

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

LENT: Accentuate the Positive

If you've ever heard of songwriter, Johnny Mercer, you will recognise these lyrics:

“You've got to Accentuate the positive,
Eliminate the negative,
Latch onto the affirmative
Don't mess with Mr In-between.”

Not that he intended to do so, but Mercer could be giving us some excellent advice for Ash Wednesday and the forty days of Lent.

As we all know, Jesus retreated into the desert for forty days to prepare for His ministry. It was for Him a time of reflection and contemplation. For us, to pass time in the desert means to find occasions when we create a little emptiness and silence around us, rediscover the road to our heart, remove ourselves from the noise of external distractions, enter into contact with the deepest source of our being and faith. Thomas a Kempis offers a traditional perspective when he writes, “Happy and wise is he who endeavours to be during his life, as he wishes to be found at his death.”

*The
Season
of
Lent*



On Ash Wednesday, this year we are sprinkled with ashes to remind us that life passes away on earth: “Remember you are dust and unto dust you shall return”. There is an old English tombstone that bears the following inscription that is, indeed, a very solemn reminder: “Remember friends as you pass by, as you are now, so once was I. As I am now, so must you be. Prepare for death and follow me!” Definitely, “for Adults Only”, that one!



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1880 - 2020

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

The ashes are made from the blessed palms left over from the Palm Sunday celebration of the previous year. These ashes are “christened” with holy water and are scented by exposure to incense. Whilst the ashes symbolise penance and contrition, they are also a reminder that God is gracious and understanding to those who are of goodwill: “For generous and merciful is He, slow to anger, rich in kindness.” Prophet, Joel. 2:12.



If we are not careful, Lent can be so dreadfully boring if it focuses only on the negative, for who wants to mourn their sins and shortcomings for forty days! Father James Martin S.J., author of *My Life with the Saints*, has some good advice to offer: “When it comes to religion, joy has a lousy reputation. When you hear of someone described as “religious” what usually comes to mind is someone who is terrified that somewhere in the world somebody might be having a good time. St Teresa of Avila even prayed, ‘From sombre and solemn people, deliver us, O Lord.’ So today, on during lent, instead of going around with a sad look on your face, have a laugh, for God’s sake!”

Mourning our sins is about calling attention to them so that we can discard them; it is about improving our spiritual lives and seeking a closer relationship with God. We should observe Lent, because we want to accentuate the positive influence of the Holy Spirit in our lives and to eliminate the negative influence of sin. So, we have to “Accentuate the positive, Eliminate the negative, Latch onto the affirmative ...” and be happy about it!

Let us Pray:
God, our Father, we ask that
You accept us as we are,
vulnerable, flawed and in need of Your love.
May Your Spirit be powerful within us so that
joy, love and peace
may be expressed through
the actions of our lives.
Amen.

ATTENDING MASS

Going to Mass every Sunday can be at times, particularly during the current C19 period, quite overwhelming. However, it may be more worth your while than you think. I’d like to share with you Kevin Ripley’s top 10 reasons for attending mass on Sunday, for your reflection.

10. Live Music. This is not the focus of the Mass but it does, however, help us focus on the Mass. The Mass contains songs with lyrics consisting of prayers, some which are recent and some that have been perfected through the ages, which make them the most perfect songs to sing. When you go to Mass, keep in mind that God loves everyone’s voice no matter how bad or good you may think it is. He just wants you to sing (when permitted due to C19 restriction) His praise and is greatly pleased by your efforts!

9) It’s Peaceful. With the hustle and bustle of life, an hour spent in a sanctuary of peace is a wonderful thing. Allow yourself to be immersed in the beauty and grandeur, and offer your worries to the Lord.

8) Because you can. As a Catholic, or even if you aren’t, you are able to go to Mass anywhere in the world whenever it is held, no RSVP required, knowing that you have received a distinguished invitation from Jesus Christ Himself. This means that when you are at home you can attend your parish mass and when you are on holidays you can attend the local mass. If you are away from where you would usually attend Mass, check out the Internet to find a church nearby.



7) Community. We belong to many communities in our lives. The congregation is there to worship God and to grow in faith formation. We are in many ways social beings, who often come together as a community. Just as we wouldn't do as well in school without friends to help us, and teachers to guide us in our learning, we might not do as well in our spiritual life without a faith community. The church offers something additional to the community: Jesus said, "Where two or three are gathered together in my name, I am there" (Matthew 18:20).

6) The great potential of your existence can be truly revealed. At Mass, you have the opportunity to experience eye-opening beauty and liberation. Pope Emeritus Benedict XVI reminded us: "Are we not perhaps all afraid in some way? If we let Christ enter fully into our lives, if we open ourselves totally to him, are we not afraid that He might take something away from us? No! If we let Christ into our lives, we lose nothing, nothing, absolutely nothing of what makes life free, beautiful and great. No! Only in this friendship are the doors of life opened wide. Only in this friendship is the great potential of human existence truly revealed. Only in this friendship do we experience beauty and liberation. And so, today, with great strength and great conviction, on the basis of long personal experience of life, I say to you, dear young people: Do not be afraid of Christ! He takes nothing away, and he gives you everything. When we give ourselves to him, we receive a hundredfold in return. Yes, open, open wide the doors to Christ – and you will find true life. Amen."

5) Trust = Freedom = Less Stress. Sometimes the idea of spending an entire hour sitting in a church can be unnerving. There seems to be so much happening in our lives that needs to be addressed. What if you go to Mass, and then let God help you. Making the commitment to honour God by setting aside an entire hour of time for Him no matter how much you have going on in your life, is a huge step in learning to trust in His infinite all-knowing, forever-loving nature. Not that you won't care about these things; you just won't be preoccupied with the stress that comes from worrying, knowing that your life is best placed in God's hands.

4) Mass will change your heart. As long as you show up for Mass, even if you are very distracted by young children, it will bring you closer to God.

3) It's the law. Just as the Apostles did (Acts 2:42), and the Church has been doing for two millenniums (Didache XIV), we are called to participate in the Mass each Sunday. (Except for the current C19 dispensation) Something as great as the Mass didn't have to be given to us, but it was given out of great love, so that the incarnation would be constantly re-presented to us. Intentionally missing Mass for no good reason is a solemn matter. Such an action would go against the Ten Commandments. The purpose of the Mass is to give us the perfect opportunity to come into closer relationship with Jesus Christ.

2) It's absolutely important. Absolutely important things are important for everybody at all times. If everything we do and every decision we make should be oriented toward God (Colossians 3:17). Thankfully, it is true, and in this way, the Mass has importance of the absolute kind.

1) Jesus is there What's in the church's tabernacle? Jesus Christ and His promise of eternal life. That's right, Jesus Christ, who promised 2,000 years ago that He would always be with us as the Bread of Life (John 6:22-59) is waiting for you to come into the doors of a Catholic church to participate in His everlasting sacrifice at the Mass. Enjoy!

Thought for the Week

*"Jesus is waiting for us and wants to heal our hearts
of all that tears us down.
He is God who has a name: Mercy.
Pope Francis*

Have a Blessed Week
Michael Siciliano
Principal



February, 2021

Dear Parents,

As you know, we are most fortunate to have a parent pick-up service at our school and staff are diligent in their efforts to assist in getting your child quickly and safely to your vehicle.

To ensure the smooth and safe running of this service for families. All drivers are asked to take greater responsibility by following these procedures carefully with CARE and FULLY!

This 'service' is not normal school practice and WILL ONLY CONTINUE if parents and carers cooperate fully.

This afternoon pick-up service is ONLY to be used by parents and carers who adhere to all of the following procedures:

LOCAL TRAFFIC

Cars are not to stop on the school crossing or 'queue up' back onto Saddington St. If there is a queue you need to go around the block or park in the street.

There is **NO RIGHT TURN into the driveway** from Saddington St.

There is **NO RIGHT TURN going out of the driveway** into Saddington St.

Anyone **speaking on a mobile phone**, or driving illegally in any other way, will be asked to park and collect their child.

NAME SIGNS

You **MUST have a name sign**.

For large families, a surname is sufficient. e.g. "BROWN FAMILY".

Please **attach the NAME SIGN to the 'front' of the passenger side sun visor** so it can be flipped down quickly and seen easily. Signs lying flat on the dashboard can't be easily seen. Hand held signs are not safe as they take the driver's attention away from the road/driveway.

Other carers picking up your child **MUST also have a sign**. If they don't, they will need to park.

You can make your own sign at home so long as the **print is large and easy to read**.

If you would like a name sign made for you please contact the office on 8856 8301 and advise how many copies are required.

LOADING CHILDREN INTO CARS

You **MUST NOT** get out of your car.

Children **MUST** enter your vehicle from the kerbside.

If you have to load children from the driveway side of your car I am sorry but you will need to park and collect. **It is not safe** for children or adults to be on the driveway side of vehicles.

TIMES

Children **MUST be collected by 3:15pm**. After this time you will need to park and collect your child from the school office. This is not an after school care service. Some people are arriving up to an hour after school has finished. This is very unfair to teachers and staff who have other work to do and meetings to attend and they have their own families and personal commitments to go home to.

CHILDREN WAITING

Children are **NOT to eat or play games** while they are waiting.

If children who do not listen and/or **don't come as soon as their name is called**, those picking them up will be asked to park so that others are not kept waiting.

Children must take their backpacks off their back before they get to the car so they can get in quickly.

Please move off as soon as your children are in the car but then ensure they are 'buckled in' before leaving the school driveway.

COURTESY AND RESPECT

Teachers who are on this duty need to be treated with respect and courtesy and parents must follow their directions. They have a difficult job to do and need everyone's help.

Please make sure everyone is spoken to politely and respectfully – parents and staff alike.

It is an offence to sound your horn

To say hello or goodbye;

To use the horn out of frustration or anger;

To get another vehicle to start moving when your vehicle is stationary behind it.

In NSW the penalty for the illegal use of a horn carries a maximum **\$349** fine.

Your co-operation is greatly appreciated as we work together to move children away safely and quickly. With everyone's help this service will continue to work well.

Parents who do not follow these procedures will not be able to use this service.

Regards,

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.

READING IS TO THE MIND IS WHAT EXERCISE IS TO THE BODY



OLR HOLIDAY READING CHALLENGE

During the holidays we issued a challenge to the students to continue their reading.



We invited them to take some photos of themselves reading in interesting places. Thank you to all of the children who participated and brought their great photos in to share. We have made a **READING WALL OF FAME** display in the Library so the whole school can enjoy their fabulous photos. They all received a prize for their efforts.

Now that we are back into the routine of school it is very important to get back into the routine of reading EVERY night at home. This can be the child reading to the parent, reading together or the parents reading to the children. Library books have started coming home and class readers will be starting to come home every night as well. It is important to share other stories as well as the home readers.

We have renewed our subscription to the PMecollection. This means that all students in K - 2 should have access within the coming weeks to these digital books at home, on any device. Primary students can also be accessing the SORA online collection as well to select books just to read for pleasure.



What does the research say?

Starting in kindergarten, if a student reads 20 minutes a day at home, they will hear 1.8 million words per year. They will have read for 851 hours by Year 6 and on standardized tests, they will likely score better than 90% of their peers.

This is compelling data on the benefits of encouraging your child to read.

- **Supports language development...**

From the time your child is born, reading out loud is a positive influence. As your child grows, daily reading will help the brain make connections between the written and spoken word, widening vocabulary in the process.

- **Improves vocabulary knowledge...**

This equates to masterful spelling. In fact, reading, spelling and vocabulary are critically important to a child's lifelong achievement.

- **Promotes brain development**

Educators have long said reading makes people smarter, and there's research backing them up. A recent study found reading to children of any age, awakens a number of regions in the left part of the brain. The areas in the brain that become active involve understanding the meaning of words and concepts tied to memory.

Through daily reading, children are exposed to a world outside their own reality. It expands their know-how, opens their minds and creates the potential for a continuation of ideas and an endless number of possibilities.

WHATS HAPPENING AT SCHOOL

Wednesday 17th February ⇒ **Ash Wednesday**

Friday 19th February ⇒ **Beginning School Liturgy**

HAPPY BIRTHDAY

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

Lucille Khadka-Henderson, Charlize McMillan, Dau Lual, Thiep Ngor, Marcus Andrews, Amariah Gae'e, Tuifua Maile, Nathaniel Blackwell, Yvette Tabone, Nybol Jal Ngong, Eric Tuliatu, Mia Kennedy, Dengjal



BEGINNING SCHOOL LITURGY

Our beginning school liturgy will be held on Friday 19th February at school in the Undercoft.

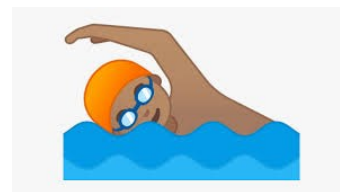
During this liturgy our student leaders will be blessed and receive their leadership badge for 2021.

Unfortunately, due to current CEDP COVID-19 restrictions, no parents are allowed on-site to attend any school events.



NEPEAN ZONE SWIMMING CARNIVAL

Yesterday five of our students went to represent Our Lady of the Rosary at the Nepean Zone Swimming Carnival at Glenbrook Pools. *Lohgan Allen, Levi Montgomery, Christian Oszust, Ruby Montgomery and Holly Blazevic showed incredible sportsmanship, enthusiasm and effort as they competed against students from other schools from the Parramatta Diocese.*



A big congratulations to Christian Oszust who placed third in the 12 years 50m freestyle and will be representing OLR and the Nepean Zone in the next round at the Parramatta Diocesan Swimming Carnival.

SCHOOL PHOTO DAY

TUESDAY 9TH MARCH

Photo envelopes were sent home today. We are encouraging parents to order and pay for their child's photos online to reduce the amount of cash we need to give to the photographers on the day.

TO ORDER go to www.advancedlife.com.au and enter the code **JV9 BYY 4DP**



Should you wish to purchase a sibling photograph online, the order must be placed no later than **Monday 8th March**.

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.

PARISH MASS ATTENDANCE: In this time of Covid 19 we continue to practise social isolation and to use soap and hand sanitisers to keep ourselves and others safe from Covid 19.

Opportunities to attend Mass continue to be provided online for your convenience.

Fifty parishioners are invited to attend Mass each Sunday by registering with the parish.

You simply need to book your attendance through the Parish Office: 9623 1962

Please check the Our Lady of the Rosary Parish website to discover all possibilities that are available for Prayer, Worship and StoryTelling within the Parish.

Blessings to you and your family at this time of challenge and opportunity as we focus on family & friends and the 'Common Good'.

Through our love of God and love of our neighbour let's continue with active participation in contemplation and prayer to praise God & inform our action, and reflect on the effectiveness of this action in caring for our neighbour.



the 1990s, the number of people with diabetes has increased in all industrialized countries (1).

Diabetes is a chronic disease with a high prevalence. In the Netherlands, the prevalence of diabetes is 6.5% (2). The prevalence of diabetes is expected to increase in the next decades, because of the increasing prevalence of obesity and the increasing life expectancy (3).

Diabetes is a disease with a high morbidity and mortality. The mortality of diabetes is 1.5 times higher than in the general population (4). The morbidity of diabetes is high, because of the complications of diabetes. The complications of diabetes are retinopathy, nephropathy, neuropathy, and cardiovascular disease (5).

The complications of diabetes are the main cause of disability and death in people with diabetes (6).

The complications of diabetes are preventable. The complications of diabetes can be prevented by a good control of the blood glucose level (7). The complications of diabetes can also be prevented by a good control of the blood pressure and the lipids (8).

The complications of diabetes can be prevented by a good control of the blood glucose level, the blood pressure, and the lipids (9).

The complications of diabetes can be prevented by a good control of the blood glucose level, the blood pressure, and the lipids (10).

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The complications of diabetes can be prevented by a good control of the blood glucose level, the blood pressure, and the lipids (27).

MESSAGE FROM FATHER BRENDAN

February 14 2021.

Dear Parents, Friends and Staff,

Welcome back to the new school year. Thank you to Mr Siciliano for this opportunity to speak to you in this newsletter. Some may remember that at the beginning of 2020 I also addressed you in this newsletter. It was then my intention to do so regularly, but the pandemic outbreak distracted me from this. I shall try again. This forum gives me an opportunity to inform the school community of some parish matters.

Firstly, a big thank you to Mr Siciliano and all the OLR staff for all their efforts last year in difficult circumstances. We pray that this year will be a more normal one.

I know that some parents will have questions about the 2021 parish sacramental programme. The pandemic forced us into an attitude of constant adjustment; due to Covid, there was no Confirmation programme last year, and the First Communion programme was interrupted, but the First Reconciliation programme was able to continue 'as usual'.

In the near future I shall meet with the parish sacramental coordinators and finalise (insofar as that is possible in the current circumstances) our 2021 programme. In particular, I shall be contacting parents of First Communion applicants (both 2020 and 2021 applicants) about our intended programme.

A further consideration and complication is the fact that our church is about to undergo an extensive renovation. Hopefully that will begin in the next two or three weeks. The finishing date is unclear, but it will take at least two months. This renovation does impact on our sacramental programme.

On December 8 2020 Pope Francis gave the Universal Church a gift in the form of the Year of Saint Joseph. That date marked the 150th anniversary of Pope Pius IX's 1870 declaration of Saint Joseph as Patron of the Universal Church.

I intend to speak further about the Year of Saint Joseph in a future newsletter. In the meantime, I encourage all in our school community to turn to Saint Joseph with confidence in our needs.

May God bless you and your family. May Our Lady of the Rosary continue to intercede for us.

Fr Brendan.

SCHOOL HAT PRICE INCREASE

Unfortunately, due to our suppliers price increase, we need to increase the cost of our round brim hats to **\$17.00**

Sorry for any inconvenience this may cause.



CLASS LIBRARY DAYS

| | |
|---------------------|------------------|
| KINDERGARTEN | Friday |
| YEAR 1 | Monday |
| YEAR 2 | Friday |
| YEAR 3 | Wednesday |
| YEAR 4 | Wednesday |
| YEAR 5 | Friday |
| YEAR 6 | Monday |



positive partnerships

Working together to support school-aged students on the autism spectrum

NSW PARENT/CARER ONLINE WORKSHOP



Join us for an online workshop where you will have the opportunity to listen, share and learn with parents and carers who support young people on the autism spectrum, from across New South Wales.

This online workshop is for parents, full-time carers and grandparents. Join other families to learn more about autism and ways to strengthen the home-school partnership.

During the online workshops, we will cover three topics:

- diversity of autism
- understanding behaviour
- working together with your child's school

Location:

 New South Wales
via zoom online

Date:

Tuesday 9th March 2021

Time

Wed 9:30 AM - 2:30 PM (AEDT)



For more information and to register, visit www.positivepartnerships.com.au
or contact Laura Owens lauraowens@autismspectrum.org.au

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ST MARYS BAND CLUB RANGERS FC

are seeking Female Players
interested in playing soccer in 2021 for our
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and All Age Ladies Teams**

We will be running our Expression of Interest Trials at our fields on
6th Feb, 13th Feb, 20th Feb, 27th Feb and 6th Mar
from 10am-11:30am
for the respective age groups and is open
to all returning & new players.

To register or for any further details please contact Damien our woman's co-ordinator on
0426 233 535 or email stmarysbandclubrangersfc@gmail.com



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Muster Days

24-25 February
3-4 March
10-11 March

Children will be given days/times based on
age groups