



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 14	Thur	02:00pm	Principal/Parent Chat	
Sept 14	Thur	All Day	RU OK Day	
Sept 15	Fri		Grandparent's Celebrations	
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				
Sept 15	Fri	10:00am	Grandparent's Day Mass	OLOW Church



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Parent Communication Term 3 Week 9 September 13th, 2023

RELIGIOUS EDUCATOR COORDINATOR MESSAGE

Grandparent's Day



We are very much looking forward to welcoming grandparents to our special Grandparent's Day next **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

Sacrament of Confirmation

Congratulations and blessings to the children who celebrated the Sacrament of Confirmation:

O Casey	O Eekman	E Hirsch	C Mortimer
R Coote	S Fenning	M Jarrett	L Rose
A Dyrka	T Gahagan	D Keigan	N Sanger
B Edmonds	C Gardiner	G Lewandowski	R Sykes
A Edwards	J Grady	O McClenahan	B Thomas
C Thompson	M Thompson	R Trad	F Weber
M Williams			

Parent Communication Term 3 Week 9 September 13th, 2023



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*Creator Spirit,
strengthen these children with your gifts of grace, to love and
serve as a disciple of Christ. Grant that they may grow into the
fullness of the stature of Christ.*

*Fill them with the joy of your presence. Increase in them the
fruit of your Spirit: the spirit of wisdom and understanding, the
spirit of love, patience and gentleness, the spirit of wonder and
true holiness.*



Mrs Carole Day
Religious Education Coordinator

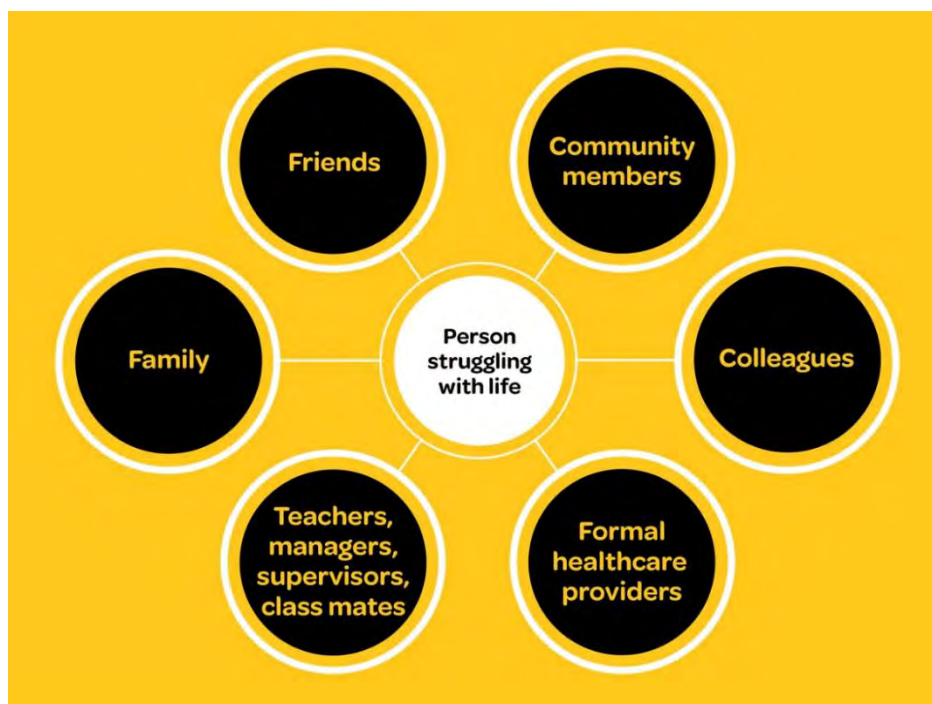


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WELLBEING COUNSELLOR MESSAGE

R U OK? Day 2023 is Thursday 14 September R U Ok

and is our national day of action when we remind Australians that every day is the day to ask, 'are you OK?' and start a meaningful conversation whenever they spot the signs that someone, they care about, might be struggling with life.



We can all make a difference in the lives of those who might be struggling by having regular, meaningful conversations about life 's ups and downs.

If you feel like something's not quite the same with someone you know – there's something going on in their life or notice a change in what they're doing or saying - trust that gut instinct and take the time to ask them "Are you OK?"

By acting as 'eyes and ears' and reaching out to anyone who's going through a tough time we can show them they're supported and encourage them to access help sooner.

Parent Communication Term 3 Week 9 September 13th, 2023



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By taking the time for an R U OK? conversation and genuinely listening with an open mind, we can all help the people in our world feel supported and connected.

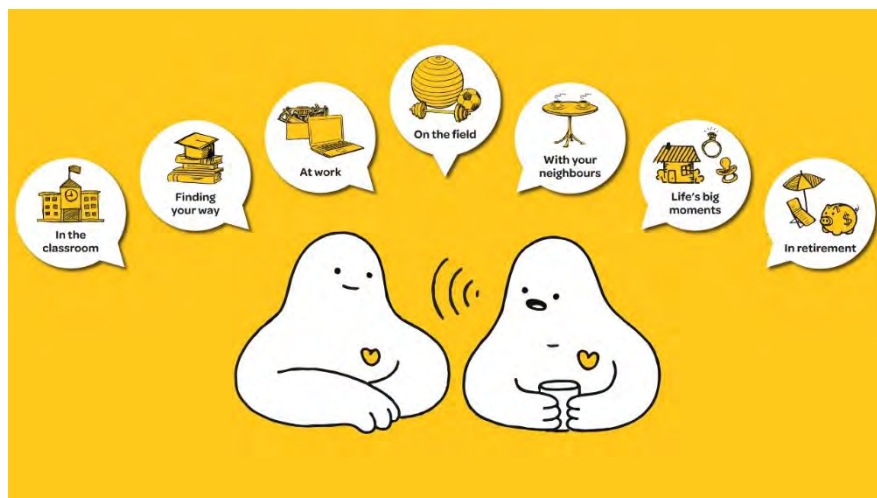
Let the people in your world know you're here, to really hear, because a conversation could change a life.

By starting a conversation and commenting on the changes you've noticed, you could help that family member, friend or workmate open up. If they say they are not OK, you can follow our conversation steps to show them they're supported and help them find strategies to better manage the load. If they are OK, that person will know you're someone who cares enough to ask.

(see attachments)

[RUOKDay 19 Trust The Signs: How To Ask Guide](#)
[Conversation guide](#)

Life's ups and downs happen to all of us. People can experience things like relationship breakdowns, financial difficulties, health issues or periods of major change at work, home or in life. The people in your world won't always tell you if something's troubling them, so it's important that you make asking, 'are you OK?' a part of your everyday relationships with friends, family, teammates and colleagues. The earlier you give someone an opportunity to open up to you, the sooner they can find appropriate support or, if needed, professional help and the greater the chance that together, you can stop small problems from becoming bigger ones.



Parent Communication Term 3 Week 9 September 13th, 2023



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While children can't be expected to fix someone's problems,

They can be encouraged to listen to what their friend is saying, show they care and tell a teacher, school counsellor or trusted adult if they are worried about their friend. This video shows them how to do that.

(see video) - [HOW TO BE A GOOD FRIEND AND ASK R U OK?](#)

R U OK? and Life Education have teamed up to create this video lesson for primary school students of all ages. In this 3 minute video, Healthy Harold and his friends Jack and Violet provide practical advice for students to help them support their friends. (see video) - [R U OK? WITH HEALTHY HAROLD](#)

Useful contacts for someone who's not OK Encourage them to connect with a trusted health professional, like their GP, or these Australian crisis lines and professionals:

R U OK? has created a music video to encourage children from Kindergarten to Year 6 to take the time to comfort their friends when they're feeling blue. Watch and share to show the young people in your world that it's lighter when we share the load!

(see video) - [TOGETHER IT'S OK! VIDEO](#)

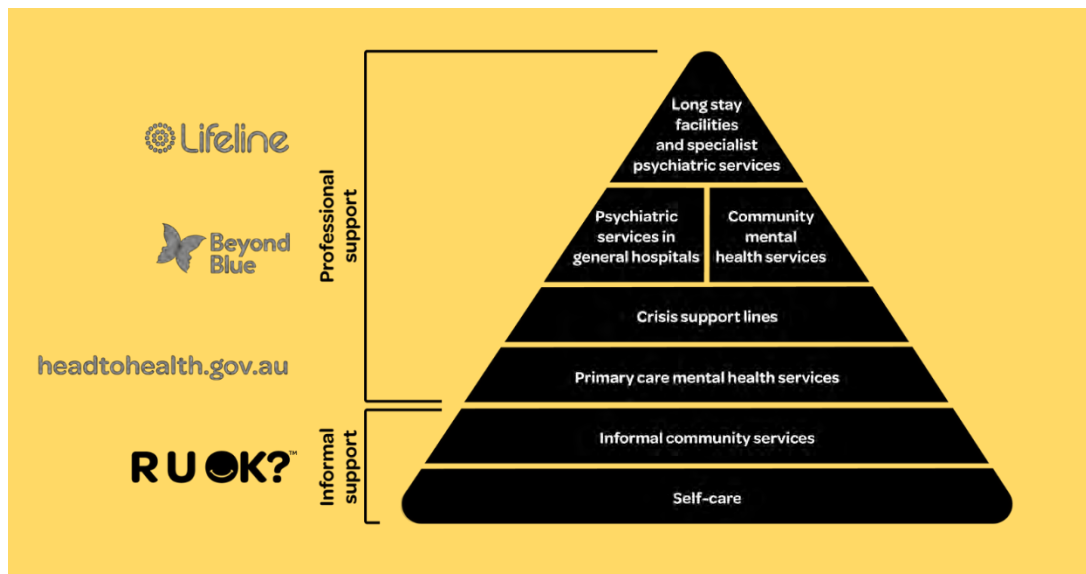
R U OK? does not provide crisis support or counselling services. R U OK is a public health promotion charity that aims to start life-changing conversations by encouraging and empowering Australians to reach out to friends, family members and colleagues who might be struggling with life's ups and downs, and ask, 'are you OK?'. The work of health professionals is vital, and their value cannot be underestimated, however we can all play a role in supporting the people in our world.

The work of health professionals is vital, and their value cannot be underestimated, however we can all play a role in supporting the people in our world.

When we genuinely ask, 'are you OK?' and are prepared to talk to them about how they're feeling and what's going on in their life, we can help someone who might be struggling feel connected and supported, long before they're in crisis.



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If you are concerned for your safety or the safety of others, seek immediate assistance by calling Triple Zero (000).

- Lifeline (24/7) 13 11 14 lifeline.org.au
- Beyond Blue (24/7) 1300 224 636 beyondblue.org.au
- Mensline 1300 789 978 mensline.org.au
- SANE Australia 1800 18 SANE (7263) sane.org
- Suicide Call Back Service (24/7) 1300 659 467 suicidecallbackservice.org.au
- Kids Helpline (24/7) 1800 551 800 kidshelp.com.au
- More contacts ruok.org.au/findhelp
- Reference:
- R U Ok website

Mrs Marita Vecchio
Wellbeing Counsellor

Parent Communication Term 3 Week 9 September 13th, 2023



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Year One

news

In Year One Term Three

History



This term in History we have been exploring past and present family life. This has included looking at identifying how the role of a child has changed through time and how schools have changed through time. During Week Three we all took a step back in time to a classroom



in 1889 at our excursion to Rouse Hill Farm Estate. We experienced life for a child during this time period. Year One learnt their times tables, how to sew (for mending their working clothes), writing on a slate board and participated in an exercise routine whereby they used wooden dumb bells! After our school day we experienced the hard labour that children endured during the 1800's. Scrubbing floors, hanging out washing, pumping water and carrying the heavy cows and tending to the horses just to name a few!



Parent Communication Term 3 Week 9 September 13th, 2023



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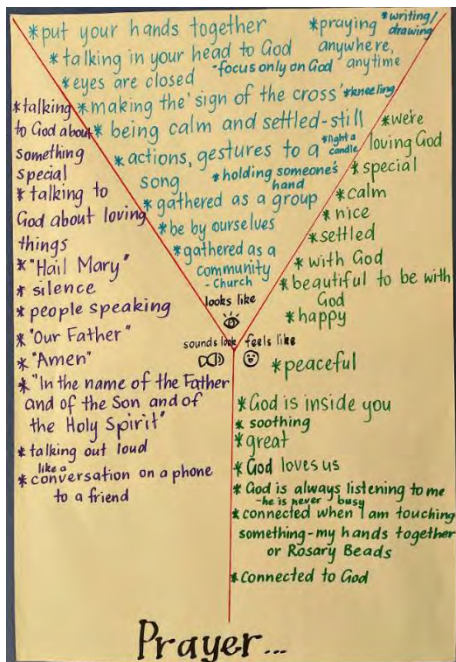
Religious Education

In Religious Education this term we have been exploring the Overarching Question:

'How do we Communicate with God?'

So far, to explore this big question, we have looked at three inquiry questions:

Inquiry Question 1: What is Prayer?



At the start of our unit we thought about what prayer looks like, sounds like and feels like. As you can see, we had many great ideas!

Inquiry Question 1: Why do we pray?

During our discussions we found that the type of prayer we might pray could depend on how we are feeling. We learnt there are four main types of prayer: a prayer of petition (or asking), a prayer of praise, a prayer of sorrow and a prayer of thanksgiving.



Parent Communication Term 3 Week 9 September 13th, 2023



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We were able to write our own prayers:

Holy God,
You are the One. We care for the plants, animals and fruit.
You are the one we look up to. You protect us anywhere,
anytime. You made all of my family and friends. This is all
great. We make this prayer through Christ our Lord.
Amen (Max P)



God of all,
You are wonderful and you have created such a great land. I am so impressed
you have given us so much life. We make this prayer through Christ our Lord.
Amen (Max A)



Dear God,
Help is to show your love to our family and friends. God,
you made this world and I love this world.
Amen (Myles)

Loving God,
We thank you for everything you have given us as it makes us joyful. Help us to
share our gratitude.
Amen (Seth)

Dear God,
I'm sorry that I did the wrong thing. Can you please help me to follow Jesus'
way.
Amen (Zoe)



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Creator God,
You are wonderful. You have created green trees,
blue sky, awesome waterfalls and amazing animals.
We praise you. Our world is such a beautiful place and
you created it for us. Help us to take care of the world.
We make this prayer through Christ our Lord.
Amen (Laura)



God of love,
Help us to follow the way of Mary. You chose Mary because
Mary had the spirit of God.
Amen (Theo)

Loving God,
Thank you for the trees and grass and family and friends. Give us an example to
be like Mary and Jesus. We make this prayer through Christ our Lord.
Amen

Dear God,
Thank you for taking care of me. You have made me strong. You made me
helpful and you help me to stand up for myself.
Amen (Matilda)

Loving God,
You made us to love. You are kind and you give us many
things because you love us and we love you. You made
great mums and dads. Show us what it is like to be kind.
Amen (Emily)





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God of all,
You are creative and loving. You created the green trees,
seas, oceans, amazing people, air, joyful animals, a
wonderful life and a beautiful earth.
Amen (Liliana)

Dear God,
Thank you for all the things in the world that you have created. Thank you for
the trees and the grass, our friends, the beautiful sky and the sunny sun. Thank
you for the sand to make sandcastles. You are amazing God.
Amen (Eve)

Thank you, God, for the flowers and food. Thank you for my friends and family.
You are great. I love you God.
Amen (Arabella)

Inquiry Question 3: How do we pray?

Our Father who art in heaven
God you live in heaven (praise)
Hallowed be thy name
Holy and special are you (praise)
Thy Kindom come, thy will be done
on earth as it is in heaven. (praise)
Help us to make it like heaven on
earth-where we live. Help us bring
calm, peace and kindness
Give us this day our daily bread
Help us to keep asking for what
we need (petition)
And forgive us our trespasses as we
forgive those who trespass against us
Forgive us when we do the wrong thing
and help us to forgive others (petition)
And led us not into temptation, but deliver
us from evil
Help us to always do the right thing.
Amen Yes! I agree! (petition)

We read in Luke's gospel that one day Jesus' disciples asked him "How do you pray?" Jesus answered in the words that have become the 'Lord's Prayer' or the 'Our Father'.

In groups, we interpreted different parts of the 'Our Father' and we rewrote it in our own words. We also found out that in the 'Our Father' is a prayer of praise and a prayer of petition (asking).



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English

After visiting Rouse Hill Estate, we decided that we weren't quite ready to leave 1889. Year One put on their imaginative author caps and produced a 'day in the life of' diary entry from the perspective of themselves in the past. Please enjoy some of those entries!



Dear Diary,

This morning I milked the cows and I collected the eggs. Then I mopped the floors and I got some water from the water pump. I had toast and eggs, then I walked to school. At school I did some skipping and then I did my times tables. I went to sewing and then I walked home. At home I drank milk and then I picked some vegetables from the garden for dinner. After dinner I helped clean up and then I had a bath and went to bed.



- James W



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Dear Diary,

This morning I woke up and I milked the cows. After that I went to carry the milk up to my large house. Then I went to collect the eggs and I went home through the mud. After that I went to pump the water. I carried the water up to my home and I made my breakfast and ate it. Then I scrubbed the floors and finally walked to school.



- Adelyn H

Dear Diary,

This morning I milked the cow so I could have milk and bread for breakfast. Next I fed the chickens and then I picked vegetables for dinner and I walked to school. At school I did some sewing, wrote about the life cycle of a silkworm and then I did times tables. After school I went to the pump to pump the water into the buckets. I brought the water in and poured the water into the bath. After that I got changed and then I went to bed.



- Takumi K

Dear Diary,

This morning when I woke up, I went outside to milk the cows and it was muddy and wet. After that I collected 7 eggs and then I pumped the water. Next, I scrubbed the floors and fed the chickens, then I had my boiled eggs and milk for breakfast. After that I went to school. At school I went around the Maypole and I had the red ribbon. We sang the national anthem and did some sewing. After school I walked home and helped make dinner.



- Isabelle H

We look forward to continuing our exciting journey of learning together in Year One in Term Four!

From The Year One Team

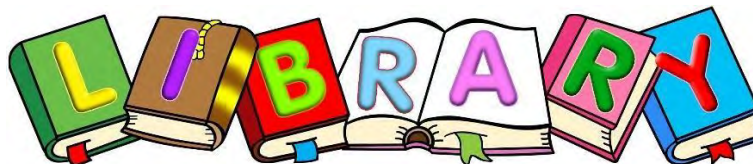
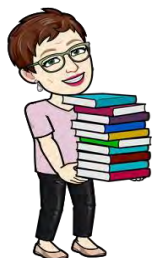
Mrs Carole Day, Miss Jessica Prior and Mrs Megan Mann

Parent Communication Term 3 Week 9 September 13th, 2023



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Our Library is open every day during lunch and fruit breaks. This gives the children the opportunity to do lots of different activities such as:

- playing chess and board games
- drawing and colouring
- playing Lego
- jigsaw puzzles
- chilling out in a calm space
- reading



Thank you for supporting your child by sending them to school with their library bags and assisting them in returning their books on time.

Happy reading

Mrs Masters – Library

Parent Communication Term 3 Week 9 September 13th, 2023



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STUDENT ACHIEVEMENTS

TABITHA T – YEAR 2

Tabitha competed in the Annual Championships for Physical Culture on Saturday September 2nd and was placed 5th in her age group for the second year in a row. She has qualified to compete at the Junior National Finals at Sydney Olympic Park which will be held November 25th, 2023.

Congratulations Tabitha.



JASMINE J – YEAR 2

MAKAELA J – YEAR 6

Jasmine and her team came first in the Australian All Star Cheerleading Federation competition that was held last week. The team are the State Champions.

Makaela and her team also competed they came in third.

Congratulations Jasmine and Makaela.





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AWARD - CONGRATULATIONS

 PBS4L Award Term 3 – September 8th, 2023	
<i>Week 8</i> <i>We Are Resilient And Have A Growth Mindset</i>	
Kindergarten	I Niblock
Year 1	E Roney
Year 2	A Littlebury
Year 3	C Clarke
Year 4	M McGrath
Year 5	C Moran
Year 6	R Trad

Parent Communication Term 3 Week 9 September 13th, 2023



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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 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

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.

Parent Communication Term 3 Week 9 September 13th, 2023