



Our Lady of the Angels School Rouse Hill

Newsletter Vol. 4 No. 25

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25th August, 2023 Term 3, Week 6

Dear Parents

FATHERS' DAY CELEBRATIONS NEXT FRIDAY, 1st SEPTEMBER

We invite all dads to come to a special DAD morning assembly in their honour starting at 9.00am next Friday 1st September, which will be followed by morning tea and then a visit to the classrooms for a learning activity with the children. All are most welcome.

We invite all dads to come to a special DAD morning assembly in their honour starting at 9.00am next Friday 1^{st} September, which will be followed by morning tea and then a visit to the classrooms. We hope dad (or significant males) and parents are able to join us. Although it is termed Father's Day, it is appreciated that many other significant adults and mothers play the role of 'dad' in the children's lives. All parents and friends are most welcome.

A Blessing Prayer for Fathers

God our Father, as you have loved us into being,

We ask that your blessing to be upon all fathers who offer to their children

The love with which you have blessed them.

May you continue to guide and strengthen these fathers and all men who offer wise guidance to others.

Bless them with patience, good humour and understanding.

May Jesus be their companion and the Holy Spirit provide constant inspiration. Amen

Family Week

As a regular feature now in Week 7 of each term, 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 for the family. We encourage you to choose an activity that you can do as a family each day with your child. Examples have included playing a board game, sitting and sharing stories, cooking a meal together, feeding the pet, playing cards, helping put away laundry, setting the table, reading mum or dad a book, washing the car, gardening, writing mum and dad a thank you note, spending time in prayer/saying the Rosary, going for a family walk, 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 friends.

Book week - WOW What at Week!!

Congratulations to one and all for what has been an outstanding OLA Book Week. The book Parade was just amazing with so many book characters coming to life through the imagination of the children. Thank you parents for your overwhelming presence and assistance in getting the children looking so great. Our Book Fair was also a huge success.

It was just beautiful to see so many parents and children enjoy reading together at our Rug Reading. In addition our Author Visitors 'Kate & Jol Temple' were very much enjoyed by all the children.

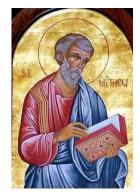
Appreciation to all the staff who ensured the week was one to remember, particularly with their reenactment of 'The Hungry Caterpillar'. Special mention to Mrs Hurst our Literacy Co-ordinator and Mrs Wagner, our Librarian for their efforts in making this week so special.

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

Tony Calabria Principal

TWENTY-FIRST SUNDAY IN ORDINARY TIME YEAR A (27-08-2023) Gospel Reflection Mt 16:13-20

The question that Jesus asks the disciples is a question he asks of all of us. How we answer that question reflects our relationship with Jesus. But more importantly, how we answer that question reflects the way we live our life in response to who we believe Jesus to be. If we truly say that we believe in Jesus as the son of God, then how do we live our lives in such a way that we act on that belief? The gospel shows us that an inadequate answer to that question leads to missing the point of all that Jesus is.



Parish Masses Term 3:

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: Tuesday 29th August- Years 1 & 2 at 9am
WEEK 8: Tuesday 5th September-Years 3 & 4 at 9am

WEEK 9: Wednesday 13th September- Years 5 & 6 and Kindergarten at 9am

WEEK 10: Tuesday 20th September- Years 1 & 2 at 9am

Sacrament of Confirmation Sessions

Please keep the children from Year 6 that are preparing for their sacrament of Confirmation in your prayers.

Thursday 31st August at 6:30 pm- Session 6

Rehearsal Sessions

Thursday 7th September Group 1 at 5:00 pm Group 2 at 6:00 pm Group 3 at 7:00 pm

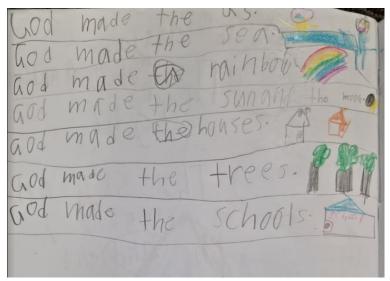
Sacrament of Confirmation Masses

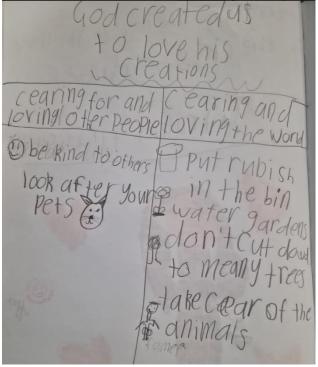
Tuesday 12th September at 6:30 pm- Group 1 Wednesday 13th September at 6:30 pm- Group 2 Thursday 14th September at 6:30 pm- Group 3

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

In Year One, students have been learning about God as our loving creator. This week, students have been looking at the creation

story and creating their own artworks to represent their understanding.





IMPORTANT NOTICE – TERM 4

As communicated in Term 2, the Diocese has set aside the first two days of Term 4 as Staff Development Days (Pupil Free Days) to focus on professional learning regarding the new English and Mathematical Syllabus.

Please note Monday 9th and Tuesday 10th October will be pupil free days.

The first day of Term 4 for students will be Wednesday 11th October.



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

| Sun 27 th Aug | Thurs 31st Aug |
|--------------------------|------------------|
| Leo Martino | Ameline Clark |
| Asher Vilathgamuwa | Chloe Molnar |
| Christopher Wang | Sophie Kovacevic |
| | Liam Parame |

| Mon 28" Aug | |
|---------------------------|--------------------------|
| Oliver Duran | Fri 1 st Sept |
| | Alyssa Albertini |
| Tues 29 th Aug | Alessio Albertini |
| Evie Micallef | Zoev Meli |

Damien Macquet-Maurel

| Wed 30 th Aug | Sat 2 nd Sept |
|--------------------------|--------------------------|
| Julian Fonsdituri | Ethan Dyke |
| Ella Macdonald | Chloe Cook |
| | Lucy Roberts |

Leave of 5 Days or more

Avery Grace

Just a reminder that for any leave of 5 days or more, an Application for Extended Leave must be completed prior to the date and a Certificate issued by the school for this absence. If no application is received, your child will be marked as an 'unjustified absence'.

Father's Day Celebrations

Mark the Date and Time

Friday 1st September

We invite all Dads to come to a special DAD morning assembly in their honour starting at 9:00am on Friday 1st September, which will be followed by morning tea and then a visit to the classrooms. We hope all Dads (or significant males) are able to join us. All are most welcome.

Debating — On Tuesday our OLA debating team versed Blessed John XXIII as the negative side on the topic 'Mobile Phones should be Banned for Primary School Students'. We were the successful team on the day. Well done to Divena Sundaram, William Mallard, Charlotte Naim and Elizabeth McKee. Our appreciation and thanks to Mrs McBrien for so capably co-ordinating and preparing our debaters.

Dates to Remember

|--|

Mon 28th Aug 10.00am Voice of Youth Cluster Finals St John XXIII, Stanhope Gardens. Best wishes to Ava-Belle Chong & Elizabeth McKee who will represent OLA.

All Welcome

Tues 29th Aug Father's Day Gift Stall

9.00am Years 1 & 2 Parish Mass. All Welcome

Wed 30th Aug Year 3 -6 Diocesan Netball Gala Day, Jamison

Park, Netball Complex, Penrith

Fri 1st Sept 9.00am Father's Day & Jersey Day

Liturgy/Assembly/Morning Tea. All Welcome

Sun 3rd Sept HAPPY FATHER'S DAY

Week 8

Tues 5th Sept 9.00am Years 3 & 4 Parish Mass
Fri 8th Sept 2.30pm Whole School Assembly
Presented by Year 4. All Welcome

Week 9

Wed 13th Sept 9.00am Kindy, Years 5 & 6 Parish Mass

All Welcome

Fri 15th Sept Stage 2 Touch Football Gala Day, St Marys

2.15pm Pre-loved Uniform Sale

Building Child Safe Communities – Volunteer Undertaking

A reminder to all parents that wish to volunteer at OLA that the CSPD Building Child Safe Communities form and online training module for all volunteers is required to be completed.

The purpose of this training is to inform you of the standards of behaviour and other requirements that must be adhered to when volunteering for CEDP.

The undertaking should take no more than 5 minutes to complete and the training module approximately 10 minutes. Follow this link to complete: https://www.parra.catholic.edu.au/About-Us/Building-Child-Safe-Communities

All volunteers need a BCSC status that is **Approved** to provide services to our school. You must provide your BCSC number to school prior to the **EVENT DATE.**

Thank you for all that you do in partnership with the teachers and staff to enhance your child's learning journey at OLA.

Please remember that this only needs to be completed every two years, not every time you are volunteering for an excursion. Please keep your approval email 'bookmarked' so that you can check your expiry date.

Literacy News

We read, read to succeed, succeed, succeed....



Premier's Reading Challenge





Congratulations to Emily Parame 1W, Liam Parame 2B, Jack Lambert 2W, Andy Bui 6W & Noah Falzon 6W for completing the PRC challenge this week. This a reminder the challenge has now closed. Congratulations to all students who completed the challenge this year.

The Infant and Primary class winners will be announced soon.

At OLA, we read to succeed!

Book Week Events

Author Visit



On Monday, students had an incredible opportunity to engage with two amazing authors, Kate and Jol Temple, gaining insights into their creative writing processes. Kate and Jol captivated students with their unique writing perspectives, sharing techniques and discussing inspirations. They also treated students to readings of their captivating works, transporting them to magical worlds. The visit enriched students' passion for reading and writing, inspiring creative exploration. We're grateful to Kate and Jol for their expertise and look forward to more literary adventures at our school.



Book Parade

Congratulations OLA, on your participation in the 2023 Book Parade. Thank you for your wonderful book character costumes and parading with a great OLA spirit.



Book Fair & Rug Reading

Thank you, parents, for supporting our Book Fair and joining us for Rug Reading. What a fantastic day for OLALI







OLA Staff

Finally, thank you to our amazing OLA staff for their entertaining re-enactment of **The Very Hungry** Caterpillar.



MacKillop Hoodies and/or Zone Representative Clothing

We are proud of our school uniform and how smart the children look. As the representative season begin, children that represent the Parramatta Zone or MacKillop often purchase a hoodie or other clothing to mark the event. A few students have been wearing these to school as a substitute to the normal school jumper/jacket. This clothing is not part of our school uniform.

From Term 2 onwards, all representative clothing will not be permitted to be worn at OLA.

Many thanks for your continuing support in this area.

Parent Emails to School

At OLA we value our strong relationship with families and welcome opportunities to communicate with parents and carers. We also recognise that email is a fast and convenient way to contact your child's teacher or other school staff.

If you wish to contact a staff member, please email ola@parra.catholic.edu.au. Your email will then be directed to your child's teacher or another relevant staff member. This helps us to have confidence that we are aware of any matters needing our attention as a team, and that you are connected to the person who can best help.

Thank you so much for your assistance and understanding as we work together in partnership.



Father's Day Gift Stall Tuesday 29th August QKR App closing late Friday 25th August

Just a few reminders:-

- All orders need to be placed through the QKR App.
- Please ensure you order for each child in your family
- The children will be able to select from a number of gifts on the day.
- Please send a small gift/plastic bag in with your child
- No cash will be accepted on the day.
- The QKR App will close this evening, Friday 25th August at 11.30pm.





Next <u>Friday 1st September</u> is once again Jersey Day. Jersey Day is an awareness raising campaign for organ donation that has been initiated by the Gremmo family, who tragically lost their son in a road accident on Glenhaven Road in May 2015. The Gremmo family is well known in the Hills district.

Next Friday, 1st September, we will be celebrating Fathers' Day here at OLA and no doubt many fathers will be wearing jerseys. If you wish to support this awareness program, your child may also wear a jersey over their uniform on this day. Please note that this is NOT a mufti day. We ask that if you wish your child to wear their jersey, you may wish to discuss with them the concept behind the awareness campaign as this will note be addressed at school. Consideration should be given to their age appropriateness and level of understanding.

Your participation in this awareness campaign is purely optional

Infants Athletics Carnival

Monday 18th September

9.00am - 12pm to be held on the school grounds.

We are inviting parents and family members to come join in the fun while the students from K-2 participate in their Infants Athletics Carnival at OLA. The morning will be filled with multiple sporting events on rotation for the students and parents to enjoy. Our showcase '70m Sprint' will be the final event, so don't miss out on supporting the children as they display great sportsmanship and athleticism. Please see the google form coming home soon requesting parent helpers, as we need many hands to help make the day run smoothly.

Please note that this is a fun carnival in which we encourage participation and having a go.

Thank you for all you do to support OLA.

Mrs Lyndelle Batten

"Supporting your Child with Anxiety"

Here are a few more slides from the presentation on 'Supporting your Child with Anxiety' from our counsellor, Ekua Nkrumah.

What Can Anxiety Look Like (Behaviours)?

- Perfectionism
- Difficulty coping with changes /rigid thinking
- Always needing to be right
- Wanting to take charge / control
- 'Shutting down' / non responsive
- 'Perfect' at school (often not at home!)
- Oppositionality / stubbornness
- Avoidance of certain things
- School refusal
 - Self harm



What to do About Unhelpful thoughts?

- Recognise them as thoughts and not necessarily the truth
- Two schools of thought: challenge thoughts vs accept thoughts but separate from behaviour
- <u>Challenging</u> thoughts is about REALISTIC or 'detective' thinking. What is the objective evidence something is true or not? If not enough evidence, what is the more helpful replacement thought?
- Acceptance of thoughts takes the perspective that we can accept we have those thoughts but
 thoughts do not equal behaviour and we can choose to behave in a way that is not congruent with
 our negative thoughts and commit to living our lives in the way we want by doing this.





What Else Increases Anxiety?

- Avoidance of things that worry them breeds more anxiety
- Messages and/or modelling of key adults around them that are consistent with belief that something is dangerous or scary (e.g., parents hovering anxiously)
- Overexposure to news media
- Social media can contribute and exacerbate
- A sense of helplessness, lack of control
- Not feeling connected with others or accepted by others



Birthday Treats

We kindly ask that you continue to **NOT** send in any birthday treats of any kind, edible or non-edible. This is the 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.**

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.

We Bounce Back and Move Forward at OLA

Mindfulness

Mindfulness for children refers to the practice of teaching children how to be present and fully engaged in the present moment, without judgment. It involves helping children develop awareness of their thoughts, feelings, bodily sensations, and the world around them. Mindfulness can be introduced to children in a way that is age-appropriate and engaging, fostering emotional regulation, focus, empathy, and overall well-being.

Here are some key aspects of mindfulness for children:

Awareness of the Present Moment: Children are taught to pay attention to their current experiences, whether it's through their senses, emotions, or thoughts. This can help them become more attuned to their surroundings and their internal states.



Non-Judgmental Attitude: Mindfulness encourages children to observe their thoughts and feelings without labeling them as "good" or "bad." This helps them develop a non-judgmental stance toward their own experiences, reducing self-criticism and enhancing self-acceptance.

Breathing and Sensory Exercises: Breathing exercises and sensory activities, like focusing on the sound of a bell or the sensation of their breath, can help children anchor their attention to the present moment. These exercises can be fun and engaging, making mindfulness more accessible to them.

Emotional Regulation: Mindfulness can help children become more aware of their emotions as they arise. By recognising emotions without becoming overwhelmed by them, children can develop healthier ways of dealing with stress and challenging situations.

Focus and Concentration: Mindfulness practices can improve children's ability to concentrate and focus their attention. This can be particularly beneficial in school settings, where improved focus can lead to better learning outcomes.

Empathy and Compassion: Mindfulness encourages children to be attentive to the feelings and experiences of others. This can foster empathy and compassion, helping children develop stronger interpersonal skills and healthier relationships.

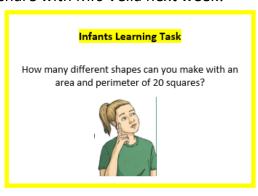
Stress Reduction: Just like with adults, mindfulness can help children manage stress and anxiety. Techniques like deep breathing and body scans can help them relax and alleviate tension.

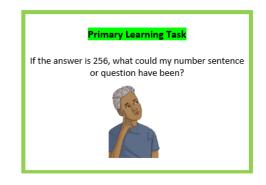
Creative Expression: Mindfulness can be combined with creative activities such as drawing, colouring, or storytelling. These activities help children express themselves and engage in mindful practices simultaneously.

When introducing mindfulness to children, it's important to keep their developmental stage in mind. Younger children might engage better with shorter, playful activities that involve movement and sensory experiences, while older children might benefit from more structured practices and discussions about emotions and thoughts. Mindfulness can be taught by parents, caregivers, teachers, or mental health professionals. There are also books, apps, and online resources specifically designed to teach mindfulness to children in an engaging and age-appropriate manner.

Week 4 MATHS FUN

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







OLA SPORT....

Congratulations to the students who represented OLA at the Hills Zone Athletics last Friday. We are proud of you.

What an outstanding day for team OLA. Started off with a bang..... Both Junior Girls and Boys 4x100m relay teams finished first as did our Senior Boys relay team. Next were the individual track and field events. Each student displayed high quality athleticism and not to mention remarkable sportsmanship.

Today, the 25 students listed below are back at the Blacktown International Sports Park to compete at the Parramatta Diocesan Athletics Carnival.

Special mention and congratulations to Lucas Richardson who was named the Senior Boys Age Champion. Also, congratulations to Liam Masters who broke a Hills Zone U8's 100m record. He ran a 14.22 (this record stood until the final when another competitor ran a 13.81). We have some very quick 8-year-olds in the Hills.

Brae Aldaba Korbin Bruckard Lucas Dobaj Vienna Gergely-Hollai Liam Masters Magnus Myhre-Fox Lyla Sofiak Khai Aldaba Tristan Cappello Noah Falzon Charlotte Holden Ruby Masters Flynn Richardson Leonardo Borgiani Samuel Cauchi James Farrugia Koby Hughes Eva Millers Lucas Richardson Asher Davidson Tony Dinh Fionn Galway Akira Malik Charlotte Naim Kian Santiago

Thank you to all the family members who came to support not only their children but anyone who was wearing our OLA Representative shirts. We have a wonderful community and the children excel because of you. We are extremely blessed.

Netball Gala Day

Best wishes to all our students (9 teams in total) who will be attending the Netball Gala Day at Penrith this Wednesday.



Technology Tip - Week 6 Digital Fatigue ARE YOU OR YOUR CHILD EXPERIENCING DIGITAL FATIGUE?

What is digital fatigue? It is exhaustion as a result of excessive use of digital devices. Sometimes, we can have sore eyes, headaches, tech-neck, an inability to focus online, or perhaps general fatigue after a long day on digital devices.

Five Super-Simple Strategies to Prevent Digital Fatigue

- 1. Close your eyes: Eye strain can occur from spending a significant amount of time in front of the screens. A simple remedy is to encourage kids and teens to regularly close their eyes, even if just for ten seconds. Do this several times.
- 2. Get outside and get active: Increased time sitting down on devices also means young people are spending less time outdoors and time in nature which is vital for their physical and mental health and also critical for their focus.
- **3. Establish consistent workspaces:** Having a designated study area where students' complete homework, online learning or study is vital.
- **4. Work in 'digital dashes':** Work in short, sharp bursts where possible. Have a quick brain break away from your device. This allows your brain and eyes a break.
- **5. Have a schedule:** Allocated specific times and days kids can use devices. Providing kids with a predictable routine (as best we can) allows them to focus on the more critical tasks.

Date for Remaining Whole School Assembly

The remaining date for the term 3 whole school assembly, where a grade will be showcasing and presenting their learning is:-

Friday 8th September – Presented by Year 4

All are most welcome to attend.

If you are attending this assembly we would suggest that you park across the road at the ovals and walk across to school.

Values Matter at OLA

How are values taught? Our Catholic schools have, at the centre of all learning and teaching, core Catholic values which are based on Christ's Gospel values. It is about making the core values explicit in all school activities through modelling, discussion and critical reflection.

This week we are focussing on the value of: - **Honest and Trustworthiness** – Be honest, sincere and seek the truth.

This value includes the following characteristics:-

- Being honest
- Being truthful to self and others
- Not deceiving, cheating or stealing exercising ethical judgments
- Being reliable doing what you say you'll do
- Having the courage to do the right thing
- Building a good reputation. Being loyal standing by your family, friends and country.

What you can do to promote trustworthiness:-

- Teach children the importance of trustworthiness by word and example. Ask yourself 'what message am I sending?" Avoid dishonesty, especially in front of your child ("A child's ticket, please, he is only 11.") Never ask your child to lie for you ("Tell Grandma I'm in the shower")
- Encourage honesty even when it may cause your child to get into trouble. Praise efforts to be honest and point out good examples whenever you see them. Express disappointment for dishonesty.
- Keep your commitments, be on time and do what you say you will do, especially when your child is involved.
- Teach that people need the courage to say 'no' when friends ask them to do something that seems wrong. Explain that it is disloyal to ask a friend to be untrustworthy.

Are you a good role model to your children? Do you model honesty and integrity at all times?

The overall message:-

Honesty and trustworthiness is about being honest, telling the truth, keeping promises, and being loyal so people can trust you.

Trustworthy people don't lie, cheat or steal. They have integrity and the moral courage to do the right thing and to stand up for their beliefs even when it is difficult to do so.

Theme for the Week

"Honesty & Trustworthiness"

Our theme this week encourages us to be honest and trustworthy at all times. To be honest with each other means expressing our feelings, respecting others and accepting responsibility for our actions. Being honest, sincere and seeking the truth are essential characteristics for being in harmony with ourselves and those with whom we interact.

Student Awards

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

| Term 3 Week 6 | | |
|------------------|------------------------|-----------------------|
| Student | Academic Merit Award | St Francis Award |
| KB | Hudson Cameron | Amelia Morelli |
| KG | Ariella Barbara | Eli Maizey |
| KW ▽ | Alexia Turnbull-Lopez | Sienna Parbery |
| Year 1 B | Maci Cusack | Justin Orlando |
| Year 1 G | Viktoria Czipri | Marcus De Guzman |
| Year 1 W | Dannilee <u>Vilila</u> | Keilan Peacock |
| Year 2 B | Noah Falcone | Alexa Nasso |
| Year 2G | Christian Morelli | Noah McCrory |
| Year 2W | Alyssa Albertini | Samuel Cauchi |
| Year 3 B | Chayse Attard | Amali Enosi Tuipulotu |
| Year 3 G | Avyukth Kanigelpula | Millyana Pelaez |
| Year 3 W | Luca Galea | Suhaan Shah |
| Year 4 B | Scarlett Buchanan | Amelie Pelaez |
| Year 4 G | Harvey Fenech | Charlotte Eyres |
| Year 4 W | Nevaeh Macquet- Maurel | Clara Denisenko |
| Year 5 B | Nandita Savin | Hannah Burgess |
| Year 5G | Nadia Mileto | Zoe Farias |
| Year 5W | Alana Apap | Avi Pawar |
| Year 6 B | Gael Casino | Serenity Naim |
| Year 6 G | Vincent Cappello | Makayla Streater |
| Year 6 W | Ethan Dyke | Mirelle Ferdinands |



Congratulations to Ruby & Liam Masters who both competed at the State Championships for Irish Dancing last week.

Liam won the State Championship title for 7 years boys and Ruby came 3rd and qualified for the World Championships in Glasgow, Scotland in 2024.



OLA FACEBOOK PAGE

For up to date information and events,
Visit our Facebook

pagehttps://www.facebook.com/OLARouseHIII

Or Click on the facebook f in the top corner of our school website

Be sure to 'like us'

IMPORTANT NOTICE Facebook/Messenger

<u>Please note</u>: There are <u>NO</u> 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.