

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 11	Fri		Sweets and Treats	Y6 Fundraising
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	
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 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 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	10:00am	Grandparent's Day Mass	OLOW Church



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Parent Communication Term 3 Week 4 August 9th, 2023

PRINCIPAL'S MESSAGE

On Tuesday we celebrated the Feast of St Mary of the Cross MacKillop. St Mary MacKillop Feast Day is held every August 8th in honour of Saint Mary of the Cross MacKillop. She was the first Saint of Australia, and her influence has spread far and wide.

Mary MacKillop is known for groundbreaking work opening schools, convents, and charities across Australia and on the islands surrounding it. She is also recognised for her commitment to the poor and for helping those who need it the most in any way she could.

To celebrate St Mary MacKillop's contribution to Australian society, the students, staff and families of Our Lady of the Way attended mass on Tuesday.

PRINCIPAL CHAT

Our termly Principal / Parent Chat will be held on Thursday 14th of September at 2pm in the Parish Hall. Members of the school Leadership Team will be in attendance.

The purpose of the meeting is to listen to parents / carers with the hope that these discussions will help to inform future school direction. We hope this will be a constructive meeting.

In the interest of maintaining a constructive meeting it is important that parents / carers remember that this is not an opportunity to raise individual student concerns or issues.

SCHOOL UNIFORM SURVEY

Over the last weeks parents have been invited to complete a survey to gather opinions regarding possible changes to the school uniform. This survey is now closed. In total 86 families responded.

Parents overwhelmingly support the following proposed changes;

- Girls Winter Uniform
 - Have an additional option for girls to include long green pants. The pants would be worn with a new green shirt. The shirt would match the current boys shirt.
- Girls Summer Uniform
 - An additional option for girls to wear skorts with a green short sleeve shirt. The shirt would match the boys uniform and have a logo.
- All students
 - Allow students to wear either long or short sleeve shirts throughout Terms 2 and 3.

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The survey results indicate that parents do not support;

- Girls Winter Uniform
 - Changing the existing white shirt to a green shirt that matches the boys shirt. This shirt would have a school logo.

Our next step is to meet with Lowes to discuss the proposed changes and determine a path forward. I will keep the community updated as this conversation progresses. In the meantime there is no change to any uniforms.

Regards
Phillip Kapitanow
Principal



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RELIGIOUS EDUCATOR COORDINATOR MESSAGE

Feast of St Mary of the Cross MacKillop



Yesterday we celebrated the Feast of St Mary of the Cross MacKillop, Australia's first saint.

Thank you to the parents and grandparents who attended and to the Year 1 students who did such a beautiful job of leading our liturgy.

We were reminded of the legacy that Mary MacKillop shared with many Australians. In the words of the Introduction that was beautifully read by Liliana:

"Mary was a person of action and didn't wait for someone to knock on her door. She loved the poor and worked hard to care for them in any way that she could. Mary shows us how to open our eyes and ears, our hearts and our minds to the needs of others. She shows us how to serve others with kindness, love and understanding."

Feast of the Assumption



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.

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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**

Father's Day

Here is another reminder of the events on Father's Day this year:

- **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**

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



Congratulations to the children who 'officially' enrolled in the Confirmation Sacramental Program on Saturday or Sunday last week. Please keep these children and their families in your prayers.

Friday Parish Mass - Term 3 Dates

Term 3 dates for grades attending Friday Parish Mass are:

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

National Day of Action against Bullying and Violence
Friday 18th August 2023

[What is bullying? - National Definition of Bullying](#)

What is bullying?

Bullying is an ongoing and deliberate misuse of power in relationships through repeated verbal, physical and/or social behaviour that intends to cause physical, social and/or psychological harm. It can involve an individual or a group misusing their power over someone who feels unable to stop it from happening.

Bullying can happen in person or online, via various digital platforms and devices, and it can be obvious or hidden. Bullying behaviour is repeated, or has the potential to be repeated, over time (for example, through sharing of digital records). Bullying of any form or for any reason can have immediate, medium and long-term effects on those involved, including bystanders. Single incidents and conflict or fights between equals, whether in person or online, are not defined as bullying.

Bullying behaviour is not

- children not getting along well
- a breakdown in friendships
- disagreements between two or more people
- a single occasion of nastiness

Children will sometimes say or do something hurtful. While it is important for the school to address the behaviour, it is incorrect to label the behaviour as bullying.

Signs of bullying

Each student who has been impacted by, or involved in, bullying others will respond and act differently.

A student's behaviours and moods can change for a variety of reasons. Teachers, parents and carers need to be alert to the possibility that a change in a child's behaviour and moods could be related to bullying.

If you are concerned about your child's behaviour or mood, talk with them about school and ask general questions about how things are going.

For teachers

Signs a teacher might notice include if a student:

- seems upset, unhappy or angry
- starts to experience conflict with peers
- is sitting alone during class or lunch times
- does not want to talk about what is wrong
- withdraws from friends and activities they previously enjoyed
- drops in academic performance.

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For parents and carers

Signs a parent or carer might notice include if their child:

- doesn't want to go to school or participate in school activities
- changes their method or route to school or is frightened of walking to school
- drops in academic performance
- experiences changes in sleep patterns
- experiences changes in eating patterns
- has frequent tears, anger, mood swings
- takes money from home
- has unexplained bruises, cuts, scratches
- loses or brings home damaged belongings or clothes
- arrives home hungry.

The signs of possible cyberbullying can be the same as signs of other bullying, but include other behaviours with phones, computers and other devices, for example:

- being hesitant about going online
- seeming nervous when a notification, message or phone call appears
- being visibly upset after using their phone or computer, or suddenly avoiding it
- closes the screen, or hides the mobile phone when others enter the room
- spending unusually long hours online
- receiving suspicious phone calls, emails or packages.

What should I do if I think my child is being bullied?

Children sometimes find it hard to talk about bullying. They can feel embarrassed or ashamed and perhaps believe the things that the bullies tell them. Children may be shy to tell adults about bullying, as they fear that they will take the matter out of their hands.

Signs that your child is being bullied may be

- Acting out: displaying unusual aggression at home, talking about hating school, refusing to attend school
- Acting in: subtle changes such as being moody, withdrawing from activities, being quieter than usual, and inability to sleep or restless sleeping
- Physical signs: physical injuries, torn clothing, altered school routes, avoiding certain people or places.

Download a list of possible [signs of bullying \(PDF\) \(RTF, 82KB\).Link](#)



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What can I do to support my child who may have experienced bullying?

Children sometimes find it hard to talk about bullying. They can feel embarrassed or ashamed and perhaps believe the things that the bullies tell them. Children may be shy to tell adults about bullying, as they fear What can I do to support my child who may have experienced bullying?

1 Talk to your child about their right to feel safe, how to recognise if they feel unsafe and what to do if they experience or witness bullying.

2 Listen to their story: Children are often shy to tell adults about bullying because they feel embarrassed or ashamed that it's happening. It's really important to stay calm and make sure your child gets the chance to talk. Let your child know that you take the bullying seriously and that it's important to stop it from happening. Be careful not to become too emotional or angry as your child will absorb those feelings.

3 Get the facts: bullying behaviour usually follows patterns. An accurate picture will help determine your next step. Write down dates, times, places, words and actions.

4 Recognise and validate their feelings (anger, fear, sadness): Bullying always surfaces strong feelings so make sure you give your child time to understand and express their thoughts and feelings with you.

5 Contact the school: Decide who is the best person to share your concerns with (it is not always the principal, and more likely a classroom teacher or coordinator). The school has a process they will follow to respond to your report.

6 Talk about active coping skills: Practice scenarios at home where your child learns how to ignore or develop confident skills for coping with bullying. Help your child identify teachers and friends who can help them if they're worried about being bullied.

7 Help build your child's support network and self-confidence. Positive friendship groups are great protection for children when they are bullied so do all you can to encourage and build their friendship groups inside and outside the school.

8 Build their self-confidence: Provide your child with encouragement. Let your child know they will get through this. Be available when they want to talk about it.



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What should I do if I think my child has bullied someone?

It can be upsetting to be told that your child has bullied others. Children who use bullying behaviours need support to learn better ways of relating to others. Stay calm and call your child's school to learn more about the situation. Together you can learn and address the behaviour:

- discuss with your child why they might be behaving this way
- discuss the behaviours with the school
- explain why bullying is unacceptable
- make clear rules and consequences for your child's behaviour.

If you are concerned about a bullying incident, please contact your child's school.

HELPFUL TIPS

- Listen calmly and respond respectfully
- Acknowledge and validate your child's feelings: "That must have made you feel...", "I can see how upset you are"
- Ask your child to recount what happened and keep it factual
- Work in partnership with the school.

For more information

Please If you are concerned about a bullying incident, please contact your child's school and speak with your Principal or the CEDP Community Liaison Unit on (02) 9840 5796.

Reference:

<https://bullyingnoway.gov.au/> [Link](#)

CSPD Bullying parent help sheet

Regards

Mrs Marita Vecchio

Wellbeing Counsellor



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YEAR 2 UPDATE

A Day at Sydney Zoo!

Year 2 wrote about their experiences at Sydney Zoo on Wednesday, 26th July.

The sizzling sun was burning in the blue majestic sky.

I was boiling with excitement, my grade was going to Sydney Zoo. The bus finally arrived and we all hopped onto the bus. We arrived at the zoo - YIPPEE!

We had to listen to Jess, one of the many employees, who asked us to follow three rules. We had to use quiet voices and just whisper. The second rule was to listen to our teachers and the employees. The last rule was to have fun but remember to be safe.

We entered the zoo. First we saw the mysterious dingo and after that we saw the majestic kangaroo dozing in the sun. We saw so many animals but the time came for the day to end.

Harrison

We had an excursion to Sydney Zoo. I was buzzing with excitement, I couldn't wait until we reached the zoo!

I felt like I was going to explode with excitement as I stared at an elephant, it was so huge. I was shocked by the size.

We went through the nocturnal area and I saw a snake eating a rat. It was awful but as the teacher said, it is nature! I went to the White Tree Frogs, (they were really green) it was sticking to the wall. I thought it was amazing. I had a great day.

Tea

I was so excited to go to the zoo and it was the best day ever. The kangaroos were dozing in the sun and the koalas are so cute. The meerkats are the cutest. Penelope and I loved watching the baboons playing around and being silly.

Paige



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A fantastic day at the zoo!

We went to Sydney zoo, zoo, zoo!

How about you, you, you?

You can come too, too, too.

We went to Sydney zoo, zoo, zoo and
saw the kangaroo!

We went to Sydney zoo, zoo, zoo and
saw the koalas too, too, too.

Sleeping in the trees shh, shh, shh.

Don't wake them up, up, up!

Shh, shh, shh!

Ellen

My grade were buzzing with excitement because we were going on an excursion to Sydney Zoo. I really wanted to see a gorilla and when we entered I saw the monkeys straight away. I saw them climbing on the ropes. They were like animals in the circus. Then we had something to eat. After eating I was so excited to see more animals. I looked for the gorilla but they took the gorilla away. I was devastated but then we saw a snake. It was so cool, it had a mouse in its mouth. It was cool but creepy at the same time.

After lunch we saw the rhinoceros.
It was so amazing!

Nikolai

What an amazing, hot day we had at the zoo. I loved all the animals but my favourite were the baboons when they fought in the water. They were being very cheeky and playing around with each other.

Mia





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PBS4L AWARD FOR TERM 3 WEEK 3 - CONGRATULATIONS

 PBS4L Award Term 3 - August 4th, 2023	
Week 3 <i>Striving to do our personal best</i>	
Kindergarten	Wilburt H
Year 1	Liliana Z
Year 2	Sophia H
Year 3	Oliver M
Year 4	Leilani A
Year 5	Charlotte Mc
Year 6	Declan K

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GENERAL INFORMATION

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 4 Friday 11th Aug

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

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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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*Australian*
Air League
NSW Group

JOIN NOW

NSW GROUP IS NOW ENROLLING



Since 1934 the Australian Air League has been teaching young boys and girls nationwide all about aviation, while helping them develop important life skills like leadership, discipline, self confidence and teamwork. When you join the league you will make new friends and take part in fun and exciting activities, on the ground and in the air.

Each week you will attend your local squadron where you will learn valuable skills and take part in fun and interesting activities and classes. Some of our classes include Meteorology, Navigation, Photography and Community Service. Squadrons also attend training camps, sport and recreational days, flying experiences and ceremonial drill.

We welcome boys and girls from the age of 8 years old from all different cultures and backgrounds. Parents and families are welcome to support or even join their local squadron as a volunteer. All adult members and volunteers are Working with Children Checked.

The Australian Air League is running both a fun and educational programme that is making fine citizens out of our young Australians.

FOR MORE INFORMATION ON THE AUSTRALIAN AIR LEAGUE AND YOUR CLOSEST SQUADRON PLEASE CONTACT



Email: development.nsw@airleague.com.au
www.airleague.com.au Email: info@airleague.com.au
Free Call: 1800 502 175

