

ONLINE LEARNING FOR STUDENTS
CONTINUES UNTIL FURTHER NOTICE

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

ONLINE LEARNING Children need to play outside

During online learning we can't expect children to sit for hours on end, interspersed with little movement breaks and not expect consequences to their development. Some experts believe children need at least three hours of outdoor play on a daily basis in order to foster healthy sensory and motor development. They need opportunities to climb trees, run as fast as they can, use their imagination, test their strength, roll, climb, balance and even spin in circles. All of these activities use their brain, activate their muscles both big and small and engage the senses.



This lays the foundation for being able to pay attention, listen and learn in an online home learning setting. So during online learning, give your children many breaks, walk or run around the block, take them to a park and let them run around for a while. There are benefits in being outside in all kinds of weather. Encourage them to ride their bikes. During these times of restrictions get to know your local community where the children can play outdoors.

Studies indicate that when children switch from spending hours primarily indoors and sitting at a desk to one where the child is free to move and play throughout the day, the results can be far-reaching. Problems of poor attention all but disappear and children become attentive and active learners. Time spent playing outdoors fosters a joy of learning and confidence in one's abilities — two critical elements in school work learning and in life. All it takes is some time and a local place to play outside.

As a society we're making great strides toward obesity prevention. While we are working to keep our children at healthy weights, we must also strive to ensure healthy behaviours, attitudes, sensory function, strength and coordination. This is true health, and to get it, our children should be introduced to a lot more outdoor playtime with their peers.



Celebrating 140 YEARS
1880 - 2020

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

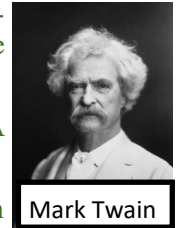
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Our Lady of the Rosary Parish - Fr Brendan - 9623 1962

DURING BOOK WEEK

Read the bible

Some people have the knack of being able to express a rather offensive thought that they are harbouring about someone, in a rather humorous manner. Such a person was Mark Twain who once said, "I didn't attend the funeral but I sent a nice letter saying "I approved of it."



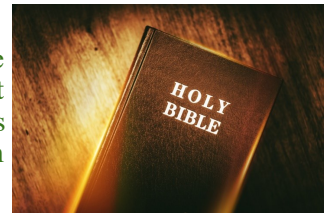
Mark Twain

However, Mr Twain was very capable of expressions that were quite open with their meaning: "A lie can travel halfway around the world while the truth is putting on its shoes."

By the end of 2007, a book written by the British biologist, Richard Dawkins, had sold 1.5 million copies and had been translated into 31 languages. The book was titled, "The God Delusion" and attempted to prove that God was a delusion and that religion had a harmful effect on society.

In similar manner to the Da Vinci Code, which was well around the world before dozens of writers could get into print to prove it to be nothing more than a work of fiction, so too, with Richard Dawkins' book; it has taken time for a wave of books to appear to show the errors contained within his writings.

Christians have handed down to us a holy and inspired history of Jesus Christ, in the writings of the Gospels. We should be alarmed when Professor Dawkins states that successive generations of scribes who copied the Gospels, "had their own religious agendas", thus implying that they made changes to the Gospels to suit their own purposes.



The Dominican Friar, Thomas Crean, has this comment to make about such a claim:

"Does Professor Dawkins know, for example, that the Gospels are more immeasurably attested than any other historical, literary or philosophical work of antiquity? There are vastly more ancient New Testament manuscripts in existence than survive for any secular work.

For example the works of Aristotle are contained in only five surviving manuscripts. The works of the Roman historian, Tacitus, have twenty manuscripts containing his writings.

By contrast, there are an estimated 5 300 Greek manuscripts containing some or all of the New Testament; some 10 000 Latin manuscripts and 9 300 manuscripts in other ancient languages such as Syriac. Just think what Professor Dawkins would say if the Gospels were preserved in as few copies as the works of Aristotle. Yet, textual scholars find no difficulty in accepting that these manuscripts contain what Aristotle wrote. "Extract: A Catholic Replies. The Gospels were written so that those who had known Christ during His life on earth and had witnessed his teaching and miracles, might leave a permanent record behind for future generations."



None of the early Church Councils discussed the legitimacy of the Gospels, for everyone knew they came down from the Apostles; just as today everyone knows that John Milton wrote Paradise Lost, even though the work is over 300 years old and few people would have seen an edition of it produced within a hundred years of Milton's death. Christians have a rich and wonderful inheritance to cherish, live, care for and hand on to the next generation - our children.

Our generation is the present custodian and we need to be strong and determined in our vigilance.

Take some time next week to read one of the greatest collections of books ever written- THE BIBLE.

God, our Father,
take our fears and turn them into strengths,
take our faith and empower us through the Spirit
as we face our challenges and uncertainties.
Amen.

Thought for the Week

"Most of us are just about as happy as we make up our minds to be"
-Abraham Lincoln

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.

BOOK WEEK



Next week (Week 7) we will be dedicating to **BOOK WEEK**. As you know we celebrate this every year as an opportunity to promote reading within our school.

We are going to incorporate Book Week activities into the remote learning for the whole week.

The students will have different *Shortlisted books* (nominated by the Children's Book Council of Australia) to listen to each day (read by the teachers). They will then choose activities to complete.



The theme of Book Week is *Old Worlds, New Worlds, Other Worlds*. The students will also have some activities to choose from centred around this theme.

We ask that you get involved as a family as there are some fun activities that you can do together.

ALL OF THE ACTIVITIES WILL BE ON THE CHILDREN'S CLASS SLIDES FOR THE DAY.

On Friday 27th August - we will be having some **FUN** activities to close the week.



9:30 a.m - There will be a **LIVE STREAMED DISCO** that will be run by the teachers from *Dance Fever*. All children in your household can do this together if they wish.

12:00 p.m - All classes will be having a **BOOK WEEK Dress up Zoom**. The children can dress as a book character. They may just wear a hat, or hold an object or put on a costume. Due to restrictions we urge you to use what you already have at home.

Click here for more [Ideas you don't have to leave home for.](#)



The teachers will be playing a **Kahoot Book Trivia** game with children on the Zoom. If your children all want to go on the same zoom they may do so, as we realise it may be difficult if you have multiple children to all be on separate Zooms at the same time as it will be the same questions. Feel free to help them as well!

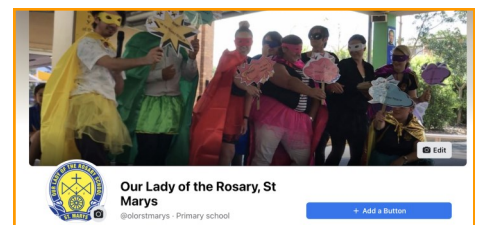
After lunch on Friday the children will be rewarded for all of their hard work...

WHOLE SCHOOL REWARD TIME...
You have earned a free afternoon

□ □ **ENJOY!** □ □

If there are any parents who have not yet joined the **Our Lady of the Rosary, Facebook page** make sure you do.

The teachers have been posting some wonderful videos each week of the students' remote learning.



HAPPY BIRTHDAY

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

Thomas Balgowan, Alex Azrag, Michael Sackey, Shreya Gomes, Aaravi Acharya, Reece Fonacier, Alak Ajou, Adam Babiker, Ngong Ngong, Olivia Tapaitau, Achol Ngong, Risha Reddy, Abaj Baak, Anthony Jabbour, Skyla Batman, Katherine Nguyen.



PLEASE UPDATE YOUR CONTACT DETAILS

On Monday, 16th August you would have received an email or SMS from Catholic Education Diocese of Parramatta (CEDP) asking you to view and, where necessary, update the key information they hold about your children currently enrolled in CEDP schools.



The purpose of this review is to ensure that CEDP has the right details to correctly identify and support students, including contacting families in an emergency or to share important updates.

Steps have been taken to ensure this process is as secure as possible to protect your information and your family's privacy. Your information is only accessed by authorised staff when it is necessary and in accordance with our Privacy Policy.

The link is **open until Friday, 3rd September** and I encourage you to complete the review/update as soon as possible to ensure that your family's correct details are on file. This is particularly important as Greater Sydney remains in lockdown due to the COVID-19 outbreak.

There is a short "how to" video which may assist you with completing the process (use the closed caption icon to turn on subtitles). Please don't hesitate to contact the school office if you have any questions or concerns. To access this video on youtube go to [youtube.com/watch?v=Rat7w0hEjZE](https://www.youtube.com/watch?v=Rat7w0hEjZE)

Only one person per family needs to complete the survey and it takes about 15 minutes to complete.

If you have any questions or to seek help, please contact the CEDP Community Liaison Team on 9840 5796.

Michael Siciliano
Principal

SCHOOL BANKING NOTICE

As of now we will no longer be offering the Commonwealth Bank School Banking program at our school.



Children can continue their regular savings at any Commonwealth Bank branch or online.

From the desk of the Religious Education Coordinator at
Our Lady of the Rosary Catholic Primary School

In 2020-2021 we continue to celebrate 140+ years of ongoing commitment to excellence in Catholic Education; at Our Lady of the Rosary, St Marys and 200+ years of Excellence in Catholic Education within Australia.

2021 FORMATION GOAL:

All students to be self-reflective disciples of Jesus, through deep learning from Mark's gospel and the teachings of the Catholic Church.

Mass Times (during COVID-19)

Our Lady of the Rosary Parish is livestreaming masses via their Facebook page at the following times:

| | |
|-----------------|-----------------|
| Monday - Friday | 6:30am |
| Saturday | 8:00am & 6:00pm |
| Sunday | 9:00am |



This Sunday we celebrate the Queenship of Mary. To watch a short Youtube video which offers some explanation of this great Feast Day. Please go to [youtube.com/watch?v=3dM-xX4Vzao](https://www.youtube.com/watch?v=3dM-xX4Vzao)

This Feast follows from last Sunday's Feast when we celebrated the **Assumption of Mary into heaven**. "From now on all people will call me happy because of the great things the Mighty God has done for me. His name is holy." Luke 1:48-49

When Mary died, she was taken up body and soul to heaven. Mary was always willing to do all that God asked of her. As we pray, especially in this time of Coronavirus, we listen to what God is asking us to do, and we think about how best to say yes.

(As this prayer I invite you to pray a decade of the Rosary each day to thank God for his many blessings and to ask him for his grace and guidance to strengthen us in his ways).

Sunday Gospel 22nd August, 2021

Gospel [Lk 1:26-38](#) A reading from the holy Gospel according to Luke

You will conceive and bear a son.

The angel Gabriel was sent by God to a town in Galilee called Nazareth, to a virgin betrothed to a man named Joseph, of the House of David; and the virgin's name was Mary. He went in and said to her, 'Rejoice, so highly favoured! The Lord is with you.' She was deeply disturbed by these words and asked herself what this greeting could mean, but the angel said to her, 'Mary, do not be afraid; you have won God's favour. Listen! You are to conceive and bear a son, and you must name him Jesus. He will be great and will be called Son of the Most High. The Lord God will give him the throne of his ancestor David; he will rule over the House of Jacob for ever and his reign will have no end.' ...

'I am the handmaid of the Lord,' said Mary, 'let what you have said be done to me.' And the angel left her.

Thank you Mary for saying **YeS TO DOING GOD'S will**, even though you were scared.
Most importantly you trusted God as we need to trust God in these difficult times.

Fratelli Tutti

Pope Francis' third encyclical, *Fratelli Tutti*, asks us to reach out to our sisters and brothers in need, wherever they may come from. We are all challenged to turn outwards and think of ourselves as one global family, becoming neighbours to all, and he gives the example of the Good Samaritan who reached out to help the injured man that he didn't know.

To watch a video from Caritas about Fratelli Tutti please go to <https://vimeo.com/566397180>

Fratelli Tutti is a radical challenge to us all, a new dream for a world after coronavirus. It turns the world upside down and **places human dignity at the centre**. At Caritas Australia, we believe this means moving towards a world where all can flourish and no one is beyond reach of the love and support that they need.

Be with us Lord as we pray this prayer together:

Mary, Mother of all creation, pray for us, that our reflection together may lead us to new ways of seeing the world, new ways of living with creation, new ways of being global neighbours, as we look to build the Kingdom your Son Jesus calls us to. Amen.




THE BLESSING AUSTRALIA

To watch this beautiful reflection song and video where all Churches unite to sing the Blessing over Australia please go to the following:

<https://youtu.be/OOt7baaVSbE>





A Guide To Self-Care and Wellbeing During Times of Uncertainty.

In times of uncertainty, it is normal and natural for children and adults to respond in unique ways. It can be helpful to focus on the aspects of our lives that we can control like caring for our physical health, safety and emotional wellbeing.

“The only thing in life that is permanent is change.
Change is the one constant in life”

(Fallin, 2013)



Steps for Self-care

There are things you can do to support yourself, your friends and your family:

- **Listen** - to your needs and your own advice
- **Offer kindness** - for yourself and others
- **Stay connected** - with others by phone and online
- **Keep informed** - just enough information from reliable sources
- **Maintain a healthy routine** - diet, activity and sleep
- **Focus on the things you can control** - versus the things you can't
- **Reflect on past success** - recall a stressful time and reflect on the things that helped
- **Learn a new skill** and make plans for the future
- **Help others** - if and when you can
- **Seek support** - It's okay to ask for help and advice
- **Build hope** - Focus on 3 things you are grateful for.



You can't pour from an empty cup.

Look after yourself so you are better able to help the children and young people in your care.



Ideas to Help the Children and Young People in times of Uncertainty ...

In times of uncertainty and change, it is normal and natural for children and young people to respond in different ways. Adults can play a vital role in supporting children and young people through the experience.

How may Children and Young People Respond?

- Worried, clingy and uncooperative
- Sad and angry one minute, okay the next
- Frightening thoughts and nightmares
- Regression to earlier behaviours
- Stomach aches and headaches

Adolescents may react in similar, but different ways:

- Mood changes
- Tired and distracted
- Retreating from social networks
- Sleep problems and headaches



Helpful Hint - children and young people respond in unique ways and it is helpful to recognise if your child or young person is behaving differently.

Help Your Child or Young Person

- Offer your attention, patience and love
- Calmly listen to your child's story and encourage your child to ask questions
- Acknowledge and affirm your child's feelings and help your child to identify helpful ways to manage the feelings
- Encourage your child to ask for help from trusted adults
- Involve your child in decisions that affect them
- Respond to your child's questions with clear and factual age appropriate information
- Model positive ways to cope and prioritise quality time together

Other Ways to Help

- **Maintain daily routines** as much as possible
- **Stay social** - create ways to connect with special people and loved ones
- **Get active** - go for a walk, listen to music, sing, play with a pet
- **Be curious** - learn a new skill or research an interesting topic together
- **Help others** - encourages social connections and an "I Can" attitude
- **Plan fun activities** to look forward to

Find helpful resources, updates and training dates at goodgrief.org.au

"I think the most significant learning for children in the group was knowing they are not alone and not the only ones that experience change, loss & grief"

Companion, Seasons for Growth Program, 2019