

Dear Parents and Friends of Our Lady of the Rosary Primary School

Welcome Back To Term 4

A very warm welcome back to Term Four at Our Lady of the Rosary. As we begin term 4 the children from Kindergarten to Year Six are continuing to focus on their educational goals.



Parents are encouraged to:

- Make sure your child goes to school each day ready to learn by ensuring they have a healthy and nutritious breakfast. Starting the day with a good breakfast which is low in added sugar can improve your child's focus, memory, and concentration.
- Ensure that your child gets adequate sleep every night. Children need between nine and ten hours each night. Lack of sleep is linked to decreased concentration, reduced short-term memory, inconsistent performance and mood disturbances. It affects their mental health and general well-being. Help your child go to bed at the same time each night and encourage them to turn off all devices.
- Even during the C19 restrictions make contact with your child's teacher to discuss relevant educational issues.
- Instil organisational skills. Insist that your child get their school clothes organised and pack their bags before they go to bed at night so that there is no scrambling around in the morning.
- Demonstrate a positive attitude about education and learning to your children. Monitor your child's television, video game, and internet use.
- Encourage your child to read. Helping your child become a reader is the single most important thing that you can do to help the child to succeed in school and in life. Reading helps children in all school subjects, however, and more importantly, it is the key to lifelong learning.
- Know who your child's friends are. Invite their friends over so that you can understand all the social dynamics that your child is exposed to. Talk to your child. Talking and listening play major roles in children's school success.



Wishing everyone a great term of learning, as we continue to live by our school motto; We Follow Jesus.



Celebrating 140 YEARS
1880 - 2020

A: 32B Saddington Street St Marys 2760 PH: 8856 8301

E: olorstmarys@parra.catholic.edu.au W: www.olorstmarys.catholic.edu.au

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

Praying the Novena Prayer for Mr Mark Geerligs

During the nine school days concluding this Friday, the school community has stopped schoolwork at 12.15pm each day to pray the Novena for Mr Mark Geerligs.

Mr Geerligs was the principal of OLR from 2003 until 2013 and is currently receiving treatment for leukemia. Through the Novena prayer we ask God for special graces and blessings for Mr Geerligs and his family.

I invite parents to pray this prayer through Mary MacKillop that she may pray to God with us



In the Name of the Father and of the Son and of the Holy Spirit. Amen

*Ever generous God,
You inspired Saint Mary MacKillop to live her life
faithful to the Gospel of Jesus Christ.
Saint Mary MacKillop was constant in bringing
hope and encouragement to all people
who were disheartened,
lonely, sick or in need.
With confidence in Your generous providence
we join with Saint Mary MacKillop
and ask that You grant extra grace and blessings
for Mr Geerligs and his family.
Dear God may our faith and hope
be made fresh with new passion
through your Holy Spirit*

We ask this through Jesus Christ, our Lord. Amen

STOP COMPLAINING

We all like a good grizzle. It helps to vent our feelings about how everyone else is wrong. We don't always get what we want and blowing off some steam can help us get over it.

Sadly, some of us make a habit out of complaining.

But you can stop the moaning. Once you stop finding fault in everyone and everything, you'll notice your new positive attitude will help you think about everyday situations from a different perspective and life won't seem so unfair. Good things happen when you stop complaining all the time.

1. You'll stop attracting other complainers. After a bad day, it's good to have a good moan about it. But when your venting becomes constant complaining, you'll attract people who are usually pessimistic, negative and constant complainers themselves. We are all highly influenced by the people around us. A pessimistic attitude attracts other pessimists. The more you complain, the more people around you will complain and you'll become part of a group that spends more time complaining than getting things done. Once you stop complaining and start seeing your glass as being half full rather than half empty, positive people want to partner up with you. At school and in the workplace, it's much happier when we are working with people with a positive outlook rather than a grinch.

2. You'll start finding solutions to problems. Being a chronic complainer means you are always focused on your problems. When you're spending all of your energy on problems, you have no energy left for solving those problems. Complaining prevents us from finding solutions. When we complain, our brains release a stress hormone that slows down our problem-solving skills.

3. You'll be happier, healthier, more successful and productive.

Happiness means retraining our brain to scan for the good things in life—to help us see more possibilities, to feel more energy and to do better. By practising positive thinking, you're literally training your brain — like athletes train their bodies — to react in a specific way, creating a happiness loop. We know happier people are healthier, more successful and even more productive in their daily tasks.

4. You'll be less judgmental. Once you stop complaining about people, you can really start to hear them out and get to know their story. You'll focus less on the things that rub you the wrong way. What is it about this person that turns you off? Pausing and thinking about these things along the way also helps you to become a better person.

THE SCIENCE OF MOTIVATION

If students aren't motivated, learning won't happen. What's going on in children's brains when they're motivated, and what's holding them back? There are two types of motivation: approach motivation, which directs us toward a reward, and avoidance motivation, which helps us to avoid damage. Ideally, they balance each other out.

Caring adults can help students develop the motivation systems that will serve them well, long into adulthood.

HOW TO BUILD HEALTHY MOTIVATION IN YOUR CHILDREN

Encourage curiosity and exploration.

Beyond their basic needs, children are motivated by exploration, play, mastery and success. Parents can reinforce these motivations rather than being overly fearful that children will get hurt — fears that can rub off. Caring adults whom children can trust can help them figure out what to actually be afraid of and avoid.

Don't rely on incentives.

The goal is to help kids develop their own inner fire to learn. Children can stop engaging in activities once they've been given a tangible reward for it. Systems focused solely on external rewards and punishments are unlikely to achieve sustained, productive motivation. Positive feedback is more likely to support healthy motivation.

Remind children that success is possible.

We're unlikely to be motivated to do anything if we think it's impossible. A growth mindset — the belief that we can change and improve through practice— enables children to get motivated.

Social interaction.

From babies to adolescents, social interaction is a key to motivation, releasing natural opioids that activate the brain's reward system. In our digital world, apps and screens can be supplements for learning, but in-person interactions remain essential.

Remember we all have different intrinsic motivators.

A child intrinsically motivated to play sports might respond well to constructive criticism from a coach but another student might respond more to encouragement and get discouraged by criticism. These different motivation systems may be due to children's genes and their life experiences, and they might require different approaches to motivate them.

Despite the common misperception that some people naturally have or lack motivation, science shows that the nature of parent/child relationships and opportunities for safe exploration affect the development of these systems — for better or for worse.

Thought for the Week

*“God is Good and has brought light and help when all was very dark.”
St Mary MacKillop 1890*

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.

INCURSIONS

As you are aware, throughout the school year the children normally go on **Excursions**. However due to the **Covid 19** restrictions, most of our grades have organised **Incursions** to provide the students with experiences to build on and support the Learning in the classroom.

Year 4 - They were the lucky ones who actually got to go on an Excursion in Term 1 before COVID 19

Year 4 had a day of exploration in *The Rocks* to learn all about British Colonisation. Such a great experience!!



ALL OTHER GRADES HAVE HAD WONDERFUL INCURSIONS...

Kindergarten - Kindifarm

Kindergarten enjoyed the Kindifarm incursion. All students had the opportunity to feed and pat many animals while learning about them. They even watched Farmer Will shear a sheep and crack a whip.



Year 1 - Toys from the past

Year 1 enjoyed travelling back in time. They visited toys over time first and then attended St Joseph's School to see what school was like in 1880.

Year 2 - Geography

Year 2 had a great time at their incursion. They got to learn all about the Aboriginal culture and their connection to the land. It was a fun day of learning!



Year 3 - Featherdale Farm

Year Three had a wonderful time learning about a variety of Australian animals from Featherdale Wildlife Park. Lauren taught them all about their classification and they even got to have a pat! The joey was very cute.



Year 5 - Bathurst - in school Camp

Due to the fact that Year 5 couldn't have their overnight excursion to Bathurst this year Mrs Darby and Ms Coledan organised a fun day at school. The students had an absolute ball. They started with prayer and making a damper. Then they completed 3 rotations: Escape Room challenge, Games and sewing. They finished off the day with some fun Bush Dancing.



Year 6 - Science - Electricity

Year 6 had so much fun at their hands-on science incursion, where they explored how electrical circuits really work in different ways. Watch out world, I think we have some future scientists at OLR!



WHATS HAPPENING AT SCHOOL

Monday 21st October ⇒ **Book Week Character Dress Up Day**

Friday 30th October ⇒ **World Teachers Day**
(We will be celebrating this at OLR on Tuesday 2nd November)

Sunday 1st November ⇒ **ALL SAINTS DAY**

Monday 2nd November ⇒ **ALL SOULS DAY**

Tuesday 3rd November ⇒ **Melbourne Cup Day**

HAPPY BIRTHDAY

Happy Birthday to the following children who have celebrated their birthday since the last newsletter.

Patrick Reece, Maanya Manocha, Monica Sakr, Sophia Furner, Aishwarya Shukla, Ruby Montgomery, Aarosh Budhathoki, Levi Montgomery, Gerlene Siladen, Lucas Adriano, Matilda Drew, Kye Binoux, Vanessa Komí, Diya Vinoth Kumar, Ater Ajou, Jacob Matthews, Ilesah Gurusinghe, Baylea Parker, Marvellous Aduloju, Corban Parker, Elijah Cahill, Samanth Cazar-Mungcal, Tarez Dagher, Spencer Webster, Kai Satchell, Amean Arou, Abdul Aleu, Giorgio Salmas, Alessandra Lorenzo, Emilio Peters, Cooper Pace, Angelpreet Kaur, Liam Mitchell, Apubo Kuol, Charlotte Mizzi,



**NEW
EDITION
AVAILABLE
NOW**

DIGITAL CHILD SAFETY HANDBOOK

We are pleased to advise that a new edition of this valuable safety resource is now valuable online with updated safety content.

We urge all parents and carers to download this latest edition and discuss the safety content with your children.

Child Safety Handbook App available for download:



[Visit the Child Safety Hub](#)

Read the Child Safety Handbook



In 2020 we celebrate 140 years of the ongoing commitment to excellence in Catholic Education; at Our Lady of the Rosary, St Marys.

At this same time we thank God and celebrate 200 years of this commitment to excellence in Catholic Education within Australia.

RELIGIOUS EDUCATION @ Our Lady of the Rosary, St Marys. NSW

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

2020 FORMATION GOAL:

All students to be self-reflective disciples of Jesus, through deep learning from Matthew's gospel.

In 2020 we celebrate 140 years of ongoing commitment to excellence in Catholic Education; at Our Lady of the Rosary, St Marys.

Our day of celebration for both the OLR Feast Day (7th October which is in the School Holidays) and 140 years of quality Catholic Education was held on Thursday 24th September.

This celebration was held within Grade Learning Spaces because of Covid restrictions.

THIRTIETH SUNDAY IN ORDINARY TIME YEAR A - Sunday 25th October.

A reading from the holy Gospel according to Matthew - Mt 22:34-40

You shall love the Lord your God and your neighbour as yourself.

When the Pharisees heard that Jesus had silenced the Sadducees they got together and, to disconcert him, one of them put a question,

'Master, which is the greatest commandment of the law?'

Jesus said, 'You must love the Lord your God with all your heart, with all your soul, and with all your mind. This is the greatest and the first commandment.

The second resembles it: you must love your neighbour as yourself. On these two commandments hang the whole Law, and the Prophets also.'

The Gospel of the Lord

R: Praise to you Lord Jesus Christ.

REFLECTION ON THE GOSPEL by Dianne Bergant CSA

Our religious tradition is founded on love. Actually, life itself is grounded in love. We may not always feel this love, but if we allow ourselves to reflect on life, we will realise this truth. We have been called into being by God's love; and we will only be happy if we live in that love. Thus, when we are directed to love God and love one another, we are not being asked to do something contrary to our nature. Rather, we are being told to live in accord with that nature. We come from God who is love, and so it is in our very nature to love and to be loved.

We show that we love God in the way we love our neighbour. Love, the foundation of the reign of God, is contagious. When we love others, the reign of God spreads throughout the world. The compassion that we show toward others is a form of evangelisation. It proclaims much louder than any words that the reign of God has been established.

Draft 2 of the New Draft Religious Education Curriculum was released for public viewing last Friday. It is available for viewing on the CEDP Website.

There is also a new Parent Guide for understanding the Curriculum. Both documents are available on the School website.

Office for Worship RCIA Introduction and Overview

Workshop: 26 October The Office for Worship will be running a workshop: "RCIA: An Introduction and Overview of the RCIA Process" for RCIA coordinators & teams on the evening of Monday 26 October at the Institute For Mission, Blacktown. To RSVP by 22 October, or if you would like more information, please contact the Office for Worship on (02) 8838 3456 or anne.alimangohan@parracatholic.org. Please note, there will be limited spacing due to social distancing.

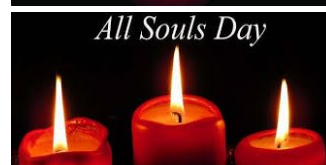
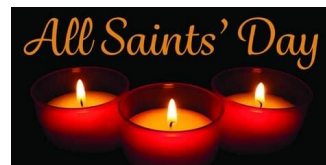
ACBC Social Justice Statement 2020-21

The **COVID-19** pandemic is affecting the mental health of many members of our parishes, schools and communities. In the Social Justice Statement 2020-21, *To Live Life to the Full: Mental health in Australia today*, the Bishops invite us all to reject stigmatisation and to call for policies and service provision that meets the needs of the poorest and most marginalised members of our community.

On Sunday 1st November the Catholic Church will celebrate ALL SAINTS DAY and on Monday 2nd November, ALL SOULS DAY.

These are significant Feast Days when we celebrate the Heroes of the Church -those people who have served the Lord well as his disciples-living according to God's Plan.

It is also a time to remember that we are all called to be Saints-living how God intended us to live. Loving God and loving others.



**Always Was,
Always Will Be.**
8-15 NOV 2020

In the week beginning 8th November we will celebrate NAIDOC Week and in the same week we celebrate Remembrance Day - Lest We Forget.

Tell Them From Me Survey

Each year teachers, parents and students participate in the **Tell Them From Me Survey**. This survey is an evaluation tool for school communities and it provides feedback in a number of areas. The results from the survey are used to help to identify school improvement initiatives.

Some positives from the **Tell Them From Me Survey**:

- Students believe that schooling is useful in their everyday life and will have a strong bearing on their future.
- Students are interested and motivated to learn.
- Students have friends they can trust and who encourage them to make positive choices.
- Students feel accepted and valued by their peers and by others at their school.
- Parents feel welcome and the school supports student learning.
- Parents believe that the school helps the students grow in their understanding of Jesus.
- School staff emphasise academic skills and hold high expectations for all students to succeed.
- Teachers believe that there is a positive learning culture and strong sense of collaboration amongst the staff.

Moving forward with the findings of the **Tell Them From Me Survey**:

- Involvement of parents in the life of our school and due to COVID this has been challenging this year however in 2021 and beyond we will continue to include all parents in many schooling activities.
- Continue as a staff to maintain a consistent approach to our Lighthouse expectations (Positive Behaviours For Learning).
- Striving towards resourcing technology in all grades K-6.

Mrs Teresa Wakeling

CASHLESS PAYMENTS - SCHOOL OFFICE



Dear Parents / Caregivers,

As per directive from the Catholic Education Department, all schools have been advised that we must go cashless. We will no longer be accepting cash for small items such as Bags /Hats or any over the counter purchases in the office, these purchases must be made by EFT or Credit Card. This includes payment for Secondhand Uniforms. These items cannot be paid by BPay or Direct Debit. These options are for school Fees only.

If you are only able to pay for School Fees by cash, we will still accept payments until the end of this year (exact amounts only, as we are not able to provide you with change) but starting Term 1, 2021 we will be completely cashless.

Gold coin donation days and fundraising will all be done using Mobile Apps moving forward. More information regarding this will be advised when the time comes.

If you require any further clarification regarding this information, please contact Anne Rando - 88568301 during office hours.

Regards,
Anne Rando
OLR Finance Secretary

SCHOOL FUN RUN



We're holding the *School Fun Run's Crazy Colour Day* as a major fundraising event this year as we have been unable to hold any events this year including the school/parish fete. The event will be held on **Friday November 20**. We are really hoping to raise funds which will pay for **technology resources**.

Keep your eyes peeled for the sponsorship forms which will be sent home with your child. Once you have the form, you should sign up for a Student Profile Page at schoolfunrun.com.au. You'll be able to access online fundraising and can win a \$20,000 Ultimate Family Experience!

Students who raise \$10 or more will receive a reward, and the more money you raise the better the reward, and the more you help the school!

We're looking for all students to participate and we're organising a great day. If you have any questions about the Crazy Colour Day please contact the School Fun Run Office on 1800 FUN RUN.

Thanks for supporting the school.