

OUR LADY OF THE WAY CALENDAR

TERM 3

EVENTS FOR THE MONTH OF JULY/AUG/SEPT

| Date | Day | Time | Event | |
|---------------|------------|----------------|---|--|
| 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 1 | Fri | 10:40am | Father's Day Picnic Morning Tea | Main Playground |
| Sept 1 | Fri | 11:30-12:00pm | Father's Day Classroom Activities | Classrooms |
| Sept 4 | Mon | 09:00-10:00am | Book Week Dress Up Parade | OLOW Kinder-Year 6 |
| 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 – Year 4 |
| Nov 15 to Nov 16 | | | Year 5 Camp | |
| 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 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 | 06:00-07:00pm | Confirmation Blessing Mass | OLOW Church |
| Aug 6 | Sun | 08:00-09:00am 09:30-10:30am | Confirmation Blessing Mass | OLOW Church |
| Aug 8 | Tues | 09:15am | Feast of St Mary of the Cross Mass | OLOW Church |
| Aug 9 | Wed | 07:00pm | Confirmation Prep Evening Session 1 | |
| Aug 11 | Fri | 09:00am | Year 3 Parish Mass | OLOW Church |
| Aug 15 | Tues | 09:00am | Feast of the Assumption Mass | OLOW Church |
| 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 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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Parent Communication Term 3 Week 3 August 2nd, 2023

PRINCIPAL'S – REMINDER NOTE

Student Uniform Survey

In our last week's Parent Communication I put the following note:

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 girl's 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 boy's 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>

Please note that this survey closes Friday August 4th

Enjoy your week.

Regards
Phillip Kapitanow
Principal

Parent Communication Term 3 Week 3 August 2nd 2023



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RELIGIOUS EDUCATOR COORDINATOR MESSAGE

Feast of St Mary of the Cross MacKillop and the Feast of the Assumption

Two important feast days will be celebrated by our community over the next two weeks.

The Feast of St Mary of the Cross MacKillop Mass will be celebrated on Tuesday August 8 @ 9:15am. The Year 1 students and teaching team are preparing this Mass.

The Feast of the Assumption Mass will be celebrated on Tuesday August 15 @ 9:00am. As this is a holy day of obligation, Fr Michael will be inviting parishioners to attend this Mass as well as the evening Mass. The Year 5 students and teaching team are preparing this Mass.

You are all very welcome to attend.

Father's Day

So that you can start planning for our Father's Day celebration on Friday September 1 (Week 7), here is the overview of events:

- **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/ chair and a picnic morning tea
- **11:30am - 12:00pm** - join your children in their classrooms for a **Father's Day activity**

We are very much looking forward to seeing all our wonderful fathers, grandfathers and carers at our special event.



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Year 6 Sacrament of Confirmation 2023

A reminder that the Parent Information Evening for the Sacrament of Confirmation is this evening, August 2 at 7:30pm in the Hall.

The 5th and 6th of August is your opportunity to attend a Blessing as the preparation for the Sacrament begins. Masses are at 6:00pm on Saturday and 8:00am and 9:30am on Sunday. Fr Michael will invite the children to come forward with their application forms to receive a blessing.



Friday Parish Mass - Term 3 Dates

Term 3 dates for grades attending Friday Parish Mass are:

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

Mrs Carole Day
Religious Education Coordinator

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WELLBEING COUNSELLOR MESSAGE

What is grief?

Grief is a natural response to loss. It might be the loss of a loved one, a relationship, a pet, a way of life or separation from family and friends. The more significant the loss the more intense the grief is likely to be. Grief can affect every part of your life: your emotions, thoughts and behaviour, your physical health, your identity and your relationships with others. (Adapted from Beyond Blue).

What does it look like in children and teenagers?

The following are common expressions of grief in children and young people:

- Regression (childishness) is often a response to trauma with a child or young person going back to behaviours they displayed when much younger
- Physical - shaky legs, feeling stiff, feverish, cold, shivery, hot ears, pains in muscles and joints, stabbing pains in chest, headache, aching throat, sick in the stomach
- Behaviour - want to be alone, crying, want to hurt something, look at photos, find distractions, comfort others, want to punch a photo, scream into a pillow, jump or throw a pillow, keep thinking they have seen the person who has died, could become unreasonably upset about minor things
- Feelings - down, guilty, lonely, sad, worried, empty, angry, shocked, dazed, upset, unreal, scared, sick, confused, occasional relief then guilt, fear of "going crazy"
- Thoughts - it's not real, wishing it was a dream, wondering how and why it happened, worry about money, losing track of time, thinking people don't understand, wondering if something else bad will happen, wondering about school, wondering if anything good will ever happen again
- Children can lose innocence, trust in life, hope and confidence
- Long term effects can be vulnerability to anxiety and depression, a tendency to be sick, hypersensitive fight/flight response, catastrophising (always thinking of the worst-case scenario) and aggressive responses to teasing
- The child or young person may fall behind academically for the first 12 months due to struggling to concentrate and retain information.

How do children and young people experience grief and loss?

Although children and young people have the same sort of feelings as adults, they may express them differently and often through play and their behaviour. This tends to be their way of giving meaning to what has happened. Children absorb an understanding of grief slowly and a little at a time. Children may feel sad for a little while, then play happily outside. Children may ask questions repeatedly or may hide their feelings to protect their loved ones from further pain. (Adapted from National Association for Loss and Grief (NSW) Inc).

What conversations can I have as a parent around grief and loss?

The developmental maturity of children and young people play an important part in their ability to understand a loss. Provide children and young people with simple explanations, answer their questions in a straightforward, honest way on a level with their understanding. Find out what they are thinking and feeling, share your memories, share your feelings. Children's grief cannot be fixed but we can be there, share their journey and listen and support them. (Adapted from Hammond Care Champion Life Information for caregivers).

How do I support my child who is grieving?

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- Ask your child who they would like to tell about their loss. Is it their classmates or teachers?
- A child who is grieving needs to be included in family grief and rituals, safety, hope, truthful information, things to look forward to and having a trusted person to talk to
- Maintain boundaries at home and at school.

How do I sensitively talk about death?

It is important to use specific terminology to explain death to the child, e.g. saying that “we just lost mum” may cause the child to think that a search party is needed to find their mother. Rather, find ways to talk more concretely, e.g. “Mum’s heart has stopped beating so that means she won’t be able to breathe, walk or talk. She has died.”

How long can grief last?

The grieving process for each person is different. Children will have unpredictable and alternating moments of experiencing grief and being happy. The length of their grief will depend on various factors including family support, access to therapy, past history or trauma related to grief.

KEY POINTS TO REMEMBER:

- Children are more vulnerable at anniversary times and other celebratory days in the year e.g. Mother’s/Father’s Day, the death anniversary or birthday of the deceased
- Children do best when the situation is talked about with and managed by familiar people in their environment - e.g. teachers, school counsellors. Try and resist the temptation to invite unfamiliar counsellors into a school environment. High School students tend to do their most successful debriefing with each other
- Children and young people tend to grieve sporadically so it is normal for them to be really sad one moment and then having fun the next. They should be encouraged to have more positive experiences as that will assist them with coping and understanding that grief isn’t all encompassing.

For more information:

Australian Centre for grief and bereavement: [Link](#)

Reference: CSPD Grief and Loss Parent Help Sheet
National Centre for Childhood Grief - <https://childhoodgrief.org.au>
Kids Helpline <https://kidshelpline.com.au/>
Headspace <https://headspace.org.au/>
Reach out <https://au.reachout.com/>
National Association for Loss and Grief

Regards
Mrs Marita Vecchio
Wellbeing Counsellor



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LIBRARY UPDATE – CHILDREN’S BOOK WEEK

Each year, across Australia, the Children’s Book Council Australia - CBCA brings children and books together celebrating **Children’s Book Week**. Throughout the year, the CBCA works in partnership with authors, illustrators, publishers, booksellers, and other organisations in the children’s book world to bring words, images and stories into the hearts and minds of children and adults.

Australian children’s literature enriches our nation and reaches children across the world through international editions.

Each year Our Lady of the Way showcases the Shortlisted books, these are shared with the students. If your child ever brings a book home from our library with one of these stickers on the cover, it means it was once a recipient/winner of these awards over the years.



The CBCA was founded in 1945 when Australian children’s books were few, and Australian authors and illustrators were virtually unknown. The following year, 1946 the **Book of the Year Awards**, an annual award to promote books of high literary and artistic quality was established. These awards are now the most influential and highly respected in Australia.



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YEAR 6 VOICE OF YOUTH

Year 6 had a big focus this week on Worrying Less, Loving More. For the practice of their Voice of Youth speeches the students wrote about Balance and how positivity and mental health plays such an important role in the lives of young people. Linking with this focus, Year 6 attending the Anti-Bullying workshop with the rest of primary and discussed the special role they have as leaders of the school to set the expectations for the remainder of Term 3.

We love hearing these students share their insights into the impact that negativity and unkindness can have on someone both in school and out of school.

Regards
Mr Jenkins & Mrs Bunter
Year 6 Teachers



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Year Six Fundraising Events for 2023

Year Six are planning and preparing a number of fundraising activities for their end-of-year-events and they'd love your support! You can pay to participate in these activities via the Qkr! App. Codes will be set up closer to the start of each event. The first activity to kick us off will be our Sweets and Treats Cake stall next Friday 11th August
(see Sweets & Treats flyer notice)



Sweets and Treats

there will be 6 cake stalls held over Terms 3 & 4. The Year Six students and parents will be busy baking some delicious treats for you to purchase on the following dates:

Term 3

Week 4 Friday 11th August
Week 6 Friday 25th August
Week 8 Friday 8th September

Term 4

Week 3 Friday 27th October
Week 6 Friday 17th November
Week 9 Friday 8th December



Zoooper Dooper Summer Days

There will be 4 Zoooper Dooper Summer Days held in Term 4. Students can purchase Zoooper Doopers on the following dates:

Term 4

Week 2 Tuesday 17th October
Week 4 Tuesday 31st October
Week 6 Tuesday 14th November
Week 8 Tuesday 28th November



Footy Fever Day

OLOW students from K-6 are invited to wear footy gear from any football code to support their football team. This date correlates with various football codes up-and-coming grand finals

Go the Panthers!!

Term 3

Week 10 Friday 22nd September



OLOW Movie Session

All grades will host a movie session in which students receive their movie ticket, a packet of popcorn and a drink. All students from K-6 can bring in a pillow/blanket to lay on whilst watching their movie.

Term 4

Week 3 Friday 27th October

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Sweets & Treats

As part of the Year Six 2023 Fundraising, there will be 6 Sweets & Treats cake stalls held over Terms 3 & 4.

The dates when the stalls will be held are:

Term 3

Week 4 Friday 11th August

Week 6 Friday 25th August

Week 8 Friday 8th September

Term 4

Week 3 Friday 27th October

Week 6 Friday 17th November

Week 9 Friday 8th December

Please purchase your Sweets & Treats via the Qkr!

The code has been set up and is ready to go - cost: \$10:00 (this covers all 6 Sweets & Treats Cake Stalls)

| | | | | | |
|------------|-------------|--------------------|-----------|------------|--------------|
| jellies | cupcakes | popcorn | slices | lolly bags | fudge |
| rocky road | fairy bread | chocolate crackles | cookies | biscuits | honey joys |
| toffees | brownies | muffins | cake pops | chocolate | marshmallows |
| tarts | macaroons | pies | scones | scrolls | cake |



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BOOK WEEK 2023 Monday 4th September

Read Grow Inspire Dress up & join us!

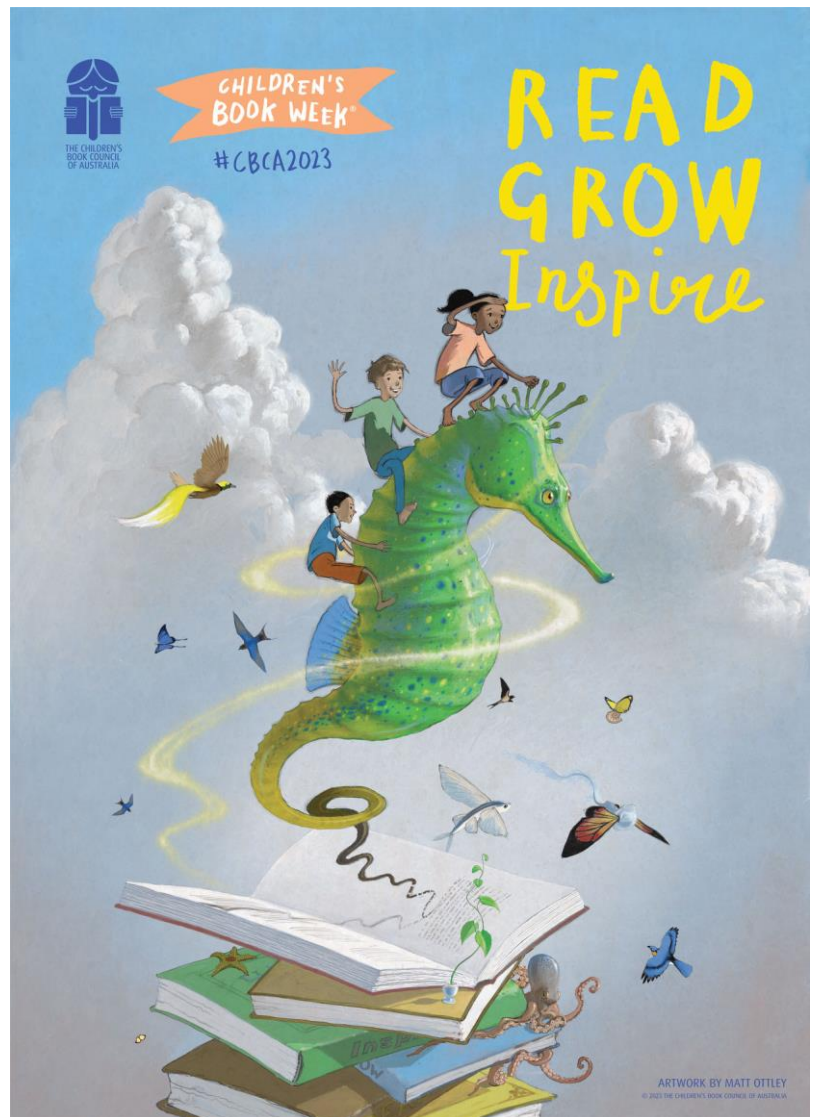
Book Character

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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PBS4L AWARD FOR TERM 2 WEEK 10 - CONGRATULATIONS



PBS4L Award

Week 10 *We use kind words and actions.*

| Term 3 | |
|--|-----------|
| Week 2 <i>Striving to do our personal best</i> | |
| Kindergarten | Sloane C |
| Year 1 | Eve J |
| Year 2 | Matilda C |
| Year 3 | Poppy M |
| Year 4 | Ella D |
| Year 5 | Logan B |
| Year 6 | Joey E |



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GENERAL INFORMATION

SCHOOL FEES

Third installment school fees have now been sent to our families. Payment is due Wednesday August 23rd.



Please be advised that unless alternative arrangements have been made regarding the payment of your account it will be assumed that full payment will be made on or before the due date. Fees are payable in accordance with the Diocesan School Fees Policy which states "all fees are due and payable within 30 days of the date the school account statement is issued". Outstanding accounts will be forwarded to Catholic Schools Parramatta Diocese for actioning.

Catholic Schools Parramatta Diocese is committed to supporting families experiencing genuine financial hardship. If you are experiencing difficulties with the payment of your school fees, you are encouraged to contact Deanne Hearnden. Discussing of fees will be dealt with confidentially and each person is guaranteed that they will be treated with respect and dignity.

Fees can be paid either by bpay, postbillpay, BPoint, direct debit or by using our EFTPOS facilities.

If you need to discuss any issues in relation to your school fees, please don't hesitate to contact Deanne Hearnden on 02 4777 7200 or email OLOW-EMUPFees@parra.catholic.edu.au.



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TICKETS NOW ON SALE!



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

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.

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