



Our Lady of the Way
Act Justly - Love Tenderly - Walk Humbly

OUR LADY OF THE WAY CALENDAR

TERM 3

EVENTS FOR THE MONTH OF JULY/AUG/SEPT

Date	Day	Time	Event	
Sept 21	Thur	11:45am – 12:30pm	Year 5 Global Connections Presentations	
Sept 22	Fri		Footy Fever Day	Y6 Fundraising

TERM 4

EVENTS FOR THE MONTH OF OCT/NOV/DEC

Date	Day	Time	Event	
Oct 9	Mon	Pupil Free	Staff Development Day	
Oct 10	Tues	Pupil Free	Staff Development Day	
Oct 11	Wed		Full Summer Uniform	
Oct 17	Tues		Zooper Dooper Summer Day	Y6 Fundraising
Oct 27	Fri		Movie Session	Y6 Fundraising
Oct 27	Fri		Sweets and Treats	Y6 Fundraising
Oct 31	Tues		Zooper Dooper Summer Day	Y6 Fundraising
Nov 6 to Nov 10		Kinder – Year 4	OLOW Swimming Program	Kinder – Year 4
Nov 14	Tues		Zooper Dooper Summer Day	Y6 Fundraising
Nov 15 to Nov 16			Year 5 Camp	
Nov 17	Fri		Sweets and Treats	Y6 Fundraising
Nov 28	Tues		Zooper Dooper Summer Day	Y6 Fundraising
Dec 8	Fri		Sweets and Treats	Y6 Fundraising
Dec 12	Tues		Year 6 Farewell & Thanksgiving Mass	
Dec 14	Thur	06:30-08:30pm	Year 6 Social Evening	
Dec 15	Fri		Year 6 Fun Day	

REGULAR EVENTS

Date	Day	Time	Event	
Each Week	Fri	08:50-09:10am	School Assembly	Cola – All Welcome

MASSES AND SACRAMENTS

Date	Day	Time	Event	
GRADE MASSES				



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Parent Communication Term 3 Week 10 September 30th, 2023

On behalf of all the staff we want to thank the school community for a very successful Term 3! We hope all our students and families have a safe holiday break.

Traditionally Term 3 in schools is regarded as the term where less events occur. This is no longer the case. Term 3 has been very busy with a vast number of extracurricular activities including –

- Year 2 excursion to Sydney Zoo
- Whole school Anti Bullying Show
- Parish Masses
- Stage 3 Boys / Girls Touch Gala Day
- Year 1 excursion to Rouse Hill Estate
- Zone Athletics Carnival
- Sweets and Treats Year 6 fundraiser
- ES1 Animal Welfare Incursion
- Staff Formation Day
- Whole school photos
- Diocesan Athletics Carnival
- Year 4 Cares Excursion
- Netball Gala Day
- Father's Day mass, picnic and open classrooms
- Stage 2 Boys / Girls Touch Gala Day
- ES1 excursion to the farm
- Grandparents Day mass, picnic and open classrooms
- School based touch football competition
- Footy Fever Day

All these events are additional to the regular school teaching and learning. They take a tremendous amount of work for staff to plan and then lead. Staff do this to provide opportunities for our students.

YEAR 6 FUNDRAISING

Thank you to all the year 6 parents who have been baking up a storm to supply cakes, biscuits and the like for the whole school community. This is a major fundraiser used to fund Year 6 end of year celebrations and provide a leaving gift to the school.

Next term, as it continues to heat up, we will have Zooper Dooper days.

Thank you to the wider community for your support of these fundraisers.

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NEWSLETTER CHANGES

From next term, newsletters will be sent to families every second week. Any urgent notifications will be sent out via Compass should the need arise.

CONGRATULATIONS!

Congratulations Declan in Year 6 who will be representing Captivate at the Australian Theatre For Young People as a scholarship recipient these upcoming holidays. Declan will be joining students from across Sydney at the ATYP (Dawes Point) for a 4-day program titled The Play That Can Not Be Named.

Regards
Mr Phillip Kapitanow
Principal



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ASSISTANT PRINCIPAL'S MESSAGE



It was great to see the students enjoying their Book Fair purchases during lunch time last week. These students were doing some serious reading and relaxing in the fresh air! What better way to digest some literary goodness than to sit with a mate and read. Well done boys! Thank you to Mrs Masters for organising such a successful Book Fair, and to all the parents, grandparents and family members who supported our school community through their generous purchase of books.

School Holiday Fun!

"I'm bored...what can I do?..."

Does this sound familiar to you?

School holidays are a time when we are often looking forward to spending time with friends and family but sometimes run out of ideas of what to do.

Here are some events happening during the school holidays in and around the community. Click on the links for some inspiration - when you have run out!!

[School Holidays at The Joan](#)

[What's On @ Penrith Panthers](#) - FREE and Ticketed Events

[Penrith Regional Gallery](#)

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Penrith Council are also holding a FREE Family friendly event on 27th September - see details below.

Mini Makers Holiday Activities

Want some free family friendly activities to keep the kids entertained these school holidays?

Want some free family friendly activities to keep the kids entertained these school holidays? Then look no further than Penrith City Council's Mini Makers activities in Triangle Park, Penrith on Wednesday 27 September from 10am.

You'll find arts and craft, fairy wishes games corner, face painting, Penrith City Council's mobile play van and live music – and the best part, it's FREE!

Come and join in the fun these holidays, There's plenty to do and see in the Penrith City Centre, mum/dad/grandparents can grab a coffee and bite to eat from one of the local cafés or restaurants, and there's plenty of shopping to be had too.

Dates & Times

Starts: 27 September 2023 - 10:00 AM

Ends: 27 September 2023 - 01:00 PM

Location

Triangle Park
565-567 High St
Penrith NSW 2750



Wishing all our families a safe and relaxing holiday. Enjoy your time together and I look forward to seeing you all in Term 4.

***Regards
Ms Catherine Ruff
Assistant Principal***

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WELLBEING COUNSELLOR'S MESSAGE

SUPPORTING YOUR CHILD THROUGH CHANGE

Changes in life are inevitable and at times unexpected. This can be difficult for children to navigate and can lead to challenging behaviours and expressions of distress that are hard for parents to understand. Children may become clingy, moody or irritable, angry, sad, anxious, afraid, and less sociable than they used to be. Regressive behaviour can be normal, and most children will return to their usual level of functioning after a short period of time. If children are continuing to display high levels of distress or disrupted behaviour, it is important to seek the support of a professional.

What is change?

Change refers to anything that disrupts a child or young person's usual sense of normality or predictability. It can result from planned transitions or unpredictable events. Types of changes include separations from family members or friends, divorce, moving home, new school, starting school or high school, new siblings, grief and loss.

My child's behaviour has changed, should I be worried?

No. At least not at first. Short term behavioural changes are to be expected at times of change, however, if these persist it is important to seek further support. Adjustment can take time.

When should I seek professional help?

If your child's behaviour is persistent beyond the time of transition, when routines etc have been re-established or are significant enough to be negatively impacting their health and/or safety, it is important to seek professional help.

Concerning behaviour might include refusing to eat, go to school, undertaking requests or usual routines, persistent disrupted sleep or thoughts of self-harm/suicide. In the case of thoughts of self-harm or suicide, it is important to seek support as soon as possible.

How to start the conversation

- start by acknowledging and regulating your own feelings about the change - if you're distressed, your child will feel this too
- if possible, give them time to prepare for any known changes
- listen to their concerns and feelings and provide them with safe ways to express them
- read books about big life changes
- maintain any routines that you can to provide consistency
- give them choices and ask for help
- talk about changes they have successfully navigated in the past
- perhaps provide opportunities for them to debrief with another trusted adult
- it can help to let your child's teacher know of any significant changes so that they can provide extra support at school and make adjustments around their expectations.

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HELPFUL TIPS

- Children may have a variety of emotions in response to big changes. While it can be uncomfortable for parents to witness these, remember that it is important to validate their emotions and provide empathy rather than jumping to distraction.
- Changes in behaviour are to be expected, but if these persist, it is important to seek professional help.

[Empathic Emotion Coaching Cheat Sheet .pdf](#)

Where to go for more information and help

If you are concerned about your child's behaviour, speaking to their classroom teacher is a great place to start. If further concerns are identified, they can make referrals to the school wellbeing counsellor if this is required.

If your concerns persist, your GP can support you in accessing a Mental Health Plan for further assessment and therapeutic support.

Kids Helpline 1800 55 1800 <https://kidshelpline.com.au/>

Headspace 1800 650 890 <https://headspace.org.au>

BeyondBlue 1300 22 4636 <https://beyondblue.org.au>

Mental Health Line 1800 011 511

Reference:

CSPD parent help sheet

Mrs Marita Vecchio
Wellbeing Counsellor



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YEAR 3 NEWS

This term in Health, Year 3 have participated in a number of live streams with other schools around our nation. The first one was for the National Day of Action against Bullying. We learnt about how we can stand up to bullies and stand up for others. We created wristbands campaigning for 'No Bullying' and together as a class, created our pledge to not stand for bullying.

We have also attended the live stream for Australia's Biggest Child Safety Lesson run by the Daniel Morcombe Foundation. We learned about how to protect our bodies and how to feel safe saying 'yes' or 'no'.

We also learnt about how we can stay safe online and protect our identity with a live stream with the eSafety team. Please ask your children about what they learnt.

If you would like more information, it can be found on the eSafety website for parents and children: esafety.gov.au



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YEAR 3 NEWS

Year 3 has been learning about Energy and Forces this term in Science. We have conducted a lot of experiments to find out about conductors and insulators of heat and types of forces.

Our students really enjoyed using their knowledge of conductors and insulators to make a device that would keep an ice cube frozen the longest.



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YEAR 3 NEWS

We also enjoyed dressing up for our Book Week Parade this term. Our teachers came as the Rainbow Fairies for their name



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STUDENT ACHIEVEMENTS

MACKILLOP SOFTBALL

Laker and Patrick from Year 6 did a great job at MacKillop Softball last week. Their team was undefeated winning 11 in a row and were crowned champions. Congratulations boys! Thank you for representing Our Lady of the Way at such a high level. We are very proud. Mr Jenkins




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AWARD - CONGRATULATIONS

 PBS4L Award Term 3 – September 15th, 2023	
<i>Week 9</i> <i>We Are Resilient And Have A Growth Mindset</i>	
Kindergarten	Koa J
Year 1	Layla B
Year 2	Sophia H
Year 3	Kaydence S
Year 4	Cohen D
Year 5	Madison F
Year 6	Zoe R

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Reminder for Year Six Fundraising

Zooper Dooper Days: \$4:00 per student to use at the four Z/D days

Footy Fever Day: \$2:00 per student to wear footy mufti

Movie Session: \$5:00 per student for movie, popcorn and drink

 Sweets and Treats Term 4 Week 3 Friday 27th Oct Week 6 Friday 17th Nov Week 9 Friday 8th Dec	 Zooper Dooper Summer Days Term 4 Week 2 Tuesday 17th Oct Week 4 Tuesday 31st Oct Week 6 Tuesday 14th Nov Week 8 Tuesday 28th Nov
 Footy Fever Day Term 3 Week 10 Fri 22nd Sept	 OLOW Movie Session Term 4 Week 3 Fri 27th October

GENERAL NEWS

FRIDAY September 22nd – last day of school

Reminder that QKR is now open to take your payment for Footy Fever Mufti Day. The cost is \$2 per student to be able to wear Footy Mufti eg jersey/hat/socks/scarf. Any code of football eg soccer, AFL, Rugby etc. Students are to wear sports shoes or joggers.

REMINDER FROM OUR P&F - REGARDING FATHER'S DAY STALL PAYMENTS

QKR is open to the end of term to accept payments for the 2023 Father's Day Stall. If you are unsure of how much you owe, please contact our P&F on olowpandf@gmail.com and they will let you know.

FAMILY AND SCHOOL PARTNERSHIP PRINCIPLES

Catholic Schools Parramatta Diocese (CSPD) acknowledges parents and carers as the first educators of their children. The research is clear that children and young people learn best, are happiest and are most engaged when schools work in partnership with parents and carers. CSPD has provided a leaflet titled *Family and School Partnership Principles* which is available at OLOW reception and also via the attached link.

Family and School Partnership Principles Link [Family and School Partnership Principles](#)

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We're off to see the Wizard! Come and see our very own **Mrs Viera** as the Wicked Witch of the West! Tickets for the October production of The Wizard of Oz are now on sale.

THE WIZARD of Oz PENRITH MUSICAL COMEDY COMPANY
ANNOUNCING OUR CAST!

 CHLOE DAY <i>DOROTHY</i>	 CALLUM GILBERT <i>SCARECROW</i>	 MARCEL VIERA <i>TINMAN</i>	 AMY JONES <i>LION</i>
 BETHANY DEAR <i>GLINDA</i>	 MELISSA VIERA <i>WICKED WITCH</i>	 MICHAEL EADIE <i>WIZARD</i>	 ALLISON ARNOTT <i>OZ GUARD</i>

FEATURED ENSEMBLE	ENSEMBLE
GRACE ALLEN ABIGAIL ANDREWS RACHEL BAKER ANNE BELLAMY ELLA CARROLL ALLEGRA GOODCHILD GWEN GREGORY HAYDEN JOHNSON	AMELIA BERBARI GABRIELE BERNARDINO JULIANA BERNARDINO LISA HARDWIDGE LOUISA HOBBS JEMMA HULLICK JASMINE JOSEPH RICHARD LONG MATILDA MOBBS IZABELLE WALKER SKYE WILSON

TICKETS NOW ON SALE!



THE WIZARD of Oz
PENRITH MUSICAL COMEDY COMPANY
Q THEATRE, 19 - 22 OCT.
PENRITH
<https://penrithmusical.org/booktickets>

Visit <https://www.thejoan.com.au/events/the-wizard-of-oz/>, or the PMCC website (<https://penrithmusical.org> and follow the "Book Tickets" links)