



By The Way



Term 4 Week 10, 2022

17 Troy Street, Emu Plains NSW Phone: (02) 4777 7200 Email:
OLOW@parra.catholic.edu.au Web: <http://www.ollowemuplains.catholic.edu.au>

Our Lady of the Way Parish Weekend Mass times: Saturday Vigil 6pm, Sunday 8am and 9:30am.
Weekday Mass times: Tuesday 6.00pm, Wednesday, Thursday and Friday 9.00am,
All welcome!

Principal's Message

AROUND THE Grounds @ OLOW

Dear Our Lady of the Way Community

It is difficult to believe that the end of the school year has arrived! The year's end always brings with it a tremendous sense of accomplishment. So many things have been accomplished this year! All students have been involved in an extraordinary number of activities. Of course, we should not forget the tremendous amount of learning which has taken place during the year. Throughout all of these activities our students have demonstrated what it is to be respectful, be responsible and to learn together.

To our Year 6 Class of 2022 – congratulations on your achievement. The OLOW Community wishes you all the best as you move to your new high school. If this is your last child to leave OLOW or you are moving onto another location in 2023, we would like to thank you for your support and for the guidance that you have provided for your child(ren). We look forward to hearing from all our ex-students and families in the future and we hope that each of them will have gained a firm foundation for their education while at OLOW. We hope that many of you will come back to visit us and keep us up to date with your progress. We wish all members of Staff who are taking up other positions within the diocese, all the best on their new journey.

To everyone who has supported us over the year in any way, we are extremely grateful for your contributions. Thank you to the P and F and the many sub committees that have organised ice-block days, stalls for Mothers' and Fathers' Day, book covering and not to forget the amazing Year 6 Graduation Dinner. We are grateful for all you do.

We also thank Fr Michael, and the support staff from the Parish and the Pastoral Council for their support during the year. We cherish the strong connection we have with our Parish. I also thank the amazing Staff at OLOW, each member is amazing and together we make a great team. We thank our head office staff for their support, guidance and encouragement. We are fortunate to be part of a dynamic System - Catholic Education Diocese of Parramatta.

On behalf of the staff, I would like to take this opportunity to wish you all a safe and Merry Christmas. Please cherish the time you have with your family and join in Parish celebrations over the Christmas Season.

Yours In Christ

Donna McFadzean

Our Lady of the Way Church Christmas Mass Times

Nativity of the Lord

24th December 2022

Vigil Masses

6:00pm- Children's Mass

Children are encouraged to come dressed as angels, shepherds, wise men, Mary or Joseph.

8:00pm -Family Mass

No Midnight Mass

25th December 2022

***Mass during the day:*
9:30am**

Reconciliation at Our Lady of the Way

Sat 17th December – 5pm-5.45pm

Tues 20th December – 5pm-5.45pm

Wed 21st December – 9.30am-10.00am

Thurs 22nd December – 9.30am – 10.00am

Fri 23rd December – 9.30am – 10.00am



**We would like to wish everyone a
safe and happy Christmas.**

SPORTS NEWS

CONGRATULATIONS TO EDDY LENNON, YEAR 6

Congratulations to Eddy Lennon on his outstanding achievements in the School Sport Australia Track and Field Championships that were held in Queensland recently. Eddy represented NSW at this event and attained the following results:

Discus

Gold 17.11m - this is now the national record for a 12 yr boy TF36 classification

Long Jump

Silver 2.88m - this is now the national record for a 12 yr boy TF36 classification

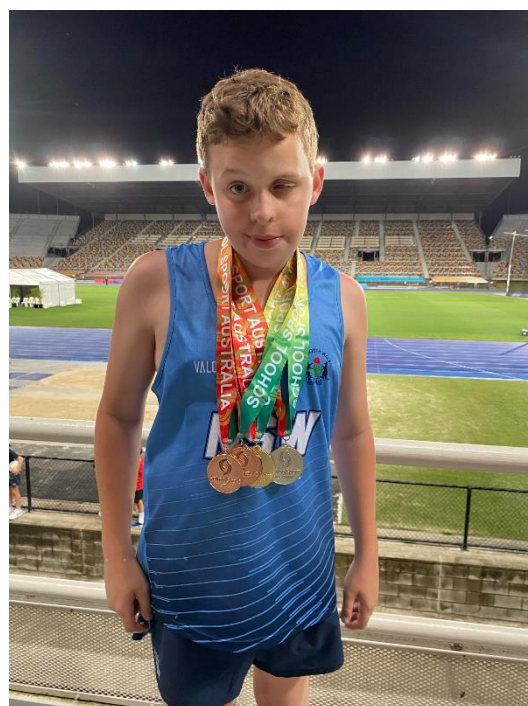
Shot Put

Bronze 5.34m TF36

800m

Bronze 3:27.63 TF36

Well done Eddy! We are so proud of you.



Congratulations to these students who will be representing OLOW at the Swimming Zone Carnival on February 22, 2023 (Monday Week 5).

Boys Open 100m Freestyle	- Remy Cross
Girls Open 100m Freestyle	- Audrey Edwards and Ella Dwyer
8yr Boys 50m Freestyle	- Henry Cairns and Jesse Sibbald-Kelly
8yr Girls 50m Freestyle	- Savannah Joseph and Penelope Joseph
9yr Boys 50m Freestyle	- Elli Mills and Heath Mills
9yr Girls 50m Freestyle	- Chloe Pearson and Ruby Carey
10yr Boys 50m Freestyle	- Max Roney and Jack Layt
10yr Girls 50m Freestyle	- Maddison McGrath and Ella Dwyer
11yr Boys 50m Freestyle	- Memphis Cross
11yr Girls 50m Freestyle	- Audrey Edwards and Sarah Fenning
12yr Boys 50m Freestyle	- Remy Cross and Max Thompson
12yr Girls 50m Freestyle	- Ella Hirsch
Junior Boys Backstroke	- Max Roney and Heath Mills
Junior Girls Backstroke	- Maddison McGrath and Ella Dwyer
11yr Girls Backstroke	- Audrey Edwards and Ruby Coghlan
12yr Boys Backstroke	- Max Thompson and Remy Cross
Junior Boys Breaststroke	- Cohen Dyrka and Jack Layt
Junior Girls Breaststroke	- Ella Dwyer and Maddison McGrath
11yr Girls Breaststroke	- Audrey Edwards and Aisling Cremen
12yr Boys Breaststroke	- Max Thompson and Remy Cross
12yr Girls Breaststroke	- Ella Hirsch
Junior Boys Butterfly	- Jack Layt and Zachary Trigg
Junior Girls Butterfly	- Maddison McGrath and Ella Dwyer
11yr Girls Butterfly	- Audrey Edwards
12yr Boys Butterfly	- Remy Cross
12yrs Girls Butterfly	- Ella Hirsch

IM (Individual Medley) competitors will be announced closer to the date. Parents are invited to submit times from squad training for qualification for zone up to week 3 Term 1, 2023.

Regards,
Mrs Bunter
Sports Coordinator



Date	Event
16/12/2022	Last day of school for students Year 6 Clap Out 2.30pm
27/1/2023	Staff Development Day
30/1/2023	MAI Testing Day
31/1/2023	Years 1-6 students return
1/2/2023	Kindergarten begins

Gateway Family Services

Term 1, 2023

Parenting Programs Summary



Program	Date & Time	Location	Registration
Life, the Universe & Stories <i>A relaxed social group that centres around the reading, reflection and discussion of great stories. Drop in whenever you feel. All ages welcome. FREE morning tea.</i>	Every Friday 10:00am—12:00 noon	Blaxland Uniting Church Hall 70-76 Old Bathurst Road, BLAXLAND	Ph: Chris 0468 346 834 OR Email chris@sharedreadingnsw.com
Circle of Security <i>Learn how to be a strong, wiser & kinder parent with your kids. Suitable for parents of 0 -12 year old.</i>	Every Wednesday 8th Feb - 22nd Mar 9:30am - 11:30am <i>* Childcare available - must register *</i>	Gateway Penrith Corner Station and Henry Streets PENRITH	Ph: 4720 6500 OR Email groups@gatewayfamilyservices.org.au
1-2-3 Magic & Emotion Coaching <i>Learn how to understand & manage your child's difficult behaviour. Suitable for parents with 2 -12 year olds.</i>	Every Wednesday 8th Feb - 1st Mar 6:30pm - 8:00pm	Online via ZOOM	Ph: 4720 6500 OR Email groups@gatewayfamilyservices.org.au
Bringing Up Great Kids: PARENTING ADOLESCENTS <i>Learn about brain development in adolescents and what influences their thoughts, feelings & behaviour whilst identifying important messages and how to convey to your adolescent. Suitable for parents of 10-19 yr olds.</i>	Every Monday 13th Feb - 20th Mar 7:00pm - 9:00pm	Online via ZOOM	Ph: 4720 6500 OR Email groups@gatewayfamilyservices.org.au

For more information and Individual Flyers go to:

www.gatewayfamilyservices.org.au or www.facebook.com/GatewayFS

Gateway Family Services parenting programs are funded by DSS and DCJ.

Gateway works collaboratively with community partners to bring parent groups to communities from St Marys to Blackheath.

Gateway encourages, supports & respects diversity in families & communities. Our Groups are open to everyone.





Circle of Security Parenting Program

Support to build secure relationships and stronger bonds



Want to learn how to build stronger bonds with your children and how to develop positive parenting skills which promote security?



Looking for advice, tips and strategies to help your child develop greater empathy, self-esteem, social skills and secure relationships?

Circle of Security is a FREE 7 week parenting program that helps parents develop secure relationships and stronger bonds with their children.

The Circle of Security course helps parents and carers learn:

- How to help your child feel more confident and secure
- How to help your child manage their emotional responses
- How to better understand your child's emotional needs

REGISTER NOW



PROGRAM DETAILS

WHEN: Wednesdays 8th Feb - 22nd Mar

WHERE: Gateway Penrith Office, Cnr Station and Henry Streets Penrith

TIME: 9:30am - 11:30am

COST: FREE

****CHILDCARE AVAILABLE - MUST REGISTER****

Contact 4720 6500 or groups@gatewayfamilyservices.org.au



Parenting Adolescents Parenting Program

Building positive relationships between parents and adolescents



Want to better understand the adolescent brain and what impact it has on your child's communication and behaviour?



Looking for advice, tips and strategies on how to build positive and nurturing relationships with your adolescent children?

Parenting Adolescents is a FREE 6 week parenting program that promotes caring and respectful relationships between parents and their teens.

The Parenting Adolescents course will help parents and carers learn:

- How to better understand your adolescent's brain and behaviour
- What teens are communicating via their behaviours and attitudes
- Strategies to build a mindful, attuned and nurturing relationship

REGISTER NOW



PROGRAM DETAILS

WHEN: Mondays 13th Feb - 20th Mar

WHERE: Online via Zoom

TIME: 7:00pm - 9:00pm

COST: FREE





Contact 4720 6500 or groups@gatewayfamilyservices.org.au



123 Magic & Emotion Coaching Parenting Program

Building positive relationships between parents and children

-  Want to learn how to manage challenging behaviours and ways to encourage more positive behaviours from your children?
-  Looking for advice, tips and strategies on how to help your children identify and manage the emotions driving their behaviour?

123 Magic & Emotion Coaching is a FREE 4 week parenting program that teaches carers positive parenting skills that produce quick results.

The 123 Magic & Emotion Coaching course helps parents and carers learn:

- How to manage challenging behaviours in your child
- How to use positive parenting skills with your children
- How to help your children manage their emotional responses

REGISTER NOW



PROGRAM DETAILS

WHEN: Wed 8th Feb - 1st March

WHERE: Online via ZOOM

TIME: 6:30pm - 8:00pm

COST: FREE



Contact 4720 6500 or groups@gatewayfamilyservices.org.au