

JAPANESE STUDENTS FROM  
HAMAMATSU NITTAI JUNIOR HIGH SCHOOL  
VISITING OLR FROM NOVEMBER 10th - 20th

Dear Parents and Friends,

## November the Month of ALL SOULS

On Friday 1st November and Saturday 2nd November we celebrated All Saints and All Souls Day. The feast of All Souls is not a feast of sadness, but one of great hope and confidence. It invites us to entrust our dead to God. We know that just as we have loved them, God has loved them more. They are in God's care, and like a good shepherd, God will lead them to peace. While the Feast of All Saints offers us an opportunity to be in communion with the Saints as we give thanks to them for their prayers and protection, the Mass of All Souls turns our prayers to all the faithful departed.

All Souls' Day is a day to commemorate and pray for the souls of baptized Christians who have died and are in purgatory. It is observed by Christians every November 2nd.

### **Key Facts & Information**

#### Historical Background

- Up until the tenth century, the commemoration of the dead was observed during Easter.
- It was moved to October in the tenth century.
- In the 11th century, Saint Odilo of Cluny established the observance of All Souls' Day on November 2 throughout the monasteries of Cluny.
- The commemoration included offering prayers and alms to souls still in purgatory.
- It was then adapted in Benedictine monasteries and eventually the entire Western Church.
- Now, the day is observed by the Catholic Church, the Anglican Church, the Eastern Orthodox Church.

#### Efforts of the Living

- People remember the dead by praying and giving alms.
- Christians also visit the graves of their loved ones and attend Mass. Both of which are plenary indulgences done on behalf of the souls in purgatory.

#### All Over The World

- In Hispanic countries, the day is called Dia de los Muertos or Dia de los Difuntos. Food is offered to the souls.
- In Austria and Bolivia, cakes – called soul cakes – are left for the departed.
- In Hungary, it is called Halottak napja.
- In Syria, Israel, and Lebanon, it is called Yom el Maouta.
- In some parts in France, people kneel at the tombs and pour holy water or milk.
- In Malta, roasted pig is a traditional dish on All Souls' Day.
- In Linz, Austria, a musical composition called equale is played.
- Similar festivals to All Souls' Day are Japan's Bon Festival, China's Ghost Festival, and India's Pitru Paksha



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Our Lady of the Rosary Parish - Fr Brendan - 9623 1962

# 10 TIPS ON HOW TO MANAGE STRESS

I would like to share with you this week an article I recently read by Travis Bradbury on how successful people stay calm and manage stress.

## **1. They Appreciate What They Have**

Taking time to contemplate what you're grateful for isn't merely the "right" thing to do. It also improves your mood, energy, and physical well-being.

## **2. They Stay Positive**

Positive thoughts help make stress intermittent by focusing your brain's attention onto something that is completely stress-free. You have to give your brain a little help by consciously selecting something positive to think about. The point here is that you must have something positive that you're ready to shift your attention to when your thoughts turn negative.



## **3. They Disconnect**

Given the importance of keeping stress intermittent, it's easy to see how taking regular time off the grid can help keep your stress under control. You'll be amazed at how refreshing these breaks are and how they reduce stress by putting a mental recharge into your weekly schedule.

## **4. They Limit Their Caffeine Intake**

Drinking caffeine triggers the release of adrenaline. Adrenaline is the source of the "fight-or-flight" which sidesteps rational thinking in favour of a faster response. This is great when you are in danger, but not so great when you're responding to the usual challenges of work.

## **5. They Sleep**

Sleep is important because it increases your emotional intelligence and manages your stress levels. When you sleep, your brain literally recharges, shuffling through the day's memories and storing or discarding them (which causes dreams), so that you wake up alert and clear-headed. Your self-control, attention, and memory are all reduced when you don't get enough—or the right kind—of sleep. Sleep deprivation raises stress hormone levels on its own, even without a stressor present. Stressful projects often make you feel as if you have no time to sleep, but taking the time to get a decent night's sleep is often the one thing keeping you from getting things under control.



## **6. They Squash Negative Self-Talk**

A big step in managing stress involves stopping negative self-talk in its tracks. The more you ruminate on negative thoughts, the more power you give them. Most of our negative thoughts are just that—thoughts, not facts. When you find yourself believing the negative and pessimistic things, your inner voice says, "It's time to stop and write them down." Literally stop what you're doing and write down what you're thinking. Once you've taken a moment to slow down the negative momentum of your thoughts, you will be more rational and clear-headed in evaluating their veracity. Once you've realized how inaccurate these thoughts are rip them up and dispose of them with gusto.

## **7. They Breathe**

The practice of being in the moment with your breathing will train your brain to focus solely on the task at hand. This task of taking ten deep breaths may seem too easy or even a little silly, but you'll be surprised by how calm you feel afterward and how much easier it is to let go of distracting thoughts.



## **8. They Use Their Support System**

It's tempting, yet entirely ineffective, to attempt tackling everything by yourself. To be calm and productive, you need to recognize the benefit of asking for help when you need it. This means tapping into your support system, which includes prayer, when you feel overwhelmed.

These are strategies can be modified to assist children and adults at all stages of our lives.

# HELPING CHILDREN SPEAK UP

What do you say to a child who tells you: “If I do what they say, they let me play with them. If I don’t, they walk away and tell me not to follow.” To stand up to a peer group was to risk losing them but to follow the herd was to risk getting in trouble or allowing another child to be hurt.

**Many children struggle to assert their thoughts and feelings but assertiveness can be taught.** Knowing how to stand up for yourself and others is especially important when it comes to bullying, teasing, peer pressure and other negative behaviours. Building assertiveness skills takes time and practice.

## **TRY THESE STRATEGIES**

### **Talk about it.**

All too often we tell children what to do without actually giving them details on what we mean. Discuss different communication styles.

#### **Passive:**

Passive communicators struggle to make eye contact, use a very quiet voice and act as if other peoples’ rights are more important than their own.

#### **Aggressive:**

Aggressive communicators are loud, imposing and act as if their rights are more important than the rights of others.

#### **Assertive:**

Assertive communicators make eye contact, use a calm but firm voice and respect their own rights and the rights of others equally. Use characters from books, TV and movies to illustrate these communication styles.



### **Model it.**

Be the model you want your child to copy. Stand up for your views, even if they may not be popular. This can be a tough one, especially when views clash. Model assertive communication skills. Teach your children to follow these steps when asserting their views:

- Remain calm.
- Make eye contact.
- Use a clear, confident voice.
- Listen.

There are times when we have to agree to disagree, but that doesn’t mean that we silence our voices. Practising statements like, “I appreciate that you explained your point of view. I have a different opinion, but now I know where you’re coming from,” teaches them that it’s okay to disagree.

### **Use the mirror.**

Practise making eye contact in the mirror. Stand tall. Hold your shoulders back. By altering their body postures and facial expressions as they practice assertive statements, they can see what works and what doesn’t.

Try realistic scenarios. Have your child come up with the problems and take turns acting as the bully and victim or aggressive and passive communicators. Practising the problem from both sides can be eye opening.

**The more children practise speaking up at home, the greater confidence and assertiveness they will have out in the world!**



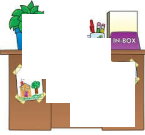
### **Thought for the Week**

*“Whether we search in earth, or sky, or sea,  
we are everywhere met by the visions of the illimitable God”*

*-Rev Julian Tenison Woods 1882*

Have a Blessed Week  
Michael Siciliano  
PRINCIPAL





## 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.

# WELCOME KINDERGARTEN 2020

**OLR Mission Statement: We strive to be a school, which is a centre of excellence, where the Gospel message is proclaimed and all individuals are catered for in a happy, caring and innovative environment.**



Last week we held our Orientation morning for the children beginning Kindergarten in 2020. The children spent the morning with the teachers in the classroom while the parents attended an information session in the Year 6 classroom.

We have a large number of siblings beginning school next year as well as many new families who will be joining our community. This is an exciting time for both the children and their parents. The children had a wonderful morning and the teachers spoke about how happy and settled they were. During the information session for parents we discussed many things with our new families, including our commitment to their children.

***'This is a responsibility and a partnership we will never take for granted'.***

In order to assist families in this transition phase we encourage them to focus on the strengths of their child and to build on their social and emotional development, independence and learning skills. It is a timely moment to remember as a parent that the teaching of these skills continue to be important *throughout your child's school years.*

Teaching friendship skills, involving your child in conversations, helping your child to manage their emotions, promoting a sense of responsibility, encouraging listening skills, and helping your child to follow instructions all assist your child to continue to grow and set them up for success at school.



An important learning message to our new and current families is to **READ! READ! READ!** Read to your children, **with your children** and **model yourself as a reader.**

Also, we need to be aware that "Maths is everywhere". Point out numbers, play counting games, board games etc...

**If you as parents, value learning and education so will your children.**





We take pride in the fact that during the enrolment process new parents often speak about choosing OLR for their child based on the strong reputation our school has for providing a quality Catholic education. This reputation is reliant on the positive, mutually respectful relationships that parents, children and staff form at OLR. This reputation is also a testament to our families and staff who continually value working together to optimise success for all children.

In the coming weeks, on either the 27<sup>th</sup> or 28<sup>th</sup> November the children will return to participate in another morning at school. We make these newest members of our community most welcome.

Traditionally, the parents drop the children off at 9:00 and return to pick them up at 11:30.

This year we are providing a learning opportunity for the parents at this time. Parents are invited to return at 10:00a.m and participate in a *Literacy and Numeracy workshop*. At this workshop a few of our staff will provide information and tips on how you can support your child's learning at home.

We are opening this opportunity for our existing parents as well. Information will come home next week so keep an eye out and we will ask you to RSVP.

*The key message is the partnership ...*

*'We are working together to make a difference to each individual child.'*

*Mrs Julianne Regan  
Assistant Principal*

## **MUNCH & CRUNCH**

**Raising money for the kids in Ghana**

**THURSDAY NOV 14**



- Yummy treats provided by Year 5 - 6!
  - Prices between 50 cents to \$2.00
  - Held outside the Year 3 classroom

# 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.

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

**We are 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, be spiritually nourished by the Eucharist to strength 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 also about gathering as community to support and encourage each other, as we are the body of Christ (the Church).



## ALL SAINTS Day November 1 2019

*All Saints Day is a time for us to remember, acknowledge and be inspired by the many heroes of the Church, such as Our Lady, John Bosco, Mary MacKillop, St Joseph, St Dominic and the list is endless.*

*These are the many men and women who have lived a life of holiness in following in the footsteps of Jesus.*

*They knew a lot about following the commandments of Loving God and Loving your Neighbour.*

*They have given us a good example of living the Beatitudes- or 'beautiful attitudes' which inform action.*

*Gospel according to Matthew. Mt 5:1-12*

*A reading from the holy Gospel according to Matthew*

*Rejoice and be glad, for your reward will be great in heaven.*

Seeing the crowds, Jesus went up the hill. There he sat down and was joined by his disciples. Then he began to speak. This is what he taught them:

*'How happy are the poor in spirit: theirs is the kingdom of heaven.*

*Happy the gentle: they shall have the earth for their heritage.*

*Happy those who mourn: they shall be comforted.*

*Happy those who hunger and thirst for what is right: they shall be satisfied.*

*Happy the merciful: they shall have mercy shown them.*

*Happy the pure in heart: they shall see God.*

*Happy the peacemakers: they shall be called sons of God.*

*Happy those who are persecuted in the cause of right: theirs is the kingdom of heaven.*

*'Happy are you when people abuse you and persecute you and speak all kinds of calumny against you on my account. Rejoice and be glad, for your reward will be great in heaven.'*

## REFLECTION by Diane Bergant CSA

Today we celebrate the memory of all the baptised who have gone before us and whose lives were virtuous. The saints of God are all those who have been baptised into Christ, who have washed their robes in the blood of the crucifixion. We all know people whose lives were steeped in genuine holiness. The life of every one of us has been blessed by their goodness. This is a day for us to remember and to celebrate their holiness. We celebrate the lives of all those who have been marked with the sign of faith, those who have been canonised by the church, those whom we have known personally as well as those whose names we do not know.

In the beatitudes listed in today's gospel we are given examples of what it means to live lives of holiness. This gospel really does not present a blueprint for holiness. Rather, it offers a series of snapshots that demonstrate the holiness that is ours by virtue of our baptism. Those who have gone before us lived such lives. Today, as we remember them, we hold up their lives as examples of holiness and models for our imitation. The sentiments that are expressed and the commitment that it illustrated in the beatitudes clearly stand in opposition to the standards of the world.

## CATHOLIC MISSION -

**The Catholic Church does much to support the poor and marginalised across the world.**

**Several weeks ago we had a visitor from Catholic mission to speak with all students across the school. The focus of her talk was on the poor of Ghana. Each class has a focus within their space asking students to give from what they have to support others. We will be holding a Munch and Crunch next Thursday to support the children of Ghana.**

**Year 5 and Year 6 are invited to bring a plate of food for sale at Recess next Thursday. All other students are invited to buy their recess from the Munch and Crunch on that day.**

**WHEN? Thursday 14th November. If you want know more about this initiative please log into the Catholic Mission website. <https://www.socktober.org.au/OLORStMarys>**

# YEAR 5 EXCURSION TO BATHURST

Year 5 went to Bathurst on the 23rd of September in term three. We learned how to find gold and had so many great adventures. We went to the Three Sisters first where we had a great view. Year 5 had so many activities our class had an amazing fire which included dancing and singing Waltzing Matilda. We laughed and danced all night, we learned so many old dances and we all learned about how life was in the goldfields. We shared so many memories with our friends and teachers. Tom our bus driver told us so many stories about the Gold Rush and also showed us old buildings from 1960. Year 5 did some gold panning. We were in search for gold in the pond. Each person found little specks of gold with a big value. A man called Max came and taught us how to pan and collect gold and put it in a little container for Year 5 to keep. Year 5 were so interested in learning. On Tuesday morning, we had some activities that included Dampers. Everyone was confused at first, but when we were making it everyone loved it. It is very easy to create, all we had to do was add flour and water and mix them together to make a fluffy dough. It was hard to cook but in the end, it was worth it because the dampers were so good.

By Sienna Fairley & Jacinta Dib



## WHATS HAPPENING AT SCHOOL

Friday 8th November

- Celebration of Learning @ 2pm

Monday 11th - Wed 20th November

- Japanese students visiting OLR

Friday 15th November

- 2:15-2:45pm: Open Classrooms - Year 6
- 3:00 - 4:40pm - P&F Don Bosco Fundraiser

## HAPPY BIRTHDAY

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

Emmanuel Poasa; Chiagoziem Ogbodo; Wilhelm Austria;  
William Austria; Margaret Maout; Ruby Blinman-Turner;  
Thon Reec; Akuïen Achuoth; Amalina Piol; Gardinia Gae'e;  
Elizabeth Goulding; Charlize Golez; Aleer Aleu; Francis Ta-  
faese; Apaula Gae'e; Yom Loual.



# YEAR 6 EXCURSION TO CANBERRA

On the 17th October, the Year 6 students along with 5 teachers set off for a Canberra Adventure! As soon as we got on the bus, we knew it was going to be a fun two days.

We started our fun times at the Australian Institute of Sport - where we got to experience what our Australian athletes go through, such as their training, gear and more.

We got to Parliament House and started off at the House of Representatives. The House of Representatives wasn't as crazy as the Senate. It was Parliament house where we learnt how our politicians make smart and important decisions for our country.

Questacon was a scientific learning experience that taught us the laws of physics, along with many other things. This was a fun experience.

The war memorial was a sad and reverent place. We commemorated the great soldiers who died for us. Lest we forget.

To finish our adventure, we went to Old Parliament House, also known as the Education Centre. We learnt about Australia's voting system and the importance of politics.

It was a great experience, especially being our last camp at OLR. Thank you to the teachers and parents for organising this special event for us.

Year 6 Students.





# Emmaus News



During the school holidays, Mr Yuzon and Miss DiMarco embarked on a journey accompanied by 8 other educators in the Parramatta Diocese. The teachers travelled to neighbouring Timor Leste, where the plan was to form a relationship with the local communities in the hopes of taking other teachers and students in the future. Their journey was assisted by Father Luan, a Vietnamese Australian refugee. He has lived in Timor Leste for the past 15 years assisting even the most remote and disadvantaged communities in their well-being and faith.

The teachers were greeted with an overwhelming welcome and were accepted into a community as one of their own. Every village they visited, they were welcomed with smiles, handshakes, and delicious traditional meals. The staff of Emmaus donated coloured pencils, paper, frisbees and soccer balls to be distributed by Mr. Yuzon and Miss DiMarco. They taught some children as old as 6 or 7 how to hold a pencil, as schooling is not always affordable or accessible for many of these communities.

The Timorese pride themselves on their service and hospitality, sharing what little they had with their visitors. They are a people driven by their Catholic faith, which provides them with hope and a sense of community.

The teachers left humbled by the experience. Knowing the fact that they could not solve all of the problems that they saw. Amidst their feelings of helplessness, Father Luan said: "We are always asking, what can we do for you? What can we buy? What can we fix? When sometimes, all people want is for someone to be there. Sometimes it is enough just to be there."





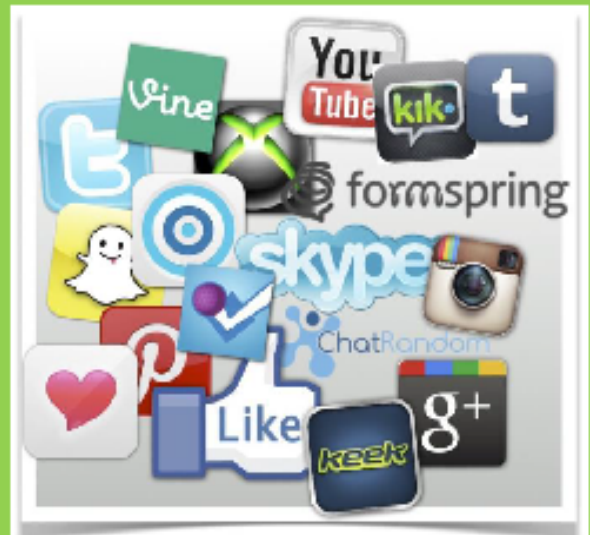
Parents Representative Council

SUPPORT | CELEBRATE | EDUCATE



## CYBER SAFETY CHALLENGING TODAY'S YOUTH

Our Speaker will help parents understand the modern day challenges facing our young people within the digital world. Everything that they write, post and send can be traced and will remain there forever. Learn how parents can protect their kids from online risks. Sexts, Texts and Selfies are a concern for any parent. Learn how to give your child the skills, knowledge and strategies to use the internet in a safe, smart and responsible way.



Cyber safety, Sexts, Texts, Selfies, Pornography, Bulling and Online Predators.



Our guest speaker for the evening is:

**School Liaison  
Officer NSW Police**

Register FREE now: [www.prc.catholic.edu.au](http://www.prc.catholic.edu.au)

**SEATS ARE STRICKLY LIMITED TO 100 SO REGISTER EARLY!!**



**Monday, 18<sup>th</sup> November 2019**

Doors open: 6:30pm for 7:00pm (2 hours)  
(PRC General Meeting - will be held prior to guest speaker  
Institute of Mission (downstairs meeting room)

Flushcombe Rd & Marion St, Blacktown NSW 2148

Light supper and refreshments will be provided, and a lucky door prize will be up for grabs!

[www.prc.catholic.edu.au](http://www.prc.catholic.edu.au)

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THANK YOU TO OUR 2019 SPONSOR

**Floral Expressions**

For details on the School fundraising program

Call Charles Lukasik on 02 9683 1116

