Dear Parents and Caregivers,

Last Sunday our church celebrated the **Ascension of our Lord**. We rejoice in knowing that Jesus work on earth was completed and that he raised up to be seated at the right hand of the father.

This Sunday we celebrate **Pentecost Sunday** – the birthday of our church. May we all be empowered by the Holy Spirit in our daily lives. I wonder what we can do to spread the Good News just as Jesus’ friends did?

> **In the evening of that same day, the first day of the week, the doors were closed in the room where the disciples were, for fear of the Jews. Jesus came and stood among them. He said to them,**
> **‘Peace be with you’, and he showed them his hands and his side.**

> **The disciples were filled with joy when they saw the Lord, and he said to them again,**
> **‘Peace be with you. As the Father sent me, so I am sending you.’**

> **After saying this he breathed on them and said:**
> **‘Receive the Holy Spirit. For those whose sins you forgive, they are forgiven; for those whose sins you retain, they are retained.’**

> John 20:19-23

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**Blue Mountains Bicentenary Button Badges**

Each of our children recently received a badge to commemorate the bicentenary of the first crossing of the Blue Mountains in 1813 by Blaxland, Wentworth and Lawson. Our thanks to the Royal Australian Historical Society for making this possible through funding from the state government.

**Whole School Creative Arts Performance – Mark the Date!**

ALL children are expected to participate in this major performance evening on Wednesday 11th September. We ask you to plan ahead to make arrangements for your children to participate. This performance will be central to the Term 3 Creative Arts Program. ALL children will be involved in the day time rehearsal and the evening performance.

**Please Note:** Mary Help of Christians Prayer on Friday 24th May will be at 2:30pm not 2pm as was indicated on the parent calendar.

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**Mothers’ Day**

We hope you had a truly wonderful Mothers’ Day and we pray that those mums who are no longer with us know that they are in our hearts forever.

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*Together, we are learning! Learning how to relate...... Learning how to be Learning how to learn......Learning how to think......and Learning how to choose!*
Blessing for Mothers

May you be blessed always with God's love and compassion as you give example of loving words and actions to your children.

May you be blessed with the wisdom and strength of the Spirit as you persevere in doing what you know to be right and just with your children.

May you be blessed with joy and laughter, wonder and delight in your children and many beautiful moments and days shared in love with them.

May you be blessed with support, understanding and a loving embrace in those times of difficulty, stress and pain. And may our God always bless you, protect you and be gracious to you.

Creative Arts Achievements
Congratulations to all the children who have participated in a range of creative arts opportunities.

- Our Year 4 children who are all embracing enthusiastically the opportunity they have been given to participate in the Captivate Strings Program.
- Justin Cooper who will perform with the Penrith Symphony Orchestra as a member of the Captivate Voices Choir on Saturday 25th May at the Joan Sutherland Centre.
- Jaydan Isaia and Justin Cooper who recently auditioned for Captivate's Got Talent.

Sporting Achievements
Congratulations to all the children who have participated in a range of sporting opportunities.

- Well done to ALL the children on their enthusiastic participation in our Dance Fever Program. The instructors have been highly impressed by the children's attentiveness, enthusiasm and energy!
- The Mark Taylor Shield Cricket team who won their second round match in this competition. Luke Gale 25 not out, Matthew Sullivan 19, Jake Grosse 2/2 and Max Buckley 2/5.
- Our cross country team who achieved an unprecedented number of personal bests.
- Annie Buckley and Ryan Graham who have been selected to represent the NSW Catholic Primary Schools MacKillop hockey teams.
- Alyssa Wagner who has been selected to represent the NSW Catholic Primary Schools MacKillop softball team.
- The children participating in soccer gala days.
- Our children who enthusiastically participate in their Gross Motor Program each week. (With thanks to all the wonderful parent helpers!)

Together, let us act justly;
Together, let us love tenderly; and,
Together, let us walk humbly with our God.

Allan Jones
PRINCIPAL
On the 25th of March we celebrated the Feast of the Annunciation, the moment when a young woman named Mary said ‘yes’ to God and by the power of the Holy Spirit, Jesus became man. This was the Incarnation. This was the moment of the Angelus.

‘The Angelus is an ancient prayer of Christians, usually said at noon when the sun is the highest in the sky, and sometimes at dawn and dusk, around six in the morning and evening. It consists of three Gospel verses, three Hail Marys in response, and a concluding prayer, all in honour of the Incarnation. People...stop, if only for a few moments, amidst the busyness of their work, and reflect upon God’s gift to us; to ask themselves what all the busyness is for and how it serves the enfleshment of God; and for a moment to say, yes, please and thank you!’

Bishop Anthony Fisher OP
‘Teaching the Truth in Love’ (2013)

From next week all grades will be stopping in the middle of the day to pray this beautiful and ancient prayer. We join with all schools in the Parramatta Diocese in doing so.

In preparation for introducing the Angelus teachers have been reflecting on prayer with the children. Here is what some Year 2 children said about when they like to talk to God:

‘I talk to God when I’m feeling sad and I go into my bedroom and pray that I get better at school and it does happen. I talk to God when I get sent to my room when I am rude to my sister and I pray that I can be more kind to my sister.’

Esper Footman

‘I talk to God when I need help because I get upset and cry. I talk to God when I am in bed because it is peaceful and quiet. I talk to God when I have had a great day because he made great things.’

Jessie Lustri

‘A time when I talk to God is in the morning. I bless myself for my food after breakfast. I like to pray in the garden because it is nice and peaceful in the garden.”

Sienna Rose

A time I talk to God is when my brothers are out of the house and not distracting me. I lay on my bed and close my eyes and talk to God about what a wonderful mum and dad I have and how wonderful my teachers are.”

Layla Starr

Working in groups Year 6 were asked to reflect on the following questions:

What is the role of prayer in our lives? What forms can prayer take?
- To communicate with God, we believe in God, we are Christian and Catholic
- Prayer is a time to reflect and talk to God, we sing, we listen to Scripture, we sit in the silence
- It guides us, talking to God, influence
- We connect to God through prayer
- To trust God and follow in his footsteps
- To connect with God and our faith
- To connect with the Holy Spirit
- Following in the footsteps of the Lord
- Meditation, relaxing
- For us to communicate with God and Jesus
What is the role of prayer in our Catholic community?
• We can relate and connect with each other and God, it is a peaceful time to relax and enjoy God
• To guide us, to talk to God, to understand God better, to forgive our sins
• To give thanks, to pray for help in times of need
• To follow God, to become a better Catholic
• It brings us together, lets us speak to God
• To bring the community together as one
• To ask God for guidance Ask God for help, strength, love, wisdom, knowledge, compassion
• To bring us together as one in a community of faith

You are encouraged to talk to your children about prayer and about what they have learned about the Angelus. You might even like to stop in the middle of the day and pray the devotional prayer yourself.

'The Angelus'
The Angel of the Lord declared unto Mary
And she conceived of the Holy Spirit

Hail Mary full of grace the Lord is with thee blessed art thou among women and blessed is the fruit of thy womb Jesus Holy Mary. Mother of God pray for us sinners now and at the hour of our death.

Behold the handmaid of the Lord
Be it done unto me according to thy word

Hail Mary ......

And the Word was made flesh
And dwelt among us

Hail Mary ......

Pray for us O Holy Mother of God

That we may be made worthy of the promises of Christ
Pour forth we beseech you O Lord Thy grace into our hearts that we to whom the Incarnation of Christ thy Son, was made known by the message of an Angel May by His Passion and Cross, be brought to the glory of His Resurrection. Through the same Christ our Lord. Amen

Feast of Mary Help of Christians:

On Friday 24th of May we celebrate the Feast of Mary Help of Christians. It is an important day for Australian Catholics as Mary Help of Christians is the Patron of our country. Next Friday we will gather as a community to celebrate this wonderful feast of Mary. We invite you to join us for our prayer celebration at 2:30pm in the Church. We look forward to the children of Year 3 and Year 6 leading our celebration. We hope that you can join us.

Sacramental Program:

Please remember to keep in your prayers the children who are preparing for the beautiful Sacrament of First Eucharist. At the moment they are taking part in lessons in preparation for their ‘big day’ on the weekend of the 15th and 16th of June.

Parish Children’s Mass:

On the 23rd of June we will celebrating our next Parish Children’s Mass. It is also the day of Reconciliation enrolment. We are inviting children to take part in reading God’s Word, the Prayers of the Faithful, Gospel procession, offertory procession and the choir. If your child would like to be involved in any aspect of this celebration, please let the office know via a letter or emailing me at CDay3@parrs.catholic.edu.au. We hope that many children will take the opportunity to lead the parish community in prayer on this day.

Carole Day
School Uniform Supplies – Lowes Menswear, Penrith Plaza
If you experience any difficulties with the service, supply or quality of our school uniform in the first place please address these matters to the staff at the store. We do ask that you contact the school office so we can keep an ongoing record of any concerns so we can work with Lowes to ensure that we can sort out any issues with our suppliers.

GENERAL INFORMATION AND REMINDERS

Kinder 2014 Interviews Reminder
Please spread the word and encourage those you know who may be interested in enrolling their children at OLOW to submit their applications as soon as possible. The official enrolment period ends on 31st May after which places will be offered for 2014.

For siblings of current students an interview is required and again we ask you to submit an enrolment application as soon as possible. Places cannot be guaranteed after 31st May if we have not received an enrolment application.

Winter Uniform
Children are able to change over to the winter school uniform as soon as you see the need. We do not have a set date but children need to be in full winter uniform, or full summer uniform, not a mix of both.

Food Allergy Awareness
Severe allergies are a community health issue. The most severe allergic reaction is called “Anaphylaxis” and can be life-threatening. Anaphylaxis is a severe and sudden allergic reaction. It can occur when a susceptible person is exposed to an allergen (such as a food or insect sting). We have children at OLOW who do suffer from severe food allergies and whilst we are not a nut free school we do ask for everyone’s co-operation in minimising the risk to our children. If you could supply your children with food that is nut free we would greatly appreciate it. There are posters up around the school or you can visit the website: www.allergyfacts.org.au for more information.

Be healthy – be active
Children and adults need physical activity every day. Activity helps bones, muscles, joints and helps maintain a healthy weight. Can also reduce the risk of heart disease, type 2 diabetes and get active anyway you can - walking, riding, swimming, and games such as Duck, Duck, Goose or Bull Rush.

Woolworths Earn and Learn
This year we will be participating in the Woolworths Earn & Learn program. Through this program we will be able to get new educational resources for our school – and all we need you to do is shop for your groceries at Woolworths. Today we have sent home some blank sheets for you to put your stickers on and then send them into school. Extra sheets are available from the office. Thank you for your support.

From Monday 8th April to Sunday 9th June, we are collecting Woolworths Earn & Learn Points. You will get one Woolworths Earn & Learn Point for every $10 spent (excluding liquor, tobacco and gift cards). Place the Woolworths Earn & Learn Points onto a Woolworths Earn & Learn Points Sheet and when it’s complete, the Points Sheet can be dropped into the Collection Box here at the school or at your local store. Today we have sent home extra blank sheets for you to put your stickers on.

At the end of the promotion, we’ll be able to get some great new equipment. The range is extensive and offers lots of items ideal for our students – including resources for Maths, English, Science and some fantastic fun supplies for Arts & Craft, Sport and for our library. If you’d like to know more visit woolworths.com.au/earnandlearn
Sticker sheets will be given to students this week, more sheets are available in the office.
3 facts about celery

1. They are a member of the carrot family
2. Chewing on celery can help clean the teeth
3. Celery sticks are a great Crunch & Sip™ choice for your child!

Facebook
Come like our page on Facebook. You can find us at Our Lady of the Way, Emu Plains. This page is intended to further our communication between home and school. We will be posting reminders, updates and pictures about daily life at school. It is not intended for students to access, as they are under the age limit as determined by Facebook.

Gold and Silver Award Recipients
Congratulations to the following children who received awards this fortnight:

Gold Awards
- Abby Dixon
- Hayden Jenkins
- Georgia Cashel
- Ella Boormakin

Silver Awards
- Luke Durham
- Bailey Gregory
- Carson Wrench
- Mason Eakman
- Riley Burton
- Holly Clark
- Taj Le Breton
- Ava Eakman
ACTIVE LIFESTYLE

Personal Development, Health and Physical Education (PDHPE) develops the knowledge, skills and attitudes students need to lead healthy, active and fulfilling lives. Students learn about the importance of good food and regular exercise. They learn how bodies grow and change over time. They learn skills to play individual and team sports, and the values of sportsmanship and teamwork.

Did You Know?
Children and teenagers should be physically active every day. A minimum requirement of 30 minutes of moderate to vigorous intensity physical activity per day is recommended to provide health benefits. A further benefit is achieved if children engage in three relatively vigorous sessions of activity per week of at least 20 minutes. Parents role-modelling the importance of physical activity in their daily life provide a powerful influence on children as they develop values and attitudes towards being active.

There are plenty of ways to be active - Here are some ideas to get your children started.

Be active together. Quality time isn’t time in front of the TV, or eating takeaway food in the car. Plan some trips. Picnics are great at the park or the beach. Being active together will improve personal relationships and get your family communicating better.

Encourage both moderate and vigorous activities every day. As a family, aim to do a range of different activities that help children develop healthy bones, muscles and joints. Do more moderate exercise like brisk walking and vigorous activities that make everyone ‘huff and puff’. A game of footy in the backyard will get the blood flowing!

Get active any way you can. Children love it when mum and dad join in their games. Throw a frisbee or ball together. Stay active by walking the children to school or riding your bike with them.

Become a team player. Team games are great fun. Play football, basketball, netball, tennis or soccer by joining a club, or just play team games with friends in the neighbourhood.

Take up active recreation at every opportunity. Enrol kids in dance classes. Or, for that matter, enrol yourself. Take up swimming, go for a gentle run or a good walk.

Get into physical education. The importance of physical education for children shouldn’t be underestimated. All children deserve the opportunity to learn new skills to be active for life. Try a range of activities that suit different skills, like catching, throwing, balance and coordination.

Reduce Inactive leisure time. Limit television viewing, cut down on video games and reduce time surfing the net.

Get the family involved in local activities. Encourage more social involvement by joining after school clubs and taking part in community events.

Be a good role model for your kids. If an active lifestyle is part of your life, you’re much more likely to pass similar good habits to your children.

Explore ways to be an active family. Explore a national park, go bushwalking, hike and camp in the hills, take a walking tour of the city, bike ride together and play with your kids.

Please contact me at mmifsud@parra.catholic.edu.au if you have any questions relating to the LOWCURRICULUMSPOT.

Take Care
Michael