

STUDENTS RETURN FOR TERM 3  
MONDAY 22ND JUNE

Dear Parents and Friends .

## Term One Review

As term two comes to a close, our minds and hearts are full of contentment because its been an exceptional learning experience for the children at Our Lady Of The Rosary Primary School. I would also like to take this opportunity to thank all the staff for their hard work and care for the children in our school. Thank you to all the parents for your support throughout the term. Together we've learned much and shared many exciting experiences some of which include:

- Anzac Day Liturgy
- Bravehearts Child Protection Show
- Mothers' Day Liturgy and Stall
- Naplan Online
- Don Bosco
- Family Day Liturgy and open classrooms & celebrations
- Musica Viva Kaboom Percussion Workshops
- Soccer gala days
- Semester One reports and Parents, Student & Teacher interviews.
- Celebrations of Learning, Star and Gold Awards







## From the Assistant Principal's desk...

Welcome to my desk. In each Newsletter I will provide general information, ideas and tips for parents in all key Learning Areas. If you have a particular question or query or anything you would like more information about, please let me know.

## Mindfulness and Well-being

The social and emotional well-being of our students has as much significance and importance as their academic development. As teachers, we value the social and emotional connections we have with each child in our class/school community. We know that the positive connections students have with their teachers have positive impacts on their approach to learning and their academic development.



### Self-awareness and social aware-

**ness** are two of the key social and emotional learning skills that children should develop. Some of the benefits of mindfulness training for children include increased self-awareness, social awareness and self-confidence. Mindfulness has been shown to improve empathy or the ability to understand what another person is thinking or feeling, which improves children's awareness of others and helps them to build positive relationships.

### What is mindfulness?

**Mindfulness** is about training yourself to pay attention in a specific way. When a person is mindful, they:

- focus on the present moment
- try not to think about anything that went on in the past or that might be coming up in future
- purposefully concentrate on what's happening around them
- try not to be judgemental about anything they notice, or label things as 'good' or 'bad'.



### Some of the benefits of mindfulness for children...

There are many benefits of mindfulness training for children, including:

- increased self-awareness, social awareness, and self-confidence
- increased ability to self-regulate their emotions, especially difficult emotions such as fear and anger, through breathing and other grounding techniques
- building resilience by giving children skills to help them to cope better with stress, as well as engage more fully with themselves and the world.

Mindfulness training has also been shown to reduce the severity of depression, anxiety and ADHD in children.

### What do teachers do to encourage mindfulness in children?

- Opportunities to be still and silent
- Teaching of slow breathing techniques
- Class Meditation
- Explicit teaching of social skills including the zones of regulation
- Providing space time in the classroom where a child can go to calm down or self regulate
- Using soft and stretchy toys for children to hold and manipulate where necessary
- Providing a variety of seating alternatives as well as sensory opportunities.

## What can parents do to encourage mindfulness in children?

The best thing parents can do to help their children become more mindful is to commit to some regular mindfulness practises themselves!

Research shows that parents and carers who practice being mindful around their children contribute to improving their child's sense of self-worth and self-esteem. *The more present and mindful you are with your children, the more happy, mindful and resilient they will be.*



## Tips for spending more 'quality time' with your children.

Let's face it—life is busy! Between work and life responsibilities, the days pass us by in the blink of an eye. Many parents worry that they don't spend enough time with their children. Some parents feel guilty about working full time, or experience anxiety about choosing to work out at the gym or go to dinner with friends.

Children need high-quality time with parents and caregivers—that is what is most beneficial to children and what can have a positive effect on them as they grow. It isn't about endless hours of time—it's about how you choose to spend that time that truly matters.

### Here are some tips for busy families:

*Perhaps you could try a few of these over the school holidays.*

1. Have a daily "connect" time with your child. Do this face-to-face, if possible; but if this isn't an option, create a routine for doing so in other ways, such as leaving a note in your child's lunch bag, posting a note by his toothbrush, or writing an encouraging message on a shared whiteboard in the house.
2. Create a special ritual for you and your child—something that can be done every day. For example, let your child choose and read one book with you at bedtime.
3. Tell your child you love her every day. And tell her how important she is to you and how she makes you feel. Practice mindfulness together...breathing and meditating.
4. Reinforce positive behaviour. For example, if your child completes his chores without you asking, acknowledge it with words of appreciation—even if you don't have the chance to do so until the next day.
5. Make and eat meals with your children whenever possible. If time is limited, look for simple meals that require very little preparation, or grab a healthy snack such as an apple and sit for a few minutes and chat with your child.
6. Schedule time for doing an activity of your child's choosing. Be sure to follow through and complete the activity without any distractions.
7. Play with your child, even if it's just before bedtime or outside before you drop her off at school. Every little bit of time makes a positive impact!
8. Laugh and be silly with your child.
9. Turn off technology when you spend time with your child. Try not to text, answer calls, scroll through social media, or watch television.

*Meaningful connections are about the quality of time, not quantity of time. Keep it simple and connect with your child in ways that make sense for your lifestyle and relationship. Each connection has a lasting impact and provides the support and reassurance that your child needs. If you are ever concerned about the social and emotional well-being of your child, talk to your child's teacher.*



*Mrs Julianne Regan,  
Assistant Principal*

## WHATS HAPPENING AT SCHOOL

Friday 5th July	<ul style="list-style-type: none"><li>• Gold Awards - 2:00-2:35pm</li><li>• LAST DAY OF TERM 2</li></ul>
Monday 22nd July	<ul style="list-style-type: none"><li>• SCHOOL RESUMES FOR TERM 3</li></ul>
Monday 22ND - FRIDAY 26TH July	<ul style="list-style-type: none"><li>• <b>SCHOOL DENTAL CLINIC</b></li></ul>
Wednesday 24th July	<ul style="list-style-type: none"><li>• <b>KINDERGARTEN 100th DAY</b></li></ul>
Thursday 25th July	<ul style="list-style-type: none"><li>• Year 6 PJ Day Fundraiser</li></ul>
Friday 26th July	<ul style="list-style-type: none"><li>• Kindergarten Farm Excursion</li><li>• Year 3 Sydney Olympic Park Excursion</li></ul>

## HAPPY BIRTHDAY

Happy Birthday to the following children who have celebrated their birthday in the last 2 weeks.

*Logan Moore; Petra Vukic; Lohgan Allen; Bailey Houseman; Ryan Rouen; Gloria Gar; Akon Quot; Ti Tafaese; Madison Mizzi; Suzella Lebron; Holly Taouk; Mia Habib; Kale Taruc; Troy David; Jennifer Akok; Dylan Beatty; Matariki Perez.*



## THE SCHOOL DENTIST

We will be having a dental company come out to the school Term 3 Week 1 (Monday 22nd - Friday 26th July). This service is free to all children eligible through Medicare's Child Dental Benefits Schedule. If you are interested in your child attending this service please complete the consent form which is available from the school office.

All completed form need to be sent to the office this week.



## CONSENT FROM PARENTS

If for any reason you **DO NOT** want to have your child's name, photographs, voice (audio), image (video) and Works to be published in hard copy and digital form on school and diocesan websites, school and diocesan social media channels, promotional materials, newspapers and other media for the purpose of promotion and communication of CEDP activities or programs, training materials and resources please advise the school in writing.



**PLEASE NOTE: Parents are also reminded to take photos of ONLY their child.**

# RELIGIOUS EDUCATION @ Our Lady of the Rosary

From the page of the Religious Education Coordinator - Mrs Colleen Fuller

**Parish Mass times are listed for you and the family. Quality time to be still with the Lord.**

You are invited to gather with the believing community for Holy Mass, at one of the many available times.

At Our Lady of the Rosary Parish we are so blessed to have so many time choices to attend Mass.

Saturday 6.00pm.

Sunday 7.30am. 9.00am. 10.30am & 5.30pm

**Choose a Mass time that is most suitable time for you and your family to attend Sunday Mass.**

Attending mass is an integral part of our Christian life as we gather as community to hear the Word of the Lord in holy scripture, to reflect on what the Lord is saying to us. It is also a time to be spiritually nourished by the Eucharist to strengthen and guide us as we go out into the world each week to do God's work and spread the message of the Gospel. Mass attendance is about gathering as a believing community to support and encourage each other, as the body of Christ (the Church).



**MISSION ACTION GOAL - 2019**

**All students engage with our school motto: 'We Follow Jesus' responding as disciples of Christ.**

**Gospel Acclamation Col 3:15. 16**

**Alleluia, alleluia!**

**May the peace of Christ rule in your hearts,  
and the fullness of his message live within you.**

**Alleluia!**

**GOSPEL: Lk 10:1-9**

**A reading from the holy Gospel according to Luke  
*Your peace will rest upon him.***

The Lord appointed seventy-two others and sent them out ahead of him, in pairs, to all the towns and places he himself was to visit. He said to them, **'The harvest is rich but the labourers are few,** so ask the Lord of the harvest to send labourers to his harvest.

Start off now, but **remember, I am sending you out like lambs among wolves.** Carry no purse, no hav-

ersack, no sandals. Salute no one on the road. Whatever house you go into, let your first words be, "Peace to this house!" And if a man of peace lives there, your peace will go and rest on him; if not, it will come back to you.

Stay in the same house, taking what food and drink they have to offer, for the labourer deserves his wages; do not move from house to house. When ever you go into a town where they make you welcome, eat what is set before you. Cure those in it who are sick, and say, **"The kingdom of God is very near to you."**

**The Gospel of the Lord.**

**R: Praise to you Lord Jesus Christ.**



## Reflection on the Scripture

written by © Fr Michael Tate

In Jewish tradition 'Satan' is the name given to the evil spirit who accuses and prosecutes human beings before God, demanding the strongest penalties, unmitigated by Mercy. Jesus had a vision in which he saw 'Satan fall like lightning from Heaven'. Who takes Satan's place?

The answer is the 'Paraclete', a Greek word for an Advocate.

This is one of the roles of the Holy Spirit who pleads on our behalf for Mercy which, as Shakespeare put it, then falls on us 'as the gentle rain from Heaven'.

As disciples, we have to imitate the Paraclete, not Satan. We have to temper our drive to see 'the punishment fit the crime'. How often do we relish seeing a person squirm with no offer of a way out, no hint of mercy or forgiveness so that he or she can draw breath, undo some of the damage done, and get back on track to a better life?

We might pause for a moment to thank God that our names are not being listed by Satan in an indictment but rather, through the Holy Spirit, are being entered in the Book of the Saved so that we might '**Rejoice, for your names are written in Heaven**'.

**FAMILY TIME:** May this holiday break be a time for family matters. May it be a time to focus on Jesus as our Messiah and ponder how individually and as a family we can follow the Lord more closely-remembering that following Jesus requires us to know the Lord and imitate his words and actions as known from holy scripture and Catholic Teaching. May the peace of the Lord be with you.

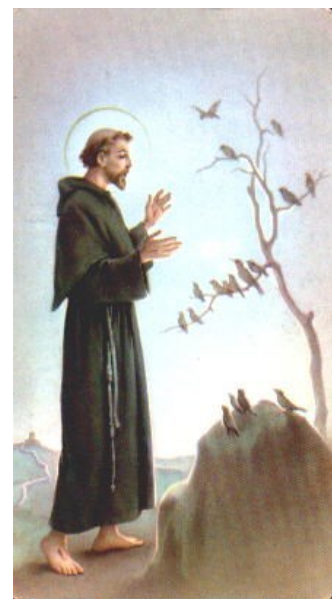
I offer the **THE PEACE PRAYER, which is one of our Catholic Prayers** that you may choose to pray as a family during the holiday break.

### PEACE PRAYER of St Francis

Lord, make me an instrument of your peace  
where there is hatred, let me sow love;  
where there is injury, pardon;  
where there is doubt, faith;  
where there is despair, hope;  
where there is darkness, light;  
where there is sadness, joy.

O divine Master, grant that I may not so much seek  
to be consoled as to console,  
to be understood as to understand,  
to be loved as to love.

For it is in giving that we receive,  
it is in pardoning that we are pardoned,  
and it is in dying that we are born to eternal life.  
Amen.



## TERM 2 STAR AWARDS

Congratulations to the following students who were awarded Star Awards:

Akon Guot; Piper-Rose Lommerse; Ayuoth Anthony; Francis Tafaese; Castiel Ibisate; Chase Mizzi; Yom Loual; Lea Perez; Emma Pace; Thomas Drew; Nyibol Lual; Sienna Fairley; Ujuangi ujuangi; Gaurika Manocha.



# Maths Holiday Challenge!

Look out for notes with more information!

K-2

Eye spy with my little eye... Maths at home

<https://www.numeracyathome.com/>

3-6

What do you know about your plastic footprint?

## Emmaus News

There has been a lot of construction around the College over the past 6 months and will continue throughout the year. The learning spaces are updating to coincide 21st Century teaching styles. The first of the buildings to be updated was the English Block. The space has transformed to accommodate more student collaboration. This includes multiple quiet spaces, group work areas, movable whiteboards and Televisions that allow for device connectivity.

The construction of Upper H block is nearly completed and will have more of the same flexible workspaces but will also include an outdoor area for students to work in. Once construction is finalised HSIE and Religion teachers will be the first to utilise these spaces next term. Food technology will be next, which will include brand new kitchens and alfresco area for both staff and students to enjoy.

The Year 12 Construction class are also transforming parts of the school as part of their competencies. The Principal's Lawn is turning into a passive area for students to enjoy, which will include two large outdoor chess boards. The boys worked hard despite the rain bearing down on them.





# Planner Calendar 2019 – Term 3

## Our Lady of the Rosary – St Marys

Dates are correct at time of printing. Please check Newsletter, Website, Skoolbag and Facebook for updates

<b>Wk</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>1</b>	School Dental Clinic Start Term 1 9-2:30pm Dance Fever	School Dental Clinic 08:45-9am Morning Assembly 11:15-12:15pm Dr Mark Walker VOY Feedback	School Dental Clinic Kinder 100 <sup>th</sup> Day	School Dental Clinic PJ Mufti Day Whole School	School Dental Clinic Kinder Farm Excursion <b>PARISH MASS</b> Year 3 Sydney Olympic Park Excursion
<b>2</b>	Lighthouse launch	08:45-9am Morning Assembly Newsletter Day Stage 2 Boys & Girls Soccer Gala Day	Stage 2 Boys & Girls Soccer Gala Day Y4 Don Bosco		2019 August Census <b>Y4 PARISH MASS</b> PBS4L Brainstorm Production Show K-6 2-2:30 Celebration of Learning
<b>3</b>	9-2:30pm Dance Fever  7-8pm P&F Meeting	08:45-9am Morning Assembly VOY School Finals- Stage 3		Cyber Safety Talk Stage 3 <b>2-2:50 St Mary of the Cross Mackillop Feast Day Liturgy</b>	Year 1 Old School House Excursion Zone Athletics Carnival <b>Y3 PARISH MASS</b> Y5 Don Bosco 2-2:45pm Y3 Open Classrooms
<b>4</b>	9-2:30pm Dance Fever VOY Cluster Final at Corpus Christie Y5 & Y6 Attend	08:45-9am Morning Assembly Newsletter Day <b>10-12pm EDUCATION MASS Leaders – St Pats Cathedral</b>	Kindy Don Bosco	<b>THE ASSUMPTION OF THE BLESSED VIRGIN MARY</b>	<b>Y2 PARISH MASS</b> 2-2:30 Celebration of Learning (Year 4)
<b>5</b>	9-2:30pm Dance Fever	08:45-9am Morning Assembly		<b>OUR LADY MOTHER AND QUEEN</b> 1:30-2:30PM Voice of Youth Diocesan Final	Music Bus 15 Min Class Visits <b>Y6 PARISH MASS</b> Y1 Don Bosco 2-2:30pm Y5 Open Classrooms <b>7-8:30pm CONFIRMATION MASS</b>
<b>6</b>	9-2:30pm Dance Fever	08:45-9am Morning Assembly Newsletter Day P & F Father's Day Stall	Netball Gala Day Stage 2 & 3		Y2 Blue Mountains Excursion <b>Y1 PARISH MASS</b> Vinnies Winter Sleep Out 2-2:30pm COL (Year 3) <b>2-4pm Father's Day Liturgy and Sport Afternoon</b>
<b>7</b>	9-2:30pm Dance Fever	08:45-9am Morning Assembly	Y2 Don Bosco		<b>KINDER PARISH MASS</b> 2-2:45pm Y1 Open Classrooms
<b>8</b>	9-2:30pm Dance Fever	08:45-9am Morning Assembly Newsletter Day			<b>Y5 PARISH MASS</b> 2-2:30pm COL –Star Awards (Year 4)
<b>9</b>	9-2:30pm Dance Fever 7-8pm P & F Meeting	08:45-9am Morning Assembly			2-2:45pm Y4 Open Classrooms <b>P &amp; F Disco</b> <b>K-2 – 4:15-5:45pm</b> <b>3-6 – 6-7:30pm</b>
<b>10</b>	9-2:30pm Dance Fever Year 5 Overnight Bathurst Excursion	08:45-9am Morning Assembly Newsletter Day Year 5 Return from Overnight Bathurst Excursion <b>7:30-8:30pm Sacrament Reconciliation</b>		<b>CELEBRATING OLR FEAST DAY</b> 9am- Liturgy 10am-Open Classrooms 10:45-11:15pm – Picnic Morning Tea 2-2:30pm COL –Gold Awards <b>7:30-8:30pm Sacrament Reconciliation</b>	<b>Staff Mission day</b> <b>No students to attend School Today</b> <b>End Term 3</b> <b>(Term 4 begins Monday 14 October, 2021)</b>