



By The Way

Newsletter of Our Lady of the Way Catholic Primary School, Emu Plains

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MASS TIMES: Saturday Vigil 6.00pm, Sunday 8.00am and 9.30am. All welcome!

“To act justly, To love tenderly and To walk humbly with our God”

“Education at Our Lady of the Way is the development and nurturing of the whole child in the Catholic tradition in order that they become life-long learners who interact positively with others and the world around them”

30th January 2014

DIARY DATES

Monday 3 February

Kinder begin 8.45am to 1.25pm each day this week.

Monday 3 February

Yr. 5 Antarctica Incursion

Thursday 6 February

Primary Swimming
Carnival
Glenbrook
Yrs 3-6

Friday 7 February

9.15am Opening School
Mass

Tuesday 11 February

Yr. 1 & Yr. 3 CSIRO
Incursion

7pm Kindergarten 2014
Parent Information
Evening

Beginning Mon 17 February

Parent/Teacher/Student
Conferences

Tuesday 18 February

P&F Meeting
All Welcome

Dear Parents, Staff and Students,

It is with great delight that I put pen to paper to write my first editorial as principal of Our Lady of the Way. Each Christmas we celebrate the life of Jesus born amongst us and as we enter 2014 we look to a year of new life for our school.

I welcome each of you to the 2014 school year, especially those families and staff who are joining our community this year. I wish you a rewarding and fulfilling experience at Our Lady of the Way.

Yesterday we welcomed back our students in Years 1-6, all dressed in their beautiful uniform with shiny shoes and large smiles. Today begins their 2014 learning journey building on all their past experiences, being nurtured, encouraged and challenged.

We look forward to welcoming our Kindergarten students on Monday as a grade while this week they individually complete the Early Years(EYA) and Extending Mathematical Understanding (EMU) Assessments. This battery of assessments in literacy set the benchmark for each child so teachers can individualise their learning.

Summer holidays are a wonderful opportunity to enjoy family time, the weather, beaches, barbeques adventures and lots of reading. I hope you were able to indulge in these luxuries and are now energised for the year ahead.

I look forward to meeting with you very soon. Our Primary Swimming Carnival is set for Thursday 6 February and the opening school mass on Friday 7 February. Parent/Teacher/Student Conferences will begin in week 4 so keep your eyes for the booking details. I encourage you to take this opportunity to meet with the teachers to set goals for your child's learning this year.

I welcome your support in our ongoing partnership of parents, school and parish in Catholic Education.

God Bless

Sue Velling

Principal

NEW FAMILIES & STAFF

We welcome to the OLOW community 50 new Kindergarten children as well as Zoe Grech, Ben Kulas, Tahlia Robinson, Anne Joseph, Christopher Elliot, Emily Savic and Jesse Morrison.

We also welcome our new staff members

Miss Justine Colyer – Year 3

Miss Kirsty Reynolds – Year 6 & Sport Coordinator

Mrs Deborah Robinson - Family Counsellor (Friday)

Mrs Kerrie Giumelli – Teaching Educator (Numeracy)

Ms Jane Andino & Ms Jessie Cunnife – Keyboard teachers (outside agency)

Parent/Teacher/Student Conferences

The formation of a positive school/home relationship is important for your child's well-being and development. With this in mind, OLOW will begin the year with individual Parent/Teacher/Student conferences beginning in Week 4. These interviews are compulsory and we ask all parents to attend so learning goals can be set for each child.

IMPORTANT DATES!!!

Thursday 6 th Feb	• Primary Swimming Carnival
9.15am Friday 7 th Feb	• Opening School Mass
Beginning Week 4	• Parent /Teacher /Student Conferences



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!

FROM THE REC...

Welcoming Mass:

You are warmly invited to celebrate with us our Welcoming Mass and ask God's blessing upon our new school year. Please join us at 9:15am on Friday the 7th of February. During our liturgy we will welcome all those students who are new to our school (especially our beautiful Kindergarten students) and induct our student leaders of 2014. We hope you will be able to join us for our special celebration.



Religious Education Focus:

Our Religious Education motto for this year is once again "How are you holding God's hand today?" Throughout this year we will take opportunities to help all members of our school community make deeper connections to Scripture – in this way we will be making that deeper connection to our loving God. We will take many opportunities to reflect on the Scriptures not only in Religious Education lessons, but also at morning assembly, liturgies and through the school newsletter.

Gratitude:

A Reading from St. Paul's Letter to the Colossians.

And let the peace of Christ rule in your hearts, to which indeed you were called in one body. And be thankful. Let the word of Christ dwell in you richly, teaching and admonishing one another in all wisdom, singing psalms and hymns and spiritual songs, with thankfulness in your hearts to God. And whatever you do, in word or deed, do everything in the name of the Lord Jesus, giving thanks to God the Father through him.

The Word of the Lord.

During our staff prayer on Tuesday this Scripture was shared and we were reminded by St. Paul to always give thanks to God. This theme became the focus for many of our children as we began our school day yesterday and gathered to pray. It is important to stop and name those things for which we are grateful and give thanks to God.

Our magnolia tree became our 'Gratitude Tree' – you may have noticed some of our reflections. Some 'tags' have been left on the prayer space in the office and we invite you to take a 'tag' and add your own expressions of gratitude to the tree. Many grades have created their own gratitude trees in their learning spaces. We encourage you to make the naming of things you are grateful for as a family ritual that perhaps is practised every day. You might even like to make your own tree. A beautiful song you might like to watch on YouTube can be found at: www.youtube.com/watch?v=sO2o98Zpzg8



Carole Day

Religious Education Coordinator





Our Lady of the Way is a Sun Smart School. We strive to make sure all students, parents and teachers **Slip. Slop, Slap, Seek and Slide** all year round.

Australia has the highest rate of skin cancer in the world. Two in three Australians (2 in 3 men and 3 in 5 women) will develop some form of skin cancer before the age of 70. Over 440,000 Australians are treated for skin cancer and more than 1800 Australians die each year from skin cancer.



Unprotected exposure to the sun on our children's delicate skin significantly increases their risk of developing skin cancer later in life. Unfortunately, two out of three Aussie kids at school today will be diagnosed with skin cancer in later life – some of them with deadly melanomas.

The good news is that skin cancer is very preventable. Creating good sun protection habits for life helps reduce the risk of skin cancer and helps prevent freckles, moles and painful sunburn.

When do we need sun protection?

Most areas in NSW experience high levels of UV radiation most of the year – even on cloudy or cooler days. [Find out today's UV levels](#). Always protect your skin when UV levels are 3 (moderate) and above.

Balancing sun protection and vitamin D needs.

- Vitamin D is essential for healthy bone growth and is made when skin is exposed to UV radiation.
- In NSW most children will get enough vitamin D during their everyday outdoor activities.
- Children with very dark skin may be at risk of low vitamin D.
- It's important to talk to your doctor if you have any concerns for your family



Protect yourself in 5 ways:

- **Slip on clothing that covers your shoulders, arms and legs.** Choose shirts with collars, high necks and sleeves and trousers or longer shorts and skirts that come below the knees.
- **Slop on SPF30+ broad-spectrum water-resistant sunscreen.** Apply generously 20 minutes before going outside and re-apply every 2 hours. Never rely on sunscreen alone.
- **Slap on a broad-brimmed hat that protects your face, ears and neck.** Broad-brimmed, bucket and legionnaire style hats provide good protection. Baseball caps are not recommended, as they do not protect the ears, cheeks or neck.
- **Seek shade whenever you can** especially when UV levels are highest between 10am and 2pm (11am and 3pm during daylight saving).
- **Slide on sunglasses that meet Australian Standard AS1067 and that fit your face well.**

For more information: www.cancercouncil.com.au/sunsmart

OLOW has a 'No Hat - No Play' Policy

All students are to wear a school hat when they are outdoors.

(Sporting activities, Before school, First Break, Second Break & After school)

We also encourage all parents to be SunSmart by wearing a hat when you are dropping off or picking up your children, and also during any outdoor activities.

Michael

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

GENERAL INFORMATION AND REMINDERS

If I have a question, who do I see?

- ☺ For general matters and information the ladies in the office (Mrs Julie Irvine, Mrs Bernadette Alexander and Mrs Sarah Zarlenga) can usually help. If they can't they will direct you to the most appropriate staff member.
- ☺ For classroom-based matters relating to your child's wellbeing and learning please contact your child's class teacher. They are in the best position to help you and your child.
- ☺ The next point of contact is the Stage Co-ordinator:

Kinder & Numeracy Co-ordinator	Mrs Rebecca Kakoschke
Stage 1 Yr. 1 & Yr. 2 & Literacy Co-ordinator	Mrs Bernadette Curry
Stage 2 Co-ordinator (Years 3 & 4)	Mr Michael Mifsud
Stage 3 Co-ordinator (Years 5 & 6)	Miss Kirsty Reynolds
- ☺ After having explored these avenues if you still require further assistance an appointment can be made with the Principal or Assistant Principal.



How do I make an appointment?

An appointment can be made with a staff member by writing a note to your child's teacher or the relevant staff member or by contacting the ladies in the office who can pass on a message to the staff member for you.

2014 GENERAL ACTIVITIES FEE

The General Activities Fee will be spread evenly across Terms 1, 2 and 3 and will be included on your School Fees account.

K-2	\$282 for the year	3 payments of \$94
Yrs. 3-4	\$291 for the year	3 payments of \$97
Yrs. 5-6	\$177 for the year	3 payments of \$59

PLEASE NOTE that NO REFUNDS will be given for smaller amounts as there are administration, bus and booking costs which still need to be met. Refunds will be given if children are unable to participate in the Swimming Program or Major Excursions to the extent that we have not incurred costs. Any requests for refunds need to be made in writing, addressed to the Principal.

In the event that an excursion/program needs to be cancelled a substitute learning experience will be arranged and details communicated to parents.

A letter will be sent home prior to each excursion/event/program – information will be included in the School Newsletter for whole school events and programs – outlining details –times, arrangements etc.

The General Activities Fee will cover

- Grade Excursions
- Gymnastics (Term 2)
- Life Education (Term 2)
- Buses to and from Yrs. 3 – 6 Swimming and Athletics Carnivals and K – 2 Sports Day
- Swimming Program (Term 4)
- Book Week Illustrator/Author Workshops
- Musica Viva Program and Performance
- Religious Education Celebration



It will NOT cover

- Sports days attended by only a small group of children such as gala days and zone and diocesan swimming, athletics and cross country.
- Special creative arts groups
- Major overnight Year 5 and Year 6 excursions. These will be itemised separately on your school fees account once full costings have been finalised.
- Other special activities only involving a small group of children (which parents agree to their children to be involved in).
- Other unplanned learning opportunities which may arise that the teachers believe are too valuable not to participate in. (This would be the exception and would occur very rarely).

Thank you for all your support and co-operation as we implement the most efficient and fair way to manage excursions and special programs payments.

OLW Website - <http://www.owemuplains.catholic.edu.au>
Facebook – search for Our Lady of the Way, Emu Plains
Skoolbag – please see instructions at the end of this newsletter
Twitter - @OLOWemuplains





MOBILE PHONES

Students are not to have mobile phones at school. If for an extreme emergency your child needs to have one for after school they must leave it at the school office during the day. A letter of explanation is required seeking approval from the Principal.



COMMUNITY NEWS

Emu Plains JRLFC 2014 Registration

FREE REGISTRATION FEES FOR ALL NEW U6>U11 PLAYERS

1st FEBRUARY 2014 10am-2pm
New Dimensions Health Club ~ 4/32 Leonay Parade, Leonay

8th & 15th FEBRUARY 2014 10am-2pm
Leonay Oval ~ Leonay Parade, Leonay

All returning 2013 Emu Plains JRLFC players are encouraged to register online at <http://bit.ly/emurego>
Visa and Mastercard accepted

2014 Registration Fees Fees due when registering EFTPOS available
Mini (U6>U8) \$100 ~ Mod (U9>U11) \$120
Sat. Int (U12>U15) \$130 ~ Sun. Int (U16/U17) \$140
Free socks & shorts for returning 2013 players & new U12>U17 players
REGISTRAR- Jodi Grant: 0412 096 006 - SECRETARY-Megan Townes : 0423 512 848
New players must bring a passport photo & original birth certificate to be sighted plus a photocopy of the birth certificate

www.emuplainsjrlfc.com.au

Lapstone Glenbrook Netball Club Registration Dates

Dates: Saturday 1st February, 2014 9:00am – 4:00pm
Wednesday 5th February, 2014 6:30pm – 9.30pm

Venue: BMNA Netball Clubhouse, Explorers Rd, Lapstone

Senior Registrar: Debbie Ansell 0415 723 868
Junior Registrar: Trish Oxford 0418 440860
President: Margaret Murrin 0407 297 636

If you are unable to attend on Registration Day and you wish to play or have any queries about the Club, please contact one of the following committee members:

Senior Registrar: Debbie Ansell 0415 723 868
Junior Registrar: Trish Oxford 0418 440860
President: Margaret Murrin 0407 297 636

VENUE
Nepean Rugby Park
Penrith RSL Rugby Club

DATE & TIME
Every TUESDAY in FEBRUARY @ 5.30PM

AGE GROUP
AGES 4 - 12

COST
\$20

CONTACT & REGISTRATION
Adam Fletcher
PH: 02 4727 1688
EMAIL: arfletcher@hotmail.com

Visit tryrugby.com.au

Try Rugby
tryrugby.com.au

Barnardos Australia

Short term foster carers needed for Barnardos Australia.

The Penrith centre are urgently recruiting carers who can provide a safe and loving home to a child on a short term basis. 24 Hour training and support is provided.

Call Amber on 1800663441



Skoolbag

Skoolbag Smartphone App for Parents and Students

Skoolbag is a mobile app that communicates directly to parent smartphones. It allows the school to keep you up to date with the latest news, notices, alerts, newsletters etc. Parents can check Skoolbag at any time to see the latest updates and information. It is FREE for parents to use.

How To Install Skoolbag On Your Smartphone

iPhone Users

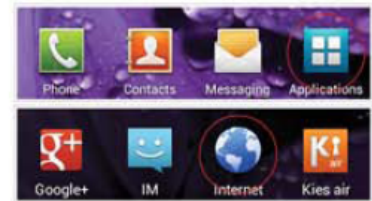
Simply search for "Our Lady of the Way Emu Plains" in the App Store on your phone, PC or Mac, and install.



Android Users

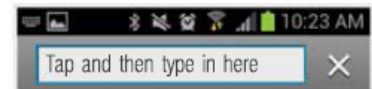
Step 1

Tap the Applications icon, then tap the internet icon to open your web browser.



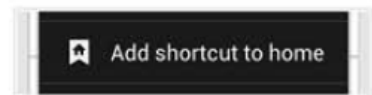
Step 2

Type www.skoolbag.com.au/olowep into the address bar.



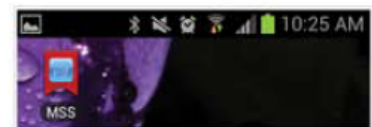
Step 3

Once loaded you can save the Skoolbag icon to your home screen for easy access every day. For example with a Samsung Galaxy S2 & S3 phone, tap the menu button, then tap the "Add Shortcut to Home".



Step 4

The Skoolbag icon will then show on your home screen. This provides a shortcut to make it easy to view updates each day.



Don't forget to like us on Facebook! 

Find out more at www.skoolbag.com.au

Skoolbag delivers school notices directly to parent smartphones

