

OUR LADY OF THE WAY CALENDAR

TERM 3

EVENTS FOR THE MONTH OF JULY/AUG

Date	Day	Time	Event	
July 26	Wed		Scholastic Bookclub	Closing date
July 27	Thu	Infants – 12:25pm Primary – 01:55pm	Anti Bullying Positive Behaviour for students	Kinder – Year 6 Hall
July 28	Fri		Stage 3 Boys/Girls Touch Footy	
Aug 2	Wed		Year 1 Excursion to Rouse Hill Estate	
Aug 9	Wed		CSPD Nepean Zone Athletics	
Aug 11	Fri		Kindergarten Incursion Living Things Animal Welfare League	OLOW
Aug 18	Fri	All Day	Pupil Free Day	Staff involved in Faith Formation Day
Aug 23	Wed		School Photos	
Aug 25	Fri		Diocesan Athletics Carnival	
Aug 28	Mon		Year 4 Cares – Group 1	
Aug 29	Tues		Year 4 Cares – Group 2	
Aug 30	Wed		Netball Gala Day	
Sept 13	Wed		Kindergarten Science Excursion	Calmsley Hill Farm

TERM 4

EVENTS FOR THE MONTH OF OCT/DEC

Date	Day	Time	Event	
Oct 9	Mon	Pupil Free	Staff Development Day	
Oct 10	Tues	Pupil Free	Staff Development Day	
Nov 6 to Nov 10		Kinder – Year 4	OLOW Swimming Program	Kinder to Year 4
Nov 15 to Nov 11			Year 5 Camp	
Dec 12	Tues		Year 6 Farewell & Thanksgiving Mass	
Dec 14	Thurs	06:30pm-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				
July 26	Wed		Altar Service Training – see Religious Coordinator Update	
July 28	Fri	09:00am	Year 4 Parish Mass	OLOW Church
Aug 2	Wed	07:30pm	Info Night – Yr6 Sacrament of Confirmation	Parents only
Aug 4	Fri	09:00am	Year 2 Parish Mass	OLOW Church
Aug 5	Sat	6:00-7:00pm	Confirmation Blessing Mass	OLOW Church
Aug 6	Sun	08:00-09:00am 09:30am-10:30am	Confirmation Blessing Mass	OLOW Church
Aug 8	Tues	Feast Day	Feast of St Mary of the Cross Mass	OLOW Church
Aug 9	Wed	07:00	Confirmation Prep Evening Session 1	
Aug 11	Fri	09:00am	Year 3 Parish Mass	OLOW Church
Aug 15	Tues	Feast Day	Feast of the Assumption Mass	OLOW Church
Aug 16	Wed		Confirmation Prep Evening Session 2	
Aug 23	Wed		Confirmation Prep Evening Session 3	
Aug 25	Fri	09:00	Kindergarten & Year 5 Parish Mass	OLOW Church
Aug 30	Wed		Confirmation Prep Evening Session 4	
Sept 1	Fri	09:00	Father's Day Liturgy	OLOW Church
Sept 8	Fri	09:00am	Year 1 & Year 6 Parish Mass	OLOW Church
Sept 15	Fri	10:15am	Grandparent's Day Mass	OLOW Church



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PRINCIPAL'S MESSAGE

TERM 3 PRIORITIES

I communicated my main priorities for Semester 2 to staff. These include;

- Learning spaces where our Catholic faith is prioritised so that students, staff and visitors can see that we are a Catholic school.
- Creative use of learning spaces to ensure all staff are explicitly teaching. This means that teaching to a whole cohort of students should not be the norm.
- Adherence to school and system literacy and numeracy expectations. We are working at ensuring these are consistently in place in all learning spaces.
- Building teacher capacity through a structured process of professional learning that addresses the need to improve consistency throughout the school.
- The establishment of sustainable practices throughout the school. This is a central driver to all decisions.
- Professional learning to enable the implementation of the various new curriculums.
- Positive Behaviour Support 4 Learning (PBS4L) as a main driver to continue to create a positive school environment.

This is an ambitious agenda that will take time for us to implement as we reflect and learn together. This agenda will improve consistency throughout the school and have a positive impact on teaching and learning.

STUDENT LEARNING MONITORING

This term we have established a Teacher Learning Hub. The hub is a space dedicated to teacher learning.

In the space we have a number of newly established data walls that enable staff to monitor student learning progress in;

- Reading, our wall tracks every student's reading progress and ensures all students are achieving one year's growth every year.
- Numeracy, the Data Wall is tracking our most vulnerable and able students. We are identifying learning gaps and applying strategies to both address individual learning needs and ensure students are extended.
- Behaviour, we are tracking students who require behaviour interventions to make better choices at school. This new initiative will allow the staff to strategise as a team to address issues.

Our data walls will be a place of ongoing discussion and reflection to improve teaching and student learning outcomes. The dedicated space ensures staff have a learning space that values them as professionals.

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COLLEGIAL TRIADS

One of our current teacher learning priorities is to strengthen how shared reading occurs throughout the school. Shared reading is a time when teachers model reading strategies.

Select teachers are taking part in Collegial Triads. This is a time when they observe each other's teaching practice with members of the school Leadership Team with the goal of providing feedback to improve teaching and learning.

This is a process that acknowledges all teachers as learners and as having the ability to share their knowledge and skills. One of the primary goals of the program is to create consistent practices throughout the school.

STUDENT UNIFORM SURVEY

At the Term 2 Parents and Friends meeting some parents expressed their opinions regarding some alterations / additions to the current winter student uniform. These issues have been ongoing for a few years and have been heavily discussed at previous Parents and Friends Meetings.

The key proposals include;

1. An addition to the girls' winter uniform allowing students to have the option to keep wearing the current tunic or wear green pants. The white shirt would be phased out with a new green school logo shirt implemented. This would match the boys' uniform.
2. Students would be given the option to wear either long or short sleeve shirts during Terms 2 and 3.

At this stage we are seeking parent feedback. This will ensure everyone has the opportunity to express their opinion. The process to change uniforms is lengthy and can take up to a year to implement. Any changes would need to be negotiated with our uniform provider Lowes and would be communicated to parents.

Survey link - <https://forms.gle/MJpVx9fJVPvn6PCz7>

NAPLAN REPORTS

All students in Years 3 and 5 received their NAPLAN reports on Tuesday. The school will begin work to analyse our results and the implications for student learning in the coming weeks.

Parents advised to remember that NAPLAN is one test on one day. As educators we use the results with our other data to assess student learning progress.

If parents require any clarification, they are encouraged to contact their child's class teacher.

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STUDENT SUPERVISION

CSPD's (Catholic Schools Parramatta Diocese) policy, Playground Supervision by General Employees allows schools to utilise staff other than teachers to supervise students. This includes teachers' aides. Communicating this to the school community is part of the policy.

All staff including general employees receive regular training regarding school supervision expectations. Our duty roster is planned to ensure a combination of teachers and teachers' aides are on duty at any one time.

Regards
Mr Phillip Kapitanow
Principal



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ASSISTANT PRINCIPAL'S MESSAGE

Reading Comprehension in the Primary Years

In support of our students in becoming better readers and writers at OLOW, in Term 3 2023 we will be introducing a Reading Comprehension assessment for our Primary students called *Read and Retell*. As an assessment tool it provides information about comprehension, sequencing of ideas and writing skills.

This assessment enables practice in a range of literacy skills including reading, writing, listening, speaking, thinking, interacting, comparing, matching, selecting, and organising information, remembering and comprehending.

Students are exposed to a variety of text types; e.g. imaginative, persuasive and/or informative. The texts are of high interest and within the student's reading ability.

Students read the text and capture main ideas and key words/phrases on a post it note to assist them when they write their retell. After reading the text, students are then asked to retell the text, in their own words, using only the notes they have captured on the post it note.

The retell is then assessed using the following criteria:

Meaning	Higher Order Thinking	Structure	Conventions
<ul style="list-style-type: none">● ideas● clarity● relevance● precise vocabulary	<ul style="list-style-type: none">● infer/generalise● predict● Hypothesise● Synthesise	<ul style="list-style-type: none">● organisation● unity● parts/whole● sequence	<ul style="list-style-type: none">● spelling● usage● punctuation● appropriate voice

The *Read and Retell* assessment will take place in Weeks 4 and 8 this term for students in Years 3 - 6. If you have any questions about this assessment, please don't hesitate to contact me.

Regards
Ms Catherine Ruff
Principal

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NAIDOC COMMITTEE – NAIDOC WEEK CELEBRATIONS



NAIDOC WEEK Celebrations at OLOW

The NAIDOC Week 2023 theme '*For Our Elders*' was chosen to reflect the important role that elders play in the lives of Indigenous Australians. As a community we celebrated this annual event and showcased the great Indigenous learning at our school.

PRAYER AND REFLECTION

OLOW's NAIDOC WEEK Celebrations began on Tuesday and concluded on Friday with moving and spiritual prayers, led by the students. As a community we gathered and together we reverently acknowledged country, ritual and the traditional custodians of our land.



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A “Sea of Hearts” was created by the students and their families, reflecting on the importance of elders in their lives.



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LEARNING ABOUT CULTURE

On Tuesday, students were fortunate to be able to learn from Nathan, a young Indigenous man who visited the school to share his knowledge and experience of culture, heritage and his journey of discovering about his own aboriginal heritage. Nathan discussed the significance of dance, storytelling, cultural customs as well as sharing his talents of playing the Didgeridoo. Students danced, painted a collaborative mural, enjoyed having their faces painted and heard about Nathan's journey of learning about his cultural heritage. It was definitely a fun way for the community to begin the term.



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STORYTELLING

Wednesday and Thursday morning began with the older students reading a variety of books written by Indigenous authors. This was a great opportunity for our students to start the day connecting with one another through stories and the power of the written word.



CELEBRATING AS A COMMUNITY



On Friday students wore mufti, wearing something to reflect Aboriginal or Torres Strait Islander culture. Students from K-2 performed a song in Darug Language that they learned during their Indigenous Studies lessons with Mrs Graham. We welcomed many families who joined in a fun afternoon of Indigenous Immersion, taking part in an activity with their children.

NAIDOC Week was definitely a fun way to begin Term 3 and a great way to come together as a community.



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Regards
NAIDOC Committee

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RELIGIOUS EDUCATOR COORDINATOR MESSAGE

Year 6 Sacrament of Confirmation 2023



The preparation program for the sacrament of Confirmation begins Wednesday 2nd August. If you would like your child to receive this sacrament, it is not too late. You can register them through the OLOW parish office on 47351041 or emuplains@parracatholic.org

Friday Parish Mass - Term 3 Dates

Term 3 dates for grades attending Friday Parish Mass are:

Year 4 Parish Mass: Week 2 - Friday July 28 @ 9:00am

Year 2 Parish Mass: Week 3 - Friday August 4 @ 9:00am

Year 3 Parish Mass: Week 4 - Friday August 11 @ 9:00am

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

Altar Server Training

If any child who has made their First Communion and is interested in learning what an altar server does, there will be a teaching session in the church tonight, **Wednesday 26th July at 7pm**. For more information, please contact Cate at the parish office on 4735 1041.

Mrs Carole Day
Religious Education Coordinator

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WELLBEING COUNSELLOR MESSAGE

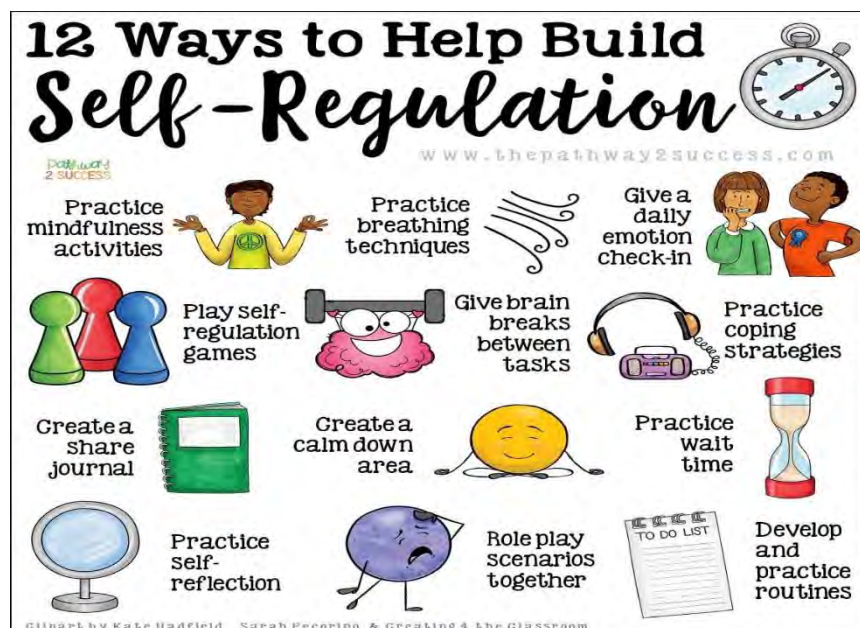
Social-emotional learning (SEL) is the process of developing the self-awareness, self-regulation, and interpersonal skills that are vital for school, work, and life success. People with strong social-emotional skills are better able to cope with everyday challenges and benefit academically, professionally, and socially.

Teaching kids to have self-regulation is one of the most important character traits we can teach. Health professionals believe that kids who master self-regulation become masters of their learning, are more critical thinkers, and make healthier choices; and the benefits are life-long.

As parents, we have observed that little kids have very minimal self-regulation and older kids have some! We adults have developed this self-regulation over time. While it is something that develops as we mature, should we leave the ability to self-regulate up to nature alone, or is there something we could do at home to help kids develop or strengthen this important skill?

Some exciting research says self-regulation is something kids can learn. And the best part? It can be taught through play. There is a profound difference between self-regulation and self-control. Self-control is about inhibiting strong impulses; self-regulation, reducing the frequency and intensity of strong impulses by managing stress-load and recovery. In fact, self-regulation is what makes self-control possible, or, in many cases, unnecessary.

5 Incredibly Fun GAMES to Teach Self-Regulation (Self-Control) | Social Emotional Learning:
https://youtu.be/H_O1brYwdSY



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Understanding dysregulation: How to Support a Highly Emotional Child

Dysregulation occurs when the brain responds to sensory input in a manner that triggers the alarm state.




When a child is dysregulated, it is harder to listen, comprehend, and cope.

Remember the Three "R"s


Regulate

focus on soothing your child. Make them feel calm, safe, and loved.



Relate

Validate their feelings with your words and tone of voice. "I know you're upset right now." "This is very hard". Focus on connecting with your child.



Reason

Once your child is calm, now it is time to talk about alternatives to behaviors while reinforcing limits you set before. You can reassure them you love them but that the behavior they're exhibiting is not ok.

Until a child is regulated, they are unlikely to related to you (feel connected & comfortable). And until a child is related, they are unlikely to have the mental capacity to reason with you.

<http://www.thinkkids.org/regulate-relate-reason/> <https://jessicalangtherapy.com/blog/regulate-relate-reason-brain-state/>



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WHAT'S HIDING BEHIND THE "MISBEHAVIORS"

Common Behaviors and What's Really Going On



WHAT YOU SEE

SENSITIVE

- Cries over smallest things
- Gets sad when you leave
- Doesn't like being alone
- Can't watch super sad movies

ANGRY

- Yells and screams often
- Throws things and is destructive
- Crosses arms and shuts down
- Shouts "I HATE YOU" or "GO AWAY"

PERFECTIONIST

- Nervous about breaking rules
- Can't handle getting things wrong
- Doesn't ever want to miss school
- Scared of answering things wrong
- Struggles with Constructive Criticism

SHY

- Hides behind your legs
- Scared of "new" people
- Fearful of change
- Doesn't like going new places
- Prefers playing with "familiar" friends

OVER-EXCITED

- Becomes "hyper" when guests come over
- Says inappropriate things around others
- Makes jokes at inappropriate times
- Jumps on furniture
- Plays rough with others

WHAT IS REALLY GOING ON

- Child lacks self-regulation
- Child is worried about "new" things and need help gradually being introduced to them
- Child has an inner fear they are unable to verbalize

- Child is unable to recognize emotions
- Child does not have appropriate coping strategies
- Child needs help with calming strategies
- Child is worried about "unknown" feelings

- Child is struggling with negative thought patterns
- Child needs help connecting thoughts and actions
- Child has trouble verbalizing their worries
- Child thrives on doing things the right way

- Child is unable to verbalize big worries and fears
- Child is cautious of anything new and want to understand the situation fully
- Child needs help making plans for "new" adventures

- Child is unable to detect their inner "engine"
- Child needs help regulating their excitement
- Child lacks calming strategies for building anticipation

CALMING & CHAOS | *Understanding Behaviors*

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Regards
Mrs Marita Vecchio
Wellbeing Counsellor

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Kindergarten Are 100 Days Brighter!



This week Kindergarten celebrated their 100th day of school. What a fun and exciting day they had. They engaged in lots of activities that involved the number 100 as well as creating a self-portrait of what they might look like when they are 100. Kindergarten talked about how they had grown and become smarter, how they had made new friends and learnt new things. They even got to celebrate by eating cake. They planted some seeds to remind them that they have grown and hopefully they will share photos of their teachers and friends and bloom. The like to thank all the who made such huge wonderful 100 days children wore.



plants with their
as the plants grow
Kinder team would
parents and carers
effort with the
of costumes the



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KINDERGARTEN SCIENCE INCURSION



On Friday, August 11, Kindergarten students will be participating in an incursion conducted by the Animal Welfare League. This incursion is part of our Science unit on Living Things. The team from AWL will be highlighting the needs of living things and how we care for animals. This incursion is free of charge, however, as they are a not-for-profit charity, the Animal Welfare League do ask for donations of products to assist the many, many animals in their care. The organisation cares for a huge range of animals from guinea pigs to chickens to parrots to dogs to horses and rely on the support of the public to continue their work. We are asking that our Kinder families donate an item or two as a sign of support for AWL.

Suitable and much-needed items include-

Sturdy dog toys

Cat toys

Cat and dog treats

Cat and dog bedding such as blankets or cat cushions/pods

Collars

Leads

If families from other grades would like to donate items to this cause, the donations would be very gratefully received and can be brought to the Kindergarten classroom. The Kindergarten teachers will then organise to forward these donations to the AWL.

Many thanks,
The Kinder Team.



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GENERAL INFORMATION



A huge congratulations to Jobe D from Year 4 who will be representing Australia at the Glasgow BMX World Titles in early August.