

DIARY DATES

Friday 1 April English Work Samples sent home
Tuesday 5 April 9.30am Yr 5 & 6 to ANZAC Service at Penrith Paceway
Friday 8 April Last Day of Term 1
Tuesday 26 April Term 2 - School Resumes
ANZAC Day Celebration 10.15am
Thurs 28 April/ Fri 29th April Yr 6 Canberra
Tuesday 3 May Diocesan Cross Country Championships
2.30pm Parent Reading Session
Thursday 5th May Mothers' Day Stall
Friday 6 May Mothers' Day Prayer, 9.45am
High Tea, 10.15am
Tuesday 10 May NAPLAN
Wednesday 11 May NAPLAN
P & F Meeting, 7.30pm
Thursday 12 May NAPLAN
Friday 13 May Religion Work Samples Sent Home

Dear Parents, Carers, Students & Friends,

Last Monday we celebrated Harmony Day. What a rich and wonderful experience for our students. On Harmony Day we truly celebrated with joy and great respect for everyone who calls Australia home.....and indeed at Our Lady of the Waya place where we all belong.



The children were encouraged to wear something orange. Orange has been the Harmony Day colour since the first day was held in 1999. Traditionally the colour orange relates to social communication, stimulating two-way conversations. It aids in the development of new ideas and frees the spirit of its limitations, giving us the freedom to be ourselves. At the same time it encourages self-respect and respect of others.

Our day began with a prayer where we celebrated our diversity. Harmony Day provided an opportunity for our school community to embrace the many things that make them special and to share those things they have in common. The whole day was about participation, inclusiveness and respect – a day to reflect on where Australia has come from, recognise the traditional owners of the land and to promote our country as a place in which all the people see a place for themselves in the future. As well as enhancing students' learning of other cultures, Harmony Day also provided opportunities for the students to embrace the many things that make them special and to share those things they have in common.

So in the aftermath of Harmony Day, and in this season of Easter, when we reflect on our own personal frailties and the joy of New Life, let us think about what we enable in our lives that we could change, do differently or do better, so that harmony and peace is attained for all in our school, in our homes, our communities and in our workplaces. Let us be models of positive behaviour in word and actions for the children in our care, every minute of every day, because they will become the adults of the future, the leaders of the communities and families in which they will live and build relationships.



Our adult example is critical to each child's spiritual, social and emotional development. Throughout the world Christians have observed the week leading up to Easter with special devotion. We then gathered together to celebrate the greatest feast day of our Church year – Easter Sunday. As Christians we were called to celebrate these great events by joining with our faith community to celebrate the Christian Passover, coming from death to life in the spirit of the risen Christ, and finally joining with the whole Church in proclaiming the great ALLELUIA and giving us hope and reason to continue on our faith journey.

On Tuesday the school came together to reflect on the Easter story and the message it conveys to us Christians living in this very fragmented world. It was a beautiful ceremony, led solely by our students, where we all prayed together - children, parents and staff during this most significant week in our Church's season.

I would like to congratulate all our children on a very positive first term of learning. Our school is always busy and I have been impressed with the learning they have been doing in classrooms. It has been most pleasing to see the way they have settled into classrooms quickly each morning and commence their daily learning tasks. Every minute is important! I would like to wish all families a very relaxing and enjoyable holiday vacation. The staff look forward to seeing the children return to school on Tuesday, 26 April for our ANZAC Day ceremony.

*God Bless you,
Mrs. Sue Veling
Principal*

CONGRATULATIONS TO OUR AWARD RECIPIENTS FOR WEEKS 8 & 9



Bailey Stonehouse, William Pearson, Carter Jones, Lincoln Mayer, Tracy So, Mia Urquhart, Jack Gale, Kye Chapman, Kallum Jackson-Logan, Lucia Hooke, Holly Clark, Ethan Houlihan, Jorja Tabor, Charlie Connell, Gabrielle Boyd, Georgia Cashel, Samuel Thompson, Toby Witjes, Mackenzie Degnan, Patrick Reeks, Kate Budge, Milly Brace, Paige Hawkes, Mack Boormakin, Brandon Kruzic, Dylan McDonald, Natalie Burke, Miah Hirsch, Lewis Edwards, Rory Muller, Samuel Bray, Taylor Carroll, Cody Luczak, Phoebe Kruzic.

DIVERSITY TEAM



Throughout our school we have many different people who perform a range of roles to provide support and programs for our students. The Diversity Team (previously known as the Learning Support Team) is a very important group of teachers who meet regularly with grade teachers to improve the learning outcomes for students. The Diversity Team work together to best utilise support staff and services available to help students with additional learning needs to access the curriculum. The team has also been revising systems and processes to ensure we work collaboratively with students, staff and parents. This is in line with CEDP expectations.

The role of the Diversity Team is to:

- implement and support a whole school planning mechanism;
- address the learning support needs of individuals and groups of students through the coordination, development, implementation, monitoring and evaluation of educational programs;
- coordinate collaborative planning between teachers, support staff, parents and students.

I would like to thank the teachers, Mrs Flanagan (Diversity Leader), Mrs Hensen, Miss Glynn, Mrs Khalifeh and Mr Mifsud, Mrs Mulligan (Counsellor) and our Teacher Assistants Mrs Nixon, Mrs Mathison and Mrs Clancy for their efforts this term in working collegially to support our students.

I would also like to thank our grade teachers for their support of the collaboration and adjustments made, for all children to feel successful.

MUNCH AND CRUNCH

Thank you to everyone who supported the Kindergarten Munch and Crunch fundraiser. Kindergarten parents provided lots and lots of yummy treats. They raised over \$300. The P&F would like to thank everyone that was involved in making this activity such a success.



MRS FILAN-SCHAFER HARMONY DAY WRAP UP

On Monday 21st March we celebrated National Harmony Day at our school. In preparation for Harmony Day, we had been talking in our Japanese classes about our family cultural backgrounds and choosing and colouring flags to represent all the different backgrounds we come from. We had many interesting discussions about all the gifts that our many different backgrounds bring to Australia, as we know it today.

We learned that although mostly we are Australian at OLOW, our families come from over 37 different cultural backgrounds/countries including Indigenous Australian, Africa, Bosnia, Brazil, Chile, China, Croatia, Czechoslovakia, Egypt, England, Fiji, France, Germany, Greece, Holland, India, Ireland, Italy, Japan, Lebanon, Malta, Mauritius, Myanmar (Burma), Nicaragua, Netherlands, Peru, Philippines, Poland, Portugal, Russia, Scotland, Serbia, South Africa, South Korea, Ukraine, USA, Wales, New Zealand and more.

We wore orange and some of us wore our national costumes on the day to celebrate our differences and to show our support for the continuation of a peaceful, prosperous Australia where everyone belongs.

At the same time we remembered those not as lucky as ourselves who are suffering from the traumas and displacement of war, drought, poverty and natural disasters and we brought in a gold coin donation which goes to Caritas to assist with their programs to help those people suffering from the traumas and displacement of war, drought, poverty and natural disasters. We raised a total of \$322 which was sent to Caritas. This donation allows us in this Year of Mercy to reach out our hands of mercy to those in need.

We also had a special Harmony Day prayer and then some volunteers from Year 5 shared what they had written about their family backgrounds and why they thought celebrating Harmony Day was important. Some Kinder and Year 1 students came up to show us their national costumes.

Finally we had a 'Guess the Bell Music' competition where students had to guess which country or countries the music originated from... and we had bell music from Australia, the UK, Africa, Spain and Greece. There was also some Zorba the Greek dancing going on led by Mrs McKeon.

Overall, we learned a lot about Australia and the countries of the world, their food, their music and their flags, what it means to be Australian today and the great things we have here in Australia because of all these different cultures. *OLOW would truly like to see the world live in Harmony!*

With huge thanks to those who assisted with the day...the students who participated, the Year 6 Harmony Day Team, Year 5 assembly volunteers, the parents who helped dress their children in national costumes and in orange, Mrs Armour for her flag hanging, the Roots family for the delicious Lebanese sweets (the staff LOVED them) and to all the OLOW staff who supported the day. You are terrific one and all.

Mrs Kate Filan-Schafer
LOTE - Japanese

Harmony Day Assembly



Year 6 in Orange Lead the Way...



Kinder and Year 1 Students below in National Dress show their style...



From the left, Lola's costume is from the Ukraine, Travis' is from Korea, Mya's is from India and Elijah's is from Chile.

From Year 4, Larissa, pictured below, wears her kilt proudly for her Scottish family background, and Zac shines in his orange coat. Mrs Curry and Erin eat dragon fruit (called Pitaya originally from Central America.)



Year 5 students, pictured below, wrote about their family backgrounds and volunteered to read these on assembly.



Some of the 350 plus flags in our breezeway, coloured by OLOW students to represent their family backgrounds. Charlize (Holland), Brianna (India), Amelia (Italy), Tailyn (New Zealand & South Africa) Clarice (Phillipines), Emma (England), Jorja (New Zealand), Kye (Indigenous Australia)

Year 6 Harmony Day Team members pictured below celebrate after helping to put up all 350 plus flags, posters, balloons, collecting donations from all classes and just generally being invaluable helpers to Mrs Schafer.



Year 6's Hannah, Clare, Taylor and Lachlan

WINTER UNIFORM



The children will return back to school in Term 2 on Tuesday 26th April in winter uniform. There will be a two-week change over if you feel the weather is still too warm for children to return in winter uniform. By Monday 9th May all children will be wearing winter uniform. The correct uniform should be worn at all times in order to maintain expectations. If, for any reason, a child is unable to wear any part of the correct uniform, a note should be sent to the child's teacher.

The school hat is an essential item of school uniform. The wearing of the school hat is compulsory throughout the year. For a full list of school uniform requirements, please refer to our School Website.

EXECUTIVE DIRECTORS READING CHALLENGE



Congratulations to the 21 students from *Our Lady of the Way* who submitted entries in the Executive Directors Reading Challenge:

Daisy Andersen; Harrison Armour; Lachlan Armour; Harrison Bennett; Jacob Bennett; Taylor Carroll; Taylah Cowley; Jessica Crambrook; Mario Della Scala; Oliver Herps; Kieran Smith; Oscar King; Harrison Phillips; Joshua Phillips; Zachary Phillips; Cara Smith; Ethan Still; Jessica Still, Cooper Sulic; Charlie Thomas; Billy Trad.

MRS VELING ON LEAVE

Mrs Veling will be on leave for the first five weeks of Term 2 and will be returning to school on Monday 30 May after a trip to Europe and to attend her son's wedding. Mr Mifsud has been appointed Acting Principal and Mrs Flanagan as Acting Assistant Principal. We are very lucky at OLOW to have such dedicated and capable leaders.



ENROLMENTS FOR OLOW 2017

The enrolment period is now open for Kindergarten 2017. Enrolment packages can be collected from the school office or they can be downloaded from our website:

<http://www.ollowemuplains.catholic.edu.au>

Interviews with parents of children who wish to be enrolled in Kindergarten in 2017 will commence in April, once school resumes after the holidays.



Our next
PARENTS AND FRIENDS MEETING
will be held on
Wednesday 11th May @ 7:30pm

EASTER RAFFLE

Thank you to everyone who donated eggs for the Easter Raffle and participated by purchasing raffle tickets. Congratulations to the following winners:



Daisy Andersen	Samuel Cashel	Hunter Grima	Mia McGrath	
Armour Family	Milaya Cleary	Cooper Hartstonge	Adrienne Moffitt-	
Jewel Bahlmann	Montana Clifford	Alexander Hayward	Bourke	Skinner Family
Ashton Bartlett	Taylah Cowley	Chase Hirsch	Jakob Montgomery	Kieran Smith
Harrison Bennett	Jessica Crambrook	Miah Hirsch	Ellie Moore	Talesha Spooner
Brooke Bentley	Mackenzie Degnan	Ivy Hooke	Ava Palombo	Isaac Steele
Mikayla Blazek	Mario Della Scala	Amity Houlihan	Layla Pascoe	Jessica Still
Boormakin Family	Eli Downey	Carter Jones	Noah Pascoe	Lachlan
Olivia Boulous	Luke Durham	Katelyn King	Holly Penny	Stonehouse
Milayna Brace	Lara Dwyer	Brandon Kruzic	Marshall Pereira	Scarlett Storr
Tully Brown	Lewis Edwards	Aidan Latty	Sophie Procter	Logan Sultana
Kate Budge	Eekman Family	Edward Lennon	Tiare Raukawa	Jake Thompson
Natalie Burke	Remi Fischer	Zachary Levy	Ella Reid	William Trad
Hayley Burton	Amara Frank	Cody Luczak	Chloe Riley	Mia Urquhart
Riley Burton	Seth Fullam	Sophia Lusk	Joshua Robinson	Caleb Vanegas
Abby Calleja	Benjamin Garrahy	Oliver MacLennan	Clare Roser	Cruz Vilar
Grace Carey	Alex Godwin	Lincoln Mayer	Conor Rudge	Olivia Walker
Declan Casey	Bailey Grima	Dylan McDonald	Max Selby	Jake Walsh

NAPLAN TESTING 2016

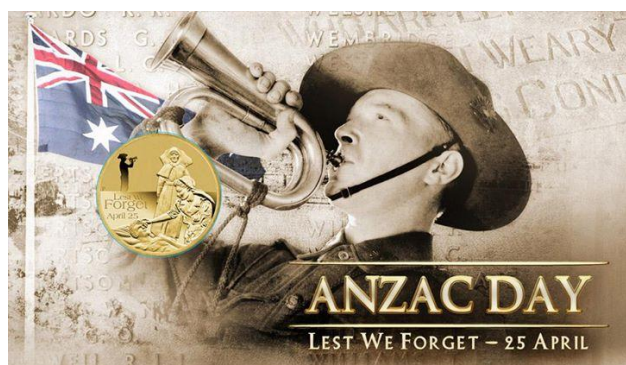
National Assessment Program for Literacy and Numeracy (NAPLAN) testing will be conducted at *Our Lady of the Way* from 10-13 May 2016 for all students in Years 3 & 5.

	Tuesday 10 th May	Wednesday 11 th May	Thursday 12 th May
Year 3	* Language Conventions (40 minutes) * Writing (40 minutes)	* Reading (45 minutes)	* Numeracy (45 minutes)
Year 5	* Language Conventions (40 minutes) * Writing (40 minutes)	* Reading (50 minutes)	* Numeracy (50 minutes)

For more information visit the website: <http://www.nap.edu.au/>. On this website you will find more information about [NAPLAN](#) and [NAP](#) sample assessments. There is also information on the future delivery of [NAPLAN online](#).

ANZAC DAY 2016

This year commemorates the 101st anniversary of the Gallipoli landing on ANZAC Cove, and all parents, students and friends are warmly invited, along with our Year 6 leaders, to attend the **36th Annual Emu Plains ANZAC Day Service**. The involvement of schools and the wider community is essential in ensuring the ANZAC spirit continues into the next generation.



Date: Monday 25th April 2016

Address: Emu Plains Guide Hall (cnr Nepean St and Great Western Highway)

Time: 7:50am for 8:00am start - marching across to the cenotaph in Emu Plains Park.

Students that are participating in the commemoration service are asked to wear their full school uniform and will march behind the school banner. A teacher from OLOW will be present to help with the organisation.

CROSS COUNTRY

Congratulations to the following students who will be attending the Diocesan Cross Country Championships at Eastern Creek on Tuesday 3rd May:

Jacob Bennett
Joshua Vanegas
Nicholas Curry
Thomas Renny
Benny Tabor
Kees Muller
Jade Elford
Sienna Gahagan
Milly Brace
Holly Clarke
Ava Palombo
Mikayla Mercieca

Toby Witjes
Zac Phillips
Tiara Raukawa
Sebastian Hayward
Bailey Houlihan
Mark Gardner
Milaya Cleary
Zoe Grech
Tailyn Tupaea
Madeline Wade
Pheobe Kruzic
Charlize Risse

Blake Skinner
Jett Cleary
Ben Robinson
Noah Clifford
Kyan Roach
Thomas Vanegas
Sophie Procter
Jessie Whiteley
Jorja Tabor
Hannah Carroll
Madeline Godfrey
Charlie Connell

Brandon Kruzic
Keegan Smith
Matthew Sekulic
Flynn Starr
Joshua Phillips
Clare Roser
Olivia Bennett
Emma Fowler
Tully Brown
Montana Clifford
Olivia Boulous

TEN WAYS TO BECOME A MORE POSITIVE AND PRESENT PARENT

By Katie Chiavarone

There are days where I feel like I have this parenting thing under my belt...and then there are days where it just completely gets the best of me. Ironically, those days actually have very little to do with my children and are more a product of outside stressors wearing on my patience, or a severe lack of sleep.

Parenting can be tough, it can be messy, and it can be hard. In my studies of psychology in graduate school, I learned about being an authoritative parent, attachment parenting, and positive parenting. Given all of my research, I should have the appropriate knowledge to be a stellar parent right? If only it were that easy. Often, like children, we know WHAT we should do but aren't quite sure exactly HOW to do it. For kids, we make checklists, read books, and explain things until we are blue in the face.

For myself, I have set ten goals for how I can become a more positive and present parent, and I would like to share them with you here. I don't like to write about what you 'should' do as a parent, because as we know, what works for one child may not work for another. However, some of the best current research in psychology tells us that by engaging in a more positive style of parenting we can empower our children and make them WANT to behave rather than guilt or shame them into doing so.

As parents, we have so much control. We have the ability to choose how we speak to our children, what we expose them to, and how we react to their actions. So here are my ten ways you can become more positive and present with your own children.

1. **Let Your Best Be Good Enough.** Be satisfied with your best. A happier you will make you a better parent. Let go of the guilt for all of the things you feel you could have done better, and put your best foot forward. You are a mirror for your child, trust me, your happiness will be infectious.
2. **Make More Eye Contact.** In a technological, busy, and scheduled world, our attention is pulled in many different directions. When having a conversation with your child, take the time to pause what you are doing and make eye contact. They will appreciate the attention and will feel heard.
3. **Speak Calmly, Even When You Want To Explode.** Breathe. Taking a deep breath is so powerful. The next time you see a piece of art lovingly scribbled on your living room wall, breathe. You will be able to react much better after a breath (or two).

4. **Leave Some Time Unscheduled.** If you are a planner, schedule downtime. When looking at your week, make sure there is time built in to sit on the floor and play with your child, or have a conversation with them.
5. **Hold Your Children.** Babywear, snuggle, cuddle on the couch, co-sleep, whatever 'holding' means to you, do it. Touch is an amazingly powerful tool that will deepen the connection between you and your child.
6. **Use Positive Self-Talk.** Avoid talking negatively about yourself in front of your children. It's easy to look in the mirror and breathe a sigh of disgust or quip that these pants make you look fat. Rather, model a positive self-esteem for your children.
7. **Emulate Kindness.** Avoid relying on the phrase "do as I say, not as I do", rather have the mindset of "see what I do, and do it too." Modelling is one of our most impactful methods of teaching. Hold the door open for others, thank people, offer a helping hand. I guarantee your children will notice.
8. **Use Your Connection as Motivation.** Much like modelling, your love is a powerful tool. Children want to please us because they love us. Let that be your goal. There is no need to shame or guilt a child into doing something. Likewise, when your child does make a mistake, always remind them that despite the choices they make, you will always love them.
9. **Increase Your Child's Self-Esteem.** Be responsive and attentive. Starting with babyhood, children who feel that they have the power to get a parent's attention and then get what they need/want will feel confident and empowered. Providing attention and meeting the needs of your child is not spoiling them. It is teaching them how to express themselves and will give them the confidence to do so in the future.
10. **Reinforce the Positive.** Catch the good. When you focus on bringing attention to all of the positive things your child does rather than the negative, you will be surprised at how much 'good' you notice. When playing, praise how nicely they are sharing or using an inside voice. This is an incredibly effective discipline tool that does not involve the need to yell or shame the child.

So here's to the never-ending journey of becoming a better parent, we are all in this together!

CANTEEN NEWS

REWARDS FOR LUNCH ORDERS

The Canteen will be running some promotional events. The first activity is a **raffle draw**. Each student will receive a raffle ticket when they purchase a lunch order. The raffle will be drawn at school assembly each Monday and the winner will receive one free movie voucher. The more lunch orders you purchase, the greater your chance of winning!!



The second promotional activity is a **Loyalty Card**. For every 7 lunch orders purchased, the 8th one will be **FREE**. Loyalty cards will be available from the Canteen. When a student has purchased a lunch order they will place their loyalty card in their canteen basket in order for it to be stamped. It is advised that all students place their name on the card to avoid it being lost.



RELIGIOUS EDUCATION NEWS

Project Compassion:



Thank you for the support you have given to the various fundraising initiatives such as our Silly Sock Day and Harmony Day gold coin donation. We have raised \$655 so far.

If your children have Project Compassion boxes at home, that they have been adding to, could you please encourage them to return the boxes and place the contents in their grade's large Project Compassion box. The Outreach Team will be helping to count our grade totals to see if we can raise the \$700 target they have challenged us to reach. We would like all boxes to be sent in by Wednesday next week, before the holidays begin. In that way we can send away the money so it can be used for the many wonderful Caritas projects around the world and in Australia.

An Easter Egg Guessing Competition will be held next week for our final school fundraising effort.

Easter Liturgy:

It was wonderful to see so many parents attend our Easter Liturgy that was held on Tuesday. Many of our student leaders helped to share our prayer time. They did an amazing job of helping us remember the significance of the resurrection and the sharing of hope and joy in this Easter season.



Holy Week Reflections:

During Holy Week the students of Year 5 reflected on the hardships and feelings experienced by Jesus in the last days of his life. They then tried to put themselves 'in Jesus' shoes' and respond through an 'I Am' poem. They all did an extraordinary job...here are some examples of their beautiful work.

I Am Jesus

**I am Jesus and I feel pain
I wonder why Judas put me on this cross
I hear the screams of the people wanting me to die
I see my crying Mother
I want these nails out of me
I am disappointed and in deep sadness**

**I pretend that I am in no pain
I feel the blood dripping off my head from the thorny crown
I touch the metal nails in my feet and hands
I worry that my Mother is heartbroken
I cry because of the pain I am in
I am trying to forgive Judas**

**I understand that I have to do this
I say that I am the Messiah
I dream that I am off this cross spreading the Word of God
I try to unsee my Mother crying
I hope that my disciples tell the word of God
I am Jesus the holy one**

Mia



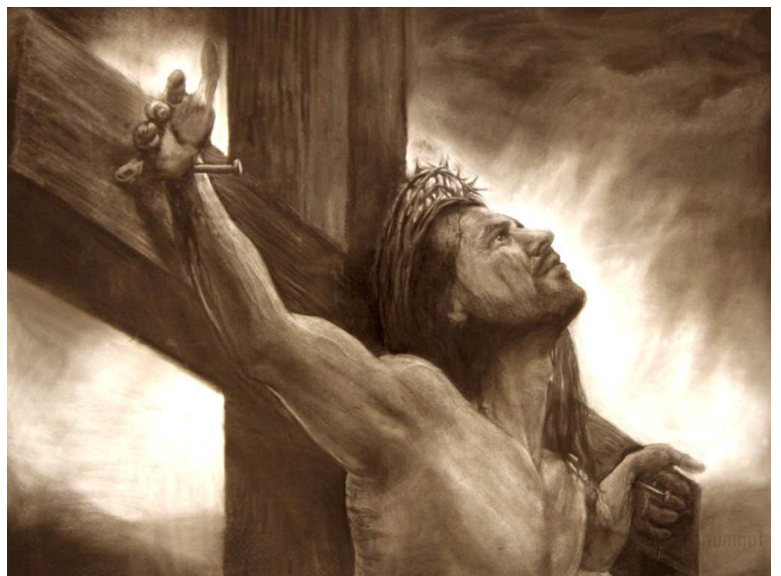
I Am Jesus

**I am a person who looks after people
I wonder what will happen to me
I hear my mother being sad
I see a big crowd trying to kill me
I want to be free and help people
I am a person who looks after people**

**I pretend I am in no pain
I feel the nails hurting my hands
I touch the thorns on my head
I worry about my mother
I cry because I am going to die
I am a person who looks after people**

**I understand that I have to die
I say 'Don't cry for me'
I dream about being free
I try to understand
I hope I go to heaven
I am a person who looks after people**

Samuel



I Am Jesus

I am Jesus and I am holy
I wonder if I will be free
I hear shouting and fire
I see guards and crosses
I want to be free
I am Jesus and I am holy

I pretend that this is not happening
I feel that I have been let down
I touch my cross and have to get to the top of the mountain
I worry that the disciples will have no leader
I cry when I hear "Crucify Jesus!"
I am Jesus and I am holy

I understand that I have to sacrifice my life
I say "Let there be peace in the world
I dream that I will be free and make the world better
I try to make the world better
I hope all people will live in peace
I am Jesus and I am holy

Liam

Carole Day

Religious Education Coordinator



LEARNING NEWS

DANCE FEVER CHALLENGE

Last Wednesday 70 students competed in the Dance Fever Challenge at Homebush Sports Centre. The students danced beautifully with their partner for the Foxtrot and Cha Cha, and had high energy when they performed their group Hip Hop item. They displayed respectful behaviour towards each other, their teachers and other schools, and they showed excellent sportsmanship throughout the evening.

Congratulations to all the students and especially to the following children for winning awards on the night; Taylah Cowley and Breha Pearson (2nd Place Foxtrot), Noah Pascoe and Kate Roser (3rd Place Cha Cha), Alexander Hawkes and Erin Downie (3rd Place Foxtrot and 1st Place Cha Cha), Jett Cleary and Clarice Sagun (2nd Place Foxtrot), Jayden Roots and Jessie Whiteley (3rd Place Cha Cha), Joshua Phillips and Tully Brown (3rd Place Cha Cha).

Thank you especially to Miss Reynolds and Mrs Flanagan for rehearsing with the students each week, to the many teachers who looked after the students on the night, and to Mrs Irvine for her help in organisation for the night. Also thank you to the staff and parents for all your words of support and encouragement. We are blessed to have such a supportive community. It was a wonderful night!

Mrs Blazek

Dance Fever Open Class

All parents and caregivers are invited to watch their child dance on **Monday 4th April**

9.00 - 9.40	Year Six
9.40 - 10.20	Year Five
10.20 - 11.00	Year Four
First Break	
11.25- 12.05	Year Two
12.05 - 12.45	Kindy
12.45 - 1.25	Year Three
Second Break	
1.55 - 2.35	Year One

DANCE FEVER CHALLENGE TEAMS



KEEPING CHILDREN SAFE ONLINE

Social networking describes a variety of services like Facebook, YouTube, World of Warcraft, Moshi Monsters and Twitter. All of these services enable direct interaction between individuals. Users can post information about themselves, display photos, tell people what they've been up to, chat and play games. Social networking forms a part of the social identity of many teens.

While social networking offers many benefits, there are risks. Sometimes children can forget who they are communicating with online and who might see the information they post. It can be easier for children and teens to say and do things online that they might not do offline. It can also be easier to talk to strangers online than it is offline, and they may confide too much in people they don't know well.

It is important that children understand the risks associated with disclosing information about themselves online and know how to manage both their privacy and online 'friends'.

Is my child old enough for social networking sites like Facebook, Instagram, Youtube, Tumblr, Twitter, Kik etc?

Most high profile social networking sites ask users set up a profile with photos and information about themselves. 13 is the minimum user age required by Facebook, Instagram, Youtube, Tumblr and Twitter. Kik recommends that users are 17 years or older.

If your child is 13+ you should still consider the following:

- **Is your child able to withstand taunts from others?**
- **Does your child understand what is safe to put online?**
- **Does your child know how to report abuse and offensive content?**
- **Are you worried your child will be left out?**
- **Are you going to supervise or 'friend' your child on social sites?**

Keep them safe online.

- | | |
|---|--|
| <ol style="list-style-type: none"> 1. Nothing replaces parental supervision and education for kids about cybersafety. 2. Set a technology curfew. 3. Remind your child to never give out identifying information such as your home address, school name or telephone number in a public message such as chat or newsgroups. 4. If your child posts photos online, use privacy settings to limit access to people they know well. 5. Remind your child that people don't always tell the truth online, and they can't take anything at face value. 6. Reassure your child that they can tell you anything, without fear of losing the laptop or internet access. 7. If they get a message or email that's threatening or rude, they should 'STOP, BLOCK, TELL'. | <ol style="list-style-type: none"> 8. The First step is to tell your child to stop responding to the abuse and then block those people sending threatening or rude messages if they continue. Let your child know that if they are being bullied, or know someone else who is, they should tell a trusted adult. 9. Never click on any links that are contained in emails from people they don't know. As well as sexual content, they could contain a computer virus. 10. If you suspect your child has been contacted by a predator, try to save a copy of the chat log (or whatever form the contact takes) for evidence. Call Crime Stoppers 24-hour line 1800 333 000 to make a formal complaint. 11. Your child will be using computers and the technology for the rest of their lives – you're in the great position of being able to get them off to a safe, positive start. |
|---|--|

- **At OLOW we promote and believe in the need to respect the rights, beliefs and viewpoints of others.**
- **We encourage all members of our community to follow the same standards of behaviour online as you are expected to follow in real life.**

Taken from www.dec.nsw.gov.au & <https://esafety.gov.au/>

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

Michael

GENERAL NEWS

KINDERGARTEN RECORDERS

All Kindergarten children will start recorder work in Term 2.

Recorders are available from the office for \$10.00.

Each child will need a recorder.

Elizabeth McGregor

Music Teacher



CONGRATULATIONS

Congratulations to Jayden (5 Gold) and Isabelle Roots (3 Green) for completing the NSW Surf Lifesaving Nippers Program at Wet'n'Wild Sydney. They competed in a Carnival day on Sunday 20th March and placed in all competition events.

Jayden came 1st in Boards, 2nd in Swim and the Ironman Event and 3rd in Sprints. Isabelle came 2nd in the Mystery Flags, Sprint and Wade Relay. Well done!

COMMUNITY NEWS

McCARTHY CATHOLIC COLLEGE **Academic and Trade Training Centre (TTC)** **Enrolling now for 2017**

Open Morning: Sunday 13 March 2016 **Time:** 9.30am to 11.30am

- Meet the Principal, staff and students
 - Tours of the College facilities
 - TTC information for senior study
 - Enrolment packages available

Enquiries: 4735 3211

Address: 75 Mackellar Street, Emu Plains

Email: mccarthy@parra.catholic.edu.au

Website: www.mccarthyemuplains.catholic.edu.au



**CAROLINE
CHISHOLM
COLLEGE**

Faith, Courage, Tolerance

Caroline Chisholm College, Glenmore Park provides Catholic Education
for girls in Years 7 – 12

Enrolling now for 2017

For further information contact the College on 4737 5506.

Western Sydney Observatory –

Astronomy Night - Saturday 2 April 8pm – 10- pm The evening will include a presentation, a 3D astronomy movie, a tour of the dome area and an opportunity to view the night sky through the observatory's telescopes.



\$18.00 Adult \$12.00 Child/Concession \$50.00 Family (2 adults + 2 children)

Children under 3 years of age free

Scan with your
smartphone or
tablet to go to the
OLOW website.





BASKETBALL CLINIC

11/04/16

and

12/04/16

Blaxland High Sports Centre,
Coughlan Rd, Blaxland

ALL AGES 9am – 3pm
(8:45am for sign in)

Cost: \$50 for two days or \$30 for one

Please bring a basketball, recess, lunch
and water

TO REGISTER: call the association on Tuesdays,

Wednesdays or Fridays via **(02) 47 398 999**

or email **scorchers1@bigpond.com**

Registrations close Wednesday 6th April

Must pay at time of booking

PENRITH REGIONAL GALLERY & THE LEWERS BEQUEST

The Autumn School Holiday program is packed with creative workshops
to inspire the young artist in your family.

Bookings are now open, be quick classes fill up fast! Phone 4735 1100

86 River Road, Emu Plains, www.penrithregionalgallery.org

HOLIDAY WORKSHOPS

TERM DATES: 18 APRIL – 23 APRIL

Animal Soap Carving

Monday 18 April
10am – 12noon
5 – 8 years
\$25

Explore desert animals found in central Australia, then design and carve your own creature using the patterns and qualities of the bush animals you research. Participants will use a variety of simple tools and soft soap to carve their animal sculpture.

Clay Workshop

Thursday 21 April
10am – 12 noon
8 – 12 years
\$25

Workshop participants will learn clay hand building techniques including coiling to create a pinch pot, and then use imprinting to apply a design. Participants will create a surface design inspired by the patterns found in Punuku Tjukurpa.

Canvas Painting

Tuesday 19 April
10am – 12 noon
6 – 9 years
\$25

Using paints and pastels, workshop participants will use circle and organic patterns inspired by the artworks in Punuku Tjukurpa to make a circle inspired, abstract bubble painting on canvas.

Sand, Salt, Paint: Magic Painting For Kids

Friday 22 April
10am – 12noon
6 – 9 years
\$25

Watch the magic unfold before your eyes as you paint on top of salt and sand. Harnessing the beautiful effects of this process, participants will make a textured, patterned artwork using paint, glue and the natural elements of salt and sand.

Cartooning: Desert Creatures

Wednesday 20 April
10am – 12 noon
5 – 8 years
\$25

Inspired by the allusive desert animals found in Punuku Tjukurpa, workshop participants will create a series of lively, cartoon creatures using a variety of drawing mediums.

Decorate Garden Tools: Fun Family Workshop

Saturday 23 April
1.30pm – 3pm
Adults don't pay but must stay!
\$20 per child

Go on a family tour of Punuku Tjukurpa, then work together as a family to create a colourful and decorative personalised garden tool inspired by the artworks on exhibition.

Focus exhibition: Punuku Tjukurpa

Inspired by the desert, explore the materials of wood, sand, salt, clay, paint and graphite to create abstract paintings and bush animal themed sculptures and drawings.

