

OUR LADY OF THE WAY CALENDAR

TERM 3

EVENTS FOR THE MONTHS OF AUG/SEPT

Date	Day	Time	Event	
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	
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 MONTHS 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 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



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Parent Communication Term 3 Week 6 August 23rd, 2023

RELIGIOUS EDUCATOR COORDINATOR MESSAGE

Father's Day



We are looking forward to welcoming our fathers, grandfathers and those who are like fathers to us, to our school on Friday, September 1.

- **10:15am - Father's Day Liturgy** under the COLA on the Main Playground (led by Year 3)
- **10: 40am - Picnic Morning Tea** on the Main Playground. Bring a picnic rug/ chairs and a picnic morning tea
- **11:30am - 12:00pm** - join your children in their classrooms for a **Father's Day activity**

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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Special Sacramental Program for Children in Year 6



A note has gone out to students in Year 6 who may be interested in receiving the Sacraments of Reconciliation and Holy Communion. This will take place in Term 4.

If your child did not receive a note and you would like the information, could you please contact the school office and a note will be sent home.

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

SLEEP

Adequate sleep is vital for children's growth, learning and development. Research shows that sleep has a direct effect on happiness and can impact alertness, attention, mood, cognitive performance, learning and memory. A lack of sleep, therefore, may affect your child's behaviour, performance at school, as well as other aspects of their day-to-day life. Providing daily routines and a suitable bedroom environment can help your child to get the rest that they need to grow strong and healthy. Ongoing sleep issues could be a sign there is something else going on for your child and may need to be discussed with your doctor.

How much sleep does a child need?

The amount of sleep needed changes with age. Everyone is different, but as a guide, children need the following amounts of sleep each night:

Ages 3 to 5: 10 to 13 hours

Ages 6 to 13: 9 to 11 hours

Ages 14 to 17: 8 to 10 hours

How can I establish a bedtime routine?

Establishing a bedtime routine is an important part of a healthy lifestyle for children. A routine will support their growing bodies and minds, their mood, as well as enable them to better engage in learning.

- Try to follow a consistent schedule and a wind-down period before bed, including the weekend. Winding down signals to your body and brain that it's time to relax.
- Winding down activities may include taking a warm shower, reading a book, playing soft music, or dimming lights. Deep breathing exercises, muscle relaxation or mindfulness activities might help if it is difficult to wind down.
- Turn off computers, TV screens and video games at least an hour before bedtime
- Put on pyjamas and brushing teeth.
- Put your child to bed when they are sleepy, not already asleep, as this helps them to learn how to fall asleep on their own.

What should I consider to provide a suitable bedroom?

- Use dark curtains to block out light, or a night light if your child is afraid of the dark
- Keep the bedroom quiet, or use a white noise machine to block out sounds
- Make the bedroom, especially the mattress, a no-screen zone, even during the day
- To strengthen the association between the bedroom and sleep, have your child complete homework or other activities in another room where possible.
- It is suggested that a room temperature between 16-20 degrees Celsius promotes better sleep.

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What if my child continues to have problems sleeping?

- Signs of sleep problems may include sleepwalking, night terrors, bed wetting, teeth grinding, or snoring. Your child may be irritable, overly emotional, struggling to get started for the day or fall asleep in class.
- Review your routine, are there bits that are working better than others?
- Talk to your family doctor about your concerns. There may be other factors to consider regarding your child's sleep habits.

KEY POINTS TO REMEMBER

- Adequate sleep is important for children's growth, learning and development.
- Establishing a bedtime routine and a suitable bedroom environment will help to promote healthy sleep habits.
- Talk to your family doctor if your child is experiencing sleep problems.

FOR MORE INFORMATION

Sleep Help Foundation:

(see attachment) [Sleep Tips for Children.pdf](#)

(see attachment) [Facts about sleep for parents and school staff.pdf](#)

Headspace National Youth and Mental Health Foundation:

(see attachment) [Myth buster sleep and young people.pdf](#)

Visit website:

www.healthdirect.gov.au/sleep-tips-for-children

<https://raisingchildren.net.au/preschoolers/play-learning/screen-time-healthy-screen-use/screen-time-sleep>

<https://kidshelpline.com.au/parents/issues/what-happens-when-your-kids-don%E2%80%99t-get-enough-sleep>

www.sleephealthfoundation.org.au/sleep-tips-for-children.html

www.childrens.health.qld.gov.au/fact-sheet-healthy-sleep-children

Reference:

CSPD sleep for the primary child parent help sheet

Sleep Health Foundation

Regards

Mrs Marita Vecchio

Wellbeing Counsellor



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Year 6 are very proud to report our recent success at the Diocesan Annual Voice of Youth Competition. Out of 12 finalists from our school-based public speaking competition, it was narrowed down to two finalists to represent our school at the CSPD Cluster Final. Our finalists were Ruby Trad and Zoe Chang.

Ruby's speech was eloquently delivered. She spoke about a topic that is really important to her, it was well researched and passionately and eloquently delivered. Her topic was close to all our hearts, the importance of mental health.

Zoe's speech was also well researched, she delivered a thought provoking and interesting speech on the unsavoury effects of artificial sweeteners. Her presentation was outstanding.

Zoe and Ruby competed against 6 other students in the cluster and Ruby was successful in winning the *Social Justice Award* on the day. Congratulations to both girls, particularly Ruby on her achievement.

Mrs Bunter and Mr Jenkins.





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PBS4L AWARD - CONGRATULATIONS

 PBS4L Award Term 3 - August 16th, 2023	
<i>Week 5 Anti-Bullying Day</i>	
Kindergarten	Lucy C
Year 1	Takumi K
Year 2	Bella C
Year 3	Brock M
Year 4	Jonah E
Year 5	Ivy H
Year 6	Remy C

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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School Uniform Changes

Parents were asked to participate in a survey regarding possible changes to uniforms. In response to this our first change will be to allow students to wear either long or short sleeve shirts for the remainder of the Term 3. Families can make this decision based on the weather.

Students are still required to wear full winter uniform with this change of shirts and must be in the correct uniform, either sports or school uniform.





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



Scholastic Book Club order forms were distributed via the classroom bags today. Final date for order of Issue 6 2023 will be Wednesday August 30th, 2023

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BOOK WEEK 2023 Monday 4th September

Read Grow Inspire

Dress up & join us!

Book Character

Dress-Up Parade

Monday 4th September

All students from Kindergarten to Year 6 are invited to choose their favourite story character or book. You may choose to dress up as a character or depict the theme from your book. Your costume can be as creative and fancy as you like, made from costume items you have at home or any way you would like to source them. All students will be participating in our book parade, you might like to bring along a copy of your favourite book to read on the day. Parents and families are welcome to come along and watch our book parade from 9:00 am - 10:00 am. Feel free to dress up your toddlers (or even yourself) and join in our fun!!



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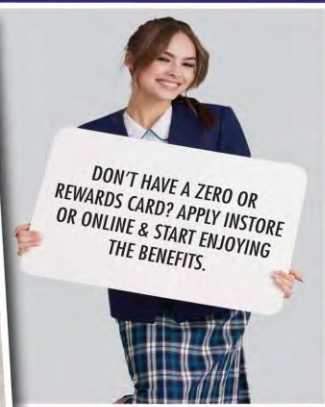


2 DAY VIP EVENT

**20% OFF
EVERYTHING***



AUGUST 24TH & 25TH



INSTORE & ONLINE

*T&C's apply, no rainchecks, savings off original prices.

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