instilling gratitude in children at a young age could help them grow up to be happier people. Grateful children tend to be happier, more optimistic, and have better social support. They also report more satisfaction with their schools, families, communities, friends, and themselves. Grateful children also tend to give more social support to others as well. Studies have also found that grateful adults are happier and more hopeful. Additionally, studies found that people who were grateful for things that happened to them in the past, felt happier in the present and more hopeful about their future.

How to establish a 'Gratitude Ritual'.

Make it a habit to regularly express gratitude in your family. Here are some examples of rituals you might establish:

- Everyone takes turns during dinner sharing one thing they're grateful for from their day.
- At bedtime, you ask each child to say three things they feel grateful for.
- During the car ride to school, everyone thanks someone else in the car for something.
- Each Sunday night at dinner, everyone discusses how they'll express gratitude and who they'll express it to over the course of the week.
- Every Saturday morning, everyone writes a note of appreciation to someone for a specific reason.

Although it might seem like gratitude should be spontaneous rather than rehearsed, making gratitude a habit can ensure that children practice it on a regular basis, and it can become like second-nature.



Kindergarten Science Incursion

On Friday, Kindergarten explored their Science topic about "Forces" during their incursion with Mad About Science. They were able to look at and engage with many different toys that use push and pull forces. Kindergarten enjoyed making a 'Balancing Bob', creating amazing designs with the spinning tops and playing with the slinkys! It was toy-riffic!



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 -

School TV Term 4 Week 4 - NEURODIVERSITY including information on ADHD, Autism & Dyslexia



Neurodiversity emphasises the natural variation in how an individual's brain functions and how they perceive and interact with the world, leading to diverse ways of learning and communicating. While most young people are neurotypical, some exhibit variations in brain development, such as ADHD, autism or dyslexia, making them neurodivergent.

Embracing neurodiversity involves accepting, celebrating, and supporting neurodivergent children and adolescents without attempting to change or treat their differences. Using respectful language, challenging unhelpful attitudes, avoiding assumptions, and actively promoting inclusivity can help embrace neurodiversity effectively.

Acknowledging the unique ways neurodiverse young people do things and then adapting tasks and activities to ensure their full participation will encourage them to develop strategies that feel natural to them. It will help improve their mental health, wellbeing and sense of self. By recognising and nurturing their strengths, parents and caregivers can contribute to building an inclusive and compassionate society where all young people can thrive.

Learning more about neurodiversity, equips caregivers with insights into effective communication techniques, educational strategies, and parenting approaches tailored to the specific needs of their neurodivergent child.

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 for further information or seek medical or professional help.

Here is the link to the Neurodiversity edition of SchoolTV

<https://olarousehill.catholic.schooltv.me/newsletter/neurodiversity>



School Hats

Our Lady of the Angels has a 'No hat, No play' policy.

Please ensure your child has their school hat with them each day to protect their skin and to assist in promoting sun safety and awareness in your child/ren. Any child not wearing a school hat at play times will need to sit/play under the sheltered areas. Thank you for your support, assistance and co-operation in helping keep our students sun smart. School hats are available for purchase from the school uniform shop (\$20.00).

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.

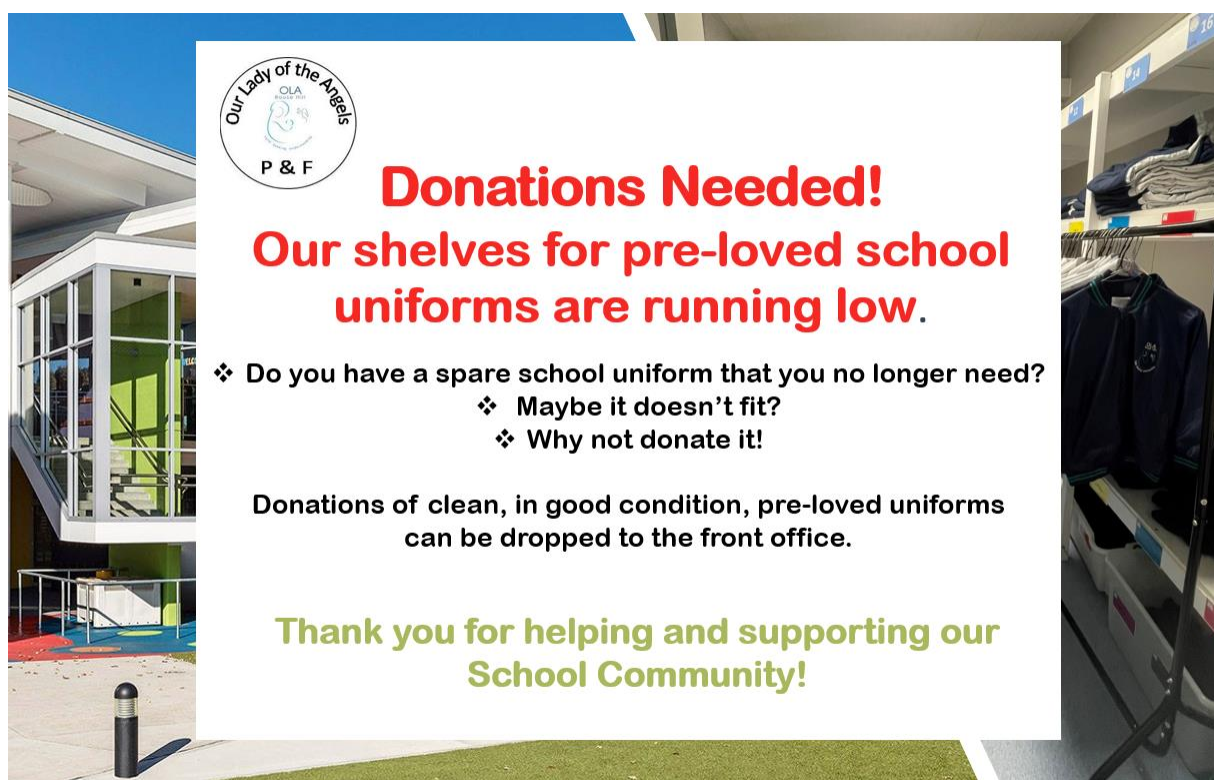
Congratulations to the Dimos family (Alex 1W) on the birth of their new baby sister, Victoria.



Student Awards

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

Term 4 Week 4		
Student	Academic Merit Award	St Francis Award
KB	Lila Reid	Stella Kokozyan
KG	Liliana Pennati	Aria Naim
KW	Liana Tandy	Sophie Kovacevic
Year 1 B	Scarlett Hagopian	Dylan Dalton
Year 1 G	Edie Mallard	Brianna Williams
Year 1 W	Emily Parame	Marcellus Balayan
Year 2 B	Leonardo Borgiani	Nash Cleary
Year 2G	Archer Adams	Liam Dyke
Year 2W	River-Rose Vilila	Sebastian Comis
Year 3 B	Roy Shim	Chayse Attard
Year 3 G	Myra Shokeen	Dayron Gungab
Year 3 W	Victoria Zakharova	Zarah Kausei
Year 4 B	Eva-Grace Naim	Enza Gioiello
Year 4 G	Emma Alin	Avery Grace
Year 4 W	Hunter Donzow	Sebastian Nasso
Year 5 B	Jack Leahy	Cooper Roberts
Year 5G	Madison Ross	Elijah Dabit
Year 5W	Lucas George	Ben Robertson
Year 6 B	Luke Scanes	Mason Sleiman
Year 6 G	Zavier Dabit	Alegra Shaw
Year 6 W	Olivia Iori	Jonathan Dias



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!