

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

20<sup>th</sup> October 2016

## DIARY DATES

**Thursday 20 October**

123 Magic Parent  
Session 1  
6.00-8.00pm

**Friday 21 October**

Blue & White Mufti  
Day for Cancer

**Thursday 27 October**

Parent Information  
and Kinder  
Orientation Program  
8.45-10.45am

123 Magic Parent  
Session 2  
6.00-8.00pm

**Monday 31 October**

**PUPIL FREE DAY**

**Tuesday 1 November**

OLOW's World  
Teachers' Day

**Thursday 3 November**

123 Magic Parent  
Session 3  
6.00-8.00pm

**Wednesday 9 November**

First Reconciliation  
Liturgy, 7.30pm

**Monday 5 December**

Christmas Carols  
Evening with Andrew  
Chinn

**Wednesday 7 December**

Year 6 Farewell Mass  
7.00pm

**Friday 9 December**

9.00am OLOW  
Award Ceremony

6.00pm Year 6 Social  
Disco

**Monday 12 December**

End of Year  
Thanksgiving Mass  
and Thank You  
Morning Tea

**Friday 16 December**

Last Day of School

Dear Parents, Carers, Students and Friends,

Yes, we are into Term 4 already and my how this year has flown! The children have all returned full of excitement and the teachers and I look forward to a great term of learning with the children.

I always love coming back to Term 4 - it's Spring, it's the term where we see the ongoing development of the children's learning and we begin to look forward to times of new beginnings such as incoming Kindergarten students and Year 6 students moving into high school.

Our Year 6 leaders joined me at the Diocesan Mission Mass last Friday. What a special occasion. The Mass was for the evangelisation of people... and as Catholics isn't that our role? How are we evangelising people in our school, parish, community, country? Mr Whitby, the Executive Director of schools in the diocese reminded us that even though God is all powerful, we are God's hands and feet. We left the Mass with lots to think about.

October is a special month in the Church's calendar – it is the month of The Rosary, a time for us to connect with the worldwide Catholic community in praying this universal prayer that honours and celebrates Mary. As a Marian school, Our Lady of the Way has a strong devotion to Our Lady.

The Rosary is significant as it is considered a perfect prayer because within it lies the awesome story of our salvation. With The Rosary in fact, we meditate on the mysteries of joy, of light, of sorrow and the glory of Jesus and Mary. It's a simple prayer, humble, so much like Mary. It's a prayer we can all say together with her, the Mother of God. With the Hail Mary we invite her to pray for us. Our Lady always grants our request. She joins her prayer to ours. I hope that you find a quiet time in your family routine to share the beauty of The Rosary in your own homes.

God Bless,

**Mrs. Sue Veling**  
Principal



## EXCITING NEWS



It is with great pleasure that I announce that Mr. Michael Mifsud has been appointed Principal of Chisholm Catholic Primary School, Bligh Park from 2017. This is great recognition of Mr. Mifsud's skills as an educational leader in our Catholic education system. Please join me in congratulating Michael on his appointment.

The Catholic Education Office will now begin process for the appointment of a new Assistant Principal for Our Lady of the Way School.

## WELCOME

We welcome to our school the Southall family with Cassidy starting in the Year 2 cohort. You are now part of a wonderful, caring community.



## KINDERGARTEN 2017

On Thursday 27<sup>th</sup> October we begin our Kindergarten 2017 Transition-to-School Program. This is a chance for new children to familiarise themselves with 'big school' before the school year begins and a sharing time for parents. Our program begins at 8:45am in the hall.

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

49 Forbes Street, Emu Plains 2750 Phone: 4735 1930, Fax: 4735 6221, Email: [OLOW@parra.catholic.edu.au](mailto:OLOW@parra.catholic.edu.au), Web: [www.olowemuplains.catholic.edu.au/](http://www.olowemuplains.catholic.edu.au/)

**"To act justly, To love tenderly and To walk humbly with our God"**

## CONGRATULATIONS TO OUR AWARD RECIPIENTS FOR TERM 3 WEEK 10 and TERM 4 WEEK 1



Jett Levy, Jackson O'Brien, Ava Grech, Lincoln Mayer, Mark Gardner, Kye Lloyd, Sam Reidy, Olivia Walker, Amelia Renny, Noah Downey, Aimee Woods, Cody Luczak, Clarice Sagun, Brandon Kruzic, Isabelle Moran, Alexander Hawkes, Joshua Robinson, Madeleine Godfrey, Hannah Carroll, Ethan Still, Tyanna Kubik, Ruby Johnson, Carter Pereira, Holly Hartstonge, Kees Muller, Milli Storek, Bailey Latham, Alyssa Gardner, Thomas Tabor, Jake Walsh, Cassidy Southall, Carlie Spooner, Thomas Renny, Cohen Borg, Benjamin Garrahy, Blake Skinner, Chloe Riley, Lachlan Armour, Byron Nas, Jacob Bennett.

### ENROLMENTS FOR 2017

We understand that family circumstances alter and that children sometimes need to change schools. If you know that you will not be attending *Our Lady of the Way* in 2017 please advise Mrs Veling and complete a notification of leaving form that is available from the school office. You are reminded that concerns regarding financial difficulties is not a reason for seeking another school, as the Catholic Education Office and *Our Lady of the Way* can and will assist families with meeting these costs when genuine financial difficulties arise. We have healthy enrolments for most classes in 2017, with some children on waiting lists, so in fairness to these families we ask you to let us know if you are changing schools. If you know of anyone considering a Catholic school education for their child at OLOW from 2017, in any grade, please encourage them to contact the school as soon as possible to assist us with our planning.

### BEST OF LUCK TO ALL HSC STUDENTS

We wish all HSC students the best of luck as they prepare to sit the HSC exams. Please keep all of our Year 12 students and their families in your prayers.

### YEAR 5 LEADERSHIP CAMP

Last week our Year 5 students accompanied by Mrs Day, Mr De Celis and Mrs Walsh, headed off to a 3-day leadership excursion to Berry Sport and Recreation Camp. Besides having fun, the students were given many leadership challenges that they needed to solve and our students were able to step up and display their courage, initiative and resilience. The students have come back with many great stories and experiences. I wish to thank Mrs Day, Mrs De Celis and Mrs Walsh for leaving their own families to supervise and guide your children... (no they don't get overtime or any extra salary!) Over the next few weeks the Year 5 students will begin preparing for the elections of our Year 6 leaders for 2017.

### 2017 MATHEMATICS TESTING JANUARY: YEARS 1-6

As in previous years, all students in Years 1-6 will be assessed using the Mathematics Assessment Interview (MAI) on Friday 27<sup>th</sup> and Monday 30<sup>th</sup> January 2017. *Our Lady of the Way* staff will be taking two Staff Development Days to assess the students. This is a one-on-one interview style assessment directed by a teacher. Each assessment takes a minimum of 30 minutes. More details and an interview on-line booking schedule will be organised for later this term.

Our COSHC will be providing full day-care on Monday 30<sup>th</sup> January 2017. Arrangements can be made for children attending COSHC to be tested during the day. More information will follow later this term.

School will resume for students in Years 1-6 on Tuesday 31<sup>st</sup> January 2017.

### 2017 LITERACY & MATHEMATICS TESTING JANUARY: KINDERGARTEN

Kindergarten students will have a separate testing schedule for literacy and numeracy and this will take place from Friday 27<sup>th</sup> January to Tuesday 31<sup>st</sup> January 2017. Kindergarten will begin school on Wednesday 1<sup>st</sup> February (8:45-12:00); then full days from Monday 6<sup>th</sup> February (8:45am-2:55pm).



## IMPORTANT REMINDER FOR PARENTS & CARERS REGARDING STUDENT EMAILS

Student Classm8 emails are for learning purposes only. All correspondence on your child's email is restricted to student and teacher communication only.

We ask that you, any family members and or friends refrain from communicating with your children via this email at all times.

We also ask that this email is not used for entry into any website whatsoever.

Please call Michael Mifsud if you have any queries.

## KEEP THEM SAFE ONLINE



### How to keep your child safe online

#### TIPS FOR PARENTS

Here are some tips for parents to keep your child safe online

BE SAFE	BE RESPECTFUL	BE RESPONSIBLE
<ul style="list-style-type: none"><li>• Be aware of how your child uses the internet and explore it with them</li><li>• Set rules and monitor to make sure your child knows what information they can share or post online and which websites they can visit</li><li>• Teach your child to tell a trusted adult if they feel uncomfortable about something they have found on the internet or received in an email</li><li>• Discuss with your child the importance of keeping personal information private. This sort of information can be used to identify or locate where they live, go to school or activities in which they are involved</li></ul>	<ul style="list-style-type: none"><li>• Talk to your children about cyberbullying. Online communication should be responsible and respectful</li><li>• Children and adolescents who are being cyberbullied sometimes change their behaviour. If you are concerned they might be a victim of cyberbullying, talk to them and tell them you are concerned. Arrange to talk to a teacher or school counsellor</li><li>• Advise your child not to respond to any negative messages and to keep evidence. Tell them to report any negative messages they receive to you or another trusted</li><li>• Children and their parents can contact social media companies and ask for defamatory material to be taken down. If the material is not gone within 48 hours, a complaint can be lodged with the Office of the Children's eSafety Commissioner at <a href="http://www.esafety.gov.au">www.esafety.gov.au</a></li></ul>	<ul style="list-style-type: none"><li>• Consider using inbuilt filters and controls on your digital devices and home network to manage your children's online access. Keep your virus protection up to date</li><li>• Talk with your child about being careful when downloading files or clicking on links. Some files or links may be harmful viruses or trying to obtain personal information</li><li>• Certain online activities (downloading illegal videos or music, plagiarism, sexting, identity theft, 'hacking' networks) are illegal and can result in criminal charges</li></ul>

For more information visit: [www.esafety.gov.au](http://www.esafety.gov.au)  
<http://cnadigitalcitizenship.weebly.com/for-parents.html>



Catholic Education  
Diocese of Parramatta

*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.*

Visit - <https://esafety.gov.au/>

Please contact me at [mmifsud@parra.catholic.edu.au](mailto:mmifsud@parra.catholic.edu.au) if you have any questions.

Michael

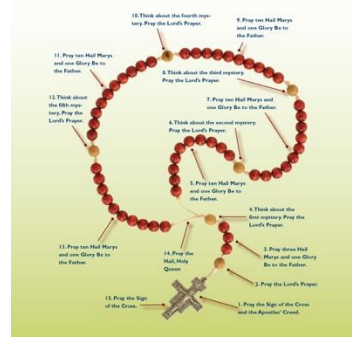
The 2016 compulsory swimming program for Kindergarten, Year 1, Year 2, Year 3 and Year 4 will be conducted at Nepean Aquatic Centre. (Buses will transport students to the venue). The cost of the program is covered in your annual activity fee. As with previous years, there is an enrolment questionnaire and a permission note to be completed by the student's guardian prior to the program commencing. All students will receive a certificate of their accomplishments at the end of the program. The five-day program will begin on Monday 14<sup>th</sup> November through to Friday 18<sup>th</sup> November.

Group Three Years 3 & 4      11:55am – 12:55am

**Mrs Bernadette Curry**

***“In purchasing your child’s canteen order online, you are contracting directly with the supplier. You are responsible for checking that the ingredients of what you order are not incompatible with your child’s sensitivities or health issues. Please ensure you check the disclaimers in the supplier’s website. If in doubt, you should contact the supplier or discuss the matter with the canteen manager.”***

The Rosary is a prayer we pray in which we remember events of Jesus' life and Mary's part in this. There are four groups of these events, which are called mysteries. They are the Joyful Mysteries, which are about the incarnation and birth of Jesus; the Mysteries of Light, about the public life of Jesus; the Sorrowful Mysteries about suffering and death of Jesus, and the Glorious Mysteries about Jesus' triumph over death through his resurrection.



**WORLD TEACHER'S DAY 2016**



This year OLOW will celebrate World Teacher's Day on Tuesday 1st November. On this day we not only acknowledge the great work of our teachers but also our teacher assistants and office staff. We are so lucky at OLOW to have such a dedicated, talented and compassionate staff.

During the holidays the concrete slab was poured for the new administration building. Slowly things are beginning to take shape with the steel for the walls erected, the plumbing and drainage installed and roof being prepared. The bricks have even been delivered. The builders have also labelled four parish parking spots. These parking spaces are for parish members and visitors to the parish office. Please be mindful of not parking there if visiting the school.

**As safety is paramount, please be vigilant around the building site and when moving through the staff parking area, keep to the walkway near the fence. Do not drive into the carpark to drop off children unless you need to utilise the disabled car spot.**

Our final Staff Development Day for 2016 will be on Monday 31<sup>st</sup> October. This will be a PUPIL FREE DAY. Day care is available through the COSHC. Please contact Benn or Kate for a casual enrolment form if you require this service. Places are limited.

## NEW SCHOOL ADDRESS

In preparation for our new administration block being built and fronting onto Troy Street, Penrith Council has approved a change to the school street address. The new street and postal address for *Our Lady of the Way School* is **17 Troy Street**. A new mailbox has been installed in Troy Street. If you are writing to the school, or sharing the school address with anyone, please use the new address.

## ROAD SAFETY

Safety of our children on the way to and from school is paramount in all our minds. Safe pedestrian and driving habits and parent role modelling of safe behaviours will contribute much towards the safety of our children. Please be considerate of our neighbours by not blocking their driveways or parking on their premises. The local police and rangers patrol Forbes and Troy Streets on a regular basis, therefore you need to be aware of traffic and parking regulations to avoid fines.

- Do not park in or across driveways. Residents get very angry when this occurs.
- Children must always alight from the car from the LEFT hand side.
- If using the Kiss & Drop Zone in the morning, the driver must not leave the car.
- In the afternoon please hold your child's hand when crossing the road.
- Don't jaywalk – This is failing to use a zebra crossing that is within 20 metres of your location.
- Please don't park in the staff/parish car park when picking up or dropping off your child.

## PENRITH 'REAL' FESTIVAL 4-5 November

A new event by Penrith City Council will transform the Nepean River into a hub of activity and entertainment for kids and families to enjoy from 4-5 November.

The [Real Festival](#) features a two-day program of river, environment, arts and lifestyle activities, which will appeal to kids of all ages and provide families with hours of affordable fun.

After a long week of school (and work!) bring the kids down to Tench Reserve on Friday 4 November from 5pm and be amazed by illuminated and interactive art, roving and musical performers, circus and science activities and delicious cuisine served from a variety of food trucks.

Then come back on Saturday 5 November from 10am for a performance by ABC2's Dirtgirl, free bike and kayak hire and lots of playful activities, which promote fitness and physical movement. Whether they have an adventurous spirit, an enquiring mind or an active imagination, there will be fun activities and experiences to suit kids of all ages.

It's not all about the kids though! The Real Festival is about indulging in the things that matter and that make you happy - so there's plenty of great food, music, art and markets for those who enjoy a bit of shopping.

There's also a program of workshops, demonstrations and talks on the Saturday, which will inspire you to look after your health and the environment. Some of these [require pre-registration](#), so book in early, to secure your spot.

The [Real Festival](#) is a free, family-friendly event. Limited parking is available at the venue, plan ahead and take advantage of the [BUSWAYS Park & Ride shuttle](#).

Learn more by visiting [realfestival.com.au](http://realfestival.com.au). #PenrithRealFest #visitpenrith  
We hope to see you there!

*Susan Hamilton - Assistant Marketing Officer - Penrith Tourism Team*



# RELIGIOUS EDUCATION NEWS

## **Parish Way of Mercy:**



During our recent holidays Our Lady of the Way Parish joined with the parishes of St Finbar's and Padre Pio to celebrate the Way of Mercy. The celebration was held at St Finbar's Church. Lachlan Armour, one of our school leaders, proudly represented our school and played an important role in the ceremony. Thank you so much Lachlan for representing our school so beautifully.



## **Leukaemia Foundation Fundraiser:**



Tomorrow Jessica Dray will be holding a fundraiser for the Leukaemia Foundation. The students are encouraged to wear mufti and bring in a gold coin donation. At first and second breaks Jessica will be selling blue and white cupcakes for \$1.50 and a variety of Leukaemia Foundation merchandise which include teddy bears (\$5.00), pens (\$5.00) and pins (\$2.00). Jayden and Brodie from Year 2 will also be selling ribbons for \$1.00.

This week Jessica visited all the classrooms to share with the students some information about leukaemia and the items she will be selling. We hope that everyone will support this initiative and we thank Jessica for her enthusiasm and passion.

## **Sacrament of Reconciliation:**

We wish the students who are preparing to celebrate the Sacrament of Reconciliation and their families who are preparing them all the very best over the coming weeks. They will be offered a blessing at our assembly next Monday.

### ***Carole Day***

Religious Education Coordinator

# LEARNING NEWS

## **DISCOVERY DAY AT ST. DOMINIC'S**

On Tuesday, 18th October the Year 5 boys were fortunate enough to attend a Discovery Day at St Dominic's College, Kingswood. The boys participated in a variety of engaging and challenging tasks across many areas of the curriculum including Mathematics, Science, Visual Arts, Music and Physical Education. It was fantastic to see the boys working collaboratively in their groups to complete the assigned tasks. Thank you and well done on your involvement and efforts on the day and a very big thanks to the staff and senior students from St Dominic's for organising such a great day.



## Year 5 Camp

My favourite activity was definitely the bushwalk, because we got to run back over fallen trees and through the bush. I overcame my fear of heights when I got to the top of a rock-climbing wall blindfolded. I showed an aspect of leadership when I was the captain for my group on the biscuits.

**Declan**



I appreciate being able to try every activity and the ones I liked the most were archery and the game night. I liked being able to overcome my fears.

**Brooke**

One activity I really enjoyed was when I went on the rock-climbing wall and I did it blindfolded. I made it to the very top and I thought that was something that I was very proud of because I didn't think I could do it.

**Mack**

I enjoyed the dark maze because I overcame my fear of enclosed spaces. I showed leadership when we did the biscuits when I was the leader and everyone had to close their eyes.

**Bailey**

The activity I enjoyed the most was the kayaking because I got to work with people that I hadn't worked with before and I made new friendships. I really appreciated how much effort Trina and Nik put into all of the activities.

**Sophie**

Something that I found out was that Katrina, our instructor, has two daughters that are part of the Wiradjuri nation.

**Kye**

I really appreciated the effort that Nik and Trina put in for all of us. Thank you, we all had a great time.

**Madeline**



I appreciate the way that Nik and Trina were very caring and always wanted to help. They also wanted to keep us safe.

**Sophia**

My favourite activity was going on the bushwalk. I felt adventurous pushing away the bushes that were in my way and jumping over the dead trees. It was so much fun. The views of the mountains were beautiful and I took lots of good shots. I also met a little friend Sunny - a beautiful black kelpie. I was his best mate.

**Kyan**

Every night the people in my cabin would read one of the tins that Kennedy brought and we would gather up and read them together.

**Logan**







I appreciate how Nik and Trina taught us how to put others before ourselves and also taught us to never be selfish. I also like how they let us play with sticks.

**Riley**

I really enjoyed canoeing. It also showed me how to work with other people. I learnt to trust my cabin mates Riley, Daniel and Kye.

**Liam**

1. I enjoyed the biscuits because it was fun to work as a team and showing great leadership.
2. A challenge where I overcame my fears was the Rock Climbing because I surprised myself when I got to the top.
3. I had a go at being a leader when we went on the biscuits and I really liked the job of leading my team.

**Espri**

The activity where I overcame my fears was the bush walk because I have never done it before!!!

**Emilia**

I was put out of my comfort zone when the Echidna group went bush walking because we had to jump over fallen trees and walked through small paths to get to the top of the mountains. You could see kilometres down the coast from the top and it was breath taking.

**Emma**



The biscuits were the most enjoyable activities that I attended at camp because it involved lots of teamwork and cooperation. Working together was challenging due to our different strengths but we overcame that problem and improved.

Rock climbing was a personal challenge for me because I am afraid of heights, but with my team supporting me I knew I was safe if I slipped. Encouragement was an important thing to embrace when a teammate was attempting a climb.

**Hayden**

I really loved the Kayaks because it was something I'd never done before and it was a challenge. At first I was really scared and worried but in the end it turned out to be super fun.

**Daniel**

The activity that I enjoyed the most was the biscuits because we had to work as a team and there were many difficult challenges. We also had to jump into the freezing cold water. I really appreciated how much time Katrina and Nik put into guiding us through all of the tasks.

**Javden**



I found the biscuits really enjoyable because my group and I all worked together as leaders. Our instructor Nik took my group and me through difficult challenges. A challenge that I overcame was the rock climbing because it was the first time I have tried the vertical challenges and surprised myself that I had a go and made it to the top. Something that I appreciate is that my team worked together, didn't let each other down and helped lead each other. I learnt that working together as a team and showing leadership helps you to move forward and achieve your goal.

**Clarice**





I found out that bushwalking was my favourite because I found many challenges and struggles as it was my first time bushwalking. I had experienced that I got to know my friends better than I used to.

**Tailyn**

I found the bushwalk was very enjoyable because it was a steep track and it was something I had never done before.

**Jorja**

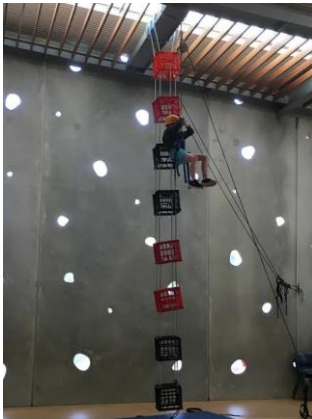
I really enjoyed the vertical challenge because it showed you that you need to work as a team and trust your team to keep you safe. A challenge I really had to overcome was the bushwalk because it was exhausting and you had to walk up steep hills and climb over tree branches, logs and barbed-wire. I really appreciate how my camp instructor treated everyone because she treated us like she would one of her friends. She was also funny and told us the truth. I showed leadership like everyone else in the canoes and on the biscuits by trying to work with them and not by taking control.

**Mia**



The activity I really enjoyed was the bush walk because I got to climb and jump over bushes and the trees that have fallen over. I loved the rock climbing because I tried to challenge myself. I also loved the game nights that we had as they were so much fun!!! I had fun on the biscuit as well, but my team had some issues while we were doing it but overall I had so, so, so, so much fun with my class. And one last thing Nik was so nice to all of us!!

**Jessie**



On the bushwalk I learnt to stay back and help others that were having trouble.

**Kennedy**

I found that the kayaking was my favourite activity because it pulled me out of my comfort zone and if I got stuck in the bush, I would work with my partner (Blake) and figure out where to go.

**Layla**



The activity that I absolutely LOVED was the massive mountain walk up the gigantic hill and the view was the best part of the walk because once we got to the top you could see everything. You could see water (ocean/sea), a really big swamp and up the bigger mountain to our right you could see a small town. The walk was long and hard up the steep high hills. We were climbing over fallen tree stumps and ducking under them too. Once I got home I told my mum that we saw the ocean and she was surprised because we both thought it was in towards the country not out towards the sea.

**Blake**





A challenge that I overcame was the rock climbing wall and my fear of heights. Something I really enjoyed was the 6km bush walk.

**Samuel**

When I went hiking for the first time. It was hard, but for all of the hard work we got rewarded with an amazing view.

**Patrick**

The best thing that stood out to me was how Nik and Trina let us take over our own leadership. Something that surprised me was when we went on the bush walk I was climbing all the rocks and trying to make my way up to the top and then the same thing happened when we went to do rock climbing. I didn't think that I would even be able to do anything. I was proud of myself and what I achieved.

**Brianna**

The activity I most enjoyed would have to be the biscuits because it showed that you need to work with your team.

**Jack**

I found that the kayaking was my favourite activity because it pulled me out of my comfort zone and if I got stuck in the bush, I would work with my partner (Blake) and figure out where to go.

**Layla**



## SPORTS NEWS

### 2017 Parramatta Diocesan Team Sport Trials

Any Primary students enrolled in Parramatta Diocesan Schools in Year 5 and 6 in 2017 are invited to participate in the Parramatta Diocesan Team Sport Trials during Term Four of 2016 (Summer Sports - Basketball, Cricket, Softball & Tennis) and Term One/Two in 2017 (Winter Sports - AFL, Football, Hockey, Netball, Rugby League League, Rugby Union & Touch).

It is important to note that these trials are generally for those children who display an above average ability and/or have representative experience in their chosen sport. While teams are open in age it is strongly recommended that only children of a representative standard in Years 5 & 6 in 2017 be invited to attend.

Parramatta Diocesan trials in 2017 will be held in the following sports: \*AFL (boys), Diving (B&G), Hockey (B&G), Football (B&G), Golf (B&G), Hockey (B&G), Netball (girls), Rugby League (11yrs & Opens), Rugby Union (boys), & Touch(B&G).

To be eligible for selection for these trials an Online Team Registration Form must be completed that can be accessed via the website [www.primarysportparra.catholic.edu.au](http://www.primarysportparra.catholic.edu.au). This online form is an EXPRESSION OF INTEREST for the 2017 Parramatta Diocesan Primary Sport Team trials. You may complete this form to attend a selection trial or if you have been selected in a representative squad or team. One form is to be completed per child, per individual sport. Each sport has its own criteria therefore, it is imperative that the correct form is completed.

Please note that your online registration is an EXPRESSION OF INTEREST ONLY and MUST be approved by your child's school. In order for your child to attend the nominated trial or event this may come down to the discretion of your school as to who is selected to attend the trial. In some sports only 2 students per school can be nominated. Please complete all fields and especially "Representative Experience".



Please ensure that the SUBMIT button has been pressed upon completing the form and notification email will be sent to the parent/guardian listed on the form confirming this expression of interest has been received.

Your child's school will notify you one week prior to the trial date if your child is to attend to the Parramatta Diocesan trial for their selected sport by providing a trial information sheet.

Under no circumstances will a child be eligible to trial if the Online Registration Form has not been completed and approved by the school by the closing date.

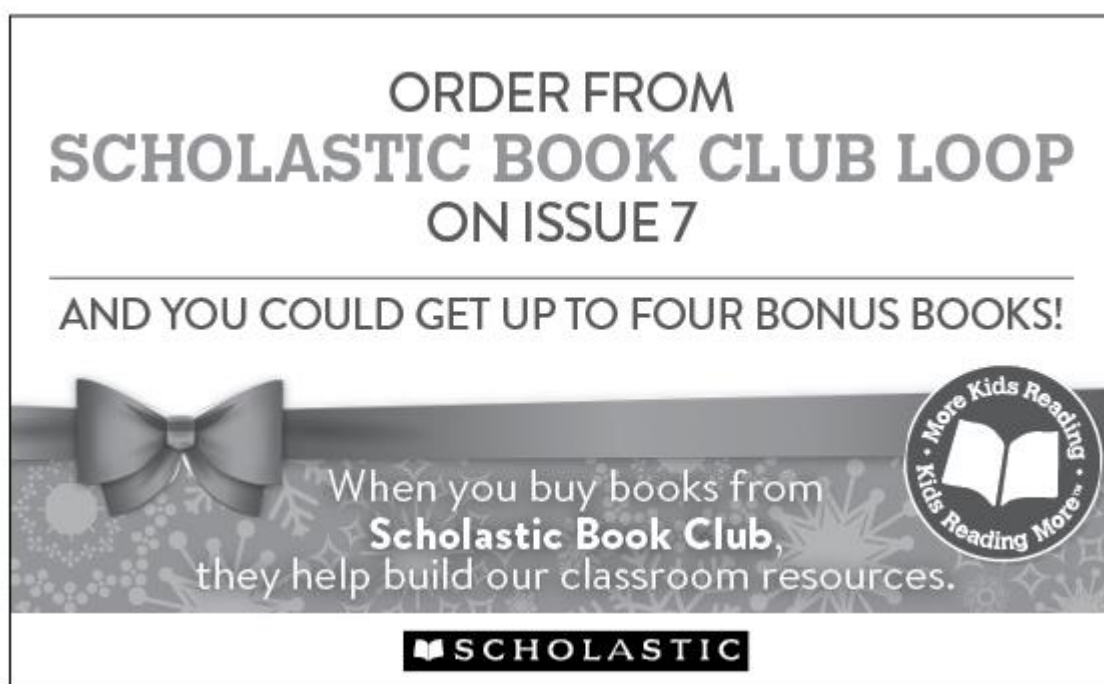
Please contact Miss Reynolds for any further information.

Yours In Sport,

Margaret Thornton

Teaching Educator – Primary Sport Catholic Education Diocese of Parramatta

## BOOK CLUB NEWS



## GENERAL NEWS

### MEMORIAL MASS

The 9.30am Mass on Sunday 20<sup>th</sup> November will be dedicated as a Memorial Mass for Linda Prendergast who recently passed away. Linda was the wife of James and the mother of four young children. Linda will be particularly remembered at this Mass.

## COMMUNITY NEWS

### YOUNGER WIDOWED SUPPORT GROUP

CCSS Solo Parent Services' Younger Widowed Support Group is held on the 3<sup>rd</sup> Tuesday of each month. The Support Group is for men and women widowed at a younger age whether you are a parent or not. **Next gathering:** Tuesday 18<sup>th</sup> October. **Venue:** DAC, 1-5 Marion St, Blacktown. **Time:** 7pm – 9pm **Cost:** \$5.00. **Registration:** Rita Ph. 8822 2222 or Email: [soloparentservices@ccss.org.au](mailto:soloparentservices@ccss.org.au)

### STEPPING BEYOND: SUPPORT FOR THOSE SEPARATED OR DIVORCED

CCSS Solo Parent Services "Stepping Beyond" Support Group, is held on the last Tuesday of each month for those navigating their way through a separation or divorce. **Next Gathering:** 25<sup>th</sup> October **Venue:** CCSS Centre, 38 Prince St, Blacktown. **Time:** 7.30pm – 9.30pm. **Cost:** \$5.00. **Registration:** Rita Ph. 8822 2222 or [soloparentservices@ccss.org.au](mailto:soloparentservices@ccss.org.au)

# Our Lady of the Way Parish

## High Tea



*Sunday 30<sup>th</sup> October at 2pm in the Parish Hall*

*Please join us for a Pre-Melbourne Cup High Tea for both ladies and gentleman. Friends and family welcome.*

*Enjoy a relaxing afternoon of fun, friendship and great treats.  
There will be sweeps available to purchase for Tuesday's BIG race.*

Feel free to  
wear your  
fascinator or  
favourite tie.

*To ensure adequate catering we need final numbers and  
payment by Monday 24<sup>th</sup> October.*

*Cost is \$20 per person.*



*Please complete the form below and return it to the school  
office.*

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### High Tea Reply

Name: \_\_\_\_\_

Phone No: \_\_\_\_\_

No. attending: \_\_\_\_\_

Amount enclosed: \$ \_\_\_\_\_

Any special dietary requirements: \_\_\_\_\_

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## U10 Mixed Competition

### Expressions of Interest

are being sought for players,  
coaches, managers and referees to  
hold an u10 mixed competition.

When: Saturdays 10.30-11.30

Cost: Miniball Registration \$55 (12 mths)

Competition fee: \$45 for 6 week comp.

Games: 15 min halves

Contact: [frankcaristo@hotmail.com](mailto:frankcaristo@hotmail.com)

Tel: 0415 823 747

[http://www.springwoodscorchers.com.au/  
scorchers1@bigpond.com](http://www.springwoodscorchers.com.au/scorchers1@bigpond.com)



## 2017 Early Registration Event

16<sup>th</sup> October and 27<sup>th</sup> November 10am-12pm

Dukes Oval, Park St Emu Plains



**\*\*\*Exciting News for the 2017 season**

**EPGP will have UNDER 12 and UNDER 15 Youth Girls Teams\*\***

Register now for u/12 girls, u/15 girls, auskick,  
u/9s, u/10s, u/11s, u/12s, u/13s, u/14s, u/17s  
for the 2017 Season and be a member of the

***LIONS DEN!***

Sign up now to play in 2017 and you will get an exclusive FREE  
training singlet with your name and number on it ready for the 2017 Season

A non refundable \$50 deposit is required - early registration closes 4<sup>th</sup> December!!

\*\* Auskickers will not receive a training singlet but will go in a draw for some great prizes! \*\*

Enquiries please contact Megan Hall 0412 605 249

[www.lionsafl.com.au](http://www.lionsafl.com.au)

# Is your child in year 6? What does their future hold?

SURVIVING THE TEENAGE YEARS



## The RAW Project

The Centre for Emotional Health at Macquarie University, supported by the Australian Research Council, is about to begin an exciting new project (the RAW project) to understand the ways that young people develop emotional competence and problems across the teenage years. We would like to invite you and your child to take part.

### Why is this study important?

Adolescence is a period of dramatic change that has important implications for future wellbeing. During adolescence we have to negotiate powerful peer pressures, begin to date, start to separate from our parents, deal with wild hormonal storms, and start to contemplate our future. Not surprisingly, the adolescent period is the time when the vast majority of mental health problems first emerge. Adolescence is also the time when leaders are born; when future doctors, lawyers, and scientists start their journeys; and when some of our strongest friendships are formed. This project aims to understand what psychological, social and behavioural factors influence the development of emotional wellbeing in adolescents.

We will be following a large group of young people, every year, starting from Year 6, to look at how they change and develop emotionally over time. *This will be one of the most detailed studies of its kind in the world and will teach us a lot about the things that are important for healthy adolescent development.*

### What will we get if we take part?

If you and your child are willing to take part in this study, we can give you the following:

- \$100 and some “thank you” gifts for completing a full assessment each year
- A thorough assessment of your child's well-being from qualified psychological researchers, and you will be informed if there are any significant concerns
- Your child can join the RAW club and take part in fun activities, competitions, and information online
- Above all, you will be helping future teenagers by providing important information about the ways that teenagers develop emotionally

### What do we need to do?

Firstly, you will need to contact the RAW Project team to discuss the study further. If you and your child wish to participate, we will send you online consent forms and questionnaires and book you in for the phone interviews and the lab session.

The full assessment for this year will involve three parts –

- (1) Online questionnaires (around 1 hour, for parents and children)
- (2) Interviews over the telephone (45 minutes to 1 hour, for parents and children)
- (3) Lab session at Macquarie University (approx. 2 hours, for children)

We will contact you again **every year, for the next four years** and possibly beyond. But at any time, if you decide you no longer want to take part in this study, you can tell us and we will stop contacting you. We think most children will find this an enjoyable and educational experience. They will be part of a club, they will get to take part in competitions and activities online with other kids their age, and the assessments will mostly be very interesting. This is your and your child's chance to help science, to help the teenagers of the future, and to get paid for doing it. If you and your child would like to be involved or if you would like more information, please call the RAW Project office on **(02) 9850 4080** or email [rawproject@mq.edu.au](mailto:rawproject@mq.edu.au). You can also visit our webpage [www.rawproject.com.au](http://www.rawproject.com.au).

Kind regards,

**Professor Ron Rapee and the RAW Project Team**

Centre for Emotional Health  
Macquarie University  
Telephone: 02 9850 8032; Email: [rawproject@mq.edu.au](mailto:rawproject@mq.edu.au)





# WHITE RIBBON DAY

**TWILIGHT  
RIVER WALK  
FRIDAY 25  
NOVEMBER  
5.30PM - 7.30PM**

3.5km walk from  
Weir Reserve to Tench  
Reserve, Penrith

Speeches and White Ribbon  
Oath reading commence  
6:30pm at Tench Reserve

Penrith Council is proud to support White Ribbon Day to help bring an end to violence against women in our community. Join us and show your support at this free community event.

Current statistics show that nearly three women are killed every week by a former or current partner. Too many Australian women live with fear and violence. It could be your mother, wife, sister, daughter, friend, partner, colleague... Stopping the violence is everyone's responsibility.

Food stalls and live music at Tench Reserve until 7.30pm. Don't forget your sunscreen, hat, comfortable walking shoes and water.

**FREE SHUTTLE BUS BACK TO WEIR RESERVE FROM 6.30PM. WHITE RIBBON MERCHANDISE WILL BE AVAILABLE FOR PURCHASE AT THE EVENT WITH ALL PROCEEDS GOING TO THE WHITE RIBBON FOUNDATION.**

For more information contact Roslyn on 4732 8512.

In support of

Australia's campaign to  
stop violence against women

White Ribbon



**PENRITH  
CITY COUNCIL**

**White Ribbon Day, 25 November**

Do your bit to help stop the violence against women  
[penrithcity.nsw.gov.au](http://penrithcity.nsw.gov.au)

#PENRITHWHITERIBBON

