

OUR LADY OF THE WAY CALENDAR

TERM 3				
EVENTS FOR THE MONTH OF JULY/AUG/SEPT				
Date	Day	Time	Event	
Aug 18	Fri	All Day	Pupil Free Day	Staff involved in Faith Formation Day
Aug 21	Mon	10:45-01:45pm	Voice of Youth	Year 6
Aug 23	Wed		School Photos	
Aug 25	Fri		Diocesan Athletics Carnival	
Aug 25	Fri		Sweets and Treats	Y6 Fundraising
Aug 28	Mon		Year 4 Cares – Group 1	
Aug 29	Tues		Year 4 Cares – Group 2	
Aug 30	Wed		Netball Gala Day	
Aug 30	Wed		Father's Day Stall	
Sept 1	Fri		Father's Day Celebrations	
Sept 4	Mon	09:00-10:00am	Book Week Dress Up Parade	OLOW Kinder-Year 6
Sept 8	Fri		Sweets and Treats	Y6 Fundraising
Sept 8	Fri		Stage 2 Boys/Girls Touch Football	
Sept 13	Wed		Kindergarten Science Excursion	Calmsley Hill Farm
Sept 14	Thur	02:00pm	Principal/Parent Chat	
Sept 15	Fri		Grandparent's Celebrations	
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 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				
Aug 16	Wed	07:00pm	Confirmation Prep Evening Session 2	
Aug 23	Wed	07:00pm	Confirmation Prep Evening Session 3	
Aug 25	Fri	09:00	Kindergarten & Year 5 Parish Mass	OLOW Church
Aug 30	Wed	07:00pm	Confirmation Prep Evening Session 4	
Sept 1	Fri	10:15am	Father's Day Liturgy	OLOW Church
Sept 6	Wed	07:00pm	Confirmation Rehearsal	
Sept 8	Fri	09:00am	Year 1 & Year 6 Parish Mass	OLOW Church
Sept 10	Sun	11:30am	Sacrament of Confirmation	
Sept 15	Fri	10:00am	Grandparent's Day Mass	OLOW Church

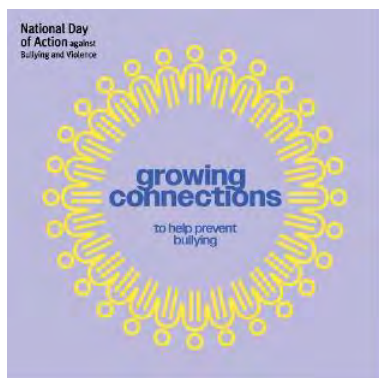


Our Lady of the Way
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Parent Communication Term 3 Week 5 August 16th, 2023

PRINCIPAL'S MESSAGE

NATIONAL DAY OF ACTION AGAINST BULLYING AND VIOLENCE (NDA)



On Wednesday 16 August 2023, Our Lady of the Way participated in the National Day of Action against Bullying and Violence (NDA). The NDA is Australia's key bullying prevention initiative for schools, connecting schools and communities to implement workable solutions to prevent bullying. The NDA is Australia's key bullying prevention initiative for schools, connecting schools and communities to implement workable solutions to prevent bullying.

Planning for a safe and supportive school community requires a whole-school community approach. Whole-school responses to bullying prevention builds positive and supportive school environments by incorporating strategies for intervention at all levels, inclusive of students, teachers, parents and carers.

Three key characteristics outlined in the national definition of bullying distinguish bullying behaviours from other negative behaviours which are not bullying. The key characteristics of bullying include:

1. power imbalance
2. deliberate intent to cause harm, and
3. ongoing and repeated behaviour.



While the following behaviours are not bullying, they may still be serious and require intervention at home and at school:

- arguments and disagreements (where there is no power imbalance)
- single acts of social rejection or unkind behaviour, or
- isolated incidents of aggression, intimidation or violence.

It is important for our whole-school community, including our staff, parents, carers and students to have a clear understanding of the definition of bullying to be able to correctly identify and respond to incidents of bullying. The full national definition can be found on the Bullying. No Way! website.

Parent Communication Term 3 Week 4 August 16th, 2023



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All staff have attended targeted professional learning this week to help build their knowledge of bullying, response procedures and effective anti-bullying strategies for children.

If you have concerns that your child is being bullied, please contact the classroom teacher. You will be referred to the Principal if a satisfactory outcome is not achieved.

You can read the school's bullying prevention policy by clicking on the link.

[Bullying & Cyberbullying Prevention and Response Procedure Link](#)

For more information, please visit the Bullying. No Way! website. -

<https://bullyingnoway.gov.au>

PARKING AROUND THE SCHOOL

In recent weeks we have had increasing reports from residents that parents are parking across their driveways and restricting their ability to leave and enter their residence. Disappointingly, some parents have responded to resident requests to move cars with intimidation and verbal threats.

These actions mean that school staff are then required to visit residents, assure them that they are safe and communicate next steps. This takes staff away from their job as educators of your children.

As a school community it is essential that all members of the school community respect residents that surround our school. We need positive healthy relationships with our neighbours.

On behalf of the school community we have apologised to affected residents and informed them that, as these actions have occurred in a public street with adults, if they feel threatened or unsafe, they should report the matter to the police.

Regards
Phillip Kapitanow
Principal

Parent Communication Term 3 Week 4 August 16th, 2023



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ASSISTANT PRINCIPAL'S MESSAGE

BEFORE SCHOOL SUPERVISION

A reminder that supervision of students at Our Lady of the Way commences at **8:15am each morning**.

There has been an increase in the number of students arriving well before this time and congregating at the front of the school office. For safety reasons we ask that students are dropped off at school just before supervision commences each day.

If you require supervision for your child/ren before 8:15am, when our duty of care and supervision commences, please contact Ambrose School Age Care on 0417 886 548 or email them at olow@ambrose.org.au for more information.

Attendance at OLOW



At OLOW we miss your child when they are absent. More importantly they are missing out. They are missing out on important learning opportunities and social interactions with their peers and teachers. Of course illness and important appointments happen and unfortunately, we can't control this. However, when your child is away it is important that you communicate with us why they are absent. This will then be recorded as an ***explained absence***. If the school office does not receive an explanation within seven days of an absence our records will show the absence as an ***unexplained absence***.

If your child is late to school for ***any reason*** you are required to explain to the office staff when you bring your child into the office. That way the absence can be recorded as an ***explained partial absence***. If your child enters school without a parent and without a note explaining why they are late the partial absence will be recorded as an ***unexplained partial absence***.


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These absences will be reflected in your child's reports. This is relevant for both **whole days** and **partial days**.


We are here to help you. If you are having attendance issues with your child, please reach out to us about ways we can support you and your child. Any absence equals missed learning. Punctuality matters and helping our children achieve their best by getting to school on time is a great start!



A day here or there doesn't seem like much but absences add up **2 days** a month adds up to **4 weeks** a year / **20 days** a year which is over **one year** of lost learning.

EVERY DAY COUNTS

every learner every day 

 Catholic Schools Parramatta Diocese

MISSING SCHOOL = MISSING OUT

Early primary children learn new sounds and words every day. These are important building blocks upon which all future learning is built.

Help your children achieve their best by getting them to school on time every day.



every learner every day 

 Catholic Schools Parramatta Diocese

Parent Communication Term 3 Week 4 August 16th, 2023



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Did you know

Your child's best learning time is the start of the school day
just a little bit late doesn't seem much but

He/she just
missing,

That equals ..

Which is ...

and over 13 years
of schooling that's ...

10 minutes per day

50 minutes per week

Nearly 1.5 weeks per year

Nearly half a year

20 minutes per day

1 hour 40mins per week

Over 2.5 weeks per year

Nearly 1 year

Half an hour per day

Half a day per week

4 weeks per year

Nearly 1 and a half years

1 hour per day

1 day per week

8 weeks per year

Over 2 and a half years

every learner
every day



Catholic Schools
Parramatta Diocese

Regards
Catherine Ruff
Principal

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RELIGIOUS EDUCATOR COORDINATOR MESSAGE

Staff Faith Formation Day - Pupil Free Day

This Friday, August 18 the staff will take part in a Faith Formation Day.

Next year a major focus in our school will be to explore our Catholic Identity. During our day, the staff will start to explore what this will mean for our community.

Our day will be led by Andrew Wilson, a member of the CSPD Mission Team.

A reminder that August 18 will be a pupil free day.

The Sacrament of Baptism for Primary Children

In Term 4, OLOW Parish will be running a Baptism Program for children in primary school.

This program will run over 4 weeks.

In Baptism, the living presence of God comes within us, and we are welcomed into God's family.



If you would like your child/ren to be baptised, or would like more information, please contact the parish office 47351041 or emuplains@parracatholic.org

Blessings,

Cate Kensey
Sacramental Co-ordinator
Our Lady of the Way - Emu Plains

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Feast of the Assumption



Yesterday we celebrated the Feast of the Assumption as a school community and with members of our Parish. We celebrated God taking Mary into heaven and asked God to take care of all of us. The Feast of the Assumption is a day of great celebration and rejoicing for all of us who believe in the saving power of our loving God.

Thank you to the parents and family members who attended and the Year 5 students who led our Mass so beautifully.

Grandparent's Day



We are very much looking forward to welcoming grandparents to our special Grandparent's Day celebrations which will take place on **Friday, September 15**. An overview of the day is as follows:

- **Grandparent's Day Mass @ 10:00am**
(please note the change in time from 10:15am)
- **BYO Picnic Morning Tea @ 11:00am** under the COLA
- **Open Classrooms - 11:40am - 12:30pm**
- **Book Fair in the Library**

Friday Parish Mass - Term 3 Dates

Term 3 dates for grades attending Friday Parish Mass are:

Kindergarten and Year 5 Parish Mass: Week 6 - Friday August 25 @ 9:00am

Year 1 and Year 6 Parish Mass: Week 8 - Friday September 8 @ 9:00am

Mrs Carole Day
Religious Education Coordinator

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WELLBEING COUNSELLOR MESSAGE

What is Anxiety?

Anxiety is a natural part of life and is a useful emotion. Anxiety is only problematic when it dominates someone's life and stops them doing things they really want to do. Key is whether there is a 'significant change' in functioning for the person. Anxiety results in physical, emotional, cognitive and behavioural symptoms.

Some Facts

- Helping young people to understand anxiety can really help them regain their sense of power and control over their emotions.
- High anxiety/high emotion (instinct) overrides logic and rational thought when
- Someone is consumed by their feelings, making it hard to appeal to reason.
- Common symptoms of anxiety: dry mouth, butterflies in stomach, increase in heart rate/blood pressure, tingly feeling in arms and legs, lightheaded sensation etc. However all of these symptoms have a biological and evolutionary purpose and therefore can be explained.
- Increased risk if other family members have anxiety (genetic and environmental components). Life experiences such as high conflict in the home, trauma, peer rejection, chronic illness, disruption in schooling, inexperience with dealing with difficult emotions, unrealistic expectations, modelling, learning difficulties, previous failure, sexuality, disabilities etc can also increase risk of anxiety.

Some Tips for Parents

- Have clear expectations and limits for your child.
- Build on your child's strengths.
- Encourage independence (self-efficacy and autonomy).
- Avoid rescuing your child ('helicopter' parenting) from experiencing negative emotions.
- Avoid excessive reassurance (turn questions around back to them).
- Give a clear message that anxiety is OK and they can learn to handle it.
- Use emotion coaching by helping them to label, articulate and understand emotions rather than fear them / be overwhelmed by them.
- (See attachment) [Empathic Emotion Coaching Cheat Sheet .pdf](#)
- Model positive coping behaviour when you experience anxiety yourself.
- Try not to lose control or let your own frustrations through.
- Have a united approach with all key adults in their lives.
- Still have calm, clear consequences (delivered without emotion) when necessary.
- Be involved, aware and active in your child's technology use (in common space).
- Screen time stops at least one hour before bedtime (light interferes with melatonin production which is needed for sleep).

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- Consider having a time for the phone to be docked (not in room).
- Remind them not to share personal information online, not participate in gossip or negative
- comments about a person and to block, delete and report to trusted adults as needed.
- Avoid threatening to ban technology in response to problem behaviour (could result in them not telling you when there's been a problem).
- Teaching our kids that bad feelings don't last and they can get through it is helpful.
- Encourage your child to talk about 2 - 3 good things that happened / that they are grateful for every day.
- Even if you think you know what the solution might be, don't just tell them! Help them brainstorm options and possible consequences and facilitate their choice of best solution.

Resources:

National Workforce Centre for Child Mental Health

Emerging minds:

Supporting parents of pre-teen children with mild-moderate anxiety
(see attachment) [Anxiety-Practice-Guide-pre-teen.pdf](#)

Treatment/Intervention Options

- Cognitive Behaviour Therapy (CBT), •Acceptance and Commitment Therapy (ACT),
- Graded Exposure, •Family Therapy, •Interpersonal Therapy (IPT), •Mindfulness/meditation,
- Relaxation training •Medication etc.

Telephone and online support

- Kids Helpline 1800 55 1800 www.kidshelpline.com.au
- Lifeline 13 11 14 <https://www.lifeline.org.au/>
- Men's Line 1300 78 99 78 <https://www.mensline.org.au/>
- Suicide Call Back Service 1300 659 467 <https://www.suicidecallbackservice.org.au/>
- Parentline 1300 1300 52 <https://www.parentline.com.au/>
- Black Dog Institute <https://www.blackdoginstitute.org.au/>
- Beyond Blue <https://www.beyondblue.org.au/>
- Headspace <http://www.headspace.org.au>
- Youth Beyond Blue www.youthbeyondblue.com
- Butterfly Foundation <https://thebutterflyfoundation.org.au/>
- CatholicCare <https://www.ccam.org.au/>
- reachout.com/tools-and-apps <https://au.reachout.com/tools-and-apps>
- National Institute of Mental Health www.nimh.nih.gov (American but has lots of anxiety info)



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Other Online Apps and Resources

- Brave Online <http://www.brave-online.com/>
- Biteback <https://www.biteback.org.au/>
- Chilled Out
- Cool Kids Online
- Smiling Mind <https://www.smilingmind.com.au/>
- Calm <https://www.calm.com/>
- Dreamykid <http://dreamykid.com/>
- Breathing Bubbles <https://www.common sense media.org/app-reviews/breathing-bubbles>
- Relaxing Melodies
https://play.google.com/store/apps/details?id=ipnossoft.rma.free&hl=en_US
- Anxiety Reliever <https://www.anxietyrelieverapp.com/>

Useful Books

- Foa EB, Andrews LW. If Your Adolescent Has an Anxiety Disorder: An Essential Resource for Parents.
New York, NY, USA: Oxford University Press, 2006
 - Schab LM. The Anxiety Workbook for Teens: Activities to Help You Deal with Anxiety and Worry. Oakland,
USA: New Harbinger Publications; 2004
 - Phillips N. The Panic Book. Concord West, NSW, Australia: Shrink-Rap Press; 2005
 - Wever C, Phillips N. The Secret Problem. Concord West, NSW, Australia: Shrink-Rap Press; 2006
- To order above two books, go to Shrink Rap website www.shrinkrap.com.au

Reference:

CSPD Anxiety parents' summary handout
Emerging minds
Emergingminds.com.au

Regards

Mrs Marita Vecchio
Wellbeing Counsellor



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YEAR 4 NEWS

Year 4 have been enjoying exploring early Australian history in both Literacy and History this term. They have been engaged and inquisitive when looking at Australian history and early settlers. The students have enjoyed comparing and contrasting the knowledge they have gained in their learning groups, which has resulted in some interesting questions and historical finds. The favourite part for Year 4 was working together collaboratively on a Project Based Learning activity that brought all their early settler knowledge together in a final presentation.

Year 4 have demonstrated excellent engagement and are looking forward to continuing their historical investigations.



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KINDERGARTEN NEWS



What a fabulous start to Term 3 Kindergarten has had. We started the term by celebrating 100 days of Kindergarten where we celebrated the fact that we were 100 days smarter and 100 days wiser as well as all the new friendships we have built. The children had a fabulous time celebrating with their friends.

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Last week, we began our Science unit about Living Things. We were very lucky to have staff from the Animal Welfare League visit us and talk to us about what living things need to survive. Nicola and Ally told us all about the five freedoms all animals should enjoy and also spoke to us about why we need animal shelters. We will be further exploring the needs of living things throughout the rest of the term, culminating in an excursion to Calmsley Hill Farm later in the term





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Kindergarten have also been having great fun at our soccer clinic each Monday afternoon.

We have learnt how to kick, dribble and pass a ball as well as our favourite thing to do - shoot for goal! We have been using these skills playing soccer games on the playground at break times.



We also celebrated NAIDOC week by exploring lots of indigenous dreaming stories and participating in art and music activities. We created these artworks based on the dreaming story "How The Birds Got Their Colours."



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PBS4L AWARD - CONGRATULATIONS

 PBS4L Award Term 3 - August 11th, 2023	
Week 4 <i>Inclusive and valuing others</i>	
Kindergarten	Harvey K
Year 1	Aliyana B
Year 2	Ellen Y
Year 3	Riya L
Year 4	Lexi B
Year 5	Henry H
Year 6	Amelia T

GENERAL INFORMATION

QKR PAYMENTS

QKR is a secure quick and easy payment system that allows you to make payments for your child's school needs. You can register each of your children who attends the school and then make the payments for events that come up during the year.



Please be mindful that the **cut off each day for payments is 5:00pm**. Payments received before 5:00pm will be processed the **next** day. Payments received *after* the 5:00 pm will be processed the **following** day – 24 hours later.

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Reminder for Year Six Fundraising

Sweets and Treats: \$10:00 per student to use at all six Sweets & Treats stalls

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 3 Week 6 Friday 25th Aug Week 8 Friday 8th Sept 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

Catholic Care 
A service you can believe in

Catholic Care Refugee sponsorship Program

Our Lady of the Way parish family invites you to join Rita Hakkoum from the Catholic Care Refugee Sponsorship Program on 24 September after the 9.30am Mass to learn about the program and how you can help. Rita has assisted many groups from different parishes in the Diocese and will share her experience.

'Whenever you did this to one of the least of my brothers and sisters, you did it to me'

Mt:25-40

Looking forward to seeing you.

Kay Walker 0430193000 has any further information if required.

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2023 School Photos

Wednesday August 23rd

- Each student **MUST** return their own school photo envelope to the school photographer **ON** the day of the photo shoot – regardless of whether you are purchasing photos or having family sibling photos taken.
- Photos can be purchased by pre-ordering online **prior** to the photo shoot.
- Photos can be purchased by using the photo envelope and enclosing the **correct** money or money order made payable to “The School Photographer”.
- Family Sibling envelopes are available for pick up from the school administration office. The family sibling envelopes need to be given directly to the photographers on the photo shoot day.

**No envelopes will be accepted at Our Lady of the Way.
They must be given directly to the photographers.**

**All students need to be in FULL WINTER SCHOOL UNIFORM
which include black school shoes.**

**All students need to be at school on time as photos
commence at 9:00am**



Details of the Photographers:

The School Photographers
Email: enquiries@theschoolphotographer.com.au

Telephone: 02 9674 9824

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10 August 2023

Dear Principal

Please click [here](#) to view your letter from the Commissioner of Police, Karen Webb, APM.

The “**NSW Police Legacy Child Safety Handbook**” is a comprehensive and free resource to assist parents, carers as well as teachers on a range of topics essential to child safety.

The updated digital edition includes important content updates from: NSW Rural Fire, NSW Ministry of Health, NSW Police Force, Fire and Rescue NSW, Transport NSW, State Emergency Services, NSW Department of Family & Community Services, eSafety Commissioner and NSW Office of the Children's Guardian.

Digital Handbook [Link](#):

Here are additional links where the digital handbook can be viewed:

NSW Police Legacy

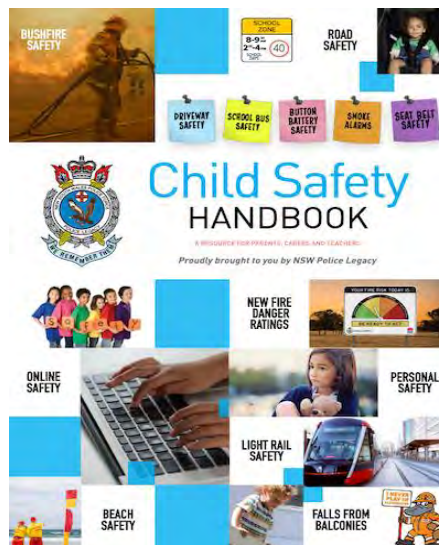
– <https://www.policelegacynsw.org.au/resources/>

Child Safety Hub website

– <http://nsw.childsafetyhub.com.au/handbook/>

If you have any questions, please feel free

childsafetyhub@amgroup.net.au



Father's Day Stall

Wednesday
30th August

More details to come in next week's newsletter!

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Boys and Girls 7 – 13 years are invited to join

Penrith City Children's Choir

Project III – Terms 3 & 4

Music & Readings for Christmas

at Saint Finbar's Catholic Church,
Glenbrook

For the first time since 2018 this wonderful community event will go ahead! Directed by Robert Ampt, recently retired as Sydney City Organist, performers include Penrith Symphony Brass, harp, vocal soloists, a combined adult chorus and organist Amy Johansen in the glorious acoustic of St Finbar's Catholic Church, Glenbrook. A highly anticipated performance which will attract a full house. A must for the whole family.

The project includes three workshops in Glenbrook in Terms 3 & 4 leading to a public performance on Sunday 10 December 7.30pm at St Finbar's Church.

Fees: \$50 per child. Family reductions: \$75 for two children; \$90 for three children.

If you love to sing, join us. No auditions. Applications close Tues 5 September

For an Information Pack & Application Form contact: PCCC Administrator, Becky Padgett 0417 433 903; Director, Lucy McAlary 0432 625 986; email pccc@penrithcitychoir.com.au or visit www.penrithcitychoir.com.au/penrith-city-childrens-choir

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KAREN MCKEOWN MP



Design the Member for Penrith's Christmas Card Competition

I will be holding a Christmas Card Competition to design the front of my Christmas Card for this year. I would like to invite all Year 3 to Year 6 students to each design a Christmas Card and forward it to my office.

If you are interested in joining the Christmas Card Competition, please ensure the students name and school is clearly marked on their picture.

The winning card will be printed and distributed to all the Penrith electorate with the designing students name, year and school on the card. The student who designs the winning card will receive a family pass to the movies, while the school will receive a book voucher for \$200.00 enabling them to purchase new resources for the school library.

The closing date for entries is **Friday 15 September 2023**.

Could you please forward all entries by this date to my office. If you require any assistance, please contact Emma Willis in my office on 4722 8660.



Artwork by Alexis Cheah from Our Lady of Fatima Primary School, Kingsgrove

An example of a winning card from another office

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